

**3.3.2 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





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

1. NIRAKOOTT DAY 1 – PAINTING THE WALLS OF GOVT. LPS ARUNAPURAM

The second-year students at 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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List of Students 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 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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunel
22.	Mariya Mathew	47.	Liya Margarette Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamilly Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy




Beena
 Prof. Dr. BEENAMMA MATHEW
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 ST. THOMAS COLLEGE OF
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2. NIRAKOOTT 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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List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	12.	Jyothylakshmi K.R
2.	Jaicy Jose	13.	Reshma Raju
3.	Annumol Joji	14.	Akhila Manmadhan
4.	Riya Rose Johns	15.	Sojo John
5.	Sneha Jayakumar	16.	Steffy Tom
6.	Nevil George	17.	Ambily mani
7.	Ashmi Maria John	18.	Anjaly Elizabeth
8.	Lakshmi S	19.	Navyamol K.R
9.	Bhanupriya R	20.	Anitta Mathew
10.	Meera V.S	21.	Syamili Sasi
11.	James Mathew		




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3. NIRAKOOTT DAY 3 – PAINTING THE WALLS OF ST. THOMAS HSS PALA

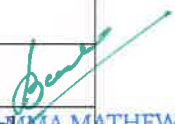
Day three of Nirakoot was held on April 19, 2022 at Pala St. Thomas HSS, the model school of St. Thomas College of Teacher Education, as a continuation of the work done on 4/4/2022. A brief meeting was held at 9:30 am to formally begin the programme. Dr. Alex George Kavukatt, staff coordinator, George 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.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	11.	Bhanupriya R
2.	Cheslin Jose	12.	James Mathew
3.	Densy John	13.	Jyothylakshmi K.R
4.	Raina Martin	14.	Meera V.S
5.	Riya Rose Johns	15.	Reshma Raju
6.	Sneha Jayakumar	16.	Anjaly Elizabeth
7.	Ashmi Maria John	17.	Reshma CL
8.	Lakshmi S	18.	Sojo John
9.	Lis Mary Antony	19.	Ambily mani
10.	Mariya Mathew	20.	Ligin Pullankunnel




 BEENA JIMA MATHEW
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4. NIRAKOOTT DAY 4– PAINTING THE WALLS OF AIDED LPS MEENACHIL

On 21st 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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List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Cheslin Jose	11.	Reshma Raju
2.	Julian Tom Job	12.	Agiemol Salas
3.	Raina Martin	13.	Navyamol K.R
4.	Sneha Jayakumar	14.	Sojo John
5.	Ashmi Maria John	15.	Ambily mani
6.	Lakshmi S	16.	Ligin Pullemkunnel
7.	Lis Mary Antony	17.	Akhila Manmadhan
8.	Mariya Mathew	18.	Steffy Tom
9.	Bhanupriya R	19.	Treesa Jomy
10.	Meera V.S		



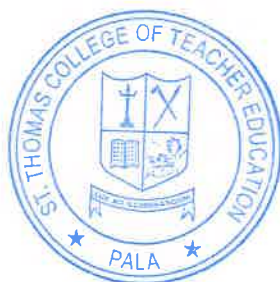

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5. NIRAKOOTT DAY 5- PAINTING THE WALLS OF ST. SEBASTIANS LPS PATHAZHA

On 25th 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.

List of students participated in the programme:

SI No.	Name of the student	SI No.	Name of the student
1	Anitta Jose	9	James Mathew
2	Densy John	10	Sojo John
3	Julian Tom Job	11	Akhila Manmadhan
4	Raina Martin	12	Ligin Pullemkunel
5	Sneha Jayakumar	13	Rose mary Cheriyan
6	Ashmi Maria John	14	Steffy Tom
7	Lakshmi S	15	Treesa Jomy
8	Mariya Mathew		



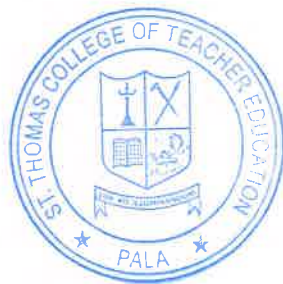

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6. NIRAKOOTT DAY 6– PAINTING THE WALLS OF ST. LITTLE THRESIA'S LP SCHOOL BHARANANGANAM.

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.

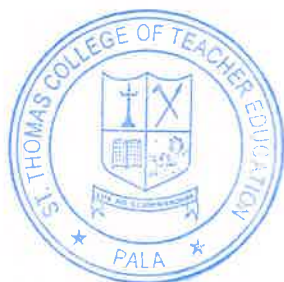
At 3 p.m. a valedictory function was held and Sri. Mani C Kappen MLA inaugurated the same. Sri Rajesh Valliplackal, District Panchayath Member; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Sri. Chacko; Fr. Vadakkekara; Mr Tony, Member of Panchayat; Dr. T.C.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





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List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	12.	Bhanupriya R
2.	Densy John	13.	James Mathew
3.	Julian Tom Job	14.	Jyothylakshmi K.R
4.	Raina Martin	15.	Meera V.S
5.	Annumol Joji	16.	Agiemol Salas
6.	Riya Rose Johns	17.	Navyamol KR
7.	Sneha Jayakumar	18.	Sojo John
8.	Ashmi Maria John	19.	Akhila Manmadhan
9.	Lakshmi S	20.	Ligin Pullemkunnel
10.	Lis Mary Antony	21.	Treesa Jomy
11.	Mariya Mathew		




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7. NIRAKOOTT 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.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1	Densy John	7	Jyothylakshmi K.R
2	Riya Rose Johns	8	Sojo John
3	Sneha Jayakumar	9	Akhila Manmadhan
4	Nevil George	10	Jaicy Jose
5	Lakshmi S	11	Steffy Tom
6	James Mathew		




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8. NIRAKOOTT 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.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	11.	James Mathew
2.	Jaicy Jose	12.	Jyothylakshmi K.R
3.	Annumol Joji	13.	Reshma Raju
4.	Riya Rose Johns	14.	Akhila Manmadhan
5.	Sneha Jayakumar	15.	Sojo John
6.	Nevil George	16.	Steffy Tom
7.	Ashmi Maria John	17.	Ambily mani
8.	Lakshmi S	18.	Anjaly Elizabeth
9.	Bhanupriya R	19.	Navyamol K.R
10.	Meera V.S		




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9. NIRAKOOTT DAY 9- PAINTING THE WALLS OF GOVT. NEW LPS PULIYANNOOR

Day 9 of the beneficent venture Nirakoot 2022 was held on 11 th may 2022 at Govt. New LPS Puliyanloor. 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.

List of Students participated in the programme

Sl. No.	Name of the student	Sl. No.	Name of the student
1	Densy John	7	Sojo John
2	Sneha Jayakumar	8	Akhila Manmadhan
3	Ashmi Maria John	9	Ambily mani
4	Lakshmi S	10	Steffy Tom
5	Bhanupriya R	11	Jaicy Jose
6	James Mathew	12	Nevil George




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**10.NIRAKOOTT DAY 10- PAINTING THE WALLS OF
KALLIVAYALIL PAPPAN MEMORIAL PUBLIC-SCHOOL
MUNDAKAYAM EAST**

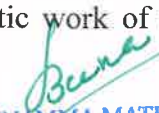
Student Coordinators: Nevil George and Riya Rose Johns

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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List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Annumol Joji	12.	Anjaly Elizabeth
2.	Riya Rose Johns	13.	Navyamol K.R
3.	Sneha Jayakumar	14.	Sojo John
4.	Lakshmi S	15.	Akhila Manmadhan
5.	Lis Mary Antony	16.	Ambily mani
6.	Mariya Mathew	17.	Rose Mary Cheriyan
7.	Bhanupriya R	18.	Treesa Jomy
8.	James Mathew	19.	Jaicy Jose
9.	Jyothylakshmi K.R	20.	Rakhi R
10.	Meera V.S	21.	Nevil George
11.	Agiemol Salas	22.	Christy




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11.NIRAKOOTT 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 18 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., we returned to our homes.

On 18-05-2022, a team of 18 student teachers 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.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	10.	Reshma Raju
2.	Annumol Joji	11.	Agiemol Salas
3.	Sneha Jayakumar	12.	Navyamol K.R
4.	Ashmi Maria John	13.	Sojo John
5.	Lakshmi S	14.	Akhila Manmadhan
6.	Lis Mary Antony	15.	Ambily mani
7.	Mariya Mathew	16.	Steffy Tom
8.	Bhanupriya R	17.	Treesa Jomy
9.	Meera V.S	18.	Nevil George




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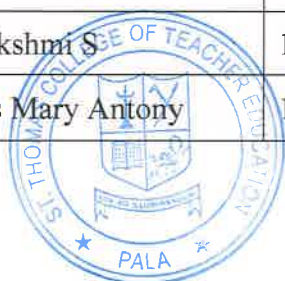
12. NIRAKOOTT DAY 12- PAINTING THE WALLS OF ST. JOSEPH'S UPS VELLILAPPILLY


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 0'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 1 4 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.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	10.	Mariya Mathew
2.	Julian Tom Job	11.	James Mathew
3.	Annumol Joji	12.	Jyothylakshmi K.R
4.	Riya Rose Johns	13.	Meera V S
5.	Sneha Jayakumar	14.	Reshma Raju
6.	Nevil George	15.	Agie Mol Salas
7.	Ashmi Maria John	16.	Sojo John
8.	Lakshmi S	17.	Anitta Mathew
9.	Lis Mary Antony	18.	Syamili Sasi




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13.NIRAKOOTT 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.

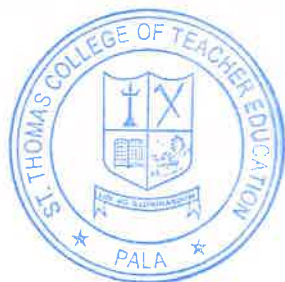
The teachers, students, ward member and other well-wishers of the school who visited in between were exhilarated to enjoy the visual treat made for them. The school headmaster Mr. Michael Joseph and school manager Fr. Joseph Mecheril shared their feedback about the creative work of the teacher trainees 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, honeybee 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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List of Students participated in the programme

Sl No.	Name of the student	Sl No.	Name of the student
1	Densy John	14	Bhanupriya R
2	Raina Martin	15	James Mathew
3	Annumol Joji	16	Jyothylakshmi K.R
4	Nevil George	17	Meera V S
5	Riya Rose Johns	18	Reshma Raju
6	Sneha Jayakumar	19	Agie Mol Salas
7	Ashmi Maria John	20	Anjaly Elizabeth Xavier
8	Jaicy Jose	21	Anusree Biju
9	Lakshmi S	22	Sojo John
10	Lis Mary Antony	23	Akhila Manmathan
11	Mariya Mathew	24	Ambily Mani
12	Mariya Sebastian	25	Steffy Tom
13	Tima Mathew	26	Treesa Jomy



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14.NIRAKOOTT 14- PAINTING THE WALLS OF ST. ANTONYS HS VELLIKULAM

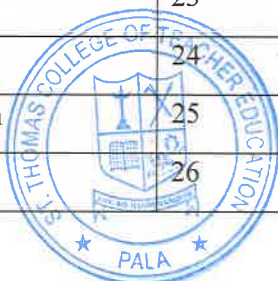
The 14th edition of Nirakoot was conducted at St. Michael's school, Vellikulam near the scenic Vagamon. It was the first residential programme of Nirakoottu, where the students had to work two days to complete the assigned task. This programme together with the Nirakoottu activity in St. Thomas LP school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

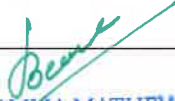
The students began their journey to Vellikulam on 30 May 2022, at around 12.00 pm in the school buses provided by the Vellikulam school. After about one hour we reached the school and placed our belongings in the classrooms which were provided for us to stay the night. After lunch, the students directly 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.

List of Students participated in the programme

SI No.	Name of the student	SI No.	Name of the student
1	Densy John	14	Bhanupriya R
2	Raina Martin	15	James Mathew
3	Annumol Joji	16	Jyothylakshmi K.R
4	Nevil George	17	Meera V S
5	Riya Rose Johns	18	Reshma Raju
6	Sneha Jayakumar	19	Agie Mol Salas
7	Ashmi Maria John	20	Anjaly Elizabeth Xavier
8	Jaicy Jose	21	Anusree Biju
9	Lakshmi S	22	Sojo John
10	Lis Mary Antony	23	Akhila Manmathan
11	Mariya Mathew	24	Ambily Mani
12	Mariya Sebastian	25	Steffy Tom
13	Tima Mathew	26	Treesa Jomy




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15. JAGRATHA 12: NATIONAL WEBINAR SERIES

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.

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 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

Sl. No.	Name	Sl. No.	Name
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 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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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

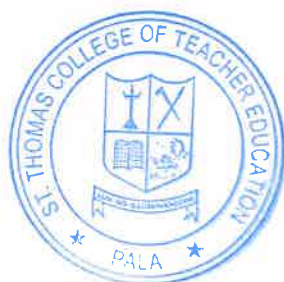
The resource person for the session was Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission. He discussed Covid and its psychological issues. He also provides mental health awareness to cope with the pandemic situation. Participants raised questions and provided comments regarding the class.





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List of students 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 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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarett Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamilly Sasi	49.	Treesa Jomy
25.	Tima Mathew		




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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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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 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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
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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18.JAGRATHA15: NATIONAL WEBINAR SERIES

Date:26-06-2021

Time: 4.00 – 5.00 p.m.

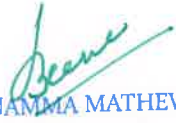
No. of participants: 99

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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List of students participated

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 Margarett Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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19.JAGRATHA 16: NATIONAL WEBINAR SERIES

Date:3/7/2021

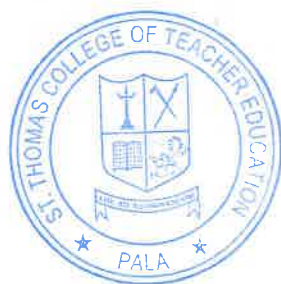
Time: 4.00 – 5.00 p.m.

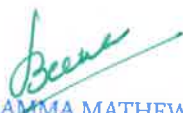
No. of participants: 90

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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PALA

List of Students who participated in the programme

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



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20.JAGRATHA 17- NATIONAL WEBINAR SERIES

Date:10/7/2021

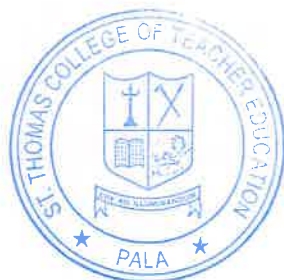
Time: 11.00 12.00 p.m.


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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List of Students who participated in the programme

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




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21.JAGRATHA 18- NATIONAL WEBINAR SERIES

Date:17/7/2021

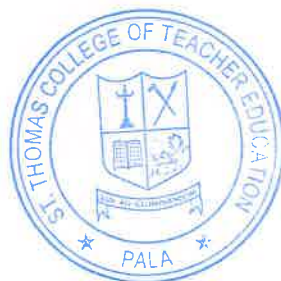
Time: 4.00 p.m. – 5.00 p.m

No. of participants: 99

Topic: some common diseasesandhome 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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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 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
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



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22.JAGRATHA 19- NATIONAL WEBINAR SERIES

Date:24/7/2021

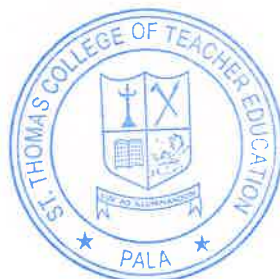
Time: 300 p.m. – 4.00 p.m


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 of keeping the youngsters from drug addiction. Participants, especially mothers expressed their concern with children regarding phone addiction.





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List of Students who participated in the programme

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




 Prof. Dr. BEENAMMA MATHEW
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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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List of Students who participated in the programme

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



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24.JAGRATHA 21- NATIONAL WEBINAR SERIES

Date:14 /08/2021

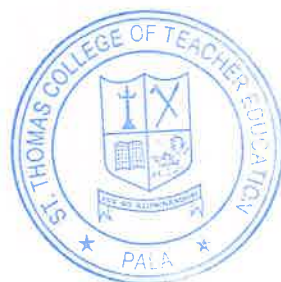
Time: 300 p.m. – 4.00 p.m


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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3.	Densy John	25.	Athira P S
4.	Harikrishnan V	26.	Bhanupriya R
5.	Irin Sera Joseph	27.	James Mathew
6.	Julian Tom Job	28.	Jyothylakshmi K.R
7.	Annumol Joji	29.	Anjaly Elizabeth Xavier
8.	Anuja Babu	30.	Anusree Biju
9.	Christy Thomas	31.	Meera Seby
10.	Nevil George	32.	Navyamol K R
11.	Riya Rose Johns	33.	Rakhi R
12.	Sneha Jayakumar	34.	Reshma C L
13.	Alphonsa Xavier	35.	Sojo John
14.	Ashmi Maria John	36.	Akhila Manmathan
15.	Divya Stani	37.	Ambily Mani
16.	Jaicy Jose	38.	Anu Tressa Jose
17.	Lakshmi S	39.	Elsamma Joseph
18.	Lis Mary Antony	40.	Ligin Pullemkunnel
19.	Mariya Mathew	41.	Liya Margarett Antony
20.	Mariya Sebastian	42.	Rose Mary Cherian
21.	Syamily Sasi	43.	Steffy Tom
22.	Tima Mathew	44.	Treesa Jomy



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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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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 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.	Akhila Manmathan
17.	Ashmi Maria John	42.	Ambily Mani
18.	Divya Stani	43.	Anu Tressa Jose
19.	Jaicy Jose	44.	Elsamma Joseph
20.	Lakshmi S	45.	Ligin Pullemkunnel
21.	Lis Mary Antony	46.	Liya Margarete Antony
22.	Mariya Mathew	47.	Rose Mary Cherian
23.	Mariya Sebastian	48.	Steffy Tom
24.	Syamili Sasi	49.	Treesa Jomy
25.	Tima Mathew		



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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

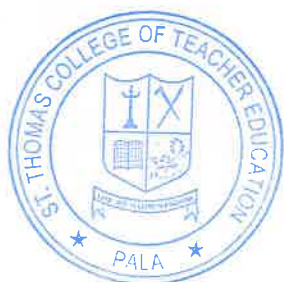
The class was handled by Mr. Shamnas K S. It was an awareness session to the parents about the Mobile Technologies. At present situation, this session was very much important for the parents who lack behind in dealing with the technology. He also discussed about Cyber crimes in the session and also the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




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1.	Anitta Jose	25.	Anita Mathew
2.	Densy John	26.	Athira P S
3.	Harikrishnan V	27.	Bhanupriya R
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5.	Julian Tom Job	29.	Jyothylakshmi K.R
6.	Raina Martin	30.	Meera V S
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9.	Annumol Joji	33.	Anjaly Elizabeth Xavier
10.	Anuja Babu	34.	Anusree Biju
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12.	Nevil George	36.	Navyamol K R
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14.	Sneha Jayakumar	38.	Reshma C L
15.	Alphonsa Xavier	39.	Sojo John
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17.	Divya Stani	41.	Ambily Mani
18.	Jaicy Jose	42.	Anu Tressa Jose
19.	Lakshmi S	43.	Elsamma Joseph
20.	Lis Mary Antony	44.	Ligin Pullemkunnel
21.	Mariya Mathew	45.	Liya Margarete Antony
22.	Mariya Sebastian	46.	Rose Mary Cherian
23.	Syamili Sasi	47.	Steffy Tom
24.	Tima Mathew	48.	Treesa Jomy



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27.JAGRATHA 24- NATIONAL WEBINAR SERIES

Date:11/09/2021

Time: 300 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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List of Students who participated in the programme

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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
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
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16.	Alphonsa Xavier	41.	Sojo John
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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 Pullemkunel
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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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.




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List of Students who participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	22.	Anita Mathew
2.	Cheslin Jose	23.	Anjumol S
3.	Densy John	24.	Athira P S
4.	Harikrishnan V	25.	Bhanupriya R
5.	Irin Sera Joseph	26.	James Mathew
6.	Julian Tom Job	27.	Jyothylakshmi K.R
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14.	Riya Rose Johns	35.	Rakhi R
15.	Jaicy Jose	36.	Anu Tressa Jose
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17.	Lis Mary Antony	38.	Ligin Pullemkunnel
18.	Mariya Mathew	39.	Liya Margarete Antony
19.	Mariya Sebastian	40.	Rose Mary Cherian
20.	Syamily Sasi	41.	Steffy Tom
21.	Tima Mathew	42.	Treesa Jomy



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29.JAGRATHA 26- NATIONAL WEBINAR SERIES

Date:25/09/2021

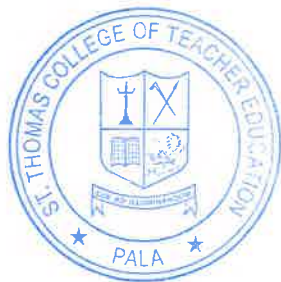
Time: 300 p.m. – 4.00 p.m


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.





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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
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
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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




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30.JAGRATHA 27- NATIONAL WEBINAR SERIES

Date: 9/10/2021

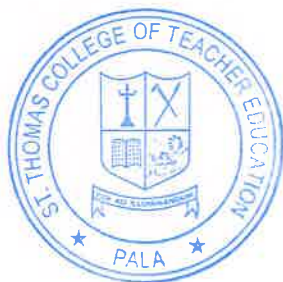
Time: 300 p.m. – 4.00 p.m

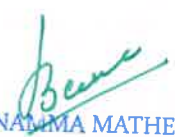
No. of participants: 80

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.




Prof. Dr. BEENAMMA MATHEW
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TEACHER EDUCATION
PALA

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3.	Densy John	25.	Athira P S
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6.	Annie Teressa Shajan	28.	Agie Mol Salas
7.	Annumol Joji	29.	Anjaly Elizabeth Xavier
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9.	Christy Thomas	31.	Meera Seby
10.	Nevil George	32.	Navyamol K R
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16.	Jaicy Jose	38.	Anu Tressa Jose
17.	Lakshmi S	39.	Elsamma Joseph
18.	Lis Mary Antony	40.	Ligin Pullemkunnel
19.	Mariya Mathew	41.	Liya Margarett Antony
20.	Mariya Sebastian	42.	Rose Mary Cherian
21.	Syamilly Sasi	43.	Steffy Tom
22.	Tima Mathew	44.	Treesa Jomy



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31.JAGRATHA 28- NATIONAL WEBINAR SERIES

Date: 16/10/2021

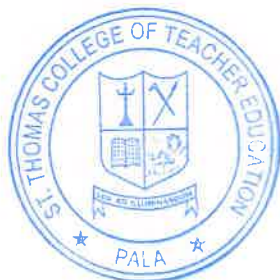
Time: 300 p.m. – 4.00 p.m


No. of participants: 90

Topic: Let's get started new ventures

Resource person: Mr. Ananthukrishnan, Consultant and trainer

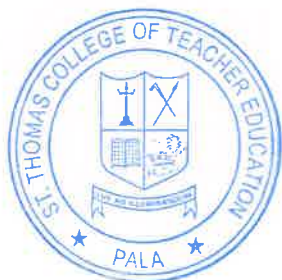
The class was handled by Mr. Ananthukrishnan, Consultant and trainer about the topic Let's get started new ventures. Resource person give a clear idea about the programs that provide services for the development of small and medium enterprises. Session went through the active participation of the participants.





Prof. Dr. BEENAMMA MATHEW
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List of Students who participated in the programme

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1.	Anitta Jose	25.	Anita Mathew
2.	Cheslin Jose	26.	Anjumol S
3.	Densy John	27.	Athira P S
4.	Harikrishnan V	28.	Bhanupriya R
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10.	Anuja Babu	34.	Anusree Biju
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21.	Mariya Mathew	45.	Liya Margarette Antony
22.	Mariya Sebastian	46.	Rose Mary Cherian
23.	Syamily Sasi	47.	Steffy Tom
24.	Tima Mathew	48.	Treesa Jomy




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32.JAGRATHA 29- NATIONAL WEBINAR SERIES

Date: 31/10/2021

Time: 300 p.m. – 4.00 p.m

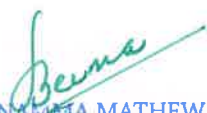
No. of participants: 83

Topic: Domestic violence – Laws and Remedies

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

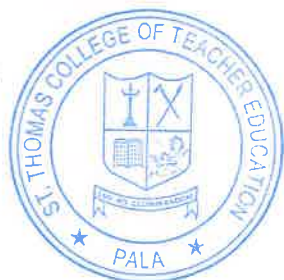
The class was handled by Adv. Shiny Gopi, Advocate, District court, Kottayam about domestic violence – Laws and Remedies. She has pointed out the various violences faced by the women in the society. She also explained the various helplines and counselling facilities available in India and also the laws 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.




Prof. Dr. BEENAMATHIA MATHEW
PRINCIPAL
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TEACHER EDUCATION
PALA

List of Students who participated in the programme

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1.	Anitta Jose	24.	Anita Mathew
2.	Cheslin Jose	25.	Anjumol S
3.	Densy John	26.	Athira P S
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6.	Julian Tom Job	29.	Jyothylakshmi K.R
7.	Raina Martin	30.	Meera V S
8.	Vinesha Vinayan	31.	Reshma Raju
9.	Annie Teressa Shajan	32.	Agie Mol Salas
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13.	Nevil George	36.	Navyamol K R
14.	Riya Rose Johns	37.	Rakhi R
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18.	Lakshmi S	41.	Elsamma Joseph
19.	Lis Mary Antony	42.	Ligin Pullemkunnel
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22.	Syamily Sasi	45.	Steffy Tom
23.	Tima Mathew	46.	Treesa Jomy



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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.




Prof. Dr. BEENAMMA MATHEW
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PALA

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 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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Syamily Sasi	47.	Steffy Tom
23.	Tima Mathew	48.	Treesa Jomy



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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.




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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
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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarete Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamaly Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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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.





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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
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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
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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36.JAGRATHA 33- NATIONAL WEBINAR SERIES

Date:27/11/2021

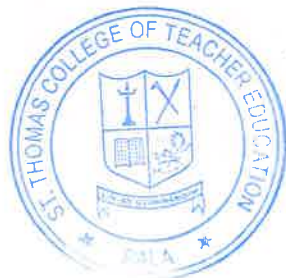
Time: 300 p.m. – 4.00 p.m

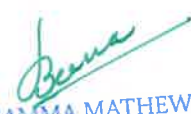
No. of participants: 90

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.




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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
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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
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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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.




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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
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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarett Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamilly Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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38.JAGRATHA 35- NATIONAL WEBINAR SERIES

Date:18/12/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 95

Topic: Domestic violence – Cybercrimes in children

Resource person: Adv. Sis. Reji Augustine

The class was handled by Adv. Sis. Reji Augustine about the topic Cybercrimes in children. The resource person explained the ways the children get affected by cyber crimes and also about the most common cybercrimes targeting children. The session was fruitful due to the relevance of the topic.




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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
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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
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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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.




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PALA

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 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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
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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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 lifestyle 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.





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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
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
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarett Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy




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41.JAGRATHA 38- NATIONAL WEBINAR SERIES

Date:19/03/2022

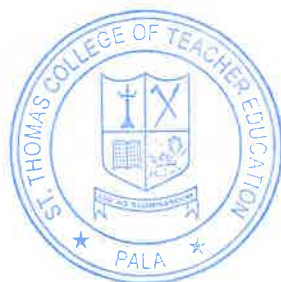
Time: 300 p.m. – 4.00 p.m


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, Viewspaper

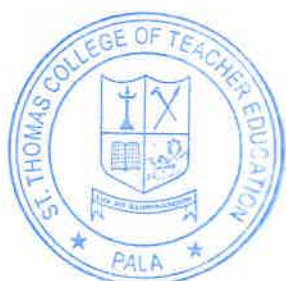
The class was handled by Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Viewspaper.in. She has community.discussed about the need of women equality in the society and also about how the gender stereotypes kills a women’s self confidence. She has stressed that the change in the attitude towards 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.





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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.	Athira P S
3.	Densy John	28.	Bhanupriya R
4.	Harikrishnan V	29.	James Mathew
5.	Irin Sera Joseph	30.	Jyothylakshmi K.R
6.	Julian Tom Job	31.	Meera V S
7.	Raina Martin	32.	Anjaly Elizabeth Xavier
8.	Vinesha Vinayan	33.	Anusree Biju
9.	Annie Teressa Shajan	34.	Meera Seby
10.	Annumol Joji	35.	Navyamol K R
11.	Anuja Babu	36.	Rakhi R
12.	Christy Thomas	37.	Reshma C L
13.	Nevil George	38.	Sojo John
14.	Riya Rose Johns	39.	Ambily Mani
15.	Sneha Jayakumar	40.	Anu Tressa Jose
16.	Alphonsa Xavier	41.	Ligin Pullemkunnel
17.	Ashmi Maria John	42.	Liya Margarete Antony
18.	Divya Stani	43.	Rose Mary Cherian
19.	Jaicy Jose	44.	Steffy Tom
20.	Lakshmi S	45.	Treesa Jomy
21.	Lis Mary Antony		
22.	Mariya Mathew		
23.	Mariya Sebastian		
24.	Syamily Sasi		
25.	Tima Mathew		




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42.JAGRATHA 39- NATIONAL WEBINAR SERIES

Date:26/03/2022

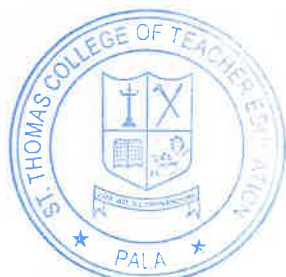
Time: 300 p.m. – 4.00 p.m


No. of participants: 70

Topic: what is paradigm shift Facilitator?

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

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.




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PALA

List of students who participated in the seminar

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	24.	Anita Mathew
2.	Harikrishnan V	25.	Bhanupriya R
3.	Irin Sera Joseph	26.	James Mathew
4.	Julian Tom Job	27.	Jyothylakshmi K.R
5.	Raina Martin	28.	Meera V S
6.	Vinesha Vinayan	29.	Reshma Raju
7.	Annie Teressa Shajan	30.	Agie Mol Salas
8.	Annumol Joji	31.	Anjaly Elizabeth Xavier
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10.	Christy Thomas	33.	Meera Seby
11.	Nevil George	34.	Navyamol K R
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16.	Divya Stani	39.	Ambily Mani
17.	Jaicy Jose	40.	Anu Tressa Jose
18.	Lakshmi S	41.	Elsamma Joseph
19.	Lis Mary Antony	42.	Ligin Pullemkunnel
20.	Mariya Mathew	43.	Liya Margarete Antony
21.	Mariya Sebastian	44.	Rose Mary Cherian
22.	Syamili Sasi	45.	Steffy Tom
23.	Tima Mathew	46.	Treesa Jomy



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43. Miss a Meal Programme- Mariasadanam

A group extension activity - Kaithangu' – Miss-A- Meal for the members of 'Mariyasadanam was conducted during the academic year 2020-22. The student of the B. Ed. 2020-22 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 family 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	377

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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.

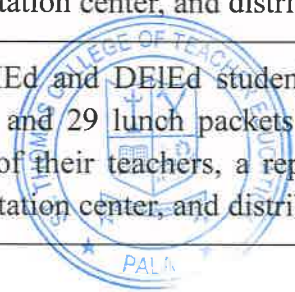
On 21/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 200/- and 44 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, 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 packets.

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.

On 13/10/2021, BEd, MEd and DEEd 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 DEEd 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.



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On 27/10/2021, BEd, MEd and DEEd 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.

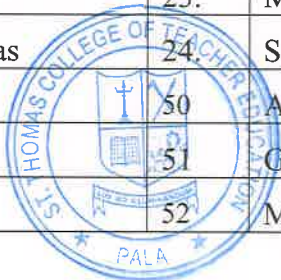
On 3/11/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 1000/- and 21 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 16/3/2022, BEd, MEd and DEEd 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 DEEd 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.

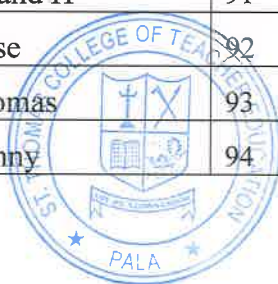
List of students participated

Sl.No.	Name	Sl.No	Name
1	Anitta Jose	13.	Nevil George
2	Cheslin Jose	14.	Riya Rose Johns
3	Densy John	15.	Sneha Jayakumar
4	Harikrishnan V	16.	Alphonsa Xavier
5	Irin Sera Joseph	17.	Ashmi Maria John
6	Julian Tom Job	18.	Divya Stani
7	Raina Martin	19.	Jaicy Jose
8	Vinesha Vinayan	20.	Lakshmi S
9	Annie Teresa Shajan	21.	Lis Mary Antony
10	Annumol Joji	22.	Mariya Mathew
11	Anuja Babu	23.	Mariya Sebastian
12	Christy Thomas	24.	Syamily Sasi
25.	Tima Mathew	50	Anu Ann James
26.	Anita Mathew	51	Gouri Gayathri G
27.	Anjumol S	52	Minu Maria Thomas



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Sl.No.	Name	Sl.No	Name
28.	Athira P S	53	Minu Mathews
29.	Bhanupriya R	54	Mithra James
30.	James Mathew	55	Pearly S Thomas
31.	Jyothylakshmi K.R	56	Sreelekshmi G.R.
32.	Meera V S	57	Suman Sunny
33.	Reshma Raju	58	Haripriya J
34.	Agie Mol Salas	59	Jilu Tresa George
35.	Anjaly Elizabeth Xavier	60	Neethu K. M
36.	Anusree Biju	61	Rani Baby
37.	Meera Seby	62	Seenu Thomas
38.	Navyamol K R	63	Shilpa Elizabeth Joychen
39.	Rakhi R	64	Vandana V V
40.	Reshma C L	65	Aleena Jose
41.	Sojo John	66	Archana Madhu
42.	Akhila Manmathan	67	Hanna Elizabeth Joy
43.	Ambily Mani	68	Irene Ann George
44.	Anu Tressa Jose	69	Josna Jose
45.	Elsamma Joseph	70	Liz Teenu Mathews
46.	Ligin Pullemkunnel	71	Ninumol Joseph
47.	Liya Margarette Antony	72	Rinku Maria Joy
48.	Rose Mary Cherian	73	Soniya Dominic
49.	Steffy Tom	74	Adithya Shaji
75	Alfred George	85	Cyriac Thomas
76	Angel Joseph	86	Dinta Baby
77	Arya Ashok	87	Jisha Shaji
78	Divyamol M S	88	Seenu Thomas
79	Elizabeth T.S	89	Aparna A
80	Irine Therasa Dius	90	Syama S
81	Krishnanand H	91	Aleena Philip
82	Sneha Jose	92	Binitha Mani
83	Anns Thomas	93	Divya Maria Paul
84	Annu Sunny	94	Emil K Sajith




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44.Rehabilitation activities at Koottickal

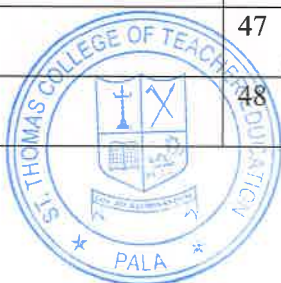
In support of people who suffered from heavy rain and landsliding, rehabilitation activities were undertaken by the staff and students of STCTE as an immediate relief measure at the disaster occurred area. The people were provided with food, clothing, temporary shelters and medical assistance. The students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




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List of students who supported financially the rehabilitation process: (Junior batch)

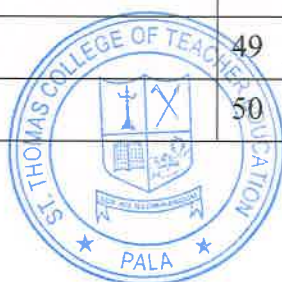
SI No.	Name of the student	SI No.	Name of the student
1	Anu Ann James	25	Adithya Shaji
2	Gouri Gayathri G	26	Alfred George
3	Minu Maria Thomas	27	Angel Joseph
4	Minu Mathews	28	Arya Ashok
5	Mithra James	29	Divyamol M S
6	Pearly S Thomas	30	Elizabeth T.S
7	Sreelekshmi G.R.	31	Irine Therasa Dius
8	Suman Sunny	32	Krishnanand H
9	Haripriya J	33	Sneha Jose
10	Jilu Tresa George	34	Anns Thomas
11	Neethu K. M	35	Annu Sunny
12	Rani Baby	36	Archana T S
13	Seenu Thomas	37	Gopika Anil
14	Shilpa Elizabeth Joychen	38	Jijo Thomas
15	Vandana V V	39	Minna Mary Tom
16	Aleena Jose	40	Sanchu Jose
17	Archana Madhu	41	Sisirkhosh Mohan
18	Hanna Elizabeth Joy	42	Aiswarya K.V
19	Irene Ann George	43	Alina Ann Roy
20	Josna Jose	44	Cyriac Thomas
21	Liz Teenu Mathews	45	Dinta Baby
22	Ninumol Joseph	46	Jisha Shaji
23	Rinku Maria Joy	47	Seenu Thomas
24	Soniya Dominic	48	Tom Joseph



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(senior batch)

Sl No.	Name of the student	Sl No.	Name of the student
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
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 Margarete Antony
23	Mariya Sebastian	48	Rose Mary Cherian
24	Syamily Sasi	49	Steffy Tom
25	Tima Mathew	50	Tressa Jomy




[Signature]
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45. SET NET COACHING

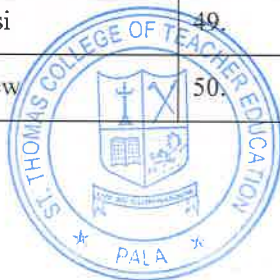
Responding to its continual commitment to the academic world, the institution conducted Coaching programmes for various competitive exams. A coaching programme for UGC NET, SET and K-TET was organized between 7th to 17th August 2021. More than a hundred students were enrolled for the programme and the list included students from both in and out of the institution.




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List of student teachers of the institution participated in the coaching 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
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 Margarett Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Tressa Tomy



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P. & D. BEENAMMA MATHEW
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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)

List of student teachers as organizers of the programme:

Sl No.	Name of the student	Sl No.	Name of the student
1	Merlin Mary Kurian	6	Shilpa Sasi
2	Saritha P.B	7	Anju Treesa saji
3	Sheethal Jose	8	Bijo Mathew
4	Sino Thomas	9	Binchumol Joseph
5	Sruthy S. Kumar	10	Deepa Jose

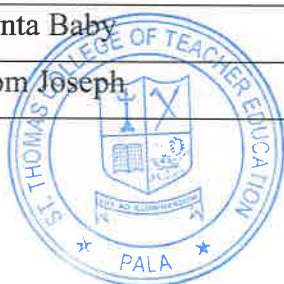


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48. BLOOD DONATION CAMP

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.

SI No	NAME	DEPARTMENT
1	Minu Mathews	English Education
2	Haripriya J	Mathematics Education
3	Archana Madhu	Physical Science Education
4	Josna Jose	Physical Science Education
5	Liz Teenu Mathews	Physical Science Education
6	Ninumol Joseph	Physical Science Education
7	Krishnanand H	Natural Science Education
8	Gopika Anil	Social Science Education
9	Jijo Thomas	Social Science Education
10	Minna Mary Tom	Social Science Education
11	Sanchu Jose	Social Science Education
12	Sisirkhosh Mohan	Social Science Education
13	Cyriac Thomas	Commerce education
14	Dinta Baby	Commerce education
15	Tom Joseph	Commerce education



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