

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

2022-2023

| Sl. No. | CLAIMS MADE BY THE INSTITUTION | No Of Students | Page No. |
|------------------|--|-----------------------|-----------------|
| 2022-2023 | | | |
| 1 | Nirakoott | 20 | 3 |
| 2 | Care and Share | 48 | 4 |
| 3 | Miss A Meal Programme (Total 13) | 104 | 6 |
| 4 | Interschool Speech Competition | 20 | 11 |
| 5 | Meenachil River Conservation Campaign | 48 | 12 |
| 6 | Othucheram | 48 | 14 |
| 7 | Blood Donation Camp | 29 | 16 |
| 8 | Anti-drug leaflet Distribution | 48 | 18 |
| 9 | Beautiful Minds 1 | 50 | 20 |
| 10 | Beautiful Minds 2 | 48 | 22 |
| 11 | Beautiful Minds 3 | 48 | 24 |
| 12 | Anti-drug Rally and Flash Mob | 48 | 26 |
| 13 | Adolescent Counselling | 48 | 28 |
| 14 | National Webinar Series: Jagratha 1 | 48 | 30 |
| 15 | TET SET NET Coaching | 48 | 32 |
| 16 | National Webinar Series: Jagratha 2 | 48 | 34 |
| 17 | UGC NET Coaching | 65 | 36 |
| 18 | Snehavedu Project 2 | 98 | 50 |
| 19 | NET/SET/K-TET Coaching | 92 | 52 |

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


The institution has shown its continuous commitments towards the community by participating and organising various programmes which are mutually beneficial. The outreach activities organised by the institution have been receiving a bunch of appreciation from both student and local community.

The outreach activities which are organised by the institution provides students with opportunity to experience the need for social commitment. On the other side it testifies the commitment of the institution not only to engage community but also to provide constructive solution to some social issues.




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




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

1. NIRAKOOTT

Continuing our commitment to community engagement and social responsibility, Nirakoot, an extension activity carried forward from the previous year, saw the active participation of our students in painting the outer walls of the Excise Range Office, Pala on 03/06/2022. This initiative aimed not only to beautify the surroundings but also to promote awareness about the Excise department's crucial role in de-addiction and substance abuse prevention. The chosen location for the extension activity was the Excise Range Office, Pala, providing students with a meaningful canvas to express their artistic talents and contribute to the community. Various images were carefully chosen to be painted on the outer walls. Notable images included a vibrant Kathakali costume, an image of Sri Buddha, and the distinctive Excise symbol. These elements were chosen for their cultural significance and relevance to the mission of the Excise department. A total of 20 students actively participated in the painting process. Their artistic contributions were not only aesthetically pleasing but also served as a visual representation of the cultural and social values associated with the chosen images. Simultaneously, while the painting was underway, the remaining students engaged in a campaign to raise awareness about the Excise department's initiatives. This campaign focused on de-addiction efforts and the prevention of substance abuse, aligning with the broader community welfare goals. The campaign for the Excise department successfully amplified awareness about their crucial role in addressing substance abuse issues, fostering a sense of community responsibility.

List of Students participated in the programme

| Sl. No. | Name | Sl. No. | Name |
|---------|------------------|---------|-------------------------|
| 1. | Densy John | 11. | Bhanupriya R |
| 2. | Raina Martin | 12. | James Mathew |
| 3. | Annumol Joji | 13. | Jyothylakshmi K.R |
| 4. | Nevil George | 14. | Meera V S |
| 5. | Riya Rose Johns | 15. | Reshma Raju |
| 6. | Sneha Jayakumar | 16. | Anjaly Elizabeth Xavier |
| 7. | Ashmi Maria John | 17. | Anusree Biju |
| 8. | Jaicy Jose | 18. | Sojo John |
| 9. | Lakshmi S | 19. | Akhila Manmathan |
| 10. | Lis Mary Antony | 20. | Ambily Mani |



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

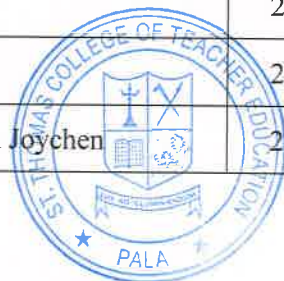
2. CARE AND SHARE

The College has a charitable project named 'care and share'. The purpose of this project is to lend a helping hand to those suffering from cancer. In the academic year 2022-2023 an amount of 5100 was given to Neethu P.S.on 20th June 2022, whose mother is suffering from breast cancer.

With the hope of nurturing the young teacher trainees with lessons of empathy and care, an 'honesty shop' functions in the college during the Christmas week. The main idea behind this is that the students are provided with free access to the items in the shop and they can leave behind the money of the item in a box. Nobody is there to monitor the engagements. But the teacher trainees with their sincere generosity lives the programme in the at most suitable way. The fund thus collected is used as as source of income for 'CARE and SHARE'

List of students participated:

| Sl.No. | Name | Sl. No | Name |
|--------|--------------------------|--------|--------------------|
| 1 | Anu Ann James | 15 | Alfred George |
| 2 | Gouri Gayathri G | 16 | Angel Joseph |
| 3 | Minu Maria Thomas | 17 | Arya Ashok |
| 4 | Minu Mathews | 18 | Divyamol M S |
| 5 | Mithra James | 19 | Elizabeth T.S |
| 6 | Pearly S Thomas | 20 | Irine Therasa Dius |
| 7 | Sreelekshmi G.R. | 21 | Krishnanand H |
| 8 | Suman Sunny | 22 | Sneha Jose |
| 9 | Haripriya J | 23 | Anns Thomas |
| 10 | Jilu Tresa George | 24 | Annu Sunny |
| 11 | Neethu K. M | 25 | Archana T S |
| 12 | Rani Baby | 26 | Gopika Anil |
| 13 | Seenu Thomas | 27 | Jijo Thomas |
| 14 | Shilpa Elizabeth Joychen | 28 | Minna Mary Tom |



BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

| Sl.No. | Name | Sl. No | Name |
|--------|---------------------|--------|------------------|
| 29 | Vandana V V | 40 | Sanchu Jose |
| 30 | Aleena Jose | 41 | Sisirkhosh Mohan |
| 31 | Archana Madhu | 42 | Aiswarya K. V. |
| 32 | Hanna Elizabeth Joy | 43 | Alina Ann Roy |
| 33 | Irene Ann George | 44 | Cyriac Thomas |
| 34 | Josna Jose | 45 | Dinta Baby |
| 35 | Liz Teenu Mathews | 46 | Jisha Shaji |
| 36 | Ninumol Joseph | 47 | Seenu Thomas |
| 37 | Rinku Maria Joy | 48 | Tom Joseph |
| 38 | Soniya Dominic | | |
| 39 | Adithya Shaji | | |



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

3. MISS A MEAL PROGRAMME: MARIASADANAM

The extension activity, Miss-A- Meal for the members of Mariyasadanam. The objective of this programme was to provide meal once in a week for the inhabitants of Mariyasadanam. The students who were not able to bring a meal contributes an amount from their saving. All students (B.Ed., M.Ed., D.El.Ed. & Ph.D) and Staff of the College actively participated in this programme and it was done under the initiative of SHE-KI-NAH club.

During the month of July and August 2022, the senior students has Visited Mariasadanam

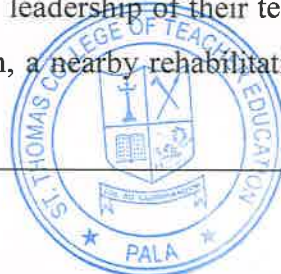
On 12/07/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 22185/- and 20 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 13/07/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 8245/- and 22 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 20/07/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 5520/- and 23 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 6/8/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 1560/- 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 31/08/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 4730/- 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.



[Signature]
Dr. S. D. JENNISILAMATHW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

The list of students participated

| Sl.No. | Name | Sl.No | Name |
|--------|--------------------------|-------|--------------------|
| 1 | Anu Ann James | 16 | Alfred George |
| 2 | Gouri Gayathri G | 17 | Angel Joseph |
| 3 | Minu Maria Thomas | 18 | Arya Ashok |
| 4 | Minu Mathews | 19 | Divyamol M S |
| 5 | Mithra James | 20 | Elizabeth T.S |
| 6 | Pearly S Thomas | 21 | Irine Therasa Dius |
| 7 | Sreelekshmi G.R. | 22 | Krishnanand H |
| 8 | Suman Sunny | 23 | Sneha Jose |
| 9 | Haripriya J | 24 | Anns Thomas |
| 10 | Jilu Tresa George | 25 | Annu Sunny |
| 11 | Neethu K. M | 26 | Archana T S |
| 12 | Rani Baby | 27 | Gopika Anil |
| 13 | Seenu Thomas | 28 | Jijo Thomas |
| 14 | Shilpa Elizabeth Joychen | 29 | Minna Mary Tom |
| 15 | Vandana V V | 30 | Sanchu Jose |
| 31 | Aleena Jose | 42 | Sisirkhosh Mohan |
| 32 | Archana Madhu | 43 | Aiswarya K.V |
| 33 | Hanna Elizabeth Joy | 44 | Alina Ann Roy |
| 34 | Irene Ann George | 45 | Cyriac Thomas |
| 35 | Josna Jose | 46 | Dinta Baby |
| 36 | Liz Teenu Mathews | 47 | Jisha Shaji |
| 37 | Ninumol Joseph | 48 | Seenu Thomas |
| 38 | Rinku Maria Joy | 49 | Tom Joseph |
| 39 | Soniya Dominic | 50 | Sijo Jose K |
| 40 | Adithya Shaji | 51 | Anita Jaimes |
| 41 | Neethu Tomu | 52 | Divya Mohanan |



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

From September 2022 onwards the junior students have participated in the miss a meal programme.

On 20/10/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 4950/- 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.

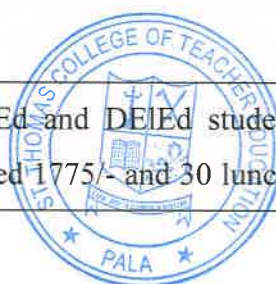
On 27/10/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 12531/- and 24 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 9/12/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 7300/- 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 06/01/2023, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 1020/- and 25 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 22/2/2023, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 4930/- and 29 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 15/3/2023, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 1775/- and 30 lunch packets as a part of extension




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

service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 22/03/2023, BEd, MEd and DEEd students of St. Thomas College of Teacher Education , Pala collected 440/- and 24 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 31/03/2023, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 2510/- and 25 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.




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

List of students:

| SI No. | Name of the student | SI No. | Name of the student |
|--------|-----------------------|--------|--------------------------|
| 1 | Amrutha P Anil | 28 | Ajmeya Suliman |
| 2 | Ancymol Joy | 29 | Albi Mohan V |
| 3 | Emma Maria Joseph | 30 | Anand K S |
| 4 | Nayana Babu | 31 | Anita Thomas |
| 5 | Reshmi K R | 32 | Athira Mohan |
| 6 | Sivani Sai A S | 33 | Divya Thankachan |
| 7 | Sneha Jose | 34 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 35 | Nithin C T |
| 9 | Alan Maria Benny | 36 | Adhila |
| 10 | Alphonsa Mathew | 37 | Annu Abraham |
| 11 | Arsha M S | 38 | Annu Paulin Joseph |
| 12 | Catherine Jose | 39 | Ginse Jose |
| 13 | Linta Eldos | 40 | Lijo Jose |
| 14 | Linta Joseph | 41 | Liya Mathew |
| 15 | Riya Tresa Royce | 42 | Nibin Babu |
| 16 | Sandeep Kumar V | 43 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 44 | Vinduja V |
| 18 | Anse Maria Tomy | 45 | Ajina Joseph |
| 19 | Denna Jose | 46 | Amalu K Alias |
| 20 | Fathima Salim | 47 | Devika R |
| 21 | Jeffin Jose James | 48 | Sreeshma Das K |
| 22 | Sethulakshmi T K | 49 | Meera S |
| 23 | Sona Alex | 50 | July Mol Joseph |
| 24 | Tessy Kurian | 51 | Asha Mathew |
| 25 | Elizebeth Cyriac | 52 | Shalu Shajan |
| 26 | Meriya Veronica Sam | 53 | Varghese Antony Pulikkan |
| 27 | Merrin Ann Philip | 54 | Alan John Sunny |



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

4. INTERSCHOOL SPEECH COMPETITION

In a collaborative effort aimed at nurturing young talents, our institution organized an Interschool Speech Competition for Lower Primary (LP) and Upper Primary (UP) school students on February 4, 2023. Our entire student was acted in conducting the programme.

The event, organized in collaboration with our esteemed alumni, sought to provide a platform for young speakers to showcase their oratory skills and creative expressions. The competition commenced with a grand inauguration led by Mr. Binu K Jose, the State Youth Festival's I Prize Winner. The collaboration with our accomplished alumni played a pivotal role in the success of the competition. To recognize and encourage excellence, cash awards were presented to the I, II, and III prize winners of the competition. The financial incentives aimed to motivate participants and reinforce the value of effective communication and public speaking skills.

List of student teachers as organizers of the programme

| Sl No. | Name of the teacher trainee | Sl No. | Name of the teacher trainee |
|--------|-----------------------------|--------|-----------------------------|
| 1 | Ancymol Joy | 11 | Athira Mohan |
| 2 | Emma Maria Joseph | 12 | Divya Thankachan |
| 3 | Nayana Babu | 13 | Lidwin Maria George |
| 4 | Reshmi K R | 14 | Nithin C T |
| 5 | Sivani Sai A S | 15 | Adhila |
| 6 | Sneha Jose | 16 | Annu Abraham |
| 7 | Sradha Meria Babu | 17 | Annu Paulin Joseph |
| 8 | Alan Maria Benny | 18 | Ginse Jose |
| 9 | Alphonsa Mathew | 19 | Lijo Jose |
| 10 | Arsha M S | 20 | Liya Mathew |




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

5. MEENACHIL RIVER CONSERVATION CAMPAIGN

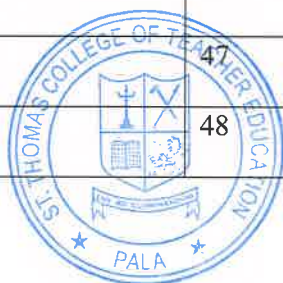
In commemoration of World Water Day, observed globally on March 25, 2023, our institution orchestrated a multifaceted initiative aimed at raising awareness and advocating for the conservation of the Meenachil River Pala. Recognizing the regional importance of the Meenachil River, a parallel conservation campaign was launched to coincide with World Water Day. The campaign aimed to channel efforts towards the preservation and restoration of the Meenachil River ecosystem. The campaign was inaugurated by Ms. Josin Bino, Municipal Chairperson. Ward members, students, and community members actively participated in clean-up drives along the Meenachil River. The collective efforts focused on removing pollutants, debris, and waste to enhance the river's water quality and aesthetic appeal. The combined observance of World Water Day and the Meenachil River conservation campaign received enthusiastic participation and support from the local community. Participants gained practical insights into the environmental challenges faced by the Meenachil River and the tangible actions they could take to contribute to its conservation.




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

List of students participated:

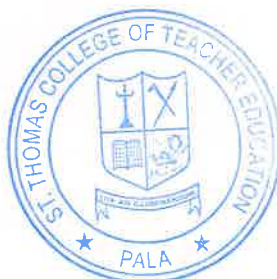
| SI No. | Name of the student | SI No. | Name of the student |
|--------|-----------------------|--------|---------------------|
| 1 | Amrutha P Anil | 25 | Ajmeya Suliman |
| 2 | Ancymol Joy | 26 | Albi Mohan V |
| 3 | Emma Maria Joseph | 27 | Anand K S |
| 4 | Nayana Babu | 28 | Anita Thomas |
| 5 | Reshmi K R | 29 | Athira Mohan |
| 6 | Sivani Sai A S | 30 | Divya Thankachan |
| 7 | Sneha Jose | 31 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 32 | Nithin C T |
| 9 | Alan Maria Benny | 33 | Adhila |
| 10 | Alphonsa Mathew | 34 | Annu Abraham |
| 11 | Arsha M S | 35 | Annu Paulin Joseph |
| 12 | Catherine Jose | 36 | Ginse Jose |
| 13 | Linta Eldos | 37 | Lijo Jose |
| 14 | Linta Joseph | 38 | Liya Mathew |
| 15 | Riya Tresa Royce | 39 | Nibin Babu |
| 16 | Sandeep Kumar V | 40 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 41 | Vinduja V |
| 18 | Anse Maria Tomy | 42 | Ajina Joseph |
| 19 | Denna Jose | 43 | Amalu K Alias |
| 20 | Fathima Salim | 44 | Devika R |
| 21 | Jeffin Jose James | 45 | Elizebeth Cyriac |
| 22 | Sethulakshmi T K | 46 | Meriya Veronica Sam |
| 23 | Sona Alex | 47 | Merrin Ann Philip |
| 24 | Tessy Kurian | 48 | Sreeshma Das K |




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

6. OTHUCHERAM

In commemoration of Human Rights Day and in concordance with the second phase of the State Government's anti-drug campaign, students organized a significant gathering titled 'Othucheram' near Marian Medical Centre, Pala, on December 10, 2022. The event aimed to synergize the importance of human rights advocacy with the ongoing efforts against drug abuse. The event unfolded against the backdrop of Human Rights Day, signifying the students' commitment to promoting and safeguarding fundamental human rights. 'Othucheram' was strategically timed to coincide with the second phase of the State Government's anti-drug campaign. The event served as a platform for dialogue and collaboration, encouraging individuals to reflect on their roles in championing both human rights and the anti-drug cause. Mr. Nibin Babu, the esteemed College Chairman, delivered a touching message on Human Rights Day, emphasizing the importance of upholding the rights and dignity of every individual. Amrutha P. Anil took the stage to address the critical issue of drug abuse.

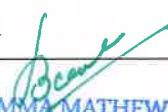



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

List of students participated in the programme

| SI No. | Name of the student | SI No. | Name of the student |
|--------|-----------------------|--------|---------------------|
| 1 | Amrutha P Anil | 25 | Ajmeya Suliman |
| 2 | Ancymol Joy | 26 | Albi Mohan V |
| 3 | Emma Maria Joseph | 27 | Anand K S |
| 4 | Nayana Babu | 28 | Anita Thomas |
| 5 | Reshmi K R | 29 | Athira Mohan |
| 6 | Sivani Sai A S | 30 | Divya Thankachan |
| 7 | Sneha Jose | 31 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 32 | Nithin C T |
| 9 | Alan Maria Benny | 33 | Adhila |
| 10 | Alphonsa Mathew | 34 | Annu Abraham |
| 11 | Arsha M S | 35 | Annu Paulin Joseph |
| 12 | Catherine Jose | 36 | Ginse Jose |
| 13 | Linta Eldos | 37 | Lijo Jose |
| 14 | Linta Joseph | 38 | Liya Mathew |
| 15 | Riya Tresa Royce | 39 | Nibin Babu |
| 16 | Sandeep Kumar V | 40 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 41 | Vinduja V |
| 18 | Anse Maria Tomy | 42 | Ajina Joseph |
| 19 | Denna Jose | 43 | Amalu K Alias |
| 20 | Fathima Salim | 44 | Devika R |
| 21 | Jeffin Jose James | 45 | Elizebeth Cyriac |
| 22 | Sethulakshmi T K | 46 | Meriya Veronica Sam |
| 23 | Sona Alex | 47 | Merrin Ann Philip |
| 24 | Tessy Kurian | 48 | Sreeshma Das K |





 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

7. 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 September 29, 2022. 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 29 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.




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

MEGA BLOOD DONATION CAMPAIGN

Organised by Red Ribbon Club, Health Club, Pala Blood Forum, Marygiri

Hospital Bharanganam,

29 September 2022

Blood Donors List

| SL NO | NAME | DEPARTMENT |
|-------|---------------------|----------------------------|
| 1. | Sr. Ancymol Joy | English Education |
| 2. | Nayana Babu | English Education |
| 3. | Sivani Sai | English Education |
| 4. | Emma Maria | English Education |
| 5. | Amrutha Sunil | English Education |
| 6. | Sr Linta Joseph | Mathematics Education |
| 7. | Linta Eldos | Natural Science Education |
| 8. | Alphonsa Mathew | Natural Science Education |
| 9. | Sandeep Kumar V | Natural Science Education |
| 10. | Alan Maria Benny | Natural Science Education |
| 11. | Catherine Jose | Natural Science Education |
| 12. | Riya Tresa Royce | Natural Science Education |
| 13. | Jeffin Jose James | Physical Science Education |
| 14. | Fathima Salim | Physical Science Education |
| 15. | Denna Jose | Physical Science Education |
| 16. | Sr. Tessa Kurian | Physical Science Education |
| 17. | Anand K S | Natural Science Education |
| 18. | Athira Mohan | Natural Science Education |
| 19. | Anita Thomas | Natural Science Education |
| 20. | Alby Mohan | Natural Science Education |
| 21. | Sr. Lidwin George | Natural Science Education |
| 22. | Nibin Babu | Social Science Education |
| 23. | Lijo Jose | Social Science Education |
| 24. | Annu Abraham | Social Science Education |
| 25. | Annu Paulin | Social Science Education |
| 26. | Elizabeth Cyriac | Commerce education |
| 27. | Meriya Veronica Sam | Commerce education |
| 28. | Devika R | Commerce education |
| 29. | Sreeshma Das | Commerce education |




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

8. ANTI-DRUG LEAFLET DISTRIBUTION

To promote the message of a 'DRUG FREE KERALA' our students undertook a multifaceted approach on December 22, 2022. The objective was not only to raise awareness about the perils of drug abuse but also to engage with the local community and gather practical opinions on eradicating this societal challenge. Our students took to the streets near the college, distributing 'DRUG FREE KERALA' stickers. Students embarked on a purposeful journey to 10 nearby houses in their village and visited 6 institutions within the vicinity. In each household and institution visited, our students engaged in discussions with residents and members to understand their perspectives on practical measures to eradicate drug abuse in Kerala. The conversations were structured to encourage a free exchange of ideas and opinions. Subsequently, the students meticulously compiled a comprehensive report on their findings. The report serves as a valuable document, reflecting the community's insights, concerns, and practical suggestions on combating drug abuse. The community members responded positively to the students' efforts, expressing their appreciation for the proactive stance in addressing the issue. The discussions facilitated by our students provided a platform for residents and institutional members to voice their concerns and contribute constructive ideas to the ongoing fight against drug abuse.




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

List of Students Participated

| Sl No. | Name of the student | Sl No. | Name of the student |
|--------|-----------------------|--------|---------------------|
| 1 | Amrutha P Anil | 25 | Ajmeya Suliman |
| 2 | Ancymol Joy | 26 | Albi Mohan V |
| 3 | Emma Maria Joseph | 27 | Anand K S |
| 4 | Nayana Babu | 28 | Anita Thomas |
| 5 | Reshmi K R | 29 | Athira Mohan |
| 6 | Sivani Sai A S | 30 | Divya Thankachan |
| 7 | Sneha Jose | 31 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 32 | Nithin C T |
| 9 | Alan Maria Benny | 33 | Adhila |
| 10 | Alphonsa Mathew | 34 | Annu Abraham |
| 11 | Arsha M S | 35 | Annu Paulin Joseph |
| 12 | Catherine Jose | 36 | Ginse Jose |
| 13 | Linta Eldos | 37 | Lijo Jose |
| 14 | Linta Joseph | 38 | Liya Mathew |
| 15 | Riya Tresa Royce | 39 | Nibin Babu |
| 16 | Sandeep Kumar V | 40 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 41 | Vinduja V |
| 18 | Anse Maria Tomy | 42 | Ajina Joseph |
| 19 | Denna Jose | 43 | Amalu K Alias |
| 20 | Fathima Salim | 44 | Devika R |
| 21 | Jeffin Jose James | 45 | Elizebeth Cyriac |
| 22 | Sethulakshmi T K | 46 | Meriya Veronica Sam |
| 23 | Sona Alex | 47 | Merrin Ann Philip |
| 24 | Tessy Kurian | 48 | Sreeshma Das K |




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL

ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

9. BEAUTIFUL MINDS I

St. Thomas College of Teacher Education, Pala, in collaboration with the Civil Service Institute of Pala, successfully orchestrated the 'Beautiful Minds' program. This year-long initiative was tailored for exceptionally bright and talented students within the schools of the Pala Corporate Educational Agency. Out of 600 seventh-class USS scholarship winners, approximately 350 students were meticulously selected through a rigorous entrance test held on July 08, 2022, with our college serving as one of the examination centers. The program, themed 'Motivation and Mentoring: Exploring Special Talents and Capabilities,' aimed to create a nurturing platform for harnessing the unique potential of the selected students. **Our students helped in Exploring the Special Talents and Capabilities of the students of the program.**




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

List of students

| Sl No. | Name of the student | Sl No. | Name of the student |
|--------|--------------------------|--------|---------------------|
| 1 | Anu Ann James | 26 | Adithya Shaji |
| 2 | Gouri Gayathri G | 27 | Alfred George |
| 3 | Minu Maria Thomas | 28 | Angel Joseph |
| 4 | Minu Mathews | 29 | Arya Ashok |
| 5 | Mithra James | 30 | Divyamol M S |
| 6 | Pearly S Thomas | 31 | Elizabeth T.S |
| 7 | Sreelekshmi G.R. | 32 | Irine Therasa Dius |
| 8 | Suman Sunny | 33 | Krishnanand H |
| 9 | Haripriya J | 34 | Sneha Jose |
| 10 | Jilu Tresa George | 35 | Anns Thomas |
| 11 | Neethu K. M | 36 | Annu Sunny |
| 12 | Rani Baby | 37 | Archana T S |
| 13 | Seenu Thomas | 38 | Gopika Anil |
| 14 | Shilpa Elizabeth Joychen | 39 | Jijo Thomas |
| 15 | Vandana V V | 40 | Minna Mary Tom |
| 16 | Aleena Jose | 41 | Sanchu Jose |
| 17 | Archana Madhu | 42 | Sisirkhosh Mohan |
| 18 | Hanna Elizabeth Joy | 43 | Sulumol Sunny |
| 19 | Irene Ann George | 44 | Aiswarya K.V |
| 20 | Josna Jose | 45 | Alina Ann Roy |
| 21 | Liz Teenu Mathews | 46 | Athira K P |
| 22 | Ninumol Joseph | 47 | Cyriac Thomas |
| 23 | Rinku Maria Joy | 48 | Dinta Baby |
| 24 | Soniya Dominic | 49 | Jisha Shaji |
| 25 | Seenu Thomas | 50 | Tom Joseph |




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

10. BEAUTIFUL MINDS II

St. Thomas College of Teacher Education, Pala, in collaboration with the Civil Service Institute of Pala, successfully orchestrated the 'Beautiful Minds' program. The inaugural function, graced by esteemed dignitaries, featured College Principal Dr. Sr. Beenamma Mathew, Dr. T.C. Thankachan (Vice-Principal), Dr. Alex George (Program Coordinator), Dr. V. V. Georgekutty (Principal of Civil Service Institute of Pala), and Dr. Baby Thomas (Vice-Principal of Civil Service Institute of Pala). Commencing on **August 12, 2022**, the program unfolded with its inaugural class. **A noteworthy feature of this initiative was the active involvement of 48 teacher trainees from our institution who played a pivotal role in mentoring and motivating the participating students.** Their dedicated efforts significantly contributed to the success of the 'Beautiful Minds' program, fostering an enriching learning environment for all involved.




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

List of students participated

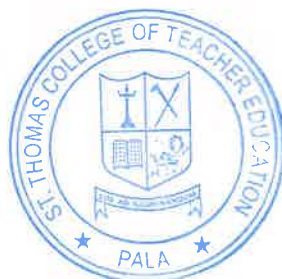
| SI No. | Name of the student | SI No. | Name of the student |
|--------|--------------------------|--------|---------------------|
| 1 | Anu Ann James | 25 | Seenu Thomas |
| 2 | Gouri Gayathri G | 26 | Adithya Shaji |
| 3 | Minu Maria Thomas | 27 | Alfred George |
| 4 | Minu Mathews | 28 | Angel Joseph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



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

11.BEAUTIFUL MINDS III

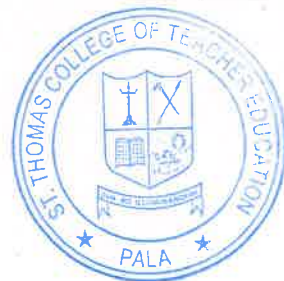
St. Thomas College of Teacher Education, Pala, in collaboration with the Civil Service Institute of Pala, successfully orchestrated the 'Beautiful Minds' program. This year-long initiative was tailored for exceptionally bright and talented students within the schools of the Pala Corporate Educational Agency. On December 10, 2022, Dr. T.C. Thankachan (Vice-Principal) and Dr. Alex George (Program Coordinator) served as resource persons. **A noteworthy feature of this initiative was the active involvement of 48 teacher trainees from our institution who played a pivotal role in mentoring and motivating the participating students.** Their dedicated efforts significantly contributed to the success of the 'Beautiful Minds' program, fostering an enriching learning environment for all involved.




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

List of students participated in the programme:

| Sl No. | Name of the student | Sl No. | Name of the student |
|--------|-----------------------|--------|---------------------|
| 1 | Amrutha P Anil | 25 | Ajmeya Suliman |
| 2 | Ancymol Joy | 26 | Albi Mohan V |
| 3 | Emma Maria Joseph | 27 | Anand K S |
| 4 | Nayana Babu | 28 | Anita Thomas |
| 5 | Reshmi K R | 29 | Athira Mohan |
| 6 | Sivani Sai A S | 30 | Divya Thankachan |
| 7 | Sneha Jose | 31 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 32 | Nithin C T |
| 9 | Alan Maria Benny | 33 | Adhila |
| 10 | Alphonsa Mathew | 34 | Annu Abraham |
| 11 | Arsha M S | 35 | Annu Paulin Joseph |
| 12 | Catherine Jose | 36 | Ginse Jose |
| 13 | Linta Eldos | 37 | Lijo Jose |
| 14 | Linta Joseph | 38 | Liya Mathew |
| 15 | Riya Tresa Royce | 39 | Nibin Babu |
| 16 | Sandeep Kumar V | 40 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 41 | Vinduja V |
| 18 | Anse Maria Tomy | 42 | Ajina Joseph |
| 19 | Denna Jose | 43 | Amalu K Alias |
| 20 | Fathima Salim | 44 | Devika R |
| 21 | Jeffin Jose James | 45 | Elizebeth Cyriac |
| 22 | Sethulakshmi T K | 46 | Meriya Veronica Sam |
| 23 | Sona Alex | 47 | Merrin Ann Philip |
| 24 | Tessy Kurian | 48 | Sreeshma Das K |



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

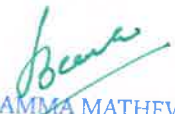
12.ANTIDRUG RALLY AND FLASH MOB

Under the auspices of the Vimukthi Club, our college orchestrated a collaborative antidrug rally in partnership with our model school, St. Thomas HSS Pala, and the neighboring institution, Alphonsa College Pala. The event, which took place on October 6, 2022, featured an impactful flash mob performance by our students, aiming to raise awareness about the hazards of drug abuse within the community.

Participants, comprising students, faculty, and staff from all collaborating institutions, joined forces in a collective march against drug abuse. The rally, adorned with banners, placards, and anti-drug messages, traversed key locations in the community, symbolizing a united stand against substance abuse. A vibrant flash mob performance by our students served as the highlight of the event. The choreographed dance routine not only entertained the audience but also effectively conveyed the antidrug message in a creative and engaging manner. The flash mob added an element of dynamism to the campaign, capturing the attention of onlookers.

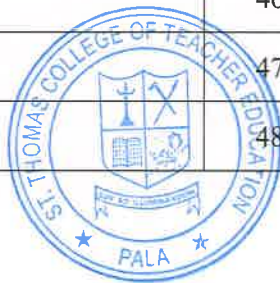
The event received extensive coverage from local media outlets, amplifying the antidrug message and reinforcing the collaborative efforts of the participating institutions. The media coverage not only documented the event but also contributed to extending its impact to a wider audience.




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

List of atudents involved in the programme:

| SI No. | Name of the student | SI No. | Name of the student |
|--------|-----------------------|--------|---------------------|
| 1 | Amrutha P Anil | 25 | Ajmeya Suliman |
| 2 | Ancymol Joy | 26 | Albi Mohan V |
| 3 | Emma Maria Joseph | 27 | Anand K S |
| 4 | Nayana Babu | 28 | Anita Thomas |
| 5 | Reshmi K R | 29 | Athira Mohan |
| 6 | Sivani Sai A S | 30 | Divya Thankachan |
| 7 | Sneha Jose | 31 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 32 | Nithin C T |
| 9 | Alan Maria Benny | 33 | Adhila |
| 10 | Alphonsa Mathew | 34 | Annu Abraham |
| 11 | Arsha M S | 35 | Annu Paulin Joseph |
| 12 | Catherine Jose | 36 | Ginse Jose |
| 13 | Linta Eldos | 37 | Lijo Jose |
| 14 | Linta Joseph | 38 | Liya Mathew |
| 15 | Riya Tresa Royce | 39 | Nibin Babu |
| 16 | Sandeep Kumar V | 40 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 41 | Vinduja V |
| 18 | Anse Maria Tomy | 42 | Ajina Joseph |
| 19 | Denna Jose | 43 | Amalu K Alias |
| 20 | Fathima Salim | 44 | Devika R |
| 21 | Jeffin Jose James | 45 | Elizebeth Cyriac |
| 22 | Sethulakshmi T K | 46 | Meriya Veronica Sam |
| 23 | Sona Alex | 47 | Merrin Ann Philip |
| 24 | Tessy Kurian | 48 | Sreeshma Das K |




PROF. DR. BEENIMOLLA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

13.ADOLESCENT COUNSELING

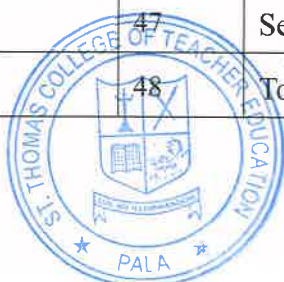
As part of the Adolescent Counseling training, on June 30, 2022, the students of the B.Ed batch (2021-2023) gave a counseling session for a selected group of students who belong to grades 6-7. This selected group was undergoing a training program, and the session was facilitated by Dr. T.C. Thankachan (Vice-Principal) and Dr. Alex George (Program Coordinator), who served as resource persons. Notably, **48 teacher trainees from our institution actively participated**, playing a pivotal role in mentoring and motivating the students. During the session, students openly shared their problems, strengths, weaknesses, and challenges. The unique aspect of this initiative was the engagement of teacher trainees, who provided valuable insights and suggestions to address the issues faced by the participating students. The counseling session proved to be an effective platform to motivate the students and offer practical solutions to their challenges.




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

List of students participated in the programme:

| 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 |




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

14.NATIONAL WEBINAR SERIES: JAGRATHA DAY 1

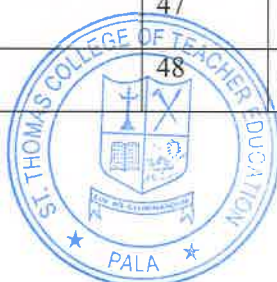
In collaboration with Archana Women's Centre, Ettumannor, our college organized a National Webinar series, Jagratha 2021, aimed at the empowerment of rural women. Building on the success of Jagratha 2021, we continued the initiative in the academic year 2022-23. The decision to continue the webinar series in the following academic year underscores our dedication to building on the previous success. On 06/05/2023 Mrs. Geetha John took classes. The collaborative effort sought to provide essential emotional support to students while fostering a sense of community awareness and involvement. This collaborative effort exemplifies our commitment to community engagement, demonstrating how educational institutions can play a proactive role in addressing broader societal issues. It is anticipated that these initiatives will significantly contribute to the empowerment and development of rural women.




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

list of teacher trainees participated in the programme:

| SI No. | Name of the student | SI No. | Name of the student |
|--------|-----------------------|--------|---------------------|
| 1 | Amrutha P Anil | 25 | Ajmeya Suliman |
| 2 | Ancymol Joy | 26 | Albi Mohan V |
| 3 | Emma Maria Joseph | 27 | Anand K S |
| 4 | Nayana Babu | 28 | Anita Thomas |
| 5 | Reshmi K R | 29 | Athira Mohan |
| 6 | Sivani Sai A S | 30 | Divya Thankachan |
| 7 | Sneha Jose | 31 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 32 | Nithin C T |
| 9 | Alan Maria Benny | 33 | Adhila |
| 10 | Alphonsa Mathew | 34 | Annu Abraham |
| 11 | Arsha M S | 35 | Annu Paulin Joseph |
| 12 | Catherine Jose | 36 | Ginse Jose |
| 13 | Linta Eldos | 37 | Lijo Jose |
| 14 | Linta Joseph | 38 | Liya Mathew |
| 15 | Riya Tresa Royce | 39 | Nibin Babu |
| 16 | Sandeep Kumar V | 40 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 41 | Vinduja V |
| 18 | Anse Maria Tomy | 42 | Ajina Joseph |
| 19 | Denna Jose | 43 | Amalu K Alias |
| 20 | Fathima Salim | 44 | Devika R |
| 21 | Jeffin Jose James | 45 | Elizebeth Cyriac |
| 22 | Sethulakshmi T K | 46 | Meriya Veronica Sam |
| 23 | Sona Alex | 47 | Merrin Ann Philip |
| 24 | Tessy Kurian | 48 | Sreeshma Das K |



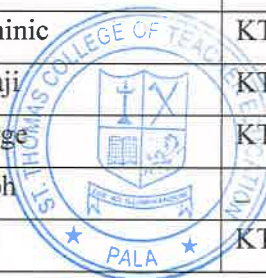
KEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA


15. TET SET NET COACHING

The institution, with the help of Alumni association, an online coaching programme for SET and K-TET was conducted for B.Ed. students and M.Ed. Students from different parts of India. The teacher in charge of the programme is Dr. Alex George.

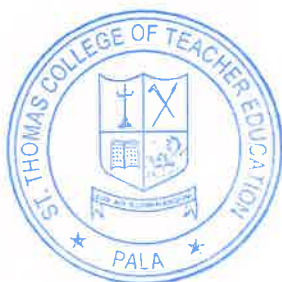
2021- 2023 B.Ed. Batch – List of Students who have Qualified Various Eligibility Tests

| Serial No. | Name | Exams qualified |
|------------|--------------------------|-------------------------------|
| 1. | Anu Ann James | KTET cat.2 & KTET cat.3, CTET |
| 2. | Gouri Gayathri G | KTET 2, KTET3, CTET, SET |
| 3. | Minu Maria Thomas | KTET 2 |
| 4. | Minu Mathews | KTET2, KTET 3, CTET |
| 5. | Mithra James | KTET 2, KTET3, CTET, SET |
| 6. | Pearly S Thomas | KTET2, KTET3, CTET, SET, NET |
| 7. | Sreelekshmi G. R | KTET2, KTET3, CTET, SET, NET |
| 8. | Suman Sunny | KTET2, KTET3, CTET, SET, NET |
| 9. | Haripriya J | KTET 3 |
| 10. | Jilu Tresa George | KTET2, KTET3, SET |
| 11. | Neethu K. M | KTET 3 |
| 12. | Rani Baby | KTET2, KTET3, SET |
| 13. | Seenu Thomas | KTET2, KTET3, SET |
| 14. | Shilpa Elizabeth Joychen | KTET3, KTET3, SET |
| 15. | Vandana V V | — |
| 16. | Aleena Jose | KTET3, CTET |
| 17. | Archana Madhu | — |
| 18. | Hanna Elizabeth Joy | KTET2, KTET3, SET, CTET |
| 19. | Irene Ann George | KTET3 |
| 20. | Josna Jose | KTET2, KTET3, SET, CTET |
| 21. | Liz Teenu Mathews | KTET3, CTET |
| 22. | Ninumol Joseph | KTET2, KTET3 |
| 23. | Rinku Maria Joy | KTET2, KTET3, CTET, SET |
| 24. | Soniya Dominic | KTET 3 |
| 25. | Adithya Shaji | KTET2, KTET3, CTET |
| 26. | Alfred George | KTET2, KTET3, CTET, SET, NET |
| 27. | Angel Joseph | KTET2, KTET3, CTET, SET, NET |
| 28. | Arya Ashok | KTET2, KTET3, CTET, SET |




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

| | | |
|-----|--------------------|------------------------------|
| 29. | Divyamol M S | KTET2 |
| 30. | Elizabeth T.S | — |
| 31. | Irine Theresa Dius | KTET2, KTET3, CTET, SET, NET |
| 32. | Krishnanand H | KTET2, KTET3, CTET, SET |
| 33. | Sneha Jose | KTET2, KTET3, CTET, SET |
| 34. | Anns Thomas | KTET2, KTET3, CTET, SET |
| 35. | Annu Sunny | KTET 2 |
| 36. | Archana T S | KTET 2 |
| 37. | Gopika Anil | KTET2, KTET3, SET |
| 38. | Jijo Thomas | SET |
| 39. | Minna Mary Tom | KTET3, KTET 2 |
| 40. | Sanchu Jose | KTET 3 |
| 41. | Sisirkhosh Mohan | KTET2, KTET3, SET |
| 42. | Aiswarya K. V | KTt 2 |
| 43. | Alina Ann Roy | SET |
| 44. | Cyriac Thomas | SET |
| 45. | Dinta Baby | SET, NET |
| 46. | Jisha Shaji | SET, KTet 2 |
| 47. | Seenu Thomas | SET, NET |
| 48. | Tom Joseph | KTet 2 |



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

16.NATIONAL WEBINAR SERIES, JAGRATHA 2

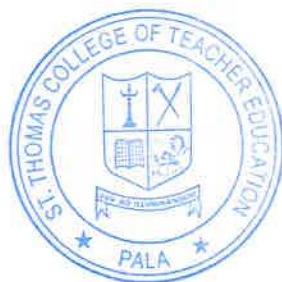
In collaboration with Archana Women's Centre, Ettumannor, our college organized a National Webinar series, Jagratha 2021, aimed at the empowerment of rural women. The decision to continue the webinar series in the following academic year emphasizes our dedication to building on the previous success. On 27/05/2023 Dr. Shiney Antony took class. The collaborative effort sought to provide essential emotional support to students while fostering a sense of community awareness and involvement. This collaborative effort exemplifies our commitment to community engagement, demonstrating how educational institutions can play a proactive role in addressing broader societal issues. It is anticipated that these initiatives will significantly contribute to the empowerment and development of rural women.




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

List of teacher trainees participated in the programme:

| Sl No. | Name of the student | Sl No. | Name of the student |
|--------|-----------------------|--------|---------------------|
| 1 | Amrutha P Anil | 25 | Ajmeya Suliman |
| 2 | Ancymol Joy | 26 | Albi Mohan V |
| 3 | Emma Maria Joseph | 27 | Anand K S |
| 4 | Nayana Babu | 28 | Anita Thomas |
| 5 | Reshmi K R | 29 | Athira Mohan |
| 6 | Sivani Sai A S | 30 | Divya Thankachan |
| 7 | Sneha Jose | 31 | Lidwin Maria George |
| 8 | Sradha Meria Babu | 32 | Nithin C T |
| 9 | Alan Maria Benny | 33 | Adhila |
| 10 | Alphonsa Mathew | 34 | Annu Abraham |
| 11 | Arsha M S | 35 | Annu Paulin Joseph |
| 12 | Catherine Jose | 36 | Ginse Jose |
| 13 | Linta Eldos | 37 | Lijo Jose |
| 14 | Linta Joseph | 38 | Liya Mathew |
| 15 | Riya Tresa Royce | 39 | Nibin Babu |
| 16 | Sandeep Kumar V | 40 | Pearl Annie Sen |
| 17 | Aleena Elizabeth Alex | 41 | Vinduja V |
| 18 | Anse Maria Tomy | 42 | Ajina Joseph |
| 19 | Denna Jose | 43 | Amalu K Alias |
| 20 | Fathima Salim | 44 | Devika R |
| 21 | Jeffin Jose James | 45 | Elizebeth Cyriac |
| 22 | Sethulakshmi T K | 46 | Meriya Veronica Sam |
| 23 | Sona Alex | 47 | Merrin Ann Philip |
| 24 | Tessy Kurian | 48 | Sreeshma Das K |



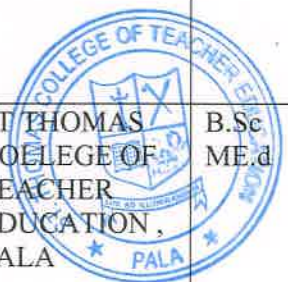
Beena
 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

17.UGC NET COACHING

A coaching programme had been organized during the period September 12 to September 26 of 2022. The coaching programme is intended to orient and prepare students in and out of the college to UGC NET exams.

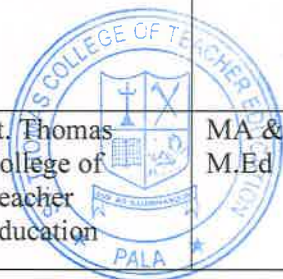
LIST OF PARTICIPANTS

| Name | Phone Number | College: | Educational Qualification | Subject | e- mail : | Coaching Preferred : | Fee Payment ** | Address |
|--------------------|--------------|--|---------------------------|--------------------------|--|------------------------------------|----------------|---|
| Binitha Mani | 9495668958 | ST. C. T. E PALA | MEd | Natural science | binithasaramani@gmail.com | Paper I and II | No | Maruthukun nel House poovarany po Poovarany vilakkumar uthu |
| Anitta Maria Sunny | 9605870145 | St.Thomas College of Teacher Education, Pala | MA English, M.Ed | English | anittamariasunny96@gmail.com | Paper I and II | No | Kudiyirupill ho marangattupilly po Kottayam dt Kerala |
| Akhila Rose Abey | 9656321097 | St. Thomas College of Teacher Education | M. Ed | Social science | roseelavanal@gmail.com | Paper I and II | No | Koottiyaniyil house pala p. O |
| Sijo Jose | 9495066523 | St Thomas College of Teacher Education Pala | BA M. Ed | English | sij.josek@gmail.com | Paper I and II | No | Pala |
| Nimi Jose | 9539239372 | St.Thomas College of Teacher Education,pala | M.Sc, M.ed | Educational, Mathematics | nimiagnes@gmail.com | Paper I only - Humanities subjects | No | Adichilamackal, Meenachil P.O., Palakadu, Pala |
| NIKHIL JOSEPH | 8606276955 | ST THOMAS COLLEGE OF TEACHER EDUCATION, PALA | B.Sc ME.d | EDUCATION | nikhiljoseph022@gmail.com | Paper I and II | No | KOIPURATH HOUSE MUTHOLY (P.O), |



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

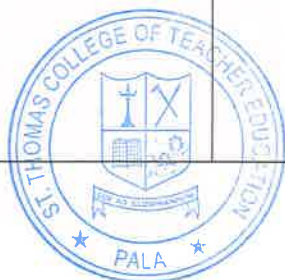
| | | | | | | | | |
|--------------------------|----------------|---|------------------|------------------|--|----------------|----|---|
| | | | | | | | | PALA |
| Divya Mohanan | 9544824 274 | St.Thomas college of Teacher Education Pala | M.Ed student | Physical science | divyamuth411@gmail.com | Paper I and II | No | Varuvilaputhenveedu Vechoochira P.O hempanoly Pathanamthitta |
| Jilu Tresa George | 8301023 502 | STCTE, PALA | M. Sc | Mathematics | jilutresageorge@gmail.com | Paper I and II | No | Plakkannickal house, Pizhakup.o, Manathoor, 686655 |
| Rani Baby | 8281143 711 | St Thomas College of Teacher Education Pala | M.Sc | Mathematics | ranibrigit@gmail.com | Paper I and II | No | Nellickatheruvil House Ramapuram Bazar PO |
| Seenu Thomas | 8078741 436 | St.Thomas college of teacher education pala | M.sc Mathematics | Mathematics | marvamseenu@gmail.com | Paper I and II | No | Kollamkottu(H) Poovarani P.O Paika |
| Irin Sera Joseph | 9446433 032 | STCTE Pala 2020-22 | Post graduate | English | irinserajoseph@gmail.com | Paper I and II | No | Puthenpurackal H Kumily, Idukki 685509 |
| Shilpa Elizabeth Joychen | 6282137 693 | St.Thomas College of Teacher Education, Pala. | MSc | Mathematics | shilpaelizabethjoychen@gmail.com | Paper I and II | No | Kizhakkethottam(H), Poonjar P.O, Panachippara. Kottayam. 686581 |
| Divya Maria Paul | 7012591 145 | St. Thomas College of Teacher Education | MA & M.Ed | English | divyapaul195@gmail.com | Paper I and II | No | Thalachirakuzhiyil (H), Nazareth Hill (P.O), |



Prof. Dr. BEENAMMA MATHEW

Principal
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

| | | | | | | | | |
|---------------------------|----------------|--|------------------------|----------------------|--|---|-----|---|
| | | | | | | | | Kuravilanga d, Kottayam (Dict), |
| Sisirkhosh Mohan | 9074716 338 | St.Thomas college of Teacher Education Pala | M.A Econo mics | Econom ics | sisirghosh mohan@g mail.com | Paper I and II | Yes | Vachilampil House, 200 Acre Adimali, Idukki |
| Meriya Veronica Sam | 9847060 600 | St. Thomas College of Teacher Education, Pala | <u>M.Co m</u> | Commer ce | mveronica sam@gma il.com | Paper I and II | No | Painappallil (H), Kozha P.O, Kuravilanga d, Kottayam, Kerala. |
| Gopika Anil | 7510853 609 | St Thomas College of Teacher Education, Pala | Post Gradu ation | Political Science | gopikaanil 998@gma il.com | Paper I (only Human ities subject s | No | Vattakkavu mkal House Vazhoor P O Kodungoor. |
| Aleena Philip | 9446566 409 | St. Thomas College of Teacher Education, Pala | M Ed | Chemist ry | aleenaphil ip409@g mail.com | Paper I and II | No | Methanath House, Rajapuram P O, Kasargod, Pin 671532 |
| Syama s | 9074678 479 | St.Thomas college of teacher education | M.Ed | Mathem atics | syamasan u2@gmail .com | Paper I and II | No | Mukalel house, panachikap para,poonjar (po) |
| Sandeep Kumar V | 9544310 782 | ST Thomas College of Teacher Education, Pala | MSc Mathe matics | Mathem atics | sandeepk mrv48@g mail.com | Paper I and II | No | Puthenpura yil, Mulakulam south P.O, Peruva, Kottayam, 686610 |



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

| | | | | | | | | |
|-----------------------|------------|---|---------------------------------|-------------------------|--|------------------------------------|-----|---|
| Treesa Jomy | 8111986592 | St. Thomas College of Teacher Education Pala | M. Com | Commerce | treesajomy204@gmail.com | Paper I (only Humanities subjects | No | Karikkattuparambil (h) Anakkal p.o Kanjirapally Kottayam |
| HariPriya J | 9496691873 | St Thomas college of Teacher Education | Msc | Mathematics | haripriyala@gmail.com | Paper I and II | No | Kadackakathu(H) Plassanal P. O Plassanal |
| Reshmi. RK | 9526819229 | St. Joseph College of Teacher Education for women Ernakulam | MSc, MEd | Physical Science | reshmisrejith3399@gmail.com | Paper I and II | Yes | 12 j Venus, Trinity world,Chitte thukara, Kakkanadu Ernakulam, 682037 |
| Janet Celine Varghese | 7907842071 | St. Thomas College of Teacher Education, Pala | M. Sc, B. Ed | Physics, Education | srcatherine24@gmail.com | Paper I and II | No | St. Therasas Carmelite Convent, Pala P.O., Pala- 686575 |
| ANITA JAMES | 8547137090 | St. Thomas College of Teacher Education, Pala | M. Sc, B. Ed. (pursuing M. Ed.) | Education, Life Science | anitajames0009@gmail.com | Paper I and II | No | Kollamparambil (H), Bharananganam (P. O)Kottayam (Dt), |
| Elizabeth Joseph | 9544617837 | St.Thomas College of Teacher Education | MSc., BEd | Chemistry, Education | elizabethjoseph304@gmail.com | Paper I and II | No | Pottananiyil (H) Teekoy p.o Teekoy pin:686580 |
| Aleena Jose | 9562295305 | St Thomas college of Teacher Education pala | Msc | Physics | aleenamanian@gmail.com | Paper II (Education only) | No | Manianghatu (H) Manalumkal p.o |
| Ninumol Joseph | 7025610191 | St. Thomas college of teacher education, Pala | Msc | Physics | ninutesin99@gmail.com | Paper I and II | No | Kuttiyanil(h), Kanakkary, |

| | | | | | | | | |
|--------------------------|------------------------|---|---------------|-----------|--|------------------------------------|-----|--|
| | | | | | | | | Kottayam |
| Liz Teenu Mathews | 7306018127 | St. Thomas College of Teacher Education, Pala | MSc | Chemistry | lizteenumathews@gmail.com | Paper I and II | No | Panthiruvelli(H), Ponkunnam P. O, Ponkunnam |
| HANNA ELIZABETH JOY | 7907079774 | St Thomas college of Teacher education, Pala | MSc | Chemistry | hannaelizabethjoy@gmail.com | Paper I and II | No | Thalimel House Anchelpetty PO Pampakuda, Ernakulam PIN: 686667 |
| Vidya Vinod | 7510765567 | NIT Rourkela | MA | Economics | vidvinvibes@gmail.com | Paper I (only Humanities subjects | Yes | Kattiparambil house muravanthuruth vadakekkara p o 683522 |
| Varghese Antony Pulikkan | 7012785335 | St Thomas College of Teacher Education | BA.B. Ed | English | pulickanvc@gmail.com | Paper I and II | No | KPM SCHOOL, Mundakayam East |
| Meera s | 8086782134 | St. Thomas college of teacher education, pala | M. Com, B. Ed | Commerce | Meeraarun66@gmail.com | Paper I and II | No | Saikrishna house, ks mangalam, vaikom , kottayam |
| FINE SEBASTIAN | 9747504547, 9037290547 | St.Thomas College of Teacher Education,Pala | MA, M.ed | Malayalam | finesebastian15@gmail.com | Paper I and II | No | Nadukunnel House Anickad Po Thengumpally Pallickathod |



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

| | | | | | | | | |
|---------------|------------|---|----------------|------------------|--|----------------|----|---|
| Emil K Sajith | 8921396309 | St. Thomas College of Teacher Education Pala | M. Ed | English | sajithemil@gmail.com | Paper I and II | No | Kattungal house, kalath ward, Avalookunnu PO, Alappuzha, pin 688006 |
| Alfi. P C | 9778023383 | St. Thomas College of Teacher Education | M. Sc., M. Ed | Mathematics | pcalfi1990@gmail.com | Paper I and II | No | Parappallikunnel House Kalaketty. P. O Thidanadu |
| Arun Robert | 8547562945 | St. Thomas College of Teacher Education Palai | M. A M. Ed | Economics | arunrobert2945@gmail.com | Paper I and II | No | Vazhackam alayil (H) Chakkampuzha P.O Pala |
| Shinimol T. C | 9846603261 | St. Thomas College of Teacher Education, Pala | MA. M. Ed | Social Science | tcshinimol@gmail.com | Paper I and II | No | Thekkeparambil (H), Chennadu p.o Malika |
| Jyothi KR | 7356293350 | St. Thomas College of Teacher Education, Pala | MA, M.ed | Malayalam | Jyothikr04@gmail.com | Paper I and II | No | Kayaplackal house Elamkadu po Elamkadu Pin 686514 |
| Archana Madhu | 6282377435 | St Thomas College of teacher education pala | M.sc chemistry | Physical science | archanamadhu1997@gmail.com | Paper I and II | No | Valummelkunnel (H) Kongandoor |
| Neenum Dittu | 9446552980 | St Thomas College of Teacher Education Palai | M. Com, M. Ed | Commerce | neenamditu.95@gmail.com | Paper I and II | No | Allakuzha (h) kolladu, P. O, Kottayam |
| Malavika B. | 7034892366 | St. Thomas College Of Teacher Education, Pala | M. Ed | Social science | malavika2410@gmail.com | Paper I and II | No | Erikkattu (h) Koorali p. O Elamgulam |



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

| | | | | | | | | |
|-------------------|------------|---|--------------------|----------------------|--|---------------------------|-----|---|
| Alphy Francis | 7510962847 | St.Thomas College of Teacher Education,Pala | M.Sc. M.Ed. | Chemistry | alphyf96@gmail.com | Paper I and II | No | Moonnupee dikaikkal (H), Kummannoor (P.O), Kottayam, |
| Julymol Joseph | 7025464054 | St Thomas college of teacher education pala | MSc, M.ed | Botany, Education | juliejoseph1997@gmail.com | Paper I and II | No | Anakuthickal (h) chittadi p o chittadi pin:686512 |
| Neenu Mary Joseph | 9061264747 | St. Thomas College of Teacher Education, Pala | M. Com, M. Ed | Commerce | neenumary93@gmail.com | Paper I and II | No | Pailithanathu (h), Kooroppada P. O, Kottayam – 686502 |
| Grace Mary | 9744706448 | St. Thomas College of Teacher Education | MA. M.Ed | Political Science | gracemarysam7@gmail.com | Paper I and II | No | Kakkanattu (H), Madukkakunnu P.O.Urulikulmam, Kottayam, |
| Asha Mathew | 9605531170 | St. Thomas College of Teacher Education Pala | M. Sc. M. Ed. | Education, Chemistry | ashkmathew@gmail.com | Paper I and II | No | Koottumkal (H) Kizhathadiyoor P. O. Pala |
| Josmy M Sebastian | 9188651026 | St Thomas College of Teacher Education Pala | MSc, M.ed | Mathematics | josmymary90@gmail.com | Paper I and II | No | Tharappel (H), Adivaram P.O, Adivaram, pin;686582 |
| Uthara Prasad | 9947901249 | Sps mg University | MSc. M. Ed, | Natural science | utharaprasad95@gmail.com | Paper I and II | Yes | Kuzhikalayil house Edakkulam Ranny |
| Lis Cherian | 8590858269 | School of Pedagogical Science MG University | MA.Economics, M.Ed | Economics | lischerian96@gmail.com | Paper II (Education only) | Yes | Parankulangara h, yendayar p.o, Kottayam |

| | | | | | | | | |
|------------------------|------------|--|-----------------------|--------------------|---------------------------|-----------------------------------|-----|---|
| | | | | | | | | dist |
| Alfred Shaji Mekkaden | 9497321722 | SB College | MA, B.Ed | English Literature | alfredneox@gmail.com | Paper I (only Humanities subject | Yes | Mekkattu (H), Erattupetta PO Kaduvamuzhy - Kottayam Dt – 686121 |
| Saleema M | 9746747750 | St. Joseph College of Teacher Education for Women, Ernakulam | B. Sc, M. Ed pursuing | Science Education | chemmufanu@gmail.com | Paper II (Education only) | Yes | Saleema Manzil Karukappilly Junction Elamakkara P O Pin-682026 |
| Josephine Sharel Lopez | 8891237956 | St. Joseph College of Teacher Education for Women, Ernakulam | MA, M.Ed(pursuing) | Social science | josephinesharel@gmail.com | Paper I and II | Yes | Kallachanmuri house, Ponnarimangalam, Mulavukad p.o., Kochi |
| Alan John sunny | 9496113093 | St. Thomas College Of Teacher Education Pala | PG + M.Ed | Malayalam | alanjohnsunny11@gmail.com | Paper I and II | No | Pettackattu (ho), Nazareth hill (po) Kuravilanga d (via) Kottayam |
| Tiya Tess George | 9400041057 | St. Thomas College Of Teacher Education Pala | M.Sc M.Ed | Mathematics | tiyatesorge@gmail.com | Paper I and II | No | Mannaparambil , Ramapuram Bazar P.O , Kottayam Dist, 686576 |
| anchu jose | 9539350663 | STCTE ,pala | M.Ed | Malayalam | Joseanchu483@gmail.com | Paper I and II | No | Angadickal (H), Thalanad p. o, Teekoy, pin- 686580 |



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

| | | | | | | | | |
|----------------|------------|---|-----------------|-----------|--|------------------------------------|-----|---|
| Dinta Baby | 9605648821 | STCTE Pala | M.Com. | Commerce | dintababy007@gmail.com | Paper I (only Humanities subjects | No | Kavattu House Arikuzha P.O. Parakadavu |
| Annu Abraham | 8547087959 | St.Thomas College of Teacher Education , Pala | MA | Economics | annuabraham210@gmail.com | Paper I and II | No | Moloparampil house, Kuruvamoozhy P.O Koratty, Kanjirappally, Kottayam |
| Sanita Sunny | 9539345896 | | MSc | Computer | sanitasimny@gmail.com | Paper I and II | Yes | Punnackal H Maryland po Maryland Pin :- 686652 |
| Neethu Tomy | 8289923301 | St. Thomas college of Teacher Education | M. Ed student | English | neethumariaatomy@gmail.com | Paper II (Education only) | No | Kochuveetti l(h) poonjar |
| Silja Mohanan | 9744564695 | H.M.Training College Randarkara | M.Com, M.Ed | Education | siljamohan@gmail.com | Paper I and II | Yes | Elavumkunnumpuathu . Vazhakulam P.O Kavana |
| Jincy T kathir | 9961864360 | H. M Training college Muvattupuzha | M.A. M. Ed | English | nihal.lulu43@gmail.com | Paper I and II | Yes | Padinjarechalil(H) East vazhappilly Aattayam Muvattupuzha |
| Anns Thomas | 9074423360 | St.Thomas College of Teacher Education Pala | Post Graduation | History | annstomas29@gmail.com | Paper I only | No | Mangappalil, Vazhoor P.O Kodungoor |



Prof. Dr. *Beena* BEENAMMA MATHEW
PRINCIPAL

ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

| | | | | | | | | |
|-----------------------|------------|---|-------------------------|-------------------|--|-----------------------------------|-----|--|
| Aswathy Vijayan | 8137856147 | | Mcom b.ed | Commer ce | aswathyvijayan129@gmail.com | Paper I and II | Yes | Vishnu Nivas Areeparampil ayroor south po Ayroor |
| Joffy J Njavallil | 9400913647 | St.Thomas College of Teacher Education | M.com ,M.Ed | Educati on | joffynjavally@gmail.com | Paper I and II | No | Njavalliputh enpurayil (H) Karoor P.O |
| Rinku Maria Joy | 8304870815 | St .Thomas college of Teacher Education ,pala | M.sc | Chemist ry | rinkujoyv@gmail.com | Paper I and II | No | Varakil(H), kurumannu p.o |
| Vilma | 897141687 | At Ann's college of education | Msc b. Ed | Educati on | vilmadsouza88@gmail.com | Paper I and II | Yes | Mangalore |
| Prima Shirine D Cunha | 9742878247 | Bangalore | M.Ed | Educati on | primashirine@gmail.com | Paper I and II | Yes | Carmel convent school, Jayanagar, Bangalore |
| SEJIN PHILIP GEORGE | 9207458439 | | Bachel or of Educat ion | Commer ce | sejinphilip210@gmail.com | Paper I (only Humanities subject | Yes | Kochuvengalil House, Haripad |
| Jamuna P.V. | 8281560693 | Auxilium college of education | M.Sc., M.Ed. | Mathem atics | jammu7197@gmail.com | Paper I and II | No | Auxilium College of Education, Kidangoor, Angamaly |
| Minna Mary Tom | 9400912823 | St.thomas college of teacher education, pala | Post graduate | Econom ics | minnacheruvally@gmail.com | Paper I and II | No | Cheruvallil (H), vellappadu, pala |
| Sijo Joseph | 9562765688 | SJB Nedumkunnam | M A, Bed. | Political Science | sjoarackan1234@gmail.com | Paper I and II | Yes | Arackapparambil (H)Holy Cross Church Kappadu. |



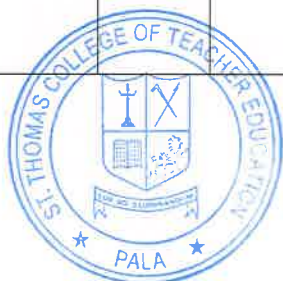
Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

| | | | | | | | | |
|-----------------|------------|---|---------------|-----------|--|------------------------------------|-----|---|
| Annu Sunny | 9745078357 | St Thomas College Of Teacher Education | Post Graduate | Economics | annusunny97@gmail.com | Paper I and II | No | Vazhayil (H) Kadanad P. o Kadanad |
| Asha Varghese | 9585068491 | Alphonsa college pala | MA.B.ed | English | ashavarghese91@gmail.com | Paper I and II | Yes | Sr.Asha DST ST.Thomas convent. Bharananganam |
| Geny P J | 9188718815 | Auxilium College of Education | M.Ed | Education | genj2424@gmail.com | Paper I and II | No | Auxilium College of Education |
| Alina joseph | 8075460472 | STCTE, Pala | MA, B.ed, | English | jesuselizajoe@gmail.com | Paper I | No | Carmelite provincialhouse |
| Akshitha Shetty | 9740560643 | St Ann's College of Education (autonomous) Mangaluru | M.A, M.Ed | Education | akshitha82@gmail.com | Paper I and II | Yes | Nithyananda Kripa 2nd main Subhas Nagar Mangalore |
| Nancy George | 9895798344 | Hill valley College of Education | M.Sc, M.Ed | Education | nnc.george@gmail.com | Paper II (Education only) | Yes | Hill Valley College of Education, Thrikkakara |
| Harikrishnan V. | 9496667710 | St. Thomas College of Teacher Education, Pala | MA B.Ed. | English | harisreevihar@gmail.com | Paper I (only Humanities subject) | No | Sreevihar (Oonnukalle l) Vayala P.O Vayala, Kottayam. |
| Bright | 9744173375 | RIE MYSURU | M Ed | Education | brightmathen1987@gmail.com | Paper I and II | Yes | Citadel School Ranni, ettychuvad |
| Tom joseph | 8129189341 | STCTE PALA | M.com | Commerce | tomthazhathuveettill@gmail.com | Paper I and II | No | Tom joseph Thazhathuveettill (H) Nellippara PO kattappana south |



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

| | | | | | | | | |
|-------------------|---|---|--------------|-----------------|--|------------------------------------|-----|--|
| Mileena jose p | 7907520056 | St.thomas college of teacher education,pala | <u>M.com</u> | Commer ce | mileenajose@gmail.com | Paper I and II | No | Pulikkottil house St.joseph street , mariyapuram Anchery p.o |
| VEENA MANEKAR M P | 9074323765 | St THOMAS COLLEGE OF TEACHER EDUCATION PALA | M COM | COMM ERCE | veenamanekarp4@gmail.com | Paper I and II | No | Manakkathara Thirumalabhagom p o Thuravoor Alapuzha |
| Lini John | 9526550437 | St. Joseph College, Ernakulam | M. Ed | Natural Science | linibinu804@gmail.com | Paper II (Education only) | Yes | K. P. Cladire-C2. Kochappally Appachan Road. Alinchuvadu. Ernakulam |
| Nayana Babu | 8078099178 | St. Thomas college of teacher education, Pala | PG | English | babunayana99@gmail.com | Paper I and II | No | Vettickal(H) Ramakkalmedu p.o, Idukki |
| Sradha Meria Babu | 9544068414 | St. Thomas College of Teacher Education Pala | PG | English | sradhameriababu@gmail.com | Paper I and II | No | Thoppil Kandathil (H) Mallikassery P. O Vilkakumadom |
| Mithra James | 8590087071(Whatsapp number), 9645892646 | St. Thomas College of Teacher Education, Pala | M. A | English | mithrajm.7@gmail.com | Paper I (only Humanities subjects | No | Ezhakunnel House Karimkunnam P. O Thodupuzha |



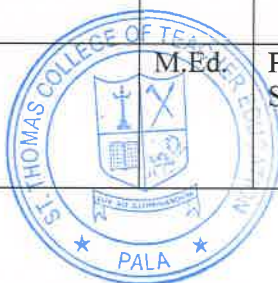
Prof. Dr. *Beena* BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

| | | | | | | | | |
|---------------|------------|---|----------------|-----------|--|------------------------------------|-----|---|
| Ajina Joseph | 8078519180 | St Thomas College of Teacher Education Pala | M Com | Commerce | ajinajoseph1995@gmail.com | Paper I and II | No | CMC Amala Province Little Flower Convent Parathodu P O Podimattam |
| Alina Ann Roy | 8281909530 | STCTE, Pala | PG | Commerce | ayrinroy05@gmail.com | Paper I (only Humanities subjects | No | Pulickathad athil (H) Vadapuram (PO) Malappuram (DIST) |
| Neethu C | | Government college of Teacher Education kozhikode | Msc, MEd doing | Education | neethuprejith2014@gmail.com | Paper II (Education only) | Yes | Neethu c, Sreelakshmi Nilayam(h), poyya(via), Pilassery(po), |
| Eva James | 8848304651 | | M.Ed | Education | sojasofi703@gmail.com | Paper I and II | Yes | Joys villa |
| Anu Ann James | 8078393642 | St Thomas College of Teacher Education, Pala | M.A | English | anuannjames97@gmail.com | Paper I and II | No | Varangalakudiyil (H), Perumballoor, Muvattupuzha, |
| Alfred George | 9447570345 | St Thomas College of Teacher Education Pala | MSc | Zoology | alfredgeo96@gmail.com | Paper II (Education only) | No | Karakkattu (H) Kappadu P. O Kalaketty |
| JOSNA JOSE | 8086468295 | ST.THOMAS COLLEGE OF TEACHER EDUCATION PALA | PG | CHEMISTRY | josnajose197@gmail.com | Paper I (only Humanities subjects | No | CHETHIM ATTATHIL (h) ALPARA P.O KANJIKUZH IDUKKI |



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

| | | | | | | | | |
|--------------------|------------|---|---------------|------------------|--|----------------|-----|---|
| Archana TS | 9947763831 | St Thomas College of Teacher Education Pala | Post Graduate | History | archanats61@gmail.com | Paper I and II | No | Thonikuzhiyil(H) Punnathura East P. O Kottayam |
| Krishnan and H | 9961199646 | St. Thomas College of teacher education | M. Sc | Natural science | krishnana ndh26@gmail.com | Paper I and II | No | Krishnas, Lakkattoor . P. O, kottayam |
| Sneha Jose | 7025560202 | ST Thomas college of teacher education | MSc | Zoology | snehajose346@gmail.com | Paper I and II | No | Vathalloorkalayil |
| Adithya Shaji | 7907264377 | St Thomas College of teacher education, Pala | M. Sc. | Botany | adithyashaji77@gmail.com | Paper I and II | No | Chanjanickal House, Kappadu PO Kalaketty, |
| Irine Therasa Dius | 9747471985 | St Thomas College of Teacher Education, Pala | MSc. | Botany | irinedius09@gmail.com | Paper I and II | No | Theradiyil, Marangattupilly, Kottayam, |
| Minu Mathews | 7558089037 | St Thomas College of Teacher Education Pala | M.A | English | minumathews1997@gmail.com | Paper I and II | No | Ettathottu(H), Kalaketty (P.O), Pinnakkannadu |
| Sanchu Jose | 7593062612 | St. Thomas College of Teacher Education Pala | PG | Economics | sanchujose98@gmail.com | Paper I and II | No | Pullattu |
| Akhilajib | 8086222591 | St. Johns the baptist college of teacher education, nedumkunnam | Msc, M. Ed | Science(Botany) | Job.akhilajib@gmail.com | Paper I and II | Yes | Kummannuparambil(H) Chingavanna m p. O Kottayam |
| Surajps | 9544585404 | Hm training college randarkara | MA MEd | Education | Surajps143@gmail.com | Paper I and II | Yes | Payyanickal (h)ayavana po karimattam |
| Achu Treasa Mathew | 8606308809 | | M.Ed. | Physical Science | achutreesamathew@gmail.com | Paper I and II | Yes | Thayyil(H), Kanjikuzhi, Idukki |



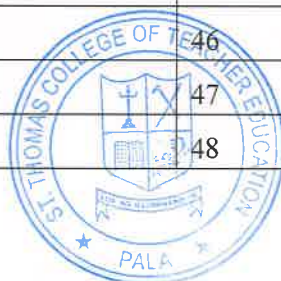
BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

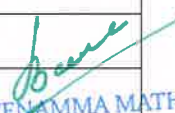
18.SNEHAVEEDU PROJECT 2 (HOME PROJECT)

The 'Sneha Veedu' project, a collaborative effort of Staff, Alumni Association of St. Thomas College of Teacher Education, Pala. Staff members and Members of Alumni Association of STCTE Pala Family gave a strong financial support for newly constructed house to Mr. Varghese K.T., our student of Commerce Education in 2014-15 batch.

List of Students Participated and Contributed in Snehaveed Project


| 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 |




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

| Sl No. | Name | Sl | 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 Margarete Antony |
| 23. | Mariya Sebastian | 48. | Rose Mary Cherian |
| 24. | Syamaly Sasi | 49. | Steffy Tom |
| 25. | Tima Mathew | 50. | Treesa Jomy |




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

19.NET/SET/K-TET COACHING

NET/SET/K-TET Coaching The institution has offered online coaching classes for student teachers at different levels as a preparation for UGC NET, SET and K-TET.

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

Prepared by
Alumni Association STTE Pala

**NET/SET/
K-TET**
ONLINE COACHING CLASS

- Separate classes for NET, SET & TET
- Syllabus oriented sessions
- Daily practice tests
- Weekend model tests
- Doubt clearing session

March 15 - May 15
Admission Open Now [2022]

Registration fee: ₹50 per student
Register your name by: 15.03.2022
www.stthomas.edu/2022/03/15/

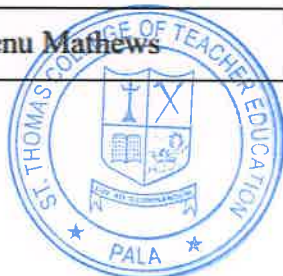
9447996211 9447996211



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

List of students participated in the coaching programme:

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



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

| | | | |
|----|-----------------|----|------------------|
| 22 | Ninumol Joseph | 47 | Dinta Baby |
| 23 | Rinku Maria Joy | 48 | Jisha Shaji |
| 24 | Soniya Dominic | 49 | Tom Joseph |
| 25 | Seenu Thomas | 50 | Mariya Sebastian |

| Sl No. | Name | Sl No. | Name |
|--------|----------------------|--------|-------------------------|
| 51 | Anitta Jose | 72 | Anita Mathew |
| 52 | Cheslin Jose | 73 | Anjumol S |
| 53 | Densy John | 74 | Athira P S |
| 54 | Harikrishnan V | 75 | Bhanupriya R |
| 55 | Irin Sera Joseph | 76 | James Mathew |
| 56 | Julian Tom Job | 77 | Jyothylakshmi K.R |
| 57 | Raina Martin | 78 | Meera V S |
| 58 | Annie Teressa Shajan | 79 | Agie Mol Salas |
| 59 | Annumol Joji | 80 | Anjaly Elizabeth Xavier |
| 60 | Anuja Babu | 81 | Anusree Biju |
| 61 | Christy Thomas | 82 | Meera Seby |
| 62 | Nevil George | 83 | Navyamol K R |
| 63 | Riya Rose Johns | 84 | Rakhi R |
| 64 | Sneha Jayakumar | 85 | Reshma C L |
| 65 | Alphonsa Xavier | 86 | Sojo John |
| 66 | Ashmi Maria John | 87 | Akhila Manmathan |
| 67 | Divya Stani | 88 | Ambily Mani |
| 68 | Jaicy Jose | 89 | Anu Tressa Jose |
| 69 | Lakshmi S | 90 | Elsamma Joseph |
| 70 | Lis Mary Antony | 91 | LiginPullemkunnel |
| 71 | Mariya Mathew | 92 | Liya Margarette Antony |



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