

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

2019-2020

Sl. No.	CLAIMS MADE BY THE INSTITUTION	No Of Students	Page No.
2019-2020			
1	Miss a Meal Programme (Total 17)	50	180
2	Care and Share	99	186
3	Silent Protest Against Drug	50	189
4	Mask Preparation and Distribution	12	191
5	Hands with Kerala Sannadha Sena	6	194
6	Inter Collegiate Malayalam Essay Writing Competition	50	195

2019-2020



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1. MISS A MEAL PROGRAMME: MARIASADANAM

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



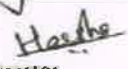
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Date	Activity	Amount Collected	No. of Meals Collected and Given
7/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	725	18
14/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	555	14
21/8/2019	Students 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


Mariyasadanam Charitable Trust
 Psychosocial Rehabilitation Centre & Home for the Destitute
 Kizhathudyoor P.O., Pala 586 574 Kottayam, Kerala State, India Tel: +91 4822 211940, +91 9447025757
 www.Mariyasadanam.org PAN : AABTM1301K

Cash Receipt No. **10696** Date **16-1-2020**

Received With Thanks From **St. Thomas college of teacher education, pala**
 The Sum Of Rupees **Ten thousand rupees only**
 By Cash /cheque No _____ Dated _____
 Rs. **10000/-**


 Director



Registered under Social Justice Department, Govt. of Kerala High No. 27/1997-PC. Registered under Board of Control of Orphanages, Govt. of Kerala High No. 289
 Exempted under section 80G of Income Tax Act - Order No. 105/Tech/2006/P7/C1/K14/13-14
 Thank you for your generosity. We appreciate your support!!

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On 7/8/2019, BEd, MEd and DEIEd 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.

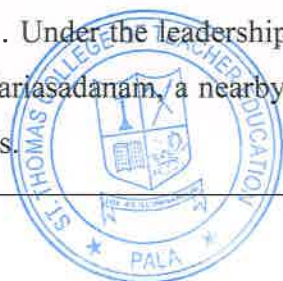
On 14/8/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 555/- and 14 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center,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



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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.

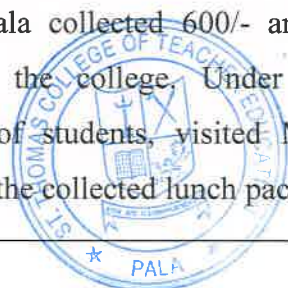
On 16/10/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 150/- and 41 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center,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



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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.

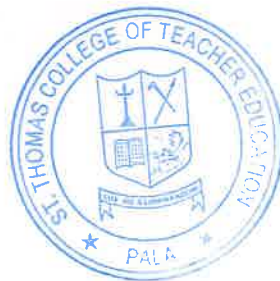
On 12/2/2020, BEd, MEd, and DEIEd students of St. Thomas College of Teacher Education, Pala collected 250/- and 28 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.




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List of students participated

Sl. No.	Name	Sl. No.	Name
1.	Agnes Jose	26.	Amalu Reji
2.	Alina Joseph	27.	Arya M.S
3.	Amruthendhu T.S	28.	Deepa George
4.	Blesslyn Chackson	29.	Divya P.D
5.	Josmi Joseph	30.	Jismariya John
6.	Merin Jose	31.	Maria V. Madhavappallil
7.	Miliya Rose Mathew	32.	Merlin Thomas
8.	Priyanka Joseph	33.	Sandhra Meria Babu
9.	Rosemol Xavier	34.	Surabhi C
10.	Sreelekshmi Madhavan	35.	Ida Mathew
11.	Amal Thomas	36.	Jestin Joy
12.	Ebin Baby	37.	Jinu Jose
13.	Merlin Mary Kurian	38.	Jomol Tom
14.	Saritha P.B	39.	Medha Ramesh
15.	Sheethal Jose	40.	Nasiya Kabeer
16.	Sino Thomas	41.	Parvathy S
17.	Sruthy S. Kumar	42.	Shilpa Sasi
18.	Anju Soman	43.	Anju Treesa saji
19.	Dayana Mathew	44.	Bijo Mathew
20.	Josilin James	45.	Binchumol Joseph
21.	Lidiya Pious	46.	Deepa Jose
22.	Neetha Noble	47.	Jemy George
23.	Richa Cherian Kattakayam	48.	Reeja Susan Roly
24.	Rosu Ann Soy	49.	Vishnupriya T.V
25.	Amalsyama V.S	50.	Amalu Reji



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2. CARE AND SHARE

'Care and Share' operates as a humanitarian wing of the college, to positively impact the lives of people in pain. It is a project for uplifting cancer patients with hope and Resilience. The scheme is beneficial for students, faculty and staff, alumni, P.T.A. members and their immediate relatives. The programme is aimed to nurture the young teacher trainees with the lessons of empathy and care. The fund raising is done by executing various programmes such as art exhibition, ice cream stall and so on.



Contribution of Staff and Students for 'Care and Share'

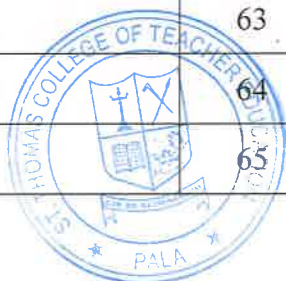


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Art Exhibition for fund raising 2019

The students of the academic year 2018-20 and 2019-21 were contributed for the programme care and share. The list of students:

Sl. No.	Name	Sl. No	Name
1	Amritha Thampy	12	Veena P.V
2	Annu Maria Michael	13	Vijaya Kumari N
3	Ardra Ann Thomas	14	Anns Mary Mathew
4	Athira Raj	15	Anns Tom
5	Sailas Mathew	16	Elizabeth Athulya Dalby
6	Shilpa C Jose	17	Jissa Joseph
7	Sneha M Josantony	18	Manju Mohanan
8	Soniya James	19	Akhila Rose Abey
9	Amala Francis	20	Ameer Jinna
10	Anitta Thomas	21	Arya Gopalan
11	Annu Johnny	22	Bitty Varghese
23	Anu Siby	51	Diya Frankson
24	Athira Sasi	52	Greeshma Sabu
25	Josmy Tom	53	Jibin Joy
26	Tresa Mary Rajan	54	Jitty Thomas
27	Amala Xavier	55	Mohammed Savad P.P.P
28	Aneeta Rose Tom	56	Neethumol Babu
29	Binnu Mathew	57	Rajimol V.R
30	Dhanabhagyam A.C	58	Sonu Mariya Dominic
31	Janet Celine Varghese	59	Veena Surendran
32	Jimil Jose	60	Bibina Jose
33	Josmy Joseph	61	Dhanya Vijayan
34	Dona Kurian	62	Neetha Noble
35	Joyel John	63	Richa Cherian Kattakayam Prof. Dr. BEENAMMA MATHEW
36	Mariya Mathew	64	Rosu Ann Soy PRINCIPAL ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA
37	Vivek Suresh	65	Amalsyama V.S



38	Annu K Jose	66	Amalu Reji
39	Agnes Jose	67	Arya M.S
40	Alina Joseph	68	Deepa George
41	Amruthendhu T.S	69	Divya P.D
42	Blesslyn Chackson	70	Jismariya John
43	Josmi Joseph	71	Maria V. Madhavappallil
44	Merin Jose	72	Merlin Thomas
45	Miliya Rose Mathew	73	Sandhra Meria Babu
46	Priyanka Joseph	74	Surabhi C
47	Rosemol Xavier	75	Agnes Sebastian
48	Sreelekshmi Madhavan	76	Ida Mathew
49	Amal Thomas	77	Jestin Joy
50	Ebin Baby	78	Jinu Jose
79	Merlin Mary Kurian	90	Jomol Tom
80	Saritha P.B	91	Medha Ramesh
81	Sheethal Jose	92	Nasiya Kabeer
82	Sino Thomas	93	Parvathy S
83	Sruthy S. Kumar	94	Shilpa Sasi
84	Anju Soman	95	Anju Treesa saji
85	Dayana Mathew	96	Bijo Mathew
86	Josilin James	97	Binchumol Joseph
87	Lidiya Pious	98	Deepa Jose
88	Jemy George	99	Vishnupriya T.V
89	Reeja Susan Roly		



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3. 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).



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List of students participated

Sl. No.	Name	Sl. No.	Name
1.	Agnes Jose	26.	Amalu Reji
2.	Alina Joseph	27.	Arya M.S
3.	Amruthendhu T.S	28.	Deepa George
4.	Blesslyn Chackson	29.	Divya P.D
5.	Josmi Joseph	30.	Jismariya John
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16.	Sino Thomas	41.	Parvathy S
17.	Sruthy S. Kumar	42.	Shilpa Sasi
18.	Anju Soman	43.	Anju Treesa saji
19.	Dayana Mathew	44.	Bijo Mathew
20.	Josilin James	45.	Binchumol Joseph
21.	Lidiya Pious	46.	Deepa Jose
22.	Neetha Noble	47.	Jemy George
23.	Richa Cherian Kattakayam	48.	Reeja Susan Roly
24.	Rosu Ann Soy	49.	Vishnupriya T.V
25.	Amalsyama V.S	50.	Amalu Reji



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4. 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 prepared 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.



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List of students who participated in Mask making

SI No.	Name of the student	SI No.	Name of the student
1	Josmy Tom	7	Jais Jose
2	Diya Frankson	8	Sr. Bitty Varghese
3	Jinu Jose	9	Deepa George
4	Sandhra Meria Babu	10	Anitta Thomas
5	Sr. Alina	11	Josmi Joseph
6	Sangeetha S.	12	Joffy J. Njavallil




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5. 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 (**Amal Thomas, Jestin Joy, Jinu Jose, Ida Mathew, Parvathy S, Saritha P.B**) and faculties of this college (Dr. T.C. Thankachen, Sri. Sunil Thomas) on 27/04/2020 have registered in it to fight against the pandemic along with government.

List of students participated in Kerala Sannadha Sena

Sl No.	Name of the student
1	Amal Thomas
2	Justin joy
3	Jinu Jose
4	Ida Mathew
5	Parvathy S.
6	Saritha P.B.




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6. INTER COLLEGIATE MALAYALAM ESSAY WRITING COMPETITION FOR TEACHER TRAINEES

The Alumni Association of St. Thomas College of Teacher Education, Pala organised an Inter-collegiate essay competition for teacher trainees on the topic 'Changing World and Teaching Styles to be Changed' on 5th October 2019. 50 student teachers were participated in the programme. Prakash M. Vettam, Executive Committee Member, Alumni Association, St. Thomas College of Teacher Education, Pala head the programme. Principal, Dr. (Sr). Beenamma Mathew, Dr. Alex George, Assistant Professor, St. Thomas College of Teacher Education, Pala, were also given proper direction.



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List of teacher trainees involved in the programme are

Sl. No.	Name	Sl. No.	Name
1.	Agnes Jose	26.	Amalu Reji
2.	Alina Joseph	27.	Arya M.S
3.	Amruthendhu T.S	28.	Deepa George
4.	Blesslyn Chackson	29.	Divya P.D
5.	Josmi Joseph	30.	Jismariya John
6.	Merin Jose	31.	Maria V. Madhavappallil
7.	Miliya Rose Mathew	32.	Merlin Thomas
8.	Priyanka Joseph	33.	Sandhra Meria Babu
9.	Rosemol Xavier	34.	Surabhi C
10.	Sreelekshmi Madhavan	35.	Ida Mathew
11.	Amal Thomas	36.	Jestin Joy
12.	Ebin Baby	37.	Jinu Jose
13.	Merlin Mary Kurian	38.	Jomol Tom
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15.	Sheethal Jose	40.	Nasiya Kabeer
16.	Sino Thomas	41.	Parvathy S
17.	Sruthy S. Kumar	42.	Shilpa Sasi
18.	Anju Soman	43.	Anju Treesa saji
19.	Dayana Mathew	44.	Bijo Mathew
20.	Josilin James	45.	Binchumol Joseph
21.	Lidiya Pious	46.	Deepa Jose
22.	Neetha Noble	47.	Jemy George
23.	Richa Cherian Kattakayam	48.	Reeja Susan Roly
24.	Rosu Ann Soy	49.	Vishnupriya T.V
25.	Amalsyama V.S	50.	Amalu Reji



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