ST THOMAS COLLEGE OF TEACHER EDUCATION, PALA

3.3.1 REPORT OF EACH OUTREACH ACTIVITY ORGANISED ALONG WITH VIDEO/PHOTOGRAPHS WITH SEAL AND SIGNATURE OF THE PRINCIPAL

2019-2020

2019-2020			
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2019-2020



1. MISS A MEAL PROGRAMME: MARIASADANAM

We visited Mariyasadanam on 16th January 2020. All the students after their lunch assembled together and were divided into different groups under the leadership of our teachers. Different group went to the Mariyasadanam by using the transportation facilities provided by the teachers. The head of Mariyasadanam Mr. Santhosh shared his experience.





Date	Activity	Amount Collected	No. of Meals Collected and Given
7/8/22019	Students visited Mariyasadanam and gave lunch packets to the inmates	725	18
14/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	555	14
21/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	575	19
28/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	540	30
18/9/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	100	43
25/09/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	805	25
9/10/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	685	23
16/10/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	150	41
4/12/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	430	26
11/12/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	250	47
18/12/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	950	21
8/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	600	36
16/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	750	25
22/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	760	22
29/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	165	43
5/2/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	145	40
12/2/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	250	28
		8235	501



On 7/8/2019, BEd, MEd and DElEd students of St. Thomas College of Teacher Education, Pala collected 725/- and 18 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 14/8/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 555/- and 14 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 21/8/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 575/- and 19 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 28/8/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 540/- and 30 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 18/9/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 100/- and 43 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 25/09/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 805/- and 25 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

Prof. Dr. BEENAMMA MATHEV

ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA On 9/10/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 685/- and 23 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 16/10/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 150/- and 41 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 4/12/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 430/- and 26 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 11/12/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 250/- and 47 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 18/12/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 950/- and 21 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 8/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 600/- and 36 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 16/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 750/- and 25 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 22/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 760/- and 22 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 29/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 165/- and 43 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 5/2/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 145/- and 40 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 12/2/20200, BEd, MEd, and DEIEd students of St. Thomas College of Teacher Education, Pala collected 250/- and 28 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.



2. SILENT PROTEST AGAINST DRUGS

The vimukthi club members demonstrated a Silent *Protest Against Drug Addiction* on 17 January 2020 (in Collaboration with Excise Department, Pala Range).







3. MASK PREPARATION AND DISTRIBUTION

The students of St. Thomas College of Teacher Education, Pala, made and distributed five thousand masks during the early days of the Covid19, under the leadership of Sri. Sunil Thomas, Asst. Prof. Department of Physical Education, on 27 April, 2020. The initiative was coordinated by student representatives Joffy J Njavallil, Jibin, and Blesslyn Chackson. The cloth materials for the masks were distributed to the students, Josmy Tom, Jinu Jose, Josmi Joseph, Deepa George, Sandra, Sr. Alina, Sr. Bitty, Anitta, Diya (B. Ed. students), Sangeetha S, Jais Jose (M. Ed. students) on 15 April. Each student sew five hundred masks. The masks were collected and distributed to various organisations and frontline Covid warriors of Pala and suburbs. The mask distribution drive was inaugurated by His Excellency, the Most Reverend Mar Jacob Murikken, Auxiliary Bishop, Diocese of Pala, and the Manager of the college, by handing over the masks to Mr. Shaji Mon Joseph, DYSP, Pala.















4. HANDS with Kerala Sannadha Sena to fight against COVID19

"Kerala Sannadhasena" is an effort by the Kerala Government to create a youth volunteer force to fight COVID-19. Our students on 27/04/2020 (Amal Thomas, Jestin Joy, Jinu Jose, Ida Mathew, Parvathy S, Saritha P.B) and Dr. T.C. Thankachen, Sri. Sunil Thomas faculty of this college also have registered in it to fight against the pandemic along with government.

SANNADHAM 2019-20

The floods, cyclones and health emergencies including Nipah and covid 19 pandemic have necessitated community based volunteering to strengthen our Social cohesion. Moved by the immerse response of the civil society, the Government has decided to form the Directorale of Samoohika Samadhasena also called community volunteer corps.

As part of this program, ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA fully cooperate with the steps initiated by the state by enlisting teacher trainers for volunteering by registering on SANNADHAM poxtal.

College formed a sannadham unit under the guidance of Dr. T. C. Thankachen, Principal & Dr. Sunil Thomas, Teacher in-charge of sannadham unit.

The students of st. Thomas College of Teacher Education Pala under Sannadham unit distributed five thocusand masks in the context of pandemic, covid 19 under the leadership of Asst, Peof. Dr. Sunil Thomas, Department of Physical Education, on 27th April, 2020. The student representatives Joffy J Njavalli, Jibin and Blesslyn, chackson coordinated and initiated it on 13th April, 2020. The seckless effort of students finds its excellence by secoing five hundred masks per andividual

on 26th April and it was scollected & distributed to the vacious Sectors of Pala. The mask distribution was inaugurated by His Excellency, the Most Reverend Mari Jacob Munikkan, the Bishop, Diocese of Pala, the Manager of St. Thomas College of Teacher Education, by handon over the masks to Mr. Shaji Mon Joseph, Dysp.

Asst. Prof., Sunil Thomas, Department of Physical Education packed and distributed masks to various places as part of various organizations. He has also beford in packing food kits as a volunteer at Maveli store Thalappalam Panchagat. Asst, Prof. Sunil Thomas and Deepa George has completed an online course related to Covid 19 by Diksha.

Our Collège organized one week coebinar for teachers. Rosu Ann Soy and Priyanka Joseph participate in National Webinar on Post Coved Kesala organized by U.C. Collège, Aleva. Sunil Thomas, Asst, Professor and thirty five Students of our collège participated in vaxious covid related quizzes.

Students of Sannadham unit STCTE proposed a video, inoxder to vaise accareness about the covid pandemic, as part of the Ek Bharath Shreshta Barat program.

PRINCIPAL

T. THOMAS COLLEGE OF TEACHER EDUCATION
PALA



5. ALL KERALA MALAYALAM ESSAY WRITING COMPETITION FOR TEACHER TRAINEES

All Kerala Malayalam essay Writing Competition for teacher Trainees from various teacher education colleges on 5th October 2019.







