



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

**RED RIBBON CLUB**



# 2018 – 2019

## **AWARENESS CLASS**

In recognition of World Blood Donor Day, the RRC Unit of St. Thomas College of Teacher Education Pala hosted an awareness class on 21 November 2018 on the topic Blood Donation and HIV. The class was taken by Dr Suresh Kumar. All the students attended the class.

## **AIDS DAY**

St. Thomas College of Teacher Education, Pala commemorated AIDS day by wearing red ribbons. The RRC unit also conducted an awareness class and skit for the students of St. Thomas Higher Secondary School Pala.

## **AWARENESS CLASS**

The RRC Unit of St. Thomas College of Teacher Education Pala hosted an awareness class on 14 December 2018 on the topic 'Environment and Healthy Lifestyle'. The class was taken by Dr T.M Mollykutty.

## **NATIONAL YOUTH DAY**

As part of Red Ribbon Club on National Youth day an awareness class was conducted on the topic 'Drug Free Society'. The class was taken by Mr. K.V Binu, Excise Inspector Pala. Also a class on 'Traffic Rules' was taken by Sri. Vijayakumari .

# 2019 – 2020

## **BLOOD DONATION AWARENESS PROGRAMME**

A blood donation awareness programme was conducted on 17 October 2019 under the leadership of RRC Unit as a part of National Blood Donation Day. Students shared their experience and information about blood donation and the club members published a blood group directory, which contains the blood group of students, teaching and non teaching staffs.

## **AIDS DAY AWARENESS PROGRAMME**

World AIDS day was observed in the college under the leadership of Red Ribbon Club. Members of the club distributed red ribbon badges to all the students and the topic 'Be Alert, Stay Safe' was taken by Dr T.M Mollykutty.

## **NATIONAL YOUTH DAY**

As part of Red Ribbon Club on National Youth day a quiz was conducted. Dr P.D George gave a talk on 'Drug Addiction Among Youth'. Also the club members conducted a flashmob in the Pala town in order to raise awareness among youth, about drug addiction and its after effects.

## **SKIT**

On behalf of Red Ribbon Club and Vimukti Club a skit was conducted on 17 January 2020 in the college auditorium. It was a one man skit which showed how alcohol and drug destroyed a man's life.

**2020 – 2021**

## **BLOOD DONATION CAMP AND AWARENESS CLASS**

As a part of National Blood Donation Day, Red Ribbon Club of St. Thomas College of Teacher Education Pala organized a blood donation camp and awareness class on 1 October 2020. The chief guest of the programme was Mr. Shibu Thekkemattom, General Convener of the Pala Blood Forum. He gave a message on the importance of blood donation and explained the future plans of Pala Blood Forum. A blood donation awareness video was also prepared and released on that day.

**2021 – 2022**

## **BLOOD DONATION AWARENESS PROGRAMME**

As a part of National Blood Donation Day, Red Ribbon Club of St. Thomas College of Teacher Education Pala organized a blood donation awareness class on 3 October 2021. The class was taken by Mr. Shibu Thekkemattom, General Convener of the Pala Blood Forum.

## **AIDS DAY AWARENESS PROGRAMME**

World AIDS day was observed in the college under the leadership of Red Ribbon Club. The principal Dr Sr. Beenamma Mathew gave the message and students and other staffs wore small red ribbons made by them.

## **BLOOD DONATION CAMP**

On December 2 a blood donation camp was organized in the college under the leadership of Red Ribbon Club. The program drew distinguished guests like Principal Dr. Sr Beenamma Mathew, Sri. Shibu Thekkemattam, General Convener of the Pala Blood Forum and DYSP Pala.

## **NATIONAL YOUTH DAY**

The Red Ribbon Club with the observance of National Youth Day organized a awareness class on the topic 'Knowing and Overcoming Dementia'. Kottayam best Dementia care director Mr. Sanchu Joseph was the resourceperson.

## **WORLD CANCER DAY**

A webinar was organized on 4 February 2022 on the topic 'Prevention of Cancer through Change in Lifestyle'. The class was led by Harikrishnan V and it created an awareness among students on how to prevent cancer.

## **WORLD OBESITY DAY**

In observance on world obesity day on 4 March 2022 a seminar was conducted by the Red Ribbon Club on the topic 'Changed Lifestyle and Obesity among Adolescents'. Sri Anjali Elizabeth Xavier was the resource person.

**2022 – 2023**

## **MEGA BLOOD DONATION CAMP**

On 29 September 2022 Red Ribbon Club organized a mega blood donation camp in collaboration with Pala Blood Forum, Health club and Marygiri hospital. The program drew distinguished guests like Principal Dr Sr Beenamma Mathew, Sri. Shibu Thekkemattam, General Convener of the Pala Blood Forum and Mr Shaji Sebastin.

## **WORLD DIABETES DAY**

On 14 November 2022 the Red Ribbon Club observed world diabetes day and the teacher trainee Lijo created a poster on this and was circulated among students and teachers showing the importance of exercise to achieve healthy weight.

### **AIDS DAY**

World AIDS day was observed in the college under the leadership of Red Ribbon Club. All wore red ribbon made by teacher trainees. AIDS day message was given by Elizabeth Paul. The principal Dr Sr Beenamma Mathew recited the pledge to all.

### **PENALTY SHOOTOUT**

On 1 December 2022, of Red Ribbon Club organized penalty shootout. Sub Inspector Pala inaugurated the shootout by first kick off. Team was formed according to roll number and every team actively participated in the shootout.

### **NATIONAL YOUTH DAY**

Red Ribbon Club observed National Youth Day on 12 January 2023. A poster was created by teacher trainees regarding this day and was circulated among students and teachers.

### **ANTI DRUG EXHIBITION**

Regarding National Youth Day 2023, Red Ribbon Club organized a anti drug chart exhibition at the college auditorium. Also a awareness class on the topic 'Drug Addiction' was taken by Dr Krishnadas K.V.

**2023 – 2024**

### **WORLD BLOOD DONOR DAY**

In recognition of World Blood Donor Day, the college Red Ribbon Club Unit of St. Thomas College of Teacher Education, Pala organised a poster making competition on the theme "Voluntary Blood Donation" under the supervision of Dr Sunil Thomas. "Voluntary Blood Donation" under the supervision of Dr. Sunil Thomas.



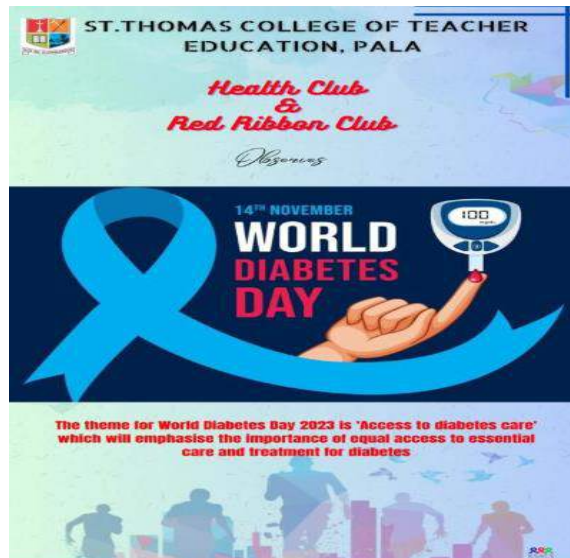
## **MEGA BLOOD DONATION CAMP AND AWARENESS CLASS**

St. Thomas College of Teacher Education Pala hosted a successful Mega Blood Donation Campaign and Awareness Class on October 13. The program drew distinguished guests like Msgr. Joseph Thadathil, Principal Dr Sr Beenamma Mathew and Sri. Shibu Thekkemattam, General Convener of the Pala Blood Forum. A blood group directory, which contains the blood group of students, teaching and non-teaching staffs was also made.



## **WORLD DIABETES DAY**

As part of World Diabetes day, Red Ribbon club of St. Thomas College of Teacher Education Pala observed World Diabetes day on 14 November 2023. The theme of World Diabetes day 2023 is 'Access to diabetes care' which will emphasise the importance of equal access to essential care and treatment for diabetes.



## **AIDS DAY AWARENESS & SHOOTOUT COMPETITION**

St. Thomas College of Teacher Education, Pala commemorated AIDS day by wearing red ribbons during assembly, conducted a shootout competition which was inaugurated by the college principal Dr Sr Beenamma Mathew. The programs was coordinated by college RRC (Red Ribbon Club) unit under the supervision of Dr Sunil Thomas.



## **NATIONAL YOUTH DAY**

As part of Red Ribbon Club on national youth day an awareness class was

conducted on the topic 'Humanism & Social skills' on 23 January 2024. This was organised by Red Ribbon Club under the guidance of Dr. Sunil Thomas. The was Dr Babu De Mathew, PRO, Mar Sleeva Medicity, Cherpunkal.

**St. Thomas College of Teacher Education, Pala**  
Research centre in Education approved by M.G. University, Kottayam, Kerala

**7 DAY SPECIAL CAMP CUM COMMUNITY LIVING CAMP FOR B.ED. STUDENTS**

**NIRAVU MANASU NIRAYATTE**

**Day 3 : 23 JAN 2024**

**SESSION 3**  
@ 10:00am  
**Humanism & Social skills** **DR. SABU DE MATHEW**  
PRO Mar Sleeva Medicity, Cherpunkal

**SESSION 4**  
@11:30am  
**Pep Talk**

**OUTDOOR ACTIVITY**  
@1:00 pm  
Haritha Mithram APP Installation and Digitalisation - Joining Hands with Pala Municipality

COLLEGE AUDITORIUM