

**St. Thomas College of Teacher Education, Pala, Kerala – 686 575**  
*Affiliated to Mahatma Gandhi University, Kottayam*

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## **Criterion III- Research and Outreach Activities**

### **3.3- Outreach Activities**

#### **3.3.2 EVENT-WISE NEWSPAPER CLIPPINGS / VIDEOS / PHOTOGRAPHS WITH CAPTIONS AND DATES**



**ST. THOMAS COLLEGE**  
**OF TEACHER EDUCATION, PALA**  
ESTD. 1957

**SSR Submitted to**  
**NAAC**  
**Fourth Cycle**  
**of**  
**Accreditation**

### 3.3.2 EVENT-WISE NEWSPAPER CLIPPINGS/VIDEOS/PHOTOGRAPHS WITH CAPTIONS AND DATES

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LUX AD ILLUMINANDUM

**3.3.2. Event wise newspaper clippings, videos /photographs  
with captions and dates**

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

**2022-2023**



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



# 1. Nirakoott



Painting the outer walls of the Excise Range Office, Pala on 03/06/2022.



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



**Painting the outer walls of the Excise Range Office, Pala on 03/06/2022**



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




## 2. Care and Share



**Inauguration of 'Honesty Shop' 2022**



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





**Handing over a cheque of amount Rs. 5100 to Neethu P.S.on 20<sup>th</sup> June 2022 by the Principal as part of 'CARE AND SHARE' programme**



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

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Date 20/6/2022

No. 3

Received Rs. 5000 (Rupees Five thousand only) as mentioned below:-

Particulars	Amount	
	Rs	Ps
'Care and Share' Project for Concern Parents/family	5000	-

*Officer*  
Accountant

*Neethu P.C.*  
*Principal*  
20/6/22



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

26/04/2022

Application No. 05

**സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ, പാലാ  
കെയർ & ബെനഫിറ്റ്**

(ക്യാമ്പസിൽ തൊഴിലാളികൾക്കുള്ള സഹായ പദ്ധതി)  
ആവകാശം 2020

തൊഴിലാളികളുടെ പേര് : **നീന്തൂ പി. സി**  
 മരുമകൻ/പുത്രി : **ചെമ്പൻ**  
 വയസ്സ് : **23**  
 തൊഴിലടവ് : **പട്ടുളച്ചാലിൽ  
 നെടുങ്ങം പി.ഒ  
 686580**

കോളേജുമായുള്ള ബന്ധം (പ്രവേശന വർഷം) : **ഡി. എൻ. എസ് , 2020 - 2022**  
 ചെമ്പൻ നമ്പർ : **9645467863**  
 മാതൃ/പിതാക്കൾ / മകൻ / മകൾ പേര് : **മരണം**  
 ഏതൊരു തൊഴിലാളി സഹായവിഭാഗത്തിൽ ഉൾപ്പെട്ടവർ : **9645467863**  
 തൊഴിലാളി പേര് : **മരണം**  
 തൊഴിലാളി പേരിൽ ഉൾപ്പെട്ട തൊഴിലാളി : **ശ്രീ. മോസ്റ്റിമൻ , പി.പി,  
 മരണം**  
 തൊഴിലാളി തൊഴിലടവ് : **Cancer Test.**  
 പ്രതിവർഷം ലഭിക്കുന്ന പണം : **4 ലക്ഷം**  
 ഈ കോളേജിൽ നിന്നും സാമ്പത്തികസഹായം തുടർ ലഭിച്ചിട്ടുണ്ടോ? : **ഇല്ല / ഇല്ല**

**അപേക്ഷകൻ്റെ പ്രായോഗിക വിവരങ്ങൾ**

ഏകദേശം തൊഴിലാളി തൊഴിലടവ് : **20,000.0000 .**  
 തൊഴിലാളി തൊഴിലടവ് : **Rs. 500/- മാസം .**  
 തൊഴിലാളി തൊഴിലടവ് : **Rs. 5000/-** വാർഷിക തുക

**Amount Handover as Cash check**

*Handwritten signature*  
 അപേക്ഷകൻ്റെ  
 സഹായകൻ്റെ

*Handwritten signature*  
 തൊഴിലാളി/തൊഴിലാളി


No. SAN 3000P9  
 26/04/2022  
 തൊഴിലാളി/തൊഴിലാളി



*Handwritten signature*  
 Prof. Dr. BEENAMMA MATHEW  
 PRINCIPAL  
 ST. THOMAS COLLEGE OF  
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 PALA



### 3. Miss a Meal Programme: Mariasadanam





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

**MISS - A - MEAL - PROGRAMME**

**An Initiative of SHE - KI - NAH Club**

മരിയസാദനത്തിലെ സഹോദരങ്ങൾക്ക് സഹായഹസ്തവുമായി പാലം സെന്റ്. തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ അധ്യാപകരും, സ്റ്റാഫും, അധ്യാപകവിദ്യാർത്ഥികളും എല്ലാ ബുധനാഴ്ചയും ഭരതുകേരുന്നു...  
സഹകരിക്കുക...സഹായിക്കുക...

date	activity	Amount collected	no. of meals collected and given
12/07/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	2185	20
20/07/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	8245	22
13/07/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	5520	23
6/8/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	1560	27
31/08/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	4730	25
20/10/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	4950	26
27/10/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	2531	24
9/12/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	7300	26
22/2/2023	Students visited Mariyasadanam and gave lunch packets to the inmates	4930	29
15/3/2023	Students visited Mariyasadanam and gave lunch packets to the inmates	1775	30



Prof. Dr. BEENYMINA MATHEW  
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22/03/2023	Students visited Mariyasadanam and gave lunch packets to the inmates	1440	24
31/03/2023	Students visited Mariyasadanam and gave lunch packets to the inmates	2510	25
06/01/2023	Students visited Mariyasadanam and gave lunch packets to the inmates	1020	25
		48696	326

**Mariyasadanam Charitable Trust**  
 Psychosocial Rehabilitation Centre & Home for the Destitute  
 Kizhathadiyoor P.O, Pala 686 574 Kottayam, Kerala State, India Tel +91 4822 211940, +91 9447025767.  
 www.mariyasadanam.com PAN No.: AABTM1301K

**No. 14626** **Cash Receipt** **Date 13/7/22**

Received With Thanks From ST. THOMAS TEACHER EDUCATION, PALA

The Sum Of Rupees Twenty five thousand only

By Cash /cheque No 500580 Dated 13/7/2022

Rs. 25000/- Director [Signature]

Registered under Social Justice Department, Govt. of Kerala - Regn No:49/13/PRC | Registered under Board of Control of Orphanages, Govt. of Kerala - Regn No: 880  
 Exempted under section 80G of Income Tax Act - Order No: 305/Tech/80G/07/CIT-KTM/13-14  
 Thank you for your generosity. We appreciate your support!

**Mariyasadanam Charitable Trust**  
 Psychosocial Rehabilitation Centre & Home for the Destitute  
 Kizhathadiyoor P.O, Pala 686 574 Kottayam, Kerala State, India Tel +91 4822 211940, +91 9447025767.  
 www.mariyasadanam.com PAN No.: AABTM1301K

**15643** **Cash Receipt** **Date 23/12/22**

Received With Thanks From The Principal, St. Thomas College of Teacher Education, Pala

The Sum Of Rupees Twenty five thousand only

By Cash /cheque No 500583 Dated 22/12/2022

Rs. 25000/- Director [Signature]

Registered under Social Justice Department, Govt. of Kerala - Regn No:49/13/PRC | Registered under Board of Control of Orphanages, Govt. of Kerala - Regn No: 880  
 Exempted under section 80G of Income Tax Act - Order No: 305/Tech/80G/07/CIT-KTM/13-14  
 Thank you for your generosity. We appreciate your support!

*PAID*



*[Signature]*  
 Prof. Dr. BEENAMMA MATHEW  
 PRINCIPAL  
 ST. THOMAS COLLEGE OF  
 TEACHER EDUCATION 10  
 PALA





**Visit at Mariasadanam**



**Student teachers with collected lunch packets for Mariasadanam**



*Beena*  
 Prof. Dr. BEENAMMA MATHEW  
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REDMI NOTE 9 PRO  
ALEX GEORGE

Gift to Mariasadanam on 23/12/2022



2022.12.23 10:53



Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION 12  
PALA



## 4. Interschool Speech Competition



സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ, പാലാ  
സംഘടിപ്പിക്കുന്ന

# അഖില കേരള മലയാള പ്രസംഗമത്സരം

LP, UP വിദ്യാർത്ഥികൾക്ക്

**ഉദ്ഘാടനം**



**വി.മു.യം : ലഹരിമുക്തഭാരതം**

**തീയതി: 2023 ഫെബ്രുവരി 4 ശനി**

**സമയം: 10.30 ഏ. മുതൽ 12.30 ഏ. വരെ**

**സ്ഥലം: സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ ഓഡിറ്റോറിയം, പാലാ**



**മേൽനോട്ടം** **വി.മു.യം : ലഹരിമുക്തഭാരതം**

**UP**

2501 മുതൽ 2550 വരെ

1501 മുതൽ 1550 വരെ

1001 മുതൽ 1050 വരെ

**LP**

2501 മുതൽ 2550 വരെ

1501 മുതൽ 1550 വരെ

1001 മുതൽ 1050 വരെ

**മുൻകരുതൽ 30 ദിവസം**


**നാൾ 5 മിനിറ്റ്**

**Organising Committee:**  
 Dr. Sr. Beenamamma Mathew (Principal)  
 Fr. Jose Puzhakara (President Alumni Association)  
 Dr. Alex George (Teacher in Charge)  
 Ms. Aleena Jose  
 Ms. Gopika Anil  
 Ms. Catherine Joseph

**Organized by: Alumni Association | Oratory Club**



**Brochure of Interschool Speech Competition for Lower Primary (LP) and Upper Primary (UP) school students on 04/02/2023**

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



**സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ, പാലാ  
അവിലകേരള മലയാളം പ്രസംഗമത്സരം**

4/2/2023

**പ്രോഗ്രാം**


- 9.00 മണി - കളിപ്പന്ത്രങ്ങൾ (ബി.എൽ.എഡ് വിദ്യാർത്ഥികൾ)
- 9.30 - 10.00 - അദ്ധ്യക്ഷി എക്സിക്യൂട്ടീവ് മീറ്റിംഗ്
- 10.00 - ഡിവിഷൻതലങ്ങളുടെ മീറ്റിംഗ് (ബി.എഡ് സ്റ്റാഫ് റൂം)
- 10.15 - ഉദ്ഘാടനസമ്മേളനം
  - പ്രാർത്ഥന - എം.എഡ് വിദ്യാർത്ഥികൾ
  - സാഗതം - ഡോ. അലക്സ് ജോർജ്
  - അദ്ധ്യക്ഷ പ്രസംഗം - ഡോ.സി. ബീനമ്മ മാത്യു (പ്രിൻസിപ്പൽ)
  - ഉദ്ഘാടനം - മിസ് ലീന കെ ജോസ് കാര്യവേലിൽ
- 10.30 - 1.00 - പ്രാഥമിക റൗണ്ട് മത്സരം
- 1.30 - ഫൈനൽ റൗണ്ടിലേക്ക് പ്രവേശിച്ചവരുടെ ലിസ്റ്റ് പ്രസിദ്ധീകരിക്കുന്നു.
- 2.00 - ഫൈനൽ റൗണ്ട് മത്സരം
  - എൽ.പി വിഭാഗം - ഗോൾഡൻ ജൂബിലി ഗ്ലോബ് - താഴെതര നിലയിൽ
  - യു.പി വിഭാഗം - ഓഡിറ്റോറിയം
- 2.30 - സമ്മാനദാനം - ഡോ. ടി.സി തങ്കച്ചൻ (ഡൈറക്ടർ പ്രിൻസിപ്പൽ)
- സമാപന സന്ദേശം - ഫാ.ജോസ് പുഴക്കര (പ്രസിഡന്റ് അലൂമിനി അസോസിയേഷൻ)
- ദേശീയഗാനം - ബി.എഡ് വിദ്യാർത്ഥികൾ

**Schedule of programme**



**Winners of the programme with organisers and principal**



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



## 5. Meenachil River Conservation Campaign

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
**NSS UNIT NO. 90B & PALA MUNICIPALITY**  
*Jointly Organizes*  
**WORLD WATER DAY OBSERVANCE**  
**MEENACHIL RIVER CONSERVATION CAMPAIGN**

**25 MARCH 2023**  
**PONKUNNAM BRIDGE**  
**9:30 AM - 11:00 AM**

**INAUGURATION**  
**SM. JESU N. SIBU**  
**MUNICIPAL CHAIR PERSON**

**PRESIDENTIAL ADDRESS**  
**DR. SR. BEENAMMA MATHEW**  
**PRINCIPAL**

**FELICITATION**

**ADV. BINU PULINKAYANDAM**  
**15- WARD MEMBER**

**SEL. SHAM V. THURUTHAN**  
**1- WARD MEMBER**

**ENT. BPO ISSO KUDAKK JERRY**  
**20- WARD MEMBER**

**SDI. PRINCE V. S. SHANIL**  
**21- WARD MEMBER**

**NSS PROGRAMME OFFICER**  
**DR. ALEX GEORGE**  
**NSS VOLUNTEER SECRETARY**  
**LINTA ELOOS**

**HEALTH INSPECTOR**  
**ANIS F**  
**CO-ORDINATORS: BINDU-OLIA V**  
**NITHIN C T**

**ST. THOMAS COLLEGE OF TEACHER EDUCATION**  
**WATER SERVICE SOCIETY**  
**NSS UNIT NO. 90B**



Meenachil River Conservation Campaign as part of World Water Day observance on  
**25/03/ 2023**



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



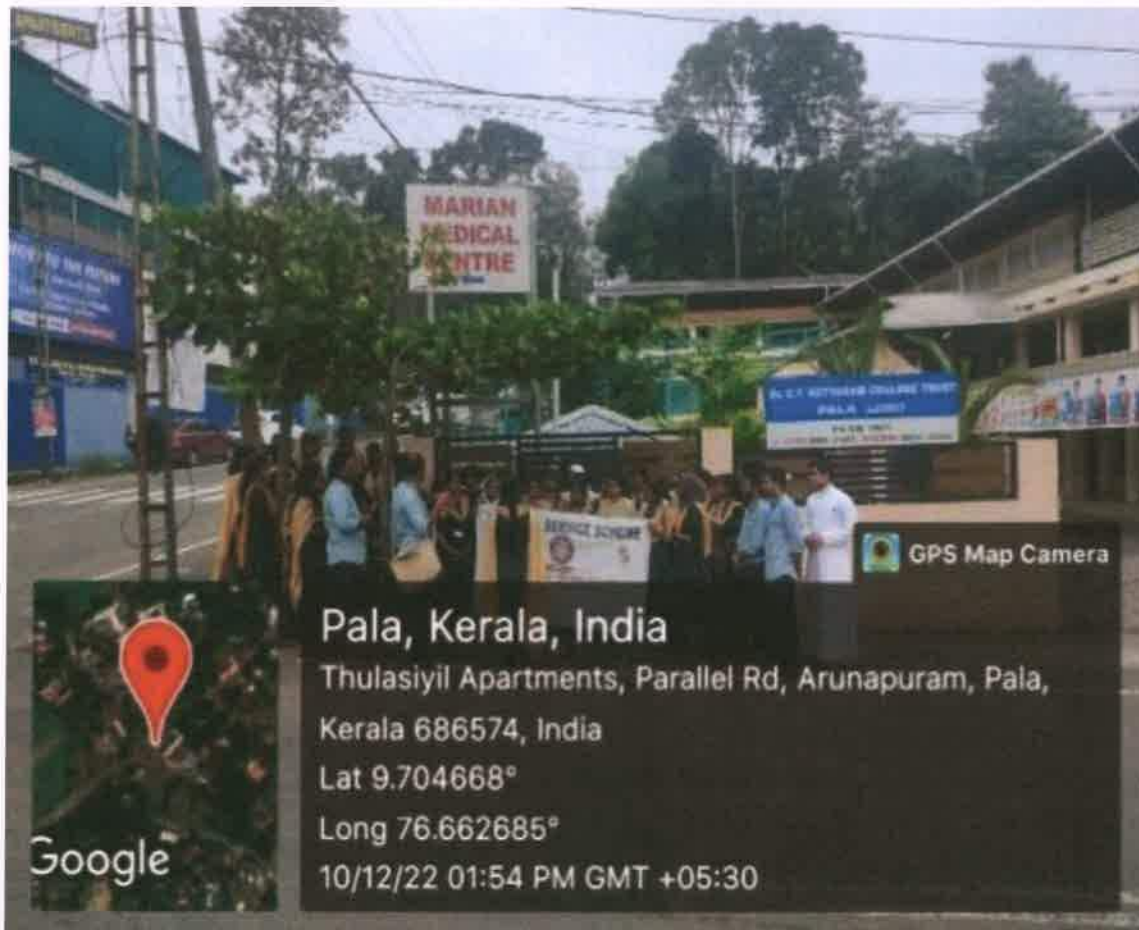


**Cleaning of Meenachil River as part of World Water Day observance on 25/03/2023**



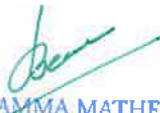
*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA

## 6. OTHUCHERAM



'Othucheram' - anti-drug campaign, near Marian Medical Centre, Pala, on 10/03/2022



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





Students speak about the importance of Human Rights Day, 10/12/2022



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



## 7. Blood Donation Camp



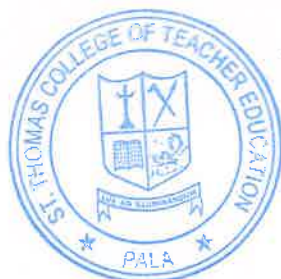
Blood donation camp in collaboration with Marygiri Hospital Bharanganam on September 29, 2022



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



**Blood donation camp in collaboration with Marygiri Hospital Bharanganam on 29/09/2022**



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



## 8. Anti-drug Leaflet Distribution



Search



ലഹരി വിരുദ്ധ സന്ദേശം 1000 - ഓളം വീടുകളിൽ എത്തിച്ച് St Thomas College of Teacher Education ലെ NSS



PGC NEWS AND ENTERTAINMENT  
1.45K subscribers

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News in the local media about Antidrug Leaflet Distribution on 22/12/2022



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





**Antidrug Leaflet Distribution on 22/12/2022**




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



**Antidrug Leaflet Distribution on 22/12/2022**



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





**Students visiting nearby houses in their village and institutions within the vicinity and distributing antidrug leaflet**



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



## 9. BEAUTIFUL MINDS I

### Beautiful Minds

Encouraging the Free Play of the Mind in All Subjects

#### Programme Objectives

- Human Resource Development
- Soft-Skill Emotional Skills & Problem Solving
- All-Round Development of Students
- Personal Caring & Mentoring
- 21<sup>st</sup> Century Skills
- Higher Education & Career Selection
- Self-Realisation, Goal-Setting and Target-Oriented Performance



**Key Features:**

- 320 Success Stories
- Excellent Faculty
- Calm & Quiet Learning Environment
- 24 years of Experience with excellent track record
- Personalized Mentoring
- Library Service on all 7 days in a week
- Regular Test & Evaluation



### CIVIL SERVICE INSTITUTE PALA

Under the Archdiocese of Changanacherry, Diocese of Pala & Kanganapally Inter-Diocesan Centre for HAD Trust

**CONTACT US :**

- Hel: 98963 8100 (office)
- Near St. Thomas Church Anchiparam, Pala
- [www.civilservicepala.com](http://www.civilservicepala.com)

---

### Beautiful Minds

Encouraging the Free Play of the Mind in All Subjects

**Key Features:**

- Personalized Mentoring
- Library Service on all 7 days in a week
- Regular Test & Evaluation

### Beautiful Minds

Encouraging the Free Play of the Mind in All Subjects

**Key Features:**

- Personalized Mentoring
- Library Service on all 7 days in a week
- Regular Test & Evaluation

### FOCUS AREAS

Introduction & Personality Development	Indian Economy, Problems & Prospects
Career & Interests & Course Choice (I)	Higher Studies & Career
Quantitative Aptitude	Study Life, Mentoring
Reasoning & Logical Ability	Public Communication - for Classroom, Human Rights and Other Rights
Creative Writing	General Knowledge & Current Affairs (I)
Energy & AI (I) Introduction	Preparation for Competitive Exams & Digital Learning

### Beautiful Mind I




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


## 10. BEAUTIFUL MINDS II




Inauguration of the programme by Mar Joseph Kallarangatton 12/08/2022





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




NSS UNIT NO. 900

**PRINCIPAL**  
  
**DR. SR. BEENAMMA MATHEW**

**NSS PROGRAMME OFFICER**  
  
**DR. ALEX GEORGE**

**RESOURCE PERSON**  
  
**DR. T.C. THANKACHAN**

December 10, 2022  
Civil Service Academies, Pala | 09:50 AM




*Beautiful Minds*

**VOLUNTEER SECRETARY**  
LINTA ELDOS

**CO-ORDINATORS** NAYANA BABU  
NIBIN BABU



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






**Dr. Alex George (Program Coordinator) as resource person**



**Teacher trainees from our institution played a pivotal role in mentoring and motivating the participating students**



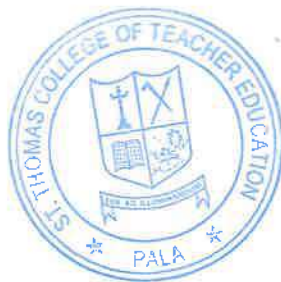
  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA

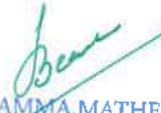


## 11.BEAUTIFUL MINDSIII



**Dr. T.C. Thankachan as resource person on 10<sup>th</sup>December, 2022 on Beautiful Mind**



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

## 12. Antidrug Rally and Flash Mob



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

KOTTAYAM (K.L.) - ERNATA, KERALA, INDIA  
Recognized & A Grade by NAAC  
Affiliated to Mahatma Gandhi University, Kottayam, Kerala, India  
E-mail : stcpala@stce.ac.in | Website : stce.ac.in

**വിമുക്തി**

**NO TO DRUGS**



### ലഹരിക്കെതിരെ നവകേരള മുന്നേറ്റം കോളേജ് തല ഉദ്ഘാടനം

2022 ഒക്ടോബർ 06 ന് 9.30 a. m കോളേജ് ഓഡിറ്റോറിയം



പ്രിൻസിപ്പൽ  
ഫ്ര. മാത്യു മാത്യു മാത്യു എൻ.എസ്.എസ്.



മുഖ്യപ്രതിനിധി  
മുഖ്യപ്രതിനിധി കോളേജ് ഓഫീസർ, പാലാ



സംസ്ഥാനതല ഉദ്ഘാടനം  
എസ്.എസ്.എസ്. സെൻ്റർ മാനേജർ, പാലാ



വിദ്യാർത്ഥിനിയ്ക്ക്  
പാലാ കോളേജ്  
കോർഡിനേറ്റർ, വിദ്യാർത്ഥി ക്ലബ്ബ്

10 മ. ന് സംസ്ഥാനതല ഉദ്ഘാടനം :  
ശ്രീ. പിണറായി വിജയൻ (ബഹു. രാഷ്ട്ര പ്രസിഡന്റ്)

**ഉണരാം, ഉയരാം, ലഹരിക്കെതിരെ....**

Dr. T. C. Thekkumkara, Vice Principal  
Dr. Sanku Thomas, Hostel Officer, And Recreation Cell  
Dr. Lawrence Doss, IQAC Co-ordinator  
Dr. Alex George, Co-ordinator, Students Club



Inauguration of the programme on 'Raising Kerala Against Drugs' at the college on 06/10/2022



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



പാലായിൽ ലഹരിക്കെതിരെ അങ്കം ജയിക്കുന്ന മങ്കമാരുടെ മനുഷ്യച്ചങ്ങലയും ഫ്ലാഷ് മോബും

Kottayam Media  
11.7K subscribers

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News in the local channel about students participating in the Rally and Flash Mob on  
06/10/2022



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





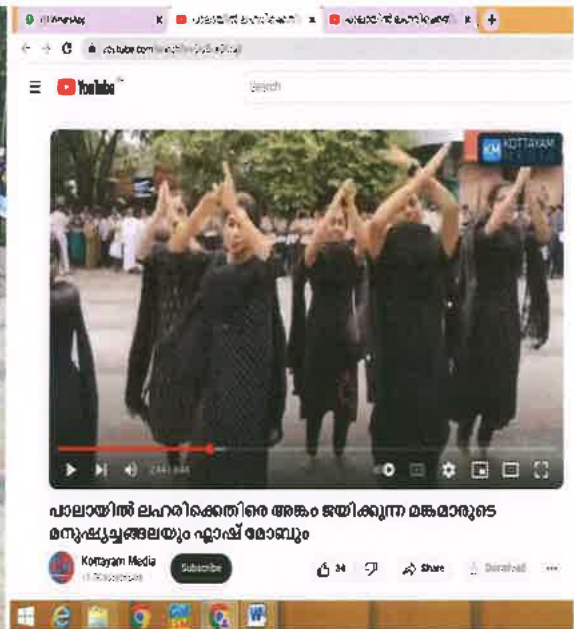
Anti drug rally on 06/10/2022

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





**Anti drug rally on 6<sup>th</sup> October, 2022**



**Flash mobon 06/10/2022**




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

### 13. Adolescent Counseling



Adolescent Counseling on 30/06/2022




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



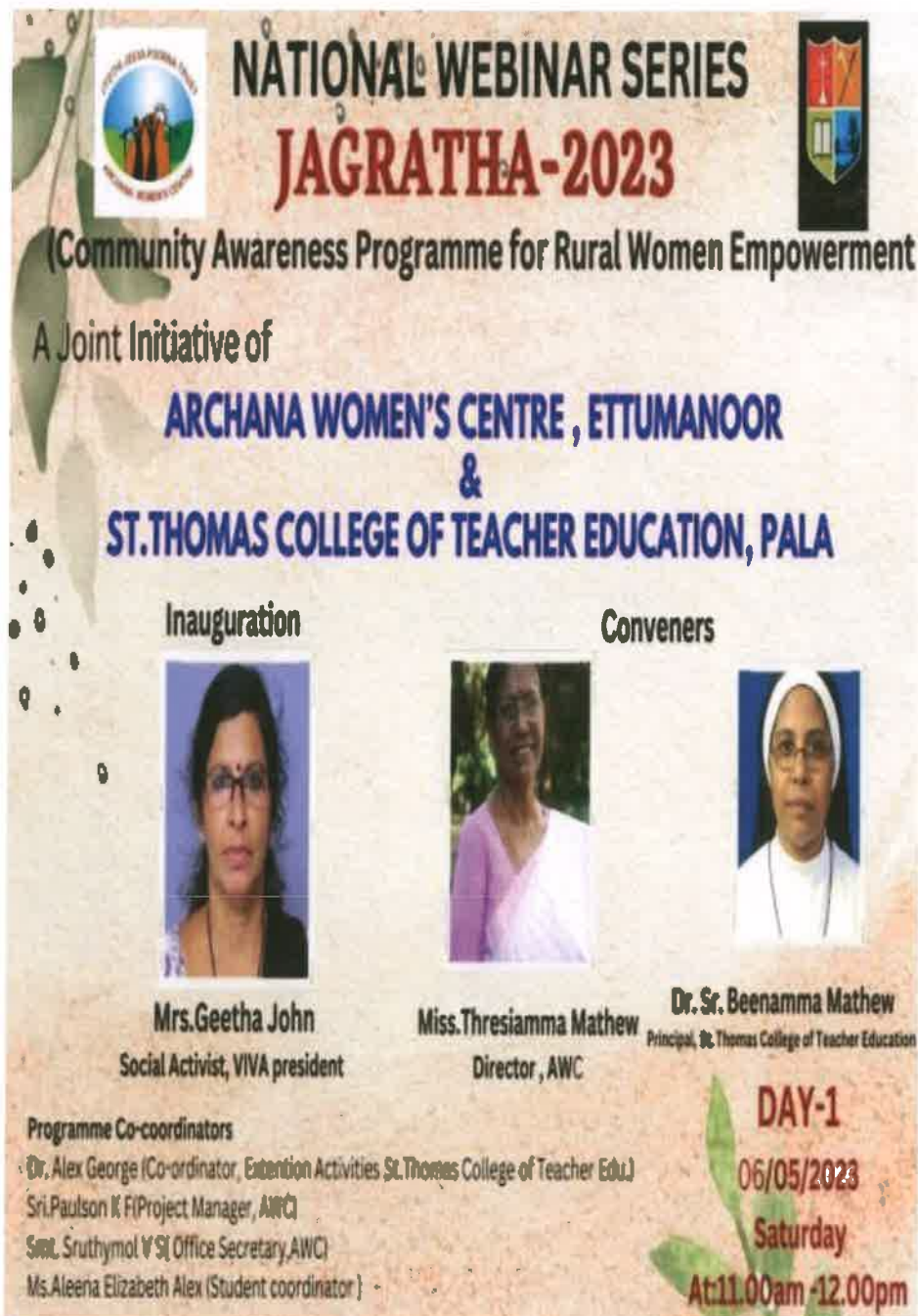


**Adolescent Counseling, on 30/06/2022**




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


## 14.National Webinar Series: JagrathaDay 1




**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2023**  
(Community Awareness Programme for Rural Women Empowerment)

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE , ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

**Inauguration**  
  
**Mrs.Geetha John**  
Social Activist, VIVA president


**Conveners**  
  
**Miss.Thresiamma Mathew**  
Director , AWC

  
**Dr. Sr. Beenamma Mathew**  
Principal, St. Thomas College of Teacher Education

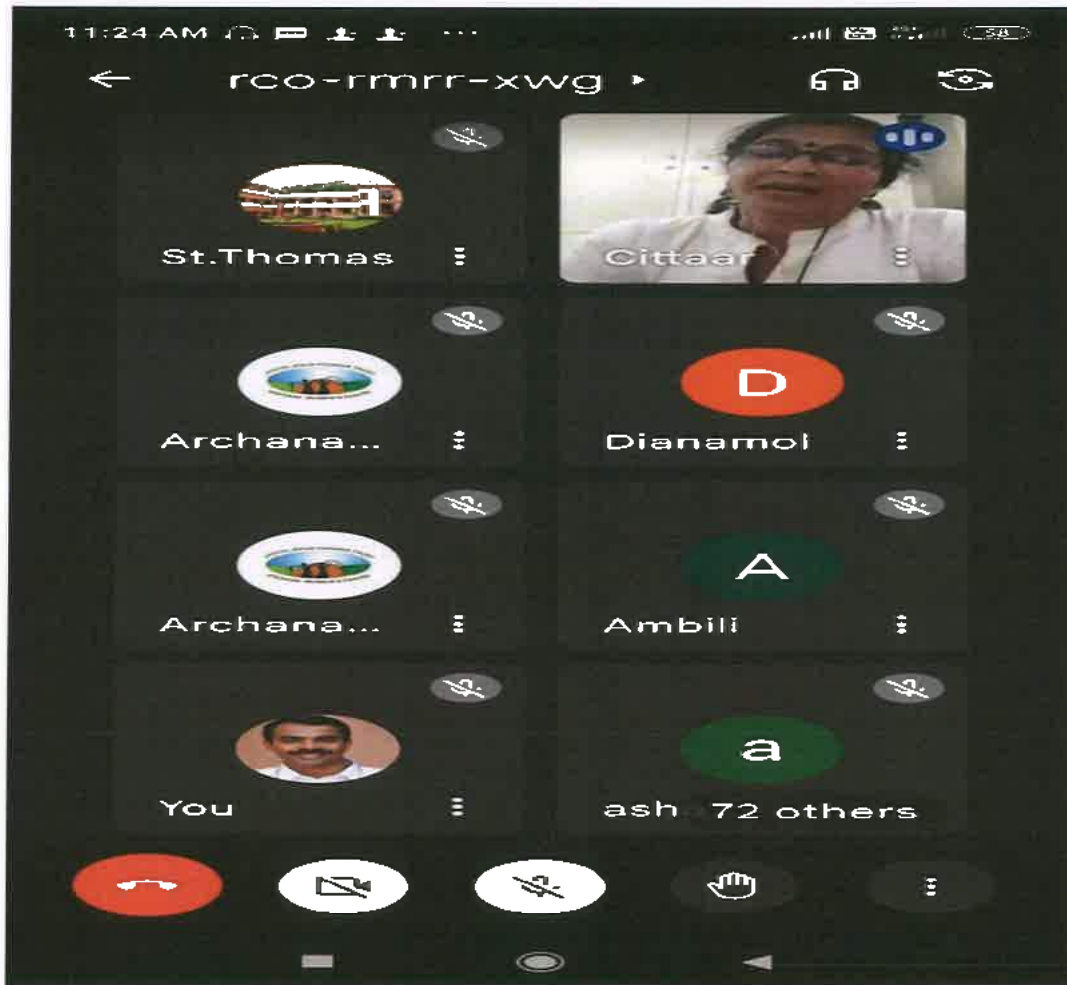
**Programme Co-coordinators**  
Dr. Alex George (Co-ordinator, Extension Activities St.Thomas College of Teacher Edu.)  
Sri.Paulson K F(Project Manager, AWC)  
Smt. Sruthymol VSI (Office Secretary, AWC)  
Ms.Aleena Elizabeth Alex (Student coordinator)

**DAY-1**  
**06/05/2023**  
**Saturday**  
**At:11.00am -12.00pm**



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





**National Webinar Series: Jagratha Day 1 on 06/05/2023**



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

## 15.TET SET NET Coaching



# ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

KOTTAYAM (Dist.) 686575, KERALA, INDIA  
Re-accredited at A Grade by NAAC  
Affiliated to Mahatma Gandhi University, Kottayam, Kerala, India  
E-mail: stctepala@gmail.com Website: stcte.ac.in

Organised by  
Alumni Association STCTE Pala

# K-TET

Online Coaching Class

**LIMITED SEATS  
ONLY.**

- Syllabus oriented sessions
- Daily practice tests
- Weekend model tests
- Doubt clearance sessions
- Classes handled by experts

## 2022 SEPT 17 - OCT 15

7:30 p.m. - 8:30 p.m

ADMISSION OPEN NOW

Course fee: ₹ 500 per participant.



[Registration Link](#)

₹250 only for students/ alumni of  
STCTE Pala



Dr. Alex George  
94475 99631

For more information:  
Joffy J Njavallil  
(Teacher Incharge)

9400041057

Iijo Jose (Student Coordinator)  
80756 92230


Dr. Sr. Beenamma Mathew  
(Principal)

Fr. Joseph Puzhakkara  
(President Alumni  
Association)

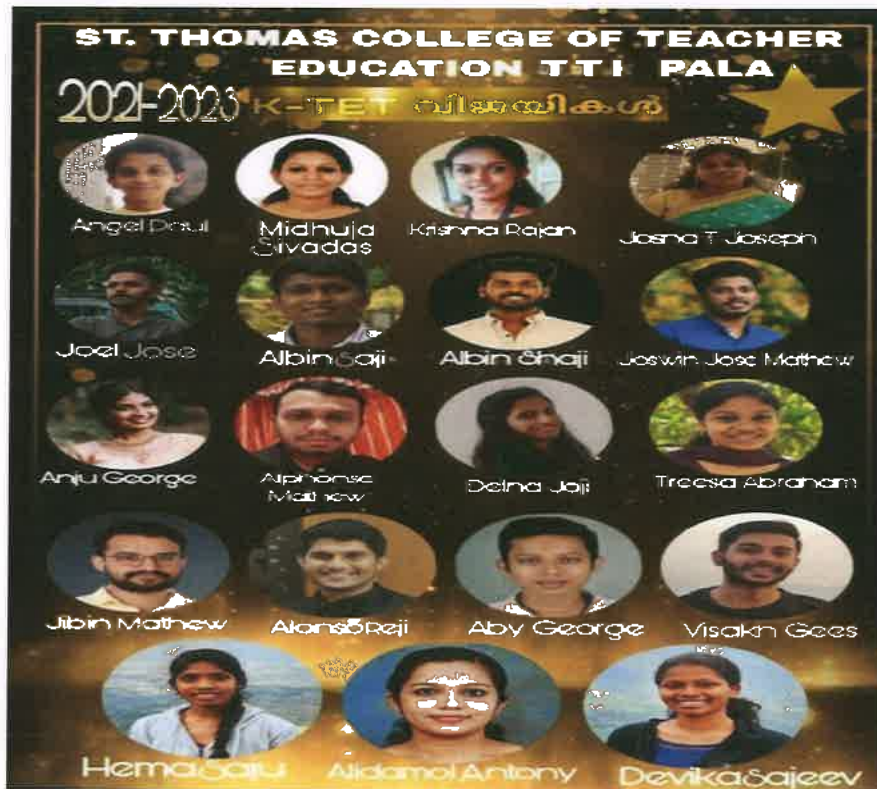
Dr. Alex George  
(Secretary Alumni  
Association)

**TET SET NET Coaching from 17/09/2022 to 15/10/2022**



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





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



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

## 16.NET/SET/K-TET COACHING

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

Organized by  
Alumni Association STCE Pala

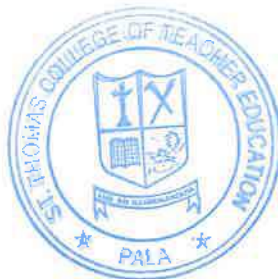
**NET/SET/  
K-TET**  
ONLINE COACHING CLASS

- Separate classes for NET/SET & TET
- Self-paced self-study sessions
- Daily practice tests
- Weekend model tests
- Doubt clearing sessions

**March 15 - May 15**  
Admission Open Now [2022]

Registration Fee: ₹500 per 200 questions  
Registration period: March 15 - 31-03-2022  
Class Commencement: 01-04-2022

9447096121      9447096121



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



17.National Webinar Series, Jagratha2



NATIONAL WEBINAR SERIES  
**JAGRATHA-2023**



(Community Awareness Programme for Rural Women Empowerment)

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR**  
&  
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**



**Dr Shiny Antony Rauf**  
Preventive Dentist  
Fitness Trainer

**"ആരോഗ്യ പരിപാലനം സ്ത്രീകളിൽ"**

**Conveners**

**Miss.Thresiamma Mathew**  
Director, AWC

**Dr. Sr. Beenamma Mathew**  
Principal, St. Thomas College of Teacher Education



**Google Meet**

**DAY-2**  
**27/05/2023**  
**Saturday**  
**At:11.00am -12.00pm**

**Programme Co-coordinators**

**Dr. Alex George (Co-ordinator, Extention Activities St.Thomas College of Teacher Edu.)**

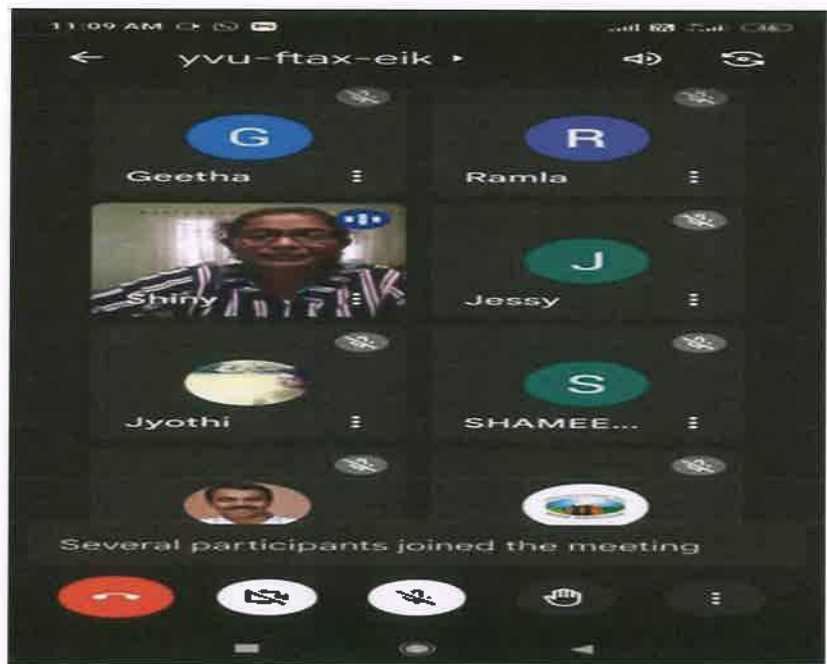
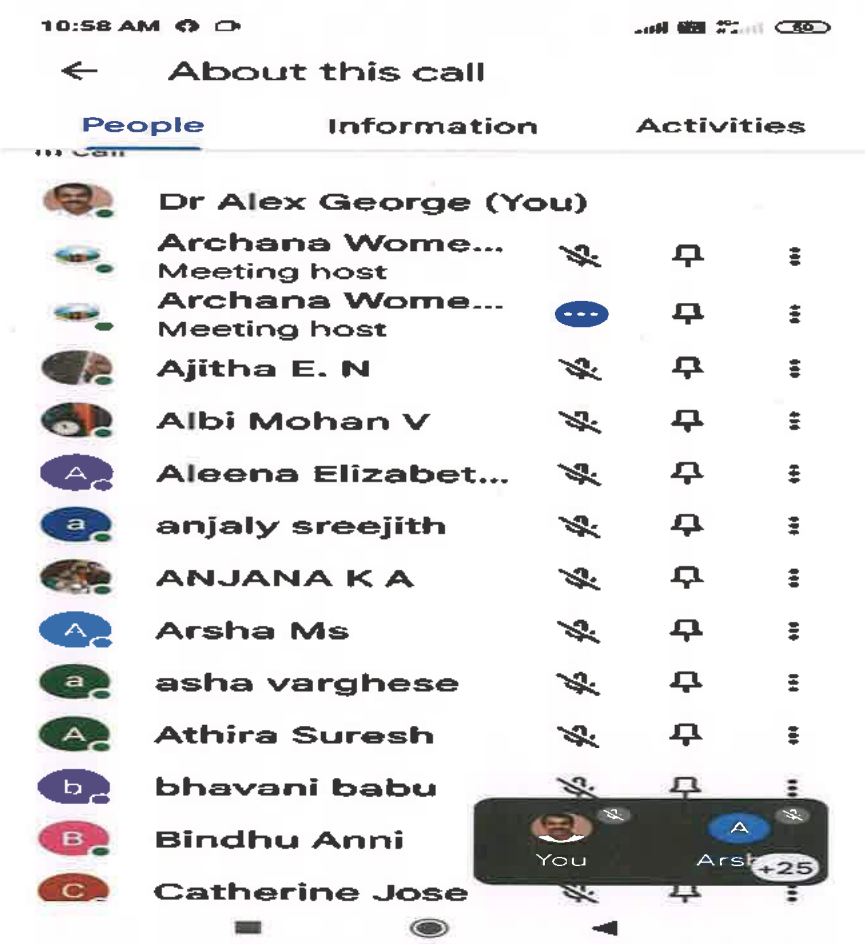
**Sri.Paulson K F(Project Manager, AWC)**

**Smt. Sruthymol V S( Office Secretary,AWC)**

**Ms.Aleena Elizabeth Alex (Student coordinator )**



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



National Webinar Series, Jagratha 2 on 27/05/2023



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



## 18.UGC NET COACHING

A coaching programme had been organized during the period September 12 to September 26 of 2022.

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

**UGC NET COACHING (PAPER 1 & EDUCATION)**

**Online Classes**

- Syllabus oriented sessions
- Daily Practice tests
- Weekend model tests
- Doubt clearing sessions

**Admissions open NOW**

**Duration September 12-26**

\* Fees exemption for STCTE Pala students

**9447599631**

**Register on / before September 13**

Dr. Sr. Beenamma Mathew (Principal, STCTE, Pala)      Dr. T. C. Thankachan (Vice Principal, STCTE, Pala)      Dr. Alex George (Teacher in charge, STCTE, Pala)

**Student Coordinator : Tiya Tess George**           **9400041057**

UGC NET COACHING on September 12 /09/2022 to 26/09/2022



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

## 19.Snehaveedu Project 2 (Home Project)

### 'Snehaveedu' Project No. 2



<b>Home Project Number</b>	<b>02</b>
<b>Application No.</b>	<b>STCTE/HOME PROJECT/02</b>
<b>Name of the Beneficiary &amp; Relation</b>	<b>Varghese K.T. (B.Ed. Student)</b>
<b>Address:</b>	<b>Kavalakkal (Dt.), Kerala. PIN: 686681</b>
<b>Leadership:</b>	<b>SHE-KI-NAH- The Extension Services, STCTE, Pala</b>
<b>Name of the Teacher in Charge</b>	<b>Dr. T.C. Thankachan</b>
<b>Financial Support</b>	<b>Staff &amp; Alumni Association of the College</b>
<b>Date of Project Started</b>	<b>10.08.2020</b>
<b>Date of Project Completed</b>	<b>12.07.2022</b>
<b>Area</b>	<b>1450 Square Feet</b>
<b>Total Expenditure</b>	<b>982500 (Rupees Nine Lakhs Eighty Two Thousand and five Hundred Only)</b>
<b>Contribution of Beneficiary</b>	<b>593500</b>
<b>Contribution of the College</b>	<b>389000 (Rupees Three Lakhs Eighty Nine Thousand Only)</b>

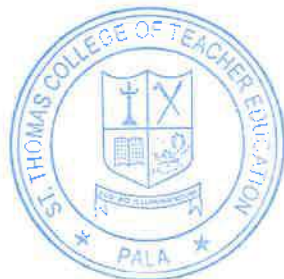
**SNEHAVEEDU PROJECT 2 which was completed on 12-07-2022**


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





**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



Painted the walls of Govt LPS Arunapuram on 01/04/2022




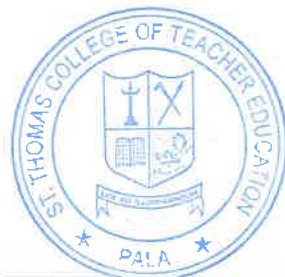
*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL.  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION 45  
PALA





**Painted the walls of Govt LPS Arunapuram on 01/04/2022**

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



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

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

**NIRAKOOT 2022 (Day 2)**  
*- Adding colours to life*  
*(An Initiative of SHE-KI-NAH-The Extension Services Cell)*

**VENUE :  
ST.THOMAS H S S, PALA**

**Date : 11/04/2022**  
**(9 : 30 am - 4 : 30 pm)**

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

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


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

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





**Paintings at St. Thomas HSS Palaas on Nirakoot 11/4/2022**

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





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



ST. THOMAS COLLEGE OF TEACHER EDUCATION,  
PALA

# നിറങ്ങൾ 2022

*-Adding colours to life*

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

VENUE : ST. THOMAS H S S, PALA



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



Dr. T.C. Thankachan  
Principal  
STCTE, Pala



Sri. Georgekutty Jacob  
Headmaster  
St. Thomas HSS, Pala



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



Sojo John  
General Co-ordinator



Lakshmi S  
Programme  
Coordinator



James Mathew  
Student Coordinator



Anjaly Elizabeth Xavier  
Student Coordinator

(DAY - 3)

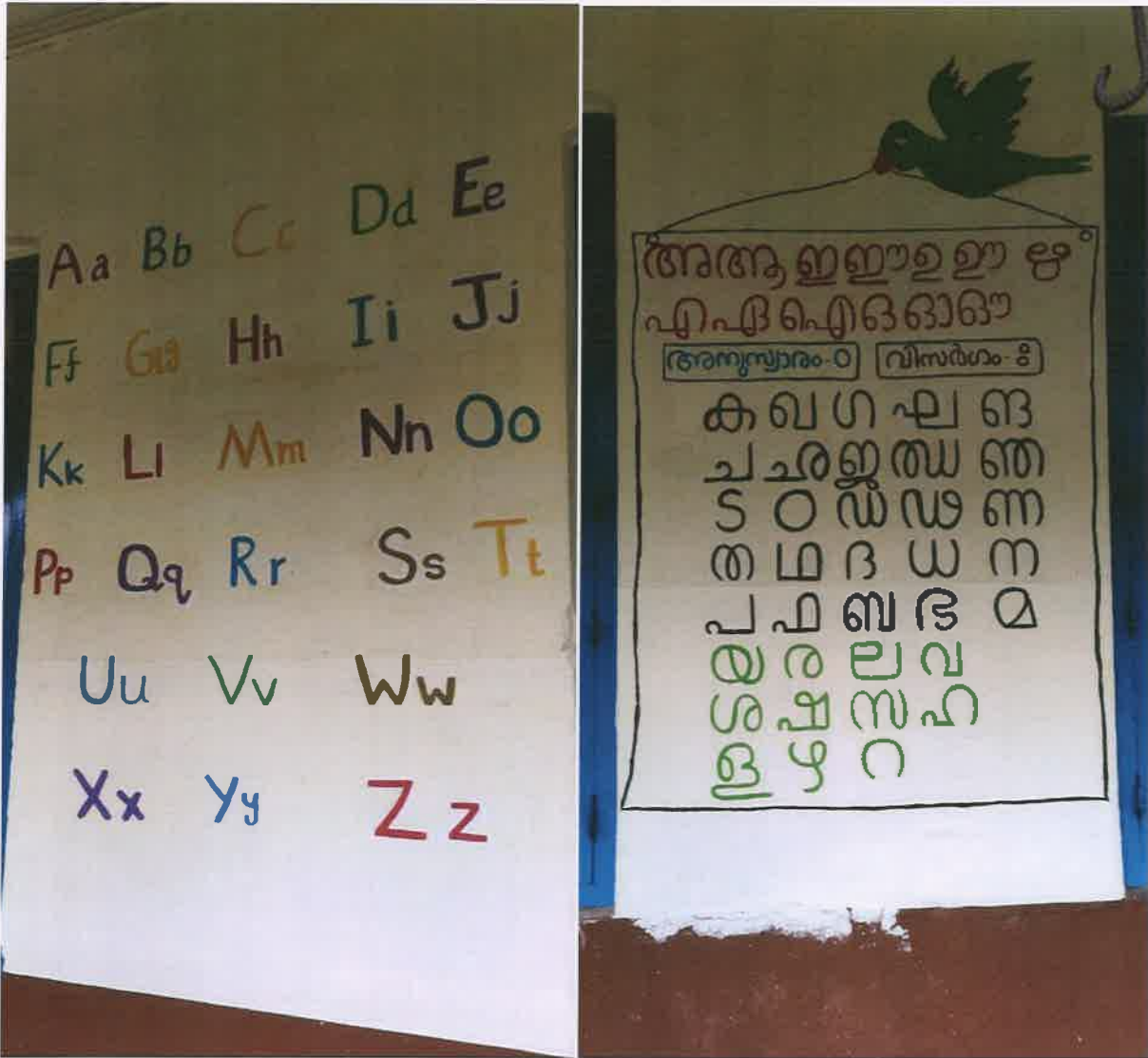
Date : 19/04/2022

(9:30 AM - 4:30 PM)



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





Paintings at St. Thomas HSS Palaas on Nirakoot 19/4/2022












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




#### 4. Nirakoot Day 4– Painting the walls of Aided LPS Meenachil

**Venue – Aided LPS, Meenachil**



 Fr. Thomas Thottankal Manager Aided LPS, Meenachil	 Dr. T.C. Thankachan Principal STCTE, Pala	 Thammamma Joseph Headmistress, Aided LPS, Meenachil	 Dr. Alex George Teacher-in- charge STCTE, PALA
 Sojo John General Co-ordinator	 Lalitha S Programme Co-ordinator	 Lisa Mary Antony Student Co-ordinator	 Raina Maria Student Co-ordinator




Student teachers on painting at Aided LPS Meenachil on 21/04/2022



*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA 51



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



ST. THOMAS COLLEGE OF  
TEACHER EDUCATION PALA


നീറകൂട്ട് 2022

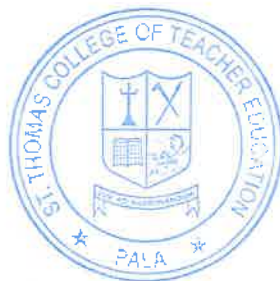
(An Initiative of SHE-KI-NAH, the Extension Services Cell)



DAY-5

Date: 25 April 2022, Monday  
Venue: St. Sebastian's L.P.S. Pathazha

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





**Student teachers on painting at St. Sebastian's LPS Pathazha on 25/04/2022**




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

6. Nirakoot Day 6– Painting the walls of St. Little Thresia's LP School  
Bharananganam



Paintings at St. Little Thresia's LP School Bharananganam as on Nirakoot 29/04/2022



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



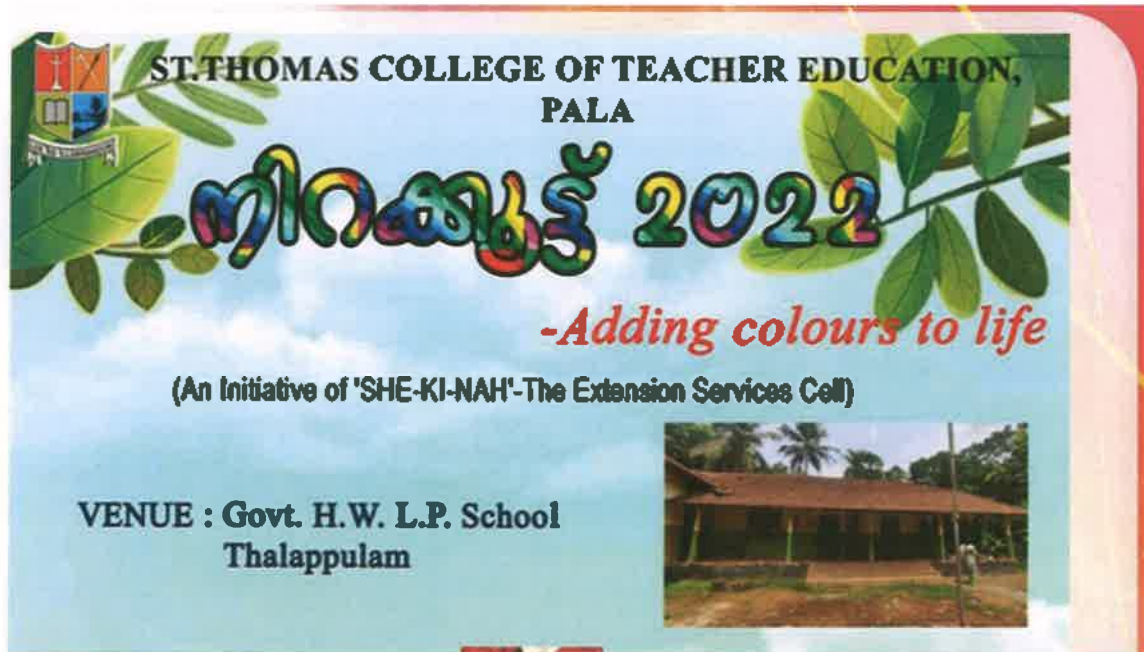


**Paintings at St. Little Thresia's LP School Bharananganam as on Nirakoot 29/04/2022**



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

**7. Nirakoott Day 7- Painting the walls of Govt. LPS Thalappulam**



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


**നിറക്കൂട്ട് 2022**

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

**VENUE : Govt. H.W. L.P. School  
Thalappulam**



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





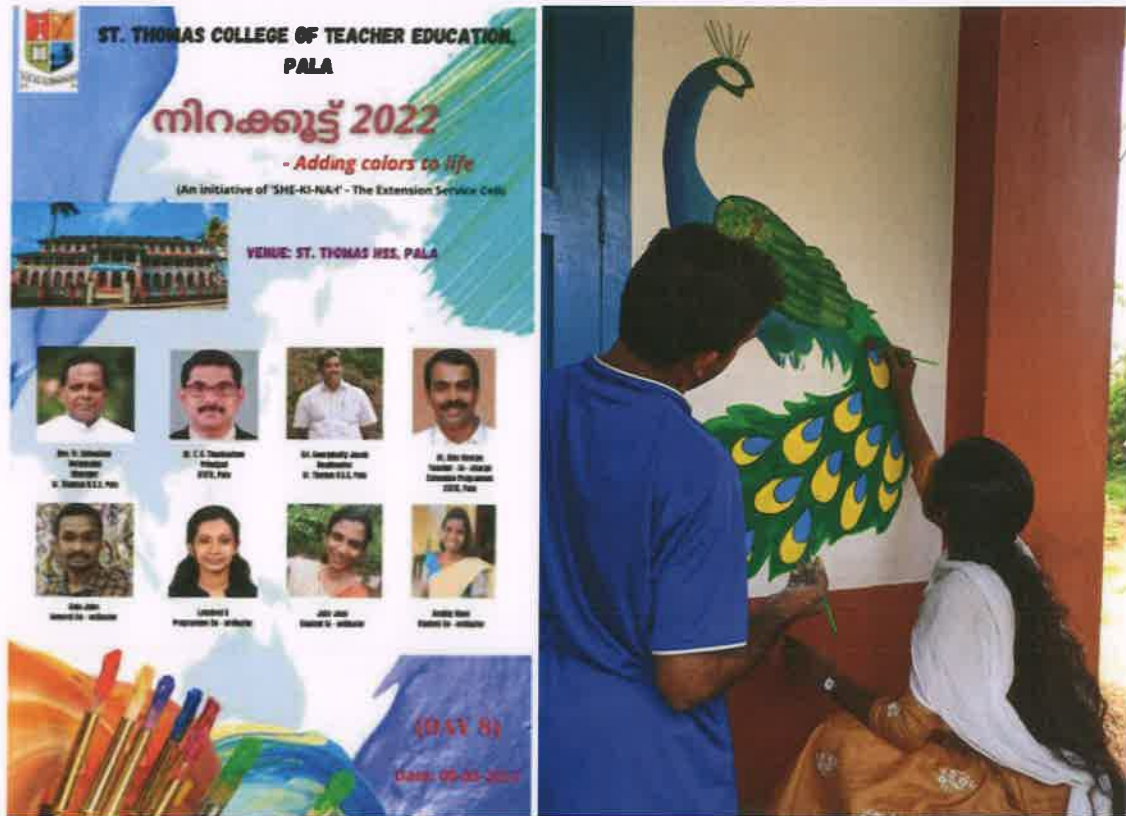
**Student teachers on painting at Govt.LPSThalapulam on 07/05/2022**



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



## 8. Nirakott Day 8– Painting the walls of St. Thomas HSS Pala



Paintings on the walls of St. Thomas HSS Pala on 08/05/2022




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



**Paintings on the walls of St.Thomas HSS Pala on 08/05/2022**



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

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


ST. THOMAS COLLEGE OF TEACHER EDUCATION,  
PALA








**നിറക്കൂട്ടം 2022**

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[ An initiative of 'SHE-KI-NAH' –The Extension Service Cell]

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

**DAY 9 (11-06-2022)**



 <b>Dr. T. C. Mathew</b> Principal, SPECT, Pala	 <b>Mrs. Anitha Mathew</b> Headmistress Govt. New L.P. School	 <b>Dr. Alex George</b> Teacher in Charge EXTENSION SERVICE CELL	
 <b>Sojan John</b> General Co-ordinator	 <b>Lakshmi S</b> Program Co-ordinator	 <b>Anuradha K</b> Student Co-ordinator	 <b>Shyly Thomas</b> Student Co-ordinator

സംഘം : സെന്റ് തോമസ് കോളേജ്, പാലാ

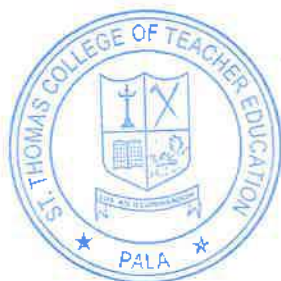



*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA





**Student teachers on Painting at Govt New LPS Puliyanoor on 11/05/2022**



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

**10. Nirakoott Day 10– Painting the walls of Kallivayalil Pappan memorial Public-School Mundakayam East**

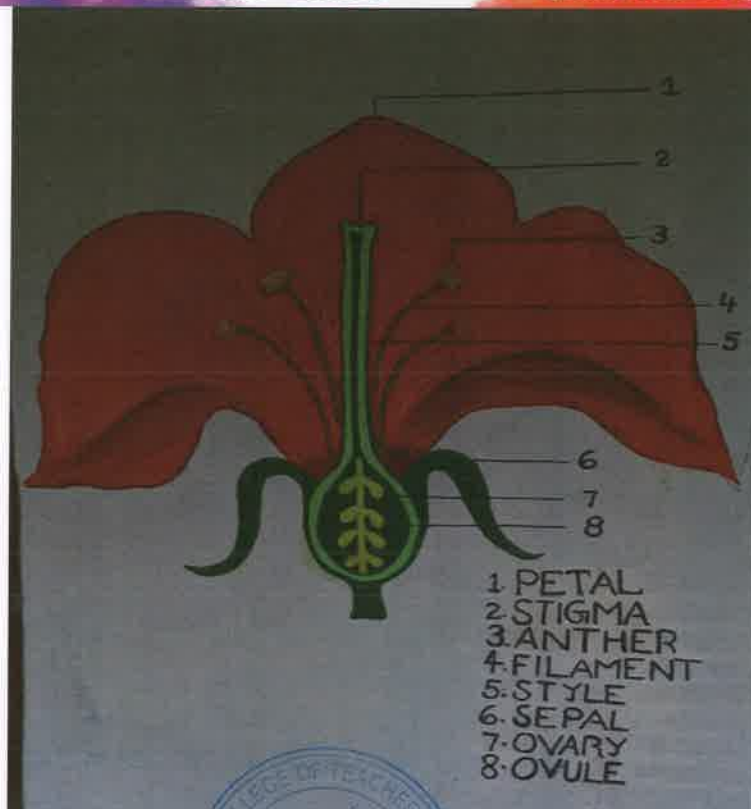
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
**നീറക്കൂട്ട് 2022**  
 - Adding colours to life  
 (An Initiative of 'SHE-KI-NAH' - The Extension Services Cell)



**VENUE: Kallivayalil Pappan Memorial Public School, Mundakayam East**

 <b>Fr. Jose</b> School Manager	 <b>Dr. T.C. Thankachan</b> Principal STCTE Pala	 <b>Fr. Varghese Pulikan,</b> School Director
 <b>Mr. Shinas Mathew</b> School Principal	 <b>Dr. Alex George</b> Teacher-in-Charge Extension Programme STCTE Pala	 <b>Sojo John</b> General Co-ordinator
 <b>Lakshmi S</b> Programme Co-ordinator	 <b>Nevil George</b> Student Co-ordinator	 <b>Riya Rose Johns</b> Student Co-ordinator

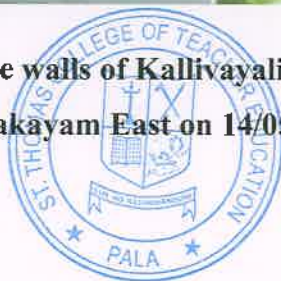
**DAY 10**      **Date 14/05/ 2022**      **(9.30 AM - 4.30 PM)**



*Beena*  
 Prof. Dr. BEENAMMA MATHEW  
 PRINCIPAL  
 ST. THOMAS COLLEGE OF  
 TEACHER EDUCATION  
 PALA      62



Painting by student teachers on the walls of Kallivayalil Pappan memorial Public-School  
Mundakayam East on 14/05/2022



*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION 63  
PALA



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

 **ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
**നിറക്കൂട്ട് 2022**  
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**(An Initiative of SHE-KI-NAH - The Extension Services Cell)**  
**VENUE - ST. MATHEWS U. P. S,  
ELIKULAM**



Rev. Fr. Justin Bakkannampal Fr. Augustine Buthannampal Dr. J. C. Thankachen

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





Painting the walls of St.Mathews UPS Elikulamom 18/05/2022



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

12. Nirakoott Day 12- Painting the walls of St. Joseph's UPS Vellilappilly



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

**നിറക്കൂട്ട് 2022**

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

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



Rev. Fr. George Varghese  
Njarakunnel  
School Manager



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



Dr. T. C. Thankachan  
Principal  
STCTE Pala



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



Sojo John  
General Co-ordinator  
STCTE Pala



Lakshmi S  
Programme co-ordinator  
STCTE Pala



Meera V. S  
Student Co-ordinator  
STCTE Pala



Mariya Mathew  
Student Co-ordinator  
STCTE Pala

**Day 12**  
**Date : 25/05/2022**

*(9.30 am - 4.30 pm)*



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





Painting at St.Joseph's UPS Vellilappilly on 25/05/2022



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

# Nirakoott Day 13- Painting the walls of St. Thomas LPS Velathusserry



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

## നീറകൂട്ട് 2022

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

Venue: St. Thomas L.P. School,  
Velathusserry



Fr. Joseph Mecheril  
School Manager



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



Dr. T.C. Thankachan  
Principal  
STCTE Pala



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



Sojo John  
General Co-ordinator  
STCTE Pala



Lakshmi S  
Programme co -ordinator  
STCTE Pala



Harikrishnan V  
Student Co-ordinator  
STCTE Pala



Tima Mathew  
Student Co-ordinator  
STCTE Pala

Day 13  
Date : 30/05/2022

11 am - 5.30 pm



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



Paintings on the walls of St.Thomas LPS Velathusserry on 30/05/2022



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



## 14.Nirakoott 14- Painting the walls of St. Antonys HS Vellikulam



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

**നിറക്കൂട്ട് - 2022**

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

**Venue: St Antony's HS Vellikulam**

**Day 14**

**Date: 31/05/2022**

**9:30 am - 4:30 pm**



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



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



**Jo Sebastian  
Headmaster  
SAHS, Vellikulam**



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



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



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



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



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



Painting at St. Antonys HS Vellikulam on 30/05/2022 and 31/05/2022



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

15. JAGRATHA 12: NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

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

ക്ലാസ് നയിക്കുന്നത്

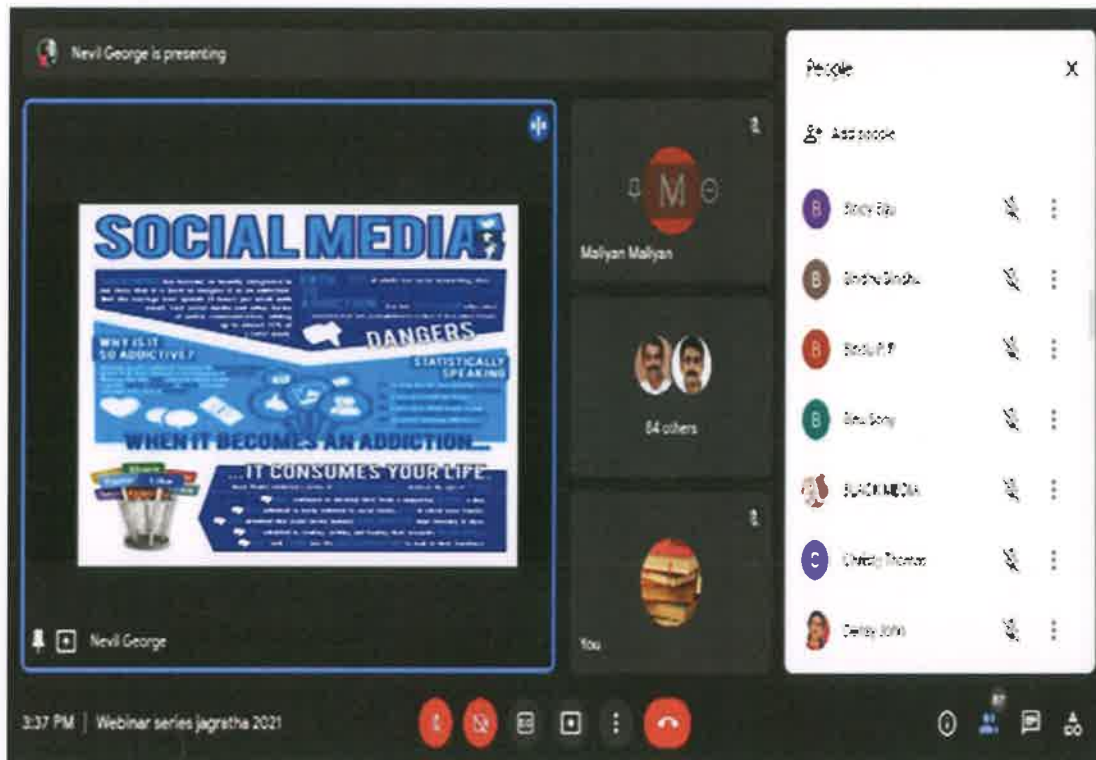
Date: 05/06/2021  
Time:  
03.00 Pm -04.00pm.



more details  
contact:8281245484



**Sri.Nevill George**      **Dr.Alex George**




*Beene*  
Prof. Dr. BEENANIMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA

Dr Alex George is presenting

## Adolescence

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



65 others

You

People X

+ Add people

- A Anusasi Anusasi
- A Anya Abhilash
- A anyamol pa
- A Ashmi Maria John
- A Aashthy Vijayan
- A ATHRA PS
- B Bincy Biju

**NATIONAL WEBINAR SERIES held on 5/06/2021**

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





16.JAGRATHA 13: NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

ക്ലാസ് നയിക്കുന്നത്



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




**DAY :13**  
**TOPIC:**  
**"Covid & Psychological Issues"**  
(കോവിഡും മാനസിക പ്രശ്നങ്ങളും)  
In the light of Anti suicidal initiative,  
Amritham Gamaya 2021

**more details contact:8281245484**

NATIONAL WEBINAR SERIES held on 12/06/2021



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

17.JAGRATHA 14: NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of

**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
**&**  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

**DAY :14**

**TOPIC:**

**"വളർച്ചയുടെ പാതയിൽ കൈത്താങ്ങു് ആകാം"**  
**ഏന്ത് നയിക്കുന്നത്**

Date: 19/06/2021

Time:05.00 Pm -06.00pm.



**Ms.Irine Sera Joseph**



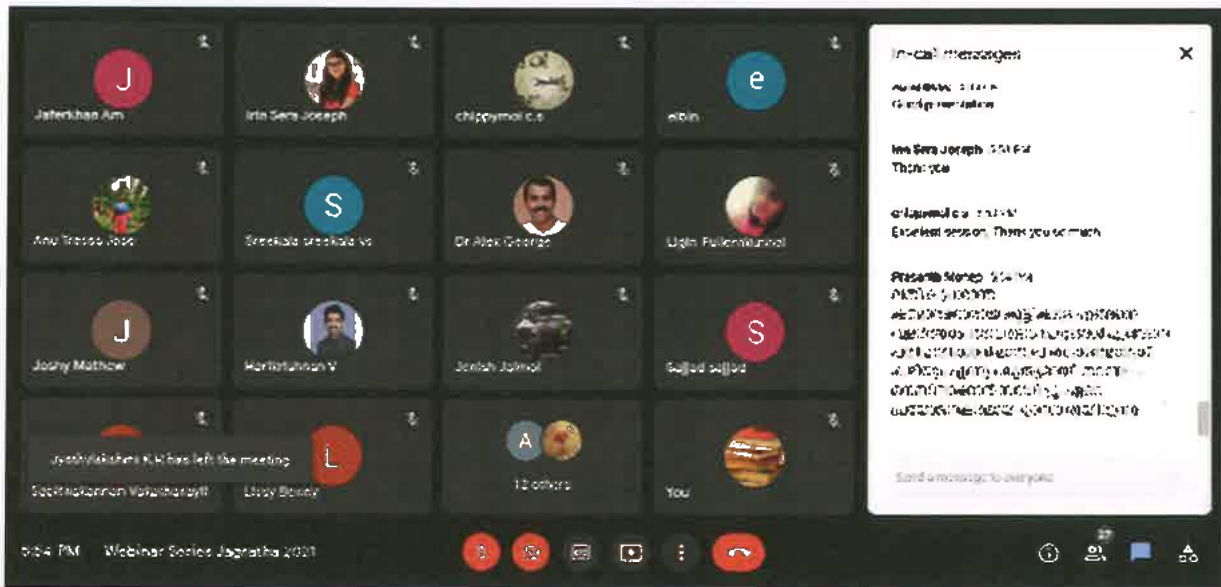
**Ms.Anu Tresa**



more details contact:  
8281245484



*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION 4  
PALA



**NATIONAL WEBINAR SERIES, Held on 19/06/2021 on the theme 'Be a Scaffolding in the path of Development'**



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



## 18.JAGRATHA15: NATIONAL WEBINAR SERIES


**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A joint initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

**DAY: 15**


കോവിഡ് കാലഘട്ടത്തിലെ കുടുംബ ബന്ധങ്ങൾ

കാസ് നയിക്കുന്നത്



**Ms. Bhanupriya R**  
Msc. Botany

Date: 26/06/2021  
Time: 04.00 Pm -05.00pm



more details contact:  
8251245484

**NATIONAL WEBINAR SERIES held on 26/06/2021 about Family Relationships in the age of COVID 19**





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

19.JAGRATHA 16: NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

വിഷയം : **DAY:16**  
"കോവിഡ് കാലഘട്ടത്തിൽ  
പോഷകാഹാരത്തിനുള്ള പ്രാധാന്യം"  
ക്ലാസ് നയിക്കുന്നത്



**Soumya. V. P**  
Dietician,  
Taluk hospital, Kayamkulam

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

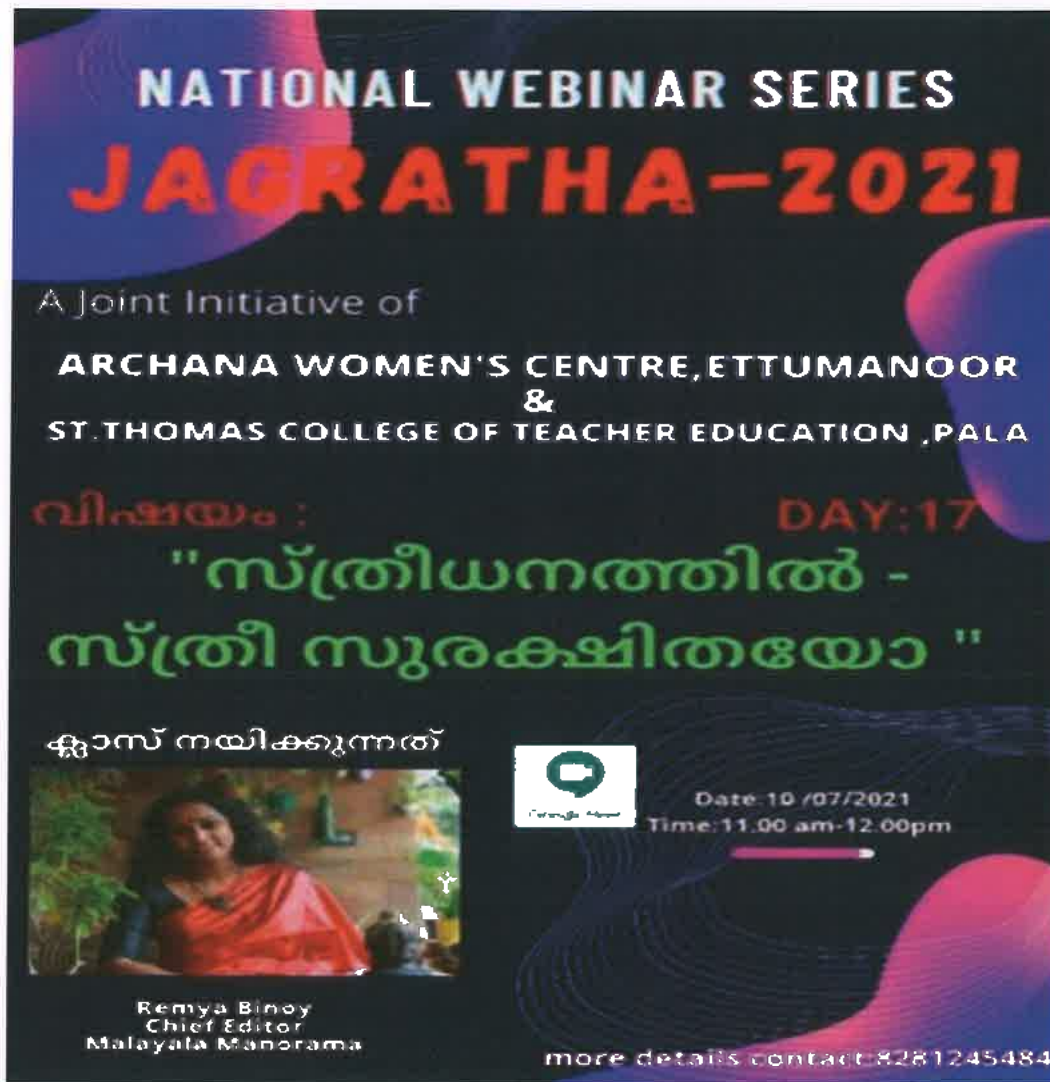
more details contact:8281245484

NATIONAL WEBINAR SERIES Held on 03/07/2021 about Importance of nutritious food in COVID 19 times



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


## 20.JAGRATHA 17- NATIONAL WEBINAR SERIES




**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR**  
&  
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

വിഷയം : **DAY:17**  
**"സ്ത്രീധനത്തിൽ - സ്ത്രീ സുരക്ഷിതയോ"**

കാസ് നയിക്കുന്നത്  
  
Remya Binoy  
Chief Editor  
Malayala Manorama

  
Date: 10 /07/2021  
Time: 11.00 am-12.00pm


more details contact: 8281245484



NATIONAL WEBINAR SERIES held on 10/07/2021 about

Womens' safety in the Dowry System



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





## 21.JAGRATHA 18- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

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

ക്ലാസ് നയിക്കുന്നത്



**Dr.Sandrima K S**  
MD (Ayurveda)Medical Officer  
Ramaiah Indic Speciality Hospital  
Banglore



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

more details contact-  
8281245484



**NATIONAL WEBINAR SERIES held on 17/07/2021 about Woman Health in Ayurveda**




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

## 22.JAGRATHA 19- NATIONAL WEBINAR SERIES

NATIONAL WEBINAR SERIES

# JAGRATHA-2021


A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
 &  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**




DAY:19

വിഷയം:  
**"ലഹരിയിൽ മുങ്ങുന്ന ജീവിതങ്ങൾ"**

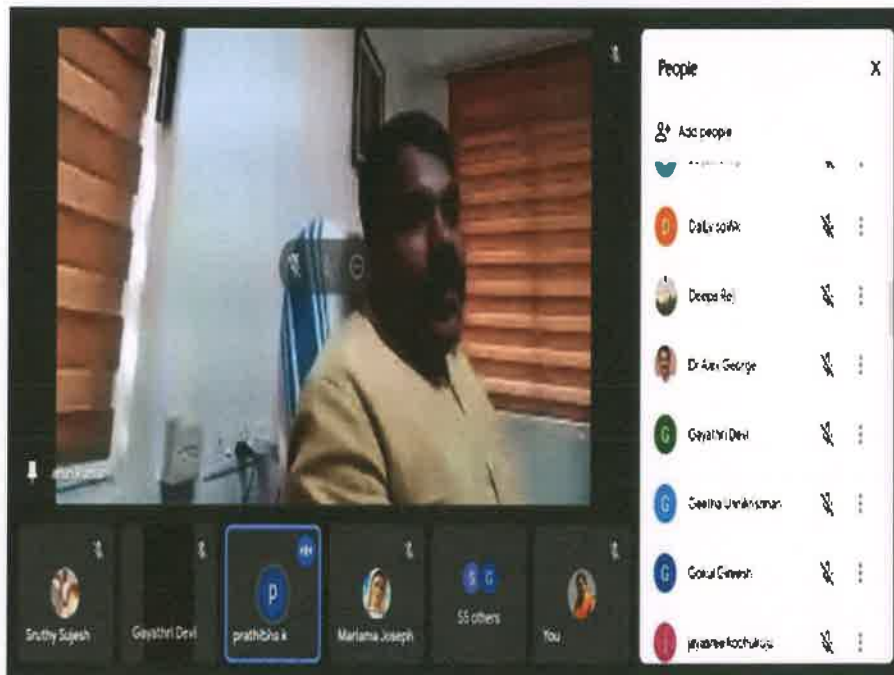
കൂടെ നയിക്കുന്നത്



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

DATE: 24 /07/2021 | TIME:03.00 PM-04.00PM | 

more details contact 8281245484



NATIONAL WEBINAR SERIES held on 24/07/2021 about Lives sinking in Drugs



Prof. Dr. BEENA MA MATHIEW  
 PRINCIPAL  
 ST. THOMAS COLLEGE OF  
 TEACHER EDUCATION  
 PALA




**23.JAGRATHA 20- NATIONAL WEBINAR SERIES**

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR**  
&  
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
**DAY:20** ക്ലാസ് നയിക്കുന്നത്  
ON 07/08/2021  
TIME: 03.00 PM-04.00PM.  
for more details contact:  
8281245484  
Google Meet  
വിഷയം :  
"സ്ത്രീശക്തിക്കൊരു ജീവിത സാക്ഷ്യം"  
Sulochana Ramakrishnan  
Women's VOICE, Wayanad

**NATIONAL WEBINAR SERIES held on 07/08/2021 on the topic Life Testimony to Women Empowerment**



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

**24.JAGRATHA 21- NATIONAL WEBINAR SERIES**



**A Joint Initiative of**

**ARCHANA WOMEN'S CENTRE,ETTUMANOOR  
&  
ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

**വിഷയം :**

**"സ്ത്രീ സുരക്ഷ മാറുന്ന സമൂഹത്തിൽ "**

**ക്ലാസ് നയിക്കുന്നത്**



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

**DAY:21**

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

**for more details contact:  
8281245484**

**NATIONAL WEBINAR SERIES held on 14/08/2021 on Safety of Women in Transitional Society**



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

25. JAGRATHA 22- NATIONAL WEBINAR SERIES.

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

**A Joint Initiative of**  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
**&**  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

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

**ക്ലാസ് നയിക്കുന്നത്**



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



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



**for more details contact:**  
**8281245484**

**NATIONAL WEBINAR SERIES held on 28<sup>th</sup> August, 2021 on the theme 'Woman-Mother, Wife, Sister, Daughter-Yet She Cries, Why'?**



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



**26.JAGRATHA 23- NATIONAL WEBINAR SERIES**

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

**A Joint Initiative of**  
**ARCHANA WOMEN'S CENTRE,ETTUMANGOR**  
**&**  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

**TOPIC:**

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

**Guest Speaker**



**Shamnas KS**

Smartphone Repairing Trainer Govt.  
Polytechnic College-Nattokom



**3PM - 4PM**

**04/09/2021**



**DAY:23**

For more details contact:  
8281245484

**NATIONAL WEBINAR SERIES held on 04/09/2021 on the theme Awareness to the parents  
about the Mobile Technologies**



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

27.JAGRATHA 24- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

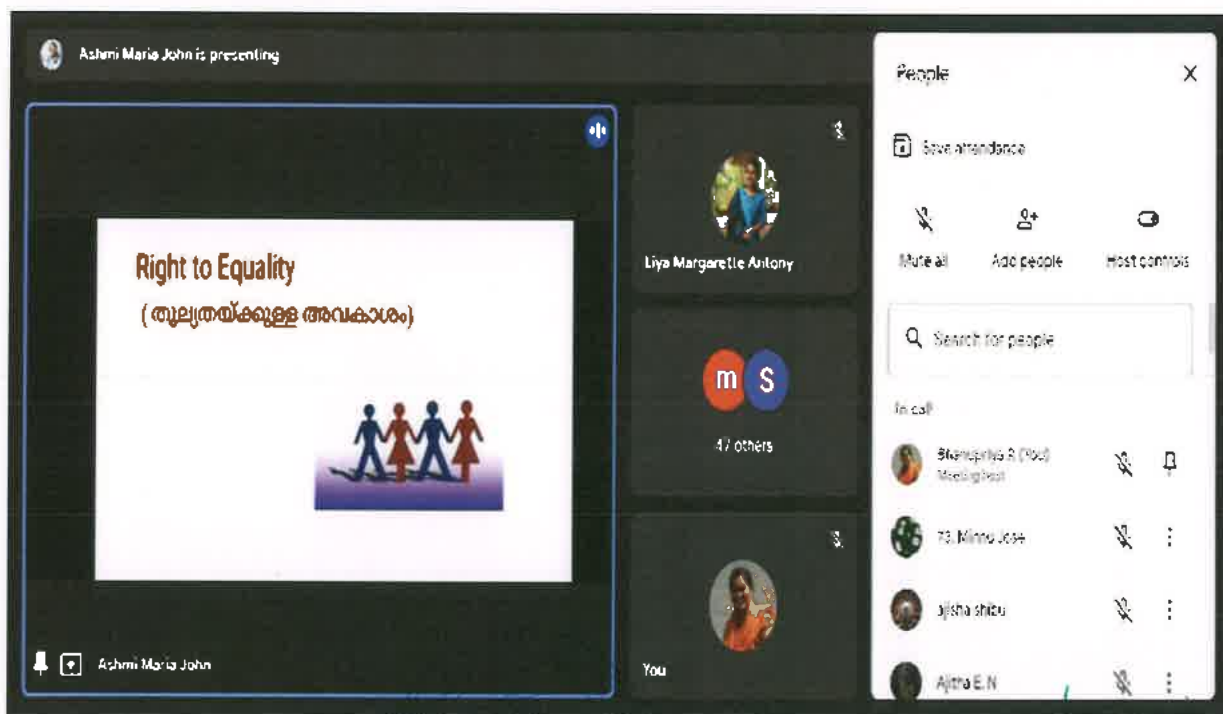
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

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

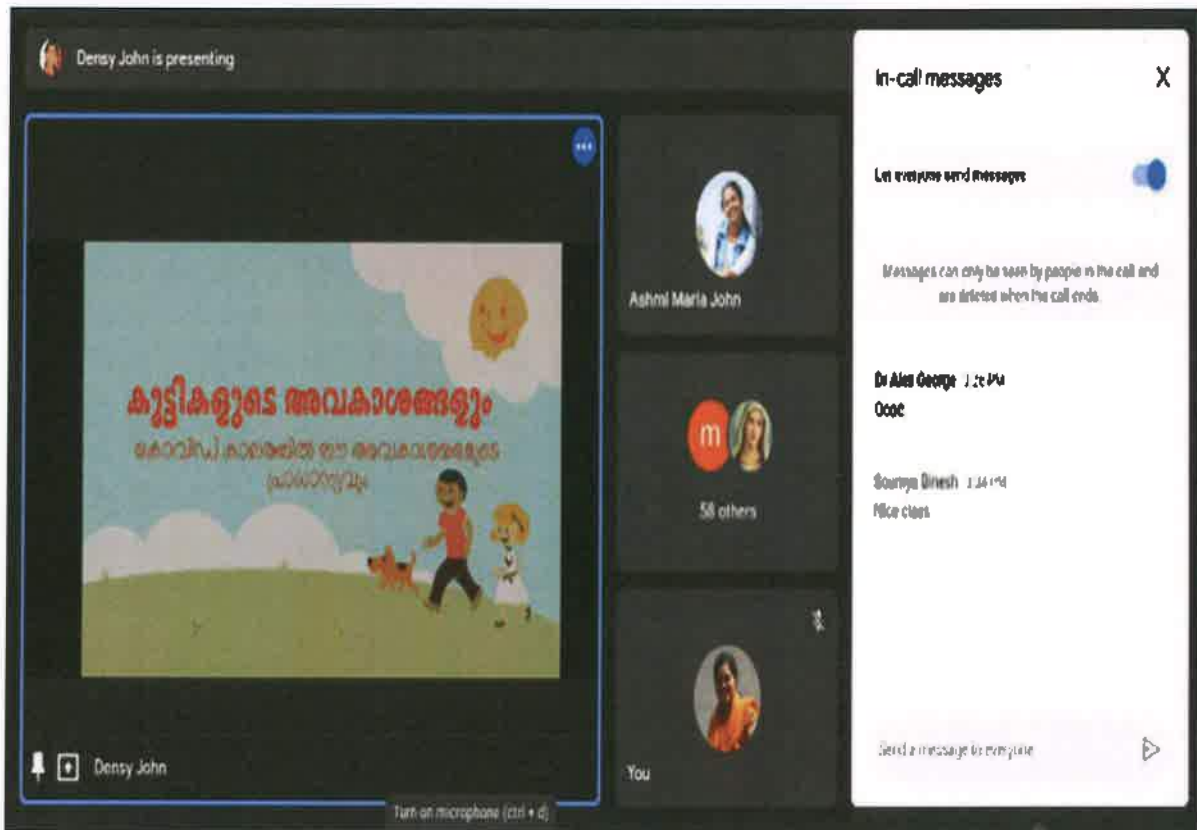


**Densy John**      **Ashmi Maria John**      more details contact: 8281245484

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



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



**NATIONAL WEBINAR SERIES held on 11/09/2021**

Themes of the Webinar are: 1) Child Rights and its Relevance

2) Relevance of Human Rights in the current Scenario



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



## 28.JAGRATHA 25- NATIONAL WEBINAR SERIES

NATIONAL WEBINAR SERIES  
**JAGRATHA - 2021**



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



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

**സ്ത്രീകളുടെ സാമ്പത്തിക**  
**ശാക്തീകരണത്തിന്റെ ആവശ്യകത**



**Jose Thayyil**


അധികൃത കമ്മ്യൂണിറ്റി,  
കുടുംബ സർവീസ് മെമ്പർഷിപ്പ്



More Details Contact  
+91 8281245484



**NATIONAL WEBINAR SERIES held on 18<sup>th</sup>September, 2021 about the Importance of Women Economic Empowerment**

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

## 29.JAGRATHA 26- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

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

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

**സ്ത്രീയും മാനസികാരോഗ്യവും**  
**(WOMEN & MENTAL HEALTH)**



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

**For More Details Contact**  
**+91-8281245484**

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

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



**NATIONAL WEBINAR SERIES held on 25/09/2021 about Women Mental Health**



*[Signature]*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA

30. JAGRATHA 27- NATIONAL WEBINAR SERIES

National Webinar Series  
**JAGRATHA -2021**

*A Joint Initiative Of*  
*Archana Women's Centre, Ettumanoor*  
*&*  
*St. Thomas College Of Teacher Education, Pala*

**സ്മൃതികളിലെ സ്മരണ സാധ്യതകൾ**

Day 27  
9th October 2021  
Time - 3.00 PM - 4.00PM

**Skill & Motivational Trainer**  
**Suresh. S**




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



For More Contact +91 8281245484

NATIONAL WEBINAR SERIES held on 09/10/2021 about Entrepreneurial Possibilities of Women



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




31.JAGRATHA 28- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**


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

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

**തുടങ്ങാം : പുതിയ സംരംഭങ്ങൾ**  
**(Let's get started: New ventures)**



**Mr.AnanthuKrishnan**  
Consultant, Trainer




**For More Details Contact**  
**+91-8281245484**

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

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

NATIONAL WEBINAR SERIES held on 16/10/2021 about “Let’s get started New Ventures”



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


## 32.JAGRATHA 29- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

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

DAY-29  
 OCT-30,2021  
 Time:3.00 PM -4.00 PM

**ഗാർഹിക പീഡനം - നിയമങ്ങളും,  
 പ്രതിവിധികളും**  
 (Domestic Violence - Laws and Remedies)

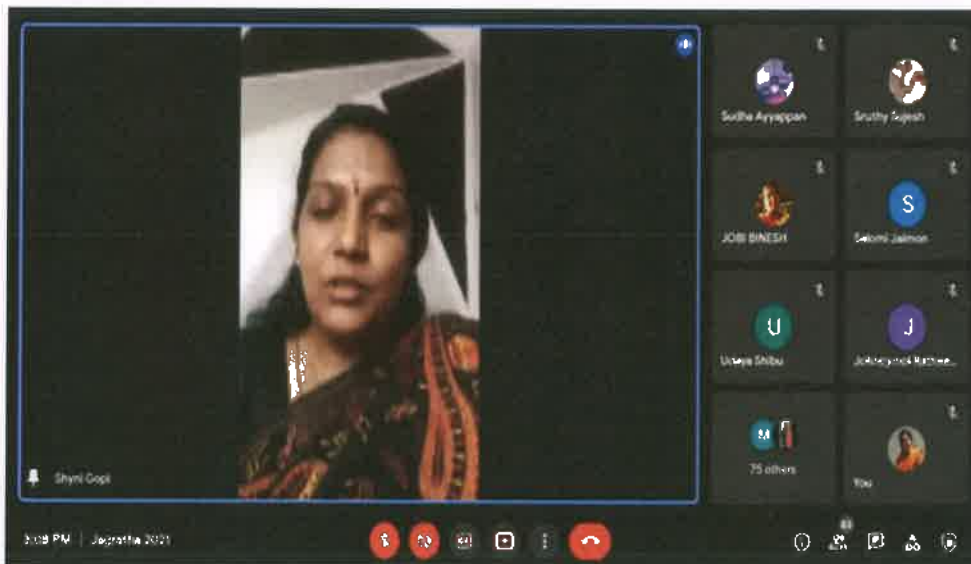


**Adv.Shiny Gopi**  
 Advocate, District Courts, Kottayam

For More Details Contact  
**+91-8281245484**

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

**Coordinators:**  
 1. Dr.Alex George (Teacher In-charge Community Extension Programmes,STCTE, Pala)  
 2. Sri.L.Padmanabhan E.P (Project Manager, AWC)  
 3. Ms. Bhuvanapriya S (B.Ed.Student,2020-22 Batch)  
 4. Mrs.Sruthymal V.S (Office Secretary cum Computer Analyst,AWC)



**NATIONAL WEBINAR SERIES held on 31<sup>st</sup>October, 2021 about Domestic Violence: Laws & Remedies**




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

### 33.JAGRATHA 30- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

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

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

  
Sri. CIVILSON SEBASTIAN  
MSW, M. Phil

NOV • 06 • 2021  
DATE


3.004.00PM  
TIME

+91-8281245484

Conveners:  
1. Dr. T.C.Thankachan (Principal, STCTE, Pala)  
2. Miss Thresiamma Mathew (Founder & Director, AWC)  
Coordinators:  
1. Dr. Alex George (Teacher Exchange Community Extension Programmes, STCTE, Pala)  
2. Sri Paulson K P (Project Manager, AWC)  
3. Pk. Bhanojya P (B.Ed. student, 2020-22 Batch)  
4. Mrs. Sruthymal V S (Office Secretary cum Computer Analyst, AWC)

NATIONAL WEBINAR SERIES held on 06/11/2021 about Role of Women in Social Progress



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



### 34.JAGRATHA 31- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
*A Joint Initiatives of*  
*Archana Women's Centre, Ettumanoor*  
*&*  
*St. Thomas College of Teacher Education, Pala*

**SMART PARENTS FOR ADOLESCENTS**

**NOV · 13 · 2021**  
DATE

**3.00-4.00PM**  
TIME


**Day 31** 

**Anjaly Elizabeth Xavier**  
M.A Economics **+91-8281245484**

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

**NATIONAL WEBINAR SERIES held on 13/11/2021**




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

### 35.JAGRATHA 32 - NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

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

**TOPIC:**  
**DEPRESSION AMONG**  
**ADOLESCENTS**



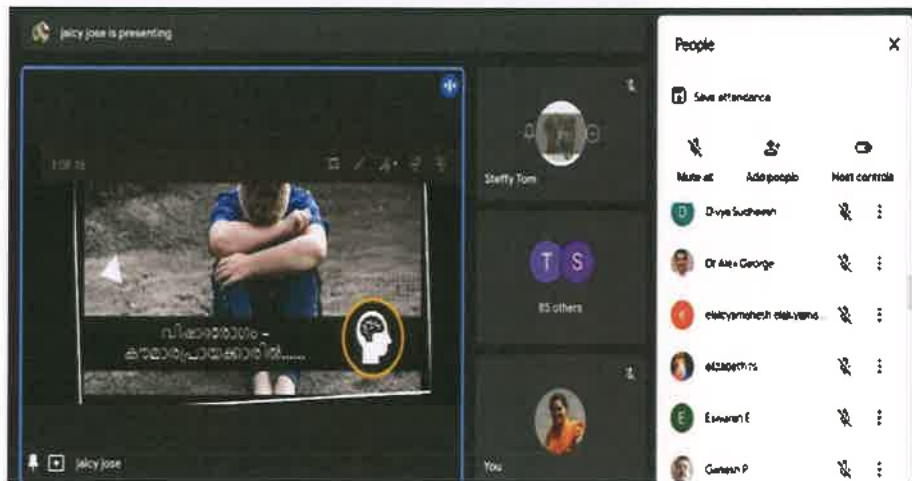
**Ms.Jaicy Jose**  
M.Sc Physics

NOV • 20 • 2021    3.00-4.00PM  
DATE                      TIME

**DAY:32**

**For More Details Contact**  
**+91-8281245484**

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



**NATIONAL WEBINAR SERIES held on 20/11/2021**




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

36.JAGRATHA 33- NATIONAL WEBINAR SERIES


**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

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

**TOPIC**  
**Suicidal tendencies among adolescents**  
**കൗമാരക്കാരിലെ ആത്മഹത്യ പ്രവണത**

  
**Lakshmi S**  
**M. Sc chemistry**

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


  
**For More Details Contact**  
**+91-8281245484**

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

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

NATIONAL WEBINAR SERIES held on 27/11/2021



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



37.JAGRATHA 34- NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

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

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

  
**Harikrishnan V**  
**MA English Literature**

DEC- 11- 2021 3.00-4.00PM  
DATE TIME

**DAY:34**

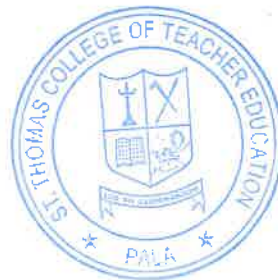



**For More Details Contact**  
**+91-8281245484**

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

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

NATIONAL WEBINAR SERIES held on 11/12/2021



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

## 38.JAGRATHA 35- NATIONAL WEBINAR SERIES

### NATIONAL WEBINAR SERIES **JAGRATHA-2021**

A Joint Initiative of

**Archana Women's Centre, Ettumanoor**  
&

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

**TOPIC:**

**CYBERCRIMES IN CHILDREN**

**(സൈബർ കുറ്റകൃത്യങ്ങൾ കുട്ടികളിൽ)**



**Adv. Sia Reji Augustin**  
**M.M.S**

**Convenors:**

1. Dr. T.C.Thankachen (Principal, SCTE, Pala)
2. Miss Thresiamma Mathew (Founder & Director, AWCC)

**Coordinators:**

1. Dr. Alex George (Teacher in-charge Community Outreach Programmes, SCTE, Pala)
2. Sri Paulson K K Project Manager, AWCC
3. Ms. Sharmista K B Ed. Studies, 2020-22 Baccalr
4. Mrs. Prathima V.S (Office Secretary cum Computer Analyst, AWCC)

DEC • 18 • 2021

DATE

3.00-4.00PM

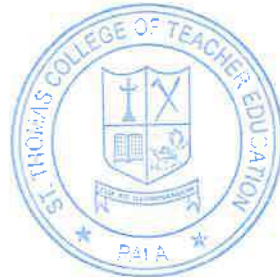
TIME


**DAY:35**



For More Details Contact  
**+91-8281245484**

**NATIONAL WEBINAR SERIES held on 18/12/2021**



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

**39.JAGRATHA 36- NATIONAL WEBINAR SERIES**



**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

*A Joint Initiatives of*

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

**BLOOD DONATION AWARENESS CLASS**

**JAN- 22- 2022**

**3.00-4.00PM**

**DAY:36**



**For More Details Contact**

**+91-8281245484**

**Shibu Thekkemattam**

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

**Conveners:**

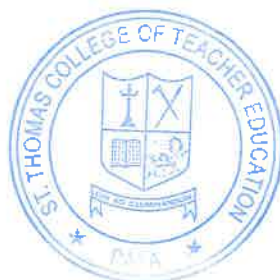
- 1.Dr.T.C.Thankachan (Principal, STCTE, Pala)**
- 2. Miss Thresiamma Mathew (Founder & Director, AWC)**


**Coordinators:**

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



**NATIONAL WEBINAR SERIES held on 22/01/2022**



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



## 40.JAGRATHA 37- NATIONAL WEBINAR SERIES

### NATIONAL WEBINAR SERIES **JAGRATHA - 2021**

A Joint Initiative of

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

## ZUMBA *Fitness session*



**DAY 37**

**05 FEB 22**

**3 PM - 4 PM**

By

**Dr. Shiny Antony Rauf**  
Dentist & Fitness Instructor



For more details contact  
**+91 8281245484**

Conveners:


1. Dr. T.C. Thankachan (Principal, STCTE, Pala)
2. Mrs. Theeramma Mathew (Founder & Director, AWC)

Coordinators:

1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCTE, Pala)
2. Mr. Paulhan K P (Project Manager, AWC)
3. Ms. Bharanigiri B (B.Ed. Student, 2019-22 Batch)
4. Mrs. Sudhymol V. S (Office Secretary cum Computer Analyst, AWC)

NATIONAL WEBINAR SERIES held on 05/02/2022



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

**41.JAGRATHA 38- NATIONAL WEBINAR SERIES**

**NATIONAL WEBINAR SERIES**  
**JAGRATHA - 2021**

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

വിഷയം  
**സ്ത്രീനിതി**  
**കുടുംബത്തിന്റെയും**  
**സമൂഹത്തിന്റെയും**  
**നന്മയ്ക്ക്**



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

**DAY 38**  
 19 MARCH 22  
 3 PM - 4 PM

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

Coordinators:  
 1. Dr. F.C. Thekkumkara (Principal, STCTE, Pala)  
 2. Mrs Thekkumkara Mathew (Founder & Director, AWC)  
 Co-ordinators:  
 1. Dr. John George (Teacher in-charge Community Extension Program, STCTE, Pala)  
 2. Sri. Paulose P. P. Program Manager, AWC)  
 3. Mrs. Churugery S. P. Ed. Student, 2020-22 B.Ed  
 4. Mrs. Brudiyal V S (Office Secretary cum Computer Analyst, AWC)



**NATIONAL WEBINAR SERIES held on 19/03/2022 about Women Justice: For the good of Family & Society.**



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

42.JAGRATHA 39- NATIONAL WEBINAR SERIES

*National Webinar Series*  
**JAGRATHA - 2021**

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



**അവബോധം  
ആന്തരിക  
സ്വാതന്ത്ര്യത്തിലേക്ക്**

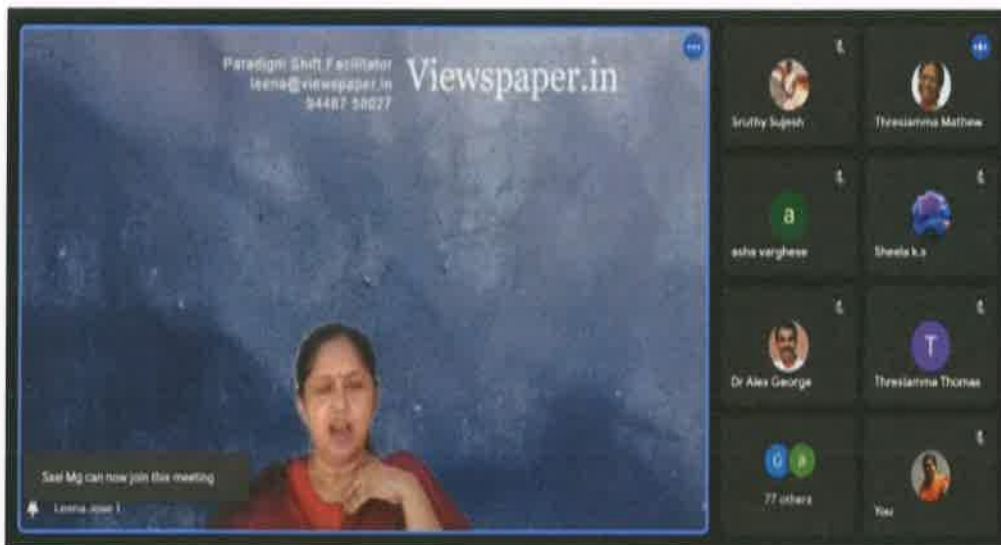
**Prof. Leena Jose T**  
 Paradigm Shift Facilitator;  
 Editor, Viewpaper.in

**Day: 39**

**26 March 2022      3 PM - 4 PM**

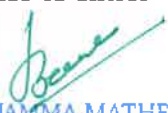
 **Google Meet**      For more details contact  
 +91 8281245484

Co-ordinators  
 1. Dr T C Thambapillan (Principal, STTE, Pala)  
 2. Sister Theodosamma Mathew (Founder & Director, AWC)  
 Co-Editors  
 1. Dr Alex George (Teacher in charge & Community Extension Programme, STTE)  
 2. Sri Parvathy P P (Project Assistant, STTE)  
 3. Mrs. Theodosamma P P (Sister Theodosamma, AWC) STTE Pala  
 4. Mrs. Theodosamma P P (Office Secretary (with Computer Analyst, STTE)



NATIONAL WEBINAR SERIES held on 26/03/2022 on Self Consciousness to Inner




  
 Prof. Dr. BEENAMMA MATHEW  
 PRINCIPAL  
 ST. THOMAS COLLEGE OF  
 TEACHER EDUCATION  
 PALA      102



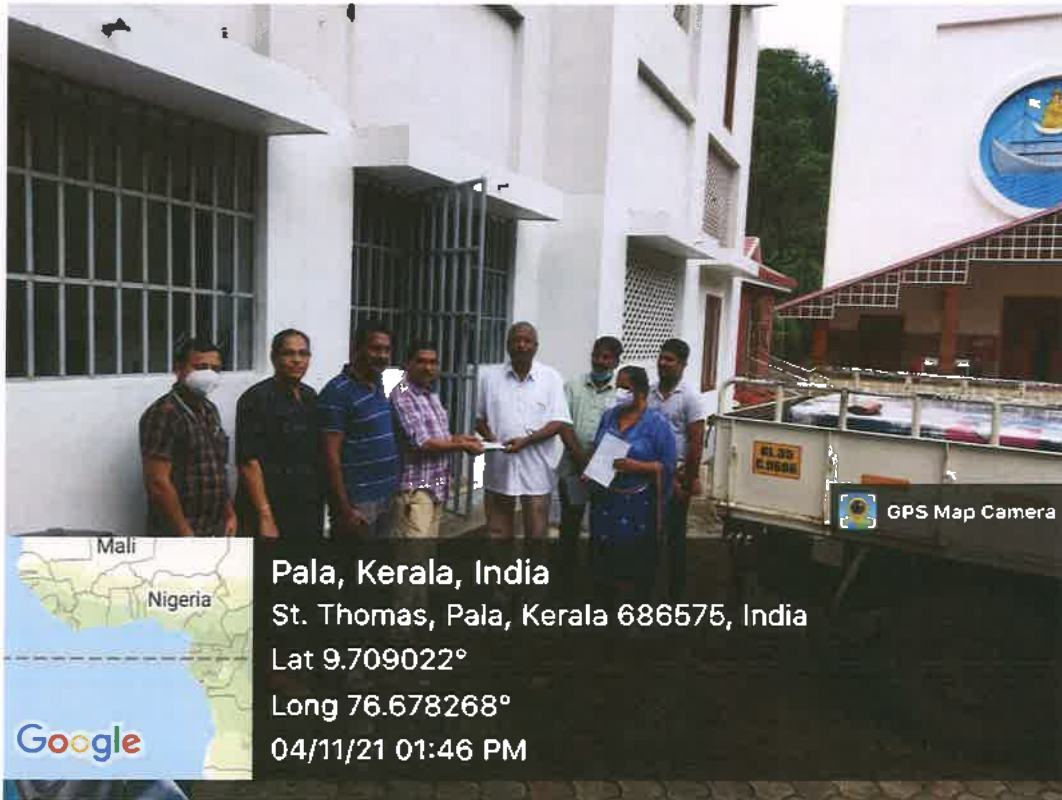
### 43. Miss a Meal Programme- Mariyasadanam


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
		<b>8790</b>	<b>377</b>



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

#### 44. Rehabilitation activities at Koottickal



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



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



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

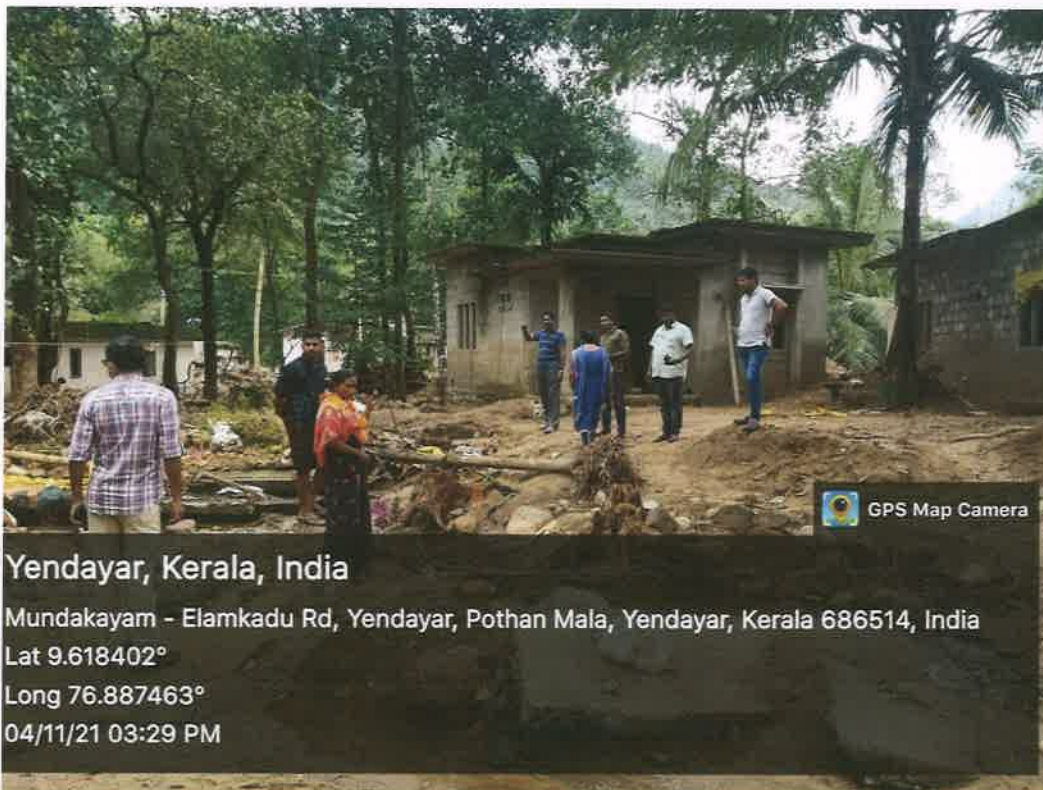


*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA 105






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



Yendayar, Kerala, India  
Mundakayam - Elamkadu Rd, Yendayar, Pothan Mala, Yendayar, Kerala 686514, India  
Lat 9.618402°  
Long 76.887463°  
04/11/21 03:29 PM

**Rehabilitation Activities at Kootickal on 04/11/2021**



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

## 45.SET NET COACHING

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

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

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

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

Click here to Register before  
AUGUST 6, 2021

Registration Fees  
Rs. 200

9447599631

**• SYLLABUS ORIENTED SESSION** *The amount will be refunded to those who score more than 80% in all the tests*  
**• DAILY PRACTICE TEST**  
**• WEEKEND MODEL TEST**  
**• DOUBT CLEARANCE SESSION**

9447599631  
9400913647

**Hearty Welcome to All...**


Dr. T. C. Thankachan  
Principal

P. Krishnakumar  
President, Alumni Association

Dr. Alex George  
Mr. Joffy J Njavalil  
Co-ordinators

SET NET coaching for student teachers from 07/08/2021 to 17/09/2021



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



**46.All Kerala Malayalam Elocution Competition**



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

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



അഖില കേരള മലയാള പ്രസംഗ മത്സരവിജയികൾ



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

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

**JEFFIN JOJO**  
Class 9  
St.Jeromes HSS Vellayamkudy,  
Kattappana



**Special Thanks for our judging panel**



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



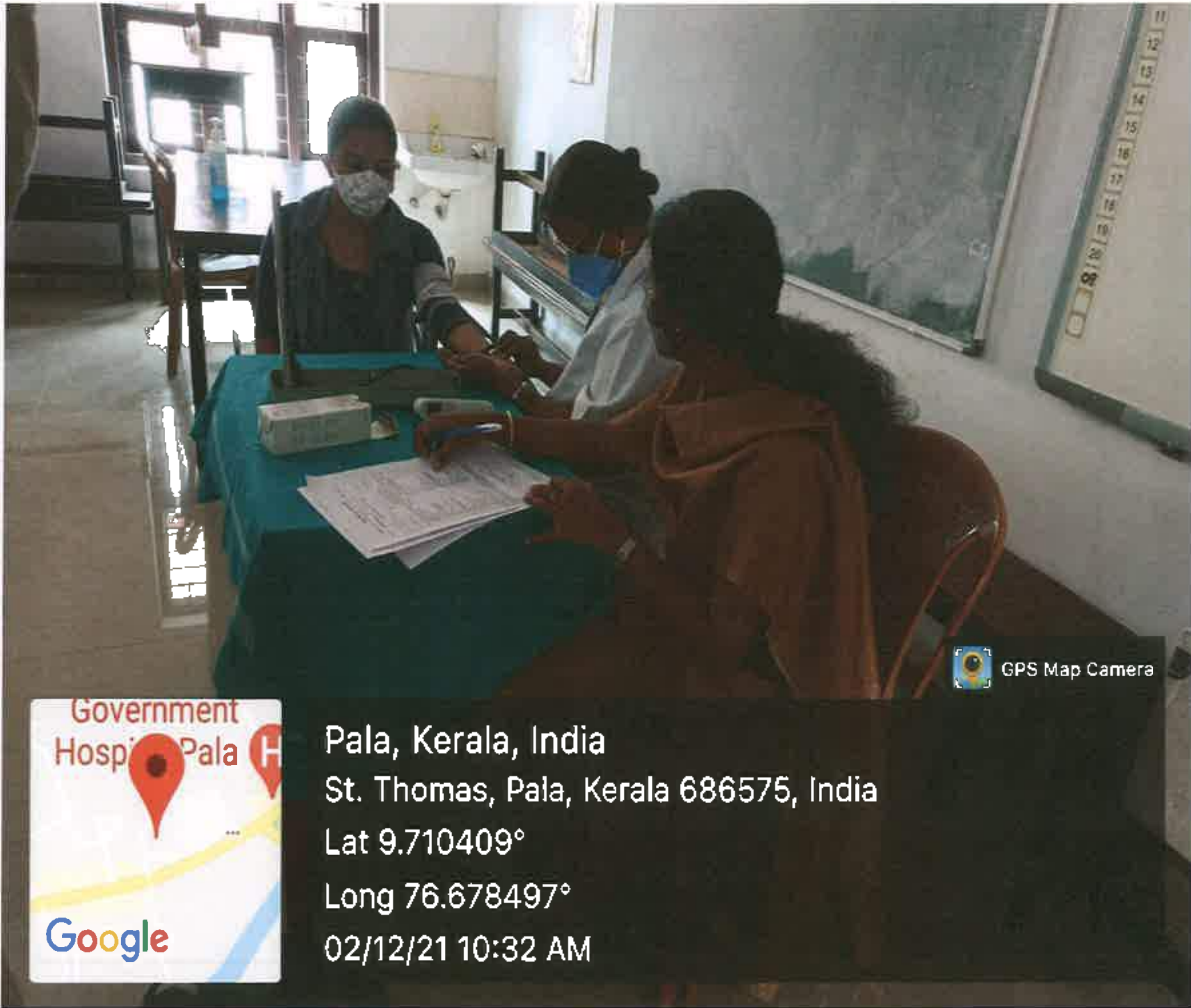


**Ms.Aileen Maria Viji (St. Joseph English medium School, Keezhoor), won the first prize Rs.1501, Certificate & Ever Rolling Trophy on All Kerala Malayalam Elocution competition was conducted in collaboration with the Oratory Club, St. Thomas College of Teacher Education, Pala for H.S. Students of various secondary schools on 24/08/2021**



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

## 47. Blood Donation Camp



Pala, Kerala, India  
St. Thomas, Pala, Kerala 686575, India  
Lat 9.710409°  
Long 76.678497°  
02/12/21 10:32 AM



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




**Blood donation camp on 02/12/2021 conducted in collaboration with Marygiri Hospital Bharanganam**



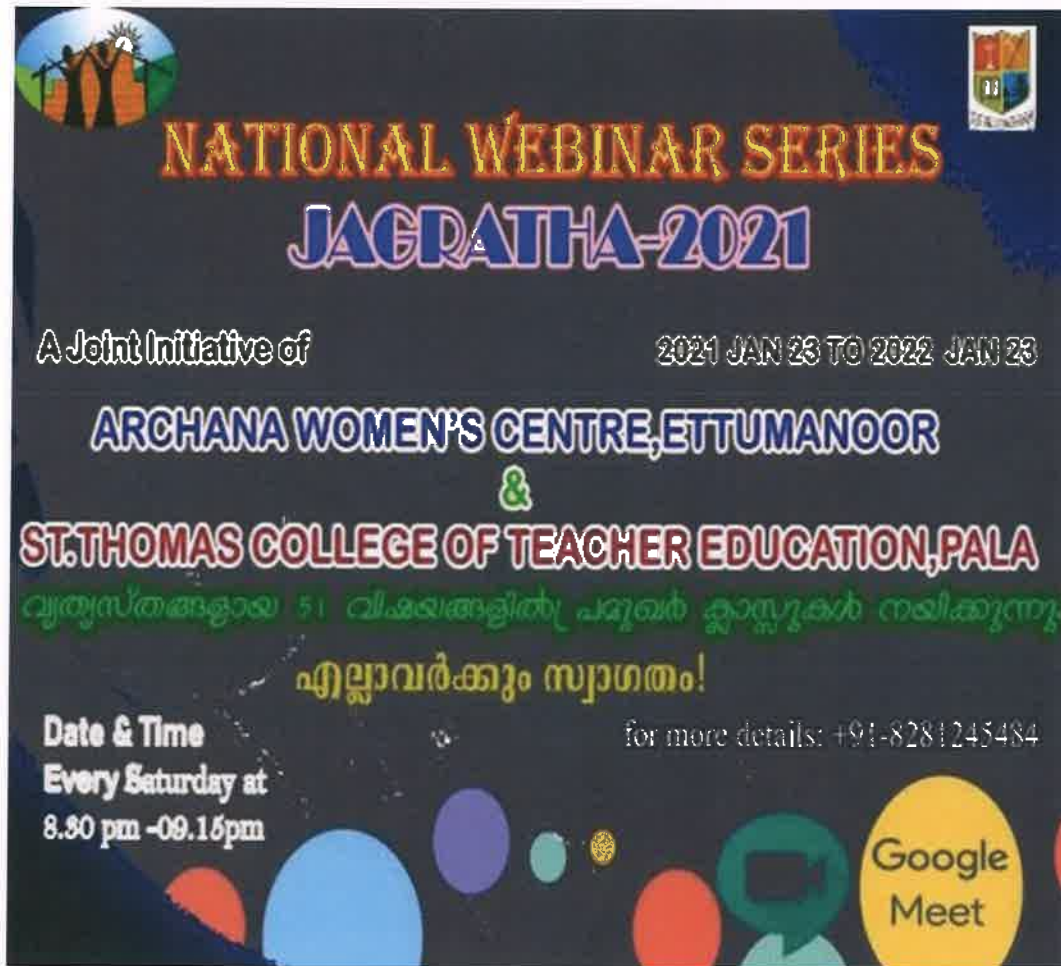
*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA





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

## 1) JAGRATHA 1: INAUGURATION



The poster features a dark blue background with a night sky. At the top left is a circular logo with silhouettes of people holding hands. At the top right is a small crest. The main title 'NATIONAL WEBINAR SERIES JAGRATHA-2021' is in large, stylized letters. Below it, the organizers are listed: 'ARCHANA WOMEN'S CENTRE, ETTUMANOOR & ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA'. A Malayalam slogan 'വൃത്യുസ്തങ്ങളാല 51 വിഷയങ്ങളിൽ പച്ചവെർ ക്ലാസ്സുകൾ നയിക്കുന്നു എല്ലാവർക്കും സ്വാഗതം!' is written in green. The date and time are 'Every Saturday at 8.30 pm -09.15pm'. A contact number '+91-8281245484' is provided. At the bottom right, there is a 'Google Meet' logo. The bottom of the poster is decorated with colorful circles.

**NATIONAL WEBINAR SERIES  
JAGRATHA-2021**

A Joint Initiative of 2021 JAN 23 TO 2022 JAN 23

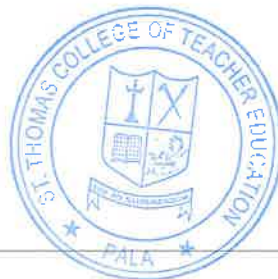
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR  
&  
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**


വൃത്യുസ്തങ്ങളാല 51 വിഷയങ്ങളിൽ പച്ചവെർ ക്ലാസ്സുകൾ നയിക്കുന്നു  
എല്ലാവർക്കും സ്വാഗതം!

Date & Time for more details: +91-8281245484  
Every Saturday at  
8.30 pm -09.15pm

Google Meet

**Ingruation of National Webinar Series JAGRATHA on 23/01/2021**



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

## 2) JAGRATHA2: NATIONAL WEBINAR SERIES



**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION,PALA**

ക്ലാസ്സ് നയിക്കുന്നത്

**DAY-1**  
**TOPIC:**  
**സന്തുഷ്ട ജീവിതത്തിന് പഞ്ചശീലം**

**Date:20.02.2021**  
**Time:**  
**8.30 pm -9.15 pm**




**Ms. Thresiamma Mathew**  
**Director-AWC**



**Ms. Mariamma K Joseph**  
**Coordinator,AWC**

National Webinar Series JAGRATHA 2 on 20/02/2021 on Panchasheel for a Happy Life



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



### 3) JAGRATHA3: NATIONAL WEBINAR SERIES



**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR**  
&  
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

കൃഷി നയിക്കുന്നത്

**DAY-2**  
**TOPIC:**  
**'കൃഷി പരിപാലനം'**  
**Date: 27.02.2021**  
**Time:**  
**8.30 pm -9.15 pm**



**Sri. P L Abraham**  
Asst. Agriculture Officer  
Manjoor




Google Meet

for more details : 8281245484

National Webinar Series JAGRATHA 3 on 27/02/2021 on Agricultural Farm and its Care



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

#### 4) JAGRATHA4: NATIONAL WEBINAR SERIES



**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION,PALA**

ക്ലാസ്സ് നയിക്കുന്നത്

**DAY-3**  
**TOPIC:**  
**'Stress Management'**  
**Date:06.03.2021**  
**Time:**  
**8.30 pm -9.15 pm**



**Sri.George Karunackal**  
Consultant & Trainer




Google Meet

for more details :8281245484

National Webinar Series JAGRATHA 4 on 06/03/2021



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

## 5) JAGRATHA 5: NATIONAL WEBINAR

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR**  
&  
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

ക്ലാസ്സ് നയിക്കുന്നത്

**DAY-4**  
**TOPIC:**  
**'കുടുംബം ഒരു മഹത്തായ പാഠശാല'**

Date  
13.03.2021  
Time:  
8.30 pm -9.15 pm


**Sri. Jossy Thumpanathu**  
**Journalist**

Google Meet

for more details :8281245484

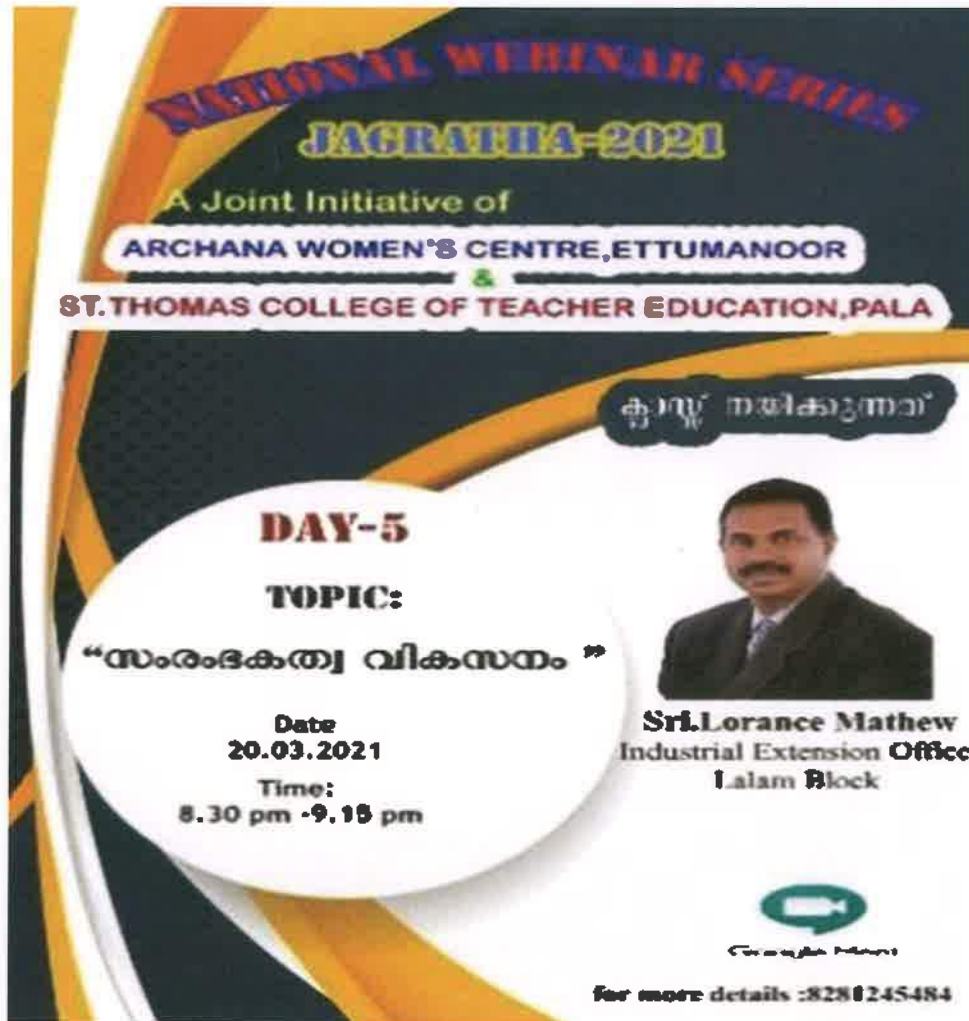
National Webinar Series JAGRATHA 5 on 13/03/2021 about Family as a Great School



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



## 6) JAGRATHA6: NATIONAL WEBINAR SERIES



**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR**  
&  
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

കൃത്യ നയിക്കുമാ

**DAY-5**  
**TOPIC:**  
"സംരംഭകത്വ വികസനം"

**Date**  
**20.03.2021**  
**Time:**  
**8.30 pm -9.15 pm**




**Sri. Lorance Mathew**  
Industrial Extension Officer  
Lalam Block

For more details :8280245484

National Webinar Series JAGRATHA 6 on 20/03/2021 about Entrepreneurship  
Development



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

7) JAGRATHA7: NATIONAL WEBINAR SERIES



**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

കുടുംബം നയിക്കുന്നത്

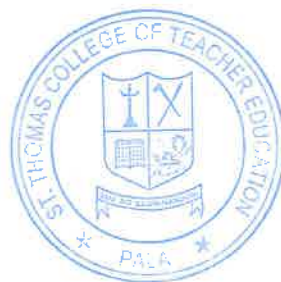


**MRS.BINDHU VARGHESE**  
**COUNSELOR, AWC**

**DAY :6**  
**Topic**  
**"Smart Parenting"**

**Date: 27/03/2021**  
**Time:**  
**8.30 pm - 9.15 pm.**

National Webinar Series JAGRATHA 7 on 27/03/2021



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

8) JAGRATHA8: NATIONAL WEBINAR SERIES


**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANDOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

**DAY :7**  
**Topic**  
**"ലഹരി വിമുക്ത കുടുംബം"**

**Date: 10/04/2021**  
**Time:**  
**8.30 pm - 9.15 pm.**

ക്ലാസ് നയിക്കുന്നത്



**MR.DIJO DAS**  
**COUNSELLOR, ADARRT**

National Webinar Series JAGRATHA 8 on 10/04/2021 Addiction Free Family



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




9) JAGRATHA9: NATIONAL WEBINAR SERIES

**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**  
A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE, ETTUMANOOR**  
&  
**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**


**DAY :8**

**Topic**  
**"Gender**  
**Equality"**

**Date: 17/04/2021**  
**Time:**  
**8.30 pm - 9.15 pm**



ക്ലാസ് നയിക്കുന്നത്  
**Mr. Mathew Mundamattom**  
**Trainer - TRADA, Kottayam**



more details contact:8281245484

**National Webinar Series JAGRATHA 9 on 17/04/2021**



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


10) JAGRATHA 11: NATIONAL WEBINAR SERIES


**NATIONAL WEBINAR SERIES**  
**JAGRATHA-2021**

A Joint Initiative of  
**ARCHANA WOMEN'S CENTRE,ETTUMANOOR**  
&  
**ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

**DAY :11**  
**Topic**  
"ലഹരിവിമുക്ത ജീവിതത്തിനു കുടുംബാംഗങ്ങളുടെ പങ്ക്"  
ഇന്റൽ നയിക്കുന്നത്


Date: 29/05/2021  
Time:  
11.30 am - 12.30pm

  
more details  
contact:8281245484

  
DIVYANSU SRAFFIAN  
MSW, M.Phil

**National Webinar Series JAGRATHA 11 on 29/05/2021 on Role of Members of the Family for an addiction free life**



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

**11) Snehaveedu Project 1 (Home project)**



**Handing over the key of 'Sneha Veedu' project 1 on 15/06/2020**



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



## 12) Green Outfit

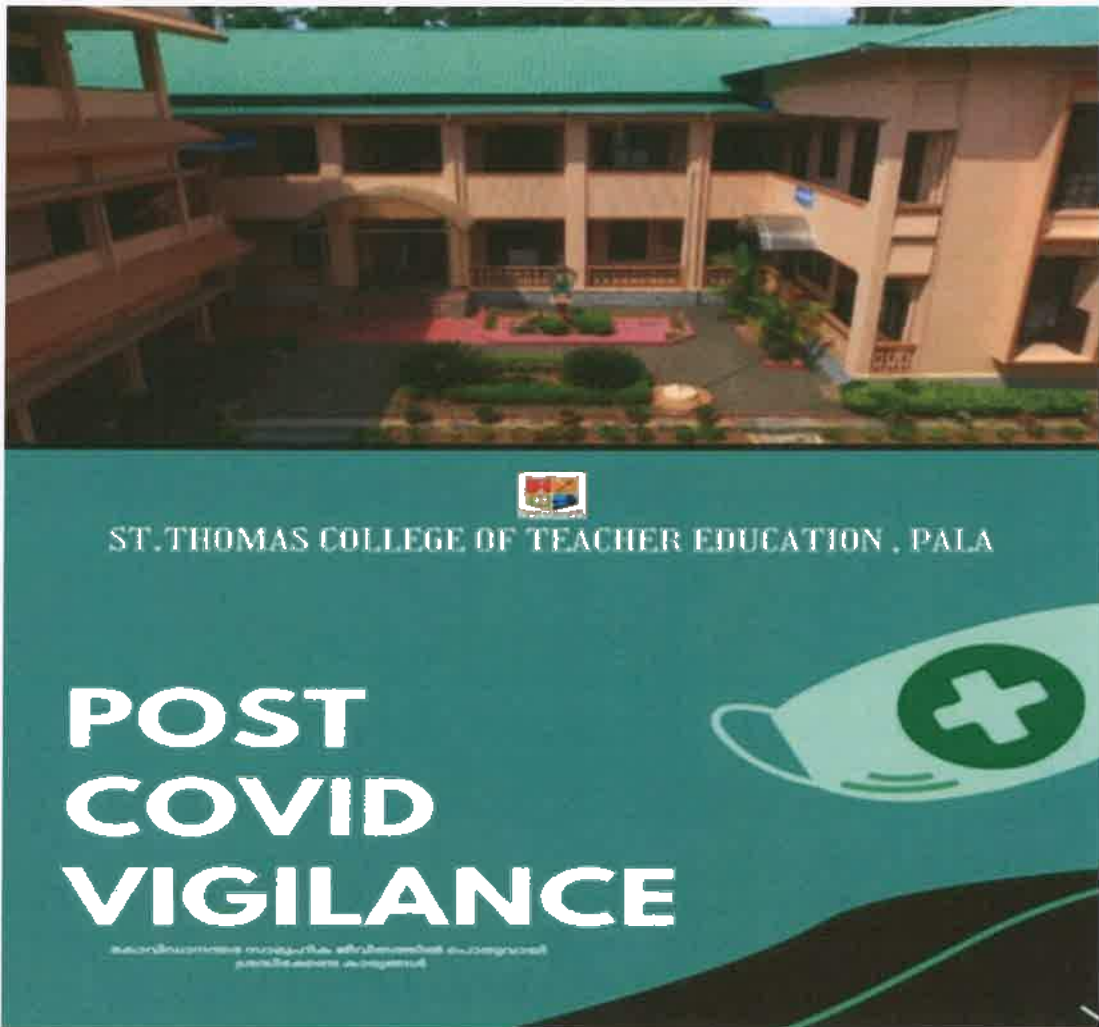


Students teachers are collecting plastic sacks on 11/02/2021 as part of Green Outfit Programme



*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA 124

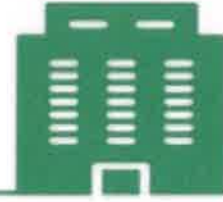
### 13) Post Covid Vigilance



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



## അധികാരികളും സ്ഥാപനങ്ങളും ശ്രദ്ധിക്കേണ്ട കാര്യങ്ങൾ



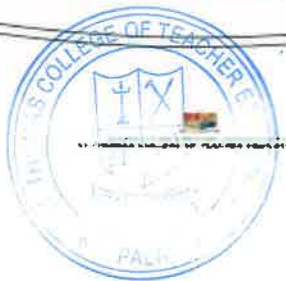
1. സ്ഥാപനത്തിൽ വരുന്ന ആളുകളുടെ പേര്, ഫോൺ നമ്പർ എന്നിവ തെർമൽ സ്കാനിങ്ങിന് ശേഷം കൃത്യമായി രേഖപ്പെടുത്തുക.
2. കോവിഡുമായി ബന്ധപ്പെട്ട് കൃത്യമായ മാർഗ്ഗനിർദ്ദേശങ്ങൾ അടങ്ങിയ നോട്ടീസ് ആളുകൾക്ക് വ്യക്തമായി കാണാവുന്ന ഇടങ്ങളിൽ സ്ഥാപിക്കുക.
3. സ്ഥാപനത്തിൽ ആളുകൾ കൂട്ടംകൂടുന്നത് ഒഴിവാക്കുന്നതിനായ് നിശ്ചിത സമയം ടോക്കൺ കൊടുക്കുന്ന രീതി സ്വീകരിക്കുക.
4. പ്രോട്ടോക്കോൾ കൃത്യമായി പാലിക്കപ്പെടുന്നുവെന്ന് ഉറപ്പ് വരുത്തുന്നതിനായി ഒരു സ്റ്റാഫിനെ നിയോഗിക്കുക.
5. സ്ഥാപനത്തിൽ എത്തുന്ന ആർക്കെങ്കിലും കോവിഡ് പോസിറ്റീവായാൽ സ്ഥാപനം അണുവിമുക്തമാക്കുക.
6. ജോലികൾ ഷിഫ്റ്റ് അടിസ്ഥാനത്തിലാക്കുകയും അതുവഴി ജോലിക്കാരുടെ എണ്ണം നിയന്ത്രിക്കുകയും ചെയ്യുക.
7. പൊതുവായി ഉപയോഗിക്കുന്ന വസ്തുക്കൾ സാനിറ്റൈസ് ചെയ്യുവാൻ ശ്രമിക്കുക.
8. വീട്ടിൽ നിന്നും കൊണ്ടുവരുന്ന ആഹാരവും വെള്ളവും ഉപയോഗിക്കാൻ പ്രേരിപ്പിക്കുക.



## പൊതുവായി ശ്രദ്ധിക്കേണ്ട കാര്യങ്ങൾ



1. SMS പാലിക്കുക.  
 S - Sanitizer (ഹാൻഡ് സാനിറ്റൈസർ ഉപയോഗിക്കുക.)  
 M - Mask (മാസ്ക് ധരിക്കുക.)  
 S - Social Distancing (സാമൂഹ്യ അകലം പാലിക്കുക.)
2. വ്യക്തിശുചിത്വവും പരിസരശുചിത്വവും പാലിക്കുക.
3. പനി, ചൂട, തൊണ്ടവേദന തുടങ്ങിയ ലക്ഷണമുള്ളവർ പൊതുസ്ഥലങ്ങൾ ഒഴിവാക്കുകയും ആവശ്യമെങ്കിൽ വൈദ്യസഹായം തേടുകയും ചെയ്യുക.
4. ആരോഗ്യവകുപ്പിന്റെ നിർദ്ദേശങ്ങൾ കർശനമായി പാലിക്കുക.



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





## വയോജനങ്ങൾ ശ്രദ്ധിക്കേണ്ട കാര്യങ്ങൾ



1. അനാവശ്യമായ യാത്രകൾ ഒഴിവാക്കുക.
2. പോക്കറ്റാഹാരങ്ങൾ കക്ഷണത്തിൽ ഉൾപ്പെടുത്തുകയും ലൂബ്രിക്യാന്റുകൾ ശീലിക്കുകയും ചെയ്യുക.
3. വോക്ക്സൂടെ നിർദ്ദേശമില്ലാതെ മരുന്നുകൾ വാങ്ങുന്നതും കഴിക്കുന്നതും ഒഴിവാക്കുക.
4. വ്യാജവാർത്തകൾ തിരിച്ചറിയുക, ഒഴിവാക്കുക, പ്രചരിപ്പിക്കാതിരിക്കുക.
5. അമിത ആശങ്കയും ഭയവും ഒഴിവാക്കുക.
6. മാനസിക ഉല്ലാസം നൽകുന്ന പ്രവർത്തനങ്ങളിൽ ഏർപ്പെടുക.
7. മാനസിക സമ്മർദ്ദം അനുഭവപ്പെടുന്ന സമയങ്ങളിൽ ദേശീയ മാനസിക ആരോഗ്യ ഹെൽപ്പ് ലൈൻ - കിരൺ (1800-399-0019) നൽകുന്ന സേവനങ്ങൾ പ്രയോജനപ്പെടുത്തുക.



## വിദ്യാർത്ഥികൾ ശ്രദ്ധിക്കേണ്ട കാര്യങ്ങൾ



1. രോഗലക്ഷണങ്ങളുള്ള വിദ്യാർത്ഥികൾ മാതാപിതാക്കളുടെയും അധ്യാപകരുടെയും സഹായത്തോടെ വേണ്ട മൂന്ന് കരുതലുകൾ സ്വീകരിക്കുക.
2. കക്ഷണപദാർത്ഥങ്ങളും പാനോപകരണങ്ങളും കഴിവുതക്കെകമാറാതിരിക്കുക.
3. ശാരീരിക താപനില പരിശോധിച്ച ശേഷം മാത്രം ക്ലാസുകളിൽ കയറുക.
4. സംസാരിക്കുന്ന സമയത്ത് മുഖത്തുനിന്നും മാസ്ക് മാറ്റാതിരിക്കാൻ ശ്രദ്ധിക്കുക.
5. അധ്യാപകരുടേ മാതാപിതാക്കളും നൽകുന്ന മാർഗ്ഗ നിർദ്ദേശങ്ങൾ പാലിക്കുക.
6. സാങ്കേതിക വിദ്യയുടെ ദുരുപയോഗം ഒഴിവാക്കുക.
7. മാനിയ വിദ്യാഭ്യാസ സാഹചര്യത്തിൽ പഠനത്തിന് പുറം ശ്രമിക്കരുത്.
8. പഠനത്തിന്റെ ഉത്തരവാദിത്വം സ്വയം ഏറ്റെടുക്കുകയും ആവശ്യകതകളിൽ അധ്യാപകരുടെ സഹായം തേടുകയും ചെയ്യുക.
9. കോവിഡാനന്തര കാലത്ത് അനാവശ്യ രേഖകൾ ഒഴിവാക്കി വിദ്യാലയങ്ങളിലെത്താൻ മാനസികമായി തയ്യാറാകുക.



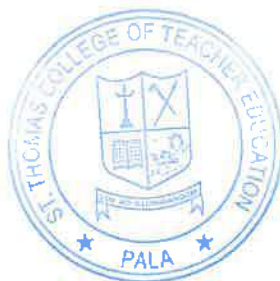
Posters prepared for the programme Post Covid Vigilance on 05/03/2021




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



**Posters prepared for the programme Post Covid Vigilance on 05/03/2021**



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

## 14) Hands with Kerala Sannadha Sena to Fight Against COVID19

### SANNADHAM 2020-21

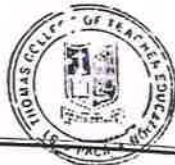
The Government of Kerala introduced Sannadha Sena for the interested Kerala inhabitants to serve as volunteers during times of various emergencies in Kerala state.

Students of St. Thomas College of Teacher Education, Pala under Sannadham unit distributed mask to the first year B.Ed students on 14<sup>th</sup> December 2020. Student in-charge of Sannadham unit conducted awareness class related to Covid pandemic.

Sannadham members distributed sanitizers to St. Thomas H.S.S, Pala. The members of this unit actively take part in training staff and students to assist and undertake the work related to safety and health to prevent an outbreak of the pandemic in the college campus.

The students of St. Thomas College of Teacher Education, Pala under the leadership of Asst. Prof. Sunil Thomas, Department of physical Education actively take part in helping the people (family, acquaintances and neighbours) in register online for the COVID-19 vaccine.

*minil*



*Prin*  
PRINCIPAL  
ST. THOMAS COLLEGE OF TEACHER EDUCATION  
PALA


### Report on SANNADHAM on 14/12/2020




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



15) LIFE VIBES



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




Health Club of STCTE, Pala presents

# LIFE VIBES

a bliss for everyday

*5 Minute Video on different yogic practises to keep your health intact, the protection of health has become a necessity rather than a need in these covid times.*



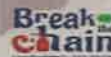


*"Yoga is the journey of the self, through the self, to the self."  
- The Bhagavad Gita*

Dr. T C. Thankachan  
Principal

Mr. Sunil Thomas  
Co-ordinator

Nevil George  
Instructor



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

Health Club  
PRESENTS


# LIFE VIBES

Short work out videos on aerobics for beginners to keep you fit and healthy in these pandemic days.

Dr. T. C Thankachan  
Principal

Ms. Irin Sera Joseph  
Instructor

Mr. Sunil Thomas  
Co-ordinator



*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE 630  
TEACHER EDUCATION  
PALA



**Life Vibes (online yoga practice during the covid period) from 24/04/2021 to 21/06/2021**



*Beena*  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL 131  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA







# സൗജന്യ സേവനപദ്ധതി 'സ്പർശ'വുമായി പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ

**★ പാലാ:** കോവിഡ് കാലഘട്ടത്തിലും കോവിഡാനന്തര ജീവിതത്തിലും ഏറെ ഉണർവോടെ മുന്നേറാൻ കുട്ടികളെയും മാതാപിതാക്കളെയും സഹായിക്കുക എന്ന ലക്ഷ്യത്തോടെ പാലാ സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ സൗജന്യ സേവനപദ്ധതി സ്പർശം ആരംഭിച്ചു. പരിശീലനം ലഭിച്ച 125 പേരടങ്ങുന്ന ടീമിന്റെ സജീവമായ ഇടപെടലാണ് പദ്ധതിയിലുള്ളത്. ഒന്നു മുതൽ 12 വരെ ക്ലാസുകളിൽ പഠിക്കുന്ന കുട്ടികൾക്കും അവരുടെ മാതാപിതാക്കൾക്കും വിദഗ്ധരുമായി ആശയവിനിമയം നടത്തുവാൻ അവസരം ലഭിക്കും. അധ്യാപകരും അധ്യാപക വിദ്യാർത്ഥികളുമടങ്ങിയ സംഘമാണ് ആദ്യഘട്ടത്തിൽ സംവദിക്കുന്നത്. പ്രാഥമികമായി നിങ്ങൾ സംസാരിക്കുന്ന വിഷയം കേട്ടതിനുശേഷം യോജിക്കുന്ന ഒരു വിദഗ്ധനെ നിങ്ങൾക്കായി നൽകും. രാവിലെ എട്ടിനും മാത്രം എട്ടിനു മിടയിലുള്ള ഏതു സമയത്തും ഇമേറ്റാക്കൾ നേരിട്ടു വിളിക്കാം. ഫോൺ: 906 153884 1, 9446758690, 9497458670, 9747656363, 9747191495, 8301002395.



Thu, 20 May 2021

<https://epaper.deepika.cc>



## Report on Sparsham on the daily Deepika



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA  
KOTTAYAM, KERALA-686575



### SPARSAM-2021

Date:	Team Code:
	Name of Team Leader:

	Member 1 (Leader)	Member 2	Member 3	Member 4	Member 5	No of calls forwarded to Mentor
Number of Calls attended						

#### Details of calls (For Leaders Only)

Phone Number	Phone Number
1.	16.
2.	17.
3.	18.
4.	19.
5.	20.
6.	21.
7.	22.
8.	23.
9.	24.
10.	25.
11.	26.
12.	27.
13.	28.
14.	29.
15.	30.

Name of the Team Mentor:

Co-ordinator

Principal




Case history sheets given to leaders

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



**2019-2020**



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



## 1. Miss a Meal Programme: Mariasadanam




**Student teachers at Mariasadanam**



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

Date	Activity	Amount Collected	No. of Meals Collected and Given
7/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	725	18
14/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	555	14
21/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	575	19
28/8/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	540	30
18/9/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	100	43
25/09/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	805	25
9/10/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	685	23
16/10/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	150	41
4/12/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	430	26
11/12/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	250	47
18/12/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	950	21
8/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	600	36
16/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	750	25
22/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	760	22
29/1/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	165	43
5/2/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	145	40
12/2/2020	Students visited Mariyasadanam and gave lunch packets to the inmates	250	28
		<b>8235</b>	<b>501</b>



### Mariyasadanam Charitable Trust

Psychosocial Rehabilitation Centre & Home for the Destitute  
 Kizhathadiyoor P.O., Pala 686 574 Kottayam, Kerala State, India. Tel: +91 4822 211949, +91 9947025797  
 www.Mariyasadanam.org PAN: AABTM1301K

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**10696**

**Cash Receipt**

Date 16-1-2020


Received With Thanks from St. Thomas college of teacher education, pala

The sum of Rupees Ten thousand rupees only

By Cash /cheque No. \_\_\_\_\_ Dated \_\_\_\_\_

Rs. 10000/-

*Hashe*  
Director



Registered under Social Justice Department, Govt. of Kerala under No. 1271/2000. Registered under Office of Control of Charities, Govt. of Kerala - No. 680  
 Serialised under Section 80G of Income Tax Act - Order No. MS/Teer/BC/2010/112543-13  
 Thank you for your generous contribution. We appreciate your support!

*Beena*

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



## 2. Care and Share




**Contribution of Staff and Students for 'Care and Share'**



**Art Exhibition for fund raising 2019**



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




### 3. Silent Protest Against Drugs



Silent Protest Against Drug Addiction on 17/01/ 2020 (in Collaboration with Excise Department, Pala Range)



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

#### 4. Mask Preparation and Distribution



Student teachers on stitching the masks during April 2020



Handing over the masks prepared by the student teachers to Mr. Shaji Mon Joseph, DYSP, Pala




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





**Distribution of masks prepared by student teachers**



  
Prof. Dr. BEENAMMA MATHEW  
PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
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## 5. Hands with Kerala Sannadha Sena to fight against COVID19

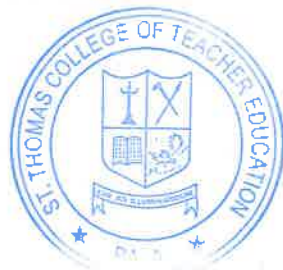
### SANNADHAM 2019-20


The floods, cyclones and health emergencies including Nipah and covid 19 pandemic have necessitated community based volunteering to strengthen our social cohesion. Moved by the immense response of the civil society, the Government has decided to form the Directorate of Samookhika Sannadhasena also called community volunteer corps.

As part of this program, ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA fully cooperate with the steps initiated by the state by enlisting teacher trainees for volunteering by registering on SANNADHAM portal.

College formed a sannadham unit under the guidance of Dr. T. E. Thankachen, Principal & Dr. Sunil Thomas, Teacher in-charge of sannadham unit.

The students of St. Thomas College of Teacher Education, Pala under sannadham unit distributed five thousand masks in the context of pandemic, covid 19 under the leadership of Asst. Prof. Dr. Sunil Thomas, Department of Physical Education, on 27<sup>th</sup> April, 2020. The student representatives Joffy J Njavalli, Jibin and Blesslyn Chackson coordinated and initiated it on 13<sup>th</sup> April, 2020. The reckless effort of students finds its excellence by sewing five hundred masks per individual



  
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on 26<sup>th</sup> April and it was collected & distributed to the various sectors of Pala. The mask distribution was inaugurated by His Excellency, the Most Reverend Mar Jacob Munikkan, the Bishop, Diocese of Pala, the Manager of St. Thomas College of Teacher Education, by handing over the masks to Mr. Shaji Mon Joseph, DVSP.

Asst. Prof. Sunil Thomas, Department of Physical Education packed and distributed masks to various places as part of various organizations. He has also helped in packing food kits as a volunteer at Maveli store Thalappalam Parachayat. Asst. Prof. Sunil Thomas and Deepa George has completed an online course related to Covid 19 by Diksha.

Our college organized one week webinars for teachers. Rosi Ann Soy and Priganka Joseph participated in National Webinar on "Post Covid Kerala" organized by U.C. College, Aluva. Sunil Thomas, Asst. Professor and thirty five students of our college participated in various covid related quizzes.

Students of Sannadharam unit STCTE prepared a video, in order to raise awareness about the covid pandemic, as part of the "Ek Bhanath Shreshtha Boat" program.

*Sunil*



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### Report on SANNADHAM 2019-2020



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## 6. Inter Collegiate Malayalam Essay Writing Competition for Teacher Trainees




  
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**Inter-collegiate essay competition for teacher trainees on the topic The ‘Changing World and Teaching Styles to be Changed’ on 05/10/2019**



  
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**2018-2019**



  
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## 1. Local Town Cleaning



  
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Student Teachers on cleaning the roads, drainage and town on 02/10/ 2018



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## 2. Miss a Meal Programme- Mariasadanam

Date	Activity	Amount Collected	No. of Meals Collected and Given
14/8/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	825	23
9/9/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	455	21
16/9/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	475	19
23/9/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	440	19
6/10/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	120	43
13/10/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	785	15
20/10/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	785	14
27/10/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	170	41
4/12/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	460	28
11/12/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	200	49
18/12/2018	Students visited Mariyasadanam and gave lunch packets to the inmates	980	11
2/1/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	500	40
9/1/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	850	25
16/1/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	760	12
6/2/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	165	46
13/2/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	250	46
20/2/2019	Students visited Mariyasadanam and gave lunch packets to the inmates	225	30
<b>Total</b>		<b>7980</b>	<b>482</b>



  
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PAN : AABTM1301K



### Mariyasadanam Charitable Trust

Psychosocial Rehabilitation Centre & Home for the Destitute  
Kishadhyoor P.O, Pala 686 574 Kottayam, Kerala State, India Tel +91 4822 211940, +91 9447025767.  
www.mariyasadanam.org

**Cash Receipt** Date 01/07/2018

No. 8673

Received With Thanks From St. Thomas Teaching College Pala.

The Sum Of Rupees TEN THOUSAND ONLY

By Cash /cheque No \_\_\_\_\_ Dated 01/07/2018

Rs. 10000/- Director *[Signature]*

Registered under Social Justice Department, Govt. of Kerala - Regn No:49/13/PRC | Registered under Board of Control of Orphanages, Govt. of Kerala - Regn No: 880  
Exempted under section 80G of Income Tax Act - Order No: 305/Tech/80G/07/CIT-KTM/13-14  
Thank you for your generosity. We appreciate your support!

PAN : AABTM1301K



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www.mariyasadanam.org

**Cash Receipt** Date 19-7-2018

No. 7309

Received With Thanks From Principal St. Thomas college of Teacher Education Pala

The Sum Of Rupees Seven thousand 00

By Cash /cheque No \_\_\_\_\_ Dated 19.07.2018

Rs. 7000/- Director *[Signature]*

Registered under Social Justice Department, Govt. of Kerala - Regn No:49/13/PRC | Registered under Board of Control of Orphanages, Govt. of Kerala - Regn No: 880  
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Thank you for your generosity. We appreciate your support!



Student teachers on Mariasadanam visit



*[Signature]*  
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### 3.EL-LIT QUEST PURPLE PATCH

**EL-LIT QUEST 2K19**

ORGANISED BY  
**Purple Patch**  
THE ENGLISH CLUB

ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA, KERALA  
To be conducted on 4<sup>th</sup> Group, MAC  
Kochi on 16<sup>th</sup> & 17<sup>th</sup> Jan, 2020 (2 Days)  
Website: www.sttcepal.org

For further details contact:  
Staff Co-ordinator  
Dr. Leela Devi NC  
Ph: 9495442391  
Student Co-ordinator  
Ajith K. Aji  
Ph: 9744032646

Respected Principal,

Purple Patch- The English Club of St. Thomas College of Teacher Education, Pala is organizing EL-LIT Quest- an inter-collegiate quiz competition in English Language and Literature on Tuesday, January 16, 2020 in the college auditorium.

More than one team (2 students from an institution) can participate in the competition. The teams have to report at 10.00. The registration fee for each team is Rs. 200/- . There will be a written elimination round at 10.30am, after which the teams will be selected for the final competition which starts at 11.00am. The quiz will include questions on the text and the related areas in English Language and Literature.

Skilful and participants from your esteemed institution for the competition. Please confirm your participation by you or by telephone on or before January 06, 2020. (The registration form is enclosed).

Departing from 8.00 am.  
Yours sincerely,

Dr. Leela Devi NC Dr. Sr. Grace Joseph  
(Co-ordinator) (Organizer)

**PRIZES**

**I Prize**  
Rs. 3000

**II Prize**  
Rs. 2000

**III Prize**  
Rs. 1000

**PROGRAMME**

Registration	10.00 a.m.
Elimination Round	11.00 a.m.
Lunch Break	12.30 p.m.
Final Round	1.45 p.m.
Prize Distribution	

For your winning team will each receive a trophy and certificate.



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**All Kerala Inter College Quiz Competition on English Language and Literature organised by 'Purple Patch' was conducted on 15/01/2019**



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