

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

2020-2021

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2020-2021



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

1) JAGRATHA 1: INAUGURATION

Date:23/01/2021

Time: 8.30 p.m.- 9.15 p.m.

No. of participants: 90

Topic: MENTAL HEALTH AND PARENTING'

Resource Person: Dr. Alex George, Assistant Professor STCTE, Pala

The inauguration of Jagratha 2021 was done by Miss Thressiamma Mathew, Coordinator and director of AWC. The Day 1 class was led by Dr. Alex George, Assistant Professor STCTE, Pala on the topic 'MENTAL HEALTH AND PARENTING'. It was a fruitful session for the parents. Participants actively participate in clarifying their doubts.

Conveners

Miss. Thressiamma Mathew (Director, Archana)

Dr. T.C. Thankachan (Principal, St. Thomas College of Teacher Education, Pala)

Programme Co-coordinators

Sri. Paulson K.F. (Programme Officer, Archana Women Centre, Kottayam, Kerala)

Dr. Alex George (Teacher in Charge, Extension Activities St.Thomas College of Teacher Education, Pala)

Dr. Lavina Dominic (IQAC Co-ordinator, St. Thomas College of Teacher Education, Pala)



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List of Students who participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
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22.	Mariya Mathew	47.	Liya Margarete Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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2) JAGRATHA 1: NATIONAL WEBINAR SERIES

Date:20/02/2021

Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 88

Topic: Five habits for a happy life

Resource Person: Thressiamma Mathew (Director, Archana)

A class on 'Panchasheel for happy life' was organized on 20/20/2021. The session was managed by Thressiamma Mathew, Director, Archana Women centre. The class focused on the importance of practicing Panchasheel in life and about its the fruits.




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3) JAGRATHA 2: NATIONAL WEBINAR SERIES

Date:27/02/2021

Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 88

Topic: crops in different seasons

Resource Person: Sri. P.L Abraham, Assistant Agriculture Officer

The class was handled by Sri. P.L Abraham, Assistant Agriculture Officer. Sir gave a clear idea about how to take care of the crops in different seasons. He explained about the organic pesticides and its preparation techniques. In the session he point out the various schemes and subsidies provided by the agriculture societies. Participants actively participate in asking their doubts regarding the ways to control the pest diseases in crops.




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4) JAGRATHA 3: NATIONAL WEBINAR SERIES

Date:06/03/2021

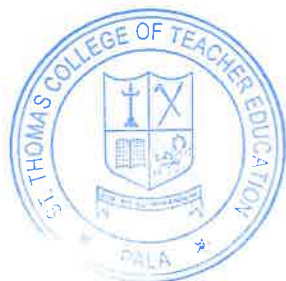
Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 90

Topic: ways to manage the stress in our life

Resource Person: Sri. George Karunackal, Consultant and Trainer

The resource person for the session was Sri. George Karunackal, Consultant and Trainer. He took class on the various ways to manage the stress in our life. During this pandemic period this class was relevant to cope up with the stress in life. He points out the different root causes of stress in life and gave simple techniques to overcome it. The class was interactive and participants responded actively.




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5) JAGRATHA 4: NATIONAL WEBINAR

Date:13/03/2021

Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 90

Topic: FAMILY IS A GREAT SCHOOL'

Resource Person: Sri Jossy Thumpanathu, Journalist

The session was handled by Sri Jossy Thumpanathu, Journalist on the topic 'FAMILY IS A GREAT SCHOOL'. He discussed on how to maintain the bond in the family system. He explained the ways to build a network of family relation and also point out the causes of dysfunctional family relationship. The session was worthful and effective.




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List of students who participated in the seminar

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2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
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6) JAGRATHA 5: NATIONAL WEBINAR SERIES

Date:20/03/2021

Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 95

Topic: Entrepreneurship development

Resource Person: Sri. Lorance Mathew, Industrial Extension Officer

The class was handled by Sri. Lorance Mathew, Industrial Extension Officer. He discussed on the topic Entrepreneurship development. He inspired the participants as to how to be a successful entrepreneur. He also shared his experiences. It was really an inspiring and motivating session.




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7) JAGRATHA 6: NATIONAL WEBINAR SERIES

Date:27/03/2021

Time: 8.30 p.m.- 9.15 p.m.

No. of participants: 70

Topic: SMART PARENTING

Resource Person: Mrs. Bindhu Varghese

Resource person for the session was Mrs. Bindhu Varghese. She took the class on the topic “SMART PARENTING”. Her focal area of the talk was how children can combat their insecurities and suggest conversations parents can have with their kids, activities they can engage in together. Finally, she spoke about the intelligent look at raising smart children will help parents teach their kids that there’s more to life than academic achievement. Participants especially mothers asked their doubts with the resource person.



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8) JAGRATHA 7: NATIONAL WEBINAR SERIES

Date:10/04/2021

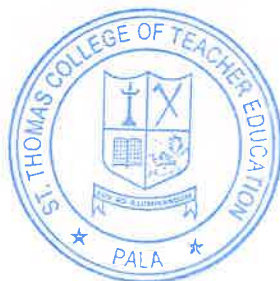
Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 100

Topic: DRUG FREE FAMILY

Resource Person: Mr. Dijo Das, Counsellor, Adart

The class was handled by Mr. Dijo Das, Counsellor Adart. He dealt the class with the topic “DRUG FREE FAMILY”. He pointed the ways we can avoid the drugs especially alcohol and the role played by the family to prevent the use of drugs. The topic was presented systematically and well presented.





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9) JAGRATHA 8: NATIONAL WEBINAR SERIES

Date:17/04/2021

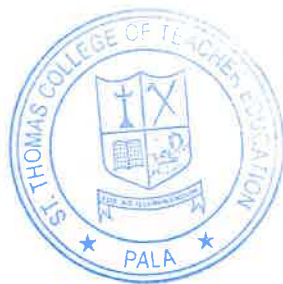
Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 95

Topic: gender equality

Resource Person: Mr. Mathew Mundamattom, Trainer-TRADA

The session was handled by Mr. Mathew Mundamattom, Trainer-TRADA on the topic Gender Equality. He started the class by explaining the meaning of the gender equality. He discussed the proactive measures we need to take for making a gender equality society. Participants gave good comments regarding the class in the chat box. The class was inspiring and interesting




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10) JAGRATHA 11: NATIONAL WEBINAR SERIES

Date:29/05/2021

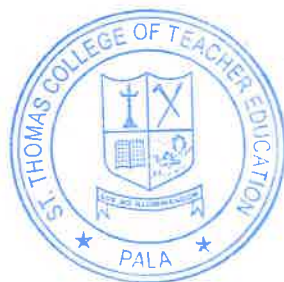
Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 80

Topic: Role of family members in a drug free life

Resource Person: Civilson Sebastian

The session was taken by Civilson Sebastian on the topic “Role of family members in a drug free life”. He discussed the role of family in addiction recovery and also family involvement in adolescent substance.





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11) Snehaveedu Project 1 (Home project)

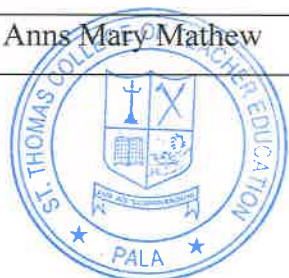
The 'Sneha Veedu' project, a collaborative effort of Staff, Students and beneficiaries of St.Thomas College of Teacher Education, Pala. STCTE Pala Family celebrated a significant milestone with the key handover ceremony of a newly constructed house to Ms. Athira E.A., our student of English Education in 2014-15 batch. She belonged to a poor family and her father, the sole bread winner of the family had passed away. All Staff and Students showed their dedication to the work by contributing to the significant stages of the house construction, since its inception. The key was handed over by the college Principal, Dr. Sr. Beenamma Mathew on **15th June 2020**.




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Students of two batches, (junior and seniors) financially supported the snehaveed project. List of students are given.

SI No.	Name	SI No.	Name
1	Amritha Thampy	26	Elizabeth Athulya Dalby
2	Annu Maria Michael	27	Jissa Joseph
3	Ardra Ann Thomas	28	Akhila Rose Abey
4	Athira Raj	29	Ameer Jinna
5	Sailas Mathew	30	Arya Gopalan
6	Shilpa C Jose	31	Bitty Varghese
7	Sneha M Josantony	32	Diya Frankson
8	Soniya James	33	Greeshma Sabu
9	Amala Francis	34	Jibin Joy
10	Anitta Thomas	35	Jitty Thomas
11	Annu Johnny	36	Mohammed Savad P.P.P
12	Anu Siby	37	Neethumol Babu
13	Athira Sasi	38	Rajimol V.R
14	Josmy Tom	39	Sonu Mariya Dominic
15	Tresa Mary Rajan	40	Veena Surendran
16	Amala Xavier	41	Bibina Jose
17	Aneeta Rose Tom	42	Dhanya Vijayan
18	Binnu Mathew	43	Dona Kurian
19	Dhanabhagyam A.C	44	Joyel John
20	Janet Celine Varghese	45	Mariya Mathew
21	Jimil Jose	46	Vivek Suresh
22	Josmy Joseph	47	Annu K Jose
23	Veena P.V	48	Agnes Jose
24	Vijaya Kumari N	49	Alina Joseph
25	Anns Mary Mathew	50	Amruthendhu T.S



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51	Blesslyn Chackson	74	Arya M. S.
52	Josmi Joseph	75	Deepa George
53	Merin Jose	76	Divya P. D
54	Miliya Rose Mathew	77	Jismariya John
55	Priyanka Joseph	78	Maria V. Madhavappallil
56	Rosemol Xavier	79	Merlin Thomas
57	Sreelekshmi Madhavan	80	Sandhra Meria Babu
58	Amal Thomas	81	Surabhi C
59	Ebin Baby	82	Ida Mathew
60	Merlin Mary Kurian	83	Jestin Joy
61	Saritha P.B	84	Jinu Jose
62	Sheethal Jose	85	Jomol Tom
63	Sino Thomas	86	Medha Ramesh
64	Sruthy S. Kumar	87	Nasiya Kabeer
65	Anju Soman	88	Parvathy S
66	Dayana Mathew	89	Shilpa Sasi
67	Josilin James	90	Anju Treesa saji
68	Lidiya Pious	91	Bijo Mathew
69	Neetha Noble	92	Binchumol Joseph
70	Richa Cherian Kattakayam	93	Deepa Jose
71	Rosu Ann Soy	94	Jemy George
72	Amalsyama V. S.	95	Reeja Susan Roly
73	Amalu Reji	96	Vishnupriya T. V.



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12) GREEN OUTFIT

To nurture environmental consciousness and green among students, our college took an initiative named 'Green Outfit and conducted creative programmes that would encourage sustainable living. As part of this, the students collected a large number of plastic sacks on 11-Feb-21, dumped them during construction work, and cleaned them to use for growing vegetables at home. This helped in bringing up a concern towards nature and self-sufficient living.


List of Students who participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teresa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
18.	Divya Stani	43.	Ambily Mani
19.	Jaicy Jose	44.	Anu Tressa Jose
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarette Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy

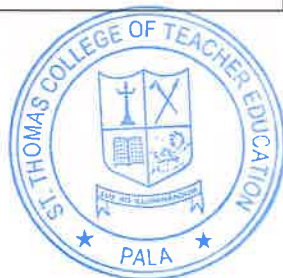
13) POST COVID VIGILANCE

Post covid vigilance is a programme initiated in our college to make people more conscious of COVID-19 on 5th March 2021. Keeping in view the impact of COVID-19 its reasons, and guidelines, given by medical organizations, an awareness brochure was prepared by the students. The focus group of the initiative was the general public, and it was circulated among them through websites, social media platforms, and published in banner.




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Sl. No.	Name	Sl. No.	Name
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5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
18.	Divya Stani	43.	Ambily Mani
19.	Jaicy Jose	44.	Anu Tressa Jose
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14) 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, ‘sannadha volunteers’ took charge to organise the programmes such as an awareness programme of Covid 19 to the student teachers of the institution. Mask is distributed to first year B.Ed students. The programme was on 14th December 2020. As part of the programme, Sannadham members distributed sanitizers, took part in training staff and students to assist and undertake the work related to safety and health to prevent the outbreak of the COVID pandemic.

List of Students who joined Kerala Sannadhasena:

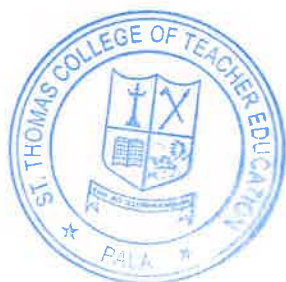
SI No.	Name of the student
1	Amal Thomas
2	Justin Joy
3	Jinu Jose
4	Ida Mathew
5	Parvathy S.
6	Saritha P.B.




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List of Students who involved in the programme are

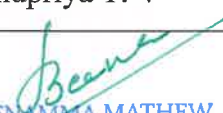
Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
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11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
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20.	Lakshmi S	45.	Elsamma Joseph
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22.	Mariya Mathew	47.	Liya Margarete Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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Sl. No.	Name	Sl. No.	Name
51	Agnes Jose	76	Amalu Reji
52	Alina Joseph	77	Arya M.S
53	Amruthendhu T.S	78	Deepa George
54	Blesslyn Chackson	79	Divya P.D
55	Josmi Joseph	80	Jismariya John
56	Merin Jose	81	Maria V. Madhavappallil
57	Miliya Rose Mathew	82	Merlin Thomas
58	Priyanka Joseph	83	Sandhra Meria Babu
59	Rosemol Xavier	84	Surabhi C
60	Sreelekshmi Madhavan	85	Agnes Sebastian
61	Amal Thomas	86	Ida Mathew
62	Ebin Baby	87	Jestin Joy
63	Merlin Mary Kurian	88	Jinu Jose
64	Saritha P.B	89	Jomol Tom
65	Sheethal Jose	90	Medha Ramesh
66	Sino Thomas	91	Nasiya Kabeer
67	Sruthy S. Kumar	92	Parvathy S
68	Anju Soman	93	Shilpa Sasi
69	Dayana Mathew	94	Anju Treesa saji
70	Josilin James	95	Bijo Mathew
71	Lidiya Pious	96	Binchumol Joseph
72	Neetha Noble	97	Deepa Jose
73	Richa Cherian Kattakayam	98	Jemy George
74	Rosu Ann Soy	99	Reeja Susan Roly
75	Amalsyama V.S	100	Vishnupriya T. V



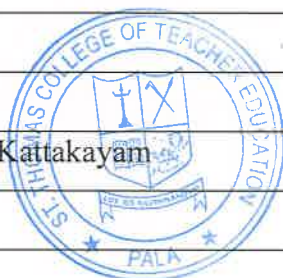

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15) LIFE VIBES

The health club of the college organized online yoga practice during the covid period. The programme was titled as 'life vibes. Duration of the programme was from 24 April 2021 to 21 June 2021. Short 5 minutes you tube videos on different yogic practices and aerobics were prepared and shared to students at our college and other teacher education colleges through 'whatsapp'.

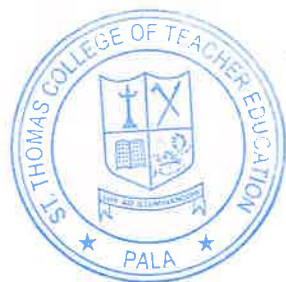
List of students participated in the programme

Sl No.	Name	Sl No.	Name
1	Agnes Jose	31	Sandhra Meria Babu
2	Alina Joseph	32	Surabhi C
3	Amruthendhu T.S	33	Ida Mathew
4	Blesslyn Chackson	34	Jestin Joy
5	Josmi Joseph	35	Jinu Jose
6	Merin Jose	36	Jomol Tom
7	Miliya Rose Mathew	37	Medha Ramesh
8	Priyanka Joseph	38	Nasiya Kabeer
9	Rosemol Xavier	39	Parvathy S
10	Sreelekshmi Madhavan	40	Shilpa Sasi
11	Amal Thomas	41	Anju Treesa saji
12	Ebin Baby	42	Bijo Mathew
13	Merlin Mary Kurian	43	Binchumol Joseph
14	Saritha P.B	44	Deepa Jose
15	Sheethal Jose	45	Jemy George
16	Sino Thomas	46	Reeja Susan Roly
17	Sruthy S. Kumar	47	Vishnupriya T.V
18	Anju Soman	48	Anitta Jose
19	Dayana Mathew	49	Cheslin Jose
20	Josilin James	50	Densy John
21	Lidiya Pious	51	Harikrishnan V
22	Neetha Noble	52	Irin Sera Joseph
23	Richa Cherian Kattakayam	53	Julian Tom Job
24	Rosu Ann Soy	54	Raina Martin




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25	Amalsyama V.S	55	Vinesha Vinayan
26	Amalu Reji	56	Annie Teressa Shajan
27	Arya M.S	57	Annumol Joji
28	Deepa George	58	Anuja Babu
29	Divya P.D	59	Christy Thomas
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61	Maria V. Madhavappallil	81	Riya Rose Johns
62	Merlin Thomas	82	Sneha Jayakumar
63	Alphonsa Xavier	83	Reshma Raju
64	Ashmi Maria John	84	Agie Mol Salas
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16) SPARSHAM

The objective of the program Sparsam was to rejuvenate young minds and to rekindle their interest of learning during and after COVID-19. Duration was 1st May 2021 to 30th June 2021. Our teacher trainees were trained to interact with children suffering from various problems of the COVID-19 pandemic.

Report and feedback given by student teachers

Date 14 May 2021

Sparsam

Report 1: Team J5

As part of the new program today we had an introductory section through Google Meet at 9. a.m. After the meeting, as the team leader I contacted my team mentor. In the afternoon section, we had our second Google Meet for a detailed description of the program. A WhatsApp group was created for team J5 and I contacted each team member. Officially a group was created for all leaders. Finally, at 8.30 pm, I attended the leaders' meeting. Today we had no cases.

Team leader: Jaicy Jose

*May 14- 2021

Day 1 - S6

Today we didn't attend any students. created a whatsapp group with team mates. Then contacted mentor Bindhu miss and informed about the team members. conveyed the important instructions given by alex sir in the google meet in our whatsapp group.

Team leader : Amal Thomas

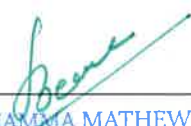
Report- 22 May, 2021- S2

Our first call was from Anakkara, at 2 45 PM. The case was handled by miss Amrudhendhu. She referred the case to Dr Alex George.

Received our first call from Kottayam at 02:30 PM from a parent on behalf of her son with a language difficulty. We talked for a while and directed the case to our mentor Ms Sunu Austin who had suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir and our team members.

Irin Sera Joseph




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Josmi Joseph

Received our first call from Kozhikode at 2.32PM. The case was directed to Alex Sir and he suggested certain remedies for the problems. This was also reported to our team members.

Justin B. Ed chairperson: Report- 22 May, 2021- S2

Our first call was from Anakkara, at 2 45 PM. The case was handled by miss Amrudhendhu. She referred the case to Dr Alex George.

Jestin Joy

Received our first call from Kozhikode at 7.43 PM. We talked for a while and directed the case to our mentor Ms Gilu who had suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir and our team members.

Nevil B. Ed: Report - 9 June, 2021- J8

Received our first call from Kozhikode at 01:15 PM from a parent on behalf of his son with Game addiction. We talked for a while and suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir, Lavina Miss and our team members.

Nevil George Report -11 June, 2021- J1

Received our first call from Erattupeta at 8 am from a parent on behalf of his daughter. Their problem was that their child quickly forget what she was learning. We talked for a while and directed the case to our mentor Sr. Beenama and she suggested certain remedies for the problem. This was also reported to Alex sir and our team members.

Report - 21 June 2021

Group S1

Received our second call from Eror at 3.30pm from a parent. Their problem was that their child is showing ADHD symptoms. We talked for about 15 minutes and then I have suggested certain remedial measures for the problem. This was also reported to our team members and Alex Sir.

Report - 24 July 2021- J9

Received our first call from Kozhikode at 12:30 PM from a parent on behalf of her son . We talked for a while and directed the case to our mentor Ms Sunu Austin who had suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir and our team members.

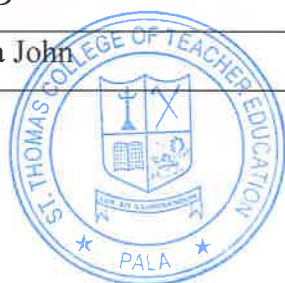
Sneha Jayakumar




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List of students participated in the programme

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1	Agnes Jose	31	Sandhra Meria Babu
2	Alina Joseph	32	Surabhi C
3	Amruthendhu T.S	33	Ida Mathew
4	Blesslyn Chackson	34	Jestin Joy
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14	Saritha P.B	44	Deepa Jose
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61	Maria V. Madhavappallil	88	Riya Rose Johns
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79	Meera V S	106	Steffy Tom
80	Treesa Jomy	107	Jobin Thomas
81	Joice Ruby Sen	108	Anitta Maria Sunny
82	Manu Antony	109	Aparna A
83	Meera Varghese	110	Divya Maria Paul
84	Joffy J Njavallil	111	Emil K. Sajith
85	Asha T	112	Syama S
86	Jais Jose	113	Tiya Tess George
87	Jithu K.K	114	Aleena Philip
Sl No.	Name	Sl No.	Name
115	Binitha Mani	119	Malavika B
116	Kamala Varma G	120	Kochurani Joseph
117	Akhila Rose Abey	121	Malavika B
118	Alphons Joseph		



Prof. Dr. BEENA ALISA MATHEW
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