

**St. Thomas College of Teacher Education, Pala, Kerala – 686 575**

*Affiliated to Mahatma Gandhi University, Kottayam*

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

### **3.3- Outreach Activities**

#### **3.3.3 DOCUMENTARY EVIDENCE IN SUPPORT OF THE CLAIM ALONG WITH PHOTOGRAPHS WITH CAPTION AND DATE**



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

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

**3.3.3 DOCUMENTARY EVIDENCE IN PPORT OF STUDENT’S PARTICIPATION IN NATIONAL PRIORITY PROGRAMMES SUCH AS SWACHH BHARATH, AIDS AWARENESS, GENDER SENSITIVITY, YOGA, DIGITAL INDIA, NATIONAL WATER MISSION DURING THE LAST FIVE YEARS**


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### **3.3.3. DOCUMENTARY EVIDENCE IN SUPPORT OF THE CLAIM ALONG WITH PHOTOGRAPHS WITH CAPTION AND DATE**


The institution always responding to nation's development goal by organising and participating various programmes of national importance like Swachh Bharath, Yoga, Digital India, national Water Mission, AIDs Awareness, Gender Sensitivity etc. The outreach activities and other activities organised under the banner of NSS, Vimukthi Club, Red Ribbon Clubs, Green Protocol Samiti, Women Cell, Electoral Literacy Clubs, Anti Ragging Club, Trans Gender Cell are in of this nature, and it's have been receiving a bunch of appreciation from both student and local community.

  
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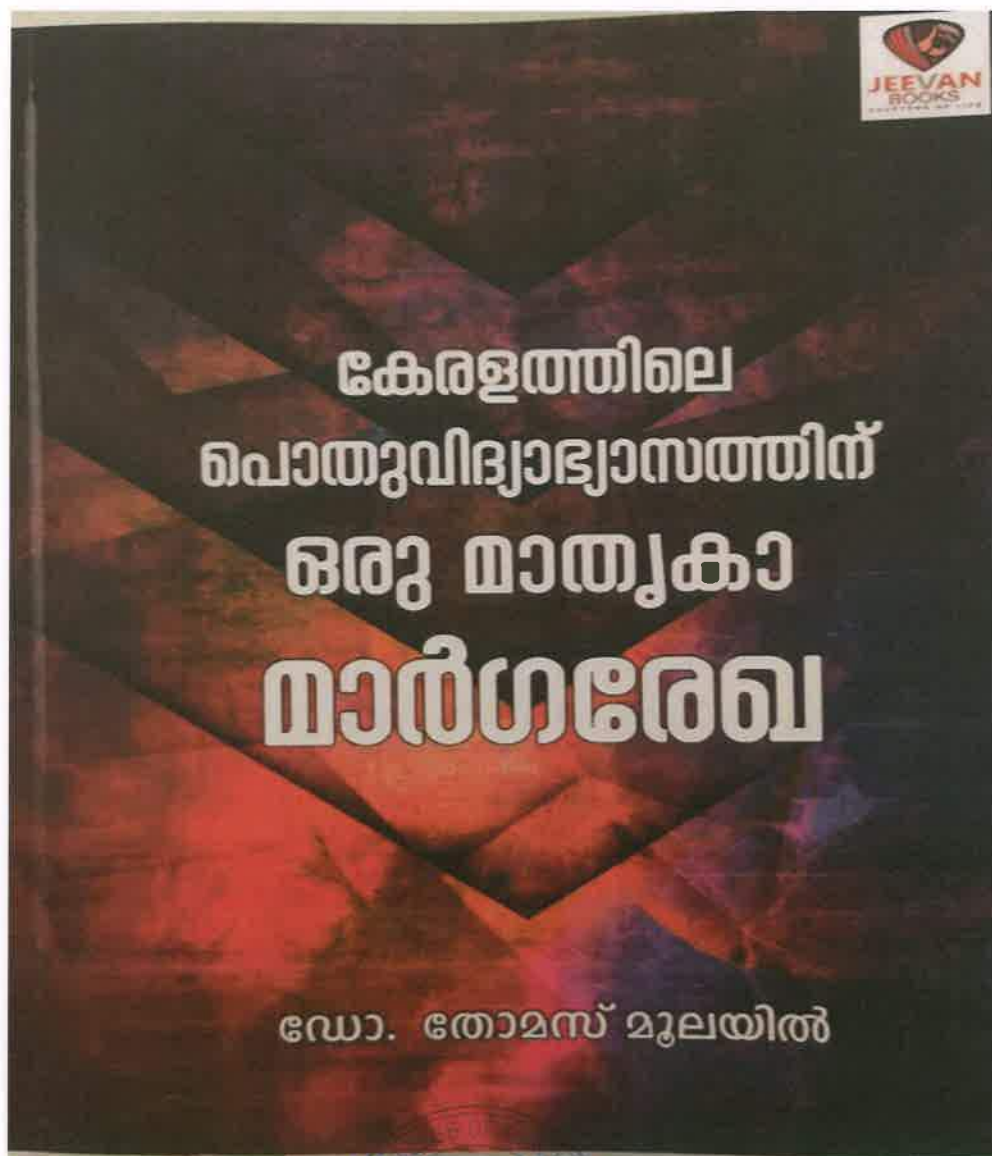
**2022-2023**



  
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## 1. Extension activity in collaboration with Mathrubhasha Poshaka Sannadha Samithi

Our college supported the Mathrubhasha Poshaka Sannadha Samithi in their research to enhance the learning of the mother tongue by painting Malayalam alphabets on the walls of their research schools. Our college hosted a significant event (26/07/2022) where the decision to revise and reprint the Malayalam alphabet in SCERT language textbook was officially declared by the Honourable Education Minister V Shivankutty.



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പൈരിതല സമഗ്രസാക്ഷരതാ പദ്ധതിയുടെയും നിറക്കൂട്ട് 2022-ന്റെയും ചിത്രാവിഷ്കാരം വിദ്യാഭ്യാസമന്ത്രി ശിവൻകുട്ടിക്ക് റവരോ, തോമസ് മൂലയിൽ സമർപ്പിക്കുന്നു. ഡോ. അലക്സ് ജോർജ്ജ്, ടോം തോമസ്, ലക്ഷ്മി എസ്., സോജോ ജോൺ, സ്നേഹം ജയകുമാർ, ജോണി എം. കൂട്ടുകൾ എന്നിവർ സമീപം.

# നിറക്കൂട്ട് 2022 ന്റെ ചിത്രാവിഷ്കാരം വിദ്യാഭ്യാസമന്ത്രിയ്ക്കു സമർപ്പിച്ചു

പാലാ: മാതൃഭാഷാപോഷക സന്നദ്ധസമിതിയും പാലാ സെന്റ് തോമസ് കോളജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനും ചേർന്ന് ആവിഷ്കരിച്ചു നടപ്പിലാക്കുന്ന പൈരിതല സമഗ്രസാക്ഷരതാ പദ്ധതിയുടെയും നിറക്കൂട്ട് 2022-ന്റെയും ചിത്രാവിഷ്കാരം വിദ്യാഭ്യാസ മന്ത്രി ശിവൻകുട്ടിക്ക് സമർപ്പിച്ചു. നിറക്കൂട്ട് 2022ന്റെ ഭാഗമായി തെരഞ്ഞെടുക്കപ്പെട്ട സ്കൂളുകളുടെ പരിസരം വൃത്തിയാക്കിയും പുനോട്ടം നിർമ്മിച്ചും കളിക്കളമൊരുക്കിയും കളിക്കോപ്പുകൾ വിതരണം ചെയ്തും വിദ്യാലയച്ചുവരുകളിൽ വർണ്ണപ്പകിട്ടാ

ർന്ന ചിത്രങ്ങൾ വരച്ചും സ്കൂളുകളുടെ മുഖപ്പായ തന്നെ മാറ്റിയെടുക്കാൻ അധ്യാപക-വിദ്യാർത്ഥികൾക്കു കഴിഞ്ഞതായി റവ. ഡോ. തോമസ് മൂലയിൽ പ്രൊജക്ട് സമർപ്പിച്ചു പറഞ്ഞു. പ്രൊജക്ടുകളുടെ ചിത്രാവിഷ്കാരം നിരീക്ഷിച്ച മന്ത്രി, ഡോ. തോമസ് മൂലയിലിന്റെ നിർദ്ദേശങ്ങളും ഈ പ്രൊജക്ടുകളും സംസ്ഥാനതലത്തിൽ നടപ്പിലാക്കുന്ന കാര്യം ഗൗരവമായി പരിഗണിക്കുമെന്ന് അറിയിച്ചു. പുതിയ അധ്യയന വർഷത്തിൽ പാഠപുസ്തകങ്ങൾക്കൊപ്പം അക്ഷരമാലചേർത്തുകൊണ്ടുള്ള കൈ

പ്പുസ്തകവും കുട്ടികൾക്കു ലഭ്യമാക്കുമെന്ന് മന്ത്രി അറിയിച്ചു. കൈപ്പുസ്തകത്തോടൊപ്പം ആകർഷകമായ അക്ഷരമാലചാർട്ടും കൂടി സ്കൂളുകളിൽ എത്തിക്കണമെന്ന് ഡോ. തോമസ് മൂലയിൽ നിർദ്ദേശിച്ചു. മാതൃഭാഷാപോഷക സന്നദ്ധസമിതിയുടെയും കോളജിന്റെയും പ്രതിനിധികളായ ഡോ. തോമസ് മൂലയിൽ, ഡോ. അലക്സ് ജോർജ്ജ്, ജോണി എം. കൂട്ടുകൾ, സോജോ ജോൺ, ടോം തോമസ്, ലക്ഷ്മി എസ്, സ്നേഹം ജയകുമാർ എന്നിവർ പങ്കെടുത്തു.



Thu, 28 April 2022  
<https://epaper.deepika.com/c/67708696>



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## 2. CAMPUS CLEANING

Twenty-Six volunteers of NSS Unit 90B of St. Thomas College of Teacher Education, Pala participated in a cleaning section by cleaning the waste pit of the college on 15 May 2023. Program officer Dr. Alex George gave the necessary instructions and the programme wound up at 4pm.



### 3. 'BODHAPOORNIMA'

As part of the Kerala Government Initiative Programme 'Bodhapoornima,' Vimukthi Club arranged an essay writing competition for college students on 21/10/2022. The subject was 'No to Drugs' and Pearl Ann Sen (Social Science Education) bagged the first prize.

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**VIMUKTHI CLUB**  
ORGANISES  
**'ബോധപൂർണ്ണിമ'**  
(A Kerala Government Initiative Program)  
**TOPIC :- NO TO DRUGS**  
**ON 21/10/2022, FRIDAY**


- ☐ Short Film Competition
- ☐ Story Writing
- ☐ Poem Writing
- ☐ E- Poster Making
- ☐ Essay Writing
- ☐ Article Writing

**Organising Committee**  
**Dr.Sr.Beenamma Mathew**  
**Dr.Sunil Thomas**  
**Dr.Alex George**

**Executive Members**  
Alphons Mathew (President)  
Lijo Jose (Secretary)  
Jaffa Jose (Treasurer)  
Abi Mohan (Program Coordinator)  
Sivani Sai A S  
Devika R

*Welcome To All*

ഉണരാം  
ലഹരിക്കെതിരെ



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## VIMUKTHI CLUB



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EDUCATION, PALA

VIMUKTHI CLUB

‘ബോധപൂർണ്ണിമ’

Essay writing competition Winners

First Prize



Pearl Annie Sen  
(Social Science)

Second Prize



Sraddha Meria Babu  
(English)

Third Prize



Anaku K Alias  
(Commerce)



Elizabeth Cyriac  
(Commerce)



Aloena Elizabeth Alex  
(Physical Science)



Anita Thomas  
(Natural Science)



Nayana Babu  
(English)



Arasha M S  
(Mathematics)



Vibin Babu  
(Social Science)

Congratulations to All

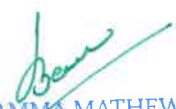


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#### 4. AWARENESS CAMPAIGN (Against Drug)

To create a stronger impression of drug-related harms, the Vimukthi Club mobilised a campaign rally against the use of intoxicants like drugs. The rally was organised on 01/11/2022, afternoon at 2:30. The starting point was the college ground and till Pala Kottaramattam bus stand. The Excise Circle Inspector of the Pala Branch flagged off the rally. A flash mob exhorting the appeal against drug abuse was put up at the endpoint. A human chain was formed by students, and teachers from different schools and colleges.



  
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## 5. AWARENESS PROGRAMME (Drug Abuse)

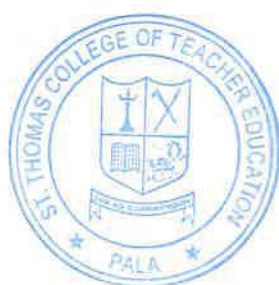
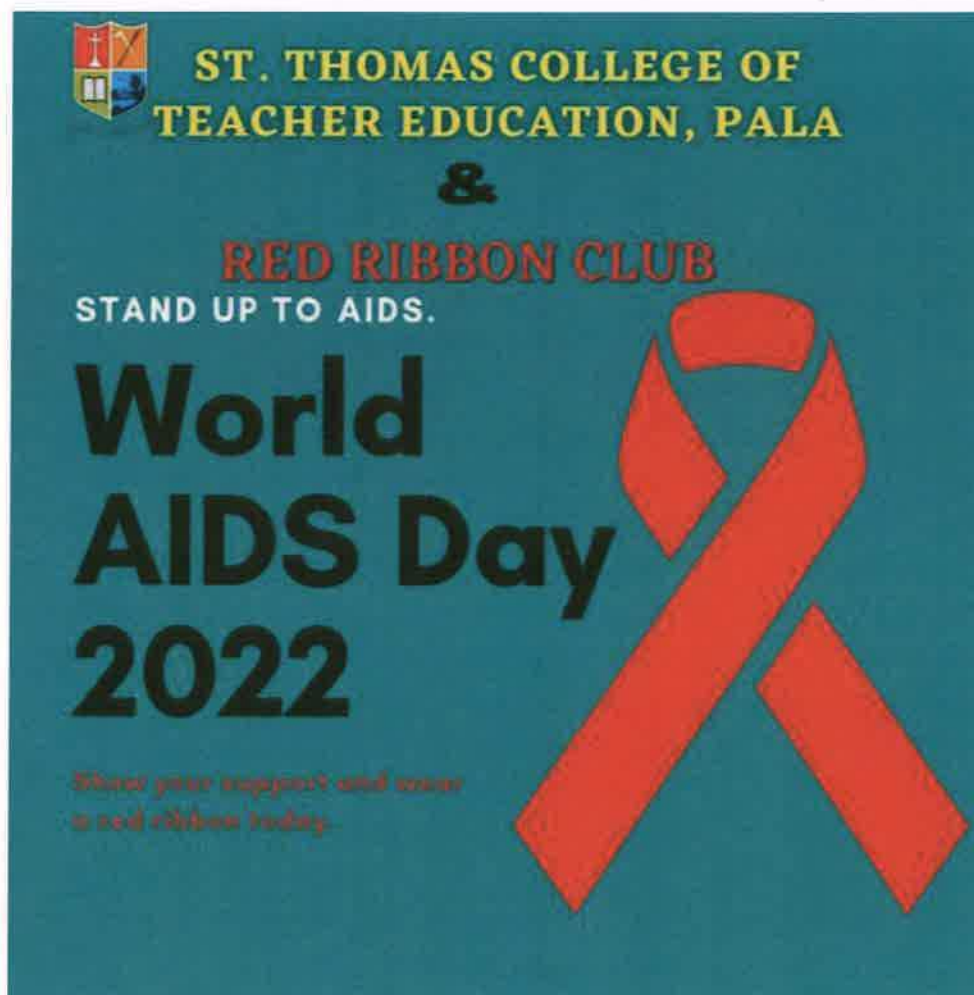
An awareness program on drug abuse and media literacy was conducted on 11/01/2023, for adolescent students. Dr T. C. Thankachan and Dr Alex George, faculty of the college led the awareness sessions for about 300 students. The full-day programme was inaugurated by Dr. Sr. Beenamma Mathew, Principal of St. Thomas College of Teacher Education.




  
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## 6. World Aids Day Observance

World AIDS day was observed on 1<sup>st</sup> December 2022 in the college under the leadership of Red Ribbon Club. All wore red ribbon made by teacher trainees. The AIDS day message was given by Elizabeth Paul. The principal Dr Sr Beenamma Mathew recited the pledge to all.



  
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## 7. Awareness Class on Drug Abuse and HIV

Vimukthi Club joined hands with the NSS Unit 90B and the Red Ribbon Club of the college to organize an awareness class on drug abuse and HIV. The session was on 18/01/2023 and was inaugurated by the College Principal Dr. Sr. Beenamma Mathew. The session was taken by Dr. Krishnadas K.V., Assistant Medical Officer, ESI Hospital, Kanjirappally.




*Beenamma*  
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## 8. Awareness exhibition on drug abuse

NSS unit 90 B and Red Ribbon Club of St Thomas College of Teacher Education Pala jointly conducted an awareness exhibition on **drug abuse** on 18<sup>th</sup> January 2023. The exhibition was inaugurated by Dr. Sr. Beenamma Mathew, Principal of St. Thomas College of Teacher Education Pala at 9:00 a.m.




  
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## 9. Cleaning and Beautification Programme

In its ongoing commitment to fostering a sustainable learning environment, St. Thomas College of Teacher Education, Pala's Green Protocol Samithi spearheaded a successful campus cleaning initiative on November 22nd, 2022. This program transcended a simple cleaning effort, promoting collaboration as all students actively participated. Their enthusiastic engagement demonstrates a dedication to shared responsibility and environmental stewardship.



  
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## 10. World Water Day Observance

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.

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
**NSS UNIT NO. 908 & PALA MUNICIPALITY**  
*Jointly Organized*  
**WORLD WATER DAY OBSERVANCE**  
**MEENACHIL RIVER CONSERVATION CAMPAIGN**

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

**INAUGURATION**  
SMT. JOSIN BINO  
MUNICIPAL CHAIR PERSON

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

**FELICITATION**  
ADV. BINO POLAKKAKANDAM  
15- WARD MEMBER  
SRI. SHAN V. THIRUTHAN  
1- WARD MEMBER  
SMT. BIJI JIJI KUTTIKASCHRA  
20- WARD MEMBER  
SRI. PRINCE V. C. THAYYIL  
21- WARD MEMBER

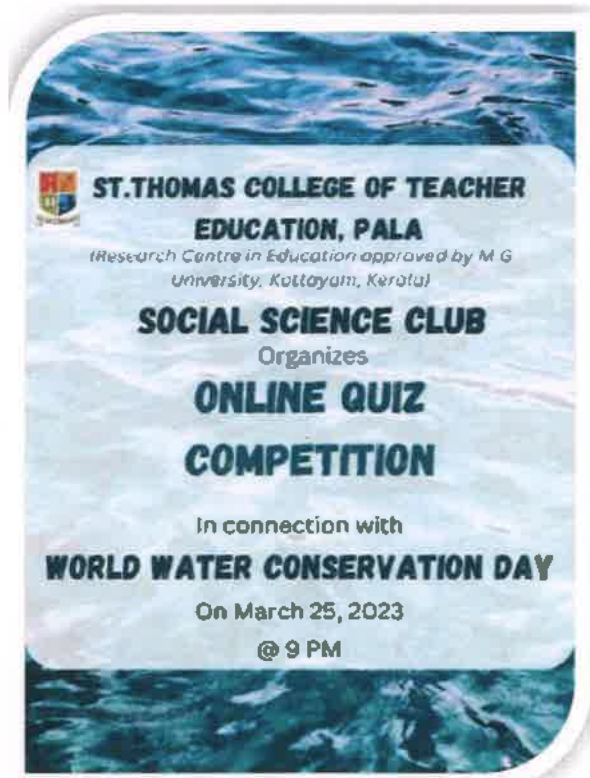
NSS PROGRAMME OFFICER  
DR. ALEX GEORGE  
NSS VOLUNTEER SECRETARY  
LINTA ELGOS

HEALTH INSPECTOR  
ANSH  
CO-ORDINATORS: VINHYA V.  
NITHIN C.T.




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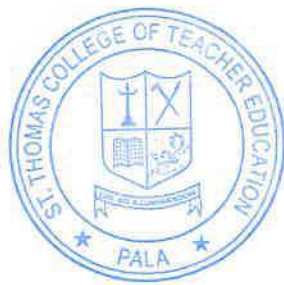




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**2021-2022**



  
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## 1. 'UNARVU' 2021

Mr. Nevil George, Bed Student, St.Thomas College of Teacher Education, Pala acted as a resource person in the 'Unarvu 2021' programme of St.Joseph's TTI Mutholy and took classes on the topic **Cyber laws**, which was conducted on 13<sup>th</sup> July 2021.

**ST. JOSEPH'S TTI, MUTHOLY**

**ഉണർവ് 2021**


**സൈബർ നിയമാവബോധം.**

**Webinar**  
**2021 July 13**

ക്ലാസ്സനയിക്കുന്നത്,  
**ശ്രീ. നെവിൽ ജോർജ്ജ്**  
Adjunct faculty of  
Deva Matha College  
Kuravilangad and  
Lisieux English  
School, Vaikom.

Virtual on  
Google meet



  
Prof. Dr. BEENAMMA MATHEW  
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## 2. MEDIA LITERACY CAMPAIGN

In an information-saturated world, understanding the media we consume is important. Media literacy applies to all forms of media, both print and digital. Students are more exposed to different media types including social media where contents are created and shared without fact-checking. Reportedly, there was a surge in the spread of misinformation and fake news through digital media during national lock downs when people spent long hours in front of digital gadgets. Spread of misleading information often affects the mental health of people. Therefore, developing media literacy skills is pivotal. As prospective teachers, teacher trainees are expected to be torchbearers of truth and reality and therefore should have proper awareness about media literacy. Acknowledging this fact, St. Thomas College of Teacher Education Pala launched a media literacy campaign and conducted awareness classes for both B.Ed. and M.Ed. students of the College. The aim of the classes was to make the teacher trainees aware of the relevance of media literacy and thereby equip them to fact-check and recognize reliable sources of information.

The campaign was launched in the month of March 2022. As part of the campaign separate classes were organized and conducted for B.Ed. first year, second year students and also for M.Ed students. Dr. Alex George, Assistant Professor at St. Thomas College of Teacher Education Pala acted as the resource person. The awareness class for B.Ed. first year students was held on 11<sup>th</sup> March 2022. The class commenced at 3.15 PM and ended at 4.00 PM. Power point presentation was used to make the class more effective and informative.



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Students were given proper information about the techniques, tools and strategies that can be employed to fact-check information they get through different sources like websites and whatsapp. Steps to verify the authenticity of videos were explained in detail. The session helped students to understand the dangers of misinformation including spread of fear, manipulation etc. Students raised their doubts regarding source-checking, fake news etc and the resource person was quite adept at giving effective clarifications. Special focus was put on making the students aware of the ways to recognize authentic sources and to discern facts from fake and misleading information. The students found the class informative and fruitful.

On 16<sup>th</sup> March 2022 a media literacy awareness class was conducted for the second year B.Ed. students at 1.40 PM. All the second year students participated in it with enthusiasm and the class ended at 2.30 PM. Dr. Alex George himself was the resource person and he covered the same topic. M.Ed. students of the College were also given a one- hour lecture on media literacy on 18<sup>th</sup> March 2022 from 1.30 to 2.30 PM.



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Through the media literacy campaign the College aimed to create awareness among the teacher trainees about the significance of media literacy in the contemporary world. Being prospective teachers, B.Ed trainees need to develop media literacy skills so that they can orient themselves towards credible sources of information and guide their students. Effective media literacy skills enable students to question what they are watching or listening to and to analyse what opinions underlie the content they are engaging with. Media literacy also involves understanding the purpose of a particular form of media and questioning why some information may have been omitted. Students gave positive feedback regarding the usefulness and effectiveness of the class.



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### 3. Blog for Physical and Health Education

A blog was created and initiated from June 2021 for physical and health education and students uploaded their works in it. Yoga demonstration classes, Aerobics classes, Physical and health education classes and exercise demonstration classes for school students were uploaded in it.

<http://phyednstcte.blogspot.com>

<https://phyednstcte.blogspot.com/2021/06/3-ps-josilin-james-193240112100.html>

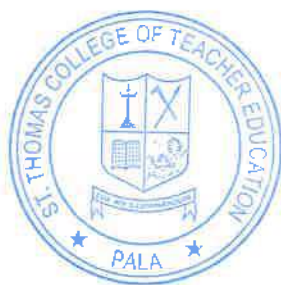
<https://phyednstcte.blogspot.com/2021/06/4-ns-deepa-george-193240112108.html>


<https://phyednstcte.blogspot.com/2021/06/1-ns-amalsyama-vs-193240112105.html>

<https://phyednstcte.blogspot.com/2021/06/n-7-maria-v-madhavappallil-reg-no.html>

<https://phyednstcte.blogspot.com/2021/06/ida-mathew-reg-no-193240112116-social.html>

<https://phyednstcte.blogspot.com/2021/06/s48reg-no193240112121.html>



  
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<p>STCTE : PHYSICAL EDUCATION</p> <p><b>3. PS-JOSILIN JAMES-193240112100</b></p> <p>June 30, 2021</p> <p>Yoga</p> <p>Class 1</p> <p><a href="https://youtu.be/_N9U-nRedrQ">https://youtu.be/_N9U-nRedrQ</a></p> <p>Class 2</p> <p><a href="https://youtu.be/cUw872F11BY">https://youtu.be/cUw872F11BY</a></p> <p>Class 3</p> <p><a href="https://youtu.be/17LemKAbgeY">https://youtu.be/17LemKAbgeY</a></p> <p>First Aid</p> <p><a href="https://youtu.be/Nn-ShAbOW3s">https://youtu.be/Nn-ShAbOW3s</a></p> <p>Health</p> <p><a href="https://youtu.be/NMGmJcCDsuA">https://youtu.be/NMGmJcCDsuA</a></p> <p>Exercise</p>	<p>STCTE : PHYSICAL EDUCATION</p> <p><b>4. NS - Deepa George - 193240112108</b></p> <p>June 27, 2021</p> <p>Physical education vides</p> <p><a href="https://youtu.be/QPqLDCLJEtg">https://youtu.be/QPqLDCLJEtg</a></p> <p><a href="https://youtu.be/D91Chz6yWMk">https://youtu.be/D91Chz6yWMk</a></p> <p><a href="https://youtu.be/L0TgdHjrvSQ">https://youtu.be/L0TgdHjrvSQ</a></p> <p>Health education video</p> <p><a href="https://youtu.be/F6QyuClurAE">https://youtu.be/F6QyuClurAE</a></p> <p><a href="https://youtu.be/nNnfRuLzLo">https://youtu.be/nNnfRuLzLo</a></p> <p>Yoga video</p> <p><a href="https://youtu.be/ipe30dPzLcD">https://youtu.be/ipe30dPzLcD</a></p>	<p>STCTE : PHYSICAL EDUCATION</p> <p><b>S,48,Reg No:193240112121</b></p> <p>June 18, 2021</p> <p>Yoga Video</p> <p>1,<a href="https://drive.google.com/file/d/1VTcUo02d-PVdM6ztV3yv3s2A44D05h3n/view?usp=drivesdk">https://drive.google.com/file/d/1VTcUo02d-PVdM6ztV3yv3s2A44D05h3n/view?usp=drivesdk</a></p> <p>Yoga Video</p> <p>2,<a href="https://drive.google.com/file/d/1VZORT_xZ9vrxmJutqMJWz1qXwV7X1-nE/view?usp=drivesdk">https://drive.google.com/file/d/1VZORT_xZ9vrxmJutqMJWz1qXwV7X1-nE/view?usp=drivesdk</a></p> <p>Yoga Video</p> <p>3,<a href="https://drive.google.com/file/d/1Vs5tqkNHjTHcTocb4yj0476pUOyOUTr/view?usp=drivesdk">https://drive.google.com/file/d/1Vs5tqkNHjTHcTocb4yj0476pUOyOUTr/view?usp=drivesdk</a></p> <p>Physical education,Aerobics 1and 2 video,<a href="https://drive.google.com/file/d/1S3UJRM(AIZUK33RtBsDNr39lcrjuftd/view?usp=drivesdk">https://drive.google.com/file/d/1S3UJRM(AIZUK33RtBsDNr39lcrjuftd/view?usp=drivesdk</a></p> <p>Health education class video,<a href="https://drive.google.com/file/d/1SnuRyAGqFXgTxGZ6(HgaWRUUNt3GE/view?usp=drivesdk">https://drive.google.com/file/d/1SnuRyAGqFXgTxGZ6(HgaWRUUNt3GE/view?usp=drivesdk</a></p> <p>First aid class video,<a href="https://drive.google.com/file/d/1SjY-WuOLMPvPBZkfoXQbETyB18mF-75/view?usp=drivesdk">https://drive.google.com/file/d/1SjY-WuOLMPvPBZkfoXQbETyB18mF-75/view?usp=drivesdk</a></p>
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<p>STCTE : PHYSICAL EDUCATION</p> <p><b>Ida Mathew Reg No. 193240112116 (Social Science)</b></p> <p>June 19, 2021</p> <p>Physical Education Videos</p> <p>1. <a href="https://drive.google.com/file/d/1PCcv5M3sip2-P9F7u7rdnVW00TIV-zz/view?usp=drivesdk">https://drive.google.com/file/d/1PCcv5M3sip2-P9F7u7rdnVW00TIV-zz/view?usp=drivesdk</a></p> <p>2. <a href="https://drive.google.com/file/d/1P12TxUWEqeQNwhPaAtaeqyxFS0B9vlib/view?usp=drivesdk">https://drive.google.com/file/d/1P12TxUWEqeQNwhPaAtaeqyxFS0B9vlib/view?usp=drivesdk</a></p> <p>3. <a href="https://drive.google.com/file/d/1P489V29U2vHITosGfSuFvOHAW6j8GNl/view?usp=drivesdk">https://drive.google.com/file/d/1P489V29U2vHITosGfSuFvOHAW6j8GNl/view?usp=drivesdk</a></p> <p>Yoga Videos</p> <p>1. <a href="https://drive.google.com/file/d/1H-QHUL46nODihYQdLagL3x8A9ekWuF/view?usp=drivesdk">https://drive.google.com/file/d/1H-QHUL46nODihYQdLagL3x8A9ekWuF/view?usp=drivesdk</a></p> <p>2. <a href="https://drive.google.com/file/d/1P-9X_AC2q3PEvU4YaUhWQLakw9gWz17/view?usp=drivesdk">https://drive.google.com/file/d/1P-9X_AC2q3PEvU4YaUhWQLakw9gWz17/view?usp=drivesdk</a></p> <p>3. <a href="https://drive.google.com/file/d/10px5BAuQVBK">https://drive.google.com/file/d/10px5BAuQVBK</a></p>	<p>STCTE : PHYSICAL EDUCATION</p> <p><b>N 7 Maria V MadhavappaNil Reg No: 193240112111</b></p> <p>June 23, 2021</p> <p>Yoga class 1</p> <p>Yoga class-2</p> <p>Yoga class -3</p> <p>Aerobics class -1</p> <p>Aerobics class 2</p> <p>Exercise class</p> <p>Health Education Class-1</p> <p>Health Education Class-2</p>	<p>STCTE : PHYSICAL EDUCATION</p> <p><b>1. NS-Amalsyama V.S-193240112105</b></p> <p>June 26, 2021</p> <p>Physical education videos</p> <p>Exercise - 1.</p> <p><a href="https://drive.google.com/file/d/11RNWLeWSpz7nfgsm3ERZ-luylljaST5/view?usp=drivesdk">https://drive.google.com/file/d/11RNWLeWSpz7nfgsm3ERZ-luylljaST5/view?usp=drivesdk</a></p> <p>Aerobics 1 -1.</p> <p><a href="https://drive.google.com/file/d/1V6_QeTFUUYydxYrgegAC1cI6j00SC/view?usp=drivesdk">https://drive.google.com/file/d/1V6_QeTFUUYydxYrgegAC1cI6j00SC/view?usp=drivesdk</a></p> <p>Aerobics 2 - 2.</p> <p><a href="https://drive.google.com/file/d/1gFEDlan0fD6JqdUznH3bevxDhap8C7Q/view?usp=drivesdk">https://drive.google.com/file/d/1gFEDlan0fD6JqdUznH3bevxDhap8C7Q/view?usp=drivesdk</a></p> <p>Yoga videos</p> <p>1 - 1.</p> <p><a href="https://drive.google.com/file/d/11Uq6PH0j0eqV_ESzmyTM7vyAFCZ1136/view?usp=drivesdk">https://drive.google.com/file/d/11Uq6PH0j0eqV_ESzmyTM7vyAFCZ1136/view?usp=drivesdk</a></p> <p>2 - 2.</p>
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**4. KANAL: A Gender Awareness Training Programme**

'Kanal' – A Gender Awareness Training Programme of Department of Women and Child development, Kerala.was hosted by the Women's cell of St.Thomas college of Teacher education, Pala on 17/2/2022.



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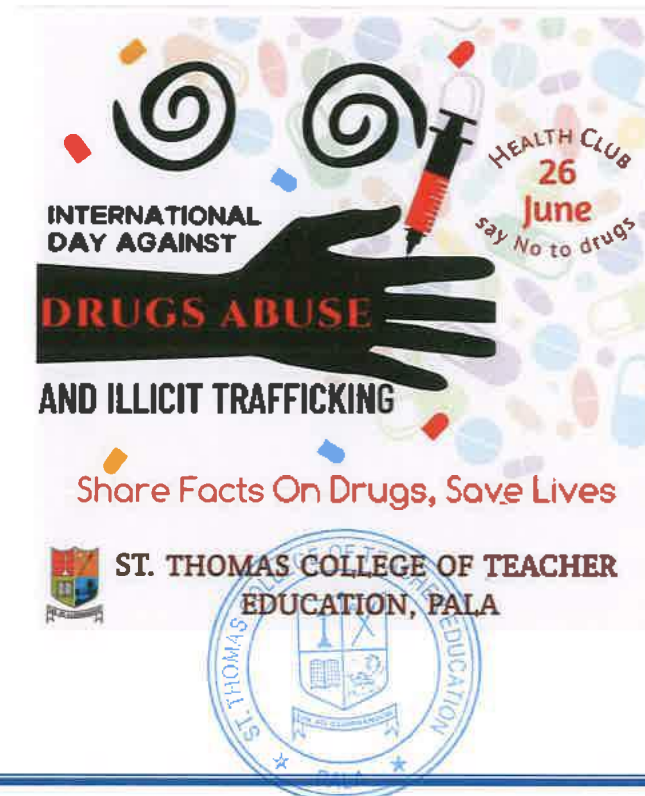
## 5. Awareness against Drug Abuse

As part of International Day Against Drug Abuse, the members of health club, STCTE, Pala, has prepared demonstrated a poster and telecast a video intends to create awareness about the consequence of usage of drugs. Irin Sera Joseph (student trainee) has given a message on International Day Against Drug Abuse and Illicit Trafficking 2021. A Google form Quiz competition was also conducted, under the leadership of Dr. Sunil Thomas, on the same day.

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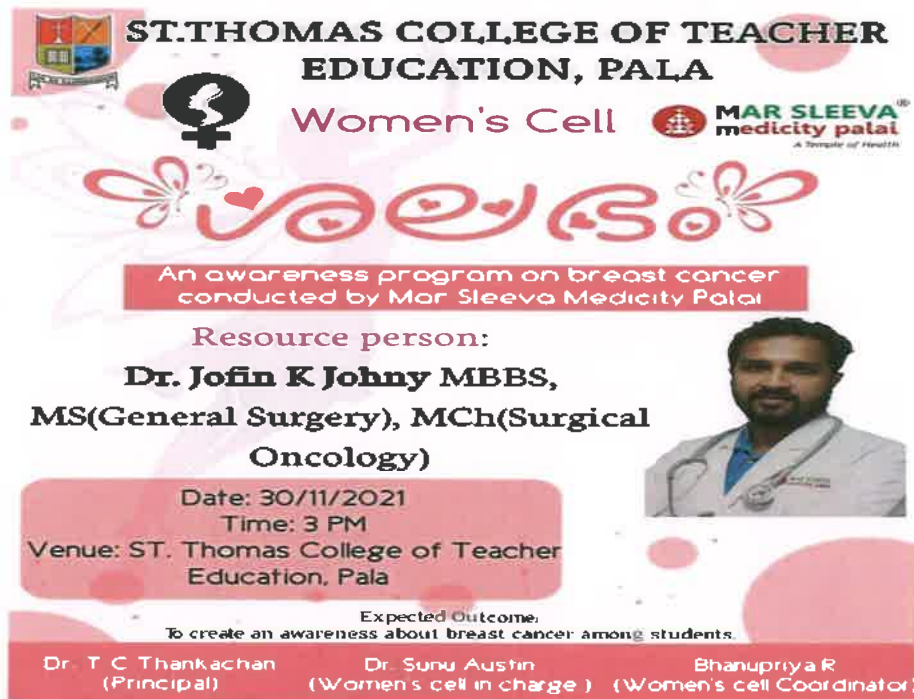
## Health Club



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## 6. 'Salabham', an Awareness programme on Breast Cancer

'Salabham', an Awareness programme of Mar Sleeva Medicity Palai, on Breast Cancer was hosted by the Women cell of St.Thomas college of Teacher education, Pala on 30/11/2021.



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

**Women's Cell** **MAR SLEEVA<sup>®</sup> medicity palai**  
A Temple of Health

**An awareness program on breast cancer conducted by Mar Sleeva Medicity Palai**


**Resource person:**  
**Dr. Jofin K Johny MBBS,**  
**MS (General Surgery), MCh (Surgical Oncology)**

**Date: 30/11/2021**  
**Time: 3 PM**  
**Venue: ST. Thomas College of Teacher Education, Pala**

**Expected Outcome:**  
**To create an awareness about breast cancer among students.**

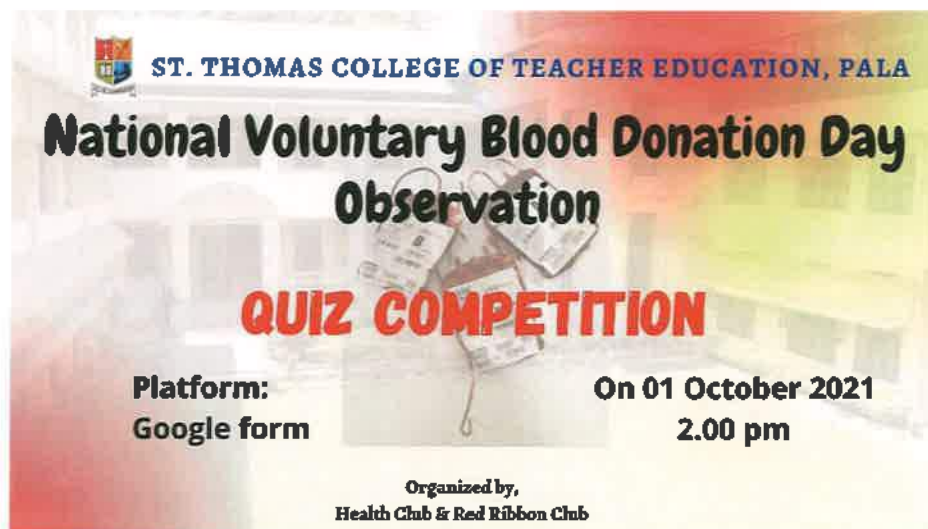
**Dr. T C Thankachan (Principal)**      **Dr. Sunu Austin (Women's cell in charge)**      **Bhanupriya R (Women's cell Coordinator)**



  
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## 7. National Voluntary Blood Donation Day Observation and Releasing of E-Book of Blood Doners

As a part of 'National Voluntary Blood Donation Day Observation a Google form Quiz Competition was organised, and an E-Book of Blood Doners were compiled on 1<sup>st</sup> October 2021 as a collective effort of Health Club and Red Ribbon Club of STCTE, Pala.



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

# National Voluntary Blood Donation Day Observation

## QUIZ COMPETITION

**Platform:** Google form **On 01 October 2021**  
**2.00 pm**

Organized by,  
Health Club & Red Ribbon Club



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

As part of World Blood Donor day on June 14, Health club of our college is planning to conduct different programs. We expect your sincere support and co-operation

- 🔥 WEBINAR
- 🔥 E-BOOK OF BLOOD DONORS (STCTE)
- 🔥 SPEECH COMPETITION

**Topic: 'Give Blood and keep the world beating'**

Speech Competition Guidelines:

- Maximum duration of the video should be 2 minutes
- expecting 2 entries from each class

Last date  
June 13 2021  
3 p.m

Send your entries:  
9497458670

RED RIBBON CLUB



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# E-BOOK OF BLOOD DONORS



YOUR DONATION SAVES LIVES



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PRINCIPAL

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## BLOOD BANK DETAILS


NAME	BLOOD GROUP	MOBILE NUMBER
Dr. Sr.Beenamma Mathew	O-ve	9447823393
Dr. T.C. Thankachan	AB+ve	9447037105
Dr.Sunil Thomas	A-ve	9447134241
Dr.Sr.Celene Joseph	O+ve	9497821267
Dr.P.P Shajimon	O+ve	9446502832
Dr. Sunu Austin	O+ve	9446204425
Dr.Alex George	O+ve	9447599631
Mrs.Suja S	O+ve	9447090643
Mrs.Salikutty Jose	AB+ve	9446796041
Dr.Lavina Dominic	B+ve	9495443393
Aneeta George	B+ve	9496320522
Dr.Manju Joseph	B+ve	9495080655
Mrs.Gilu G Ettaniyil	B+ve	9446200584
Jomon Thomas	B+ve	9747880740
Dr.Sr.Mary Thomas	A+ve	8606683227
Dr.Pratheesh Abraham	A+ve	9249117564
Dr.Bindu David	A+ve	9496721676
Mrs.Jainamma C	A+ve	9995768755
Dr.T.M.Mollykutty	A+ve	9447137167
Dr.Anju K Paul	A+ve	8547527015
A.V Sebastian	A+ve	9447327706
Shaju Mathew	A+ve	9495212730
Sr.Shini A.K	A+ve	04822215313
LiJo K Joseph	A+ve	9048828533
Mr.M.J. Thomas	O+ve	9447911051
Sheejamol Thomas	O+ve	9744976479
Bindhu Joseph	O+ve	9539689321
Sr. Mini Thomas	O+ve	9061850145
Sily Thomas	O+ve	9495020461
Sonia Joseph	O+ve	9400397595
Cyril cyriac	O+ve	9447933867
Rajesh KC	O+ve	9961310375
Denis Mathew	O+ve	9961404818
Majosh Joseph	O+ve	9447761680
Reshma	B+ve	9746011941
Annie Treesa	O+ve	7902697988
Bhanu priya	B+ve	8078291318
Meera	O+ve	8943700490
Ambili	A+ve	9846113872
Dency	O+ve	9562293568



  
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Riya	A+ve	9495843169
Anusree	O+ve	7510209492
Lis Mary	O+ve	9446240576
Ligin	B-ve	9496496305
Rakhi R	B-ve	9207515096
Akhila Manmathan	O+ve	8606655067
Ashmi	B+ve	8547230170
Reshma	A+ve	9605691394
Divya	B+ve	8281797699
Athira	A+ve	8157991987
Annumol Jiji	A+ve	9447943816
Anjali	O+ve	9061538841
Meera	B+ve	8330836946
Anitta	B+ve	8129369117
Jyothilaksmi	A+ve	9947219718
Anuja	O+ve	8848914250
Anu	Ab+ve	8547025422
Liya	B+ve	9562370101
Anjumol	B-ve	9447107763
James	O+ve	9645618296
Agie Mol	B+ve	8606543929
Lakshmi	A+ve	9526065046
Tima	O+ve	8848744299
Treesa	Ab-ve	8111986592
Stephy	B+ve	9495393443
Mariya	O+ve	8943201776
Nevil	B+ve	9497458670
Navya	A+ve	9656723923

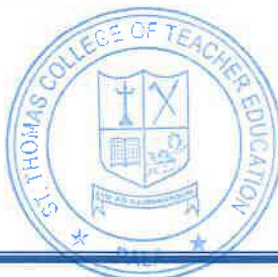


  
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List of Govt. Blood Banks in Kerala

Sl.No	Name of the Blood Bank	Full Postal Address	District	Govt. / Pvt.	Category	NACO Supported
1	Medical College Hospital	Vandanam, Alappuzha, Kerala 688005	Alappuzha	Government	BCSU	YES
2	Women & Children Hospital	Beach Bazar P.O, Alappuzha, Kerala 688012	Alappuzha	Government	BB	YES
3	General Hospital, Alappuzha	General Hospital Rd, Anantha Narayanapuram, Alappuzha, Kerala 688011	Alappuzha	Government	Upcoming BCSU	
4	Govt. Medical College Hospital	HMT Colony P.O., Kalamassery, Ernakulam, Kerala 682503	Ernakulam	Government	BCSU	YES
5	General Hospital	Ernakulam, Kerala 682011	Ernakulam	Government	BCSU	YES
6	District Hospital	Aluva, Ernakulam, Kerala 683101	Ernakulam	Government	BCSU	YES
7	Govt. Medical College Hospital (District Hospital)	Painavu, Idukki, Kerala 685603	Idukki	Government	BCSU	YES
8	Govt Medical College Hospital, Pariyaram, Kannur (Kerala State Co-operative Hospital Complex & Centre for advanced Medical Services Ltd.) (Academy of Medical Science)	Pariyaram, Kannur, Kerala 670503	Kannur	Government	BCSU	YES
9	District Hospital	Kannur, Kerala 670017	Kannur	Government	BCSU	YES
10	General Hospital, Thalassery	Thalassery, Kannur, Kerala 670101	Kannur	Government	BCSU	YES
11	Malabar Cancer Centre	Moozhikkara P.O., Thalassery, Kannur, Kerala 670003	Kannur	Government	BCSU	YES
12	District Hospital, Kanhangad	Kanhangad, Kasargod, Kerala 671315	Kasargod	Government	BCSU	YES
13	General Hospital	Kasargod, Kerala 671121	Kasargod	Government	Upgrading as BCSU	YES
14	Medical College Hospital	Parippally, Kollam 691574	Kollam	Government	BCSU	
15	District Hospital	Chinnakada, Kollam, Kerala 591001	Kollam	Government	BCSU	YES
16	Taluk Head Quarters Hospital	Kollam - Chenkotta Road, Kottarakara, Kollam, Kerala 691506	Kollam	Government	BB	YES
17	Taluk Head Quarters Hospital	Panamkuttymala, Punalur, Kollam, Kerala 691305	Kollam	Government	BCSU	YES
18	District Hospital	Kottayam-Kumily Rd, Kottayam, Kerala 686001	Kottayam	Government	Upgrading as BCSU	YES
19	Medical College Hospital	Gandhi Nagar, Kottayam, Kerala 686008	Kottayam	Government	BCSU	YES
20	General Hospital (Beach)	Beach P.O., Kozhikode, Kerala 673032	Kozhikode	Government	BCSU	YES
21	Govt. W & C Hospital	Kottapparamba, Kozhikode, Kerala 673001	Kozhikode	Government	BCSU	YES
22	Medical College Hospital	Kozhikode, Kerala 673008	Kozhikode	Government	BCSU	YES
23	District Hospital	Vadakara, Kozhikode Kerala 673101	Kozhikode	Government	BB	
24	Medical College Hospital	Vellaranga, Manjeri, Malappuram, Kerala 676121	Malappuram	Government	BCSU	YES
25	Govt Hospital	Shanti Nagar, Perinthalmanna, Malappuram, Kerala 676322	Malappuram	Government	BCSU	YES
26	District Hospital	Civil Station Road, Thrikandiyoor P.O, Tirur, Malappuram, Kerala 676104	Malappuram	Government	Upgrading as BCSU	YES
27	District Hospital	Sultanpet, Palakkad, Kerala 678001	Palakkad	Government	BCSU	YES
28	Taluk Head Quarters Hospital, Mannarkad	Mannarkad PO, Palakkad 678582	Palakkad	Government	BCSU	
29	General Hospital	Pathanamthitta, Kerala 689645	Pathanamthitta	Government	BCSU	YES



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30	Taluk Headquarters Hospital	Thiruvalla, Pathanamthitta, Kerala 689101	Pathanamthitta	Government	BB	
31	General Hospital	Thrissur, Kerala 680020	Thrissur	Government	BCSU	YES
32	Medical College Hospital	Mulangunnathukavu, Thrissur, Kerala 680596	Thrissur	Government	BCSU	YES
33	General Hospital	Red Cross Rd., Thiruvananthapuram, Kerala 695035	Trivandrum	Government	BCSU	YES
34	Medical College Hospital	Ulloor, Thiruvananthapuram, Kerala 695011	Trivandrum	Government	BCSU	YES
35	Regional Cancer Centre	Medical College Campus, Ulloor, Thiruvananthapuram, Kerala 695011	Trivandrum	Government	BCSU	YES
36	Sree Chitra Thirunal Institute for Science & Technology	Medical College Campus, Ulloor, Thiruvananthapuram, Kerala 695011	Trivandrum	Government	BCSU	YES
37	Taluk Headquarters Hospital	Chirayinkeezhu, Thiruvananthapuram, Kerala 695304	Trivandrum	Government	BB	YES
38	W & C Hospital	CV Raman Pillai Road, Thycaud, Thiruvananthapuram, Kerala 695014	Trivandrum	Government	Upgrading as BCSU	YES
39	District Hospital	Alummoodu, Neyyattinkara, Thiruvananthapuram, Kerala 695121	Trivandrum	Government	BB	
40	District Hospital	Thazhe Angadi, Mananthavady, Wayanad, Kerala 670645	Wayanad	Government	BCSU	YES
41	Taluk Headquarters Hospital	Police Station Road, Fairland Colony, Sulthan Bathery, Wayanad, Kerala 673592	Wayanad	Government	Upgrading as BCSU	YES

List of Blood Banks in Kerala

Sl.No.	Name of the Blood Bank	Full Postal Address	District	Govt./ Pvt.	Category	NACO Supported
1	E.V.M Hospital	Cherale, Alappuzha, Kerala 688524	Alappuzha	Private	BB	
2	Convent Hospital	Mulashah, Chengannoor, Alappuzha, Kerala 689505	Alappuzha	Private	BCSU	
3	Sachal Heart Hospital	Green Gardens, Mathalalam, Cherthala, Alappuzha, Kerala 688524	Alappuzha	Private	BB	
4	V.S.M Hospital	Thattarambalam, Mavelikkara, Alappuzha, Kerala 691013	Alappuzha	Private	BB	
5	Sanjivani Multi-specialty Hospital	Alacode, Bollemedu P.O., Chengannoor, Chengannoor, Alappuzha, Kerala 688509	Alappuzha	Private	BCSU	
6	Medical College Hospital	Vandavoor, Alappuzha, Kerala 688005	Alappuzha	Government	BCSU	YES
7	Women & Children Hospital	Beach Bazar, P.O., Alappuzha, Kerala 688012	Alappuzha	Government	BB	YES
8	General Hospital, Alappuzha	General Hospital, N.C. Ananthan Nayanappuram, Alappuzha, Kerala 688011	Alappuzha	Government	Upgrading BCSU	
9	Carroll Hospital	Ashokapuram, Aluva, Ernakulam, Kerala 683105	Ernakulam	Private	BB	
10	Little Flower Hospital	St. C. Road, Angamaly, Ernakulam, Kerala 683571	Ernakulam	Private	BCSU	
11	Aster Medical	Kuttyathil Road, South Chittoor P.O., Chevanelloor, Ernakulam Kerala 682027	Ernakulam	Private	BCSU	
12	Amintha Institute of Medical Sciences & Research Centre	Ponakkara P.O., Ernakulam, Kerala 682041	Ernakulam	Private	BCSU	
13	RMS Sanjivani	Naval Base Parade Ground, Wellington Island, Ernakulam, Kerala 682088	Ernakulam	Defence	BB	
14	Levee Hospital	Kathankulam, Kollam, Ernakulam, Kerala 682017	Ernakulam	Private	BCSU	
15	Malankara Orthodox Syrian Church Medical College Hospital	Kolecherry, Ernakulam, Kerala 680911	Ernakulam	Private	BCSU	
16	Medical Trust Hospital	M.G. Road, Ernakulam, Kerala 682016	Ernakulam	Private	BCSU	
17	Samanth Hospital	Pazhanganad, Kuzhambalam, Ernakulam, Kerala 680562	Ernakulam	Private	BB	
18	Sunrise Institute of Medical Sciences (P) Ltd.	Sasport - Airport Road, Kakkanad, Ernakulam, Kerala 682080	Ernakulam	Private	BCSU	
19	Devaanthe Hospital	Koottattukalam, Ernakulam, Kerala 686662	Ernakulam	Private	BB	
20	Mar Basilius Medical Mission Hospital	NM9, Near Post Office, Kothamangalam P.O., Ernakulam Kerala 686601	Ernakulam	Private	BB	
21	St Joseph Hospital	Dharmadam, Kathamangalam, Ernakulam, Kerala 686691	Ernakulam	Private	BB	
22	Lakeshore Hospital & Research Centre Ltd	NM-47 Bypass, Maradu, Mettoor P.O., Ernakulam Kerala 682040	Ernakulam	Private	BCSU	
23	Nemath Medical Center	Kizhakkulam, Meenavazhappada, Ernakulam, Kerala 686661	Ernakulam	Private	BB	
24	Sree Narayana Institute of Medical Sciences	Chalidka, North Kattipuzha, Ernakulam, Kerala 683594	Ernakulam	Private	BCSU	



  
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26	Saffee Hospital	A.M Road, Puzhuvayal, Ernakulam, Kerala 682611	Ernakulam	Private	00	
26	Rajagan Hospital	Changanveli, Aluva, Ernakulam Kerala 683112	Ernakulam	Private	0CSU	
27	Govt. Medical College Hospital	MMT Colony P.O., Kalamassery, Ernakulam, Kerala 682503	Ernakulam	Government	0CSU	YES
28	General Hospital	Ernakulam, Kerala 682011	Ernakulam	Government	0CSU	YES
28	IMA Voluntary Donor Blood Bank	T.D Road, Ernakulam, Kerala 682011	Ernakulam	Private	0CSU	YES
30	Landis Hospital	Pachalam, Ernakulam, Kerala 682012	Ernakulam	Private	0CSU	YES
31	Diomey Hospital	Aluva, Ernakulam, Kerala 683101	Ernakulam	Government	0CSU	YES
32	Pollakath Narayanan Remai Medicity	Paluvattom P.O, Ernakulam, Kerala 682075	Ernakulam	Private	0CSU	
33	MMGI Hospital	Moolakkamoor P.O., Angamaly, Ernakulam Kerala 683 577	Ernakulam	Private	00	
24	Adius Medicity and Convalescence Centre Pvt Ltd.	Cable Junction, Karukutty P.O, Angamaly, Ernakulam 682575	Ernakulam	Private	0CSU	
25	Morning Star Medical Centre	Nazareth Hill, Adimali, Idukki, Kerala 685561	Idukki	Private	00	
26	St Johns Hospital	Kattappana South P.O, Idukki Kerala 685515	Idukki	Private	0CSU	
27	M.M.T Hospital, (Mundakkayam Medical Trust Hospital)	Mundakkayam East P.O, Idukki, Kerala 686523	Idukki	Private	00	
28	Tata Tea Limited, General Hospital	Nullattam, Munnar, Idukki, Kerala 685612	Idukki	Private	00	
29	Alphonsa Hospital	SH 19 Bypass, Kolladathur, Anakkara, Muthikkassery, Idukki Kerala 685512	Idukki	Private	00	
40	Holy Family Hospital	Muthukolladam, Thodupuzha, Idukki, Kerala 686305	Idukki	Private	00	
41	Al-Achar Medical College & Super Specialty Hospital,	Chullalloor P.O, Kuzharranagalam, Thodupuzha, Idukki, Kerala 686405	Idukki	Private	0CSU	
42	Govt. Medical College Hospital (District Hospital)	Painavu, Maveli, Kerala 686 603	Idukki	Government	0CSU	YES
43	IMA Blood Bank Society	Thodupuzha, Idukki, Kerala 685584	Idukki	Private	0CSU	YES
44	Elizabeth Hospital (P) Ltd	Thodupuzha, Idukki, Kerala 685584	Maveli	Private	0CSU	
45	Kannur Medical College and Hospital (Presege idu Trust)	Cheruvu Marthoma Road, Asparanayy P.O., Kannur, Kerala 670612	Kannur	Private	0CSU	

46	St. Martin De Porres Hospital	Cherukumbi PO, Kannur, Kerala 670302	Kannur	Private	00	
47	Cannalore Co-Op Hospital Society	Kasaragod - Kanneer Road, Talap, Talap, Kannur, Kerala 670002	Kannur	Co-operative	0CSU	
48	Sara Mission Medical Laboratory and Blood Bank	Brigade Centre - Fort Road, Kannur Kerala 670001	Kannur	Private	0CSU	
49	The Pappayanni Co-operative Hospital Society Ltd	South Bazar, Pappayann, Kannur, Kerala 670505	Kannur	Co-operative	00	
50	Thalassery Co-Operative Hospital	Thalassery, Kannur, Kerala 670101	Kannur	Co-operative	00	
51	Jagan Hospital	Thalassery, Kannur, Kerala 670101	Kannur	Private	00	
52	Govt Medical College Hospital, Pannayam, Kannur Kannur State Co-operative Hospital Complex & Centre for advanced Medical Services Ltd. (Academy of Medical Science)	Pannayam, Kannur, Kerala 670503	Kannur	Government	0CSU	YES
53	District Hospital	Kannur, Kerala 670017	Kannur	Government	0CSU	YES
54	General Hospital, Thalassery	Thalassery, Kannur, Kerala 670101	Kannur	Government	0CSU	YES
55	Mission Cancer Centre	Moochikkara P.O., Thalassery, Kannur, Kerala 670003	Kannur	Government	0CSU	YES
56	Aster MIMS, Chala (East), Kannur	Blood Bank, Aster MIMS, Chala (East), Kannur (Dist), Kerala 670003	Kannur	Private	0CSU	
57	CO OPERATIVE HOSPITAL SOCIETY LTD, TALIPARAMBA, KANNUR	CO OPERATIVE HOSPITAL SOCIETY LTD, TALIPARAMBA, SECOND FLOOR, TALIPARAMBA, KANNUR	Kannur	Private	00	
58	District Hospital, Kambhagad	Kambhagad, Kasargod, Kerala 671315	Kasargod	Government	0CSU	YES
59	General Hospital	Kannampatt, Kerala 671321	Kasargod	Government	Upgrading as 0CSU	YES
60	S.M.Trust Medical Mission Sankar Hospital	Q.S. Road, Kollam, Kerala 691001	Kollam	Private	00	
61	Upannas Hospital	Q.S. Road, N.H. 208, Kollam, Kerala 691001	Kollam	Private	00	
62	Padiyavetty Medical Foundation	Sambhambettu Road, Manalaya, Kollam, Kerala 690521	Kollam	Private	0CSU	
63	Alphonsa Medical College	Diamond Hill, Muvattupuzha P.O., Kollam, Kerala 691537	Kollam	Private	0CSU	
66	Travancore Medical College Hospital, Medicine	N.H. Bypass road, Udayamkulam, Kollam, Kerala 691509	Kollam	Private	0CSU	
65	Medical College Hospital	Pappally, Kollam 691570	Kollam	Government	0CSU	
66	Willing Brother Hospital	Beach Road, Kollam, Kerala 691001	Kollam	Private	00	YES
67	District Hospital	Chuvannada, Kollam, Kerala 691001	Kollam	Government	0CSU	YES
68	Holy Cross Hospital	Loorayan, Kollam, Kerala 691571	Kollam	Private	0CSU	YES
69	IMA Blood Bank	1st Floor, IMA Centre, Ashramam, Kollam, Kerala 691002	Kollam	Private	0CSU	YES
70	St. Joseph Hospital	Amthal P.O, Kollam, Kerala 691300	Kollam	Private	00	YES



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71	Paley Head Quarters Hospital	Kollam - Chekkottala Road, Kottarakkuda, Kollam, Kerala 691506	Kollam	Government	BB	YES
72	Paley Head Quarters Hospital	Panamkuttymala, Panalur, Kollam, Kerala 691305	Kollam	Government	BCSU	YES
73	Medithina Hospital	Kollam - Ayapp Road, Ayappally, Kollam, Kerala 691628	Kollam	Private	BCSU	
74	Mary Queen's Mission Hospital	Pattappara P.O., Kariyapally, Kottayam, Kerala 686538	Kottayam	Private	BB	
75	Little Lourdes Mission Hospital	Kottayam, Kottayam, Kerala 686752	Kottayam	Private	BB	
76	St Thomas Hospital	Kuriammaada P.O., Chethupuzha, Changanacherry, Kottayam, Kerala 686108	Kottayam	Private	BB	
77	St. Luke's Hospital	Mirappally P.O., Kottayam, Kerala 686536	Kottayam	Private	BB	
78	Holy Ghost Mission Hospital	Muttucura, Kottayam, Kerala 686528	Kottayam	Private	BB	
79	S.M. Medical Centre	Hagahadim, Kottayam, Kerala 686001	Kottayam	Private	BCSU	
80	Carmel Medical Centre	Kichathadippu PO, Pala, Kottayam, Kerala 686574	Kottayam	Private	BB	
81	Martin Medical Centre	Munappuram P.O., Pala, Kottayam, Kerala 686574	Kottayam	Private	BCSU	
82	Vedantini Institute Hospital Pvt. Ltd.	M.C. Road, Thekkadan, Kottayam, Kerala 686530	Kottayam	Private	BCSU	
83	Caritas Hospital	M.C. Road, Thekkadan, Kottayam, Kerala 686530	Kottayam	Private	BCSU	
84	Indo American Hospital	Channanahary, Akkappadam P.O., Vaikom, Kottayam, Kerala 686543	Kottayam	Private	BB	
85	Bharathi Charitable Hospital Society	Acad Lane, Kottayam, Kerala 686001	Kottayam	Private	BCSU	
86	St. Luke's Hospital	Kottayam Family Rd, Kottayam, Kerala 686001	Kottayam	Government	Supporting as BCSU	YES
87	V.M.M. HOSPITAL	Bharananganam, Pala, Kottayam, Kerala 686578	Kottayam	Private	BB	YES
88	Medical College Hospital	Gandhi Nagar, Kottayam, Kerala 686008	Kottayam	Government	BCSU	YES
89	Mar Stella's Medical Centre	Cherupuzha, Kottayam, Kerala 686584	Kottayam	Private	BCSU	
90	Malabar Medical College Hospital	Kochikulam, Atholi, Kozhikode, Kerala 673229	Kozhikode	Private	BCSU	
91	Medford International Cardiac Centre	Thondiyed Bypass Road, Palakkad, Kozhikode, Kerala 673024	Kozhikode	Private	BB	
92	Endokology Diagnostics & Operative Hospital	Mini Bypass Road, Erannipalam, Kozhikode, Kerala 673006	Kozhikode	Co-operative	BCSU	


93	Baby Memorial Hospital	Indira Gandhi Road, Arayidathupalam, Kozhikode, Kerala 673008	Kozhikode	Private	BCSU	
94	KMCT Hospital	Manavayur P.O., Bhakthan, Kozhikode, Kerala 673612	Kozhikode	Private	BCSU	
95	National Hospital	Mayoor Road, Near KSRTC Bus Stand, Kozhikode, Kerala 673001	Kozhikode	Private	BCSU	
96	Malabar Institute Of Medical Sciences	Mini Bypass Road, Govindapuram, Kozhikode, Kerala 673016	Kozhikode	Private	BCSU	
97	QRAA Hospital	Malappuram, Kozhikode, Kerala 673809	Kozhikode	Private	BCSU	
98	Bernice Hospital	Wayanad Road, Marikunnu, Vellimadukunnu, Kozhikode, Kerala 673012	Kozhikode	Private	BB	
99	St. Joseph's Hospital	Agasthavanthi, Malabar, Kozhikode, Kerala 673682	Kozhikode	Private	BB	
100	PUS Hospital	Railway Station Road, Kozhikode, Kerala 673002	Kozhikode	Private	BCSU	
101	St. Luke's Hospital	Omasherry, Kozhikode, Kerala 673582	Kozhikode	Private	BB	
102	Bhadrakam Sahakarana Cooperative Ltd.	Karayana Nagar, Vazhikara, Kozhikode Kerala 673381	Kozhikode	Co-operative	BCSU	
103	General Hospital (District)	Seeth P.O., Kozhikode, Kerala 673012	Kozhikode	Government	BCSU	YES
104	Govt. W. S. C Hospital	Kozhikode, Kozhikode, Kerala 673003	Kozhikode	Government	BCSU	YES
105	Medical College Hospital	Kozhikode, Kerala 673008	Kozhikode	Government	BCSU	YES
106	District Hospital	Zoo Road, Kozhikode Kerala 673101	Kozhikode	Government	BB	
107	Malabar Hospital	Mini Bypass Road, Edathala, Kozhikode, Kerala 673086	Kozhikode	Private	BCSU	
108	MWR Cancer Centre & Research Institute	Chooka, Vellamuri P.O., Pootholath, Kozhikode, Kerala 673601	Kozhikode	Private	BCSU	
109	Endappal Hospital (P) Ltd	Pullankal Road, Endappal, Malappuram, Kerala 675576	Malappuram	Private	BB	
110	Malabar Institute of Medical Sciences	Changuvethy, Kottakkal P.O., Malappuram, Kerala 675503	Malappuram	Private	BCSU	
111	Neeraj Hospital	Changuvethy, Kottakkal, Malappuram, Kerala 675503	Malappuram	Private	BCSU	
112	Loversbay Hospital	East Road, Manjeri College P.O., Manjeri, Malappuram, Kerala 676122	Malappuram	Private	BCSU	
113	Al-Shifa Hospital Pvt Ltd.	Dotty Road, Perinthalmanna, Malappuram, Kerala 676222	Malappuram	Private	BCSU	
114	MES Medical College Hospital	Milappuram, Palakkad P.O., Perinthalmanna, Malappuram, Kerala 676226	Malappuram	Private	BCSU	



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115	Medical College Hospital	Vellarangal, Marangal, Malappuram, Kerala 676321	Malappuram	Government	BCSU	YES
116	Spent Hospital	Shanti Nagar, Perinchalman, Malappuram, Kerala 679322	Malappuram	Government	BCSU	YES
117	District Hospital	Civil Station Road, Thiruvaziyoor P.O, Tirur, Malappuram, Kerala 676106	Malappuram	Government	Upgrading to BCSU	YES
118	Kanama Medical College Hospital	Vilayudi, Ottatur, Palakkad, Kerala 678103	Palakkad	Private	BCSU	
119	Valluvanad Hospital	Kariyampuzham Post, Ottapalam, Palakkad, Kerala 679104	Palakkad	Private	BCSU	
120	Palakkad Blood Bank	Scoury Endore, Opposite Police Hospital, Civil Station Road, Palakkad, Kerala 678001	Palakkad	Private	BB	
121	The Palakkad Outcrop Co-operative Hospital	Rajya Gandhi Hospital Complex, Kallikkad, Kodumthiappally P.O, Palakkad 678004	Palakkad	Co-operative	BCSU	
122	District Hospital	Sultanpet, Palakkad, Kerala 678001	Palakkad	Government	BCSU	YES
123	Alhalla Hospital	Kanal Mevu, Palakkad, Kerala 678557	Palakkad	Private	BCSU	
124	PE Das Institute of Medical Sciences	Vazhanchalath, Ottapalam, Palakkad, Kerala 679622	Palakkad	Private	BCSU	
125	Kerala Medical College Hospital	Mangode, Cherpulassery, Palakkad, Kerala 678503	Palakkad	Private	BB	
126	Mother Care Hospital	Vattanchalath, Kumpappuzhar P.O, Mannarkkad, Palakkad, Kerala 678583	Palakkad	Private	BB	
127	Taluk Head, Quaternary Hospital, Mannarkkad	Mannarkkad PO, Palakkad 678582	Palakkad	Government	BCSU	
128	Lalitha Super Specialty Hospital	Jalakki, Melkood P.O, Adoor, Pathanamthitta, Kerala 681564	Pathanamthitta	Private	BCSU	
129	MGH Mathrubooth Medical Centre	College Road, Kochencherry, Pathanamthitta, Kerala 689641	Pathanamthitta	Private	BCSU	
130	Fellowship Mission Hospital	Vellakkars, Kambassad, Thuvuvilla, Pathanamthitta, Kerala 689547	Pathanamthitta	Private	BB	
131	CHRMS Hospital	Manu General Rd, Kodaikkada, Fendalari, Pathanamthitta, Kerala 689501	Pathanamthitta	Private	BB	
132	Thiruvilla Medical Mission Hospital	Tiruvilla, Pathanamthitta, Kerala 689101	Pathanamthitta	Private	BCSU	
133	Pudupattinam Hospital	Thiruvilla, Pathanamthitta, Kerala 689103	Pathanamthitta	Private	BCSU	
134	Bethleva Church Medical College Hospital	St. Thomas Nagar, Euzapuzha P.O., Thiruvilla, Pathanamthitta, Kerala 689103	Pathanamthitta	Private	BCSU	
135	MGM Mathrubooth Medical Centre	Ring Road, Pathanamthitta, Kerala 689645	Pathanamthitta	Private	BB	
136	Poyyari Hospital	Kochencherry, Pathanamthitta, Kerala 689641	Pathanamthitta	Private	BCSU	
137	Mount Zion Medical College Hospital	Ezharathulam, Adoor, Pathanamthitta, Kerala 681556	Pathanamthitta	Private	BCSU	
138	General Hospital	Pathanamthitta, Kerala 689645	Pathanamthitta	Government	BCSU	YES
139	Taluk Headquarters Hospital	Thiruvilla, Pathanamthitta, Kerala 689101	Pathanamthitta	Government	BB	
140	Holy Cross Hospital	Kayankulam - Pathanamthitta Road, Adoor, Pathanamthitta, Kerala 681523	Pathanamthitta	Private	BB	YES




  
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141	St. Gregorios Medical Mission Hospital	Parumala, Pathanamthitta, Kerala 689626	Pathanamthitta	Private	BCSU	
142	Christian Mission Hospital	SH 1, Pandalam, Pathanamthitta, Kerala 689501	Pathanamthitta	Private	00	
143	Amala Institute of Medical Science	Amala Nagar P.O., Thrissur, Kerala 680555	Thrissur	Private	BCSU	
144	St James Hospital	Old Highway, Chalakudy, Thrissur, Kerala 680307	Thrissur	Private	00	
145	St Josephs Hospital	Chroonda, Thrissur, Kerala 680502	Thrissur	Private	00	
146	Mary Immaculate Mission Hospital	Cherthala Road, Polemuri, Engandiyon, Thrissur, Kerala 680625	Thrissur	Private	00	
147	Modern Hospital	Kodungallur P.O., Thrissur, Kerala 680264	Thrissur	Private	00	
148	Unity Hospital (P) Ltd	KM Pappayya P.O., Kalamambalam, Thrissur, Kerala 680503	Thrissur	Private	00	
149	Maria Theresa Hospital	Kunda, Kadalathussery, Malo, Thrissur, Kerala 680697	Thrissur	Private	00	
150	Mother Hospital	Pulladi P.O., Ghat, Thrissur, Kerala 680022	Thrissur	Private	00	
151	Sacred Heart Mission Hospital	Pullur P.O., Irinjilakuda, Thrissur, Kerala 680 583	Thrissur	Private	00	
152	West Fort Health Hospital	Guruvayur Road, Punalayam, Thrissur, Kerala 680002	Thrissur	Private	00	
153	West Fort Hospital	Westfort, Thrissur, Kerala 680 004	Thrissur	Private	00	
154	Jubilee Mission Hospital	Fathema Nagar, Kallikuma, Thrissur, Kerala 680005	Thrissur	Private	BCSU	
155	Malankara Medical Mission Hospital	Adampatty Hills, Kalamambalam, Thrissur, Kerala 680503	Thrissur	Private	00	
156	General Hospital	Thrissur, Kerala 680010	Thrissur	Government	BCSU	YES
157	MA Abdul Kalam Complex & Research Centre	Padukkad Road, Muttumbathol, Betherampuzha P.O., Thrissur, Kerala 680033	Thrissur	Private	BCSU	YES
158	Medical College Hospital	Mulangumathukavu, Thrissur, Kerala 680596	Thrissur	Government	BCSU	YES
159	Aswini Hospital Limited, Thrissur	Karunakaran Nambiar Rd, Jayaram Junction, Patturakkal, opposite to Big Bazaar, Thrissur, Kerala 680020	Thrissur	Private	00	
160	Dr. Sathya Sai Mission Hospital	Karalennam P.O., Trivandrum, Kerala 685508	Trivandrum	Private	BCSU	
161	BUMS Hospital	Alemoodu, Neyyattinkuppam, Trivandrum, Kerala 695123	Trivandrum	Private	BCSU	
162	PRS Hospital Private Limited	Dhiksham, Trivandrum, Kerala 695002	Trivandrum	Private	BCSU	
163	Ananthapuri Hospital and Research Institute	BH Bypass, Chacka, Trivandrum, Kerala 695024	Trivandrum	Private	BCSU	
164	Kerala Institute of Medical Sciences	Anayya P.O., Trivandrum, Kerala 695020	Trivandrum	Private	BCSU	
165	Sivagn Sriee Narayana Medical Mission Hospital	Puthenchandy P.O., Varkala, Trivandrum, Kerala 695345	Trivandrum	Private	00	
166	Cassopolitan Hospital Pvt Ltd	Palton, Trivandrum, Kerala 695004	Trivandrum	Private	BCSU	

167	Sree Vidyaiah Thiruvall Hospital	Palton, Trivandrum, Kerala 695004	Trivandrum	Private	BCSU	
168	Sree Gokulam Medical College and Research Foundation	Ambathara - Chozhuvandi Hills Road, Vengaleroodu, Trivandrum, Kerala 695607	Trivandrum	Private	BCSU	
169	SUT Academy of Medical Science	Venode P.O., Vattapara, Trivandrum, Kerala 695078	Trivandrum	Private	00	
170	General Hospital	Rail Cross Rd., Thiruvananthapuram, Kerala 685035	Trivandrum	Government	BCSU	YES
171	Medical College Hospital	Ulloor, Thiruvananthapuram, Kerala 695011	Trivandrum	Government	BCSU	YES
172	Regional Cancer Centre	Medical College Campus, Ulloor, Thiruvananthapuram, Kerala 695011	Trivandrum	Government	BCSU	YES
173	Sree Chitra Thiruvall Institute for Science & Technology	Medical College Campus, Ulloor, Thiruvananthapuram, Kerala 695011	Trivandrum	Government	BCSU	YES
174	Taluk Headquarters Hospital	Chirayinkeethu, Thiruvananthapuram, Kerala 695304	Trivandrum	Government	00	YES
175	W & C Hospital	CV Resham Pillai Road, Thyssud, Thiruvananthapuram, Kerala 695034	Trivandrum	Government	Upgrading as BCSU	YES
176	Distance Hospital	Alemoodu, Neyyattinkuppam, Thiruvananthapuram, Kerala 695122	Trivandrum	Government	00	
177	St Remondine Anthonis Chembil Hospital	Sasaramangalam, Thiruvananthapuram, Kerala 695010	Trivandrum	Private	BCSU	
178	Law Hospital	Mendayapuram, Kalpetta P.O., Wayanad, Kerala 673121	Wayanad	Private	00	
179	Dr M Wayanad Institute of Medical Sciences	Nalanda Nagar, Meppadi P.O., Kalpetta, Wayanad, Kerala 673577	Wayanad	Private	BCSU	
180	District Hospital	Thekke Angadi, Manantholady, Wayanad, Kerala 670645	Wayanad	Government	BCSU	YES
181	Taluk Headquarters Hospital	Police Station Road, Farland Colony, Sulthan Bathery, Wayanad, Kerala 673502	Wayanad	Government	Upgrading as BCSU	YES



  
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## 8. Cleaning at Home

In light of the COVID-19 pandemic, the Green Protocol Samithi at St. Thomas College of Teacher Education, Pala, implemented a modified approach to their Gandhi Jayanti cleaning initiative of the year 2021. Given the college closure, students and faculty upheld Mahatma Gandhi's values of cleanliness by participating from own home. Demonstrating their continued dedication, all students actively engaged by cleaning their own residences and documenting the process through video recordings on 2 October 2021. This innovative strategy served to showcase their unwavering commitment to environmental responsibility, even amidst challenging circumstances. It is likely that this initiative also fostered a heightened sense of shared responsibility for cleaning duties within participating families.

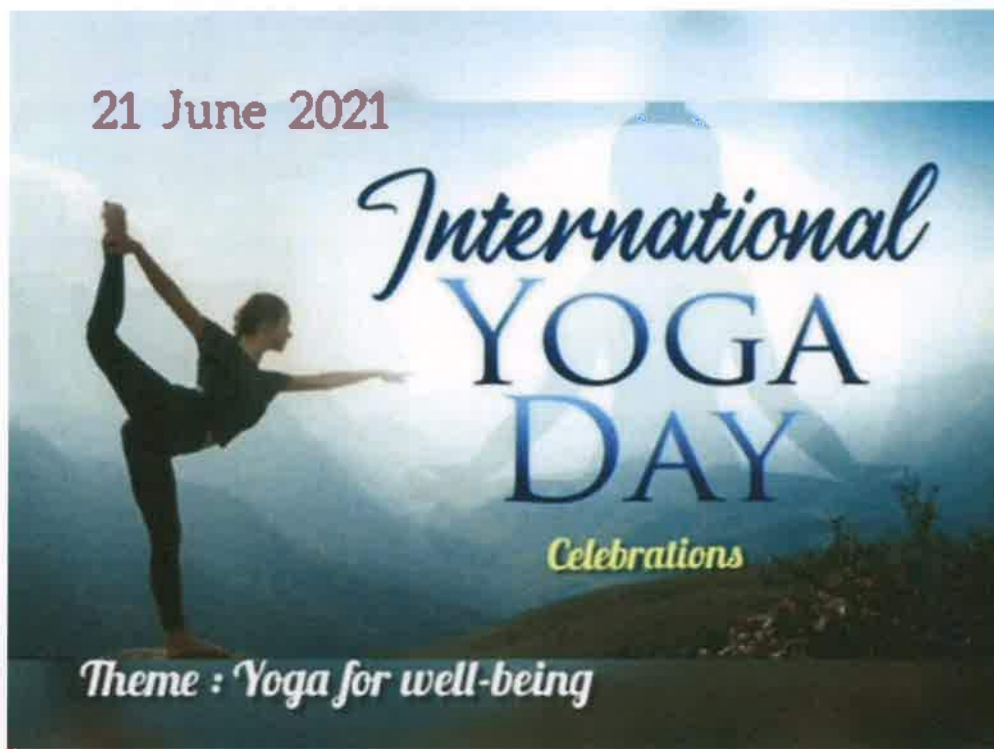


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## 9. International Yoga Day Observance

As part of International Yoga Day, students under the leadership of Health club and Physical Education Club collectively prepared videos on Yoga on 21<sup>st</sup> June 2021 and uploaded it in the YouTube channel.

<https://youtu.be/xrEAqgyK1bg>



### HEALTH CLUB STCTE ,PALA PRESENTS .International Yoga Day Student...

176 views 2 yr ago ...more




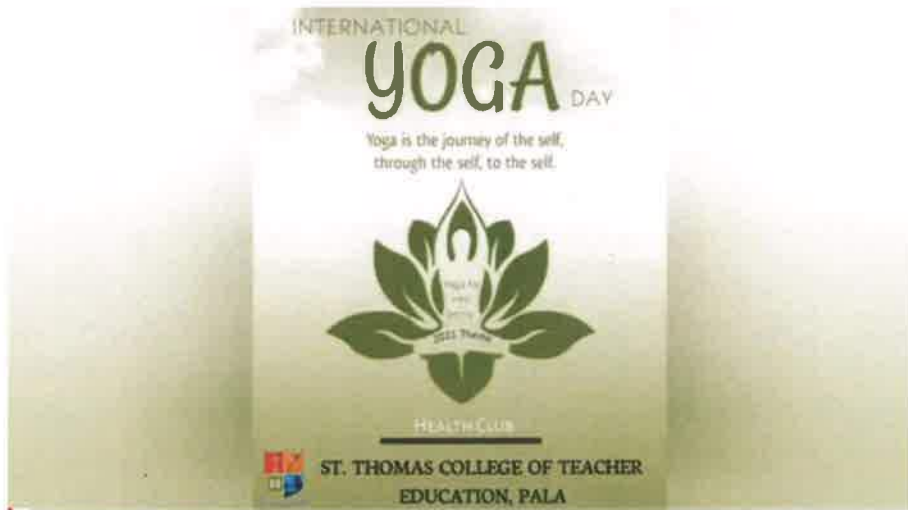
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PALA



## HEALTH CLUB STCTE ,PALA PRESENTS :International Yoga Day Protocol...

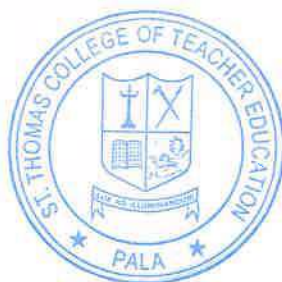
89 views 2 yr ago ...more



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## 10. Yoga practice - ALPS Kariyankode, Palakad

STCTE hands with ALPS Kariyankode, Palakad jointly organised a virtual Yoga Session on 20<sup>th</sup> June 2021. The session was led by Mr.Nevil George, Bed Student, St.Thomas College of Teacher Education , Pala.



The poster features a vertical strip on the left with three yoga asana silhouettes: a handstand (Urdhva Dhanurasana), a seated twist (Marichyasana), and a seated meditation (Padmasana). The main text is in Malayalam and English. The Malayalam text reads 'എ എൽ പി എസ് കരിയൻകോട്, പാലക്കാട്' and 'Virtual Yogic Celebration'. The date and time are '20 JUNE 2021' and '7 A.M'. A portrait of Mr. Nevil George is shown, with his name and title 'Yoga Prashikshak' below it. The Zoom logo is present. A quote by B.K.S Iyengar is at the bottom: 'Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.' - B.K.S Iyengar.

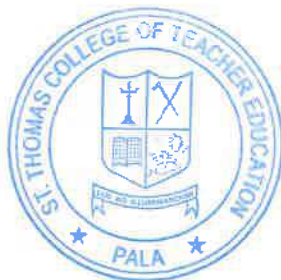
എ എൽ പി എസ്  
കരിയൻകോട്, പാലക്കാട്


Virtual Yogic Celebration  
20 JUNE 2021  
7 A.M

Mr. Nevil George  
Yoga Prashikshak

zoom

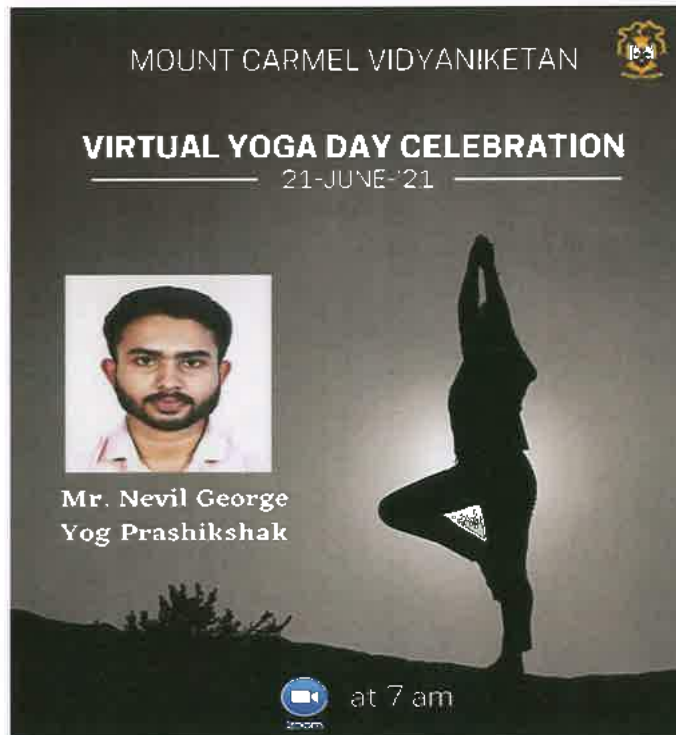
Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."  
— B.K.S Iyengar



  
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## 11. Yoga practice - Mount Carmel Vidyanikethan

STCTE hands with Mount Carmel Vidyanikrthan jointly organised a virtual Yoga Session on 21<sup>st</sup> June 2021. The session was led by Mr. Nevil George, B.Ed. Student, St.Thomas College of Teacher Education , Pala.



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## 12. World Aids Day Observance

World Aids Day was observed in our college on 1<sup>st</sup> December 2021, under the leadership of health club and Red Ribbon club members. Red ribbon badges were distributed to all students and teachers in the college. Elizabeth Paul, teacher trainee gave the message on AIDS Day and Principal Dr. Sr. Beenamma Mathew recited the pledge to all under the guidance of Dr. Sunil Thomas.

## 13. Construction of Video Content of Reputed Educational Institutions

Kerala, the highest literate state in India, is home to the most reputed institutes for higher education in India. The first year B.Ed. Physical Science Education students created a video on the prestigious institutions of the State, on the vision, mission, objectives and other aspects of these institutes. The video presents a glimpse of the famous temples of learning. The video was prepared under the guidance of the coordinator of EBSB.

## 14. Flip Magazine


As part of the EBSB club activity for the month of August 2021, students of Social Science option (B.Ed. Seniors) prepared a flip magazine – a digital album on the paintings of Raja Ravi Varma, the famous painter and artist, also known as 'Father of Modern Indian Art'.

The flip magazine displays a brief history of Raja Ravi Varma and gives us a glimpse of some of his famous paintings.

The work was done under the guidance of the EBSB club coordinator, Dr. Sunu Austin.

<https://www.flipsnack.com/79FDCB5569B/st-thomas-college-of-teacher-education-palai.html>



  
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**2020-2021**



  
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## 1. National Webinar on Gender Equality

Date: 17/04/2021

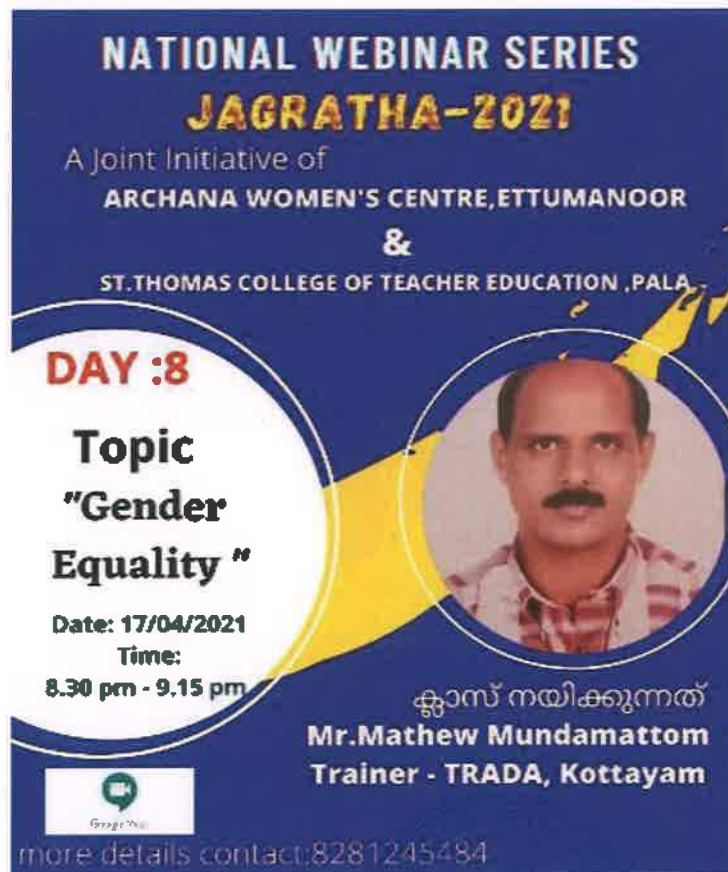
Time: 8.30 p.m.- 9.15 p.m.

No. of participants: 95

Topic: gender equality

Resource Person: Mr. Mathew Mundamattom, Trainer-TRADA

As a part of 'Jagratha', A webinar Series, a session was handled by Mr. Mathew Mundamattom, Trainer-TRADA on the topic Gender Equality. He started the class by explaining about the meaning of the gender equality. He discussed about 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




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


**DAY :8**


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

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



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

  
more details contact:8281245484

  
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## 2. National Webinar on 'Female Characters in Indian Mythology'

Date: 08/05/2021

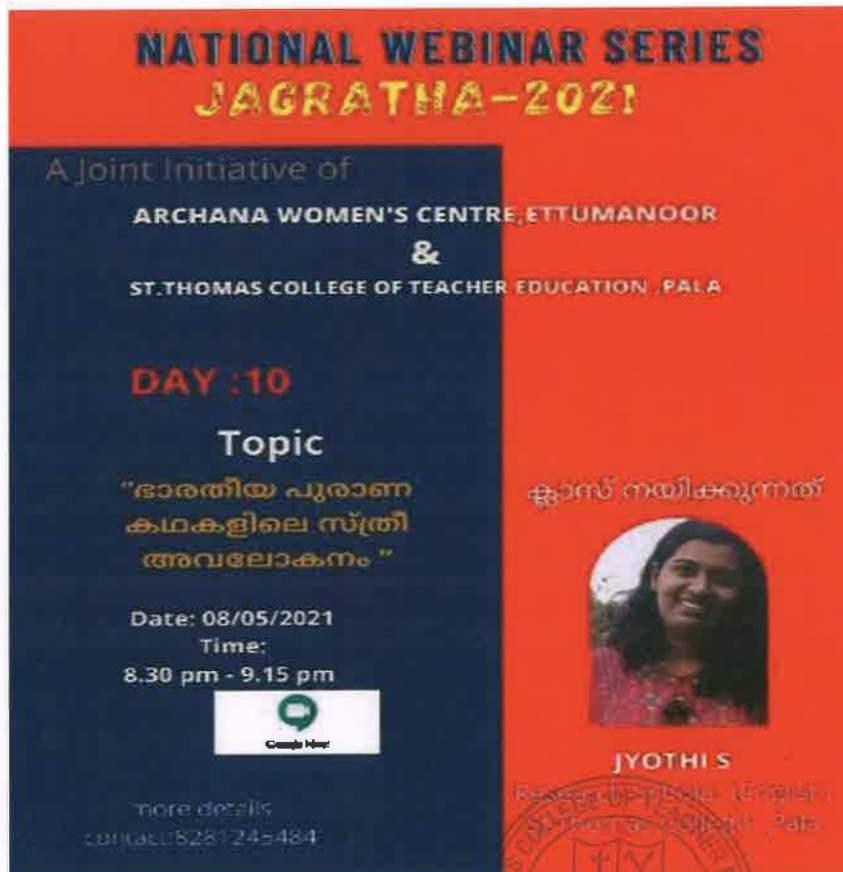
Time: 8.30 p.m.- 9.15 p.m.

No. of participants: 80

Topic: FEMALE CHARACTERS IN INDIAN MYTHOLOGY

Resource Person: Jyothis S, Research Scholar

As a part of 'Jagratha', a webinar series, a session was handled by Jyothis S, Research Scholar, St. Thomas College, Pala. The discussion was on the topic "FEMALE CHARACTERS IN INDIAN MYTHOLOGY". She focused on Indian epics to point out that the mythological tales we grew up listening to reverberated about strong male characters sketching the religious anecdotes. Participants raise their opinions and throughout the class an interaction is maintained.




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

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

**DAY :10**


**Topic**  
"ഭാരതീയ പുരാണ കഥകളിലെ സ്ത്രീ അവലോകനം"

Date: 08/05/2021  
Time:  
8.30 pm - 9.15 pm




More details  
contact: 8287245484

ജ്യാതിസ് നയിക്കുന്നത്



**JYOTHIS**  
Research Scholar, Ettumanoor  
St. Thomas College of Teacher Education, Pala

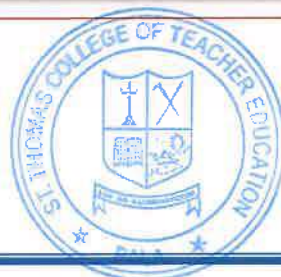


  
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### 3. National Webinar On 'Gender Sensitisation and Social Justice'

The webinar "Gender Sensitisation and Social Justice" was jointly organised by the Women's Cell and IQAC of St. Thomas College of Teacher Education, Pala and St. Joseph's College of Education, Mysuru. The webinar was conducted on 18<sup>th</sup> August 2020, through Google meet platform.



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**WHERE IT MATTERS**

**RESOURCE PERSONS**

**1. Dr. T.C. THANKACHAN**  
ASSOCIATE PROFESSOR,  
ST. THOMAS COLLEGE OF  
TEACHER EDUCATION, PALA

**2. Mrs. SHALOM SANNUTHA**  
ASSISTANT PROFESSOR,  
ST. JOSEPH'S COLLEGE OF  
EDUCATION, MYSURU

**CONTACT :**  
**04822-216537,**  
**STCTE, Pala.**

**0821-2511992.**  
**SJCE, Mysuru.**

*The Women's Cell & IQAC of*

**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
(Reaccredited with 'NAAC 'A' grade, Affiliated to  
Mahatma Gandhi University, Kottayam)

**AND**

**ST. JOSEPH'S COLLEGE OF EDUCATION, MYSURU**  
(Accredited by NAAC, Affiliated to  
University of Mysore)

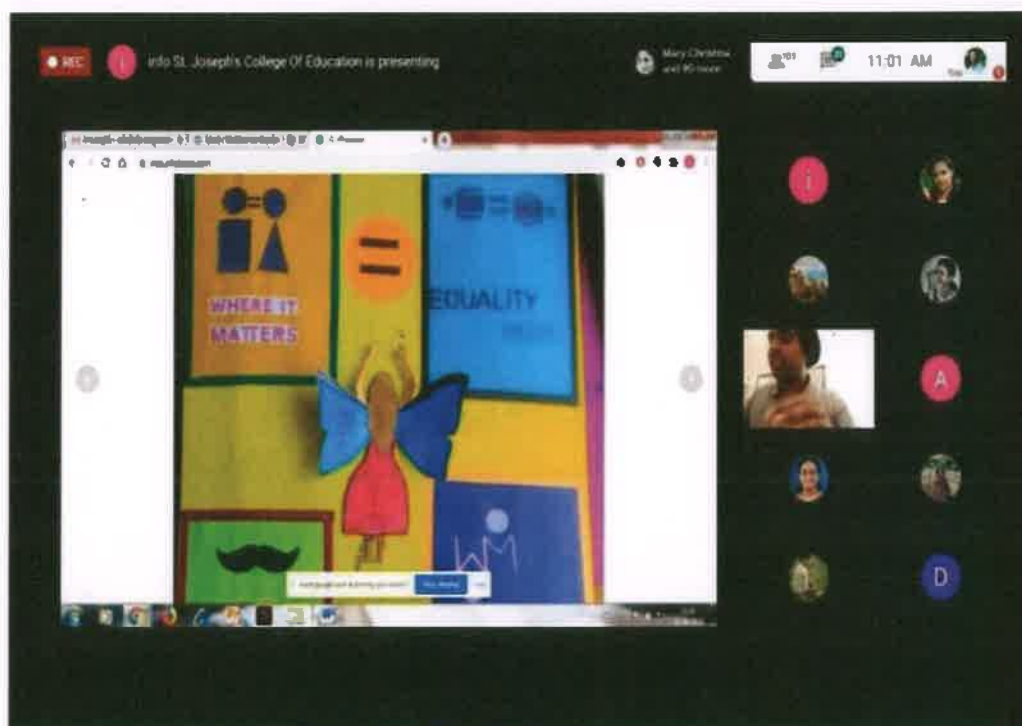
Jointly organise a **WEBINAR on**


**GENDER SENSITISATION  
AND SOCIAL JUSTICE**

DATE: 18 AUG 2020  
TIME: 9:30 AM
PLATFORM : GOOGLE MEET

**ORGANISING COMMITTEE**

<p>Dr. Sr. Beenamamma Mathew <small>(Principal, STCTE, Pala)</small></p> <p>Dr. Shaloma Sannutha <small>(IQAC Co-ordinator, STCTE, Pala)</small></p> <p>Dr. Shama Anand <small>(Co-ordinator, Women's Cell, STCTE, Pala)</small></p> <p>Ms. Blessylin Elizabeth <small>(President, Women's Cell, STCTE, Pala)</small></p>	<p>Dr. Pius Mathew <small>(Principal, SJCE, Mysuru)</small></p> <p>Mrs. Asha P. Parthasar <small>(IQAC Co-ordinator, SJCE, Mysuru)</small></p> <p>Mrs. Anna Lourdesha <small>(Co-ordinator, Women's Cell, SJCE, Mysuru)</small></p> <p>Mr. Sannath Sathyan <small>(B.Ed. Student, SJCE, Mysuru)</small></p>
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#### 4. Campus Cleaning Programme

On March 10, 2021, the Green Protocol Samithi coordinated a Campus cleaning program at St. Thomas College of Teacher Education in Pala. All the students actively participated in the program, which involved collecting and properly discarding waste. This initiative helped to create a cleaner and more sustainable learning environment.



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## 5. International Yoga Day Celebration

As part of International Yoga Day, the Health club organised an online quiz competition on yoga for health on 21<sup>st</sup> June 2020. The Google form link was made available to the candidates on the day of Competition, and it was disabled after a stipulated time period. 346 candidates from different states and countries participated in our quiz.

A webinar on 'Yoga for Health and Immunity' were also organised as a part the "Yoga day' on 22<sup>nd</sup> June 2020 Afternoon.




  
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## 6. Seminar cum Workshop on Yoga

A seminar cum workshop session was held at the college on 14<sup>th</sup> January 2021 under the leadership of Dr. Sunil Thomas, Assistant Professor of Physical Education. Sunil sir together with Mr. nevil George, Yoga Prashikshak, demonstrated various Asanas and students were practicing the same. The seminar discussed the changing lifestyles and the resulting lifestyle diseases.



  
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## 7. Documentary on Onam Celebration

The EBSB club of the St. Thomas College of Teacher Education, Pala, twinned with Government College, Salooni, prepared a documentary on 'Onam', the State festival of Kerala. The documentary was presented by Ms. Medha Ramesh, Second year B.Ed. Social Science Education student, under the leadership of Ms. Reeja Roly, the student coordinator of the club on 02/10/2020. The programme was guided by Dr. Sunu Austin, faculty coordinator, EBSB club of the college.

The documentary aims at familiarizing the students of Himmachal Pradesh with 'Onam', the State festival of Kerala. The documentary gives a glimpse of the life and culture of the people of Kerala.

[https://www.youtube.com/watch?v=dKW\\_PIHn4Xw](https://www.youtube.com/watch?v=dKW_PIHn4Xw)



  
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## 8. Video Presentation on NEP 2020

National Education Policy 2020 is the first education policy of the 21st century and aims to address the many growing developmental imperatives of our country. The EBSB club of St. Thomas College of Teacher Education, Pala, prepared a video highlighting the main points of NEP 2020 for the month of March 2021.

The short video named, NEP 2020 is prepared by the first-year commerce students of B.Ed. programme of St. Thomas College of Teacher Education, Pala. The short video throws light on the revamping of the educational structure from the lower level to the higher level.

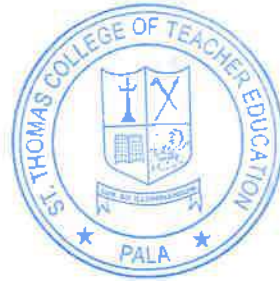
The documentary was prepared under the guidance of the coordinator of the EBSB club.




  
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## 9. Virtual Yoga Day Celebration

As part of world yoga day, the students of health club of St. Thomas college of Teacher Education, Pala conducted a faculty program, students sharing yoga day on 15<sup>th</sup> February 2021. Apart from this Mr. Nevil George second year B.Ed student take a virtual class on yoga for the students of ALPS Kariyankod, Palakad. Nevil is a professional yoga trainee. The coordinator of health club Dr. Sunil Thomas worked honestly for the success of the program.



  
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## 10.EK BHARAT SHRESTHA BHARAT

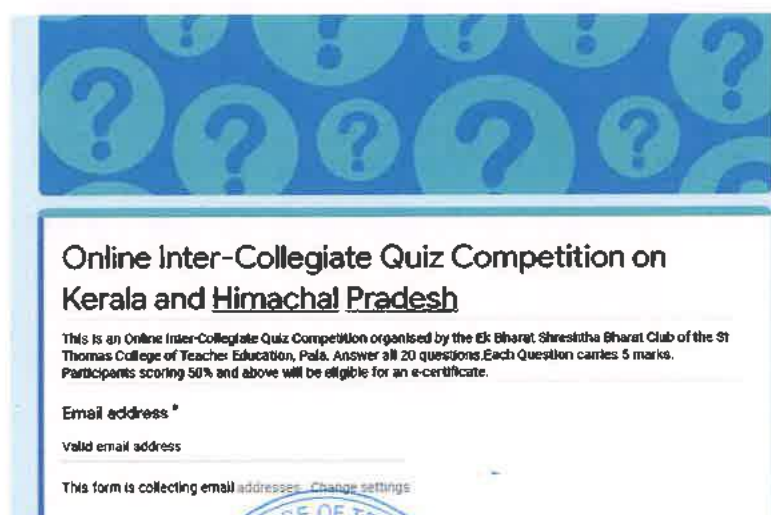
### INTER-COLLEGIATE QUIZ COMPETITION ON KERALA AND HIMACHAL PRADESH


The idea of a sustained and structured cultural connect between denizens of different regions was mooted by Prime Minister Shri Narendra Modi. Ek Bharat Shrestha Bharat programme aims to actively enhance interaction between people of diverse cultures in different states of India with the objective of promoting mutual understanding among them. Kerala was paired with Himachal Pradesh.

The EBSB club of St. Thomas College of Teacher Education, Pala, conducted an *Inter Collegiate Quiz Competition on Kerala and Himachal Pradesh* on 4th September 2020, Friday, via Google Forms - Quiz platform. The quiz was conducted for the students of St.Thomas College of Teacher Education, Pala and Government Arts and Science College, Salooni, Himachal Pradesh. The quiz had 20 questions based on Kerala and Himachal Pradesh.

E-Certificates were issued immediately to participants who scored 50% and above. 61 students actively participated in this quiz and they got the result immediately on submitting it. The participants included 39 students from St Thomas College of Teacher Education, Pala and 22 from Government Arts and Science College, Salooni.

We are attaching some screen shots for reference of Online Quiz Competition on Kerala and Himachal Pradesh.



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

**EK BHARAT SHRESHTHA BHARAT CLUB**



ORGANISES



*Online Inter-Collegiate Quiz  
Competition  
on Kerala and Himachal Pradesh*

**DATE : 04.09.2020**

*Reeja Susan Roly   Dr. Sunu Austin   Dr. Sr. Beenamma Mathew*  
*EBSB Leader   EBSB Coordinator   Principal*

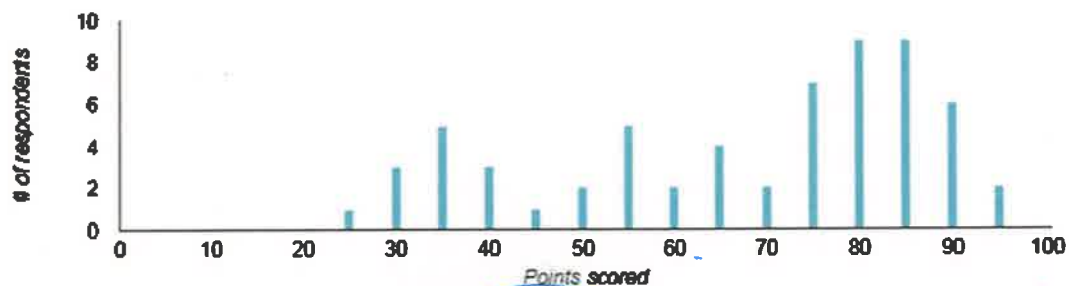
**ONLINE QUIZ RESULT**

**Average**  
67.05 / 100 points

**Median**  
75 / 100 points

**Range**  
25 - 95 points

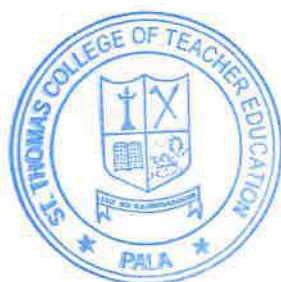
**Total points distribution**




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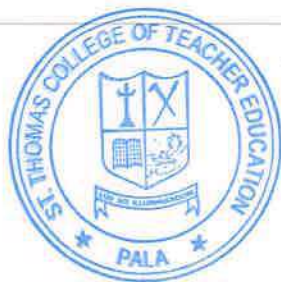
## 11. Inter-collegiate Collage Making Competition

The EBSB club conducted an inter-collegiate online collage making competition on the theme 'National Unity' 31 October, 2020. The competition was held to commemorate the birth anniversary of the 'Iron Man of India', Sardar Vallabhai Patel. He is the man behind unifying India. The competition was a tribute to this great son of India. The students of the St. Thomas College of Teacher Education, Pala and Government college, Salooni, Himachal Pradesh participated in the competition. The students prepared beautiful collage based on the theme. The competition brought out the creativity of the students and also served to nurture the feelings of nationalism in their minds. The competition was held under the guidance of the EBSB coordinators.



  
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**2019-2020**




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## 1. Swachatha Hi Seva

As a part of Observance of 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi, a Programme named 'Swachtha Hi Seva' had been organised by Green Protocol Samithi from 2<sup>nd</sup> to 8<sup>th</sup> October 2019. The faculties and students of STCTE has taken an Oath 'safe from plastics and recycle the waste' on the same day. The oath was taken according to the proforma declared by Higher education department of Kerala State and Deputy Director of Collegiate Education.




  
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## 2. World Aids Day Awareness Programme 2019-2020

As 1<sup>st</sup> December 2019 was a Sunday, World Aids Day was observed in our college on 2<sup>nd</sup> December 2019. Red ribbon badges were distributed to all students and teachers in the college and the neighbouring school. An awareness program was also organised on the topic 'Be alert, stay safe' which was led by Dr. T. M. Mollykutty, Head of the Department, master of Education, St. Thomas College of Teacher Education, Pala.



  
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### 3. Poetry Writing Competition/Folk dance Competition

The EBSB club of St Thomas College of Teacher Education, Pala conducted a poetry writing competition on the topic, 'Beauty of Himachal Pradesh' for the students. The club had a different plan for the month of March (conducting a folk-dance competition). Since the classes were suspended from 9 March 2020 onwards, because of the government order related to COVID precaution and the students could not be present at college, there was a change in its plan. Students were asked to write poems on the aforesaid topic and to email their poems.

Also, they were asked to learn a few basic words in the Himmachal language so that they can communicate in the language among their friends. The students referred the Wikipedia and other web resources and learned a few basic words and phrases in the Pahari language. They communicated with their friends on WhatsApp in the language. The students actively participated in the versification competition and in learning the basics of Himmachal language.

These competitions helped the students gain more knowledge of the State of Himachal Pradesh and its language. Activities like these helped the students remain positive and engaged during the lockdown period.



  
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#### 4. SAANJH- A VISUAL TOUR TO THE LAND OF GOD

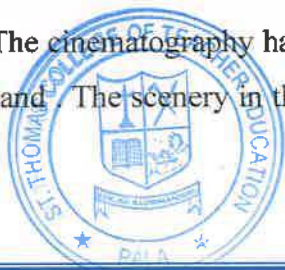
As part of the The Ek Bharat Shreshtha Bharat Engagement Matrix between States and UTs, our state Kerala was culturally connected with the state Himachal Pradesh. As per the programme we watched a beautiful movie called “Saanjh” which was in every sense a visual tour to the Land of God –Himachal Pradesh. The Film was telecasted on 18/02/2020.

Saanjh (transl. An evening) is a 2017 Indian Himachali language drama film, directed by Ajay Saklani. With a running time of 109 minutes this is the first feature film in Himachali Language to be released in cinema halls and is introducing Aditi Charak, Vishal Parpagga and Rupeshwari Sharma. The film also features two well-known Bollywood actors Asif Basra and Taranjit Kaur.

Set in the beautiful Kullu valley of Himachal Pradesh, Saanjh follows the journey of Sanju, a 16-year-old city girl who becomes the victim of bogus social-media posts. When her father discovers a compromising online video in which Sanju supposedly features, he consigns her to their remote ancestral village to stay with her grandmother. Isolated and dejected, Sanju encounters ill-mannered house guest Jonga and finds surprising solace in his company. Unable to adjust to the village lifestyle, she hatches a plan to escape the village with help of Jonga, but need time to raise enough cash. Meanwhile, Sanju slowly begins to understand her grandmother’s pain—living a secluded life with almost no contact with her children—and a deep bond grows between them. When the grandmother falls sick, the film focuses on one unforgettable Saanjh (evening) in which they are caught between light and darkness.

This movie has travelled across the world and received global accolades. The film has been screened in multiple countries and even won the Best Feature Film at Borrego Springs Film Festival (USA), Award of Merit at Accolade Global Film Competition (USA). Saanjh is one of the highest rated films in IMDb and Facebook as well.

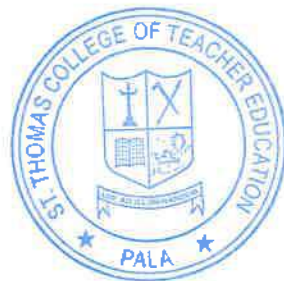
It is a lovely movie, for it has captured the essence of Himachal and its aspirations and portrayed human relations beautifully. It is a brilliant piece of artistic reality. The locations are heavenly. The cinematography has done complete justice in picturing the divinity and radiance of the land. The scenery in the movie is spectacular with mountains,





valleys and much more to amaze the viewers. Saanjh is successful in showcasing the rich heritage and culture, customs and traditions of the Himachal for enabling people to understand and appreciate the diversity of our land, thus foster a sense of common identity among us. In every way it is the perfect movie to connect to the cultural diversity of the land. Throughout the 109 minutes we were virtually transported to the blissful land and emotions. By the end of the movie, we were overwhelmed with emotions and a strong desire to visit this alluring state.


To sum it up it is a must watch movie, for it has been able to create an environment which promotes learning between States by showcasing and transferring across the borders, the best practices and experiences of the land .



  
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**2018-2019**



  
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# 1. WORKSHOP ON TEACHING LEARNING PLATFORMS FOR DIGITAL NATIVES

The Two-day National Seminar cum Workshop on 'Teaching Learning Platforms for Digital Natives' was organised by Society of Innovative Researchers and Academicians (SIRA) in collaboration with UGC-HRDC, Thiruvananthapuram at St. Thomas College of Teacher Education, Pala on 27th and 28th September 2018. 247 academicians, teachers, research scholars and students from different states of India participated in the seminar. There were 117 paper presentations and special practical sessions on 'Registration and Use of Online Courses'.

**CALL FOR PAPERS**

- Papers should be based on the main theme or the sub-themes.
- It should be in MS Word Format with 1.5 line spacing in Times New Roman, font size 12 on A4 paper. The papers should be in 5-8 pages.
- The full paper should include Abstract, Key words and References (in APA format). Papers without these will be rejected.
- Papers will be published in ISBN numbered seminar proceedings.
- Papers should be sent by e-mail: drtcthanks@gmail.com. The last date of submission of the paper is 17th September, 2018. For details regarding paper presentation and publication, please contact Dr. T.C. Thankachan (Mob. 09447037105). Papers that reach after this date will not be considered for presentation and publication.

**REGISTRATION FEE AND ACCOMMODATION**

**Registration Fee**

Teachers (University/ College/School) & Academicians	Rs. 500/-
SIRA Members	Rs. 400/-
Research Scholars (M.Phil/Ph.D/Post doctoral)	Rs. 350/-
PG and UG students	Rs. 300/-

**Paper Presentation and Publication Fee:** (Paper presenters should remit an additional amount of Rs. 500/- towards presentation, including the cost of seminar proceedings with ISBN. For joint papers, the authors should register their names by paying the full amount separately. The research guides with more than one research scholar presenting the paper, are permitted to remit the additional fee once.)

Registration and fee for paper presentation should be paid in Cash/DD to: The Treasurer, SIRA, payable at SBI Kottayam (for details, please contact: Dr. Issac Paul, Assistant Professor, GCTE, Thiruvand, Thiruvananthapuram - 695014) and send to The Secretary, SIRA (Dr. Suramya Mathai, Assistant Professor, Titus II Teachers College, Thiruvalla, Pathanamthitta Dt.)

**The Last Date** of receiving the full paper with the registration and paper presentation fee: 17th September, 2018.

**Accommodation** will be arranged on request (separate payment for accommodation). For details, please contact at the earliest Mr. Sunil Thomas 09447134241 or Mr. Alex George 09447599631.

**FOR MORE INFORMATION, PLEASE CONTACT.....**

Dr. T.C. Thankachan (President, SIRA)	09447037105	Dr. T.V. Bindu	09446903189 (Vice-President, SIRA)
Dr. Suramya Mathai (Secretary, SIRA)	09562413413	Dr. Issac Paul	097465138913 (Treasurer, SIRA)

**ROUTE MAP TO REACH ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA, KERALA**

**TWO - DAY  
NATIONAL SEMINAR CUM WORKSHOP ON**

**TEACHING LEARNING PLATFORMS  
FOR  
DIGITAL NATIVES**

**27<sup>th</sup> & 28<sup>th</sup> September, 2018**

**Jointly Organised by**  
UGC-HRDC, UNIVERSITY OF KERALA, THIRUVANANTHAPURAM &  
SOCIETY OF INNOVATIVE RESEARCHERS AND ACADEMICIANS (SIRA)

**In Collaboration with**  
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA, KERALA



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



**About the Seminar cum Workshop**

The digitalisation of information has made education more constructive and strenuous with innovative changes in instructional practices, policies and researches. The world-wide application of technology in classrooms have put teachers in a dilemma to constantly upgrade their technical knowledge, innovations and practices in order to compete with the global demands. Hence, every teacher should have a comprehensive knowledge of and professional expertise to handle the various digitally available books and resources for curriculum transaction. This seminar cum workshop encompasses structural and technical orientation to familiarise with digital curriculum transaction patterns through which teachers, researchers and academicians can design/develop innovative and need-based online courses. This will be a powerful reflective experience for the participants and will create a positive institutional climate and collegiality that would prompt to build more competitive and qualitative digital natives.

**About UGC HRDC Thiruvananthapuram**

The Human Resource Development Centre, University of Kerala was notified in 1987 by the UGC. The HRDC now functions in the Golden Jubilee Building at Kottayam with Dr.S.V.Sudheer as the Director. UGC HRDC, Kerala University has already conducted 504 courses for teachers from different departments and 25,870 teachers have participated in it. HRDC, Trivandrum also conducted 10 programmes under STAT (Stimulating Teachers for Advanced Training Programme), 10 courses obtaining the funds of RUSA in 2017-18, ten batches of PSC recruited University Assistants and All India Principals' Workshop for 3 days. A number of programmes were also organised in renowned institutions like IIT, IIS etc. The HRDC publishes 'UGC-ASC News' twice a year.

**About SIRA**

Society of Innovative Researchers and Academicians (SIRA) is an association registered under Travancore- Cochin Literary, Scientific, Charitable Societies Act 1955, by the alumni members of the 18th refresher course in Education of UGC HRDC, University of Kerala, Thiruvananthapuram. The aim of SIRA is purely academic without affiliation to any political party. The main objective of SIRA is to secure the professional growth of its members through training programmes, seminars, publications, service assistance, charity activities, library services and research. The membership is open to all college teachers including Professional and Arts and Science Colleges (aided, govt. or unaided), university teachers and research scholars. SIRA conducted one national-level Seminar in Mother Teresa Women's University, Kodayanur and published 4 edited books in the year 2017.

**About the College**

St. Thomas College of Teacher Education, Pala was established in 1957 as one of the pioneer institutions in the field of teacher education. The college celebrated its Golden Jubilee in 2007. The College is owned and run by the Catholic Diocese of Pala and is affiliated to Mahatma Gandhi University, Kottayam. It is the first of its kind to be accredited as four star level by NAAC in the State of Kerala and re-accredited with A+ Grade (2nd cycle 2009) and with A Grade (3rd cycle 2014). The college has established a tradition of excellence in enriching the teaching community, academicians and researchers.

We cordially invite you to the Two Day National Seminar cum Workshop on TEACHING LEARNING PLATFORMS FOR DIGITAL NATIVES on 27th and 28th September, 2018. The focus of this venture is to guide and train the teachers, academicians, researchers and students to utilise the benefits of the technology mediated digital platforms for academic purpose.

Prof. (Dr.) S.V. Sudheer  
Director, UGC-HRDC

Dr. T.C. Thankachan  
President, SIRA  
(Seminar Co-ordinator)

Dr. (Sr.) Celene Joseph  
Principal, STCE

**SUB THEMES OF THE SEMINAR CUM WORKSHOP**

1. Technology Mediated Classroom for Science, Humanities and Language Learners
2. Digital Initiative in India
3. Teaching and Learning towards Digital Literacy
4. Blended Learning: Virtual Classrooms and Flipped Classroom
5. SWAYAM, MOOCs and MOODLE
6. Google Apps & Mobile Apps in curriculum transaction
7. Open Educational resources, Free Open Source Software (FOSS), Web Tools for Digital Classroom
8. Techno-Pedagogical Skills for 21<sup>st</sup> Century
9. Technology and Electronic Media Use
10. Researches on Technology and Digital Natives in different disciplines

**TARGET GROUP**

Teachers, Teacher Educators, Academicians, Researchers and UG/PG students.

**PROGRAMME**

**Day I (Thursday) 27.09.2018**

**INAUGURAL FUNCTION**

27.09.2018 at 10 am

Inauguration: Mar JACOB MURICKEN

(Auxiliary Bishop of the Syro-Malabar Eparchy of Pala & Moogor, St. Thomas College of Teacher Education, Pala, Kerala)

Key Note Address & Theme Presentation: Prof. (Dr.) S.V. SUDHEER

(Professor-Director, UGC-HRDC, University of Kerala, Thiruvananthapuram)

Session I - 11.30 am to 1.00 pm: Digital Initiatives in India

[Dr. S. Seethilakshmi, Director, UGC HRDC, Bharathidasan University, Thiruchirappalli, Tamilnadu]

Session II - 1.45 pm to 2.45 pm: Digital Initiatives for 21<sup>st</sup> century Teachers and Learners

[Dr. S. Seethilakshmi, Director, UGC HRDC, Bharathidasan University, Thiruchirappalli, Tamilnadu]

Session III - 3.00 pm to 4.30 pm: Paper Presentations

**Day II (Friday) 28.09.2018**

Session IV - 10.00 am to 11.30 am: Web Tools for Digital classrooms

(Dr. K. Thiya, Associate Professor, Department of Education, Central University of Kerala, Kasaragod)

Session V - 11.45 am to 1.00 pm: Hands own Experience on SWAYAM - Practical Session I

(For this session all participants should bring their own laptops)

Session VI - 1.45 pm to 3.00 pm: SWAYAM courses and Registration - Practical Session II

**VALEDICTORY FUNCTION (28.09.2018 at 3.15 pm)**

Releasing the Proceedings of the Two Day National Seminar cum Workshop


Chief Guest: Magr. Dr. JOSPEH KOLLAMPARAMPIL

(Pro-Manager, St. Thomas College of Teacher Education, Pala & Vicar-General of the Syro-Malabar Eparchy of Pala)



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## 2. Zero Waste Management

The College has initiated a Zero Waste Management programme in the academic year 2018-2019 which intended to create an awareness among students about green protocol and waste management.




### **Zero Waste Management**



  
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### 3. Celebration of International Yoga Day


STCTE Celebrated international Yoga Day by organising various activities at campus on 21<sup>st</sup> June 2018. A Yoga demonstration session was led by Dr. Sunil Thomas at college auditorium where students practiced various Asanas.



*Beena*  
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#### 4. AIDS DAY

St. Thomas College of Teacher Education, Pala commemorated AIDS day on 1<sup>st</sup> December 2018 by wearing red ribbons. The RRC unit also conducted an awareness class and skit for the students of St. Thomas Higher Secondary School Pala.



  
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