

CRITERIA 7 BEST PRACTICES



7.2.1 Two Best Practices Successfully Implemented by the Institution

Best Practice 1: UN SDG as a Way of Life

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UN SDG as a Way of Life

I. Hunger

Food Distribution: The institution has time and again extended a helping hand to alleviate the hunger pangs of the less privileged.

Distributing Food to the needy in an Ashram near Shangumugham (2016-17)







Food Distribution at RCC (2019)





Principal All Saints' College Thisevananthapuram."





Food Distribution at the time of the Pandemic (2020-21)





Principal All Saints' College Thiswananthapuram.~







II. Habitation

Institutional

(a) **Green Campus**: All Saints' College is located between 8^o 29' North and 8^o 32' North latitude and between 76^o 53' East and 76^o 55' East Longitude in the coastal region of Thiruvananthapuram, Kerala. The college campus covers approximately 36 acres of land The area was a bare sandy barren land with no vegetation, when the college was established in 1967. That was a great hindrance for the establishment of biodiversity. In order to overcome this problem, red soil was introduced and gradually thick vegetation was established. There are about 300 species (both in open grounds and under glass) in the campus.

Pictures of the Campus in the initial years









Present Pictures





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The impact of the Green cover change can be studied by the two images sourced via Remote Sensing. The vast change wrought by the greenery can be effectively seen by comparing the two images.

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All Saints Campus in 2011



All Gaints' College Thiravananthapuran.





All Saints' Campus in 2021



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Reduction of Carbon Footprint: The Institution has undertaken stringent measures to reduce the carbon footprint, thereby ensuring sustainable standards. Given below are the excerpts of the environment audit conducted by the institution.

	Carbon Foot Print			
Sl. No.	Particulars	Remarks	Tonne of CO ₂ e 50.4	
1	Annual Electricity Consumption (kWh)	61517		
2	Annual LPG Consumption in kg	570	0.9	
3	Annual Diesel Consumption (L)	660	2.1	
4	Annual Biogas Consumption (m3)	1369	1.9	
5	Food Waste in kg/yr.	674	0.4	
6	Paper Waste in kg/yr	202	0.11	
7	Plastic Waste in kg/yr	20	0.01	
	Total Carbon Foot Print tCO2e/yr		55.87	

Net Carbon Emission after implementing Energy Efficency
projects and Renewable Energy Projects Proposed

4 tC0 5 Ca (Pr 6 Ca (Pr 7 Eff 8 Tot 0 Spe	tal No of Students ecific Carbon Footprints COLLECT 2e/Student/Yr	-6.58 P
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4	rbon mitigated by Energy Efficiency oposed) tCO2e/yr	12.25
100	rbon mitigated by Renewable Energy D2e/yr	19.83
2 Ca	rbon Sequrested tCO2e/yr	18.00
1 To	tal Carbon Foot Print tCO2e/yr	55.87

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Gardens of All Saints': The institution has several gardens like Mother Mary Frances' Medicinal Garden, Ornamental Garden, Mahatmaji Jaivodyanam, Nakshathra Garden, Garden of Eden, Green house and Net house that augment the campus with great genetic diversity alongside the accomplishment of the mission of education, research and conservation.

Mother Mary Frances' medicinal garden: This garden was initiated in view of collecting and maintaining the indigenous medicinal flora of the country. Each year not less than ten new plants are introduced into this garden. Labelling and documentation of the plants in the existing medicinal garden are done by students with proper support from the experts.





All Saints' College Thiruvananthapuram-?





Ornamental garden: The campus maintains a very good collection of ornamental plants, both wild and exotic. The diversity of this plant group includes ferns, gymnosperms, flowering plants etc. Some of the species are *Aglaia odorata, Millingtonia hortensis, Adenium, Amaryllis, Bromiliads etc.* The ornamental plant diversity of the campus helps to attract butterflies, birds and insects, thereby, sustaining their population.



Mahatmaji Jaivodhyanam: This is a project undertaken under the sponsorship of Kerala State Biodiversity Board. A garden with endemic and common trees of Kerala in 3 cents of land is maintained. It serves as the conservatory for the maintenance of rare, endangered and endemic plants. The trees planted include endemic plants like *Gluta travancorica* (*Chenthuruni*), *Canaga odorata, Couropita guanensis* (*Nagalingam*) etc.



All Saints' College











Mahatmaji Jaivodhyanam AINTS ANDRUM.7. S.I

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Nakshatra Garden: This is a conservatory region where trees associated with the 27 constellations or nakshatras have been planted. These trees are of medicinal, social, aesthetic or economic value.



Garden of Eden: This garden was set up for establishing and maintaining fruit trees both endemic and exotic to create awareness among the students. Some of the plants which are successfully established include *Syzygium cumini, Morinda citrifolia, Diospyros blancoi, Solanum betaceum,* the species of *Annona, Artocarpus etc.* This garden attracts many frugivores like squirrels and bats into

the campus.



All Saints' College Thiruvapanthapuranty







Green house: This is maintained for plants which need stable warm environment throughout the year. Almost 102 species of plants are maintained in this garden. The species include Begonia, Lea, Hydrangium, Tacca, Impatiens etc. This garden helps the students to be swint Softwarp protes which need much carpand support.

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Net house: This facility provides the space for the plants which need special care for their establishment in the campus. Special environment is created inside the net house to acclimatize the plants during introduction. The plants which are collected from different parts of the country are maintained here. This naturally ventilated environment accommodates more than 75 species which include many RET medicinal plants like *Geophila repens, Equisetum arvens, Gloriosa superba, Thottea* sps *etc.*











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Documenting the Green Wealth of the Campus

For launching any policies and programmes on conservation and sustainable utilization of resources it is necessary that proper assessment is made on floristic diversity prevailing in the areas. Thus, any awareness on conservation of plants starts with documentation of diversity. In view of this thought, an attempt has been made to compile an informative hand-book on the diversity of plants in All Saints' campus. The compilations are, 'Campus Flora' and 'Trees of All Saints' Campus'. The details of the plant along with excellent photographs are provided in these books. The plants are properly labelled and documented and details like the binomials, family, common name etc are included. These books are freely available for all the students to read and refer and also for the identification of the local flora.





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Tree Register

The 'Tree Register' is a permanent document containing the family, scientific name and local name of each tree. The trees present in different gardens and unspecified areas within the campus are listed in this booklet. The first register listed 100 tree species belonging to 41 families which was the highest number reported among all the surveyed campuses by Friends of Trees. In the present survey, there is a total of 168 tree species belonging to 55 families present in the campus. Tree Register preparation is a step in promoting consciousness of conservation and promotion of biodiversity which are absolutely essential for the healthy survival of human beings. The campus tree flora contains some rare and endangered tree species such as *Hippocrateaovata*, *Phoebe wightii* and *Garciniaimberti* etc.



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Green Audit: The Institution regularly conducts Green audit to quantify, record and analyse the environmental components.



Certification

This is to certify that

The data collection has been carried out diligently and truthfully: All data monitoring devices are in good working condition and have been calibrated or certified by approved agencies authorised and no tampering of such devices has occurred;

Ati reasonable professional skill, care and diligence had been taken in preparing the energy audit report and the contents thereof are a true representation of the facts. Adequate training provided to personnel involved in daily operations after implementation of recommendations; and The green audit for the year 2018-19 has been carried out in accordance with the various rules and regulations in India

> This Certificate is issued to All Saints' College on their request. Dated this 7" day of April 2019

> > SURECH BABU B V ACCREDITED ENERGY AUDITOR (AEA 33) BUREAU OF ENERGY EFFICIENCY, GOVT OF INDIA

Principal All Saints' College Thiruvananthapuram



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All reasonable professional skill, care and diligence had been taken in preparing the energy audit report and the contents thereof are a true representation of the facts; Adequate training provided to personnel involved in daily operations after implementation of recommendations; and

The green audit for the year 2019-20 has been carried out in accordance with the various rules and regulations in India.

This Certificate is issued to All Saints' College on their request.

Dated this 10th day of April 2020

SURBSH BABU B V

ACCREDITED ENERGY AUDITOR (AEA 33) BUREAU OF ENERGY EFFICIENCY, GOVT OF INDIA



All Saints' College Thouvaranthaptrasa-7

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Certification

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All reasonable professional skill, care and diligence had been taken in preparing the energy audit report and the contents thereof are a true representation of the facts; Adequate training provided to personnel involved in daily operations after implementation of recommendations; and

The green audit for the year 2020-21 has been carried out in accordance with the various rules and regulations in India.

This Certificate is issued to All Saints' College on their request.

Dated this 5th day of April 2021.

SURESH BABU B V

ACCREDITED ENERGY AUDITOR (AEA 33) BUREAU OF ENERGY EFFICIENCY, GOVT OF INDIA

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Knowledge Building Initiatives: We have undertaken several knowledge building initiatives and international collaborations to advance our information base.

Bird watching initiative in association with eBird







Mentorship Support Programme in association with University of Calgary



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March 0, 2018

Dr. Smitha Asok Assistant Professor Post Graduate Department of Environmental Sciences, All Saints College, Trivandrum, India

Subject: Letter of authorization to initiate Mentorship Support Collaboration between Mr. Vishnu Nandan (Cryosphere Clemate Research Group, the University of Calgary, Canada) and Dr. Smitha Asok. (Post Graduate Department of Environmental Sciences, All Saints College, Trivandrum, India).

Dear Dr. Smitha Asok,

With immense pleasure, I write this letter to accept your request to authorize Mr. Vishnu Nandan, Cryosphere Climate Research Group (CCRG), University of Calgary, Canada to facilitate Mentorship to the PhD Candidate (hereafter referred to as "Mentorce"), supervised by the Principal Investigator Dr. Smitha Asok (bereafter referred to as "PI"). The mentorship is proposed to be provided to the Mentorce on her PhD project tided "Above Ground Volume/Biomass estimation and validation using airborne S- and L-hand NISAR data and Radiative transfer modeling", led by the PI. The collaboration will be valid for a period of three years, commencing on the same day as the day of joining of the PhD candidate at the Post Graduate Department of Environmental Sciences, All Saints College, Trivandrum, India. The mentorship colluboration needs to be renewed each year, upon satisfactory review of the general progress of the Mentoree.

With close to 10 years of demonstrated research experience in using a wide variety of airborne and satellite-borne SAR remotely sensed datasets. Mr. Nandan will be an ideal mentor to assist his incritoree, to support, advocate and enhance her theoretical and technological advancement in SAR, remote sensing. Whenever requested, Mr. Nandan has also agreed to provide scientific and researchoriented advice and tips to his Mentoree on basic and advanced theoretical aspects of SAR remote sensing, related to the PhD research. Mr. Nandan shall also provide technical support and troubleshooting assistance on SAR data processing, used in this PhD research. Upon request by the Mentoree and the Pl, Mr. Nandan may also provide supportive knowledge to facilitate effective technical writing and presentation skills for publications, conference presentations, podagogical skills and grant writing. Occasionally, Mr. Nandan may also keep his Mentoree abreast of new knowledge and emerging techniques on SAR, which could be effectively utilized for this PhD research. Mr. Nandan may also advice the Montorez on effective time management skills, use concrete language to critique Mentoree's work, keep track of Mentoree's progress, project milestones and achievements, and encourage the Mentoree to try new SAR datasets and techniques, help expand their technical skills, encourage discussing their ideas and encourage to apply for fellowships, projects and other teaching opportunities. Overall, Mr Nandan's role would be centered on a professional commitment to assist the Mentoree, to enhance their technical and research expertise on SAR, through an interpersonal

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engagement that facilitates sharing guidance, experience and technical and professional expertise.

Throughout the collaboration time frame of three years, Mr. Nandan's medium of merstoring may include meetings with the mensoree and the Pl, via regular emails, teleconferencing (e.g. over phone-skype etc.) and occasional in-person meetings (if necessary) During meetings, Mr. Nandan may request the mentoree to develop and share PhD project goals as well as the time frame for reaching these goals. Mr. Nandan would also communicate to the mentoree and the PI, on how frequently he would be able to provide mentorship. It is the responsibility of the PI and the mentoree to arrange, schedule and take lead of these mentorship meetings. To review general progress of the Mentoree and the overall Menzorship process, Mr. Nandan may request for annual progress report and mentorship feedback from both the PI and the Mentoree

This Mentorship Collaboration for a period of three years is limited only to sharing resource knowledge to the mentoree and PI; on basic and advanced theoretical and practical knowledge on SAR remote sensing, that are only applicable to the project 'Above Ground Volume/Biomass estimation and validation using airborne S- and L-band NISAR data and Radiative transfer modeling'. In event of any request from the mentoree and/or the PI, this mentorship collaboration is lumited to sharing only publicly available remotely sensed data. At no stage during the Mentorship timeframe, will the mentoree and the Pi will have the right to access remately sensed data stored in CCRG data servers, located in house at the University of Calgary. Additionally, the CCRG will not consider these data sharing/dissemination requests from any parties from the All Saints College, signed in this mentorship letter of authorization. CCRG will also not have any right to access/request any remotely sensed data owned by the Ail Samts College, through the PhD project. Mr. Vishnu Nandan shall not be held responsible for any failure related to the academic and research progress of the Mentoree audior the completion of the project led by Dr. Smitha Asok.

I am sure that Mr. Vishnu Nandan, with his rich expertise in SAR remote sensing, will be an ideal technical mentor and a role model for your prospective PhD Candidate to carry out research on SAR remote sensing. I wish success to the PhD Candidate towards utilizing this mentorship from Mr. Vishnu Nandan for advancing her research carper

Thunks and Regards.

M. ET.

Prof John Vackel Professor Cryosphere Climate Research Group Department of Geography t mixersity of Calens



Dr. Smith And Assistant Professor Post Graduite Department of Environmental Sciences All Saints College, Lessandrers, India

Mr. Vishviu Naridan Cityosphere Climine Research Group Department of Geography Conversity of Calgary

1. I'm Caroline Beena Menuley Principal All Saints College, Trivandrum, India

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All Saints' College Thiruvananthapuram-





Taking the Green Initiative Forward and Outward

The Institution arranges educational engagements for various school students so as to propagate our ideals of greening the earth.

















Know Our Plants Campaign: The daily display of local plants with their vernacular name, binomial, family and uses is done by the students of Botany department. This helps to bring awareness among students about the common plants of our college.











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In March 2019, small fruit bearing tree saplings were distributed to some houses of the locality as part of the World Forestry Day Celebrations.





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Regional

A Roof Over their Heads Scheme: The institution has extended support to individuals from socially and economically underprivileged sections, towards the construction of house and related facilities.











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Survey on Waste Management: The student volunteers of the institution conducted a survey on waste management among the inhabitants of nearby localities so as to assess their habitational needs and requirements.

The findings of the survey are as follows:

147 respondents

of which 30% are APL category

70% are BPL category

63% are temporary residents

65% of the respondents own 5 cents or less

99.9% of the houses are electrified

83% of the respondents burn their organic waste

78% of the respondents burn their plastics

12% of the respondents dump their waste

10% of the respondents give their waste to collection agencies.

Recommendations

- 1) Conduct awareness classes on waste segregation
- 2) Entrust Kudumbasree with collection and disposal of waste.
- 3) Initiate more organic farming in order to dispose of vegetable waste.



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Sample survey forms



All Saints' College, Thiruvananthapuram Code Number SURVEY 1-buse no: 2167/1 NSS UNITS ALL SAINTS' COLLEGE 1. Head of the family: Coolargingro. 2. No. of occupants: 3. Name of the house: AS mano. 4. Category: General/OBC/SC/ST 5. Economic Status: APL/BPL N 6. No. of members in the house: 4 7. No. of differently abled members (If yes, what kind of?): No 8. House status: a. Own/Temporary: b. Concrete/sheet/tiled/thatched): c. Electrified: Yes d. Electronic devices: (TV/Washing machine/mixer/grinder/computer) e. Fuel: (LPG/Biogas/kerosene stove/hearth) 9. Organic Waste Management: a. Biogas: b. Vermicompost: c. Pipe compost: d. Feeding cattle: . Burning: f. No specific technique: 10. Plastic and other dry waste management: a. Collection by agencies: b. Open Dumping: Se Burning: d. Washing, drying and disposing through government management measures: 11. Land area owned in cents: 15. 12. Do you have a vegetable garden: Yes/No 13. If yes, give details: 13. out 14. If no, why?: (not enough space/not interested/non-availability of water or seeds/no one to do) 15. What is the immediate need of the place in terms of Solid Waste Management? (Comment) Collecting 16. Would you like to offer us help during further Waste Management activities? Yes/ No 17. If yes, Address 9544644153 Thirty

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Global

Communities of Practice: Community of Practice Initiative aims to reach out to the larger community around us and work towards its holistic development employing sustainable measures.

POSTMA: The institution distributed 50 pulse oximeters to the neighbouring Primary Health Centres –Veli, Vettucaud, Kadakampalli and Divya Shanthi Ashram, Vettucaud (Akasaparavakal) as part of the grant received from Institute of Electrical and Electronics Engineers(IEEE) - Humanitarian Activities (HAC)/SIGHT (Special Interest Group on Humanitarian Technology) to support grassroots humanitarian technology that address the COVID-19 situation by IEEE members in their local communities.

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Re-accredited with 'A'- Grade by NAAC Throwanasthapuran - 655 007, Kerala - South Inde Phone 0471-2501153, 8291334337 E-mail atsaintscolege asc(tyme)! com, www.atsaintscolege.com

13/08/2021

All Saints' College. Thiruvananthapuram received a grant from Institute of Electrical and Electronics Engineers(IEEE) - Humanitarian Activities (HAC)/SIGHT (Special Interest Group on Humanitarian Technology) to support grassrootshumanitarian technology that address the COVID-19 crisis by IEEE members in their local communities. The project entitled 'Pulse-Oxygen Saturation-Temperature Monitoring Appliance' (POSTMA) is undertaken by the Departments of Physics, Humanities and NSS Unit of All Saints' College. The project seeks to helpthe genatice attented by strent hypoxia due to Covid-19. Consultation with the AdditionalDistrict Medical Officer of Thiruvananthapuram by the project team inMay 2020 on the user needs during the covid pandemic revealed thatpulse oximeters were the need of the hour. As part of this project, we are distributing50 Oximeters to three coastal areaprimary health centres at Vettucaual, Veli and Kadakampally as well as to an old age home at Vettucaua-AakashaParavakai

Distributed to	Numbers Distributed	Signature of Receiving Authority
The Formary Health Centre, Vettucaud	15	Stradban and
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3. Primary Health Centre, Kadakampaily	15	Vell, There's
4. Old Age Home, AakashaParavakal, Vettucaud	s D o	So Reso of the any
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Awareness Building Sessions: A One Day International Seminar was conducted on 'The role of Communities of Practice in fostering collaboration among faculty, students, environment and public through multi and inter disciplinary research and community problem solving' in online platform on 2nd October 2020 in commemoration of the National Integration Day. Dr. Deepa M delivered the Welcome address and Mr. Jayakrishnan Divakaran (Member, IEEE Global Humanitarian Activities CoP lead, Introduced the Concept of the formation of this Cell. The webinar was inaugurated by Dr. Shashi Tharoor, MP and the key note address was delivered by Dr. Sam Pitroda, Former advisor to PM. Felicitations were delivered by Dr. Joy V P, IAS (Secretary Coordination, Cabinet Secretariate), Ms. Usha Titus (Higher Education Secretary, GoK), Ms. T V Anupama, IAS (Director, Department of Women and Child Welfare) and Dr. S K Ramesh (IEEE Fellow & Professor- USC USA). This was followed by a Panel Discussion by Dr. RVG Menon (Green Energy Champion), Dr. Jai Asundi (Ex. Director, Centre for Science, Technology and Policy), Dr. Saritha Ahilawatt (BIRAC Fellow, Founder - Living Spaces, IIT Delhi), prof. Madhava Chandra Kurup (Asian School of Business), Padmashree Shankar (Sustainability Architect, Habitat) and Vishwanath Srikantiah (National Water Expert, Biome).

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Helping Hand: The Institution has initiated several measures to reach out to the immediate locality.

Relief during the pandemic: An amount of 6,00,000 was spent on providing material resources to the local residents.





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Relief provided to Trivandrum Corporation during the first Covid Wave: Amount of Rs.5,00,000/ handed over to the Trivandrum Mayor.







Flood Relief Camp of 2018: The college functioned as a flood relief camp and provided aid to the residents coming from the flood-affected areas.







Christmas gifts to the Community: During Christmas 2020, the institution reached out to the local community by giving gifts and monetary assistance to the autorickshaw drivers of the vicinity.





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Inculcating the values of self-development and self-reliance through various awareness drives.

MoU with the organisation Thanal to further SDGs









Purpose

This academic collaboration will be focusing on nine main areas (out of 17) in line with the UN Sustainable Development Goals 2030. This will be accomplished by bringing together agencies, institutions of higher education, and local NGOs to improve the lives of the people in their country by the year 2030. Every person should work towards practicing sustainable goals which will develop an individual as well as the whole environment. The following themes will be adopted, and individual projects will be taken up by students based on the following themes.

- 1. Affordable and Clean Energy
- 2. Climate Action
- 3. Sustainable Cities and Communities
- 4. Responsible Consumption and Production
- 5. Waste Management and Infrastructure
- 6. Life on Land
- 7. Life Below Water
- 8. Clean Water and Sanitation
- 9. Build Partnerships for the Goals

Collaborating cum Co-Investigators for the Project

- Dr. Reshma J. K., Head, Department of Environmental Sciences, All Saints College, TVPM (Chief Academic Coordinator and Convenor - All Saints College)
- 2. Smt Manju M. Nair, CEO, Thanal Trust
- 3. Dr. Ayona Jayadev., Asst. Professor, Department of Environmental Sciences, All Saints College, TVPM (Co-Investigator)
- 4. Dr. Smitha Asok V. Department of Environmental Sciences, All Saints College, TVPM (Co-Investigator)
- Smt. Rajani.V., Department of Environmental Sciences, All Saints College, TVPM (Co-Investigator)

Smt Lokehmy Krishnan, Internship Co-ordinatory Thanal

Project Activities

The following activities will be carried out during the proposed period which include,

- I. Field based data collection and survey- Providing checklist questionnaires
- II. Collection of background data and references
- III. Report preparation (Individual)
- IV. Publication of the data and reports generated in peer reviewed Journals
- V. Based on data generated, Influence the policy makers of the local panchayats, bodies and municipalities in developing sustainable programs and their implementation



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Projects Undertaken

SI No.	NAME	Title of Project
1	Aleena Jose	Upcoming Veli tourist Village - Evaluation of impacts on a local scale
2	Anakha PK	Sources of pollution and Management strategies in Kuttikkattukonam pond, Kunnathukal
3	Anchu M S	Making clay pots as an eco-friendly Gardening alternative to plastic pots
4	Ancy Varghese	Food waste management in selected households of Poovar Panchayath
5	Ann Reshma Nelson	Reuse of discarded plastic wastes for art installation
6	Anuja E Raj	An evaluation of non bio degradable waste management in selected households at Karumanoor, Parassala
7	Anusha E Raj	Water conservation strategies in selected households at Karumanoor, Parassala
8	Arya B R	Management strategies for Polluted Neyyar Canal, Venganoor
9	Divya Suresh	Influence of covid -19 pandemic on local body elections (2020) in Kerala
10	Hasna Mariyam	Comparison of environmental status before, during and after lockdown
11	Jisha V	An evaluative study and production of handmade herbal soaps
12	Lekshmi S	Energy Audit for Energy Management, Energy Efficiency and Conservation in a local Scale
13	Midhila M S	An inventory of common types of pollinators in Mannadikonam, Thiruvananthapuram
14	Mini G M	Plastic Usage Auditing and Survey in Mullilavuvila, Thiruvananthapuram
15	Rizwana M	Solid Waste Management - Waste Auditing of biodegradable and Non-biodegradable wastes of selected apartments in Thiruvananthapuram city
16	Roshni Lopez	Analysis of Environmental issues and Livelihood threats in the area due to Vizhinjam Seaport

Objectives of the study

The purpose of the agreement is to develop academic and educational collaboration 1. 2.

- Establish a collaborative program between the institution and the agency and to
- corporate in their mutual interest for a range of higher educational activities. Conducting joint research and development of individual projects for student 3. internships.
- Exchange of information, teaching materials, technological and scientific publications. 4.
- Search for opportunities to collaborate in the future to share academic facilities. 5.



Principal All Saints' College Thiruvananthapuram-7





Funding

This MOU will not have any commitment of funds with both parties.

Internship Requirements

- Online/ Offline Technical assistance and monitoring support to be given by both parties to carry out internship activities
- A certificate of merit shall be awarded to each student upon successful completion of the Internship.
- The responsibility of the results/findings generated as part of the study entirely lies with both the parties (*The College and The Agency*) of the MOU.
- Attendance record to be maintained on a regular basis and to be ensured by both parties (*The College and The Agency*)
- All assistance (Technical) with respect to reference collection and other related affairs for data processing and report preparation shall be met by both parties (*The College* and *The Agency*)
- 6. A certificate of merit shall be issued to the concerned department (Department of Environmental Sciences, All Saints College) and Collaborating faculty of the department for partnering with the internship within one week after successful output of project report.

Project Duration

The total contract period is two months from the date of initiation of the project (2nd week of December 2020). This MoU is at-will and may be modified by mutual consent of authorized officials from *The College and The Agency*. This MOU shall become effective upon signature by the authorized officials from *The College and The Agency*, and will remain in effect until modified or terminated by any one of the partners by mutual consent. In the absence of mutual agreement by the authorized officials from *The College and The Agency* this MOU shall end on (February 10, 2020 and the successful submission of project report by

INTS Interns) Date: 19 2 3.20 ollege ANDRUM-71 ollege Thiruvananthap Date: 09/12/2020 (Partner signature) CEO **Thanal Trust** In the presence of Witnesses (1) Sheet Date: 04 12 44.20 (Witness signature) Date ITS' CO (Witness signa All Saints' College Thiruvananthapuram.7 ANDRUM-

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25/06/2021

INTERNSHIP CERTIFICATE

This is to certify that Miss. Aleena Jose, student of 4th semester, MSc Environmental Sciences, Research Centre and PG Department of Environmental Sciences, All Saints' College, Thiruvananthapuram has successfully completed her internship with us. She has completed a report on the topic – 'Upcoming Veli tourist Village - Evaluation of impacts on local scale'.

Dr. Reshma J K, Asst. Professor and Head, Research Centre and PG Department of Environmental Sciences, All Saints' College, Thiruvananthapuram guided the work.

We wish her all the best for her future endeavours.

£ Raju. S CEO Thanal

OD-3, Jawahar Nagar, Kawdiar P.O., Thiruvananthapuram, Kerala, India, Pin - 695 003 Tel/Fax: +91 471 2727150, 2727152, E-mail: admin@thanal.co.in, Web: www.thanaltrust.org, www.thanal.co.in SAINTS' COLLEGE Principal All Saints' College Thiruvananthapuram-7

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INTERNSHIP CERTIFICATE

This is to certify that Miss. Anakha P K, student of 4th semester, MSc Environmental Sciences, Research Centre and PG Department of Environmental Sciences, All Saints' College, Thiruvananthapuram has successfully completed her internship with us. She has completed a report on the topic – 'Pollution in Kuttikkattukonam pond, Kunnathukal, Thiruvananthapuram.'

Dr. Reshma J K, Asst. Professor and Head, Research Centre and PG Department of Environmental Sciences, All Saints' College, Thiruvananthapuram guided the work.

We wish her all the best for her future endeavours.



Thanal

OD-3, Jawahar Nagar, Kawdiar P.O., Thiruvananthapuram, Kerata, India, Pin - 695 003 Tel/Fax: +91 471 2727150, 2727152, E-mail: admin@thanal.co.in, Web: www.thanaltrust.org, www.thanal.co.in



Principal All Saints' College Thiruvananthapuram-7

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Survey on Health: The student volunteers of the Institution conducted a survey among the inhabitants of the nearby localities to assess their general health and study the impact of life style diseases. The findings of the survey are as follows:

150 respondents

of which 54% are APL category

35% are BPL category

25% are temporary residents; 80% are permanent residents

79% of the respondents live in Concrete houses; 17% live in Sheet/ Tiled houses; 4% live in Thatched houses.

99% of the houses are electrified

71.3% of the respondents responded that they are healthy; 27.4% responded that they are

unhealthy; 1.3% comprises disabled category

Common diseases include fever, cancer, blood pressure, heart diseases and thyroid Life style diseases include diabetes - 40 %, Eye related issues - 22%, Cataract - 5% and Allergic issues - 24%

Recommendations

1) Organize medical camps to address specific life style diseases.

2) Hold awareness lectures to usher in lifestyle changes.

3) Study the impact of life style diseases on the local community



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Sample Survey Forms

	HEALTH SURVEY	
	NSS UNITS, ALL SAINTS' COLLEGE, THIRUVANANTHAPURAM	
and a little	1. Head of the family: Raveendean	
	2. No. of occupants: 2	
and the	3. Name of the house: Mararhala Veedu	
	4. House Nin. 5507/8 TC 91/1982.	
	S. Category: General/ OBC/SC/ST	あれ
	6. Economi: Status: APL/BPL	-
	7. No. of members in the house: 5	
1.4. ···································	8. No. of differently abled members: -Nil-	a la
夏	9. House Status: a. Own/Temporary	
	b. Concrete/ Sheet/ Tiled/ that hed:	
44 1.12	c. Electrified/ non-electrified:	- Alline
	d. Fuel: LPG/	1423
and the	10. Health status: Healthy/ unhealthy/ disabled	1
	11. Common diseases encountered: Carrier, Fires	ų.
	12. Lifestylo disorders:	
	a. Diabries	
	b. Eye related	
他 主任	c. Cataract	
	d. Allergy: Skin/ Eye/ Respiratory	
		A SUM
	Persons involved in survey	
	1. Kerhimi R	
	2. Ahaliya A	Sam.
	2. Abalys A 3. Thanyidhe Mohammed M P 4. Remina. B. Vinvan	C.S.
and the state	1. Renjuna. B. Vinwan	
	5. Addinta Seri A	
	6. Rushma . St R.	
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Elig and a		
	Principal	
	All Saints' College Thiruvananthapuran	1.7
	Thiruvananthapuran	







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Self-Defence Training: Just as we reach out to the locality to further the SDGs, we believe in making our students imbibe the core values of our vision by moulding them into empowered and enlightened individuals.





Reshmi Principal All Saints' College imitter ram-7

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