

MAHATMAGANDHI UNIVERSITY  
KOTTAYAM



ST. THOMAS COLLEGE OF  
TEACHER EDUCATION,  
PALA



**NSS UNIT 90B**

**NOT ME BUT  
YOU**



# **AIM OF NSS**

**Development of the personality  
the students through  
community service.**

**NSS UNIT 90B**

**MG University NSS**

**Programme Co-ordinator :**

**Dr. E. N. Sivadasan**

**Principal :**

**Dr. Sr. Beenamma Mathew**

**NSS Programme Officer :**

**Dr. Alex George**

**NSS Volunteer Secretary :**

**Ms. Linta Eldos( 2022-24**

**B.ED BATCH)**

**Ms. Anjali Rameshan (2023-25**

**B.ED BATCH)**



# **NSS UNIT 90 B REPORT**

**For providing services to both the society and the college, NSS Unit 90 B started functioning in the academic year 2022-23 at our college. Activities of the NSS unit for the academic year 2023-24 began in June, with the medical herbal gardening. Over 50 activities were conducted, including more than 25 community works and 20 campus activities, to fulfill the units objectives. Our notable activities included, establishing an agricultural area for the tribal village of Mullakkara, distributing gifts for the residents of Mariyasadanam , conducting 'Clean and Care' at our adopted school (St. Thomas HSS, Pala) and the effort done for the construction of house for our college student. NSS Programme Officer, Dr.Alex George led the activities and programmes in the community and campus, supported by NSS Volunteer Secretary Linta Eldos and the entire NSS volunteers of the college who are actively involved in providing selfless .**



**LINK WITH US**



**[NSS DIARY](#)**

**[NSS ACTIVITIES VIDEOS](#)**

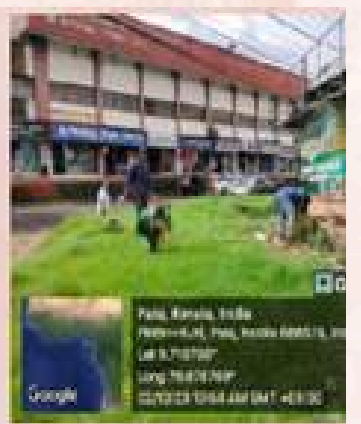
**[NSS ACTIVITIES LIST 2022-23](#)**

**[NSS ACTIVITIES LIST 2023-24](#)**





# NSS ACTIVITIES AT A GLANCE



# NOT ME BUT YOU



# NSS UNIT 90 B

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
 Research Centre in Education approved by M.G. University, Kottayam, Kerala

**77<sup>th</sup> Independence Day Celebration**  
 15 August 2023

- Flag Hoisting
- Message
- Dr. Sr. Beenamma Mathew (Principal)
- NSS UNIT 90 B organizes Online Quiz Competition

**"Nation First, Always First"**

**Organising Committee**  
 Dr. Sr. Beenamma Mathew (Principal)  
 Dr. Alex George (NSS Programme officer)  
 Ms. Linta Eldos (NSS Volunteer Secretary)  
 Ms. Arjun Rameshan, Ms. Ashna Varkey, Ms. Elsie Baby (Student Coordinators)

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
 Research Centre in Education approved by M.G. University, Kottayam, Kerala

**സ്നേഹക്കോടി**

Share Love

Collection Date: 4, 5 September 2023  
 For more details contact: 9061074908, 9447899631

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
 Research Centre in Education Approved by M.G. University, Kottayam, Kerala

**NSS Unit 90 B**

**Clean & Care**  
 COMMUNITY CLEANING PROGRAMME  
 AS PART OF SPECIAL CAMPAIGN 3.0 AND SWACHHATA HI SEWA

Venue: St. Thomas H.S.S. Pala (Adopted School)  
 Date: 21/10/2023  
 Time: 09.00 am-04.00 pm

**ORGANISING COMMITTEE**  
 Dr. Sr. Beenamma Mathew (Principal)  
 Sri. Reji Sebastian (H.M. St. Thomas H.S.S. Pala)  
 Dr. Alex George (Programme officer)  
 Mrs. Linta Eldos (Volunteer Secretary)  
 Programme Coordinators  
 Mrs. Elizabeth Cyril

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**NSS UNIT 90 B**

**NATIONAL UNITY DAY PROGRAMMES**

UNITY PLEDGE SYMPOSIUM AT COLLEGE AUDITORIUM

**ORGANIZING COMMITTEE**  
 Prof. Dr. Sr. Beenamma Mathew (Principal)  
 Dr. T.C. Thankachan (Vice Principal)  
 Dr. Alex George (NSS Programme officer)  
 Mrs. Linta Eldos (NSS Volunteer Secretary)

**NSS Unit 90 B**

**AWARENESS SEMINAR FOR PARENTS**

**DISTRIBUTION OF STUDY MATERIALS FOR CHILDREN**

**Resource Person:**  
 Dr. Alex George  
 Assistant Professor and Programme Officer,  
 St. Thomas College of Teacher Education, Pala

**Date & Time**  
 Tuesday, 28 November 2023  
 12:30 p.m.

**Venue**  
 St. George UP School,  
 Moolamattom

**Organization Committee:**  
 Dr. Sr. Beenamma Mathew (Principal)

Education approved by M.G. University, Kottayam, Kerala

**Community Wall Painting**

"environmental friendly society"

Hospital Development Committee and Welfare Society in collaboration with

**SAY NO TO DRUGS**

16<sup>th</sup>, Saturday

Mami Smarakala, General Hospital

**Committee:**  
 Dr. Sr. Beenamma Mathew (Principal)  
 Dr. Alex George (NSS Programme Officer)  
 Mrs. Linta Eldos (Volunteer Secretary)  
 Ms. Soorya P. S. (Student Coordinator)

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**NSS UNIT 90 B**

**Prarambh 2k23**

**Orientation Programme**  
 FOR FIRST YEAR NSS VOLUNTEERS (2023-2025)

28 September 2023, 4:00 p.m.  
 30 September 2023, 8:30 p.m.

**Organising Committee:**  
 Dr. Sr. Beenamma Mathew (Principal)  
 Dr. T.C. Thankachan (Vice Principal)  
 Dr. Alex George (NSS Programme Officer)  
 Mrs. Linta Eldos (NSS Volunteer Secretary)  
 Ms. Arjun K. S. & Ms. Arjun Rameshan (NSS Assistant Volunteer Secretaries)

29/09/2023, Friday

30/09/2023, Saturday

7:30 a.m. Assembly  
 9:00 a.m. - 1:00 p.m.  
 Topic: Foundation for meaningful Social Life through NSS

12:00 p.m. - 1:00 p.m.  
**Group Discussion**  
 (NSS Activities 2023-24)

2:00 p.m. - 3:30 p.m.

**Resource Person:**  
 Mr. Jibin Alex  
 NSS Programme Officer, SVKM Holy Cross College, Cherpu

**Gloria**  
 22 DECEMBER 2023

**Goodwill Gala**  
 At Mariasolbanment  
 22 DECEMBER 2023  
 10:30 A.M-12:00 P.M.

**Christmas Celebrations**  
 At College Auditorium  
 22 DECEMBER 2023  
 01:30 P.M-04:00 P.M.

**Organization Committee:**  
 Dr. Sr. Beenamma Mathew (Principal)  
 Dr. Alex George (NSS Programme officer)  
 Mrs. Linta Eldos (NSS Volunteer Secretary)  
 Mr. Sachin C. Muttathil (Student Coordinator)

**St. Thomas College of Teacher Education, Pala**  
 NSS Unit, 90 B

**A Helping Hand for a Friend - Home Project for a Student of the College.**  
 Date- 16-12-2023, Saturday  
 9: a.m to 2: 30 p.m.

Dr. Sr. Beenamma Mathew (Principal)  
 Dr. Alex George (NSS Programme Officer)  
 Mrs. Linta Eldos (NSS Volunteer Secretary)  
 Ms. Soorya P. S. (Student Coordinator)

**Happy TEACHER'S Day**

The true teachers are those who help us think for ourselves.  
 - SARVEPALLI RADHAKRISHNA

T - TALENTED  
 E - EDUCATED  
 A - ADORABLE  
 C - CHARMING  
 H - HELPFUL  
 E - ENCOURAGING  
 R - RESPONSIBLE

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
 Research Centre in Education approved by M.G. University, Kottayam, Kerala

**JOINTLY ORGANIZED BY NSS UNIT '90 B & GREEN PROTOCOL SAMITHI**

Seminar on:  
 'ശുചിത്വ മാലിന്യ സംസ്കരണ ശീലങ്ങൾ പ്രാധാന്യം കല്പിക്കുക'

**Resource person:**  
 DR. GEETHA DEVI. T. V.  
 Resource Person in charge of Pala Municipality, Sushree Mission, Kottayam

8 September 2023  
 Venue: College Auditorium  
 Time: 12pm

**Organising Committee:**  
 Dr. Sr. Beenamma Mathew (Principal)  
 Dr. Binoda David (Green Protocol Samithi)  
 Dr. Alex George (NSS Programme Officer)  
 Mrs. Linta Eldos (NSS Volunteer Secretary)

**Hearty Welcome**





**MAHATMAGANDHI UNIVERSITY  
KOTTAYAM**



**ST. THOMAS COLLEGE OF  
TEACHER EDUCATION,  
PALA**



**NSS UNIT 90B**

**NOT ME BUT  
YOU**



# **NSS UNIT 90B**

**2022 - 2023 ACADEMIC YEAR**

**MG University NSS**

**Programme Co-ordinator :**

**Dr. E. N. Sivadasan**

**Principal :**

**Dr. Sr. Beenamma Mathew**

**NSS Programme Officer :**

**Dr. Alex George**

**NSS Volunteer Secretary :**

**Ms. Linta Eldos( 2022-24  
B.ED BATCH)**

**OUR VOLUNTEERS  
NAILED 45 ACTIVITIES**





UNIT NO. 90 B

# NSS UNIT 90 B

## CAMPUS ACTIVITIES

2022 - 2023

01

02 DECEMBER 2022  
NSS INAUGURATION



The NSS unit was inaugurated on 2nd December 2022 by Dr. E. N. Sivadasan (N.S.S Program Coordinator, Mahatma Gandhi University). In connection with the new NSS unit in the college a core group was elected under the leadership of college N.S.S Programme Officer, Dr. Alex George. Linta Eldos was selected as the N.S.S volunteer secretary.



02

05 DECEMBER 2022  
INTERNATIONAL  
DIABILITY DAY



N.S.S 90 B Unit organized an exhibition at the college auditorium on the occasion of International Disability Day on 5th December 2022. The theme of the exhibition was "Transformative Solutions for Inclusive Development: The Role of Innovation in Fuelling an Accessible and Equitable World. The college principal Dr. Beenamma Mathew inaugurated the exhibition.





## 13 DECEMBER 2022 ORANGE: THE WORLD CAMPAIGN

03



The Women's Cell and N.S.S. Unit 90 B organised 'Orange: The World Campaign' in collaboration with ICDS Lalam, WCD Anthinad which mainly focused to eliminate all kinds of violence against women. Through this CAMPAIGN, all the volunteers have a clear awareness about the importance of women, violence against women and its legal aspects.



## 15 MAY 2023 LAVER

04

St. Thomas College of Teacher Education, Pala NSS Unit 90B conducted an awareness program called 'Laver' to prepare solution required for cleaning, hand wash etc. on 15 May 2023. NSS volunteer Sona Alex welcomed everyone to the program which started with NSS anthem. Mr. Saju Joseph, Market officer of Pala Welfare Society provided necessary guidelines for the solution preparation. 26 NSS volunteers of the college participated in this program. Program officer Dr. Alex George was present at the event. The program ended with vote of thanks by NSS volunteer Alphonsa Mathew.







# NSS UNIT 90 B COMMUNITY SERVICE

★ 2022 - 2023 ★

## 01 10 DECEMBER 2022 BEAUTIFUL MINDS

The class was organized based on the theme of 'Motivation and Mentoring: Exploring Special Talents and Capabilities'. College Principal Dr. Sr. Beenamma Mathew, Dr. T.C. Thankachan (Vice-Principal), Dr. Alex George (Programme co-ordinator), Dr. V. V. Georgekutty (Principal of Civil Service Institute of Pala) and Dr. Baby Thomas (Vice-Principal of Civil Service Institute of Pala) were present in the meeting. The N.S.S. volunteers mentored and motivated the students.





02

## 10 DECEMBER 2022 OTHUCHERAM



As part of Human Rights Day and the second phase of the State Government's anti-drug campaign, members of N.S.S. Unit 90 B of St. Thomas College of Teacher Education, Pala arranged a meeting called, 'Othucheram' near to Marian Centre, Pala. It was possible to convince the all of us about different human rights and we were able to create a clear awareness about the human rights. Through experiences, news reports etc the class discussed about how drug use affects life and emphasized the importance of drug free society.





## 2 FEBRUARY 2023 ALL KERALA ELOCUTION COMPETITION



Oratory Club and N.S.S unit organized All Kerala Malayalam oration competition for LP and UP students based on 'Lahari vimuktha Bharatham' on 4 February 2023 at the auditorium of St. Thomas College of Teacher Education Pala. The program was successfully conducted in the presence of Dr. Sr. Beenamma Mathew( principal), Fr. Jose Puzhakkara (president of alumni association) and Dr. Alex George(teacher in charge). The competition was crucial for the personal and academic development of the students. Throughd this competition students enhance their communication skills, overcome stage fright, and gain confidence in expressing themselves.





04

## 25 MARCH 2023 MEENACHIL RIVER CONSERVATION CAMPAIGN

As part of World Water Day (22nd March), NSS unit 90 B of St Thomas College of Teacher Education Pala and Pala municipality jointly organized Meenachil River Conservation Campaign on 25th March 2023 near Ponkunnam Bridge. The program was inaugurated by Smt. Josin Bino, Municipal Chair Person. The river was cleaned by the NSS volunteers a part of the river conservation campaign.





## 05 SCHOOL ADOPTION 2 JUNE 2023

St. Thomas College of Teacher Education, Pala adopted St. Thomas H.S.S., Pala as part of this year's NSS activities and celebrated Environment Day in a grand manner. Headmaster of St. Thomas H. S. S. Pala inaugurated the program in the presence of the Principal of St. Thomas College of Teacher Education, Pala Dr. Sr Beenamma Mathew. The NSS volunteers and school students joined together to clean the school campus and prepared the land for farming.



Pala, Kerala, India  
PM6H+6JH, Pala, Kerala 6865  
Lat 9.71053°  
Long 76.678897°  
02/06/23 12:30 PM GMT +05:30



GPS Ma

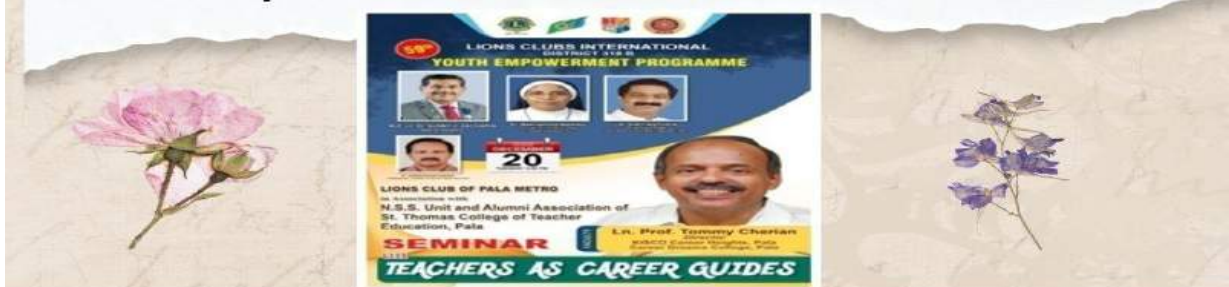
Kerala, India  
54P, Pala, Kerala 686575, India  
0483°  
6.678129°  
23 10:50 AM GMT +05:30





## **YOUTH EMPOWERMENT PROGRAMME 01**

An awareness class was conducted as part of Youth Empowerment Programme of Lions Club International District 318 B in association with Lions Club of Pala Metro, N.S.S. Unit 90B. In the session the message shared was as a Positive change in today's society can be achieved through empowering and engaging the youths in the society and the importance of nss volunteers in the empowerment was also discussed in detail.



## **02 AWARENESS PROGRAMME ON DRUG ABUSE AND MEDIA LITERACY 11 JANUARY 2023**

An awareness program on drug abuse and media literacy at St. Thomas College of Teacher Education Pala for adolescent students. Dr. T C Thankachan and Dr. Alex George lead the awareness program for 300 students. The media literacy session becomes crucial in today's digital age to help all students to critically analyze, evaluate, and navigate the vast amount of information and media they encounter daily. The drug abuse class provided education about the risks and consequences associated with substance abuse.





**AWARENESS PROGRAMME ON**  
**18 JANUARY 2023 DRUG ABUSE AND HIV** **03**

An awareness program on Drug abuse and HIV was conducted by the NSS unit 90 B and Red Ribbon Club of St. Thomas College of Teacher Education Pala on 18th January 2023. The program was inaugurated by Dr. Sr. Beenamma Mathew, Principal of St. Thomas College of Teacher Education Pala and the section was led by Dr. Krishnadas K V, Assistant Insurance Medical Officer ESI Hospital, Kanjirappally.



**SEMINAR ON FOOD**  
**23 MARCH 2023 SAFETY** **04**

NSS unit 90 B and Health Club of St Thomas College of Teacher Education Pala in association with KCFS jointly organised a seminar on "Food Safety: Responsibility of Common Man". The seminar was conducted on 23rd march 2023 in the college auditorium at 2:30 p.m. The program was inaugurated by Dr. Sr. Beenamma Mathew, Principal St Thomas College of Teacher Education Pala and the seminar was taken by Santhosh Kumar GS, Food Safety Officer Pala Circle.





5 JUNE 2023

05

## AWARENESS CLASS ON ENVIRONMENTAL PROTECTION

As part of the Environment Day celebration, Dr. K. Binu conducted a class on the need for environment protection for the students of St. Thomas College of Teacher Education, Pala and St. Thomas H.S.S., Pala. College Principal, Dr. Sr. Beenamma Mathew, Vice Principal Dr. T. C. Thankachan and N.S.S. Program Officer Dr. Alex George participated in this class.





**MAHATMAGANDHI UNIVERSITY  
KOTTAYAM**



**ST. THOMAS COLLEGE OF  
TEACHER EDUCATION,  
PALA**



**NSS UNIT 90B**

**NOT ME BUT  
YOU**



# **NSS UNIT 90B**

**2023 - 2024 ACADEMIC YEAR**

**MG University NSS**

**Programme Co-ordinator :**

**Dr. E. N. Sivadasan**

**Principal :**

**Dr. Sr. Beenamma Mathew**

**NSS Programme Officer :**

**Dr. Alex George**

**NSS Volunteer Secretary :**

**Anjali Rameshan( 2023-25**

**B.ED BATCH)**

**OUR VOLUNTEERS**

**NAILED 30 ACTIVITIES**





# NSS UNIT 90 B

# CAMPUS ACTIVITIES

# 2023 - 2024





# 15 AUGUST 2023

## INDEPENDENCE DAY CELEBRATION

In connection with the 77th Independence Day celebrations on 15 August 2023, programs were organized in the college campus under the leadership of NSS Unit 90B. After the flag hoisting, College Principal Dr. Sister Beenamma Mathew delivered the Independence Day message. An online quiz competition was organized on the occasion of Independence Day. Around 100 students participated in this competition in which B. Ed second year student Athira Mohan won first position and D.El.Ed second year student Jude Reji won second position.



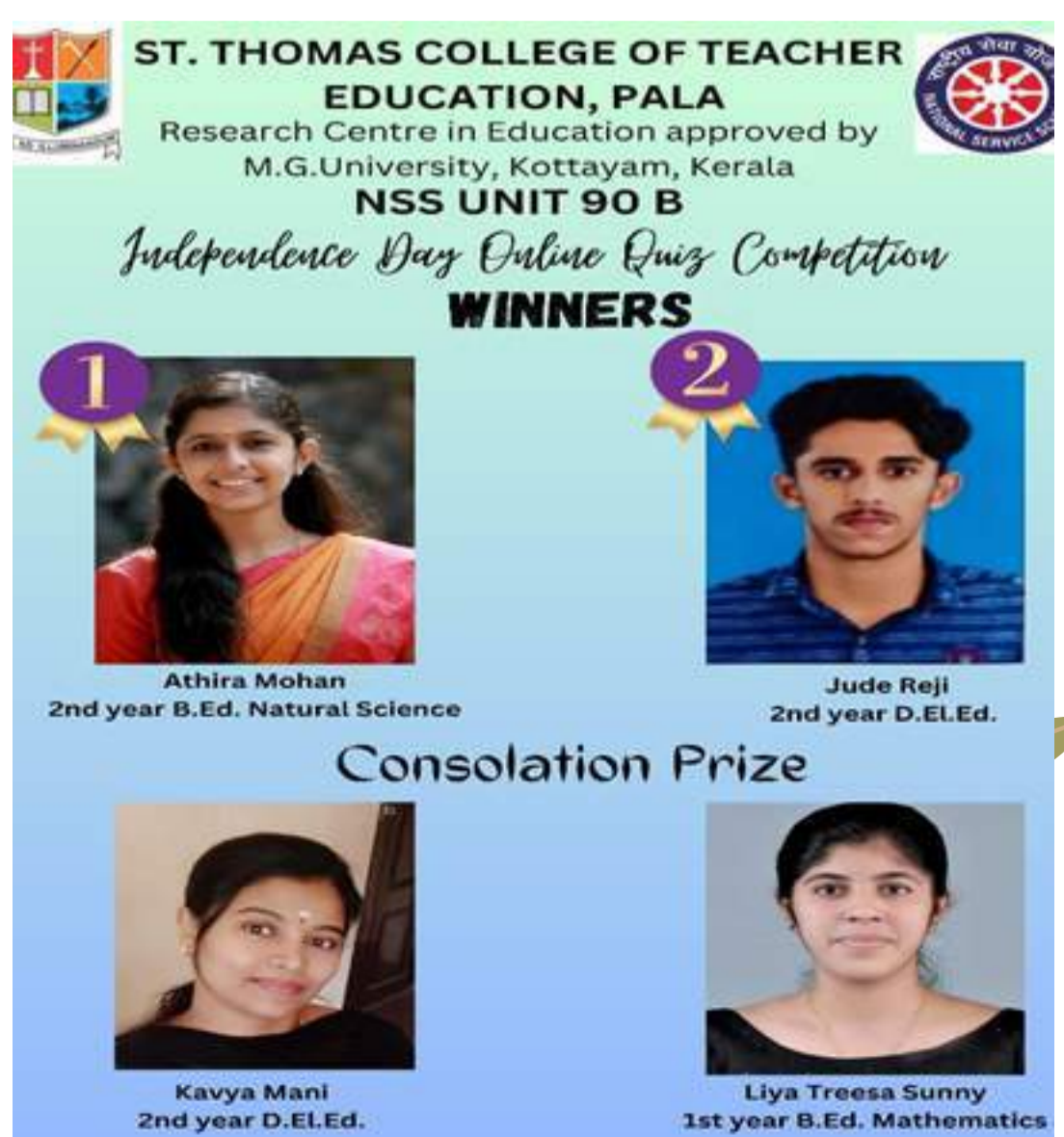
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
Research Centre in Education approved by M.G. University, Kottayam, Kerala

**77<sup>th</sup> Independence Day Celebration**  
15 August 2023


- Flag Hoisting
- Message  
Dr.Sr.Beenamma Mathew(Principal)
- NSS UNIT 90 B organizes Online Quiz Competition


**"Nation First, Always First"**

**Organising Committee**  
Dr.Sr.Beenamma Mathew(Principal)  
Dr.Alex George (NSS Programme officer)  
Ms.Linta Eldos (NSS Volunteer Secretary)  
Ms. Anjali Rameshan, Ms.Ashna Varkey, Ms.Elsit Baby(Student Coordinators)





**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
Research Centre in Education approved by M.G. University, Kottayam, Kerala  
**NSS UNIT 90 B**  
*Independence Day Online Quiz Competition*  
**WINNERS**

**1**  
  
Athira Mohan  
2nd year B.Ed. Natural Science

**2**  
  
Jude Reji  
2nd year D.El.Ed.

**Consolation Prize**

  
Kavya Mani  
2nd year D.El.Ed.

  
Liya Treesa Sunny  
1st year B.Ed. Mathematics

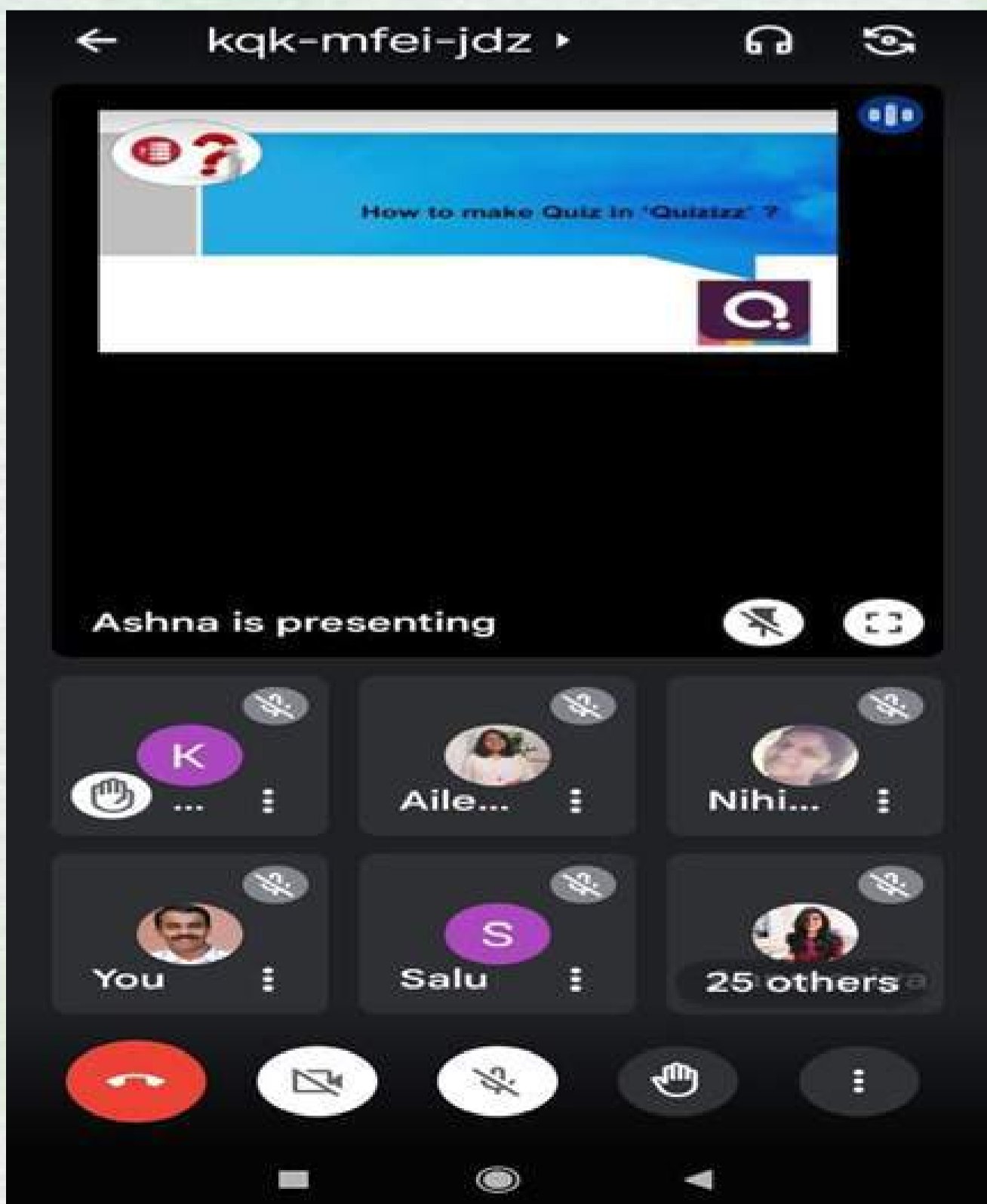
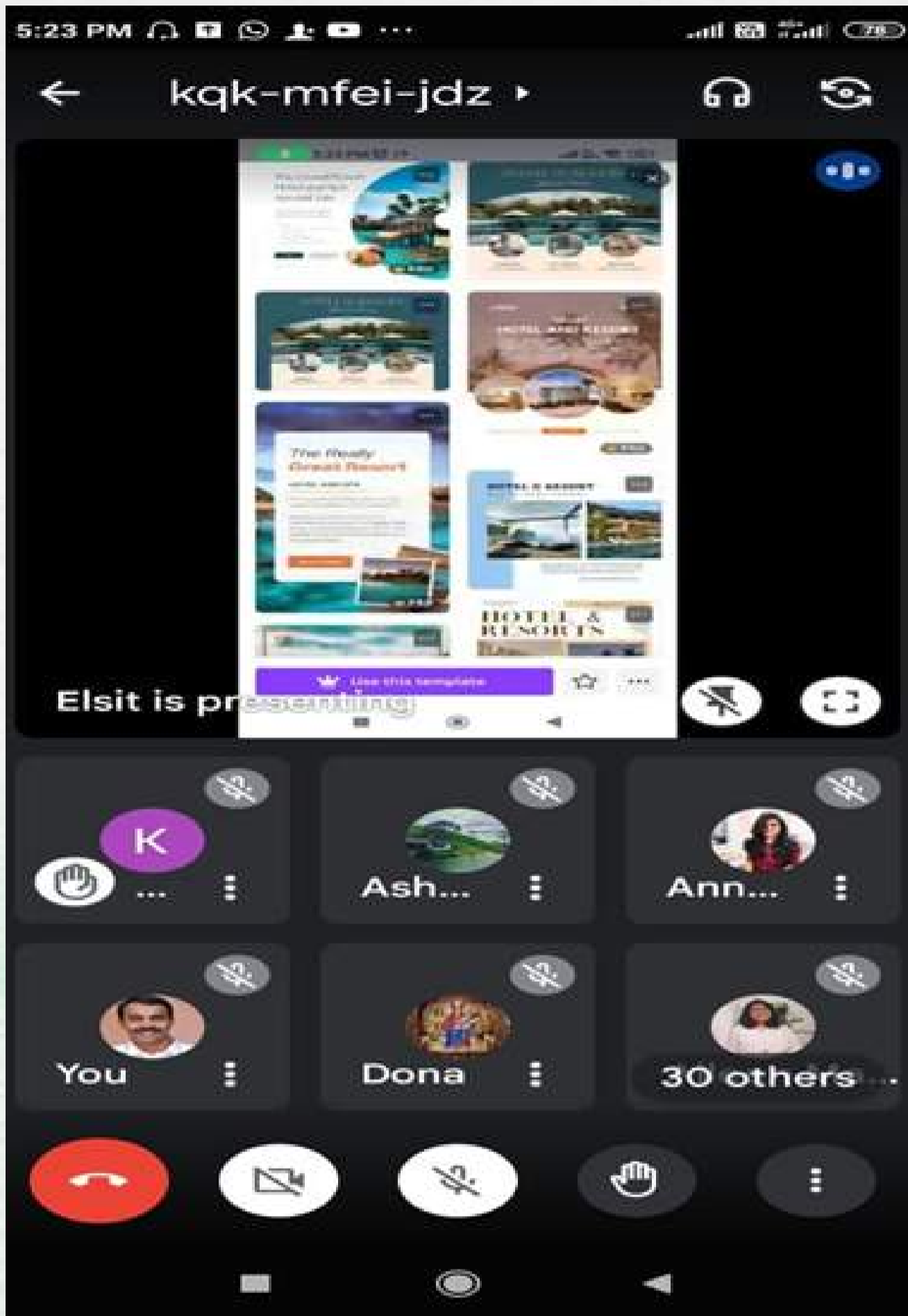


**31 AUGUST 2023**

# **BROCHURE MAKING AND ONLINE QUIZ PREPARATION CLASS**

**NSS Unit of St. Thomas College of Teacher Education Pala, has organized a two hour online workshop on 'Brochure making' and 'Online Quiz'. The NSS programme officer Dr. Alex George has introduced the significance of technological arenas in the professional development of teacher trainees and then welcomed the resource persons. The brochure making session was handled by Elsit (NSS Volunteer - Mathematics Education) and the Online Quiz session was taken by Ashna(NSS Volunteer - Commerce Education). Both these sessions were held on 31/08/2023 via Google meet. The sessions were interactive and the screen sharing facility in Google meet helped the attendees to gain maximum benefit from these, as it instigated the pragmatic side of the same. It was greatly beneficial as this could digitalize and strengthen the affective domains of students and also could promote socially committed work.**







**29 SEPTEMBER 2023**

**NSS VOLUNTEERS**

**ORIENTATION CAMP**

NSS Unit 90B of St. Thomas College of Teacher Education, Pala organized a two-day camp titled "Prarambh 2K23". On Friday, September 29, 2023, Dr. Sr. Beenamma Mathew, Principal of St. Thomas College of Teacher Education, inaugurated the camp. Following the official ceremony, Dr. E.N. Shivadasan conducted classes. Various cultural activities were organized at the camp thereafter. The second day, Saturday, September 30, 2023, began with an assembly at 7 a.m. The morning session included exercises followed by the inauguration of the College Freedom Club and an orientation session by the Orion Club. Exercise routines were led by the Physical Education Inspector, Mr. Thomas. Later, a class on understanding the harmful effects of plastic usage, conducted by Exercise Inspector Mr. Philip Thomas, was held. Subsequently, Mr. Gibin Alex, NSS Programme Officer of BVM Holy Cross College, led a session on "NSS: A tool for meaningful social life". The discussion concluded with decisions for future programs by the Valedictory Group of St. Thomas College. The camp ended with a grand feast. Dr. Sister Beenamma Mathew, Principal of St. Thomas College of Teacher Education, Dr. Alex George, NSS Programme Officer, Vice Principal Dr. T.C. Thankachan, and faculty members Dr. Sunu Ostine, Dr. Bindu David, Mr. Jofi Navallil, NSS Volunteer Secretary Lind Eldos, College Chairman Nibin Babu, NSS Assistant Volunteer Secretaries Anjali Ramesh and Abhijith K.S, along with the Second-Year NSS Volunteers, provided leadership at the camp.





NEWS  
REPORT

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
 Research Centre in Education approved by M.G. University, Kottayam, Kerala  
 NSS UNIT 90 B

**Prarambh 2k23**

**Orientation Programme**  
 FOR FIRST YEAR NSS VOLUNTEERS (2023-2025)

29 September 2023, 4:00 p.m. - 30 September 2023, 3:30 p.m.

**Organising Committee :**  
 Dr. S. Beena Maria Mathew (Principal)  
 Dr. T. C. Thambickan (Vice Principal)  
 Dr. Alex George (NSS Programme Officer)  
 Mrs. Lina Eldos (NSS Volunteer Secretary)  
 Mr. Abhijith K. S. & Ms. Anjali Rameshan (NSS Assistant Volunteer Secretaries)

**29/09/2023, Friday**  
 Inauguration & Motivational Talk  
 5:30 p.m. - 7:30 p.m. : **Dr. E. N. SIVADASAN**  
 NSS PROGRAMME COORDINATOR, MG UNIVERSITY

**30/09/2023, Saturday**  
 7:30 a.m. : Assembly  
 9:00 a.m. - 1:00 a.m. :  
 Topic: Foundation for meaningful Social Life through NSS

**2:00 p.m. - 9:00 p.m. :**  
**Cultural Programmes**

**12:00 p.m. - 1:00 p.m. :**  
**Group Discussion**  
 (NSS Activities 2023-24)

**2:00 p.m. - 3:30 p.m. :**  
**Pala Town Cleaning**

**"NOT ME BUT YOU"**





# **13 OCTOBER 2023**

## **MEGA BLOOD DONATION CAMP**

**St. Thomas College of Teacher Education Pala N. S. S. Unit 90B, Red Ribbon Club, Health Club, District Health Department in association with NHRM, Pala Blood Forum, Kerala State AIDS Control Society and Lions Club of Ayarkunnam jointly organized 'Mega Blood Donation Camp and Awareness Class'. The program held on Friday, October 13, 2023 at the college auditorium , was inaugurated by the college manager Msgr.Dr. Joseph Thadathil (Proto Syncellus-Diocese of Pala) and he spoke about the importance of being a blood donor in the inauguration ceremony. Pala Blood Forum General Convener, Sri. Shibu Thekkemattam, has changed misconceptions and unnecessary fears about blood donation, and also urged everyone to be actively involved in blood donation. All the teachers, non-teaching staff and teaching students of the college participated in the blood donation awareness class and around 25 people participated in the grand donation of blood donation. NSS programme officer Dr. Alex George, NSS volunteer secretary Ms. Linta Eldos, NSS assistant volunteer secretaries Abhijith.K.S and Anjali Rameshan have lead the blood donation camp by providing all needed facilities.**







**20 OCTOBER 2023**

# **HERBAL GARDENING**

The herbal gardening initiative at St. Thomas College of Teacher Education, Pala began on October 20, 2023. Initially, during the Environment Day celebrations in June, several medicinal plants were planted. Later, in October, this effort was continued with the planting of various other medicinal plants, alongside cleaning up the college garden. The success of this initiative was made possible through the collaborative efforts of all teachers and NSS volunteers. Their dedication and teamwork have contributed to the establishment of a green and healthy environment within the college premises, promoting awareness about the importance of medicinal plants.







**31 OCTOBER 2023**

# **NATIONAL UNITY DAY**

**As part of National Unity Day, on 31st October 2023 various programmes were organized in the College. In the College Assembly at 09:30 AM, Principal Dr. Sr. Beenamma Mathew delivered the Unity Pledge and students take the pledge. An online quiz programme was also conducted as part of the National Unity Day. NSS Programme Officer, Dr. Alex George briefed about the life history of Sardar Vallabhbhai Patel. Quotes related to Unity Day was also shared with the teacher trainees.**





# ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA

Research Center in Education approved by  
M.G University, Kottayam, Kerala



NSS UNIT 90 B

## NATIONAL UNITY DAY

31<sup>st</sup> OCTOBER



“

*Manpower without Unity is not a strength unless it is harmonized and united properly, then it becomes a spiritual power.*

”

- Sardar Vallabhbhai Patel

## PROGRAMMES

UNITY PLEDGE  
9.30 A.M.  
AT COLLEGE AUDITORIUM



NATIONAL UNITY DAY  
ONLINE QUIZ PROGRAMME



### ORGANIZING COMMITTEE

Prof. Dr.(Sr.) Beenamma Mathew  
(Principal)

Dr. T.C Thankachan  
(Vice Principal)

Dr. Alex George  
(NSS Programme officer)

Linta Eldos  
(NSS Volunteer Secretary)

Objective : To make people aware about the ideas  
of staying together and uplifting society



GPS Map Camera

Pala, Kerala, India  
PM6H+498, Pala, Kerala 686575, India  
Lat 9.710234°  
Long 76.678402°



**23 FEBRUARY 2024**

## **WASTE MANAGEMENT BIN :**

### **“USE ME”**

As part of the activities of NSS unit 90 B of St. Thomas College of Teacher Education, Pala, waste bins were placed in the different parts of the college on 21th February 2024. Along with this, the awareness regarding the importance of the waste management was given to the students. Under the leadership of the NSS officer, Dr. Alex George, the volunteers Krishnendu T K, Annmaria Thomas, Richa Sebastian and Liya Treesa placed the waste bins in different parts of the college. In addition to this, Dr. Alex George, gave an awareness class regarding the significance of separating the different waste materials and disposing it differently. Following this, in-charges from each class were appointed for the active implementation of it. Two kinds of waste bins, for the disposal of paper wastes and plastic wastes were placed. In order to prevent the discharge of food wastes in the aforementioned waste bins, a board with the instruction, "No Food Wastes are Allowed" was also placed.







**28 FEBRUARY 2024** ✿

# **INTERVIEW WITH A FOLK**

## **ARTIST**

On 29th February 2024, at 10.00 am in the Seminar hall of St. Thomas College of Teacher Education, Pala, an Interview session with Mr. P.V. Jayakumar took place. Mr. P.V. Jayn Kumar, a renowned figure in the art field graced the session as the guest speaker. The event was commenced with the Welcome speech of Dr. T.C. Thankachan, the Vice Principal of the college. Delivering the welcome speech, followed by the key note address by Mr. P.V. Jayakumar. He discussed the various folk art forms that are common in our locality. In his speech he shared many informative thoughts along with emphasising the government's efforts to preserve and promote the different art forms in our society. At 10.45 am, the scheduled interview session began, where B.Ed teacher trainees (2023-25 batch) asked various questions related to art, his artistic journey, the creative process behind art, sources of inspiration, government support for the preservation of art, and expectations for future generations in promoting and preserving the local or classical art forms. A total of 6-7 questions were asked, for which the guests shared his thoughts enthusiastically and thoughtfully. The interview session was literally more interactive and informative session.









# NSS UNIT 90 B

# COMMUNITY SERVICE

\* 2023 - 2024 \*





# **19 AUGUST 2023**

# **THE PALAKKADAN**

# **STORY**

**As part of the NSS extension programme on 19 th of August first year and second year students of St. Thomas College of Teacher Education, Pala(STCTE) collaborated with the NSS unit of Yuvakshetra Institute of Management Studies (YIMS), Mundur, Palakad visited a tribal area to explore the life of tribal people and to help tribal people to cultivate. The Student Enrichment Programme and book releasing event releasing event held on the same day 19 th of August 2023, was also a collaborative effort by YIMS and STCTE. This event aimed at providing students with valuable insights and guidance on teaching along with the significant books. The event was organized under the auspices of the Internal Quality Assurance Cell(IQAC) of both YIMS and STCTE.**







**13 SEPTEMBER 2023**

**MARIYASADANAM VISIT**

**'SNEHAKKODI'**

**"SNEHAKODI": A BOX FILLED  
WITH LOVE AND CARE...**

**The love and care of STCTE  
family was for our fellow beings  
was shown by gifting the people  
of Mariyasadanam 'onakodi'.  
Under the patronage of NSS  
unit on September 4,5 we  
collected useable cloths and  
beautifully packed them.  
Through this we experienced a  
profound sense of fulfillment  
and belonging. The reciprocity  
of love and care often brought a  
deep sense of contentment and  
emotional resilience.**





ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Research Centre in Education Approved by M.G University, Kottayam, Kerala



NSS UNIT 90 B

# Mariyasadanam Visit

2023 September 13 Wednesday

Time : 11.30 a.m. to 12.45 p.m.

## സ്നേഹക്കോടി





**16 SEPTEMBER 2023**

**SWACHHATA**

**LEAGUE 2.0**

\* On September 16, 2023, as part of the Indian Swachhata League 2.0 initiative, NSS Unit 90 B and Pala Municipality organized a cleanliness drive along with a poster exhibition and a bottle art display. To raise awareness about cleanliness and waste management the presented posters addressed the concept of collective effort to combat pollution. In the relation to the waste management awareness a speech competition was conducted ,in which our college NSS volunteers Elsa Maria George secured the second position, and Sachin C Mattathil secured the third position.







ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Research Centre in Education Approved by M.G University, Kottayam, Kerala



NSS UNIT 90 B

### ഇന്ത്യൻ സ്വച്ഛതാ ലീഗ് 2.0

പാലാ നഗരസഭയുമായി സഹകരിച്ച് ശുചീകരണവും കലാസൃഷ്ടി പ്രദർശനവും

16 September 2023  
9.00 a.m. to 12.00 p.m.



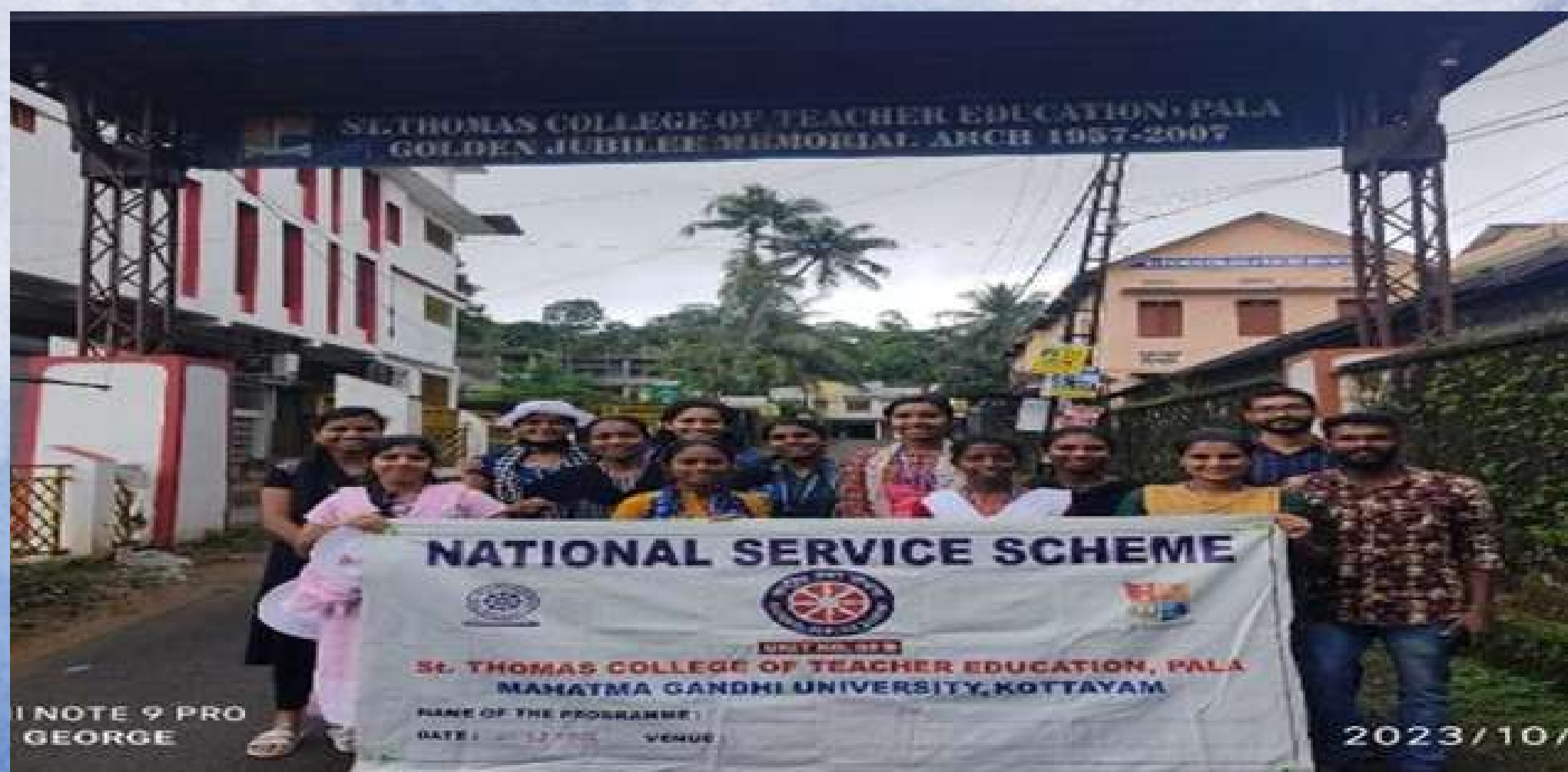
Pala, Kerala, India  
Puthumana Tower, Riverview Rd, Pala, Kerala 686575, In  
Lat 9.710453°  
Long 76.680594°  
16/09/23 10:16 AM GMT +05:30



**02 OCTOBER 2023**

## **GANDHI JAYANTI DAY**

As part of Gandhi Jayanthi celebrations, the National Service Scheme of St. Thomas College of Teacher Education Pala, in collaboration with Harithakarma Sena undertook cleaning activities on 02-10-2023. The areas devoted for cleaning activities included the college premises and Pala town. The NSS volunteers have actively participated in the cleaning purposes under the leadership and guidance of the college NSS programme officer Dr. Alex George.







# ACTIVITY VIDEO- LINK WITH US



**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
Research Centre in Education approved by M.G. University, Kottayam, Kerala  
NSS UNIT 90 B



## Special Campaign 3.0 Pala Town Cleaning

Jointly organized by NSS Unit 90 B &  
Pala Municipality

On 02/10/2023, Monday







21 OCTOBER 2023

SPECIAL SCHOOL VISIT

ALL THROUGH THEIR LIFE. THEY ARE HAVING MORE APPRECIABLE TALENTS THAN ANYONE ELSE. THEIR DANCE WAS AWESOME WITH PERFECT COORDINATION. THEIR SMILING FACES

MAKE US FEEL WARM. ALSO, WHILE VISITING THE TEACHERS, THEIR ENTHUSIASM AND DEDICATION TO THEIR STUDENTS WAS TRULY INSPIRING.

ഇന്നത്തെ യാത്ര തികച്ചും വ്യത്യസ്തമായ ഒരു അനുഭവമായിരുന്നു. ആദ്യമായാണ് ഇത്തരത്തിലുള്ള കുട്ടികളുമായി സമയം പങ്കിടാൻ അവസരം ലഭിക്കുന്നത്.

അവരുടെ നിശബ്ദത നിറഞ്ഞ ലോകത്തും അവരുടെതായ പല Every creation of the Lord is unique. With the same hands that the God created me, created the children who do not have the ability to speak and hear. Their each movement conveyed meaningful message, their eyes spoke without words.

Today's special school visit was an invitation to set aside the personal pride of being perfect. They are not incompetent. Each of them has unique talents. We were fortunate to witness their talents and the love and care they receive from their teachers and staff. It was a truly touching experience. We were able to see the children's talents and the love and care they receive from their teachers and staff. It was a truly touching experience. We were able to see the children's talents and the love and care they receive from their teachers and staff. It was a truly touching experience.

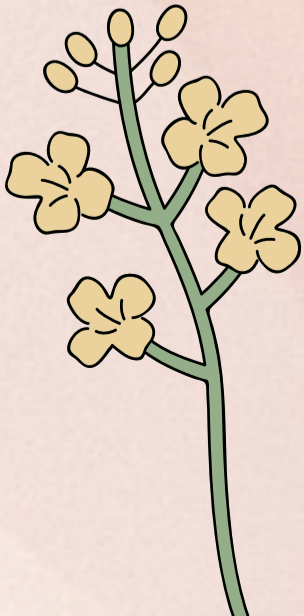
students, the scene of the students telling their name in sign language, the beautiful smiles of the teachers, their smile when they receive volleyball - these are the things that come to mind.

മനസ്സ് നിറഞ്ഞ ഒരു ദിനമാണ് ഇന്ന്.. ഒത്തിരി നന്മയുള്ള കുറച്ചു മനുഷ്യരെ ഇന്നെനിക്ക് കാണാൻ സാധിച്ചു.. ഈ സ്പെഷ്യൽ സ്കൂൾ സന്ദർശനം എന്നെ ഒത്തിരി സ്വാധീനിച്ചു.. അവിടുത്തെ കുട്ടികൾ ദൈവത്തിന്റെ അത്ഭുതങ്ങളാണ്.. അവരുടെ ചിരികളും കളികളും മനസ്സ് നിറച്ചു.

I really felt like I wasn't the one to talk about those kids. Children are god's gift. It made me very happy to know that there are a few people who can keep those children together without putting them away. But what hurt me was something that the sister said, some behaviour on the part of the children's parents. It is my prayer that the coming generations will be able to see the love and care that these children receive today. We were able to see the children's talents and the love and care they receive from their teachers and staff. It was a truly touching experience.



A TOKEN OF LOVE





# O.L.C SCHOOL FOR THE DEAF, MANNACKANAD



# LISTENING TO THEIR LOUD VOICE



21 OCTOBER 2023

# CLEAN AND CARE



**ST. THOMAS COLLEGE OF TEACHER  
EDUCATION, PALA**



Research Centre in Education Approved by  
MG University, Kottayam, Kerala

NSS Unit 90 B



## Clean & Care

COMMUNITY CLEANING PROGRAMME

AS PART OF

SPECIAL CAMPAIGN 3.0 AND SWACHHATA HI SEWA



Venue: St. Thomas H.S.S. Pala (Adopted School)

Date: 21/10/2023

Time: 09.00 am-04.00 pm

### ORGANISING COMMITTEE

Dr. Sr. Beenamma Mathew (Principal)

Sri. Reji Sebastian (H.M. St. Thomas H.S.S Pala)

Dr. Alex George  
(Programme officer)

Mrs. Linta Eldos  
(Volunteer Secretary)

Programme Coordinators

Mrs. Elizabeth Cyriac

Ms. Sradha Meria Babu











സ്വച്ഛത ഹി സേവ പദ്ധതിയുടെയും കൃഷി കേരള മിഷന്റെയും ഭാഗമായി പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ എൻ എസ്എസ് യൂണിറ്റ് 90 ബി പാലാ സെന്റ് തോമസ് ഹൈസ്കൂളിൽ കൃഷി ആൻഡ് കെയർ എന്ന പേരിൽ ശുചീകരണ പ്രവർത്തനങ്ങൾ നടത്തിയപ്പോൾ.

# മംഗളം



• സ്വച്ഛത ഹി സേവ പദ്ധതിയുടെയും കൃഷി കേരള മിഷന്റെയും ഭാഗമായി പാലാ സെന്റ് തോമസ് ഹൈസ്കൂളിൽ നടത്തിയ ശുചീകരണ പ്രവർത്തനങ്ങൾ.

KOTTAYAM Edition  
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# മംഗളം

## ശുചീകരണയജ്ഞത്തിൽ മാതൃകയായി പാലായിലെ അധ്യാപക വിദ്യാർഥികൾ

പാലാ: സ്വച്ഛതാ ഹി സേവ പദ്ധതിയുടെയും കൃഷി കേരള മിഷന്റെയും ഭാഗമായി സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലായിലെ എൻ.എസ്.എസ്. യൂണിറ്റ് 90 ബിയുടെ നേതൃത്വത്തിൽ കോളേജ് ദത്തെടുത്ത സെന്റ് തോമസ് ഹൈസ്കൂളിൽ കൃഷി ആൻഡ് കെയർ എന്ന പേരിൽ ശുചീകരണ പ്രവർത്തനങ്ങൾ നടത്തി. സ്കൂളിലെ കഞ്ഞിപ്പുര, സയൻസ് ലാബ്, കമ്പ്യൂട്ടർ ലാബ്, പച്ചക്കറിത്തോട്ടം, സ്കൂളിന്റെ മൂറ്റവും പരിസരപ്രദേശങ്ങളും സ്കൂൾ അധ്യാപകരോടൊപ്പം ചേർന്ന് സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലായിലെ അധ്യാപക വിദ്യാർഥികൾ ശുചീകരിച്ചു.

കോളേജ് പ്രിൻസിപ്പൽ സിസ്റ്റർ ബിനാജ മാത്യുവിന്റെയും സ്കൂൾ ഹെഡ്മാസ്റ്റർ റെജി സെബാസ്റ്റ്യന്റെയും എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ ഡോ. അലക്സ് ജോർജിന്റെയും നേതൃത്വത്തിലാണ് പ്രവർത്തനങ്ങൾ നടത്തിയത്.

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**Comments**

Top Newest

Remember to keep comments respectful and to follow our Community Guidelines

@mathukuttyk.j.5392 · 12h ago  
Congratulations to the entire St Thomas NSS Unit. ❤️👏👏... Proud of you 🌟🌟🌟🌟🌟

@cindralameriababu9388 · 1 min ago  
Wonderful job dear teachers. This is a great message to the society. Proud of you all. 🌟

@rajanivimal5911 · 5h ago  
Great job... Alex Sir and the team...



# NEWS REPORT



**16 DECEMBER 2023**

**HOME PROJECT**

**HELPING HAND FOR A  
FRIEND**

As part of St Thomas College of Teacher Education, Pala a project titled " Sahapadik Oru Bhavanam" was conducted at Mechal in Moonilav Panchayat on Saturday 16/12/2023 under the auspices of NSS. About 62 students of the college participated in this initiative along with NSS program officer Dr. Alex George. This initiative was inaugurated by Moonilav panchayat president. Everyone worked hard to port the cement blocks and sand needed for the house work.





**ST. Thomas College of Teacher Education, Pala**

**NSS Unit, 90 B**



*A Helping Hand for a Friend- Home Project for a Student of the College .*

*Date- 16-12-2023, Saturday*

*9: a.m to 2: 30 p.m*

Dr. Sr. Beenamma  
Mathew  
Principal

Dr. Alex George  
NSS Programme Officer

Linta Eidos  
NSS Volunteer Secretary

Fr. Ginse Jose  
Sneha Jose  
Student  
Coordinators





I had never been in NSS before, I am happy that now I got an opportunity to be a part of NSS unit, that too in STCTE Pala. Today I had opportunity to be a part of an initiative made by our NSS unit and it was an eye opening session for me. We all have a lot of blessings in the form of family, Friends, house, Food etc yet we are not satisfied with any of these things we always tend to complain about the things we don't have and get upset. Count your blessings, by just looking at the people around us who are suffering without even having a home to sleep (the thing that I learned from this initiative) Thank you Alex Sir, volunteer Secretary

It was a great experience to me...  
 Something I can incorporate to life  
 The lesson of togetherness, cooperation,.....  
 The symphony of genuine love to stretch out hands for something good  
 Unveiling joy in selfless acts.....  
 Unraveling mystery of life that entitles meaningfulness of today's life...  
 Thank you all  
 For the novel lesson you offer for me  
 Something to retain for life.....  
 The precious life lessons Beyond the world of books

മനസ്സ് നന്നാവട്ടെ ഒരുപാട് സന്തോഷവും സംതൃപ്തിയും നിറഞ്ഞ ഒരു ദിനമായിരുന്നു ഇന്ന്. കൂട്ടായ പരിശ്രമത്തിലൂടെ തങ്ങളാൽ കഴിയുന്ന സഹായം ചെയ്യാൻ സാധിച്ചതിൽ എല്ലാവർക്കും അഭിമാനിക്കാവുന്ന ദിനം. ഇനിയും ഒരുപാട് കാര്യങ്ങൾ ചെയ്യാൻ നമുക്ക് സാധിക്കും എന്ന് ഓർമ്മപ്പെടുത്തിയ ദിനം. പരാതിയോ പരിഭവങ്ങളോ ഇല്ലാതെ ഒറ്റ കെട്ടായി അധ്വാനിച്ച എല്ലാവർക്കും അഭിനന്ദനങ്ങൾ. ❤️

It was such a wonderful day and I really enjoyed it. More than 60 members joined their hands to help a friend. It showed the value of teamwork and how small contributions add up to something significant. Everyone participated in this activity more enthusiastically, and no one complained about anything. They were ready to contribute more help to their friend.

വളരെയേറെ സന്തോഷം നൽകിയ മനോഹരമായ ഒരു ദിനം. സാധിക്കില്ല എന്നു കരുതുന്ന കാര്യങ്ങൾ പോലും ഒന്നിച്ചു കൂട്ടായി നിന്ന് നേടിയെടുക്കാം എന്നു പഠിപ്പിച്ച ദിനം. എല്ലാവരും അവരെക്കൊണ്ട് സാധിക്കുന്ന രീതിയിൽ വളരെ ആത്മാർത്ഥമായി തന്നെ ഇന്നത്തെ ജോലി

**ACTIVITY**  
**VIDEO - LINK**  
**WITH US**



**22 DECEMBER 2023**



# **MERRY CHRISTMAS**

As part of Christmas celebrations NSS Unit 90 B volunteers of our college visited the inmates of Mariasadhanam on 22nd Friday 2023. We spent our time by sharing love and care for the inmates. Mariasadhanam director Santosh Joseph shared his experiences which were heartwarming and thought provoking. College Principal Dr. Sr. Beenamma Mathew cut the cake and then the students sang carols and made Christmas trees along with the inmates, which helped to interact more with the inmates and celebrate Christmas with them. In the language of love we gave them gifts and celebrated the day well. Fr. Joseph Thannikkappara gave the Christmas message and shared his experiences that opened the eyes of volunteers wide. Vice Principal Dr. T.C.Thankachan, NSS Programme Officer Dr. Alex George and NSS Volunteer Secretary Mrs.Linta Eldos shared their Christmas greetings to all in the end.

**NEWS REPORT**








**ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA**  
 Research Centre of Education approved by  
 M.G. University, Kottayam

  
 UNIT NO. 00 8

# Gloria

22 DECEMBER 2023

*Good will Gala*  
 At Mariasadhanam  
 On  
**22 DECEMBER 2023**  
 10.30 A.M-12.00 P.M



*Christmas Celebration*  
 At College Auditorium  
**22 DECEMBER 2023**  
 01.30 P.M-04.00 P.M



*Organization Committee :*  
 Dr. Sr. Beenamma Mathew ( Principal)  
 Dr. Alex George ( NSS Programme officer)  
 Mrs. Linta Eldos (NSS Volunteer Secretary)  
 Mr. Sachin C. Mattathil ( Student Coordinator)






# 23 DECEMBER 2023

# SNEHARAAMAM

The NSS Volunteers of St. Thomas College of Teacher Education, Pala Initiated the Sneharamam Project.

On 23/12/2023, as part of the Sneharam project, Suchitwa Mission, the N.S.S. volunteers of St. Thomas College of Teacher Education Pala prepared a garden near the Pala Government Hospital junction. The programme officially started at 9:30 am with the NSS Anthem. College Principal Dr. Sister Beenamma Mathew presided over the meeting. N.S.S. Program Officer Dr. Alex George welcomed the gathering. Mrs. Josin Bino, Chairperson of Pala Municipality, inaugurated the program. She took the initiative by pledging to maintain cleanliness in the surroundings. The attendees, including the N.S.S. volunteers, reiterated and echoed this commitment by repeating the pledge. Health Standing Committee Chairperson Mr. Shaji Thuruthel, Education Standing Committee Chairperson and NSS College Level Advisory Board Member Mrs. Biji Jojo, and others extended felicitations at the gathering. Mr. Satheesh Kumar, Health supervisor, and Mr. Binu Paulose, Mr. Ranjith Chandran, and Mr. Jefeess (Junior Health Inspectors) were also present to provide guidelines. Teacher representative Dr. Lavina Dominic participated in the event and encouraged the volunteers. N.S.S. Volunteer Mr. Nibin Babu proposed the vote of thanks for the meeting. About thirty-five N.S.S. Volunteer participated in the programme. Coordinated by N.S.S. Volunteers Ms. Diaz Xavier and Ms. Annmaria Thomas, the programme concluded at 11:00 am.





# **05 JANUARY 2024**

# **COMMUNITY WALL**

## **PAINTING**

To put forward the concept of "Drug Free Environment Friendly Society", Pala K.M.Mani Memorial Government General Hospital conducted "Community Mural Painting" on 6th January 2024. Pala Municipality and Hospital Development Committee, painters and members of the general public participated in the program organized by the Pala Social Welfare Society in collaboration with NSS Unit 90 B. The program was inaugurated by Hospital Superintendent in Charge Dr. L.R. Prashant. P.S.W.S. Director Fr. Thomas Kizhakel delivered presidential address. R.M. O Dr. Arun M, Dr Reshma Suresh, Hospital Development Committee Member Jayson Manthottam, P.S.W.S. PRO Dantees Koonanical and NSS Program Officer Dr. Alex George conveyed their greetings and presence throughout the activity. Apart from anti-drug messages and murals, pictures and messages about water conservation and garbage-free Kerala related messages and pictures were painted in the best possible way to catch people's attention. The program organized as part of making the hospital and its surroundings a clean campus, at the end the work turned out to be best and exemplary.





**ACTIVITY**  
**VIDEO - LINK**  
**WITH US**








**09 FEBRUARY 2024**

## **BEAUTIFUL MINDS**

**On 9th February 2024, the Civil Service Institute Pala and NSS Unit 90 B of St. Thomas College of Teacher Education, Pala have joined hands for offering a one day mentoring and motivational programme titled 'Beautiful Minds' for the aspiring adolescent students in the institute. The awareness class for the group was taken by Dr. T C Thankachan, followed by Dr. Alex George. The next session was handled by the entire NSS volunteers of the college, in which they had a one to one conversation with each student and gave mentoring and motivation to them. The volunteers who did the mentoring after attending a one week online course for mentoring and counselling gained positive responses from the authorities of the Civil Service Institute Pala, for the services rendered by them. It was an insightful experience for them as well.**







**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

Research Centre in Education approved by  
M.G. University, Kottayam, Kerala



## **BEAUTIFUL MINDS**

IN ASSOCIATION WITH  
CIVIL SERVICE INSTITUTE PALA

**MENTORING PROGRAMME FOR ADOLESCENT CHILDREN**



**Student Coordinators**

Issac Cherian Kattakkayam

Joshna John

Shemi Paul

Linta Eldose

Anjali Rameshab



**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

Research Centre in Education approved by  
M.G. University, Kottayam, Kerala



## **BEAUTIFUL MINDS**

IN ASSOCIATION WITH  
CIVIL SERVICE INSTITUTE PALA

**MENTORING PROGRAMME FOR ADOLESCENT CHILDREN**







**12 APRIL 2024**  
**DRAWING - PAINTING**  
**COMPETITION**

The school students participated in the Kerala Drawing-Painting competition organized by the Alumni Association and NSS Unit 90 B of St. Thomas College of Teacher Education. The conference was presided over by Dr. C. Beena Amma, Principal of the college, and inaugurated by Mr. George Pullekat, the Customs Superintendent. Dr. Alex George welcomed the conference, and the Student Coordinator Dias Server expressed gratitude. A total of 194 students participated in the competition held in four categories. [ACTIVITY VIDEO - LINK](#)

[WITH US](#)








**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
 Research Centre in Education approved by  
 M.U. University, Kottayam Kerala

**ALUMNI ASSOCIATION ORGANIZES**  
*All Kerala*  
**DRAWING & COLOURING**  
*Competition*  
**12 April 2024**  
 Inauguration - 10:30 a.m.  
 Competition Duration : 2 Hours

Location: College Auditorium  
 Get Creative and Join Us!  
 QR Code  
 QR Code  
 College Auditorium  
 Play Number: 04724001

<b>Category 1</b> <b>Crayon Colouring</b> Born After 01-04-2018	<b>Category 2</b> <b>Water Colouring</b> Born Between 01-04-2014 & 31-03-2018	<b>Category 3</b> <b>Theme Water Colouring</b> Born Between 01-04-2011 & 31-03-2014	<b>Category 4</b> <b>Pencil Drawing</b> Born Between 01-04-2008 & 31-03-2011
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**FOR EACH CATEGORY**  
 First Prize - Rs. 1000  
 Second Prize - Rs. 1000  
 Third Prize - Rs. 500  
 10-Complimentary Prizes  
 Reg. Fee : 50/-

For Enquiry: 04724001  
 04724001

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# NSS UNIT 90 B

## AWARENESS

## CLASS

## 2023 - 2024





**08 SEPTEMBER 2023**

**SEMINAR ON WASTE**

**MANAGEMENT**

Under the patronage of NSS unit 90 B and Green Protocol Samithi on September 8, 2023 a seminar was conducted on the topic ' Waste management practices at the practical level'. Dr. Geetha Devi. T. V, in charge of Suchitwa Mission, Pala Municipality, Kottayam, gave a talk on the topic. We got an awareness regarding the proper waste management which leads to the health and well being of communities.



**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
Research Centre in Education approved by M.G.University, Kottayam, Kerala

**JOINTLY ORGANIZED BY NSS UNIT 90 B & GREEN PROTOCOL SAMITHI**

Seminar on:  
**'ശുചിത്വ മാലിന്യ സംസ്കരണ ശീലങ്ങൾ പ്രായോഗിക ജീവിതത്തിൽ'**

**Resource person :**  
**DR. GEETHA DEVI. T. V.**  
Resource Person in charge of Pala Municipality, Suchitwa Mission, Kottayam

**8 September 2023**  
Venue: College Auditorium  
Time: 12 pm

**Organising Committee :**  
Dr. Sr. Beenamma Marthew (Principal)  
Dr. Bindu David (Green Protocol Samithi)  
Dr. Alex George (NSS Programme Officer)  
Mrs. Linca Eldos (NSS Volunteer Secretary)

**Heartly Welcome**

Developed by: Mrs. Bindu David  
M.G.U. Mathematics 2023-24



**28 NOVEMBER 2023**

## **PARENTING AWARENESS CIRCLE**

**NSS Unit 90B organized an awareness class for parents and distributed study materials for the students at St. George UP School, Moolamattom on Tuesday 28 November 2023. Dr Alex George (Assistant professor, NSS Programme Officer, St Thomas College of Teacher Education, Pala) led the class by explaining the importance of providing education to the children who are the hope of tomorrow by encouraging and motivating them at every stage of their growth and development. Bringing the parents together with their children through various stories , games and activities, the parent child relationship has been brought to the top. Through the class, it was possible to make everyone aware that parents have the greatest influence on the educational life of their children. After the class, distribution of study materials was also conducted for the students. The study material containing Malayalam vowels and consonants has turned out to be very useful.**





**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
 Research Centre in Education approved by M.G.University,  
 Kottayam, Kerala  
**NSS Unit 90 B**



**AWARENESS SEMINAR  
 FOR PARENTS**



**Resource Person :**



**Dr. Alex George**  
 (Assistant Professor,  
 NSS Programme Officer,  
 St. Thomas College of Teacher Education, Pala)

**DISTRIBUTION OF STUDY  
 MATERIALS FOR  
 CHILDREN**



**Date & Time**  
 Tuesday, 28 November 2023  
 12:30 p. m.

**Venue**  
 St. George UP School,  
 Moolamattom

**Organization Committee :**

Dr. Sr. Beenamma Mathew (Principal)  
 Dr. Alex George (NSS Programme Officer)  
 Mrs. Linta Eidos (NSS Volunteer Secretary)





# NEWS FLASH

**KM KOTTAYAM MEDIA**

## മാതൃകയായി പാലായിലെ അധ്യാപക വിദ്യാർത്ഥികൾ

By Kottayam Media  
Posted on October 21, 2023



പാലാ: സ്വച്ഛതാ ഹി സേവ പദ്ധതിയുടെയും ക്ലീൻ കേരള മിഷന്റെയും ഭാഗമായി സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലായിലെ എസ്. എസ്. എസ്. യൂണിറ്റ് 90 ബി യുടെ നേതൃത്വത്തിൽ, കോളേജ് ദത്തെടുത്ത സെന്റ് തോമസ് ഹൈ സ്കൂളിൽ 21/10/2023 ൽ 'ക്ലീൻ ആൻഡ് കെയർ' എന്ന പേരിൽ ശുചീകരണ പ്രവർത്തനങ്ങൾ നടത്തി.

ബഹദൂർമാനി KTM

## ചുവർച്ചിത്രങ്ങളുമായി പാലാ ജനറൽ ആശുപത്രി



പാലാ ജനറൽ ആശുപത്രി വളപ്പിൽ തോമസ് കോളേജും കട്ടിരിപ്പുഴ കോളേജും വരവേൽക്കാൻ ചുവർച്ചിത്രങ്ങളുമായി 'ലാൽ വിദ്യകുമാർ പാലായിയിൽ സൗഹൃദ സമൂഹം' എന്ന ആശയം മുന്നോട്ടുവെക്കുന്ന ആശുപത്രിയുടെ മേൽനോട്ടത്തിൽ ചിത്രങ്ങൾ നിർമ്മിച്ചു. പാലാ നഗരസഭയും ആശുപത്രി വികസനസമിതിയും പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ എസ്.എസ്.എസ് യൂണിറ്റ് എന്നിവരുടെ സഹകരണത്തോടെ പാലാ സോഷ്യൽ സെൽഫ് ഹെൽപ്പിംഗ് സൊസൈറ്റിയാണ് ചുവർച്ചിത്രരചന സംഘടിപ്പിച്ചത്. വിദ്യാർത്ഥികളും കലാജീവിതങ്ങളും പൊതുജനങ്ങളും ചിത്രരചനയിൽ പങ്കാളികളായി. ആശുപത്രി സൂപ്പർ ഇൻ ചാർജ് ഡോ. എച്ച്. ആർ. പ്രശാന്ത് ഉദ്ഘാടനം ചെയ്തു. പിഎസ്.ഡബ്ല്യു.എസ്. ഡയറക്ടർ ഫാ. തോമസ് കിഴക്കൽ അധ്യക്ഷനായി. ആർ.എം.എം. ഡോ. എം. അരുൺ, ഡോ. രാജ്മാ സുരേഷ്, ആശുപത്രി വികസനസമിതിയംഗം ഭക്തസുബ്ബൻ മനോട്ടം, ഡോ. സി.എസ്. കുമാരൻ എന്നിവർ സംസാരിച്ചു.



സ്വച്ഛതാ ഹി സേവ പദ്ധതിയുടെയും ക്ലീൻ കേരള മിഷന്റെയും ഭാഗമായി പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ എസ്.എസ്.എസ്. യൂണിറ്റ് 90 ബി പാലാ സെന്റ് തോമസ് ഹൈസ്കൂളിൽ ക്ലീൻ ആൻഡ് കെയർ എന്ന പേരിൽ ശുചീകരണ പ്രവർത്തനം നടത്തിയപ്പോൾ.

**കേരള കാമുദി**  
Kottayam 24 Dec 2023

### ക്രിസ്മസ് ആഘോഷിച്ചു

പാലാ: സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലായിലെ അധ്യാപക വിദ്യാർത്ഥികൾ മരിയ സഭനത്തിലെ അന്താരാഷ്ട്രങ്ങളുമായി ചേർന്ന് ക്രിസ്മസ് ആഘോഷിച്ചു. ബി.എഡ്. എക്സിക്യൂട്ടീവ് ആക്ടിവിറ്റിയുടെ ഭാഗമായിട്ടായിരുന്നു ആഘോഷം. മരിയസഭനം ഡയറക്ടർ സന്തോഷ് ജോസഫ് അനുജങ്ങൾ പങ്കെടുത്തു. ബി.എഡ് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ ബീനാമ്മ മാത്യു കേക്ക് തുറിച്ചു. തുടർന്ന് മരിയസഭനം അന്താരാഷ്ട്രങ്ങളുമായി ചേർന്ന് വിദ്യാർത്ഥികൾ കരോൾ ഗാനം ആലപിക്കുകയും ക്രിസ്മസ് ട്രീകൾ നിർമ്മിക്കുകയും ചെയ്തു. ഫാ. ജോസഫ് താനിക്കാശാറ ക്രിസ്മസ് സന്ദേശം നൽകി. വൈസ് പ്രിൻസിപ്പൽ ഡോ. ടി.സി. തങ്കച്ചൻ, ഡോ. അലക്സ് ജോർജ്ജ് ലിറ്റി എൻറോസ്, അമല കെ. എലിയോസ് തുടങ്ങിയവർ പ്രസംഗിച്ചു. മരിയസഭനം സന്തോഷ് നന്ദി പറഞ്ഞു.

**കേരള കാമുദി**  
Kottayam 24 Dec 2023



പാലാ സെന്റ് തോമസ് ബി.എഡ്, കോളേജിലെ വിദ്യാർത്ഥികൾ പാലാ മരിയസഭനത്തിൽ ക്രിസ്മസ് ആഘോഷിച്ചപ്പോൾ.

KERALA KAJUMUKI EPAPER  
Clipping Kerala Kaumudi - Kottayam

കർമ്മങ്ങൾ മുന്നോട്ടുവെക്കുന്നു

പാലാ: മറ്റൊരു ആശയം വെക്കുന്നതിന് പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലായിലെ എസ്.എസ്.എസ്. യൂണിറ്റ് 90 ബി പാലാ സെന്റ് തോമസ് ഹൈസ്കൂളിൽ ക്ലീൻ ആൻഡ് കെയർ എന്ന പേരിൽ ശുചീകരണ പ്രവർത്തനം നടത്തിയപ്പോൾ.



പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിൽ നിന്ന് - മനസ്സു നിറയെ- NSS സാഹിത്യ ക്യാമ്പിനു തുടക്കമായി. മഞ്ജുവർഷ ബി. എസ് വിദ്യാർത്ഥികളുടെ NSS, കമ്മ്യൂണിറ്റി ലിവിംഗ് സഹായക ക്യാമ്പിന്റെ ഉദ്ദേശ്യം മേൽ നോക്കി അഗസ്റ്റിൻ നിർവഹിച്ചു. 'നേതൃത്വവും സാമൂഹിക പ്രതിബദ്ധതയും' എന്ന വിഷയത്തെക്കുറിച്ച് മേൽ ആദ്യ ക്ലാസ്സിൽ കലാലയ ജീവിതത്തെക്കുറിച്ചും NSS പ്രവർത്തനങ്ങളെക്കുറിച്ചും മേൽ വിദ്യാർത്ഥികളുമായി പങ്കെടുത്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ടി.സി. തങ്കച്ചൻ, ഡോ. സി. ബീനാമ്മ മാത്യു അധ്യക്ഷനായി. കോളേജ് വൈസ് പ്രിൻസിപ്പൽ ഡോ. ടി.സി. തങ്കച്ചൻ, ഡോ. സി.ബി. ജോർജ്ജ്, ഡോ. ടി.എം. രാമകൃഷ്ണൻ എന്നിവർ പ്രസംഗിച്ചു. കോളേജ് NSS പ്രോഗ്രാം ഓഫീസർ ഡോ. അലക്സ് ജോർജ്ജ്, NSS മോളണ്ടിയർ സെക്രട്ടറി ലിറ്റി എൻറോസ്, കോർഡിനേറ്റർ സിബി അലക്സ് എന്നിവർ പ്രസംഗിച്ചു.



സ്റ്റാർവിഷൻ ചാനൽ

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പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിൽ റിപ്പബ്ലിക് റി...  
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# NEWS FLASH

**KM KOTTAYAM MEDIA**

“സമൂഹ ചുമർ ചിത്രചനയിൽ” പാലാ ജനറൽ ആശുപത്രിയിലെ ചുവരുകൾക്ക് വിദ്യാർത്ഥികൾ തീർത്ത വർണ്ണക്കൂട്ട്

By Kottayam Media  
Posted on January 6, 2024



പാലാ: “ലഹരി വിമുക്ത പരിസ്ഥിതി സൗഹൃദ സമൂഹം” എന്ന ആശയം മുൻനിറുത്തി പാലാ കെ.എം.മാണി സ്മാരക ഗവൺമെന്റ് ജനറൽ



**സ്റ്റാർവിഷൻ ചാനൽ**  
നാലുകാഴ്ചകൾക്കു തുടർച്ചയായും

**'ക്ലിൻ ആൻഡ് കെയർ' ശുചീകരണ പരിപാടി സംഘടിപ്പിച്ചു**

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**പാലായിൽ ശുചീകരണ പ്രവർത്തനങ്ങൾ നടന്നു**

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പാലാ: ജില്ലാ ആരോഗ്യ വകുപ്പിന്റെയും ആരോഗ്യ കേരളത്തിന്റെയും പാലാ ബ്ലഡ് ഫോറത്തിന്റെയും ലയൺസ് ഡിസ്ട്രിക്ട് 318 ബി യൂത്ത് എംപവർമെന്റിന്റെയും എച്ച് ഡി എഫ് സി ബാങ്കിന്റെയും അയർക്കുന്നം ലയൺസ് ക്ലബ്ബിന്റെയും സഹകരണത്തോടെ പാലാ സെന്റ്.തോമസ് കോളേജ് ഓഫ് റ്റിച്ച് എഡ്യൂക്കേഷൻ യൂണിയന്റെയും റെഡ് റിബൺ ക്ലബ്ബിന്റെയും നേതൃത്വത്തിൽ ദേശീയ രക്തദാന ദിനാചരണവും ജില്ലാതല സന്നദ്ധരക്തദാന ക്യാമ്പും കോളേജിൽ നടത്തി.

**അന്തേവാസികൾക്കൊപ്പം ക്രിസ്മസ് ആഘോഷിച്ചു**

Starvision News · Saturday, December 23, 2023



പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ അദ്ധ്യാപക വിദ്യാർത്ഥികൾ മരിച്ച സന്ദന്മാരിലെ അന്തേവാസികൾക്കൊപ്പം ക്രിസ്മസ് ആഘോഷിച്ചു. ബി.എഡ് എക്സ്റ്റൻഷൻ ആക്ടിവിറ്റിയുടെ ഭാഗമായാണ് മരിച്ചസന്ദന്മാരുമായി ബന്ധപ്പെട്ട് ആഘോഷം സംഘടിപ്പിച്ചത്. ബി.എഡ് കോളേജ് പ്രിൻസിപ്പൽ അന്യവേഷങ്ങൾ പങ്കുവെച്ചു. ഡോ.സി.ബിനാമ്മ മാതൃ കേക്ക് മുറിച്ചുകൊണ്ട് ആഘോഷങ്ങൾക്ക് തുടക്കം കുറിച്ചു. അന്തേവാസികൾക്കും വിദ്യാർത്ഥികൾക്കും പേർണ്

**KM KOTTAYAM MEDIA**

എൻഎസ്എസ് ദ്വിദിന ക്യാമ്പ് “പ്രാരംഭ് 2K23” സംഘടിപ്പിച്ചു

By Kottayam Media  
Posted on October 2, 2023



പാലാ : സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ, പാലാ എൻഎസ്എസ് യൂണിറ്റ് 90 B യുടെ നേതൃത്വത്തിൽ ഒന്നാം വർഷ എൻഎസ്എസ് വോളണ്ടിയർസ് നൂറു രണ്ടുദിവസത്തെ ഓറിയന്റേഷൻ ക്യാമ്പ് സംഘടിപ്പിച്ചു.



**സ്റ്റാർവിഷൻ ചാനൽ**



**സ്റ്റാർവിഷൻ ചാനൽ**