

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

2021-2022

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2021-2022




NIRAKKOOTT –ADDING COLOURS TO LIFE

1. Nirakkooott Day 1 – Painting the walls of Govt. LPS Arunapuram

The second-year students of St. Thomas College of Teacher Education, Pala Cleaned the school premises, planted vegetable garden and Painted the walls of Govt. LPS Arunapuram on 1/4/2022. The student teachers painted pictures and the letters of the Malayalam alphabet on the walls of the school, cleaned the school premises, and planted plants and vegetables in the school grounds. The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine. The staff coordinator, Dr. Alex George and the student coordinator Sojo John gave the necessary instructions,

At 12:15 p.m all the activities were completed and everyone gathered in the school for the valedictory function. The meeting was presided over by Shri. Shibu Mon George, Headmaster, Arunapuram Government LP School. Rev. Fr. Dr. Thomas Moolayil delivered the keynote address. Dr. T.C Thankachan, the Principal of STCTE, Pala honoured Rev. Fr. Dr. Thomas Moolayil in the meeting for his noble efforts in promoting the Malayalam language. College Vice Principal Dr. Beenamma Mathew; IQAC Coordinator, Lavina Dominic; Teacher in Charge, Dr. Alex George; Student Coordinators Mr. Sojo John and Ms. Reshma Raju were the other members of the dais. After the meeting, lunch followed. Fr. Thomas Moolayil observed and evaluated the students' works.




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2. Nirakkoot Day 2 – Painting the walls of St. Thomas HSS Pala

Following the great success of Nirakoot 2022, the extension program of second year teacher trainees, it was decided by the students and staff of the college to further the initiative by taking up other schools as part of the project. The scope of the programme was limited to decorating the walls of the schools by painting interesting pictures and contents relevant to the primary school curriculum. The second day of 'Nirakoot 2022' was conducted on April 11, 2022 at our institution's model school St. Thomas HSS Pala. Sojo John, Lakshmi S, and Sneha Jayakumar were the student coordinators of the programme.

A total of 21 teacher students participated in the programme. All of the participants were present at the school campus before 9 a.m. The students were then divided into two groups, for it was decided beforehand that two pictures would be drawn considering the dimensions of the walls. The two pictures which were planned to be drawn were an aquarium and a small train. The pictures were envisioned in such a way that the walls should be more appealing to the eyes of both the students and the general public. The students started to draw the outline of pictures after 9:30 am. At 4.30 p.m all the activities were completed.



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Aa Bb Cc Dd Ee
 Ff Gg Hh Ii Jj
 Kk Ll Mm Nn Oo
 Pp Qq Rr Ss Tt
 Uu Vv Ww
 Xx Yy Zz

അനു ഇണു ഉണു ഴ
 എ ഏ ഐ ഒ ഓ ഔ
 അനുസ്മാരം-ഓ വിസ്മയം-ഃ
 ക വ ഗ ഘ ങ
 ച ഛ ജ ത്വ ണ
 ട ഠ ഡ ള ണ
 ത മ ദ ധ ന
 പ ഫ ബ ഭ മ
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 ള ഴ റ

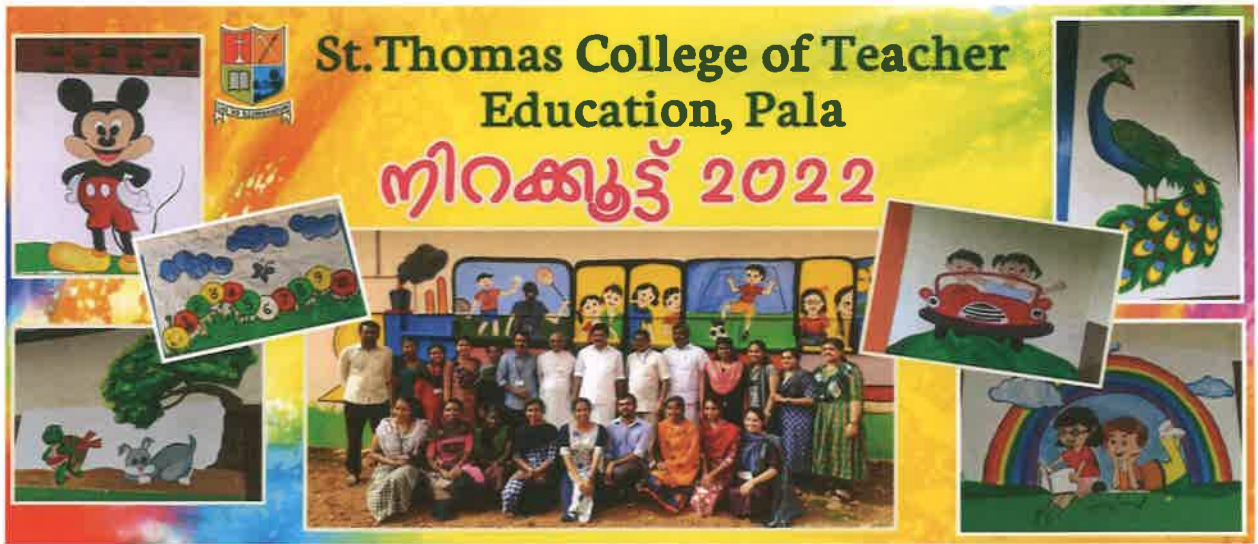


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3. Nirakkoot Day 3 – Painting the walls of St.Thomas HSS Pala

Day three of Nirakoot was held on April 19, 2022 at Pala St. Thomas HSS, the model school of St. Thomas College of Teacher Education, as a continuation of the work done on 4/4/2022. A brief meeting was held at 9:30 am to formally begin the programme. Dr. Alex George Kavukatt, staff coordinator, George Kutty Jacob, the Headmaster of the school addressed the gathering. After the meeting the student teachers directly began the work. 17 walls were painted on and besides regular pictures, some of them dealt with topics regarding the school syllabus. Each team finished their assigned task by 1.30 p.m and lunch were served.

At 2 p.m there was a valedictory function which was presided over by Mr. Anto Jose Padinjarekara, the Municipal Chairman of Pala. Dr. T.C. Thankachan, Principal; George Kutty Jacob, Headmaster of the School; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Mrs. Biji Jojo, Municipal Ward Councillor; Dr. Alex George, Program Coordinator were present at the meeting.



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

നിറപ്പൂർണ്ണ 2022

-Adding colours to life

(An Initiative of 'SHE-KI-NAH'-The Extension Services Cell)

VENUE : ST. THOMAS H S S, PALA



**Rev. Fr. Sebastian
Vettukallel
Manager
St. Thomas H.S.S, Pala**



**Dr. T.C. Thankachan
Principal
STCTE, Pala**



**Sri. Georgekutty Jacob
Headmaster
St. Thomas HSS, Pala**



**Dr. Alex George
Teacher-in-charge
Extension Programme
STCTE, Pala**



**Sojo John
General Co-ordinator**



**Lakshmi S
Programme
Coordinator**



**James Mathew
Student Coordinator**



**Anjaly Elizabeth Xavier
Student Coordinator**




(DAY - 3)

Date : 19/04/2022

(9:30 AM - 4:30 PM)



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4. Nirakkoot Day 4– Painting the walls of Aided LPS Meenachil

On 25th April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Thomas Thottunkal; and school headmistress, Tharamma Joseph addressed the gathering.

Around 10:15 a.m, all the outlines for the pictures were clearly drawn and the students started to paint the pictures. Each picture was assigned to a group of two or three students. At 11:30 a.m students had a tea break and at 1:00 p.m. we had our lunch. The Auxiliary Bishop of the Syro-Malabar Catholic Eparchy of Palai, Mar Jacob Muricken, had blessed the programme with his esteemed presence and appreciated the students for their good will and talented artworks.

An official meeting was held at 2:00 PM and Sri. Ranjeeth G, Panchayat President of Mutholy chaired the meeting. Sri. Josemon Mundackal, District Panchayat Member; Smt. Manju Vijayan, Meenachil Grama Panchayat Ward Member; Rev. Dr. Thomas Moolayil, Project advisor - Nirakoot 2022, and others from both the college and the school attended the meeting. The dignitaries wholeheartedly appreciated our initiative and extended their full support in our future endeavours. By around 5 p.m., the walls of Meenachil L.P school were gleaming with alluring pictures and dashing colours.




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**Venne - Aided
LPS, Meenachil**



Fr. Thomas Thottakkal
Manager
Aided LPS, Meenachil



Dr. T.C. Tharkachan
Principal
STCTE, Pala



Tharamma Joseph
Headmistress,
Aided LPS,
Meenachil



Dr. Alex George
Teacher-in-charge
STCTE, PALA



Sojo John
General Co-ordinator



Lakshmi S
Programme Co-ordinator



Lis Mary Antony
Student Coordinator



Raina Martin
Student Co-ordinator



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5. Nirakkoot Day 5– Painting the walls of St. Sebastians LPS Pathazha

On 21st April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. All the volunteers arrived at the school before 9 a.m. 15 students were present. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Michael Narikkatt addressed the gathering and inaugurated the programme. By around 4 p.m., the programme was completed.



Prof. Dr. BEENA MATHEW
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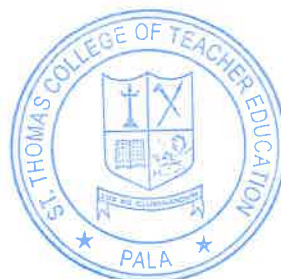
6. Nirakkoott Day 6– Painting the walls of St. Little Thresia's LP School Bharananganam.


On April 29, 2022, Day 6 of Nirakoot 2022 was held at St. Little Thresia's LP School Bharananganam. Ashmi Maria John and Navya mol K.R were the student coordinators for the day. They along with the Nirakoot core committee led the programme.

A brief meeting held at 9:30 a.m. marked the beginning of the programme. Dr. Alex George and Sr. Shiny Joseph, the Headmistress of the school addressed he gathering. The students then proceeded to paint the walls assigned to them, after turning into groups of two or three. There were two breaks and regular refreshments to ensure that the work was not too tiring for the students. The media team from 24 News came to report on our efforts and the report was duly aired later. The students painted 12 walls with a variety of pictures and many of them were about topics of relevance to the primary school curriculum. A total of 21 students participated in the programme.

At 3 p.m. a valedictory function was held and Sri. Mani C Kappen MLA inaugurated the same. Sri Rajesh Valliplackal, District Panchayath Member; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Sri. Chacko; Fr. Vadakkekara; Mr Tony, Member of Panchayat; Dr. T.C. Thankachan, College Principal; Dr. Alex George, Program Coordinator; and Sr. Shiny, Headmistress of the School were present at the meeting.






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7. Nirakkoot Day 7– Painting the walls of Govt. LPS Thalapulam

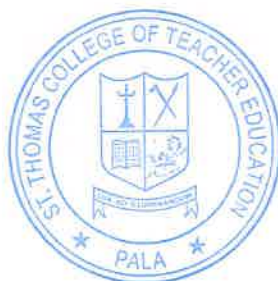
The seventh day of Nirakoot 2022 was held at Govt. H.W.L.P School on May 07, 2022. Ms. Jyothylakshmi K.R was the Student Coordinator for the day. A brief meeting was held at 12.30 pm to initiate the programme. Smt. Anupama Vishwanadh, Thalappalam Grama Panchayat President inaugurated the function. Sheeja P.S, Panchayat Secretary; Sri. Biju K.K, Education standing committee chairman; Chithra Saji and Suresh P.K, Ward members; and Rev. Fr. Thomas Moolayil spoke on the occasion. Dr. T.C Thankachan, Principal of STCTE Pala; Dr. Alex George, Teacher in-charge; Smt. Gracy V. Benjamine, Headmistress of the school; Sri. Sajeev Philip; and Shri. Jayakrishnan P.R, P.T.A president were present at the meeting

The students then proceeded to paint their assigned walls, turning into a group of two or three. Breaks and refreshments were arranged in between so that the students would not have any difficulty. Students painted 14 walls of the school with suitable pictures which depicted various topics like giving importance to reading, drama, music, cartoon, science, and maths. In addition to these, other pictures for improving the ambience of the school were also painted. 11 students participated in the programme. The media team from Drishya news came to the school to report on our activities.



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MATHEW



Beena
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8. Nirakkoot Day 8– Painting the walls of St.Thomas HSS Pala

Day 8 of the beneficent venture Nirakoot 2022 was held on 8th may 2022 at St. Thomas Higher Secondary School, Pala. It was the third day of our activities at St. Thomas school. Ambily Mani and Jaicy Jose were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. A brief meeting was held at 9.00 a.m. chaired by Dr. T. C. Thankachan, Principal of St. Thomas college of Teacher Education, Pala. Minister Sri. Roshi Augustine spoke in praise of the students who participated in Nirakoot 2022 in the meeting. Rev. Fr. Thomas Moolayil, Georgekutty Jacob, and Dr. Alex George also addressed the meeting. Student representative Ms. Sneha Jayakumar spoke about the objectives of Nirakoot 2022 and requested the minister for a small token of appreciation for our activities in the meeting. A total of 19 students participated in the programme.



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നിറക്കൂട്ട് 2022
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VENUE: ST. THOMAS HSS, PALA

Dr. N. Suresh
Principal
St. Thomas H.S.S. Pala

Dr. T. S. Thekshith
Principal
HSS, Pala

Dr. Georgey Jacob
Headmaster
St. Thomas H.S.S. Pala

Dr. M. M. George
Teacher - in-charge
Extension Programme
HSS, Pala

Dr. John
Teacher in-charge

Lakshmi S
Programme Co-ordinator

Dr. John
Teacher in-charge

Dr. M. M. George
Teacher in-charge

(DAY 8)
Date: 04-05-2022



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9. Nirakkoot Day 9– Painting the walls of Govt. New LPS Puliyanoor

Day 9 of the beneficent venture Nirakoot 2022 was held on 11 th may 2022 at Govt. New LPS Puliyanoor. Bhanupriya R and Steffy Tom were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. The activities started at 9.00 a.m. The students were divided into 3 groups. At 11.00 am a brief meeting was held and it was chaired by Sri.Ranjeet G., Mutholy Gramapanchayath President. Sri. Mani C.Kappen MLA visited the school premises and appreciated the students. A total of 12 students participated in the programme.

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

നിറക്കൂട്ട് 2022

- Adding colors to life
(An initiative of 'SHE-KI-NAH' –The Extension Service Cell)

**Venue: GOVT. NEW L.P. SCHOOL,
PULIYANNOOR**

DAY 9 (11-05-2022)

Dr. T. C. Thankachan
Principal, STCTE, Pala

Smt. Asha Balakrishnan
Headmistress
Govt. New L.P School

Dr. Alex George
Teacher In-Charge
extension activities, STCTE

Sejo John
General Co-ordinator

Lakshmi S
Program Co-ordinator

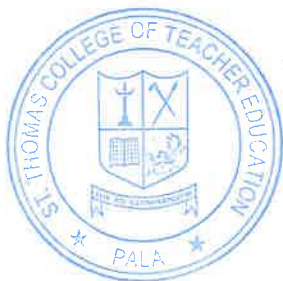
Bhanupriya R
Student Co-ordinator

Steffy Tom
Student Co-ordinator

നേതൃത്വം : രഞ്ജിത് റോഷി ഓഗസ്റ്റിൻ എസ്. വിദ്യാർത്ഥിനികൾ



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FRAC. DY. BEENAMMA MATHEW
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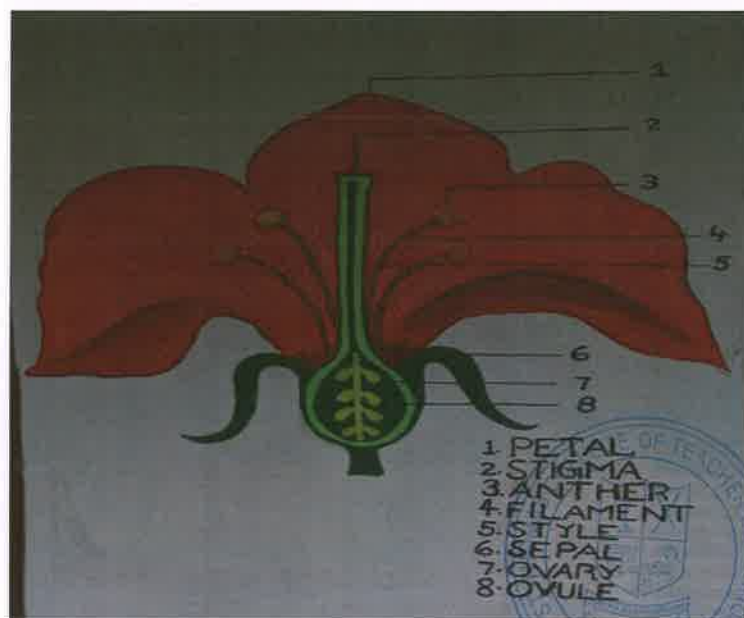
10.Nirakkoot Day 10– Painting the walls of Kallivayalil Pappan memorial Public-School Makayam East

Student Coordinators: Nevil George and Riya Rose Johns

The 10th day of Nirakoot 2022 was held on 14 May 2022 at Kallivayalil Pappan Memorial Public School, Mundakayam East. Nevil George and Riya Rose Johns were the students' coordinators for the day, along with the general coordinator Sojo John and programme co-ordinator Lakshmi S. The school had arranged their bus for the commutation of the student teachers to the school. The bus started its journey from the college at 8:00 a.m., reaching the destination by 9:15 a.m

After having breakfast at the school, the programme officially started at 9:30 a.m. The School Principal, Mr. Shins Mathew officially welcomed the team to the school and Fr. Varghese Pulikan, the School Director felicitated the team. Dr. Alex George, Teacher-in-Charge of the Extension Programme gave the guidelines and the team directly started the work.

Taking into consideration the class to be painted and the area available in each of the walls, the pictures were finalised. Students started working in groups on the pictures. The magic of teamwork and cooperation was visible on each of the walls. The hard work and commitment of the teacher trainees turned the prosaic walls into mesmerising creative works of art. The trainees had their lunch at 1:30 p.m and afterwards continued with their work. The teachers and students of the school who visited in between were enthusiastic to see the visual treat made for them. A local news channel came to cover the artistic work of the teacher trainees.



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VENUE: Kallivayalil Pappan Memorial Public School, Mundakayam East



Fr. Jose
School Manager



Dr. T.C. Thankachan
Principal STCTE Pala



Fr. Varghese Pulikan,
School Director



Mr. Shins Mathew
School Principal



Dr. Alex George
Teacher-in-Charge Extension
Programme STCTE Pala



Sojo John
General Co-ordinator



Lakshmi S
Programme Co-ordinator



Nevil George
Student Co-ordinator




Riya Rose Johns
Student Co-ordinator

DAY 10

Date 14/05/2022

(9.30 AM - 4.30 PM)




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PALA 72

11.Nirakkoott Day 11– Painting the walls of St.Mathews UPS Elikulam

The venue for the 11th day of Nirakoot 2022, which was conducted on 18-05-2022, was St. Mathew's U.P.S, Elikulam. Along with the General coordinator, Sojo John and Programme coordinator, Lakshmi S, the Student coordinators for the day were Annumol Joji and Agiemol Salas

A team of 11 members, along with Dr. T. C Thankachan, our principal reached the school on 17-05-2022 for planning the pictures to be drawn and to sketch the outlines of the same. Smt. Ancy Joseph, Headmistress, welcomed the team to the school. After discussing with the HM, we decided on the pictures and gave outlines and went on to complete some of the pictures. Snacks and meals were provided for us. By 4 p.m., the student teachers returned to their homes.

On 18-05-2022, a team of 18 reached the school along with Dr. Alex George, Teacher-in-charge for the Extension Programme. Among the students, three of them, Nevil George, Annumol Joji and Steffy Tom were selected as the resource persons for the forenoon session of the Enrichment Programme which was conducted for the students of St. Mathew's U.P.S, Elikulam.



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12. Nirakkoot Day 12– Painting the walls of St.Joseph’s UPS Vellilappilly

The venue for the 12th day of Nirakoot 2022(25-05-2022) was St. Joseph's U.P.S, Veililappilly. The programme was led by the General Co-ordinator, Sojo John and Programme Co-ordinator, Lakshmi S. The Student Co-ordinators were Meera V.S and Mariya Mathew. A team of 18 members, reached the school on 25-05-2022 at 9:30 am along with Dr. Alex George, Teacher-in-charge, Extension Programme. Sr. Mercy Sebastian, Headmistress, welcomed the students to the school. After discussing with the HM, the team decided the pictures and started drawing at 10 O'clock. Snacks and meals were provided for the students. The official meeting was conducted in the afternoon

The frame release of Nirakoot 2022 was held at this occasion in the presence of Rev. Dr. Thomas Moolayil, Joseph K.K (Ramapuram A.E.O), B.P.C Ashoka G, HM of the school Sr. Mercy Sebastian, staff secretary Joby Joseph. By 4:30 pm, the team returned to their homes. All the precious moments were captured by the news channel 14 U. At 5 pm, Nirakoot team members got the opportunity to meet with Sri. Thomas Chazhikkadan (Member of Parliament, Kottayam). The frame release was also done by him. Then he appreciated the initiative and gave the promise to give a certificate of excellence for students and to visit our future Nirakoot venue.



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നിറക്കൂട്ട് 2022

Adding colours to life

(An Initiative of SHE-KI-NAH- The Extension Services Cell)

Venue- St. Joseph's U.P. School, Vellilappilly



Rev. Fr. George Varghese
Njarakunnel
School Manager



Sr. Mercy Sebastian
Headmistress
St. Joseph's U.P. School,
Vellilappilly



Dr. T. C. Thankachan
Principal
STCTE Pala



Dr. Alex George
Teacher -in- charge
Extension Programme
STCTE Pala



Sojo John
General Co-ordinator
STCTE Pala



Lakshmi S
Programme co-ordinator
STCTE Pala



Meera V. S
Student Co-ordinator
STCTE Pala



Mariya Mathew
Student Co-ordinator
STCTE Pala

Day 12
Date : 25/05/2022

(9.30 am - 4.30 pm)



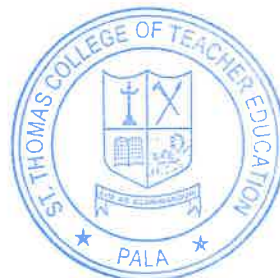
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PALA 75


13. Nirakkoot Day 13– Painting the walls of St.Thomas LPS Velathusserry

Student Coordinators: Tima Mathew and Harikrishnan V

The 13th day of Nirakoot 2022 was held on 30th May 2022 at St. Thomas L.P. School, Velathussery. Tima Mathew and Harikrishnan V., were the student co-ordinators along with the general co-ordinator Sojo John and programme co-ordinator Lakshmi.S. This was indeed the first activity of the student-teachers' five-day community living camp called Punarjeni 2022. The school arranged their school bus from the college and Team Nirakoot started the journey at 11 a.m. and reached the destination by 01 p.m. After having lunch at the school, the programme got officially started by 01:30 p.m. The school Headmaster Mr. Michael Joseph officially welcomed the team to the school and Fr. Joseph Mecheril, School Manager felicitated the team. Dr. Alex George, teacher-in-charge of the extension programme provided the guidelines and the team got involved in their creative work.

The teachers, students, ward member and other well-wishers of the school who visited in between were exhilarated to enjoy the visual treat made for them. The school headmaster Mr. Michael Joseph and school manager Fr. Joseph Mecheril shared their feedback about the creative work of the teacher trainees and rendered their wishes for the success of future endeavours of the team Nirakoot. English alphabets, VIBGYOR worm, cute elephant, looney toons, Donald Duck, Indian peacock, honey bee with balloons, garden, giant tree with months etc., were few among the pictures that enriched the walls of the school. The teacher trainees completed their final touch up of the paintings by 06:30 p.m. and gathered in front of the school. The school once again conveyed their gratitude to the team Nirakoot and the team headed towards St. Antonys H.S. Vellikulam for their stay at night. It was with scrumptious pleasure and warm fuzzies that the students expressed their reflections on that day about Nirakoot.




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നിറക്കൂട്ട് 2022

Adding colours to Life

An initiative of SHE-KI-NAH-The
Extension Services Cell

**Venue: St. Thomas L.P. School,
Velathussery**



Fr. Joseph
Mecheril
School Manager



Michael Joseph
Headmaster
St. Thomas L.P. School,
Velathussery



Dr. T.C. Thankachan
Principal
STCTE Pala



Dr. Alex George
Teacher -in- charge
Extension Programme
STCTE Pala



Sojo John
General Co-ordinator
STCTE Pala



Lakshmi S
Programme Co-ordinator
STCTE Pala



Harikrishnan V
Student Co-ordinator
STCTE Pala



Tima Mathew
Student Co-ordinator
STCTE Pala

Day 13

Date : 30/05/2022

11 am - 5.30 pm



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PRINCIPAL
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PALA 78

14. Nirakkoott 14– Painting the walls of St.Antonys HS Vellikulam

The 14th edition of Nirakoot was conducted at St. Michael's school, Vellikulam near the scenic Vagamon. It was the first residential programme of Nirakkoottu, where the students had to work two days to complete the assigned task. This programme together with the Nirakkoottu activity in St. Thomas LP school Mavady were conducted as part of the B.Ed community Living Camp of the second year students.

The students began their journey to Vellikulam on 30 May 2022, at around 12.00 pm in the school buses provided by the Vellikulam school. After about one hour we reached the school and placed our belongings in the classrooms which were provided for us to stay the night. After lunch, the students directly began the work. Sketches were drawn in the L.P school block, K.G block, and on a common washroom complex. A total of 26 students participated in the venture.

The programme on 31/5/ 2022 started after the breakfast and completed the work by 12.30pm. Validictory meeting was blessed with the presence of Grama Panchayath president.



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

നിറക്കൂട്ട് - 2022

- Adding colours to life

An initiative of 'SHE - KI - NAH' - The extension service cell.

Venue: St Antony's HS Vellikulam

Day 14

Date: 31/05/2022

9:30 am - 4:30 pm



**Rev. Fr. Michael
Vadakkokara
School Manager
SAHS, Vellikulam**



**Dr. T.C Thankachan
Principal
STCTE, Pala**



**Jo Sebastian
Headmaster
SAHS, Vellikulam**



**Dr. Alex George
Teacher-in-charge
Extension Program
STCTE, Pala**



**Sojo John
General Co-ordinator
STCTE, Pala**



**Lakshmi S
Programme Co-ordinator
STCTE, Pala**



**Annie Teresa Shajan
Student Co-ordinator
STCTE, Pala**



**Julian Tom Job
Student Co-ordinator
STCTE, Pala**



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PALA
Prof. Dr. BEENAMMA MATHEW

15.JAGRATHA: NATIONAL WEBINAR SERIES: DAY 12

Date: 5/06/2021

Time: 3.00p.m.-4.00p.m.

No. of participants: 87

Topic: Adolescent Care

Resource persons: 1. Dr. Alex George, Assistant Professor St. Thomas college of teacher education, Pala

2.Nevil George, Teacher trainee St. Thomas college of teacher education, Pala

The session was handled by Dr. Alex George, Assistant Professor St. Thomas college of teacher education and Sri. Nevil George, Teacher trainee St. Thomas college of teacher education, Pala on the topic “Adolescent Care”. The first half of the session handled by Dr. Alex George about the adolescence and need for adolescent care. In the second half, Mr. Nevil George discussed on the various adolescent issues such as Substance abuse, mobile addiction etc. The class was informative and effective. Participants interact with the resource persons, asked their doubts and concerns towards adolescent age group.

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JAGRATHA-2021**

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&
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**DAY :12
TOPIC:"ADOLESCENT CARE"**

കൂടുതൽ നയിക്കുന്നത്

Date: 05/06/2021
Time:
03.00 Pm -04.00pm

more details
contact:8281245484

Sri.Nevil George Dr.Alex George



Adolescence

- Adolescence is the transition period from childhood to adulthood, usually spanning the years between 13 and 19.
- It is a period that brings some confused / unstable physical, social and psychological changes.

st of Students with p... the programme

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16.JAGRATHA 13: NATIONAL WEBINAR SERIES

Date: 12/06/2021

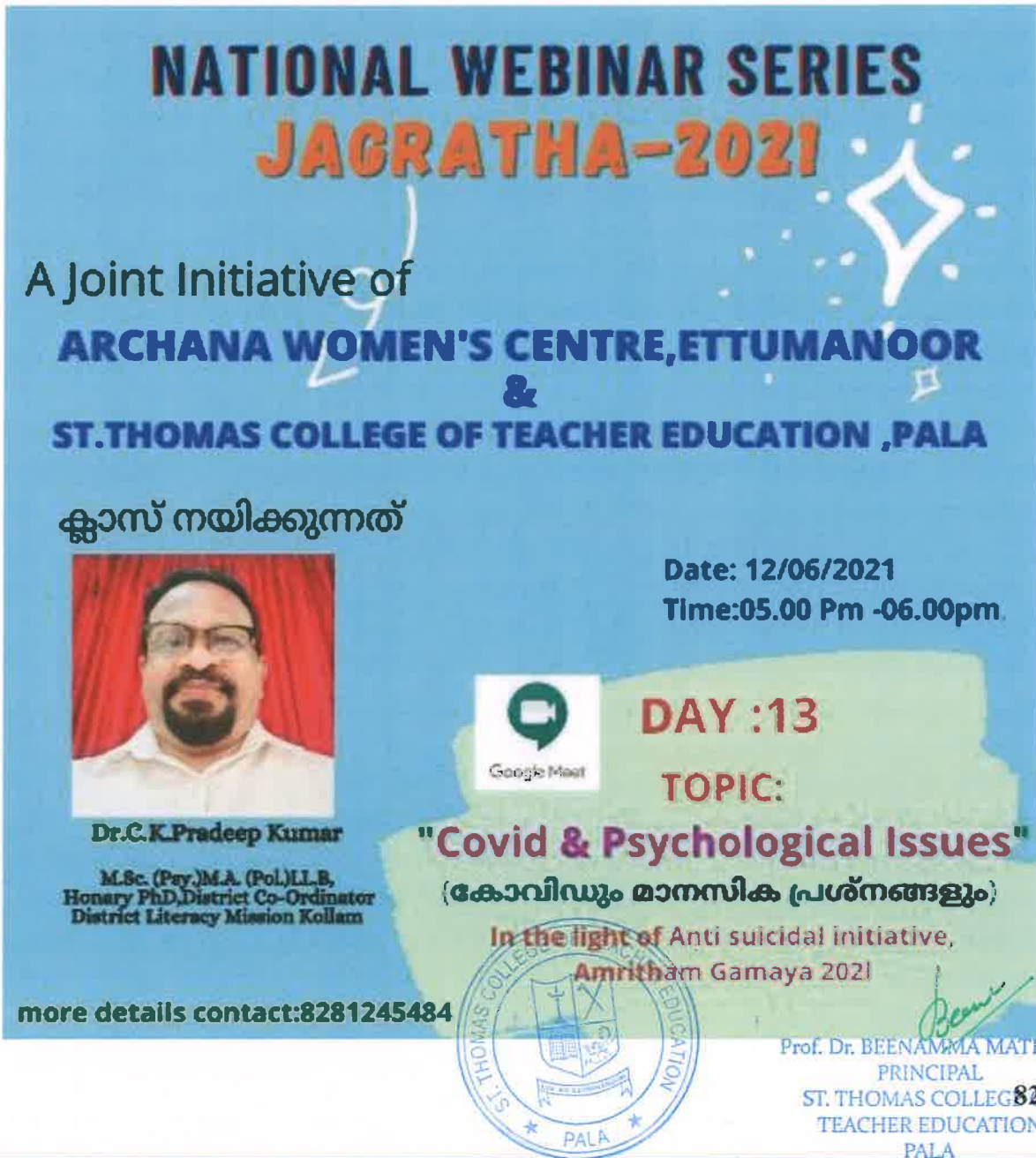
Time: 5.00p.m.-6.00p.m.

No. of participants: 97

Topic: Covid and its psychological issues

Resource persons: Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission


The resource person for the session was Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission. He discussed about the Covid and its psychological issues. He also provides mental health awareness to cope up with the pandemic situation. Participants raised questions and provided comments regarding the class.



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ക്ലാസ് നയിക്കുന്നത്




Dr.C.K.Pradeep Kumar
M.Sc. (Psy.)M.A. (Pol.)LL.B,
Honary PhD,District Co-Ordinator
District Literacy Mission Kollam

Date: 12/06/2021
Time:05.00 Pm -06.00pm



DAY :13
TOPIC:
"Covid & Psychological Issues"
(കോവിഡും മാനസിക പ്രശ്നങ്ങളും)

In the light of Anti suicidal initiative,
Amritham Gamaya 2021



more details contact:8281245484

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17. JAGRATHA 14: NATIONAL WEBINAR SERIES

Date:19/06/2021

Time: 5.00 – 6.00 p.m.

No. of participants: 101

Topic: adolescent issues and ways to deal with them

Resource persons: 1. Anu Tresa Jose, Teacher trainee , St. Thomas college of teacher education, Pala

2. Irin Sera Joseph, Teacher trainee St. Thomas college of teacher education, Pala

Welcome speech by Rakhi R. First phase is handled by Ms Anu Tresa Jose for 20 minutes. Remaining 20 minutes handled by Ms Irin Sera Joseph, Teacher trainee of St. Thomas College of Teacher Education, Pala. Both resource persons discussed on the adolescent issues and ways to deal with them. Slides and videos are presented well. All are impressed by the session. Good comments are reported in the chat box by the participants.

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DAY :14 **TOPIC:**
"വളർച്ചയുടെ പാതയിൽ കൈത്താങ്ങി ആകാം"
ക്ലാസ് നയിക്കുന്നത്

Date: 19/06/2021
Time:05.00 Pm -06.00pm.



Ms.Irine Sera Joseph




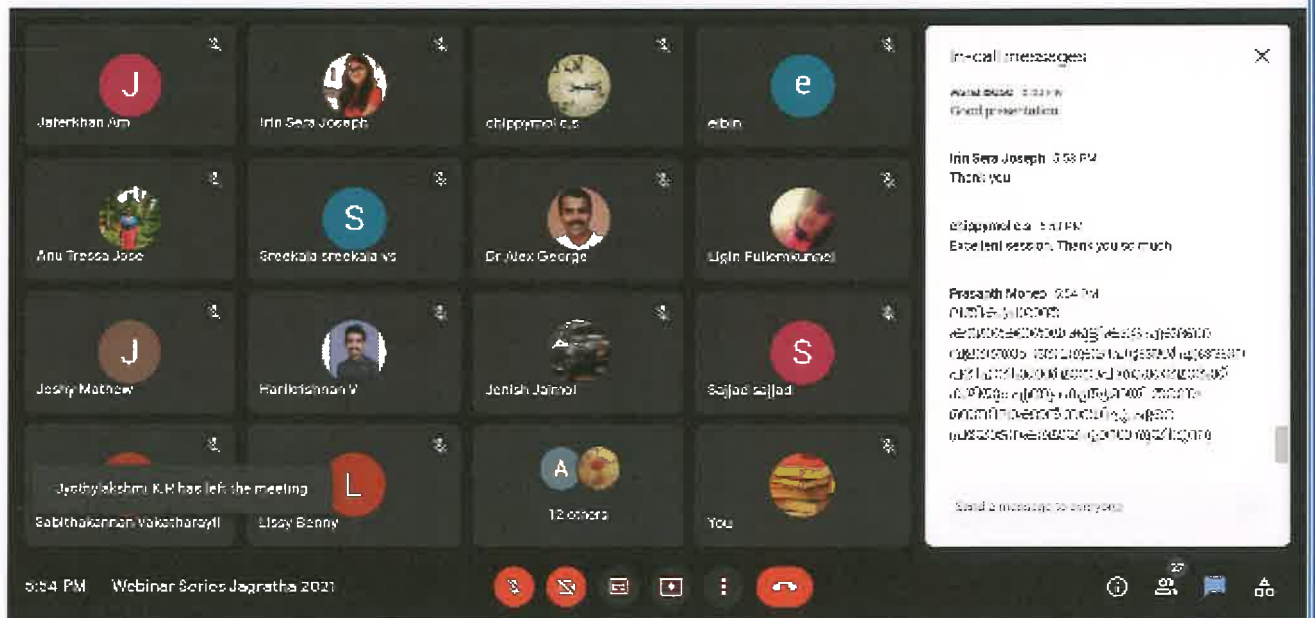
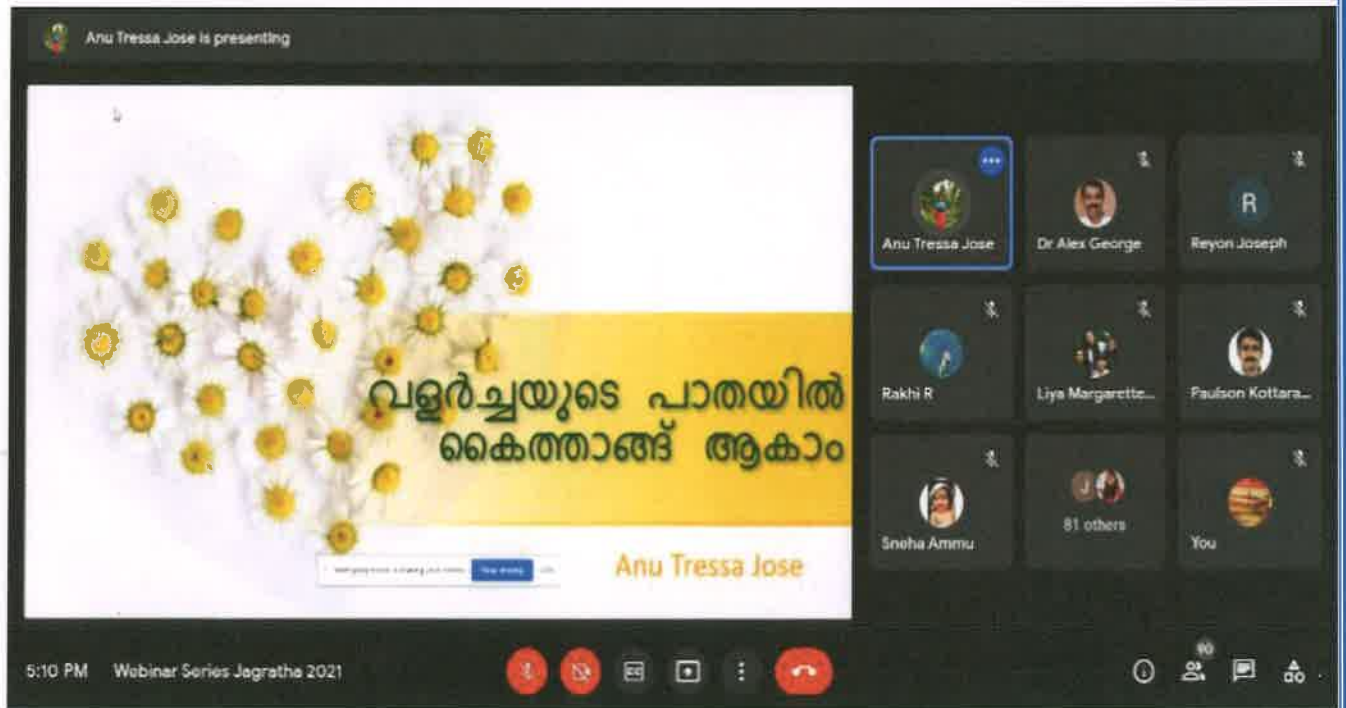
Ms.Anu Tresa




more details contact:
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18. JAGRATHA 15: NATIONAL WEBINAR SERIES

Date: 26-06-2021

Time: 4.00 – 5.00 p.m.

No. of participants: 99

Topic: Care and support during Covid pandemic and awareness on the various measures to prevent corona

Resource persons: 1. Bhanupriya R, Teacher trainee, St. Thomas College of teacher education, Pala

Prayer by Annumol joji. Welcome speech by Sr. Alphonsa xavier. Class was handled by Bhanupriya R. She took the class about the care and support that we need to maintain in a family during Covid pandemic and provided awareness on the various measures to prevent corona. She also shared her experience during the Covid positive days. Class taken for 45min and 5 minutes discussion. 2 members asked doubts. Good comments are written in the chat box by the participants.

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DAY 15

കോവിഡ് കാലഘട്ടത്തിലെ കുടുംബ ബന്ധങ്ങൾ

കൂടുതൽ വിവരങ്ങൾ
കൂടുതൽ നമ്പർ: 8221245484

Date: 26/06/2021
Time: 04:00 Pm - 05:00pm

Ms. Bhanupriya R
Msc. Botany

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A. MATHEW
PRINCIPAL
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19. JAGRATHA 16: NATIONAL WEBINAR SERIES

Date: 3/7/2021

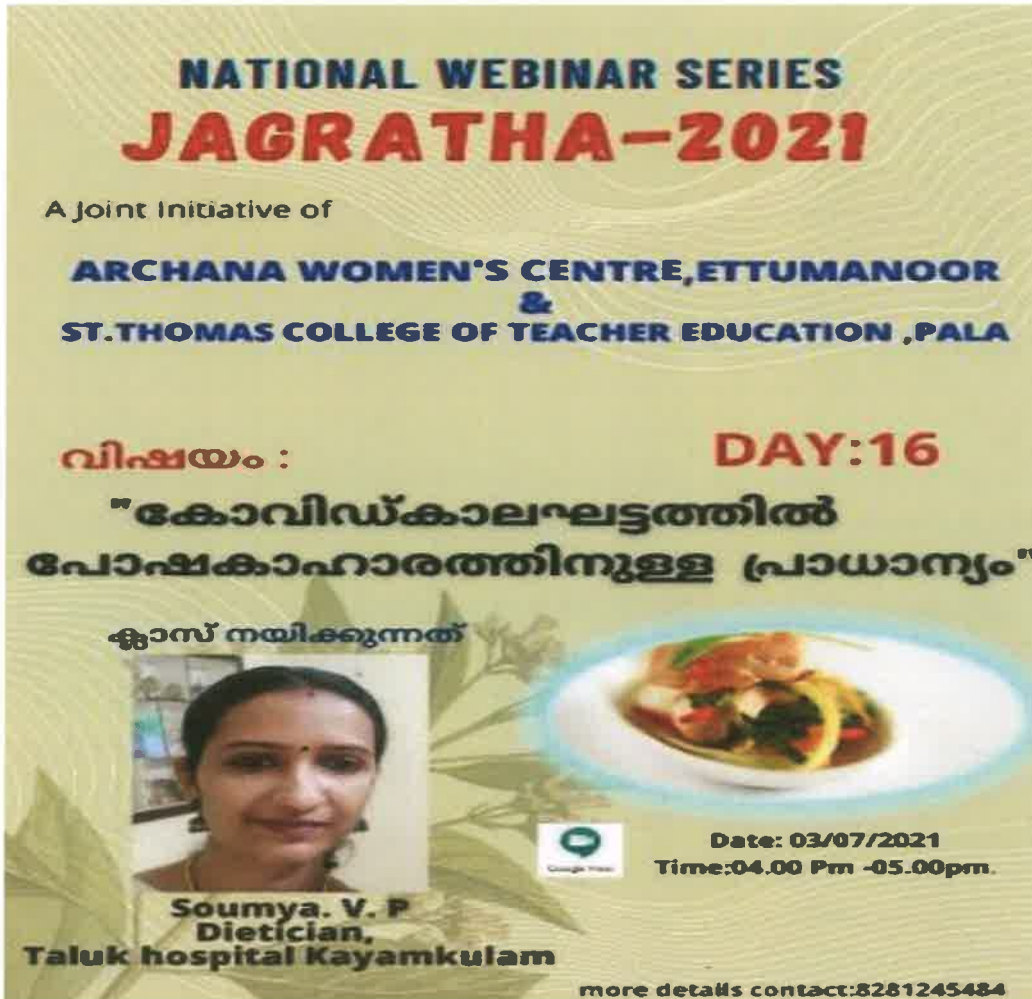
Time: 4.00 – 5.00 p.m.

No. of participants: 90

Topic: food habits that we need to follow during the Covid pandemic

Resource persons: Soumya V P, dietician

Class was handled by Soumya V P. She is a dietician. Madam explained about the food habits that we need to follow during the Covid pandemic situations. She cleared the doubts of the participants. Really an informative session.





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വിഷയം : **DAY:16**

"കോവിഡ് കാലഘട്ടത്തിൽ പോഷകാഹാരത്തിനുള്ള പ്രാധാന്യം"

ഓൺ നയിക്കുന്നത്



Soumya. V. P
Dietician,
Taluk hospital Kayamkulam

Date: 03/07/2021
Time: 04.00 Pm -05.00pm.

more details contact: 8281245484



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20. JAGRATHA 17- NATIONAL WEBINAR SERIES

Date: 10/7/2021

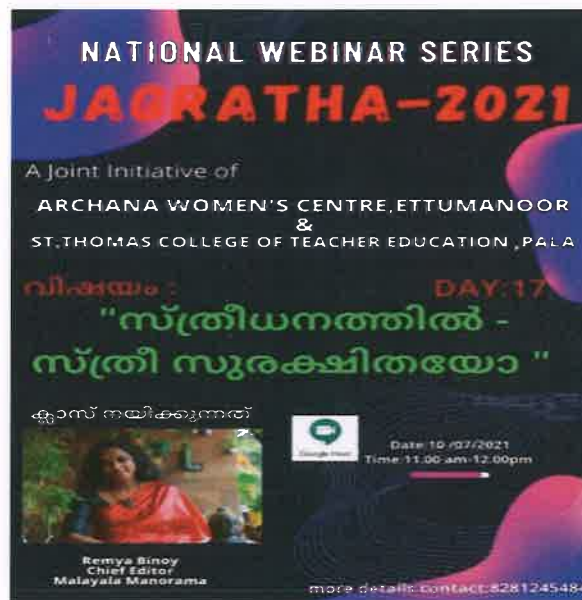
Time: 11.00 12.00 p.m.

No. of participants: 100

Topic: women empowerment and ways we can avoid dowry system

Resource persons: Remya sinoy, Chief editor, Malayalamanorama

The class was handled by Ms. Remya sinoy, Chief editor, Malayalamanorama. She discussed the need for women's empowerment and ways we can avoid the dowry system. She also speaks about the gender equality that we need to bring into the family. Participants expressed that the session was worthwhile. Everyone expressed their feedback in the chatbox.



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21. JAGRATHA 18- NATIONAL WEBINAR SERIES

Date: 17/7/2021

Time: 4.00 p.m. – 5.00 p.m

No. of participants: 99

Topic: some common diseases and home remedies to treat minor health problems

Resource persons: Dr. Sandrima K S, Ayurveda Medical Officer

The class was handled by Dr. Sandrima K S, Ayurveda Medical Officer. The doctor discussed the medicines that we need to take for some common diseases and also, she provided some home remedies to treat minor health problems. Participants actively participate in the interactions.



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വിഷയം : **DAY:18**
"സ്ത്രീകളുടെ ആരോഗ്യം
ആയുർവേദത്തിൽ "

ഓൺ നയിക്കുന്നത്



Date:17/07/2021
Time:04.00 pm-05.00pm

Dr.Sandrima K S
MD (Ayurveda)Medical Officer
Ramaih Indlc Speciality Hospital
Banglore

more details contact:
8281245484




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22. JAGRATHA 19- NATIONAL WEBINAR SERIES

Date: 24/7/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 95

Topic: drug abuse among children

Resource persons: Mr. Arun Kumar K.R, Assistant Sub Inspector of Police

The session was taken by Mr. Arun Kumar K.R, Assistant Sub Inspector of Police. Class was based on the drug abuse among children. He taken the class by pointing out his experiences with drug abuse cases. He stressed the importance to keep the youngsters from drug addiction. Participants especially mothers expressed their concern with children regarding phone addiction.

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ക്ലാസ് നയിക്കുന്നത്

Arun Kumar K.R
Assistant Sub Inspector of Police
DySP Office Kottayam and Co-ordinator
Operation Curriculum Project.

വിഷയം:
"ലഹരിയിൽ മുങ്ങുന്ന
ജീവിതങ്ങൾ"

DATE:
24 /07/2021

TIME: 03.00 PM-
04.00PM.

Google Meet

more details contact: 8281245484

People

Add people

DaLy so'Wk

Doopa Roy

Dr Alex George

Gayathri Devi

Geetha Unnikrishnan

Gokul Gresh

jayasree kochukuju

Smrithy Sujesh

Gayathri Devi

prathibha k

Marilma Joseph

53 others

You

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Prof. D. BEENAMMA MATHIYAN
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23. JAGRATHA 20- NATIONAL WEBINAR SERIES

Date: 7/08/2021

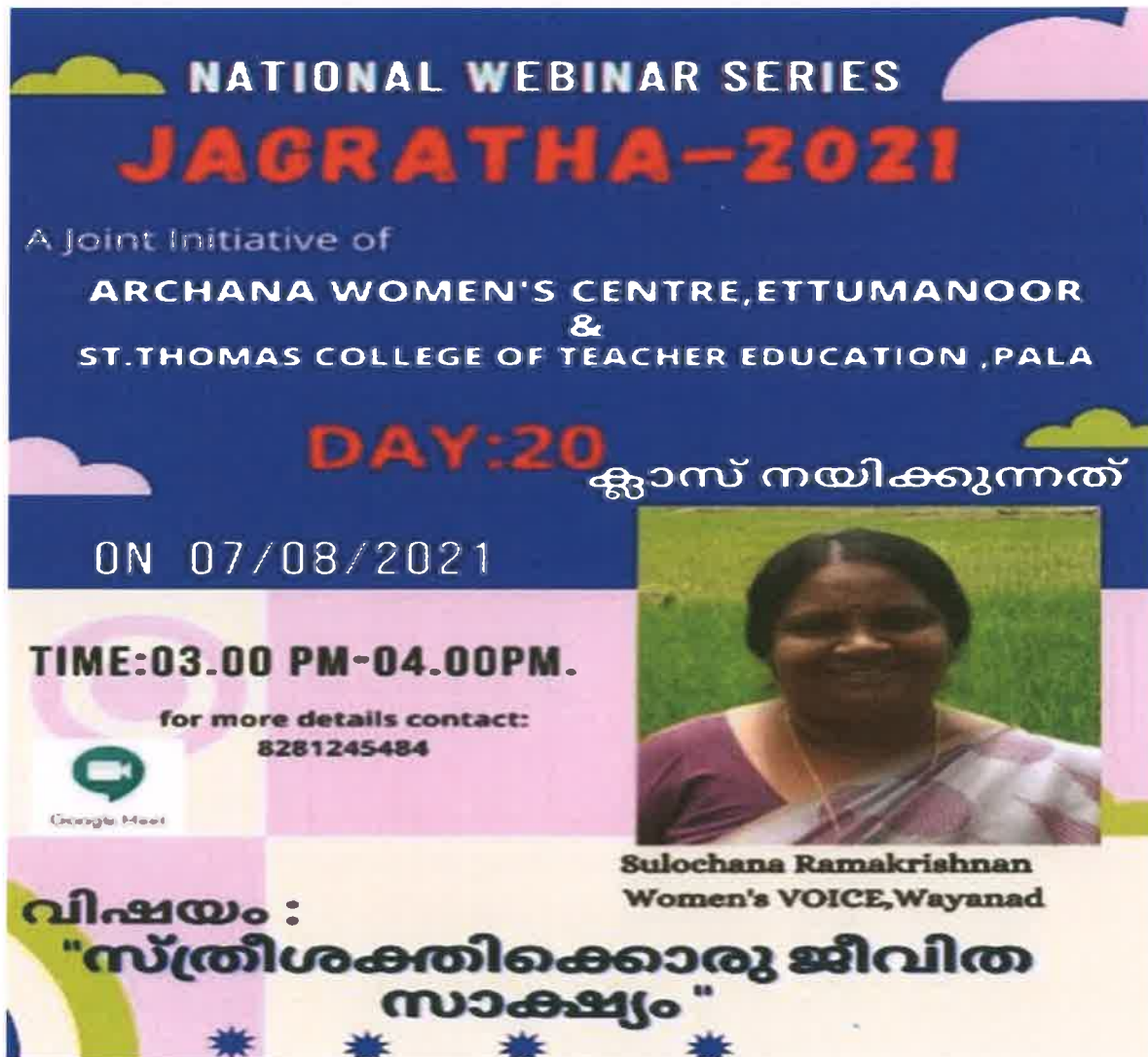
Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: Experiences when she fought for the women rights.

Resource persons: Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad

The class was taken by Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad. She discussed about how women empowerment can be achieved. She shared her experiences when she fought for the women rights. The class was inspiring and Participants from Archana women centre actively interact with the resource person.




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DAY:20 ക്ലാസ് നയിക്കുന്നത്
ON 07/08/2021

TIME:03.00 PM-04.00PM.
for more details contact:
8281245484



Sulochana Ramakrishnan
Women's VOICE, Wayanad

വിഷയം :
"സ്ത്രീശക്തിക്കൊരു ജീവിത സാക്ഷ്യം"



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PALA 91

24. JAGRATHA 21- NATIONAL WEBINAR SERIES

Date: 14 /08/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 96

Topic: dowry system and how we need to change our view regarding dowry

Resource persons: Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam

The session was handled by Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam. Sr. Jyothis made a discussion on dowry system and how we need to change our view regarding dowry. She took the class by showing interesting and informative videos and slides. Participants shows interest to express their views.

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വിഷയം :
"സ്ത്രീ സുരക്ഷ മാറുന്ന സമൂഹത്തിൽ"

ക്ലാസ് നയിക്കുന്നത്



DAY:21

ON 14/08/2021
TIME:03.00 PM-04.00PM.

Sr. Adv. Jyothis P.Thomas
Member Child Welfare Committee, Kottayam

for more details contact:
8281245484



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PALA

25. JAGRATHA 22- NATIONAL WEBINAR SERIES

Date: 28 /08/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 100

Topic: women and the issues faced by women in the society

Resource persons: Sri. Nocer Mathew chairman, Nocer Hai Rainbow Consumer Council

The resource person for the class was Sri. Nocer Mathew chairman, Nocer Hai Rainbow Consumer Council. The class was based on the women and the issues faced by women in the society. He discussed on how women can overcome the challenges faced by them. It was an interactive session. Participants actively participated in asking questions and expressed their opinions.

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വിഷയം : "സ്ത്രീ അമ്മ .ഭാര്യ സഹോദരി. മകൾ എന്നിട്ടും സ്ത്രീത്വം കരയുന്നു എന്താണ് കാരണം?"

ക്ലാസ് നയിക്കുന്നത്



Sri.Nocer Mathew (Ashoka Fellow)
Chairman,
Nocer Hai Rainbow
Consumers Council



ON 28/08/2021
TIME:03.00 PM-04.00PM



for more details contact:
8281245484



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
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26. JAGRATHA 23- NATIONAL WEBINAR SERIES

Date: 4/09/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 92

Topic: Mobile Technologies and Cyber crimes

Resource persons: Mr. Shamnas K S

The class was handled by Mr. Shamnas K S. It was an awareness session to the parents about the Mobile Technologies. At present situation, this session was very much important for the parents who lack behind in dealing with the technology. He also discussed about Cyber crimes in the session and also the ways to monitor the use of mobile phones by their children. Parents ask their doubts and clarifications.

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TOPIC:

**"Awareness to the Parents
about the Mobile
Technologies"**



3PM - 4PM

04/09/2021

Guest Speaker



Shamnas KS

Smartphone Repairing Trainer Govt.
Polytechnic College-Nattokom

DAY:23

For more details contact:
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27. JAGRATHA 24- NATIONAL WEBINAR SERIES

Date: 11/09/2021

Time: 3.00 p.m. – 4.00 p.m

No. of participants: 70

Topic: Human rights and its relevance

Resource persons: 1. Ms. Ashmi Maria John , Teacher trainee, of St. Thomas College of Teacher Education, pala

2. Ms. Densy John, Teacher trainee, of St. Thomas College of Teacher Education, pala

The class was handled by Ms. Ashmi Maria John and Ms. Densy John, Teacher trainees of St. Thomas College of Teacher Education. Dr. Alex George introduced the topic to the participants. First 30 minutes were taken by Ms Ashmi Maria John on the topic Human rights and its relevance. She explained clearly using slides and covered the major areas of Human rights. Then the second half of the session was handled by Ms. Densy John for 30 minutes regarding the child rights and its relevance. She also explained the way to protect their rights and how to deal the children during the pandemic situation avoiding the stress on them. Participants were really impressed by the class and given good comments on the chat box.

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DAY -24 **TOPIC**
Child Rights and Its relevance
&
Relevance of human rights in current scenario

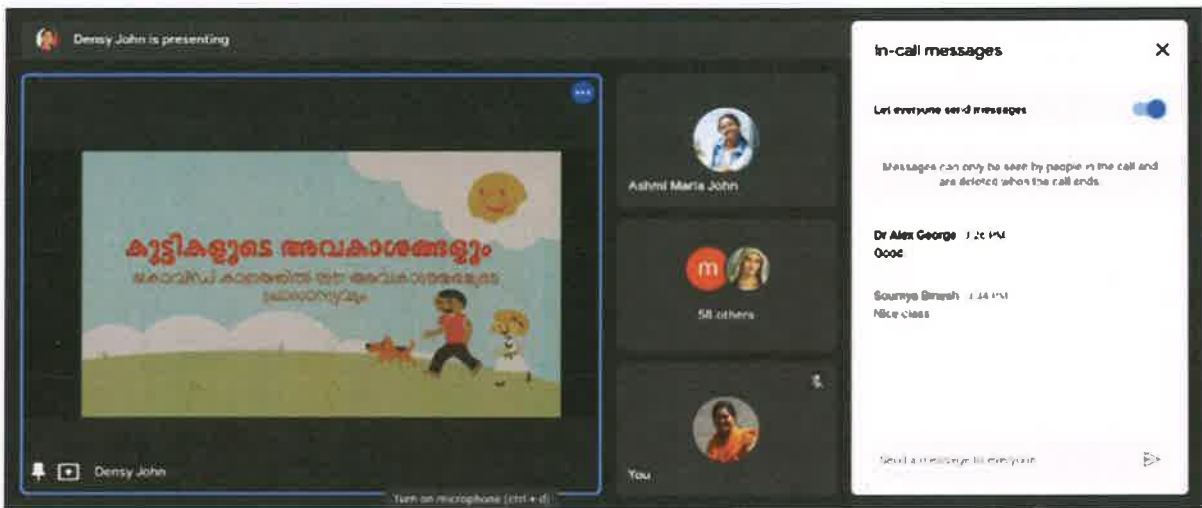
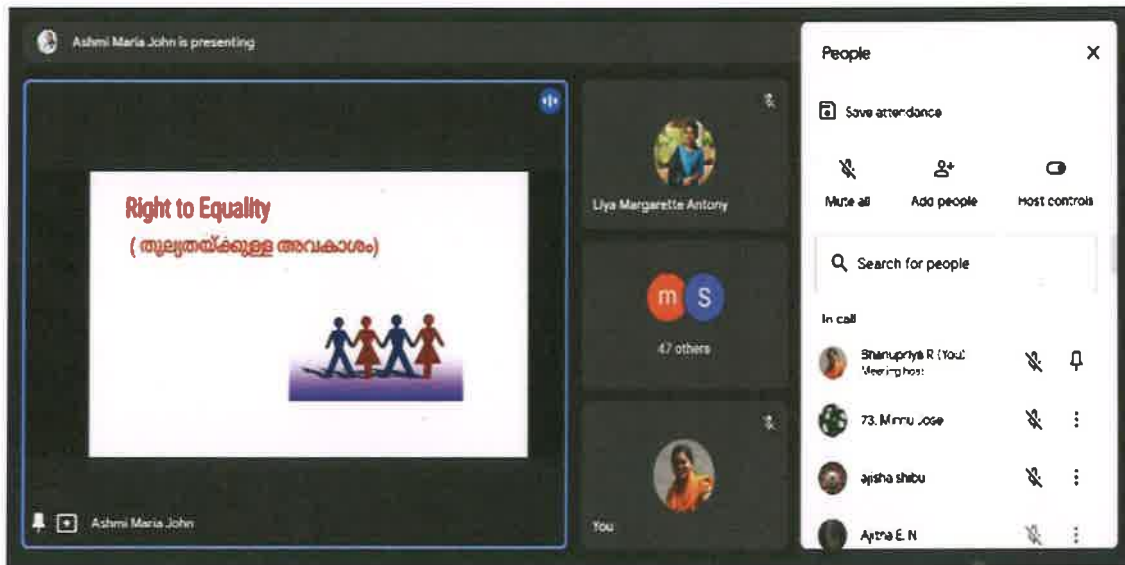
  


Densy John **Ashmi Maria John** more details contact:
8281245484

DATE: 11-09-2021
TIME: 3.00PM - 4.00PM




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TEACHER EDUCATION 95
PALA




 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
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 TEACHER EDUCATION
 PALA **96**

28. JAGRATHA 25- NATIONAL WEBINAR SERIES

Date: 18/09/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 80

Topic: The need for economic empowerment of women

Resource person: Sri. Jose Thayyil, Chairman Kisan Service Society

The class was handled by Sri. Jose Thayyil, Chairman Kisan Service Society. He discussed on the topic “The need for economic empowerment of women”. In the session he explained the various ways the women can increase their economic resources and also point out the need for women empowerment. Participants raised questions and provided comments regarding the class in the chat box.

NATIONAL WEBINAR SERIES
JAGRATHA - 2021 

A joint initiatives of
Archana Women's Centre, Ettumanoor
&
St. Thomas College Of Teacher Education, Pala

Day-25
Date- September 18
Time- 3.00PM - 4.00PM

സ്ത്രീകളുടെ സാമ്പത്തിക ശാക്തീകരണത്തിന്റെ ആവശ്യകത


Jose Thayyil
അദ്ധ്യക്ഷ കൗൺസിലർ,
കുടിവെള്ള സർവീസ് മെമ്പർമാരുടെ സമാജം

 **More Details Contact**
+91 8281245484

Google Meet



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

29. JAGRATHA 26- NATIONAL WEBINAR SERIES

Date: 25/09/2021

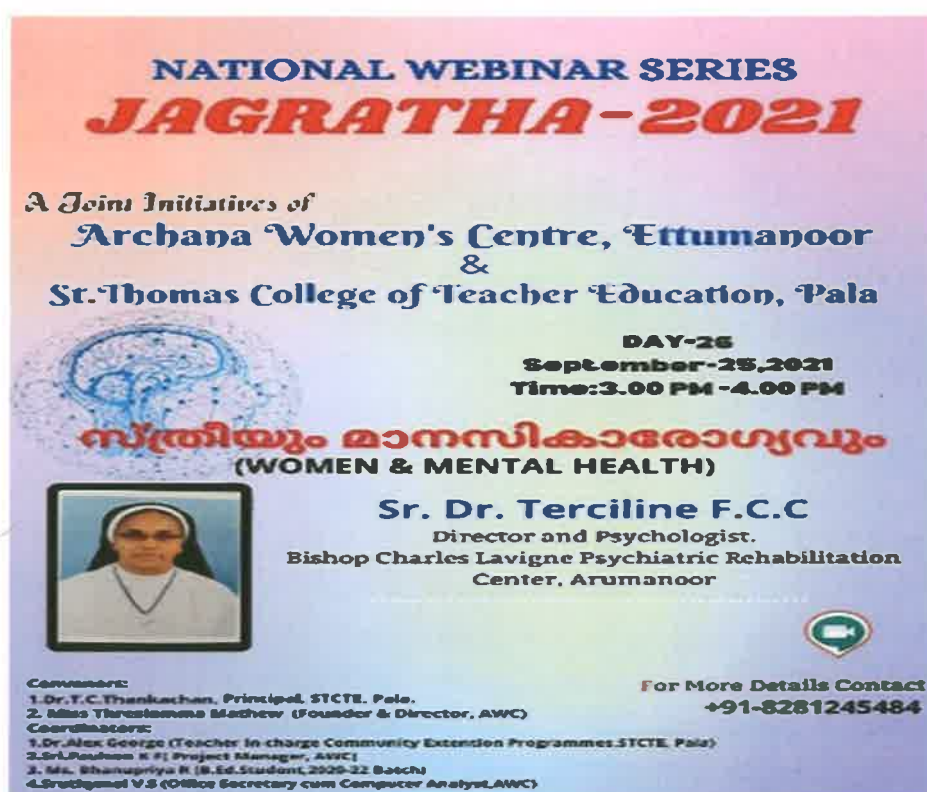
Time: 3.00 p.m. – 4.00 p.m

No. of participants: 100

Topic: women and mental health

Resource person: Dr. Sr. Terciline F.C.C , Director and psychologist at Bishop Charles Lavigene Psychiatric Rehabilitation

The class was handled by Dr. Sr. Terciline F.C.C , Director and psychologist at Bishop Charles Lavigene Psychiatric Rehabilitation. Sr. handled the topic about women and mental health. Sr. cited examples from her experience in day to day life. Participants clarifies their doubts by asking questions and suggestions from the speaker. It was an active session.




NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiatives of
Archana Women's Centre, Ettumanoor
&
St.Thomas College of Teacher Education, Pala

DAY-26
September-25,2021
Time:3.00 PM -4.00 PM

സ്ത്രീയും മാനസികാരോഗ്യവും
(WOMEN & MENTAL HEALTH)


Sr. Dr. Terciline F.C.C
Director and Psychologist,
Bishop Charles Lavigne Psychiatric Rehabilitation
Center, Arumanoor

For More Details Contact
+91-8281245484

Convenors:
1. Dr. F.C.Thankachen, Principal, STCTE, Pala.
2. Miss Theodosia Mathew (Founder & Director, AWC)

Coordinators:
1. Dr. Alex George (Teacher in charge Community Extension Programmes STCTE, Pala)
2. Sr. Paulson K F (Project Manager, AWC)
3. Ms. Bhanupriya R (B.Ed.Student, 2020-22 Batch)
4. Prudhimal V.S (Office Secretary cum Computer Analyst, AWC)



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PALA

30. JAGRATHA 27- NATIONAL WEBINAR SERIES

Date: 9/10/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 80

Topic: ways to improve the entrepreneurship of women

Resource person: Suresh S, Skill & Motivational Trainer

The class was taken by Suresh S, Skill & Motivational Trainer about the ways to improve the entrepreneurship of women. He also explained the different women startups. He explained the need for sustainable growth of women entrepreneurs to promote a balanced growth in the country. It was a fruitful session. Participants provide feedback through the chatbox.

National Webinar Series

JAGRATHA -2021

A Joint Initiative Of

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&*

St. Thomas College Of Teacher Education, Pala

സ്ത്രീകളുടെ സാഹസ സാധ്യതകൾ

Day 27

9th October 2021

Time - 3.00 PM - 4.00PM

Skill & Motivational Trainer

Suresh. S



National General Secretary
Kisan Service Society
State Cordinator
National Skill India Mission



Google Meet

For More Contact +91 8281245484



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Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION 99
PALA

31. JAGRATHA 28- NATIONAL WEBINAR SERIES

Date: 16/10/2021

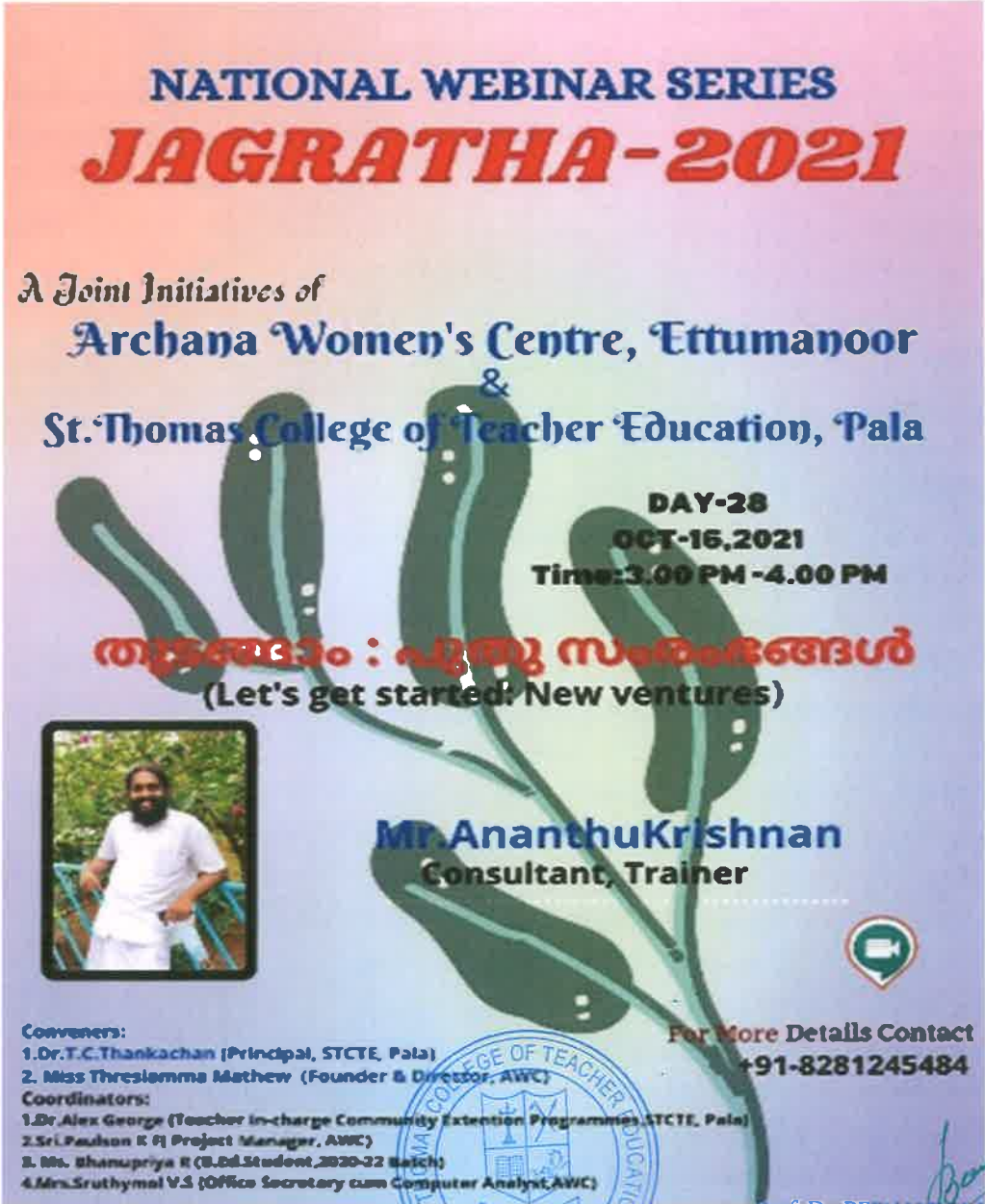
Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: Let's get started new ventures

Resource person: Mr. Ananthukrishnan, Consultant and trainer

The class was handled by Mr. Ananthukrishnan, Consultant and trainer about the topic Let's get started new ventures. Resource person give a clear idea about the programs that provide services for the development of small and medium enterprises. Session went through the active participation of the participants.




NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

DAY-28
OCT-16, 2021
Time: 3.00 PM - 4.00 PM

തന്മുദ്ര: പുതു സംരംഭങ്ങൾ
(Let's get started New ventures)




Mr. Ananthukrishnan
Consultant, Trainer

For More Details Contact
+91-8281245484

Conveners:
1. Dr. T.C. Thankachan (Principal, STCTE, Pala)
2. Miss Thresiamma Mathew (Founder & Director, AWC)

Coordinators:
1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCTE, Pala)
2. Sri. Paulson K P (Project Manager, AWC)
3. Ms. Shanupriya R (B.Ed. Student, 2020-22 Batch)
4. Mrs. Sruthymal V.S (Office Secretary cum Computer Analyst, AWC)



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION 100
PALA

32. JAGRATHA 29- NATIONAL WEBaINAR SERIES

Date: 31/10/2021

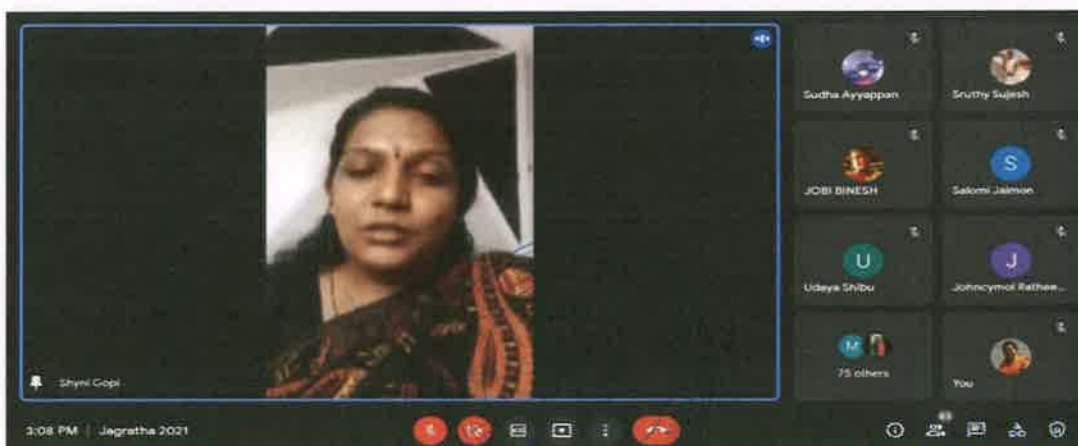
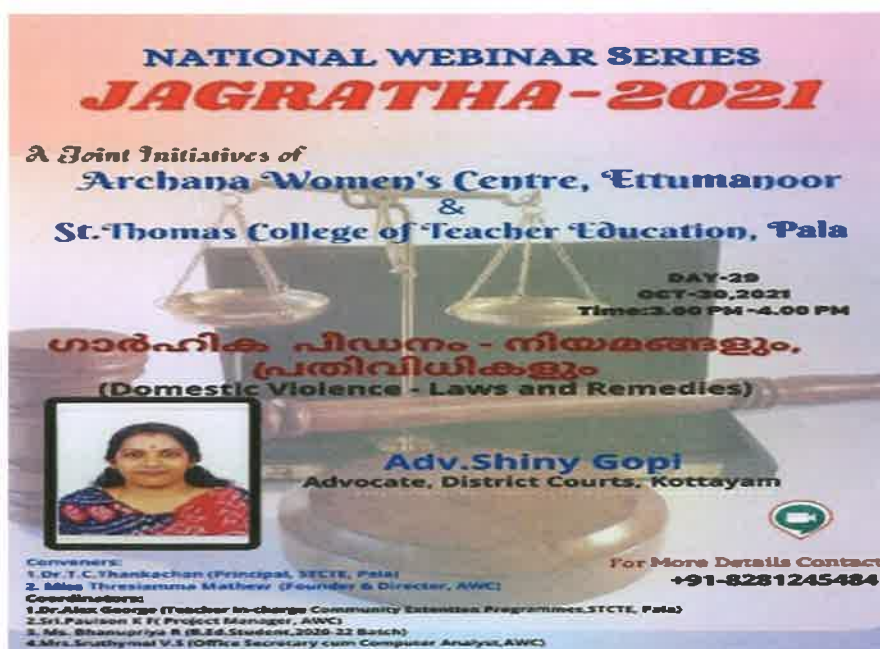
Time: 3.00 p.m. – 4.00 p.m

No. of participants: 83

Topic: Domestic violence – Laws and Remedies

Resource person: Adv. Shiny Gopi, Advocate, District court, Kottayam

The class was handled by Adv. Shiny Gopi, Advocate, District court, Kottayam about domestic violence – Laws and Remedies. She has pointed out the various violences faced by the women in the society. She also explained the various helplines and counselling facilities available in India and also the laws related with the domestic violence. It was an effective session because the majority of the participants were women from rural areas thereby which helped to empower the rural women community.



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33. JAGRATHA 30- NATIONAL WEBINAR SERIES

Date: 6/11/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 85

Topic: Domestic violence – role of women in social progress

Resource person: Sri. Civilson Sebastian

The session was handled by Sri. Civilson Sebastian. Class was about the role of women in social progress. He pointed out that the women have also on average, reinvested up to 90% of income into their households. With more opportunities, they get access to more money to spend on food, housing and education. These are all essential components for poverty reduction and sustainable development. It was a motivational class for the women community.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

സാമൂഹിക പുരോഗതിയിൽ
സ്ത്രീകളുടെ പങ്ക്
(The role of women in social progress)


Sri.CIVILSON SEBASTIAN
MSW, M.Phil
+91-8281245484

NOV • 06 • 2021
DATE
3.00-4.00PM
TIME

Conveners:
1. Dr. T. C. Thankachan (Principal, STCTE, Pala)
2. Miss Thresiamma Mathew (Founder & Director, AWC)

Coordinators:
1. Dr. Alex George (Teacher In-charge Community Extension Programmes, STCTE, Pala)
2. Sri. Paulsen K. F. (Project Manager, AWC)
3. Ms. Bharghya R. (B.Ed. Student, 2020-22 Batch)
4. Mrs. Sruthymol V.S. (Office Secretary cum Computer Analyst, AWC)



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ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

34. JAGRATHA 31- NATIONAL WEBINAR SERIES

Date: 13/11/2021

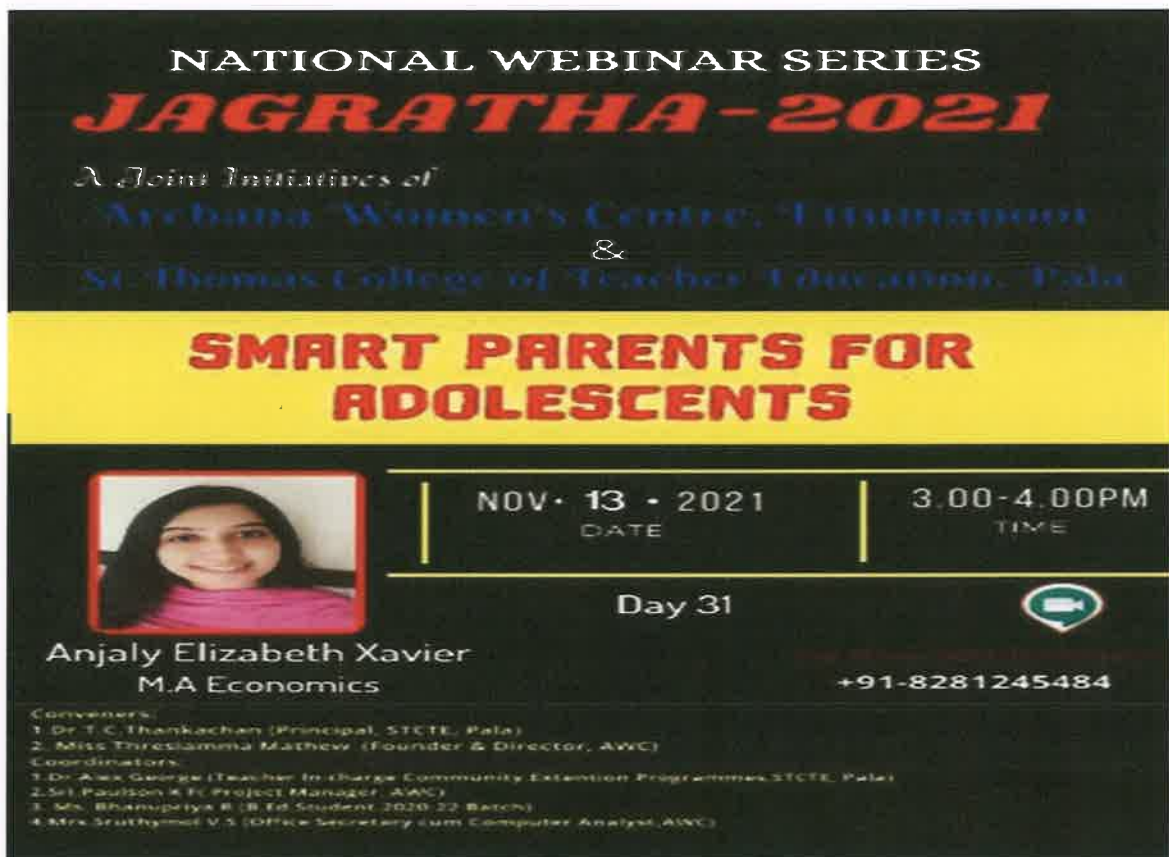
Time: 300 p.m. – 4.00 p.m

No. of participants: 60

Topic: Domestic violence – Smart Parents for Adolescents


Resource person: Ms. Anjaly Elizabeth Xavier, Teacher Trainee at St. Thomas College Of Teacher Education, Pala

The class was taken by Ms. Anjaly Elizabeth Xavier, Teacher Trainee at St. Thomas College Of Teacher Education, Pala about the topic Smart Parents for Adolescents. She has explained the tips and advices of parenting the present generation smart teens. She also point out the need for strong relationship of parents with their child. The class was effective and the participants gave good feedback.



NATIONAL WEBINAR SERIES
JAGRATHA-2021
A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

SMART PARENTS FOR ADOLESCENTS


Anjaly Elizabeth Xavier
M.A Economics
+91-8281245484


NOV · 13 · 2021
DATE

3.00 - 4.00PM
TIME

Day 31

Conveners:
1. Dr T.C. Thankachen (Principal, STCE, Pala)
2. Miss Thresiamma Mathew (Founder & Director, AWC)
Coordinators:
1. Dr Alex George (Teacher In-charge Community Extension Programmes, STCE, Pala)
2. St Paulson K Fc (Project Manager, AWC)
3. Ms. Bhanupriya R (B Ed Student 2020-22 Batch)
4. Mrs Sruthymol V S (Office Secretary cum Computer Analyst, AWC)




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

35. JAGRATHA 32 NATIONAL WEBINAR SERIES

Date: 20/11/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: Domestic violence – Smart Parents for Adolescents

Resource person: Ms. Jaicy Jose, Teacher Trainee , St. Thomas College Of Teacher Education, Pala

The class was handled by Ms. Jaicy Jose, Teacher trainee at St. Thomas College of Teacher Education , Pala about the topic Depression among Adolescents. She has explained the various reasons and symptoms of depression among adolescents. She also point out the ways to handle them and the need of counselling. Some of parents raised questions and the resource person clarified their concerns and doubts.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiative of
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&
St. Thomas College of Teacher Education, Pala

TOPIC:
DEPRESSION AMONG ADOLESCENTS

NOV - 20 - 2021 3.00-4.00PM
DATE TIME

DAY:32

Ms. Jaicy Jose
M.Sc Physics

For More Details Contact
+91-8281245484

Coordinators:
1. Dr. T.C. Thankachen (Principal, STCTE, Pala)
2. Miss. Thresiamma Mathew (Founder & Director, AWC)

Co-ordinators:
1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCTE, Pala)
2. Sri. Paulson K T (Project Manager, AWC)
3. Ms. Khamuprya R (B.Ed. Student, 2020-22 Babin)
4. Mrs. Sathyamal V.S (Office Secretary cum Computer Analyst, AWC)

Beena
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ST. THOMAS COLLEGE OF
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PALA 104

36. JAGRATHA 33- NATIONAL WEBINAR SERIES

Date: 27/11/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: Domestic violence – Suicidal tendencies among adolescents

Resource person: Ms. Lakshmi S, Teacher Trainee , St. Thomas College Of Teacher Education, Pala


The class was handled by Ms. Lakshmi S, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic suicidal tendencies among adolescents. She has explained the causes of adolescent suicides and also mentioned the actions from parents side to prevent suicide. She had presented the powerpoint slides effectively which was effective in communicating the important points.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

TOPIC
Suicidal tendencies among adolescents
കൗമാരക്കാരിലെ ആത്മഹത്യ പ്രവണത

DATE : Nov -27 -2021
DAY -33 TIME : 3 pm - 4 pm


Lakshmi S
M. Sc chemistry

For More Details Contact
+91-8281245484

Conveners:
1. Dr. T.C. Thankachan (Principal, STCTE, Pala)
2. Miss Threslamma Mathew (Founder & Director, AWC)

Coordinators:
1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCTE, Pala)
2. Sri. Paulson K P (Project Manager, AWC)
3. Ms. Bhanupriya R (B.Ed. Student, 2020-22 Batch)
4. Mrs. Sruthymal V.S (Office Secretary cum Computer Analyst, AWC)



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37. JAGRATHA 34- NATIONAL WEBINAR SERIES

Date: 11/12/2021

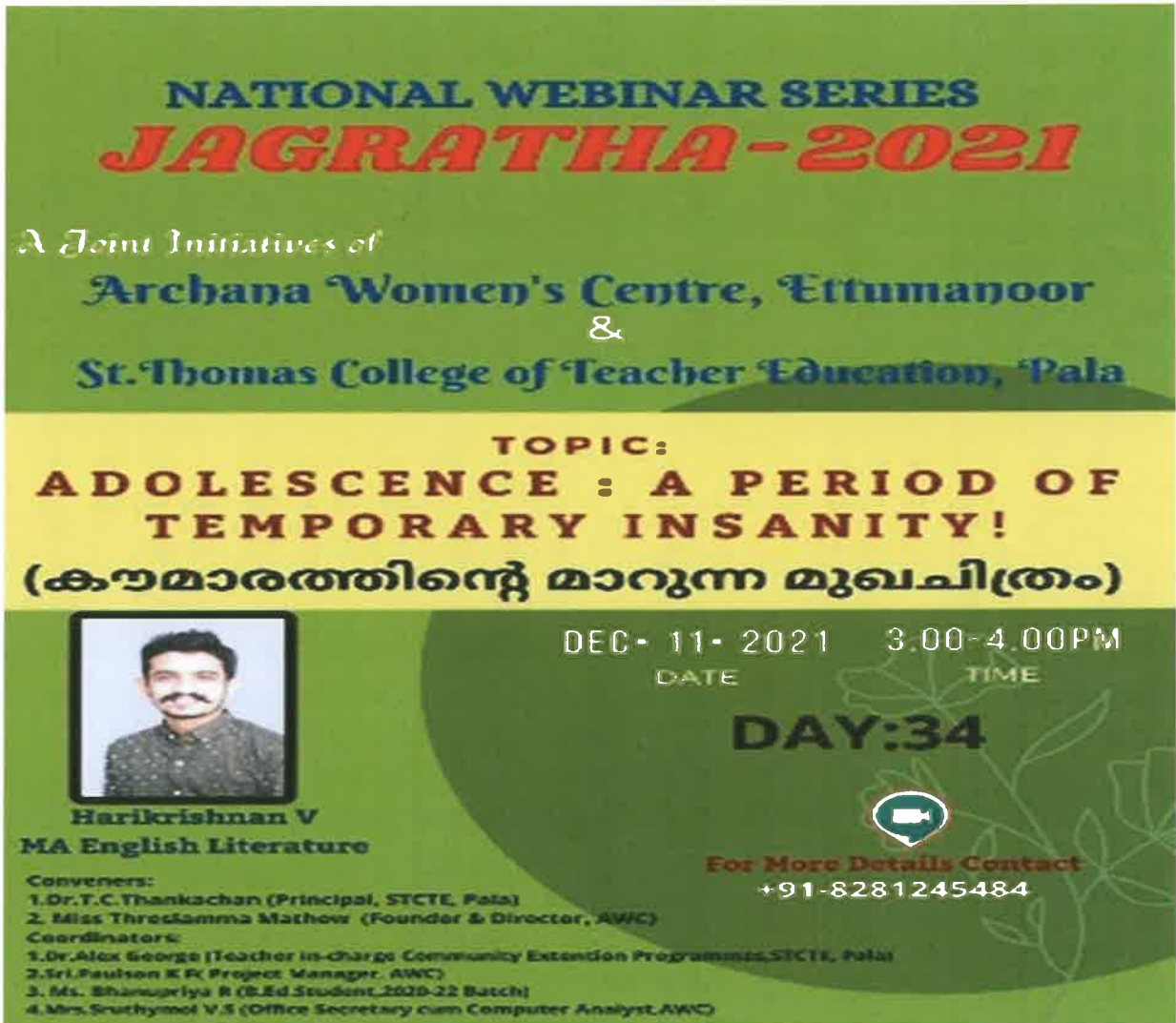
Time: 300 p.m. – 4.00 p.m

No. of participants: 93

Topic: Domestic violence – Adolescence: A Period Of Temporary Insanity

Resource person: Mr. Harikrishnan V, Teacher Trainee , St. Thomas College Of
Teacher Education, Pala


The class was handled by Mr. Harikrishnan V, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic Adolescence: A Period Of Temporary Insanity. The class was effective and interactive. Participants gave good feedback about the class.



NATIONAL WEBINAR SERIES
JAGRATHA-2021


A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

TOPIC:
**ADOLESCENCE : A PERIOD OF
TEMPORARY INSANITY!**
(കൗമാരത്തിന്റെ മാറുന്ന മുഖചിത്രം)


Harikrishnan V
MA English Literature

DEC- 11- 2021 3.00-4.00PM
DATE TIME


DAY:34


For More Details Contact
+91-8281245484

Conveners:
1. Dr. T.C. Thankachan (Principal, STCTE, Pala)
2. Miss Thresiamma Mathew (Founder & Director, AWC)

Coordinators:
1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCTE, Pala)
2. Sri. Paulson K P (Project Manager, AWC)
3. Ms. Shanugriya R (B.Ed Student, 2020-22 Batch)
4. Mrs. Sruthymol V.S (Office Secretary cum Computer Analyst, AWC)




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ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

39. JAGRATHA 36- NATIONAL WEBINAR SERIES

Date: 22/01/2022

Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: benefits of donating blood

Resource person: Shibu Thekkemattam, General Convenor, Pala Blood Forum

The class was led by Shibu Thekkemattam, General Convenor, Pala Blood Forum. He has explained the benefits of donating blood and also point out who all cannot donate blood. He answered several doubts raised by the participants related to blood donation after COVID attack. It was an informative and useful class.



NATIONAL WEBINAR SERIES **JAGRATHA-2021**

A Joint Initiative of

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&

St. Thomas College of Teacher Education, Pala

BLOOD DONATION AWARENESS CLASS

JAN- 22- 2022

3.00-4.00PM

DAY:36



Shibu Thekkemattam

General Convenor, Pala Blood Forum
State Award winner for Voluntary blood
donation

For More Details Contact

+91-8281245484

Convenors:

1. Dr. T.C. Thankachan (Principal, STCTE, Pala)

2. Miss Thresiamma Mathew (Founder & Director, AWC)

Coordinators:

1. Dr. Anu George (Teacher in-charge Community Extension Programmes, STCTE, Pala)

2. Sri Paulson K P (Project Manager, AWC)

3. Ms. Bhanupriya R (B. Ed Student, 2020-22 Batch)

4. Mrs. Sathyamol V S (Office Secretary cum Computer Analyst, AWC)



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40. JAGRATHA 37- NATIONAL WEBINAR SERIES

Date: 05/02/2022

Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: urgent need of fitness at the present time due to the increasing life style diseases

Resource Person: Dr. Shiny Antony, Dentist & Fitness Instructor

The class was handled by Dr. Shiny Antony, Dentist & Fitness Instructor. She talked about the urgent need of fitness at the present time due to the increasing life style diseases. She demonstrated Zumba with simple steps which is easy to follow by the participants. She explained the importance of fitness in our life. It was an interesting and active session.

NATIONAL WEBINAR SERIES **JAGRATHA - 2021**

A Joint Initiatives of

Archana Women's Centre, Ettumanoor

&

St. Thomas College of Teacher Education, Pala

ZUMBA Fitness session



DAY 37

05 FEB 22

3 PM - 4 PM

By

Dr. Shiny Antony Rauf

Dentist & Fitness Instructor



For more details contact

+91 8281245484

Convenors:

1. Dr. T.C. Thankachen (Principal, STCE, Pala)

2. Miss Thirukamma Mathew (Founder & Director, AWC)

Coordinators:

1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCE, Pala)

2. Sri Paulam P. Project Manager, AWC

3. Ms. Bhuvanprya # (B.Ed. Semester 2020-22 Batch)

4. Mrs. Sudhymol V S (Office Secretary cum Computer Analyst, AWC)



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PALA

41. JAGRATHA 38- NATIONAL WEBINAR SERIES

Date: 19/03/2022

Time: 300 p.m. – 4.00 p.m

No. of participants: 70

Topic: urgent need of fitness at the present time due to the increasing life style diseases

Resource Person: Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Newspaper

The class was handled by Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Newspaper.in. She has community.discussed about the need of women equality in the society and also about how the gender stereotyped kills a women's self confidence. She has stressed that the change in the attitude towards women must come from the family. She also mentioned the ways to overcome gender stereotyping. The class was really interactive and motivational to the women.



NATIONAL WEBINAR SERIES
JAGRATHA - 2021

A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

വിഷയം
സ്ത്രീനിതി
കുടുംബത്തിന്റെയും
സമൂഹത്തിന്റെയും
നന്മയ്ക്ക്



Prof. Leena Jose T.
Paradigm Shift Facilitator,
Editor, Newspaper.in

DAY 38
19 MARCH 22
3 PM - 4 PM

 **Google Meet** For more details contact
+91 8281245484

Convenors:
1. Dr. T. C. Thankachan (Principal, STCTE, Pala)
2. Miss Thresiamma Mathew (Founder & Director, AMRC)

Coordinators:
1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCTE, Pala)
2. Sr. Pauline E. P. Project Manager, AMRC
3. Mrs. Bhargavya B. (B.Ed. Student, 2020-22 Batch)
4. Mrs. Sruthymol V.S. (Office Secretary cum Computer Analyst, AMRC)




Paradigm Shift Facilitator
leena@viewpaper.in
84487 0027

Viewpaper.in

Leena Jose T

Thresiamma Mathew
Alex George
Bhargavya B
Sruthymol V.S.


Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



42. JAGRATHA 39- NATIONAL WEBINAR SERIES

Date: 26/03/2022

Time: 300 p.m. – 4.00 p.m

No. of participants: 70

Topic: what is paradigm shift Facilitator?

Resource Person: Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Newspaper

The class was led by Prof. Leena Jose T, Paradigm Shift Facilitator. She started the session by giving clarification about what is paradigm shift Facilitator. She has stressed the need of changing our mindsets and give importance to learn unlearn and relearn. She points out that our view informs our understanding, and our understanding informs our attitude. It was a thought-provoking session. Participants raised questions and gave good feedback about the session.

National Webinar Series
JAGRATHA - 2021
A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

**അപരസംഗമം
ആന്തരിക
സ്പാർശ്യതയിലേക്ക്**

Prof. Leena Jose T
Paradigm Shift Facilitator,
Editor, Viewpaper.in

Day: 39

26 March 2022 3 PM - 4 PM

Google Meet For more details contact
+91 8281245484

Coordinators:
1. Dr. T. C. Thekkathar (Principal, STETE, Pala)
2. Miss Thekkanna Mathew (Founder & Director, ABC)
Co-ordinators:
1. Dr. Alex George (Professor in Charge, Community Extension Programmes, STETE)
2. Ms. Prathima K P (Program Manager, ABC)
3. Ms. Shreepragya M (In-Cell Director, 2020-22 March)
4. Mrs. Anandapriya K (Office Secretary cum Computer Analyst, ABC)

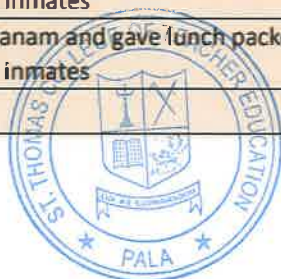


Handwritten Signature
NAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

43. Miss a Meal Programme- Mariyasadanam

A group extension activity - Kaithangu' – Miss-A- Meal for the members of 'Mariyasadanam was conducted during the academic year 2021-23. We the student of the B. Ed 2021-23 batch skipped our meal on Wednesdays or bring an extra pack of food for the inmates of Mariyasadanam'- a care home a run by Santhosh Joseph. Mariyasadanam is a non-profit-making charitable organization of Pala, when about 400t destitute men, women and about 23 children of the inmates are accommodated. Most of the residents were left by famely members or abandoned and to find for themselves. On 23rd December 2022 we visited 'Mariyasadanam' and celebrated Christmas there with the inmates, conducted various cultural programmes, distributed cakes. Mariyasadanam caretaker Sri. Santhosh Joseph shared his experience with us. The activities were coordinated by teacher in charge Dr. Alex George, student coordinators Mr. Sanchu Jose and Sr. Elizabeth T.S.

Date	Activity	Amount Collected	No. of Meals Collected and Given
23/6/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	560	18
30/6/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	730	17
7/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	575	20
14/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	640	27
21/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	200	44
28/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	825	26
6/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	730	28
13/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	300	41
20/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	430	29
27/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	250	45
3/11/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	1000	21
16/3/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	1600	36
30/3/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	950	25
		8790	577



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TEACHER EDUCATION
PALA 112

On 23/6/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 560/- 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 30/6/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 730/- and 17 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 7/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 575/- and 20 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 14/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 640/- and 27 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 21/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 200/- and 44 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 28/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 825/- 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 p ackets.

On 6/10/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 730/- and 28 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.



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On 13/10/2021, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 300/- 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 20/10/2021, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 430/- and 29 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 27/10/2021, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 250/- and 45 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 3/11/2021, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 1000/- 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 16/3/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 1600/- 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 30/3/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 950/- 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.




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44. Rehabilitation activities at Koottickal

In support of people who suffered from heavy rain and landsliding, rehabilitation activities were undertaken by the staff and students of STCTE as an immediate relief measure at the disaster occurred area. The people were provided with food, clothing, temporary shelters and medical assistance.



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GPS Map Camera

Pala, Kerala, India
 St. Thomas, Pala, Kerala 686575, India
 Lat 9.709022°
 Long 76.678268°
 04/11/21 01:42 PM



GPS Map Camera

Pala, Kerala, India
 St. Thomas, Pala, Kerala 686575, India
 Lat 9.709022°
 Long 76.678268°
 04/11/21 11:26 AM



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Yendayar, Kerala, India

Mundakayam - Elamkadu Rd, Yendayar, Pothan Mala, Yendayar, Kerala 686514, India

Lat 9.618402°

Long 76.887463°

04/11/21 03:29 PM



Pala, Kerala, India

St. Thomas, Pala, Kerala 686575, India

Lat 9.709022°

Long 76.678268°

04/11/21 11:26 AM



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45.SET NET COACHING

An online coaching programme was organized to prepare the students in and out of the college for various competitive exams like SET NET etc. the programme was organized in collaboration with Alumni association.

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
(Re-accredited with A Grade by NAAC)

Alumni Association
Organizes
Online Coaching Class
NET/SET/K-TET
>>>

Duration
7th August to 17th September
7:30 p.m. to 9:00 p.m.

For M.Ed, B.Ed, D.El.Ed Students

Click here to Register before **AUGUST 6, 2021**

Registration Fees Rs. 200

9447599631

- SYLLABUS ORIENTED SESSION
- DAILY PRACTICE TEST
- WEEKEND MODEL TEST
- DOUBT CLEARANCE SESSION

The amount will be refunded to those who score more than 80% in all the tests

9447599631
9400913647


Hearty Welcome to All...

Dr.T.C.Thankachan
Principal

P. Krishnaakumar
President, Alumni Association

Dr. Alex George
Mr. Joffy JNjavallil
Co-ordinators





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Result of Model Exam Conducted

Score	Name	House Name	Place	Google Pay Number
26 / 100	Reenu Rose	Aikara house	Pala	7994755757
30 / 100	dona salji	Perumpattu	Edappady	9446843874
30 / 100	Afra vp	Mahrus	Kannur	7012218596
32 / 100	Resmi Thomas	Aymanathil	Thodupuzha	9497279234
32 / 100	Christy Maria George	Purayidathil	Paika	121717569569
32 / 100	DIMPLE ROSE THOMAS	VYPANA(H)	PALA	9447600944
34 / 100	ASHITHA K BABU	Kalady House	Pallikkara, Ernakulam	8547680230
34 / 100	Alphons Joseph	Ousepharambil	Pala	8156872755
34 / 100	Princy Alex	Kadavil Peedikayil house	ma Vechuchira	7594020103
34 / 100	Aleena Philip	Methanath	Rajapuram	9496835612
38 / 100	Deepa Jomon	Kondattuparampil	Bharananjanam	9747880740
40 / 100	RANJITHA RAJAN P	Plachikkallu	Parappa	9539964607
40 / 100	Adona Jose	Adappoor	Neyyassery, Thodupu	8330872052
40 / 100	Arsha	Thekkecherpathu	Vazhoor	9446481909
42 / 100	Nimmy Thomas	Marangattil	Ayarkunnam	9544243981
44 / 100	Karthika Rajeev	Olickal	Chenappady	8301924277
44 / 100	Jijo Thomas	Vennayappillil	Kottayam	2
44 / 100	Alin Abraham	Meleth	Kothamangalam	9495982244
46 / 100	Maya M	Pullinthazhathu	Adimali	+918547389979
46 / 100	Minu Treesa Joseph	Theekath	Changanacherry	9446203427
48 / 100	AISWARIYA TOM	Paikada	MOONNILAVU	9544522218
48 / 100	Ardra	Ushus, Mankoli Parambil Ho	Malappuram	9946072792
48 / 100	Silitta Jomon	Kochuparambil	Palakkad	9526524363
48 / 100	Neethu Sera Joy	Karampurathu house	Pathanamthitta	9495515547
50 / 100	Jeeva S Kumar	Sudhas	Kottayam	8590715364
50 / 100	Jency Mathew	KALAPPURAKKUNNEL, kac	Kadavoor	7559920882
52 / 100	Sneha K Mariya	Valavunkal (H)	Alappuzha	9037762544
54 / 100	Devi R	Maliackal	Ramapuram	9961460153
54 / 100	Swaliha. T. V	Thazhe veettii	Uliyil	7012753518
54 / 100	Husna S	Pattaruparambil (H)	Erattupetta	9207083494
54 / 100	Betsy Sebastian	Kallarackal	Kodumpidy	9497511686
56 / 100	Binitha Mani	Maruthukunnel	Poovarany	8921158958
56 / 100	Elsa Sara Samuel	Gracevilla	Kottayam	9446581695
56 / 100	Anila Joseph	Ouseparambil	Pravithanam	9847798206
58 / 100	JAYALEKSHMI G	KIZHAKKEMURIYIL	THAMPALAKKADU	9847106492
58 / 100	Anns Shaji	Purakuzhiyil House	Elanji	8547652156
60 / 100	Mareeta Joseph	Kaipayil	Manimala	9446708098
60 / 100	AJITH A.	THARAYIL	Cherthala	7356745574
60 / 100	Mariat George	Venattu house	Cholathadam	9539834616
60 / 100	Lija James	Menacheril	Marangattupilly	8281078830
60 / 100	Rosy Tintu M.P	Carmelite provincial House	Ernakulam	Tomorrow will send
60 / 100	vivek vm	methippurathottiyil	kanakkary	9539037721
62 / 100	Divya Maria Paul	Thalachirakuzhiyil	Kuravilangad	9645560980
62 / 100	Deepa Elizabeth Mathew	Sea Villa	Maramon	9495550811





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Result of Model Exam conducted

Score	Name	House Name	Place	Google Pay Number
26 / 100	Angel mathew	Muppattayil(H)	Udumbannoor	8547462399
28 / 100	Dona Salji	Perumpattu	Edappady	9961311713
34 / 100	AISWARIYA TOM	Paikada	Moornilavu	9544522218
34 / 100	Robin Abraham	Palamoottil	Kannur	8547893504
36 / 100	Resmi Thomas	Aymanathil	Thodupuzha	9497279234
38 / 100	Christy Maria George	Purayidathil	Paika	121717569569
38 / 100	Ranjitha Rajan P	Plachikkallu	Parappa	9539964607
40 / 100	Alphons Joseph	Ousepharambil	Pala	8156872755
44 / 100	Jency Mathew	KALAPPURAKKUNNEL, kadavc	Kadavoor	7559920882
46 / 100	Aleena Ann Jose	MARAMKUZHIYIL	Kozhuvanal	7012977566
46 / 100	Lija James	Menacheril	Marangattupilly	8281078830
46 / 100	DIMPLE ROSE THOMAS	VYPANA(H)	PALA	9447600944
48 / 100	Oshin Alby	Ollatu house	Ernakulam	9947616570
48 / 100	Mareeta Joseph	Kaipayil	Manimala	9446708098
48 / 100	Jijo Thomas	Vennayappillil	Kottayam	2
50 / 100	Karthika Rajeev	Olickal	Kanjirappally	8301924277
52 / 100	Soja james	Pleasant house	Pathanamthitta	8848304651
52 / 100	Sneha K Mariya	Valavunkal (H)	Alappuzha	9037762544
52 / 100	Ardra	Ushas	KUTTIPPURAM	9946072792
54 / 100	Anila Benny	Kanjirathinkal (H)	Thodupuzha	9497688233
54 / 100	Adona Jose	Adappoor	Neyyassery, Thodi	8330872052
54 / 100	Betsy Sebastian	Kallarackal	Kodumpidy	9497511686
56 / 100	Mariat George	Venattu	Cholathadam	9539834616
56 / 100	Gopika Krishnan	Kaleekkamalayil Gowreesam	West othara	9061120895
56 / 100	Mary Thomas	Vadakeolanickal	Poopara	9072996826
58 / 100	Silita Jomon	Kochuparambil	Palakkad	9526524363
60 / 100	AJITHA.	THARAYIL	CHERTHALA	7356745574
60 / 100	JAYALEKSHMI G	Kizhakkemuriyil	Thampalakkadu	9847106492
60 / 100	Husna S	Pattaruparambil	Erattupetta	9207083494
62 / 100	Arsha	Thekkecherpathu	Vazhoor	9446481909
62 / 100	Neethu Sera Joy	Karampurathu	Pathanamthitta	9495515547
62 / 100	Nicy Varghese	Anjilickal	Vaikom	7994544793
66 / 100	Swaliha. T. V	Thazhe veettil	Uliyil palam	7012753518
66 / 100	MASNA CKT	CKT HOUSE	KANNUR	9567956531
68 / 100	Divya Maria Paul	Thalachirakuzhiyil	Kuravilangad	9645560980
68 / 100	Linta mol Joseph	Kariyampally	Changanacherry	121805168262
74 / 100	Rosy Tintu M.P	Carmelite provincial House	Ernakulam	It is my friend no.
74 / 100	Tincy Thomas	CMC Convent	Muvattupuzha.	9446469530
78 / 100	Anila Joseph	Ouseparambil	Pravithanam	9847798206
80 / 100	Anitta Maria Sunny	Kudiyirupill	Marangattupilly	9605870145
80 / 100	Aleena Philip	Methanath	Rajapuram	9496835612
82 / 100	Parvathi Sankar	Kalloor	Kumaramangalam	9544047019




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46.All Kerala Malayalam Elocution Competition

All Kerala Malayalam Elocution competition was conducted in collaboration with the Oratory Club, St. Thomas College of Teacher Education, Pala for H.S. Students of various secondary schools on 24th August 2021. Special Thanks to the B.Ed. 1981-82 batch students for sponsoring the cash prizes and for being part of the Judging panel. The Ever-rolling trophy was sponsored by P. Krishnakumar.

Winners

First: Rs.1501, Certificate & Ever Rolling Trophy:	Ms.Aileen Maria Viji (St. Joseph English medium School, Keezhoor)
Second: Rs. 1001& Certificate	Ms. Soja K. S. (SRV N.S.S. School, Chirakadavu)
Third: Rs. 751 & Certificate	Mr. Jeffin Jojo (St. Jeromes HSS Vellayamkudy, Kattappana)




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സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലാ,
അലുംനി അസോസിയേഷന്റെയും ഓററ്റ്നി ക്ലബിന്റെയും
ആഭിമുഖ്യത്തിൽ ഹൈസ്കൂൾ വിദ്യാർത്ഥികൾക്കായി നടത്തപ്പെട്ട



അവില കേരള മലയാള പ്രസംഗ മത്സരവിജയികൾ



2nd

SOJA K S
Class 9
SRV NSS VHS School
Thekkethukavala, Chirakkadavu



1st

AILEEN MARIA VIJI
Class 9
St Joseph's English Medium School
Keezhoor, Kottayam




3rd

JEFFIN JOJO
Class 9
St. Jeromes HSS Vellayamkudy,
Kattappana



Special Thanks for our judging panel




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47. Blood Donation Camp

In a collaborative effort to support the community's healthcare needs, the Red Ribbon Club, Health Club, and Pala Blood Forum jointly organized a blood donation camp on December 2, 2021. The event, conducted in collaboration with Marygiri Hospital Bharanganam, which ensured the presence of a proficient medical team, comprising doctors, nurses, and technicians. Their expertise contributed to the smooth functioning of the camp, reassuring participants about the safety of the donation process. The event featured an insightful speech by Shibu Thekkemattam, the President of Pala Blood Forum. His address focused on the importance of voluntary blood donation, dispelling myths surrounding the process, and encouraging participants to view their contributions as life-saving acts. A commendable total of 15 students actively participated in the blood donation drive, showcasing their commitment to community welfare and their readiness to contribute to a cause that directly impacts the lives of others.



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