



**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 REPORT OF EACH OUTREACH ACTIVITY WITH SEAL AND SIGNATURE OF THE PRINCIPAL**



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

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

**3.3.2 REPORT OF EACH OUTREACH ACTIVITY WITH SEAL AND  
SIGNATURE OF THE PRINCIPAL**

Sl. No.	CLAIMS MADE BY THE INSTITUTION	No Of Students	Page No.
<b>2022-2023</b>			
1	Nirakoott	20	3
2	Care and Share	48	4
3	Miss A Meal Programme (Total 13)	104	6
4	Interschool Speech Competition	20	11
5	Meenachil River Conservation Campaign	48	12
6	Othucheram	48	14
7	Blood Donation Camp	29	16
8	Anti-drug leaflet Distribution	48	18
9	Beautiful Minds 1	50	20
10	Beautiful Minds 2	48	22
11	Beautiful Minds 3	48	24
12	Anti-drug Rally and Flash Mob	48	26
13	Adolescent Counselling	48	28
14	National Webinar Series: Jagratha 1	48	30
15	TET SET NET Coaching	48	32
16	National Webinar Series: Jagratha 2	48	34
17	UGC NET Coaching	65	36
18	Snehavedu Project 2	98	50
19	NET/SET/K-TET Coaching	92	52
<b>2021-2022</b>			
1	Nirakoott 1	50	56
2	Nirakoott 2	21	58
3	Nirakoott 3	20	60
4	Nirakoott 4	19	61
5	Nirakoott 5	15	63
6	Nirakoott 6	21	64
7	Nirakoott 7	11	66

8	Nirakoott 8	19	67
9	Nirakoott 9	12	68
10	Nirakoott 10	22	69
11	Nirakoott 11	18	71
12	Nirakoott 12	18	72
13	Nirakoott 13	26	73
14	Nirakoott 14	26	75
15	Jagratha 12	50	76
16	Jagratha 13	49	78
17	Jagratha 14	50	80
18	Jagratha 15	50	82
19	Jagratha 16	44	84
20	Jagratha 17	48	86
21	Jagratha 18	50	88
22	Jagratha 19	46	90
23	Jagratha 20	46	92
24	Jagratha 21	44	94
25	Jagratha 22	49	96
26	Jagratha 23	48	98
27	Jagratha 24	50	100
28	Jagratha 25	42	102
29	Jagratha 26	50	104
30	Jagratha 27	44	106
31	Jagratha 28	48	108
32	Jagratha 29	46	110
33	Jagratha 30	48	112
34	Jagratha 31	50	114
35	Jagratha 32	50	116
36	Jagratha 33	50	118
37	Jagratha 34	50	120
38	Jagratha 35	50	122
39	Jagratha 36	50	124



40	Jagratha 37	50	126
41	Jagratha 38	45	128
42	Jagratha 39	46	130
43	Miss a Meal Programme (Total 13)	94	132
44	Rahabilitation Activities a Koottikal	98	136
45	SET NET Coaching	50	139
46	All Kerala Malayalam Elocution Competition	10	141
47	Blood Donation Camp	15	142
<b>2020-2021</b>			
1	Jagratha Inaguration	50	144
2	Jagratha 1	50	146
3	Jagratha 2	49	148
4	Jagratha 3	49	150
5	Jagratha 4	50	152
6	Jagratha 5	50	154
7	Jagratha 6	46	156
8	Jagratha 7	46	158
9	Jagratha 8	48	160
10	Jagratha 11	46	162
11	Snehaveedu Project 1	96	164
12	Green Outfit	50	167
13	Post Covid Vigilance	50	168
14	Hands with Kerala Sannadha Sena to fight against COVID19	100	170
15	Life Vibes	99	173
16	Sparsham	121	175
<b>2019-2020</b>			
1	Miss a Meal Programme (Total 17)	50	180
2	Care and Share	99	186
3	Silent Protest Against Drug	50	189
4	Mask Preparation and Distribution	12	191
5	Hands with Kerala Sannadha Sena	6	194



6	Inter Collegiate Malayalam Essay Writing Competition	50	195
<b>2018-2019</b>			
1	Local Town Cleaning	47	198
2	Miss a meal Programme (Total 19)	47	199
3	EL-LIT QUEST PURPLE PATCH	50	203



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


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

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



  
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TEACHER EDUCATION  
PALA



  
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## 1. NIRAKOOTT

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

### List of Students participated in the programme

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



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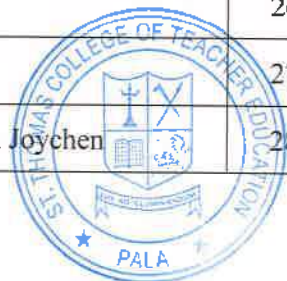
## 2. CARE AND SHARE

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

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

### List of students participated:

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



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



*Beena*  
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### 3. MISS A MEAL PROGRAMME: MARIASADANAM

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

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

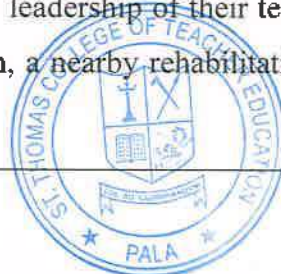
On 12/07/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 22185/- and 20 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation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

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

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

On 6/8/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 1560/- and 27 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 31/08/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 4730/- and 25 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.



*[Signature]*  
D. S. D. JENNISOLAMATHW  
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PALA

**The list of students participated**

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



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

On 20/10/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 4950/- and 26 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

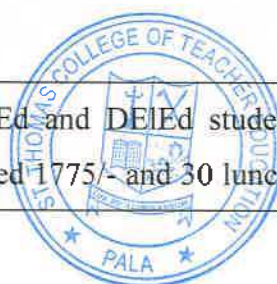
On 27/10/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 12531/- and 24 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation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

On 9/12/2022, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 7300/- and 26 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

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

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

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



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

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

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



  
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List of students:

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



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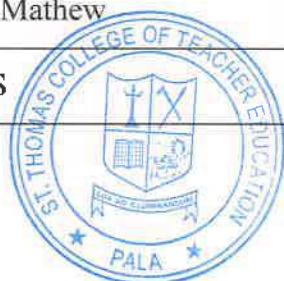
#### 4. INTERSCHOOL SPEECH COMPETITION

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

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

#### List of student teachers as organizers of the programme

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




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## 5. MEENACHIL RIVER CONSERVATION CAMPAIGN

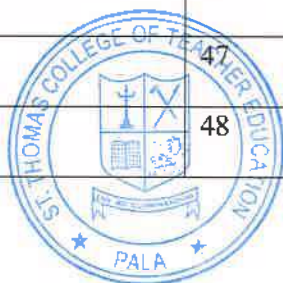
In commemoration of World Water Day, observed globally on March 25, 2023, our institution orchestrated a multifaceted initiative aimed at raising awareness and advocating for the conservation of the Meenachil River Pala. Recognizing the regional importance of the Meenachil River, a parallel conservation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



  
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PALA

**List of students participated:**

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



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## 6. OTHUCHERAM

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

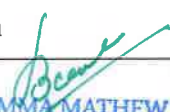


  
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### List of students participated in the programme

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




  
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## 7. BLOOD DONATION CAMP

In a collaborative effort to support the community's healthcare needs, the Red Ribbon Club, Health Club, and Pala Blood Forum jointly organized a blood donation camp on September 29, 2022. The event, conducted in collaboration with Marygiri Hospital Bharanganam, which ensured the presence of a proficient medical team, comprising doctors, nurses, and technicians. Their expertise contributed to the smooth functioning of the camp, reassuring participants about the safety of the donation process. The event featured an insightful speech by Shibu Thekkemattam, the President of Pala Blood Forum. His address focused on the importance of voluntary blood donation, dispelling myths surrounding the process, and encouraging participants to view their contributions as life-saving acts. A commendable total of 29 students actively participated in the blood donation drive, showcasing their commitment to community welfare and their readiness to contribute to a cause that directly impacts the lives of others.



  
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## MEGA BLOOD DONATION CAMPAIGN

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

Hospital Bharanganam,

29 September 2022

### Blood Donors List

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




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ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA

## 8. ANTI-DRUG LEAFLET DISTRIBUTION

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



  
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### List of Students Participated

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



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## 9. BEAUTIFUL MINDS I

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



  
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TEACHER EDUCATION  
PALA

List of students

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



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

## 10. BEAUTIFUL MINDS II

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



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

List of students participated

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




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## 11.BEAUTIFUL MINDS III

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



  
Prof. Dr. BEENAMMA MATHEV  
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PALA

List of students participated in the programme:

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



*Beena*  
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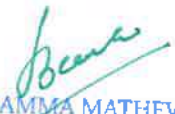
## 12.ANTIDRUG RALLY AND FLASH MOB

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

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

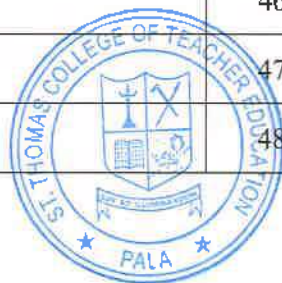
The event received extensive coverage from local media outlets, amplifying the antidrug message and reinforcing the collaborative efforts of the participating institutions. The media coverage not only documented the event but also contributed to extending its impact to a wider audience.



  
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List of students involved in the programme:

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




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### 13.ADOLESCENT COUNSELING

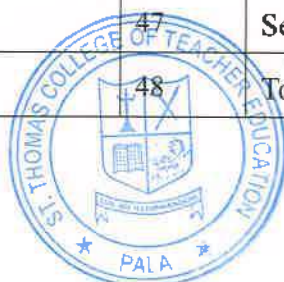
As part of the Adolescent Counseling training, on June 30, 2022, the students of the B.Ed batch (2021-2023) gave a counseling session for a selected group of students who belong to grades 6-7. This selected group was undergoing a training program, and the session was facilitated by Dr. T.C. Thankachan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



  
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List of students participated in the programme:

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



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## 14.NATIONAL WEBINAR SERIES: JAGRATHA DAY 1

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



  
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list of teacher trainees participated in the programme:

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



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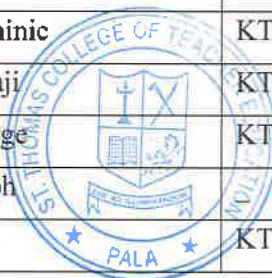


## 15.TET SET NET COACHING

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

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

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



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



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## 16.NATIONAL WEBINAR SERIES, JAGRATHA 2

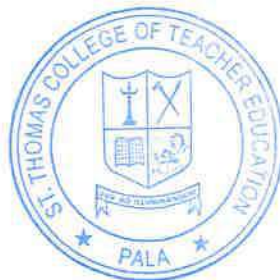
In collaboration with Archana Women's Centre, Ettumannor, our college organized a National Webinar series, Jagratha 2021, aimed at the empowerment of rural women. The decision to continue the webinar series in the following academic year emphasizes our dedication to building on the previous success.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



  
Prof. Dr. BEENAMMA MATHEW  
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List of teacher trainees participated in the programme:

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



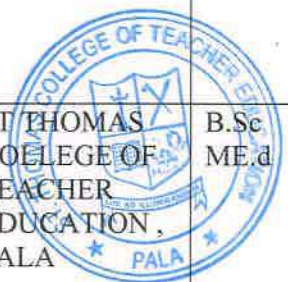
*Beena*  
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 TEACHER EDUCATION  
 PALA

## 17.UGC NET COACHING

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

### LIST OF PARTICIPANTS

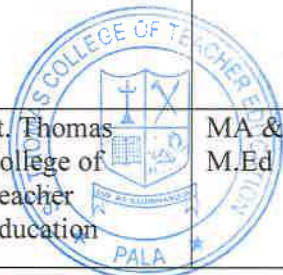
Name	Phone Number	College:	Educational Qualification	Subject	e- mail :	Coaching Preferred :	Fee Payment **	Address
Binitha Mani	9495668958	ST. C. T. E PALA	MEd	Natural science	<a href="mailto:binithasaramani@gmail.com">binithasaramani@gmail.com</a>	Paper I and II	No	Maruthukunnel House poovarany po Poovarany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



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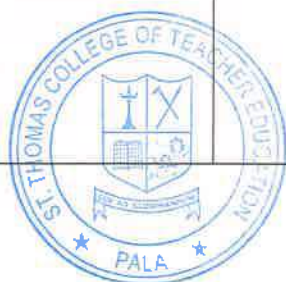
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Divya Mohanan	9544824274	St.Thomas college of Teacher Education Pala	M.Ed student	Physical science	<a href="mailto:divyamuth411@gmail.com">divyamuth411@gmail.com</a>	Paper I and II	No	Varuvilaputhenveedu Vechoochira P.O hempanoly Pathanamthitta
Jilu Tresa George	8301023502	STCTE, PALA	M. Sc	Mathematics	<a href="mailto:jilutresageorge@gmail.com">jilutresageorge@gmail.com</a>	Paper I and II	No	Plakkannickal house, Pizhaku p.o, Manathoor, 686655
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Seenu Thomas	8078741436	St.Thomas college of teacher education pala	M.sc Mathematics	Mathematics	<a href="mailto:marvamseenu@gmail.com">marvamseenu@gmail.com</a>	Paper I and II	No	Kollamkottu(H) Poovarani P.O Paika
Irin Sera Joseph	9446433032	STCTE Pala 2020-22	Post graduate	English	<a href="mailto:irinserajoseph@gmail.com">irinserajoseph@gmail.com</a>	Paper I and II	No	Puthenpurackal H Kumily, Idukki 685509
Shilpa Elizabeth Joychen	6282137693	St.Thomas College of Teacher Education, Pala.	MSc	Mathematics	<a href="mailto:shilpaelizabethjoychen@gmail.com">shilpaelizabethjoychen@gmail.com</a>	Paper I and II	No	Kizhakkethottam(H), Poonjar P.O, Panachippara. Kottayam. 686581
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								Kuravilanga d, Kottayam (Dict),
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Meriya Veronica Sam	9847060 600	St. Thomas College of Teacher Education, Pala	<u>M.Co m</u>	Commer ce	<a href="mailto:mveronicasam@gmail.com">mveronica sam@gma il.com</a>	Paper I and II	No	Painappallil (H), Kozha P.O, Kuravilanga d, Kottayam, Kerala.
Gopika Anil	7510853 609	St Thomas College of Teacher Education, Pala	Post Gradu ation	Political Science	<a href="mailto:gopikaanil998@gmail.com">gopikaanil 998@gma il.com</a>	Paper I ( only Human ities subject s	No	Vattakkavu mkal House Vazhoor P O Kodungoor.
Aleena Philip	9446566 409	St. Thomas College of Teacher Education, Pala	M Ed	Chemist ry	<a href="mailto:aleenaphilip409@gmail.com">aleenaphil ip409@g mail.com</a>	Paper I and II	No	Methanath House, Rajapuram P O, Kasargod, Pin 671532
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Varghese Antony Pulikkan	7012785335	St Thomas College of Teacher Education	BA.B. Ed	English	<a href="mailto:pulickanvc@gmail.com">pulickanvc@gmail.com</a>	Paper I and II	No	KPM SCHOOL, Mundakayam East
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FINE SEBASTIAN	9747504547, 9037290547	St.Thomas College of Teacher Education,Pala	MA, M.ed	Malayalam	<a href="mailto:finesebastian15@gmail.com">finesebastian15@gmail.com</a>	Paper I and II	No	Nadukunnel House Anickad Po Thengumpally Pallickathod



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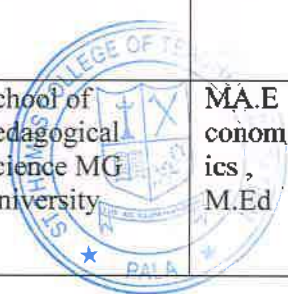
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Lis Cherian	8590858269	School of Pedagogical Science MG University	MA.Economics, M.Ed	Economics	<a href="mailto:lischerian96@gmail.com">lischerian96@gmail.com</a>	Paper II (Education only)	Yes	Parankulangara h, yendayar p.o, Kottayam



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Jincy T Kathir	9961864360	H. M Training college Muvattupuzha	M.A. M. Ed	English	<a href="mailto:nihal.lulu43@gmail.com">nihal.lulu43@gmail.com</a>	Paper I and II	Yes	Padinjarech alil(H) East vazhappilly Aattayam Muvattupuzha
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Joffy J Njavallil	9400913 647	St.Thomas College of Teacher Education	M.com ,M.Ed	Educati on	<a href="mailto:joffyjnavally@gmail.com">joffyjnavally@gmail.com</a>	Paper I and II	No	Njavalliputh enpurayil (H) Karoor P.O
Rinku Maria Joy	8304870 815	St .Thomas college of Teacher Education ,pala	M.sc	Chemist ry	<a href="mailto:rinkujoyv@gmail.com">rinkujoyv@gmail.com</a>	Paper I and II	No	Varakil(H), kurumannu p.o
Vilma	8971416 87	At Ann's college of education	Msc b. Ed	Educati on	<a href="mailto:vilmadsouza88@gmail.com">vilmadsouza88@gmail.com</a>	Paper I and II	Yes	Mangalore
Prima Shirine D Cunha	9742878 247	Bangalore	M.Ed	Educati on	<a href="mailto:primashirine@gmail.com">primashirine@gmail.com</a>	Paper I and II	Yes	Carmel convent school, Jayanagar, Bangalore
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Akshitha Shetty	9740560643	St Ann's College of Education ( autonomous) Mangaluru	M.A, M.Ed	Education	<a href="mailto:akshitha82@gmail.com">akshitha82@gmail.com</a>	Paper I and II	Yes	Nithyananda Kripa 2nd main Subhas Nagar Mangalore
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Nayana Babu	8078099178	St. Thomas college of teacher education, Pala	PG	English	<a href="mailto:babunayana99@gmail.com">babunayana99@gmail.com</a>	Paper I and II	No	Vettickal(H ) Ramakkalmedu p.o, Idukki
Sradha Meria Babu	9544068414	St. Thomas College of Teacher Education Pala	PG	English	<a href="mailto:sradhameriababu@gmail.com">sradhameriababu@gmail.com</a>	Paper I and II	No	Thoppil Kandathil (H) Mallikasser y P. O Vilkakumadom
Mithra James	8590087071(Whatsapp number ), 9645892646	St. Thomas College of Teacher Education, Pala	M. A	English	<a href="mailto:mithrajm.7@gmail.com">mithrajm.7@gmail.com</a>	Paper I ( only Humanities subjects	No	Ezhakunnel House Karimkunnam P. O Thodupuzha



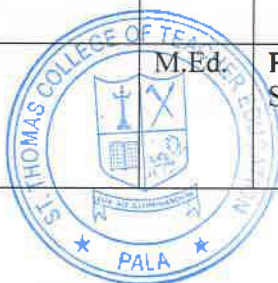
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Ajina Joseph	8078519180	St Thomas College of Teacher Education Pala	M Com	Commerce	<a href="mailto:ajinajoseph1995@gmail.com">ajinajoseph1995@gmail.com</a>	Paper I and II	No	CMC Amala Province Little Flower Convent Parathodu P O Podimattam
Alina Ann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



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



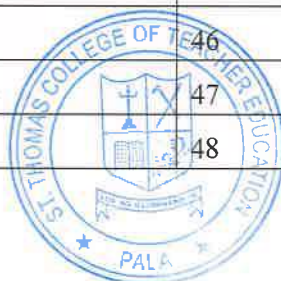
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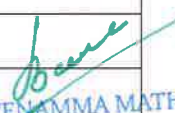
## 18.SNEHAVEEDU PROJECT 2 (HOME PROJECT)

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

List of Students Participated and Contributed in Snehaveed Project

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




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



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

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

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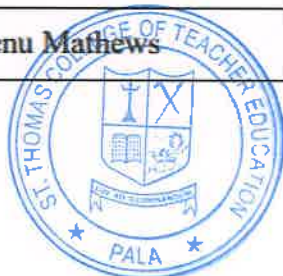
9447996271 9447996271



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List of students participated in the coaching programme:

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



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


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



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

The second-year students at St. Thomas College of Teacher Education, Pala Cleaned the school premises, planted vegetable garden and Painted the walls of Govt.LPS Arunapuram on 1/4/2022. The student teachers painted pictures and the letters of the Malayalam alphabet on the walls of the school, cleaned the school premises, and planted plants and vegetables in the school grounds. The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine. The staff coordinator, Dr. Alex George and the student coordinator Sojo John gave the necessary instructions,

At 12:15 p.m all the activities were completed and everyone gathered in the school for the valedictory function.The meeting was presided over by Shri. Shibu Mon George, Headmaster, Arunapuram Government LP School. Rev. Fr. Dr. Thomas Moolayil delivered the keynote address. Dr. T.C Thankachan, the Principal of STCTE, Pala honoured Rev. Fr. Dr. Thomas Moolayil in the meeting for his noble efforts in promoting the Malayalam language. College Vice Principal Dr. Beenamma Mathew; IQAC Coordinator, Lavina Dominic; Teacher in Charge, Dr. Alex George; Student Coordinators Mr. Sojo John and Ms. Reshma Raju were the other members of the dais. After the meeting, lunch followed. Fr. Thomas Moolayil observed and evaluated the students' works.



  
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**List of Students participated in the programme**

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



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## **2. NIRAKOOTT DAY 2 – PAINTING THE WALLS OF ST. THOMAS HSS PALA**

Following the great success of Nirakoot 2022, the extension program of second year teacher trainees, it was decided by the students and staff of the college to further the initiative by taking up other schools as part of the project. The scope of the programme was limited to decorating the walls of the schools by painting interesting pictures and contents relevant to the primary school curriculum. The second day of 'Nirakoot 2022' was conducted on April 11, 2022 at our institution's model school St. Thomas HSS Pala. Sojo John, Lakshmi S, and Sneha Jayakumar were the student coordinators of the programme.

A total of 21 teacher students participated in the programme. All of the participants were present at the school campus before 9 a.m. The students were then divided into two groups, for it was decided beforehand that two pictures would be drawn considering the dimensions of the walls. The two pictures which were planned to be drawn were an aquarium and a small train. The pictures were envisioned in such a way that the walls should be more appealing to the eyes of both the students and the general public. The students started to draw the outline of pictures after 9:30 am. At 4.30 p.m all the activities were completed.




  
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**List of Students participated in the programme**

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



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

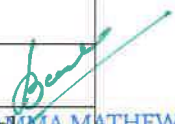
Day three of Nirakoot was held on April 19, 2022 at Pala St. Thomas HSS, the model school of St. Thomas College of Teacher Education, as a continuation of the work done on 4/4/2022. A brief meeting was held at 9:30 am to formally begin the programme. Dr. Alex George Kavukatt, staff coordinator, George Kutty Jacob, the Headmaster of the school addressed the gathering. After the meeting the student teachers directly began the work. 17 walls were painted on and besides regular pictures, some of them dealt with topics regarding the school syllabus. Each team finished their assigned task by 1.30 p.m and lunch were served.

At 2 p.m there was a valedictory function which was presided over by Mr. Anto Jose Padinjarekara, the Municipal Chairman of Pala. Dr. T.C. Thankachan, Principal; George Kutty Jacob, Headmaster of the School; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Mrs. Biji Jojo, Municipal Ward Councillor; Dr. Alex George, Program Coordinator were present at the meeting.

#### List of Students participated in the programme

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



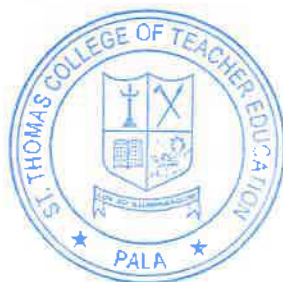
  
 BEENA JIMA MATHEW  
 PRINCIPAL  
 ST. THOMAS COLLEGE OF  
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#### 4. NIRAKOOTT DAY 4– PAINTING THE WALLS OF AIDED LPS MEENACHIL

On 21<sup>st</sup> April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Thomas Thottunkal; and school headmistress, Tharamma Joseph addressed the gathering.

Around 10:15 a.m, all the outlines for the pictures were clearly drawn and the students started to paint the pictures. Each picture was assigned to a group of two or three students. At 11:30 a.m students had a tea break and at 1:00 p.m. we had our lunch. The Auxiliary Bishop of the Syro-Malabar Catholic Eparchy of Palai, Mar Jacob Muricken, had blessed the programme with his esteemed presence and appreciated the students for their good will and talented artworks.

An official meeting was held at 2:00 PM and Sri. Ranjeeth G, Panchayat President of Mutholy chaired the meeting. Sri. Josemon Mundackal, District Panchayat Member; Smt. Manju Vijayan, Meenachil Grama Panchayat Ward Member; Rev. Dr. Thomas Moolayil, Project advisor - Nirakoot 2022, and others from both the college and the school attended the meeting. The dignitaries wholeheartedly appreciated our initiative and extended their full support in our future endeavours. By around 5 p.m., the walls of Meenachil L.P school were gleaming with alluring pictures and dashing colours.




  
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### List of Students participated in the programme

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



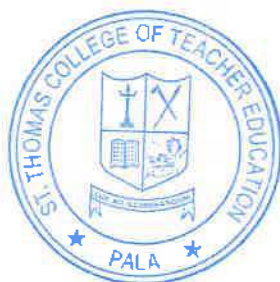
  
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## **5. NIRAKOOTT DAY 5– PAINTING THE WALLS OF ST. SEBASTIANS LPS PATHAZHA**

On 25<sup>th</sup> April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. All the volunteers arrived at the school before 9 a.m. 15 students were present. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Michael Narikkatt addressed the gathering and inaugurated the programme. By around 4 p.m., the programme was completed.

List of students participated in the programme:

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



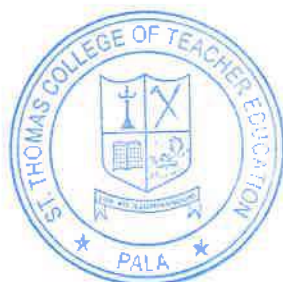
  
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PRINCIPAL  
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## 6. NIRAKOOTT DAY 6– PAINTING THE WALLS OF ST. LITTLE THRESIA'S LP SCHOOL BHARANANGANAM.

On April 29, 2022, Day 6 of Nirakoot 2022 was held at St. Little Thresia's LP School Bharananganam. Ashmi Maria John and Navya mol K.R were the student coordinators for the day. They along with the Nirakoot core committee led the programme.

A brief meeting held at 9:30 a.m. marked the beginning of the programme. Dr. Alex George and Sr. Shiny Joseph, the Headmistress of the school addressed he gathering. The students then proceeded to paint the walls assigned to them, after turning into groups of two or three. There were two breaks and regular refreshments to ensure that the work was not too tiring for the students. The media team from 24 News came to report on our efforts and the report was duly aired later. The students painted 12 walls with a variety of pictures and many of them were about topics of relevance to the primary school curriculum. A total of 21 students participated in the programme.

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




  
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**List of Students participated in the programme**

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



  
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## **7. NIRAKOOTT DAY 7- PAINTING THE WALLS OF GOVT. LPS THALAPULAM**


The seventh day of Nirakoot 2022 was held at Govt. H.W.L.P School on May 07, 2022. Ms. Jyothylakshmi K.R was the Student Coordinator for the day. A brief meeting was held at 12.30 pm to initiate the programme. Smt. Anupama Vishwanadh, Thalappalam Grama Panchayat President inaugurated the function. Sheeja P.S, Panchayat Secretary; Sri. Biju K.K, Education standing committee chairman; Chithra Saji and Suresh P.K, Ward members; and Rev. Fr. Thomas Moolayil spoke on the occasion. Dr. T.C Thankachan, Principal of STCTE Pala; Dr. Alex George, Teacher in-charge; Smt. Gracy V. Benjamine, Headmistress of the school; Sri. Sajeev Philip; and Shri. Jayakrishnan P.R, P.T.A president were present at the meeting

The students then proceeded to paint their assigned walls, turning into a group of two or three. Breaks and refreshments were arranged in between so that the students would not have any difficulty. Students painted 14 walls of the school with suitable pictures which depicted various topics like giving importance to reading, drama, music, cartoon, science, and maths. In addition to these, other pictures for improving the ambience of the school were also painted. 11 students participated in the programme. The media team from Drishya news came to the school to report on our activities.

### **List of Students participated in the programme**

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



  
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## **8. NIRAKOOTT DAY 8- PAINTING THE WALLS OF ST.THOMAS HSS PALA**

Day 8 of the beneficent venture Nirakoot 2022 was held on 8th may 2022 at St. Thomas Higher Secondary School, Pala. It was the third day of our activities at St. Thomas school. Ambily Mani and Jaicy Jose were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. A brief meeting was held at 9.00 a.m. chaired by Dr. T. C. Thankachan, Principal of St. Thomas college of Teacher Education, Pala. Minister Sri. Roshi Augustine spoke in praise of the students who participated in Nirakoot 2022 in the meeting. Rev. Fr. Thomas Moolayil, Georgekutty Jacob, and Dr. Alex George also addressed the meeting. Student representative Ms. Sneha Jayakumar spoke about the objectives of Nirakoot 2022 and requested the minister for a small token of appreciation for our activities in the meeting. A total of 19 students participated in the programme.

### **List of Students participated in the programme**

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



  
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## **9. NIRAKOOTT DAY 9– PAINTING THE WALLS OF GOVT. NEW LPS PULIYANNOOR**

Day 9 of the beneficent venture Nirakoot 2022 was held on 11 th may 2022 at Govt. New LPS Puliyannoor. Bhanupriya R and Steffy Tom were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. The activities started at 9.00 a.m. The students were divided into 3 groups. At 11.00 am a brief meeting was held and it was chaired by Sri.Ranjeet G., Mutholy Gramapanchayath President. Sri. Mani C.Kappen MLA visited the school premises and appreciated the students. A total of 12 students participated in the programme.

### **List of Students participated in the programme**

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



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

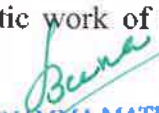
**Student Coordinators: Nevil George and Riya Rose Johns**

The 10th day of Nirakoot 2022 was held on 14 May 2022 at Kallivayalil Pappan Memorial Public School, Mundakayam East. Nevil George and Riya Rose Johns were the students' coordinators for the day, along with the general coordinator Sojo John and programme co-ordinator Lakshmi S. The school had arranged their bus for the commutation of the student teachers to the school. The bus started its journey from the college at 8:00 a.m., reaching the destination by 9:15 a.m

After having breakfast at the school, the programme officially started at 9:30 a.m. The School Principal, Mr. Shins Mathew officially welcomed the team to the school and Fr. Varghese Pulikan, the School Director felicitated the team. Dr. Alex George, Teacher-in-Charge of the Extension Programme gave the guidelines and the team directly started the work.

Taking into consideration the class to be painted and the area available in each of the walls, the pictures were finalised. Students started working in groups on the pictures. The magic of teamwork and cooperation was visible on each of the walls. The hard work and commitment of the teacher trainees turned the prosaic walls into mesmerising creative works of art. The trainees had their lunch at 1:30 p.m and afterwards continued with their work. The teachers and students of the school who visited in between were enthusiastic to see the visual treat made for them. A local news channel came to cover the artistic work of the teacher trainees.



  
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### List of Students participated in the programme

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



  
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## 11.NIRAKOOTT DAY 11- PAINTING THE WALLS OF ST. MATHEWS UPS ELIKULAM

The venue for the 11th day of Nirakoot 2022, which was conducted on 18-05-2022, was St. Mathew's U.P.S, Elikulam. Along with the General coordinator, Sojo John and Programme coordinator, Lakshmi S, the Student coordinators for the day were Annumol Joji and Agiemol Salas

A team of 18 members, along with Dr. T. C Thankachan, our principal reached the school on 17-05-2022 for planning the pictures to be drawn and to sketch the outlines of the same. Smt. Ancy Joseph, Headmistress, welcomed the team to the school. After discussing with the HM, we decided on the pictures and gave outlines and went on to complete some of the pictures. Snacks and meals were provided for us. By 4 p.m., we returned to our homes.

On 18-05-2022, a team of 18 student teachers reached the school along with Dr. Alex George, Teacher-in-charge for the Extension Programme. Among the students, three of them, Nevil George, Annumol Joji and Steffy Tom were selected as the resource persons for the forenoon session of the Enrichment Programme which was conducted for the students of St. Mathew's U.P.S, Elikulkam.

### List of Students participated in the programme

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



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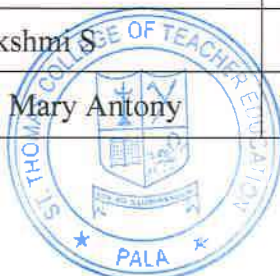
## 12. NIRAKOOTT DAY 12- PAINTING THE WALLS OF ST. JOSEPH'S UPS VELLILAPPILLY

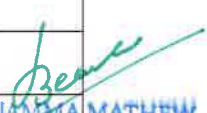
The venue for the 12th day of Nirakoot 2022(25-05-2022) was St. Joseph's U.P.S, Veililappilly. The programme was led by the General Co-ordinator, Sojo John and Programme Co-ordinator, Lakshmi S. The Student Co-ordinators were Meera V.S and Mariya Mathew. A team of 18 members, reached the school on 25-05-2022 at 9:30 am along with Dr. Alex George, Teacher-in-charge, Extension Programme. Sr. Mercy Sebastian, Headmistress, welcomed the students to the school. After discussing with the HM, the team decided the pictures and started drawing at 10 O'clock. Snacks and meals were provided for the students. The official meeting was conducted in the afternoon

The frame release of Nirakoot 2022 was held at this occasion in the presence of Rev. Dr. Thomas Moolayil, Joseph K.K (Ramapuram A.E.O), B.P.C Ashoka G, HM of the school Sr. Mercy Sebastian, staff secretary Joby Joseph. By 4:30 pm, the team returned to their homes. All the precious moments were captured by the news channel 1 4 U. At 5 pm, Nirakoot team members got the opportunity to meet with Sri. Thomas Chazhikkadan (Member of Parliament, Kottayam). The frame release was also done by him. Then he appreciated the initiative and gave the promise to give a certificate of excellence for students and to visit our future Nirakoot venue.

### List of Students participated in the programme

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



  
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### **13.NIRAKOOTT DAY 13- PAINTING THE WALLS OF ST. THOMAS LPS VELATHUSSERY**

Student Coordinators: Tima Mathew and Harikrishnan V

The 13th day of Nirakoot 2022 was held on 30th May 2022 at St. Thomas L.P. School, Velathussery. Tima Mathew and Harikrishnan V., were the student co-ordinators along with the general co-ordinator, Sojo John and programme co-ordinator Lakshmi.S. This was indeed the first activity of the student-teachers' five-day community living camp called Punarjeni 2022. The school arranged their school bus from the college and Team Nirakoot started the journey at 11 a.m. and reached the destination by 01 p.m. After having lunch at the school, the programme got officially started by 01:30 p.m. The school Headmaster Mr. Michael Joseph officially welcomed the team to the school and Fr. Joseph Mecheril, School Manager felicitated the team. Dr. Alex George, teacher-in-charge of the extension programme provided the guidelines and the team got involved in their creative work.

The teachers, students, ward member and other well-wishers of the school who visited in between were exhilarated to enjoy the visual treat made for them. The school headmaster Mr. Michael Joseph and school manager Fr. Joseph Mecheril shared their feedback about the creative work of the teacher trainees and rendered their wishes for the success of future endeavours of the team Nirakoot. English alphabets, VIBGYOR worm, cute elephant, looney toons, Donald Duck, Indian peacock, honeybee with balloons, garden, giant tree with months etc., were few among the pictures that enriched the walls of the school. The teacher trainees completed their final touch up of the paintings by 06:30 p.m. and gathered in front of the school. The school once again conveyed their gratitude to the team Nirakoot and the team headed towards St. Antonys H.S. Vellikulam for their stay at night. It was with scrumptious pleasure and warm fuzzies that the students expressed their reflections on that day about Nirakoot.



  
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**List of Students participated in the programme**

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



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

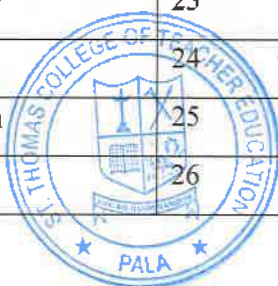
The 14th edition of Nirakoot was conducted at St. Michael's school, Vellikulam near the scenic Vagamon. It was the first residential programme of Nirakoottu, where the students had to work two days to complete the assigned task. This programme together with the Nirakoottu activity in St. Thomas LP school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

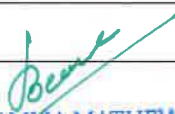
The students began their journey to Vellikulam on 30 May 2022, at around 12.00 pm in the school buses provided by the Vellikulam school. After about one hour we reached the school and placed our belongings in the classrooms which were provided for us to stay the night. After lunch, the students directly began the work. Sketches were drawn in the L.P school block, K.G block, and on a common washroom complex. A total of 26 students participated in the venture.

The programme on 31/5/ 2022 started after the breakfast and completed the work by 12.30pm. Validictory meeting was blessed with the presence of Grama Panchayath president.

### List of Students participated in the programme

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



  
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## 15. JAGRATHA 12: NATIONAL WEBINAR SERIES

Date: 5/06/2021

Time: 3.00p.m.-4.00p.m.

No. of participants: 87

Topic: Adolescent Care

Resource persons: 1. Dr. Alex George, Assistant Professor St. Thomas college of teacher education, Pala

2. Nevil George, Teacher trainee St. Thomas college of teacher education, Pala

The session was handled by Dr. Alex George, Assistant Professor St. Thomas college of teacher education and Sri. Nevil George, Teacher trainee St. Thomas college of teacher education, Pala on the topic "Adolescent Care". The first half of the session handled by Dr. Alex George about the adolescence and need for adolescent care. In the second half, Mr. Nevil George discussed on the various adolescent issues such as Substance abuse, mobile addiction etc. The class was informative and effective. Participants interact with the resource persons, asked their doubts and concerns towards adolescent age group.

### List of Students who participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby

Sl. No.	Name	Sl. No.	Name
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
18.	Divya Stani	43.	Ambily Mani
19.	Jaicy Jose	44.	Anu Tressa Jose
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarete Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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## 16.JAGRATHA 13: NATIONAL WEBINAR SERIES

Date: 12/06/2021

Time: 5.00p.m.-6.00p.m.


No. of participants: 97

Topic: Covid and its psychological issues

Resource persons: Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission

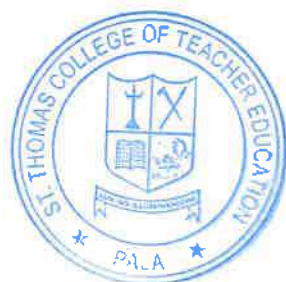
The resource person for the session was Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission. He discussed Covid and its psychological issues. He also provides mental health awareness to cope with the pandemic situation. Participants raised questions and provided comments regarding the class.



  
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### List of students participated in the programme

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



  
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## 17.JAGRATHA 14: NATIONAL WEBINAR SERIES

Date:19/06/2021

Time: 5.00 – 6.00 p.m.

No. of participants: 101

Topic: adolescent issues and ways to deal with them

Resource persons: 1. Anu Tresa Jose, Teacher trainee , St. Thomas college of teacher education, Pala

2.Irin Sera Joseph, Teacher trainee St. Thomas college of teacher education, Pala

Welcome speech by Rakhi R. First phase is handled by Ms Anu Tresa Jose for 20 minutes. Remaining 20 minutes handled by Ms Irin Sera Joseph, Teacher trainee of St. Thomas College of Teacher Education, Pala. Both resource persons discussed on the adolescent issues and ways to deal with them. Slides and videos are presented well. All are impressed by the session. Good comments are reported in the chat box by the participants.



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### List of Students who participated in the programme

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



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## 18.JAGRATHA15: NATIONAL WEBINAR SERIES

Date:26-06-2021

Time: 4.00 – 5.00 p.m.

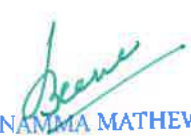
No. of participants: 99

Topic: Care and support during Covid pandemic and awareness on the various measures to prevent corona

Resource persons: 1. **Bhanupriya R, Teacher trainee, St. Thomas College of teacher education, Pala**

Prayer by Annumol joji. Welcome speech by Sr. Alphonsa xavier. Class was handled by Bhanupriya R. She took the class about the care and support that we need to maintain in a family during Covid pandemic and provided awareness on the various measures to prevent corona. She also shared her experience during the Covid positive days. Class taken for 45min and 5 minutes discussion. 2 members asked doubts. Good comments are written in the chat box by the participants.



  
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List of students participated

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



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## 19.JAGRATHA 16: NATIONAL WEBINAR SERIES

Date:3/7/2021

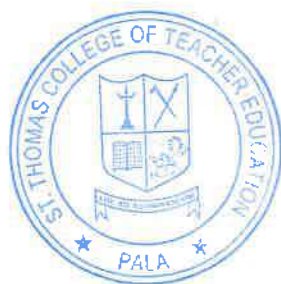
Time: 4.00 – 5.00 p.m.


No. of participants: 90

Topic: food habits that we need to follow during the Covid pandemic

Resource persons: Soumya V P, dietician

Class was handled by Soumya V P. She is a dietician. Madam explained about the food habits that we need to follow during the Covid pandemic situations. She cleared the doubts of the participants. Really an informative session.



  
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**List of Students who participated in the programme**

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



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## 20.JAGRATHA 17- NATIONAL WEBINAR SERIES

Date:10/7/2021

Time: 11.00 12.00 p.m.


No. of participants: 100

Topic: women empowerment and ways we can avoid dowry system

Resource persons: Remya sinoy, Chief editor, Malayalamanorama

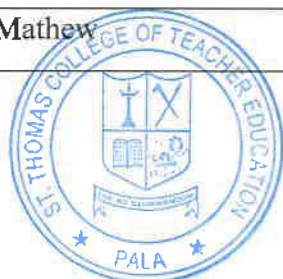
The class was handled by Ms. Remya sinoy, Chief editor, Malayalamanorama. She discussed the need for women's empowerment and ways we can avoid the dowry system. She also speaks about the gender equality that we need to bring into the family. Participants expressed that the session was worthwhile. Everyone expressed their feedback in the chatbox.



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



  
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## 21.JAGRATHA 18- NATIONAL WEBINAR SERIES

Date:17/7/2021

Time: 4.00 p.m. – 5.00 p.m

No. of participants: 99

Topic: some common diseasesandhome remedies to treat minor health problems

Resource persons: Dr. Sandrima K S, Ayurveda Medical Officer

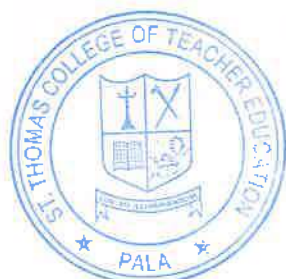
The class was handled by Dr. Sandrima K S, Ayurveda Medical Officer. The doctor discussed the medicines that we need to take for some common diseases and also, she provided some home remedies to treat minor health problems. Participants actively participate in the interactions.



  
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**List of Students who participated in the programme**

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
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8.	Vinesha Vinayan	33.	Reshma Raju
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12.	Christy Thomas	37.	Meera Seby
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23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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## 22.JAGRATHA 19- NATIONAL WEBINAR SERIES

Date:24/7/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 95

Topic: drug abuse among children

Resource persons: Mr. Arun Kumar K.R, Assistant Sub Inspector of Police

The session was taken by Mr. Arun Kumar K.R, Assistant Sub Inspector of Police. Class was based on the drug abuse among children. He taken the class by pointing out his experiences with drug abuse cases. He stressed the importance of keeping the youngsters from drug addiction. Participants, especially mothers expressed their concern with children regarding phone addiction.




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Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	24.	Anita Mathew
2.	Cheslin Jose	25.	Anjumol S
3.	Densy John	26.	Athira P S
4.	Harikrishnan V	27.	Bhanupriya R
5.	Irin Sera Joseph	28.	James Mathew
6.	Julian Tom Job	29.	Jyothylakshmi K.R
7.	Raina Martin	30.	Meera V S
8.	Vinesha Vinayan	31.	Reshma Raju
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10.	Annumol Joji	33.	Anjaly Elizabeth Xavier
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17.	Jaicy Jose	40.	Anu Tressa Jose
18.	Lakshmi S	41.	Elsamma Joseph
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23.	Tima Mathew	46.	Treesa Jomy



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

Date:7/08/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 90

Topic: Experiences when she fought for the women rights.

Resource persons: Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad

The class was taken by Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad. She discussed about how women empowerment can be achieved. She shared her experiences when she fought for the women rights. The class was inspiring and Participants from Archana women centre actively interact with the resource person.



  
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### List of Students who participated in the programme

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1.	Anitta Jose	24.	Anita Mathew
2.	Cheslin Jose	25.	Anjumol S
3.	Densy John	26.	Athira P S
4.	Harikrishnan V	27.	Bhanupriya R
5.	Irin Sera Joseph	28.	James Mathew
6.	Julian Tom Job	29.	Jyothylakshmi K.R
7.	Raina Martin	30.	Meera V S
8.	Vinesha Vinayan	31.	Reshma Raju
9.	Annie Teressa Shajan	32.	Agie Mol Salas
10.	Annumol Joji	33.	Anjaly Elizabeth Xavier
11.	Anuja Babu	34.	Anusree Biju
12.	Christy Thomas	35.	Meera Seby
13.	Nevil George	36.	Navyamol K R
14.	Riya Rose Johns	37.	Rakhi R
15.	Sneha Jayakumar	38.	Reshma C L
16.	Alphonsa Xavier	39.	Sojo John
17.	Ashmi Maria John	40.	Akhila Manmathan
18.	Divya Stani	41.	Ambily Mani
19.	Jaicy Jose	42.	Anu Tressa Jose
20.	Lakshmi S	43.	Elsamma Joseph
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23.	Tima Mathew	46.	Treesa Jomy



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## 24.JAGRATHA 21- NATIONAL WEBINAR SERIES

Date:14 /08/2021

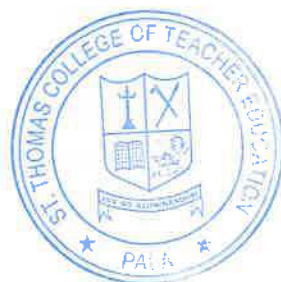
Time: 300 p.m. – 4.00 p.m

No. of participants: 96

Topic: dowry system and how we need to change our view regarding dowry

Resource persons: Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam

The session was handled by Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam. Sr. Jyothis made a discussion on dowry system and how we need to change our view regarding dowry. She took the class by showing interesting and informative videos and slides. Participants shows interest to express their views.



  
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1.	Anitta Jose	23.	Anita Mathew
2.	Cheslin Jose	24.	Anjumol S
3.	Densy John	25.	Athira P S
4.	Harikrishnan V	26.	Bhanupriya R
5.	Irin Sera Joseph	27.	James Mathew
6.	Julian Tom Job	28.	Jyothylakshmi K.R
7.	Annumol Joji	29.	Anjaly Elizabeth Xavier
8.	Anuja Babu	30.	Anusree Biju
9.	Christy Thomas	31.	Meera Seby
10.	Nevil George	32.	Navyamol K R
11.	Riya Rose Johns	33.	Rakhi R
12.	Sneha Jayakumar	34.	Reshma C L
13.	Alphonsa Xavier	35.	Sojo John
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18.	Lis Mary Antony	40.	Ligin Pullemkunnel
19.	Mariya Mathew	41.	Liya Margarett Antony
20.	Mariya Sebastian	42.	Rose Mary Cherian
21.	Syamili Sasi	43.	Steffy Tom
22.	Tima Mathew	44.	Treesa Jomy



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## 25.JAGRATHA 22- NATIONAL WEBINAR SERIES

Date:28 /08/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 100

Topic: women and the issues faced by women in the society

Resource persons: Sri. Nocer Mathew chairman, Nocer Hai Rainbow Consumer Council

The resource person for the class was Sri. Nocer Mathew chairman, Nocer Hai Rainbow Consumer Council. The class was based on the women and the issues faced by women in the society. He discussed on how women can overcome the challenges faced by them. It was an interactive session. Participants actively participated in asking questions and expressed their opinions.



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**List of Students who participated in the programme**

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



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## 26.JAGRATHA 23- NATIONAL WEBINAR SERIES

Date:4/09/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 92

Topic: Mobile Technologies and Cyber crimes

Resource persons: Mr. Shamnas K S

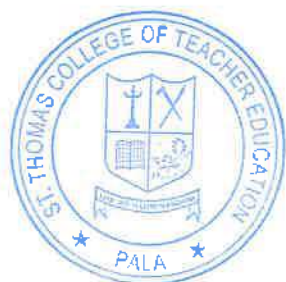
The class was handled by Mr. Shamnas K S. It was an awareness session to the parents about the Mobile Technologies. At present situation, this session was very much important for the parents who lack behind in dealing with the technology. He also discussed about Cyber crimes in the session and also the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



  
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**List of Students who participated in the programme**

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	25.	Anita Mathew
2.	Densy John	26.	Athira P S
3.	Harikrishnan V	27.	Bhanupriya R
4.	Irin Sera Joseph	28.	James Mathew
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## 27.JAGRATHA 24- NATIONAL WEBINAR SERIES

Date:11/09/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 70


Topic: Human rights and its relevance

Resource persons: 1. Ms. Ashmi Maria John , Teacher trainee, of St. Thomas College of Teacher Education,pala

2. Ms. Densy John, Teacher trainee, of St. Thomas College of Teacher Education,pala

The class was handled by Ms. Ashmi Maria John and Ms. Densy John, Teacher trainees of St. Thomas College of Teacher Education. Dr. Alex George introduced the topic to the participants. First 30 minutes were taken by Ms Ashmi Maria John on the topic Human rights and its relevance. She explained clearly using slides and covered the major areas of Human rights. Then the second half of the session was handled by Ms. Densy John for 30 minutes regarding the child rights and its relevance. She also explained the way to protect their rights and how to deal the children during the pandemic situation avoiding the stress on them. Participants were really impressed by the class and given good comments on the chat box.



  
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**List of Students who participated in the programme**

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1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
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9.	Annie Teressa Shajan	34.	Agie Mol Salas
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13.	Nevil George	38.	Navyamol K R
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24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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## 28.JAGRATHA 25- NATIONAL WEBINAR SERIES

Date:18/09/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 80

Topic: The need for economic empowerment of women

Resource person: Sri. Jose Thayyil, Chairman Kisan Service Society

The class was handled by Sri. Jose Thayyil, Chairman Kisan Service Society. He discussed on the topic “The need for economic empowerment of women”. In the session he explained the various ways the women can increase their economic resources and also point out the need for women empowerment. Participants raised questions and provided comments regarding the class in the chat box.



  
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**List of Students who participated in the programme**

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



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## 29.JAGRATHA 26- NATIONAL WEBINAR SERIES

Date:25/09/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 100

Topic: women and mental health

Resource person: Dr. Sr. Terciline F.C.C , Director and psychologist at Bishop Charles Lavigene Psychiatric Rehabilitation

The class was handled by Dr. Sr. Terciline F.C.C , Director and psychologist at Bishop Charles Lavigene Psychiatric Rehabilitation. Sr. handled the topic about women and mental health. Sr. cited examples from her experience in day to day life. Participants clarifies their doubts by asking questions and suggestions from the speaker. It was an active session.




  
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**List of Students who participated in the programme**

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



  
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### **30.JAGRATHA 27- NATIONAL WEBINAR SERIES**

Date: 9/10/2021

Time: 300 p.m. – 4.00 p.m

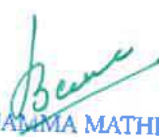
No. of participants: 80

Topic: ways to improve the entrepreneurship of women

Resource person: Suresh S, Skill & Motivational Trainer

The class was taken by Suresh S, Skill & Motivational Trainer about the ways to improve the entrepreneurship of women. He also explained the different women startups. He explained the need for sustainable growth of women entrepreneurs to promote a balanced growth in the country. It was a fruitful session. Participants provide feedback through the chatbox.



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



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## 31.JAGRATHA 28- NATIONAL WEBINAR SERIES

Date: 16/10/2021

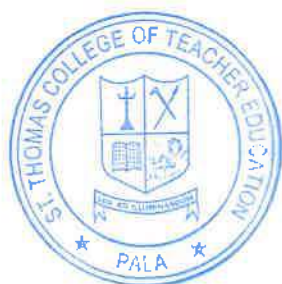
Time: 300 p.m. – 4.00 p.m


No. of participants: 90

Topic: Let's get started new ventures

Resource person: Mr. Ananthukrishnan, Consultant and trainer

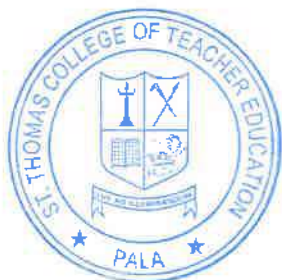
The class was handled by Mr. Ananthukrishnan, Consultant and trainer about the topic Let's get started new ventures. Resource person give a clear idea about the programs that provide services for the development of small and medium enterprises. Session went through the active participation of the participants.




  
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1.	Anitta Jose	25.	Anita Mathew
2.	Cheslin Jose	26.	Anjumol S
3.	Densy John	27.	Athira P S
4.	Harikrishnan V	28.	Bhanupriya R
5.	Irin Sera Joseph	29.	James Mathew
6.	Julian Tom Job	30.	Jyothylakshmi K.R
7.	Raina Martin	31.	Meera V S
8.	Annie Teressa Shajan	32.	Agie Mol Salas
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19.	Lakshmi S	43.	Elsamma Joseph
20.	Lis Mary Antony	44.	Ligin Pullemkunnel
21.	Mariya Mathew	45.	Liya Margarette Antony
22.	Mariya Sebastian	46.	Rose Mary Cherian
23.	Syamily Sasi	47.	Steffy Tom
24.	Tima Mathew	48.	Treesa Jomy



  
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## 32.JAGRATHA 29- NATIONAL WEBINAR SERIES

Date: 31/10/2021

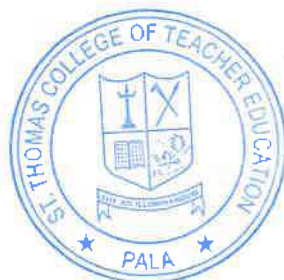
Time: 3.00 p.m. – 4.00 p.m

No. of participants: 83

Topic: Domestic violence – Laws and Remedies

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

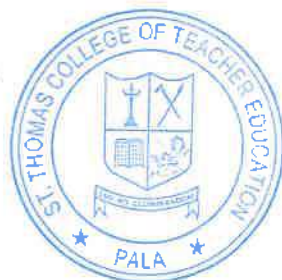
The class was handled by Adv. Shiny Gopi, Advocate, District court, Kottayam about domestic violence – Laws and Remedies. She has pointed out the various violences faced by the women in the society. She also explained the various helplines and counselling facilities available in India and also the laws related with the domestic violence. It was an effective session because the majority of the participants were women from rural areas thereby which helped to empower the rural women community.



  
Prof. Dr. BEENAMATHIA MATHEW  
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7.	Raina Martin	30.	Meera V S
8.	Vinesha Vinayan	31.	Reshma Raju
9.	Annie Teressa Shajan	32.	Agie Mol Salas
10.	Annumol Joji	33.	Anjaly Elizabeth Xavier
11.	Anuja Babu	34.	Anusree Biju
12.	Christy Thomas	35.	Meera Seby
13.	Nevil George	36.	Navyamol K R
14.	Riya Rose Johns	37.	Rakhi R
15.	Sneha Jayakumar	38.	Reshma C L
16.	Alphonsa Xavier	39.	Sojo John
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18.	Lakshmi S	41.	Elsamma Joseph
19.	Lis Mary Antony	42.	Ligin Pullemkunnel
20.	Mariya Mathew	43.	Liya Margarete Antony
21.	Mariya Sebastian	44.	Rose Mary Cherian
22.	Syamily Sasi	45.	Steffy Tom
23.	Tima Mathew	46.	Treesa Jomy



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### 33.JAGRATHA 30- NATIONAL WEBINAR SERIES

Date:6/11/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 85

Topic: Domestic violence – role of women in social progress

Resource person: Sri. Civilson Sebastian

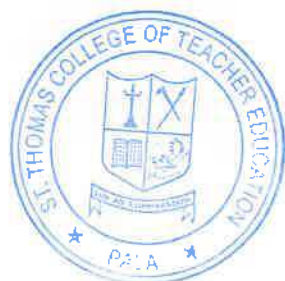
The session was handled by Sri. Civilson Sebastian. Class was about the role of women in social progress. He pointed out that the women have also on average, reinvested up to 90% of income into their households. With more opportunities, they get access to more money to spend on food, housing and education. These are all essential components for poverty reduction and sustainable development. It was a motivational class for the women community.



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



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### **34.JAGRATHA 31- NATIONAL WEBINAR SERIES**

Date:13/11/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 60

Topic: Domestic violence – Smart Parents for Adolescents

Resource person: Ms. Anjaly Elizabeth Xavier, Teacher Trainee at St. Thomas College Of Teacher Education, Pala

The class was taken by Ms. Anjaly Elizabeth Xavier, Teacher Trainee at St. Thomas College Of Teacher Education, Pala about the topic Smart Parents for Adolescents. She has explained the tips and advices of parenting the present generation smart teens. She also point out the need for strong relationship of parents with their child. The class was effective and the participants gave good feedback.



  
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**List of Students who participated in the programme**

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



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## 35.JAGRATHA 32 - NATIONAL WEBINAR SERIES

Date:20/11/2021

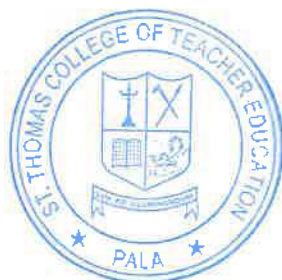
Time: 300 p.m. – 4.00 p.m


No. of participants: 90

Topic: Domestic violence – Smart Parents for Adolescents

Resource person: Ms. Jaicy Jose, Teacher Trainee , St. Thomas College Of Teacher  
Education, Pala

The class was handled by Ms. Jaicy Jose, Teacher trainee at St. Thomas College of Teacher Education , Pala about the topic Depression among Adolescents. She has explained the various reasons and symptoms of depression among adolescents. She also point out the ways to handle them and the need of counselling. Some of parents raised questions and the resource person clarified their concerns and doubts.



  
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1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
18.	Divya Stani	43.	Ambily Mani
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20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
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24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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### **36.JAGRATHA 33- NATIONAL WEBINAR SERIES**

Date:27/11/2021

Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: Domestic violence – Suicidal tendencies among adolescents

Resource person: Ms. Lakshmi S, Teacher Trainee , St. Thomas College Of Teacher  
Education, Pala

The class was handled by Ms. Lakshmi S, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic suicidal tendencies among adolescents. She has explained the causes of adolescent suicides and also mentioned the actions from parents side to prevent suicide. She had presented the powerpoint slides effectively which was effective in communicating the important points.



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



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### 37.JAGRATHA 34- NATIONAL WEBINAR SERIES

Date:11/12/2021

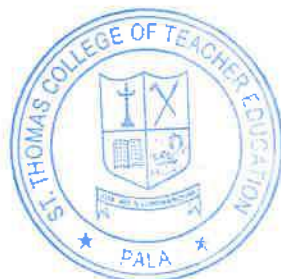
Time: 300 p.m. – 4.00 p.m

No. of participants: 93

Topic: Domestic violence – Adolescence: A Period Of Temporary Insanity

Resource person: Mr. Harikrishnan V, Teacher Trainee, St. Thomas College Of Teacher Education, Pala

The class was handled by Mr. Harikrishnan V, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic Adolescence: A Period Of Temporary Insanity. The class was effective and interactive. Participants gave good feedback about the class.



  
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1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
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12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
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### **38.JAGRATHA 35- NATIONAL WEBINAR SERIES**

Date:18/12/2021

Time: 300 p.m. – 4.00 p.m


No. of participants: 95

Topic: Domestic violence – Cybercrimes in children

Resource person: Adv. Sis. Reji Augustine

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



  
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13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
18.	Divya Stani	43.	Ambily Mani
19.	Jaicy Jose	44.	Anu Tressa Jose
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarete Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tina Mathew	50.	Treesa Jomy



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

Date:22/01/2022

Time: 300 p.m. – 4.00 p.m

No. of participants: 90

Topic: benefits of donating blood

Resource person: Shibu Thekkemattam, General Convenor, Pala Blood Forum

The class was led by Shibu Thekkemattam, General Convenor, Pala Blood Forum. He has explained the benefits of donating blood and also point out who all cannot donate blood. He answered several doubts raised by the participants related to blood donation after COVID attack. It was an informative and useful class.



  
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**List of Students who participated in the programme**

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



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## 40.JAGRATHA 37- NATIONAL WEBINAR SERIES

Date:05/02/2022

Time: 300 p.m. – 4.00 p.m


No. of participants: 90

Topic: urgent need of fitness at the present time due to the increasing lifestyle diseases

Resource Person: Dr. Shiny Antony, Dentist & Fitness Instructor

The class was handled by Dr. Shiny Antony, Dentist & Fitness Instructor. She talked about the urgent need of fitness at the present time due to the increasing life style diseases. She demonstrated Zumba with simple steps which is easy to follow by the participants. She explained the importance of fitness in our life. It was an interesting and active session.

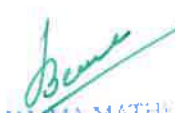


  
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### List of Students who participated in the programme

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



  
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## 41.JAGRATHA 38- NATIONAL WEBINAR SERIES

Date:19/03/2022

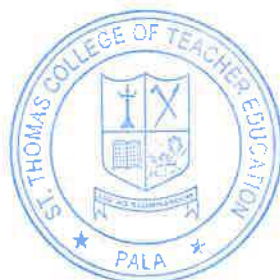
Time: 300 p.m. – 4.00 p.m


No. of participants: 70

Topic: urgent need of fitness at the present time due to the increasing life style diseases

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

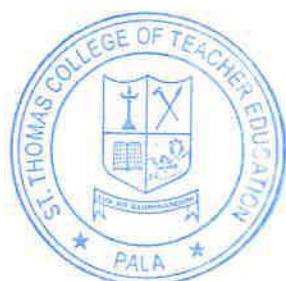
The class was handled by Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Viewpaper.in. She has community.discussed about the need of women equality in the society and also about how the gender stereotypes kills a women's self confidence. She has stressed that the change in the attitude towards women must come from the family. She also mentioned the ways to overcome gender stereotyping. The class was really interactive and motivational to the women.




  
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**List of Students who participated in the programme**

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



  
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## 42.JAGRATHA 39- NATIONAL WEBINAR SERIES

Date:26/03/2022

Time: 300 p.m. – 4.00 p.m


No. of participants: 70

Topic: what is paradigm shift Facilitator?

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

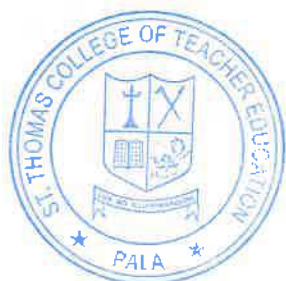
The class was led by Prof. Leena Jose T, Paradigm Shift Facilitator. She started the session by giving clarification about what is paradigm shift Facilitator. She has stressed the need of changing our mindsets and give importance to learn unlearn and relearn. She points out that our view informs our understanding, and our understanding informs our attitude. It was a thought-provoking session. Participants raised questions and gave good feedback about the session.



  
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**List of students who participated in the seminar**

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

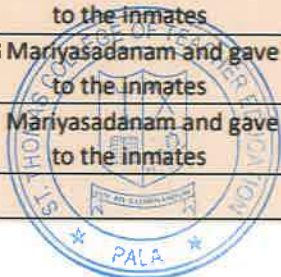


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### 43. Miss a Meal Programme- Mariasadanam

A group extension activity - Kaithangu' – Miss-A- Meal for the members of 'Mariyasadanam was conducted during the academic year 2020-22. The student of the B. Ed. 2020-22 batch skipped our meal on Wednesdays or bring an extra pack of food for the inmates of Mariyasadanam'- a care home a run by Santhosh Joseph. Mariyasadanam is a non-profit-making charitable organization of Pala, when about 400t destitute men, women and about 23 children of the inmates are accommodated. Most of the residents were left by family members or abandoned and to find for themselves. On 23rd December 2022 we visited 'Mariyasadanam' and celebrated Christmas there with the inmates, conducted various cultural programmes, distributed cakes. Mariyasadanam caretaker Sri. Santhosh Joseph shared his experience with us. The activities were coordinated by teacher in charge Dr. Alex George, student coordinators Mr. Sanchu Jose and Sr. Elizabeth T.S.

Date	Activity	Amount Collected	No. of Meals Collected and Given
23/6/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	560	18
30/6/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	730	17
7/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	575	20
14/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	640	27
21/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	200	44
28/7/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	825	26
6/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	730	28
13/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	300	41
20/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	430	29
27/10/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	250	45
3/11/2021	Students visited Mariyasadanam and gave lunch packets to the inmates	1000	21
16/3/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	1600	36
30/3/2022	Students visited Mariyasadanam and gave lunch packets to the inmates	950	25
		<b>8790</b>	<b>377</b>



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On 23/6/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 560/- and 18 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 30/6/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 730/- and 17 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 7/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 575/- and 20 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 14/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 640/- and 27 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

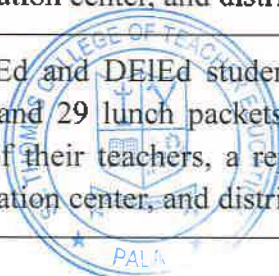
On 21/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 200/- and 44 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center,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

On 28/7/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 825/- and 26 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 6/10/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 730/- and 28 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 13/10/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 300/- and 41 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 20/10/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 430/- and 29 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.



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On 27/10/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 250/- and 45 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

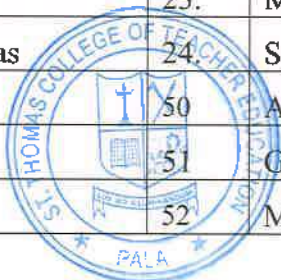
On 3/11/2021, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 1000/- and 21 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center,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

On 16/3/2022, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 1600/- and 36 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 30/3/2022, BEd, MEd and DEEd students of St. Thomas College of Teacher Education, Pala collected 950/- and 25 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

#### List of students participated

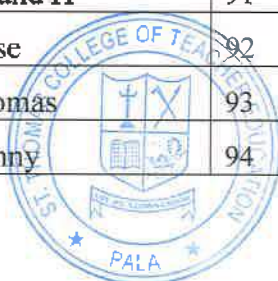
Sl.No.	Name	Sl.No	Name
1	Anitta Jose	13.	Nevil George
2	Cheslin Jose	14.	Riya Rose Johns
3	Densy John	15.	Sneha Jayakumar
4	Harikrishnan V	16.	Alphonsa Xavier
5	Irin Sera Joseph	17.	Ashmi Maria John
6	Julian Tom Job	18.	Divya Stani
7	Raina Martin	19.	Jaicy Jose
8	Vinesha Vinayan	20.	Lakshmi S
9	Annie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



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




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#### **44.Rehabilitation activities at Koottickal**

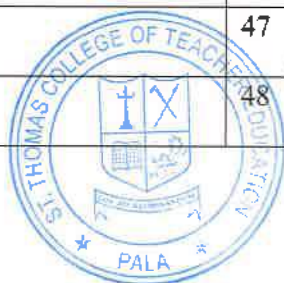
In support of people who suffered from heavy rain and landsliding, rehabilitation activities were undertaken by the staff and students of STCTE as an immediate relief measure at the disaster occurred area. The people were provided with food, clothing, temporary shelters and medical assistance. The students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



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

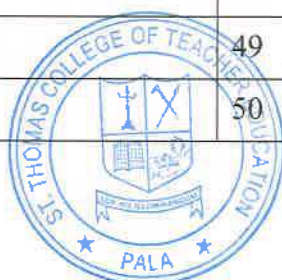
Sl No.	Name of the student	Sl No.	Name of the student
1	Anu Ann James	25	Adithya Shaji
2	Gouri Gayathri G	26	Alfred George
3	Minu Maria Thomas	27	Angel Joseph
4	Minu Mathews	28	Arya Ashok
5	Mithra James	29	Divyamol M S
6	Pearly S Thomas	30	Elizabeth T.S
7	Sreelekshmi G.R.	31	Irine Therasa Dius
8	Suman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



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**(senior batch)**

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



*[Signature]*  
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## 45. SET NET COACHING

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



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**List of student teachers of the institution participated in the coaching programme are**

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



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## 46.ALL KERALA MALAYALAM ELOCUTION COMPETITION

All Kerala Malayalam Elocution competition was conducted in collaboration with the Oratory Club, St. Thomas College of Teacher Education, Pala for H.S. Students of various secondary schools on 24<sup>th</sup> August 2021. Special Thanks to the B.Ed. 1981-82 batch students for sponsoring the cash prizes and for being part of the Judging panel. The Ever-rolling trophy was sponsored by P. Krishnakumar.

### Winners

<b>First:</b> Rs.1501, Certificate & Ever Rolling Trophy:	Ms.Aileen Maria Viji (St. Joseph English medium School, Keezhoor)
<b>Second:</b> Rs. 1001& Certificate	Ms. Soja K.S.(SRV N.S.S. School, Chirakadavu)
<b>Third:</b> Rs. 751 & Certificate	Mr. Jeffin Jojo (St. Jeromes HSS Vellayamkudy, Kattappana)

List of student teachers as organizers of the programme:

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

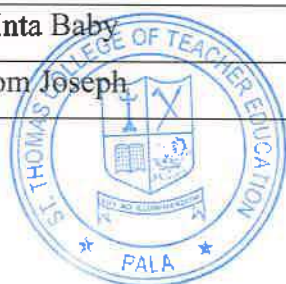


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## 48. BLOOD DONATION CAMP

In a collaborative effort to support the community's healthcare needs, the Red Ribbon Club, Health Club, and Pala Blood Forum jointly organized a blood donation camp on December 2, 2021. The event, conducted in collaboration with Marygiri Hospital Bharanganam, which ensured the presence of a proficient medical team, comprising doctors, nurses, and technicians. Their expertise contributed to the smooth functioning of the camp, reassuring participants about the safety of the donation process. The event featured an insightful speech by Shibu Thekkemattam, the President of Pala Blood Forum. His address focused on the importance of voluntary blood donation, dispelling myths surrounding the process, and encouraging participants to view their contributions as life-saving acts. A commendable total of 15 students actively participated in the blood donation drive, showcasing their commitment to community welfare and their readiness to contribute to a cause that directly impacts the lives of others.

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



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**2020-2021**



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## 1) JAGRATHA 1: INAUGURATION

Date:23/01/2021

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

No. of participants: 90

Topic: MENTAL HEALTH AND PARENTING'

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

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

### Conveners

Miss. Thressiamma Mathew (Director, Archana)

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

### Programme Co-coordinators

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

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

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



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**List of Students who participated in the programme**

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



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## 2) JAGRATHA 1: NATIONAL WEBINAR SERIES

Date:20/02/2021

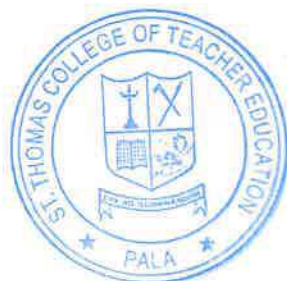
Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 88

Topic: Five habits for a happy life

Resource Person: Thressiamma Mathew (Director, Archana)

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



  
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8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teresa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
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12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
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24.	Syamily Sasi	49.	Steffy Tom
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### 3) JAGRATHA 2: NATIONAL WEBINAR SERIES

Date:27/02/2021

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


No. of participants: 88

Topic: crops in different seasons

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

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



  
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1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
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6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
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12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
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16.	Alphonsa Xavier	41.	Sojo John
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#### **4) JAGRATHA 3: NATIONAL WEBINAR SERIES**

Date:06/03/2021

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

No. of participants: 90

Topic: ways to manage the stress in our life

Resource Person: Sri. George Karunackal, Consultant and Trainer

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



  
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**List of Students who participated in the programme**

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
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14.	Riya Rose Johns	39.	Rakhi R
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16.	Alphonsa Xavier	41.	Sojo John
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## 5) JAGRATHA 4: NATIONAL WEBINAR

Date:13/03/2021

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


No. of participants: 90

Topic: FAMILY IS A GREAT SCHOOL'

Resource Person: Sri Jossy Thumpanathu, Journalist

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



  
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**List of students who participated in the seminar**

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



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## 6) JAGRATHA 5: NATIONAL WEBINAR SERIES

Date:20/03/2021

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


No. of participants: 95

Topic: Entrepreneurship development

Resource Person: Sri. Lorance Mathew, Industrial Extension Officer

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



  
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2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
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13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
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## 7) JAGRATHA 6: NATIONAL WEBINAR SERIES

Date: 27/03/2021

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

No. of participants: 70

Topic: SMART PARENTING

Resource Person: Mrs. Bindhu Varghese

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



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**List of Students who participated in the programme**

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



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## 8) JAGRATHA 7: NATIONAL WEBINAR SERIES

Date:10/04/2021

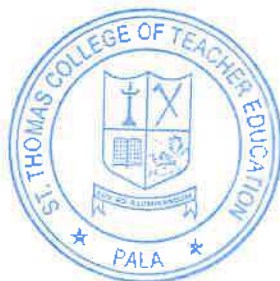
Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 100

Topic: DRUG FREE FAMILY

Resource Person: Mr. Dijo Das, Counsellor, Adart

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




  
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## 9) JAGRATHA 8: NATIONAL WEBINAR SERIES

Date:17/04/2021

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


No. of participants: 95

Topic: gender equality

Resource Person: Mr. Mathew Mundamattom, Trainer-TRADA

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



  
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11.	Christy Thomas	35.	Meera Seby
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19.	Lakshmi S	43.	Elsamma Joseph
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## 10) JAGRATHA 11: NATIONAL WEBINAR SERIES

Date:29/05/2021

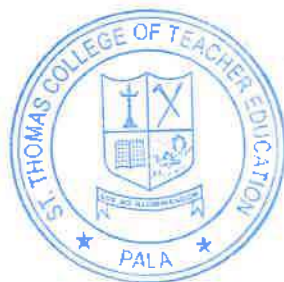
Time: 8.30 p.m.- 9.15 p.m.


No. of participants: 80

Topic: Role of family members in a drug free life

Resource Person: Civilson Sebastian

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



  
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### List of Students who participated in the programme

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




  
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## 11) **Snehavedu Project 1 (Home project)**

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

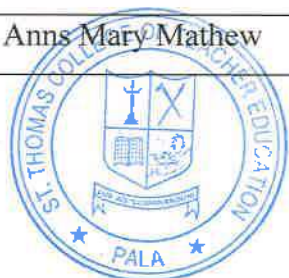


  
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Students of two batches, (junior and seniors) financially supported the snehaveed project. List of students are given.

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



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



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## 12) GREEN OUTFIT

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

### List of Students who participated in the programme


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



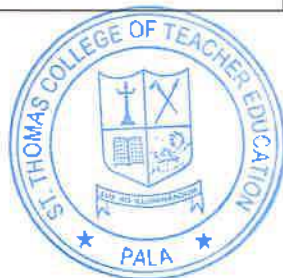
### 13) POST COVID VIGILANCE

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



  
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6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
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10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
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#### 14) Hands with Kerala Sannadha Sena to Fight Against COVID19

“Kerala Sannadhasena” is an effort by the Kerala Government to create a youth volunteer force to fight COVID-19. Our students, ‘sannadha volunteers’ took charge to organise the programmes such as an awareness programme of Covid 19 to the student teachers of the institution. Mask is distributed to first year B.Ed students. The programme was on 14<sup>th</sup> December 2020. As part of the programme, Sannadham members distributed sanitizers, took part in training staff and students to assist and undertake the work related to safety and health to prevent the outbreak of the COVID pandemic.

List of Students who joined Kerala Sannadhasena:

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



  
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List of Students who involved in the programme are

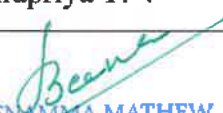
Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie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



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



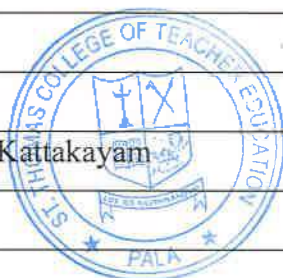
  
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## 15) LIFE VIBES

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

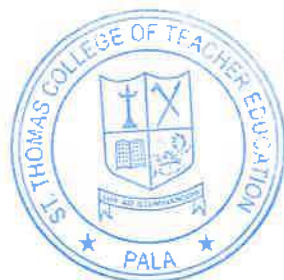
### List of students participated in the programme

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



  
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25	Amalsyama V.S	55	Vinesha Vinayan
26	Amalu Reji	56	Annie Teressa Shajan
27	Arya M.S	57	Annumol Joji
28	Deepa George	58	Anuja Babu
29	Divya P.D	59	Christy Thomas
30	Jismariya John	60	Nevil George
61	Maria V. Madhavappallil	81	Riya Rose Johns
62	Merlin Thomas	82	Sneha Jayakumar
63	Alphonsa Xavier	83	Reshma Raju
64	Ashmi Maria John	84	Agie Mol Salas
65	Divya Stani	85	Anjaly Elizabeth Xavier
66	Jaicy Jose	86	Anusree Biju
67	Lakshmi S	87	Meera Seby
68	Lis Mary Antony	88	Navyamol K R
69	Mariya Mathew	89	Rakhi R
70	Mariya Sebastian	90	Reshma C L
71	Syamily Sasi	91	Sojo John
72	Tima Mathew	92	Akhila Manmathan
73	Anita Mathew	93	Ambily Mani
74	Anjumol S	94	Anu Tressa Jose
75	Athira P S	95	Elsamma Joseph
76	Bhanupriya R	96	Ligin Pullemkunnel
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## 16) SPARSHAM

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

### Report and feedback given by student teachers

Date 14 May 2021

Sparsam

Report 1: Team J5

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

Team leader: Jaicy Jose

\*May 14- 2021

Day 1 - S6

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

Team leader : Amal Thomas


Report- 22 May, 2021- S2

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

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

Irin Sera Joseph



  
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Josmi Joseph

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

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

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

Jestin Joy

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

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

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

Nevil George Report -11 June, 2021- J1

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

Report - 21 June 2021

Group S1

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

Report - 24 July 2021- J9

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

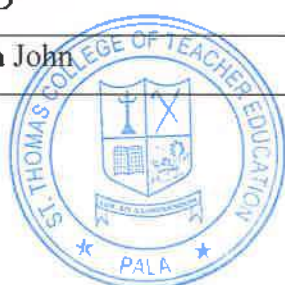
Sneha Jayakumar



  
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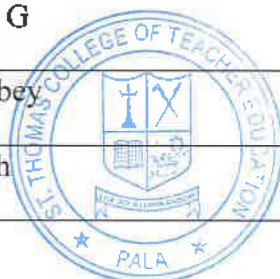
### List of students participated in the programme

Sl No.	Name	Sl No.	Name
1	Agnes Jose	31	Sandhra Meria Babu
2	Alina Joseph	32	Surabhi C
3	Amruthendhu T.S	33	Ida Mathew
4	Blesslyn Chackson	34	Jestin Joy
5	Josmi Joseph	35	Jinu Jose
6	Merin Jose	36	Jomol Tom
7	Miliya Rose Mathew	37	Medha Ramesh
8	Priyanka Joseph	38	Nasiya Kabeer
9	Rosemol Xavier	39	Parvathy S
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11	Amal Thomas	41	Anju Treesa saji
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14	Saritha P.B	44	Deepa Jose
15	Sheethal Jose	45	Jemy George
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19	Dayana Mathew	49	Cheslin Jose
20	Josilin James	50	Densy John
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22	Neetha Noble	52	Irin Sera Joseph
23	Richa Cherian Kattakayam	53	Julian Tom Job
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25	Amalsyama V.S	55	Vinesha Vinayan
26	Amalu Reji	56	Annie Teressa Shajan
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61	Maria V. Madhavappallil	88	Riya Rose Johns
62	Merlin Thomas	89	Sneha Jayakumar
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78	Jyothylakshmi K.R	105	Rose Mary Cherian
79	Meera V S	106	Steffy Tom
80	Treesa Jomy	107	Jobin Thomas
81	Joice Ruby Sen	108	Anitta Maria Sunny
82	Manu Antony	109	Aparna A
83	Meera Varghese	110	Divya Maria Paul
84	Joffy J Njavallil	111	Emil K. Sajith
85	Asha T	112	Syama S
86	Jais Jose	113	Tiya Tess George
87	Jithu K.K	114	Aleena Philip
<b>Sl No.</b>	<b>Name</b>	<b>Sl No.</b>	<b>Name</b>
115	Binitha Mani	119	Malavika B
116	Kamala Varma G	120	Kochurani Joseph
117	Akhila Rose Abey	121	Malavika B
118	Alphons Joseph		



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PRINCIPAL  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION  
PALA



**2019-2020**



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## 1. MISS A MEAL PROGRAMME: MARIASADANAM

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



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



**Mariyasadanam Charitable Trust**  
 Psychosocial Rehabilitation Centre & Home for the Destitute  
 Kizhathudiyoor P.O., Pala 686 574 Kottayam, Kerala State, India Tel: +91 4822 211946, +91 9447025757  
 www.Mariyasadanam.org PAN: AABTM1301K

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No. **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 \_\_\_\_\_ Date \_\_\_\_\_

Rs. 10000/- Hashe  
Director



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Registered under Social Justice Department, Govt. of Kerala High No. 27/1994. Registered under Board of Control of Charities, Govt. of Kerala No. 289  
 Estimated under section 80G of Income Tax Act - Order No. 155/160/2007/07/01/14/13-14  
 Thank you for your generous contribution. We appreciate your support!



On 7/8/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 725/- and 18 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

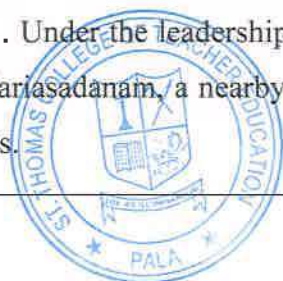
On 14/8/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 555/- and 14 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center,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

On 21/8/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 575/- and 19 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 28/8/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 540/- and 30 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 18/9/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 100/- and 43 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 25/09/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 805/- and 25 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.



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On 9/10/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 685/- and 23 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

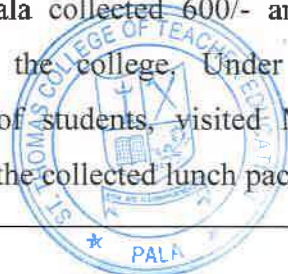
On 16/10/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 150/- and 41 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center,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

On 4/12/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 430/- and 26 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 11/12/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 250/- and 47 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 18/12/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 950/- and 21 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 8/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 600/- and 36 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.



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On 16/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 750/- and 25 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.


On 22/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 760/- and 22 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 29/1/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 165/- and 43 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 5/2/2020, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education, Pala collected 145/- and 40 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

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



  
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List of students participated

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



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## 2. CARE AND SHARE

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



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

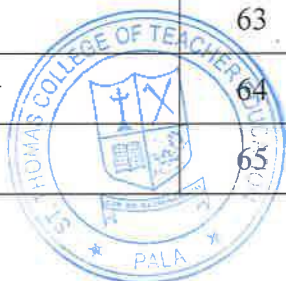


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### Art Exhibition for fund raising 2019

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

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



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



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### 3. SILENT PROTEST AGAINST DRUGS

The vimukthi club members demonstrated a Silent *Protest Against Drug Addiction* on 17 January 2020 (in Collaboration with Excise Department, Pala Range).



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**List of students participated**

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



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#### 4. MASK PREPARATION AND DISTRIBUTION

The students of St. Thomas College of Teacher Education, Pala, made and distributed five thousand masks during the early days of the Covid19, under the leadership of Sri. Sunil Thomas, Asst. Prof. Department of Physical Education, on 27 April, 2020. The initiative was coordinated by student representatives Joffy J Njavallil, Jibin, and Blesslyn Chackson. The cloth materials for the masks were distributed to the students, Josmy Tom, Jinu Jose, Josmi Joseph, Deepa George, Sandra, Sr. Alina, Sr. Bitty, Anitta, Diya (B. Ed. students), Sangeetha S, Jais Jose (M. Ed. students) on 15 April. Each student prepared five hundred masks. The masks were collected and distributed to various organisations and frontline Covid warriors of Pala and suburbs. The mask distribution drive was inaugurated by His Excellency, the Most Reverend Mar Jacob Murikken, Auxiliary Bishop, Diocese of Pala, and the Manager of the college, by handing over the masks to Mr. Shaji Mon Joseph, DYSP, Pala.



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**List of students who participated in Mask making**

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



  
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## 5. Hands with Kerala Sannadha Sena to fight against COVID19

“Kerala Sannadhasena” is an effort by the Kerala Government to create a youth volunteer force to fight COVID-19. Our students (**Amal Thomas, Jestin Joy, Jinu Jose, Ida Mathew, Parvathy S, Saritha P.B**) and faculties of this college (Dr. T.C. Thankachen, Sri. Sunil Thomas) on 27/04/2020 have registered in it to fight against the pandemic along with government.

List of students participated in Kerala Sannadha Sena

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



  
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## 6. INTER COLLEGIATE MALAYALAM ESSAY WRITING COMPETITION FOR TEACHER TRAINEES

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



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List of teacher trainees involved in the programme are


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



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**2018-2019**



  
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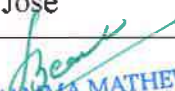
## 1) LOCAL TOWN CLEANING

The teacher trainees of the institution were engaging cleaning activities, which includes cleaning the roads, drainage and town on Oct. 2<sup>nd</sup>, 2018, on the day of birth of MahathmaGandhi. The collected waste were handedover to municipality officials.

**List of students who involved in the programme are:**

SI No.	Name	SI No.	Name
1	AmrithaThampy	25	Anns Mary Mathew
2	Annu Maria Michael	26	Elizabeth AthulyaDalby
3	Ardra Ann Thomas	27	Jissa Joseph
4	Athira Raj	28	Akhila Rose Abey
5	Sailas Mathew	29	AmeerJinna
6	Shilpa C Jose	30	AryaGopalan
7	Sneha M Josantony	31	Bitty Varghese
8	Soniya James	32	DiyaFrankson
9	Amala Francis	33	GreeshmaSabu
10	Anitta Thomas	34	Jibin Joy
11	Annu Johnny	35	Jitty Thomas
12	AnuSiby	36	Mohammed Savad P.P.P
13	AthiraSasi	37	NeethumolBabu
14	Josmy Tom	38	Rajimol V.R
15	Tresa Mary Rajan	39	SonuMariya Dominic
16	Amala Xavier	40	VeenaSurendran
17	Aneeta Rose Tom	41	Bibina Jose
18	Binnu Mathew	42	DhanyaVijayan
19	Dhanabhagyam A.C	43	Dona Kurian
20	Janet Celine Varghese	44	Joyel John
21	Jimil Jose	45	Mariya Mathew
22	Josmy Joseph	46	Vivek Suresh
23	Veena P.V	47	Annu K Jose
24	VijayaKumari N		



  
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## 2) MISS A MEAL PROGRAMME- MARIASADANAM

14/08/2018, BEd, MEd and DEIEEd students of St. Thomas College of Teacher Education, Pala collected 825/- and 23 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets

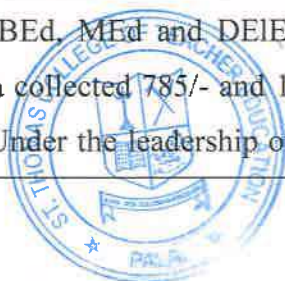
On 9/9/2018, BEd, MEd and DEIEEd students of St. Thomas College of Teacher Education , Pala collected 455/- and 21 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 16/9/2018, BEd, MEd and DEIEEd students of St. Thomas College of Teacher Education , Pala collected 475/- and 19 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 23/9/2018, BEd, MEd and DEIEEd students of St. Thomas College of Teacher Education , Pala collected 440/- and 19 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 6/10/2018, BEd, MEd and DEIEEd students of St. Thomas College of Teacher Education , Pala collected 120/- and 43 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 13/10/2018, BEd, MEd and DEIEEd students of St. Thomas College of Teacher Education , Pala collected 785/- and 15 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group



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of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 20/10/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 785/- and 14 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

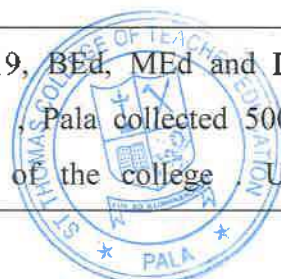
On 27/10/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 170/- and 41 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

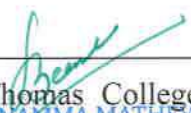
On 4/12/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 460/- and 28 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 11/12/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 200/- and 49 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 18/12/2018, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 980/- and 11 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 2/1/2019, BEd, MEd and DEIEd students of St. Thomas College of Teacher Education , Pala collected 500/- and 40 lunch packets as a part of the extension service of the college . Under the leadership of their teachers, a



  
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TEACHER EDUCATION  
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representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 9/1/2019, BEd, MEd and DEIED students of St. Thomas College of Teacher Education, Pala collected 850/- and 25 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 16/1/2019, BEd, MEd and DEIED students of St. Thomas College of Teacher Education, Pala collected 760/- and 12 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 6/2/2019, BEd, MEd and DEIED students of St. Thomas College of Teacher Education, Pala collected 165/- and 46 lunch packets as a part of extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 13/2/2019, BEd, MEd and DEIED students of St. Thomas College of Teacher Education , Pala collected 250/- and 46 lunch packets as a part of extension service of the college . Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.

On 20/2/2019, BEd, MEd, and DEIED students of St. Thomas College of Teacher Education, Pala collected 225/- and 30 lunch packets as a part of the extension service of the college. Under the leadership of their teachers, a representative group of students, visited Mariasadanam, a nearby rehabilitation center, and distributed the collected lunch packets.



  
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**List of students who participated in the programme are:**

SI No.	Name	SI No.	Name
1	AmrithaThampy	25	Anns Mary Mathew
2	Annu Maria Michael	26	Elizabeth AthulyaDalby
3	Ardra Ann Thomas	27	Jissa Joseph
4	Athira Raj	28	Akhila Rose Abey
5	Sailas Mathew	29	AmeerJinna
6	Shilpa C Jose	30	AryaGopalan
7	Sneha M Josantony	31	Bitty Varghese
8	Soniya James	32	DiyaFrankson
9	Amala Francis	33	GreeshmaSabu
10	Anitta Thomas	34	Jibin Joy
11	Annu Johnny	35	Jitty Thomas
12	AnuSiby	36	Mohammed Savad P.P.P
13	AthiraSasi	37	NeethumolBabu
14	Josmy Tom	38	Rajimol V.R
15	Tresa Mary Rajan	39	SonuMariya Dominic
16	Amala Xavier	40	VeenaSurendran
17	Aneeta Rose Tom	41	Bibina Jose
18	Binnu Mathew	42	DhanyaVijayan
19	Dhanabhagyam A.C	43	Dona Kurian
20	Janet Celine Varghese	44	Joyel John
21	Jimil Jose	45	Mariya Mathew
22	Josmy Joseph	46	Vivek Suresh
23	Veena P.V	47	Annu K Jose
24	VijayaKumari N		



*Beena*  
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### 3.EL-LIT QUEST PURPLE PATCH

The El-LIT Quest 2K19 an all Kerala Inter College Quiz Competition on English Language and Literature organised by 'Purple Patch' was conducted on January 15, 2019.

21 teams participated in the quiz competition and a team comprised of two members from a college. There was a written elimination round at 10:45 a.m. out of which 4 teams were selected for final competition

The finalists were:

S.B. College Changanassery

Alphonsa College Pala

C.M.S. College Kottayam

K.E. College Mannanam

The final round began at 1:45 pm. The quiz masters were Jais Jose and Chris John.

There were 5 rounds:

Round 1: Read between the Line

Round 2: Audio Visual

Round 3: Participants' Choice

Round 4: Rapid Fire

Round 5: Clue Round

Round 6: Deal or No Deal

The winners of the competition were;


First Prize: S.B. College Changanassery

Second Prize: C.M.S. College Kottayam

Third Prize: K.E. College Mannanam

The first prize winning team was awarded a cash prize of Rupees 3000 along with an ever-rolling trophy and certificate, and a cash price of Rupees 2000 and Rupees 1000 were awarded for second and third prize winners respectively along with an ever-rolling trophy and certificates. The prizes were sponsored by Elizabeth International English Test Coaching Centre Pala. The prizes to the winners were awarded by Dr. Sr. Celene Joseph, St. Thomas College of teacher education Pala.



  
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List of students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Angel Baby	26.	Jerline Mary Jose
2.	Geethu M	27.	Linta George
3.	Joffy J Njavallil	28.	Meera C Kadavil
4.	Lin Thomas	29.	Neethu Mohanan
5.	Subha R	30.	Anupa Francis
6.	Swathi Krishna	31.	Athira P.T
7.	Annie Merin Isaac	32.	Goldamol S Pallam
8.	Arjun K Anil	33.	Greeshma Merin Thomas
9.	Chris John	34.	Jany Jose
10.	Jais Jose	35.	Manikuttan Murali
11.	Jobina Karolin Babu	36.	Manju George
12.	Juhie Thomas	37.	Meera P Jose
13.	Lismin P Samuel	38.	Nimisha Sajeev
14.	Manju Mathew	39.	Nimitha Thomas
15.	Anjanamol P.T	40.	Sangeetha M. T
16.	Anju Krishnan	41.	Anu Cyriac
17.	Julia Mathew	42.	Anumol Kuruvilla
18.	Manjeena Maria Thomas	43.	Chippy Mohandas
19.	Nimmy Mariya Sebastian	44.	Diana Joseph
20.	Sangeetha S	45.	Elizabeth Ponni Jose
21.	Sonia Jacob	46.	Jayanthi Thankappan
22.	Syama A K	47.	Jisha Thomas
23.	Vishnu Ravi	48.	Josmy Joseph
24.	Ammu Krishnakumar	49.	Meera Kurian
25.	Anupa A Francis	50.	Mons De Sanu



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