



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

3.3.4 RELEVANT DOCUMENTARY EVIDENCE FOR THE CLAIM



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

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

3.3.4 RELEVANT DOCUMENT EVIDENCE FOR THE CLAIM

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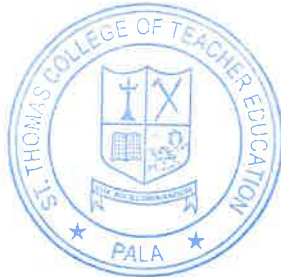
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3.3.4 RELEVANT DOCUMENTARY EVIDENCE FOR THE CLAIM

1. MISS A MEAL PROGRAMME

The extension activity, Miss-A- Meal, is basically a care project towards the rehabilitates of Mariasadanam, a psychosocial rehabilitation centre. 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.

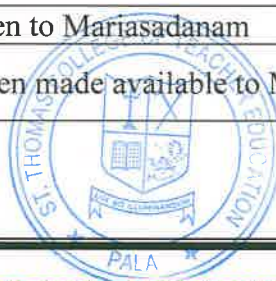
Students and faculties of this institution purposefully miss a meal and it will be delivered to the members of the Mariasadanam. Students spend their time with the rehabilitates by participating various activities including Christmas celebration.




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Mariasadanam- (Miss a Meal Programee) List

Sl No.	Activity	Date
1	GLORIA –Christmas celebration	22/12/2023
2	Rs.2510/- and 25 lunch packets as a part of extension service has given to the inmates of Mariasadanam	31/03/2023
3	Rs.440/- and 24 lunch packets as a part of the extension service has given	22/03/2023
4	Collected Rs.1775/- and 30 lunch packets as a part of extension service of the college and made it available to Mariasadanam	15/03/2023
5	The inmates are provided with Rs. 4930/- and 29 lunch packets from the staff and students	22/02/2023
6	Collected Rs. 1020/- and 25 lunch packets.	06/01/2023
7	Rs.7300/- and 26 lunch packets are given as a part of extension service of the institution	09/12/2022
8	Collected Rs.12531/- and 24 lunch packets and gave it to the inmates	27/10/2022
9	Collected and distributed Rs. 4950/- and 26 lunch packets to Mariasadanam	20/10/2022
10	Gave Rs. 4730/- and 25 lunch packets to Mariasadanam	31/08/2022
11	collected Rs. 1560/- and 27 lunch packets as a part of extension service and handed it over to the inmates of Mariasadanam	06/08/2022
12	Collected and gave Rs. 5520/- and 23 lunch packets	20/07/2022
13	Collected 8245/- and 22 lunch packets and donated it to the inmates	13/07/2022
14	Collected and donated Rs. 22185/- and 20 lunch packets	22/06/2022
15	Donated Rs.950/- and 25 lunch packets	30/03/2022
16	Rs.1600/- and 36 lunch packets has given to Mariasadanam	16/03/2022
17	Gave Rs.1000/- and 21 lunch packets to Mariasadanam	03/11/2021
18.	collected and gave Rs.250/- and 45 lunch packets as a part of extension service	27/10/2021
19.	Collected and has given Rs. 430/- and 29 lunch packets	20/10/2021
20.	Rs.300/- and 41 lunch packets has given to Mariasadanam	13/10/2021
21.	collected Rs. 730/- and 28 lunch packets as a part of extension service and donated it	06/10/2021
22.	Rs.825/- and 26 lunch packets has given to Mariasadanam from staff and students	28/07/2021
23.	Collected Rs.200/ and gave it to the director. Distributed 44 lunch packets among the inmates.	21/07/2021
24.	Funded Rs.640/- and 27 lunch packets as a part of extension service and handed it over to Mariasadanam.	14/07/2021
25.	Rs. 575/- and 20 lunch packets as a part of the extension service has given to Mariasadanam.	07/07/2021
26.	Rs.30/- and 17 lunch packets has given to Mariasadanam	30/06/2021
27.	Rs.560/- and 18 lunch packets has been made available to Mariasadanam	23/06/2021



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 Research Centre of Education approved by
 M.G. University, Kottayam

Gloria
 22 DECEMBER 2023

Good will Gala
 At Marthandham
 On
 22 DECEMBER 2023
 10.30 A.M-12.00 P.M

Christmas Celebration
 At College Auditorium
 22 DECEMBER 2023
 01.30 P.M-04.00 P.M

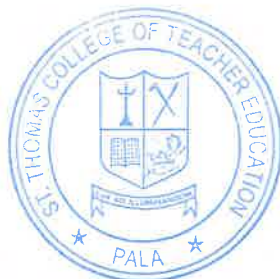
Organization Committee
 Dr. Sr. Beename Mathew (Principal)
 Dr. Alex George (NSS Programme officer)
 Mrs. Linta Fidos (NSS Volunteer Secretary)
 Mr. Sachin C. Marthand (Student Coordinator)



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ക്രിസ്തസ് ആഘോഷിച്ചു

പാലാ: സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ അദ്ധ്യാപക വിദ്യാർത്ഥികൾ മരിയ സദനത്തിലെ അന്തോവാസികളുമായി ചേർന്ന് ക്രിസ്തസ് ആഘോഷിച്ചു. ബി. എഡ് എക്സ്റ്റൻഷൻ ആക്ടിവിറ്റിയുടെ ഭാഗമായിട്ടായിരുന്നു ആഘോഷം. മരിയസദനം ഡയറക്ടർ സന്തോഷ് ജോസഫ് അനുഭവങ്ങൾ പങ്കുവെച്ചു. ബി. എഡ് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ ബീനാമ്മ മാത്യു കേക്ക് മുറിച്ചു. തുടർന്ന് മരിയസദൻ അന്തോവാസികളുമായി ചേർന്ന് വിദ്യാർത്ഥികൾ കരോൾ ഗാനം ആലപിക്കുകയും ക്രിസ്തസ് ടീകൾ നിർമ്മിക്കുകയും ചെയ്തു. ഫാ. ജോസഫ് താന്നിക്കാപ്പാറ ക്രിസ്തസ് സന്ദേശം നൽകി. വൈസ് പ്രിൻസിപ്പൽ ഡോ. ടി. സി. തങ്കച്ചൻ, ഡോ. അലക്സ് ജോർജ്ജ്, ലിൻ എൽദോസ്, അമല് കെ. ഏലിയാസ് തുടങ്ങിയവർ പ്രസംഗിച്ചു. മരിയസദൻ സന്തോഷ് നന്ദി പറഞ്ഞു.



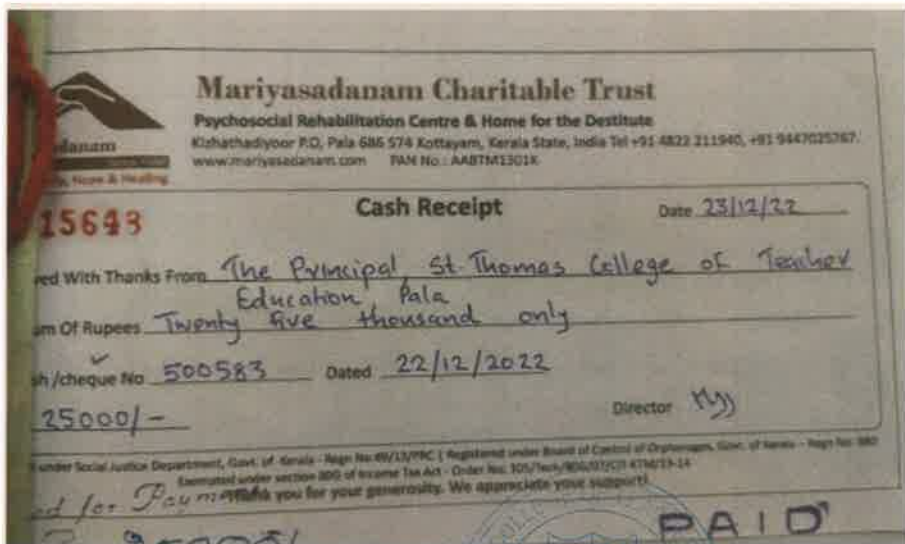
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പാലാ സെന്റ് തോമസ് എഡു. കോളേജിലെ വിദ്യാർത്ഥികൾ പാലാ മരിയാസദനത്തിൽ ക്രിസ്തുമസ് ആഘോഷിച്ചു.

Christmas in Its Fullness

Pala: St. Thomas College of Teacher Education has an exuberant Christmas celebration with the inmates of Mariyasadhanam, a Psycho Social Rehabilitation Centre at Pala. This was conducted as part of the extension activity of B.Ed. programme. The director of Mariyasadhanam, Mr.Santhosh Joseph conveyed his regards and experiences in his journey. The cake cutting was done by Dr.Sr. Beenamma Mathew. Fr. Joseph Thanikkapara delivered the Christmas message. There was also a musical symphony of Carol done by the teacher trainees along with the inmates of the Centre. Dr. T.C. Thankachan (Vice Principal, STCTE), Dr. Alex George (NSS Programme Officer), Linta Eldos and Amalu K. Elias (student representatives) conveyed their wishes and regards. The celebration was meaningful and the day was an experiential one.



Beenamma
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Mariyasadanam Charitable Trust

Psychosocial Rehabilitation Centre & Home for the Destitute
 Puzhalmedupur P.O. Pala 686 574 Kottayam, Kerala State, India Tel: +91 4837 211840, +91 944702576 /
 www.mariyasadanam.com

This is to certify that St.Thomas College of Teacher Education, Pala has contributed an amount of Rs.10000/- to Mariyasadanam (Psycho Social Rehabilitation Centre for Men And Women) through T.C Thankachan for the purchase of dress materials and other needy items for bedridden patients (2020-2021). We are immensely thankful for the service provided at the most needy time.

12/11/2020

Pala



Colth

Registered under Social Justice Department, Government of Kerala - Regn No: 55/13/PHC
 Registered under Board of Control of Orphanages, Government of Kerala - Regn No: 589
 Exempted under section 80G of Income Tax Act - Order No: 305/TECH/800/07/CT 4/19A/13-14



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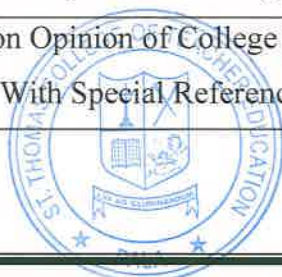
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2. SOCIAL SURVEYS

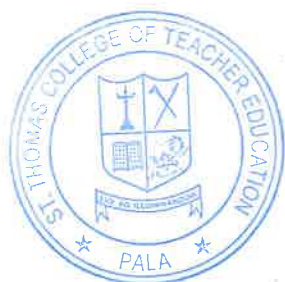
Students of the institution are encouraged to take a socially significant issue for a survey, and they are guided by the teacher to provide constructive solution to the issue through the analysis of empirical evidence they collect from the field. The aim of this survey is to provide firsthand experience to the teacher trainees on socially relevant issues. Dr. T. C. Thankachan is the faculty in charge of the programme.


List of social surveys conducted

Name of the student	Topics
Ajmeya Suliman	Study on problems faced by Pineapple farmers in vazhakkulam
Albi Mohan V	A study on reasons and problems of drug abuse among students
Anand K S	A study on the university level evaluation practices: Issues and challenges
Anita Thomas	A study on the health issues faced by lower primary school children in Kozhuvanal, Kottayam district
Athira Mohan	Study on digital divide among school students with special reference to tribal area of Attappadi, Palakkad district
Divya Thankachan	A study on challenges and prospects of research on selected research scholars in India
Lidwin Maria George	A study on scientific research facilities in Kerala
Nithin C T	A study on plastic waste management practices in Aymanam, Kottayam district
Aleena Elizabeth Alex	Technostress and mental health among IT professionals
Anse Maria Tomy	Study on waste management in Elikkulam Panchayath-Project
Denna Jose	Study on Postcovid unemployment in Akalakunnam panchayat
Fathima Salim	A study on water pollution in Manimala river
Jeffin Jose James	Cost of education - A comparison between state & CBSE
Sethulakshmi T K	Study on financial crisis among rubber farmers
Sona Alex	Impact of social media among college students
Tessy Kurian	International migration -problems faced by parents
Ajina Joseph	A Study on Depression Among Adolescents In Kottayam District
Amalu K Alias	A Study on Opinion of College Students On Offline And Online Learning With Special Reference To Devikulam Thaluk



Elizebeth Cyriac	Study On Factors Influencing International Migration Of Students With Reference To Kottayam District
Devika R	A Study On Work Life Balance Of College Teachers With Special Reference To Kottayam District
Merrin Ann Philip	A Study On Work Life Balance Of Corporate Employees With Special Reference To Infopark Kochi
Meriya Veronica Sam	A Study On Skills Supplementing The Learning Content Among B.Ed Students In Stcte, Pala

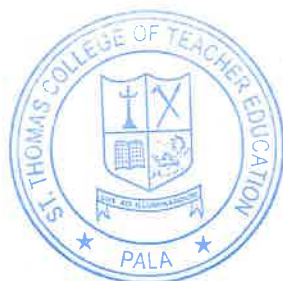




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3. ANGANAWADI VISIT

As a part of B.Ed. Programme, to get aware and sensitised of early childhood care and education, our students visited near by Anganawadis on a regular intervals. Total eight Anganawadis were visited and an interaction session with both 'anganawadis'-(children) and Anganawadi work were organised.

Name of the Anganawadi	Date of Visit	Student Coordinator	Anganawadi No.
Elikkulam	Feb 2019	Joffy Njavallil	
Kunthappanatheri,	22/11/2022	Linta Eldos	92
Avarma,	26/11/2022	Sandeep Kumar V	71
Nelliyani,	29/10/2022	Ancymol Joy	131
Olamattom	19/11/2022	Jeffin jose james	19
Kavumpady	22/10/2022	Sona Alex	168
Payappar	26-11-2022	Pearl Annie Sen	123
Pala-Lalam,	22/10/2022	Meriya Veronica Sam	132
St.Mary's Anganwadi, Anickad.	5/11/2022	Alphonsa Mathew	89
Mulekkunnu		Sr. Elizabeth	19
Elikkulam Panchayat Anganwady	29/03/2021	Mariya Sebastian	94




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Student Coordinator: Joffy,



Student Coordinator Linta Eldos, Kunthappanatheri



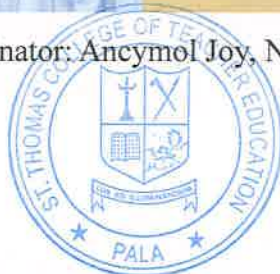
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Student Coordinator: Sandeep Kumar V, Avarma



Student Coordinator: Ancymol Joy, Nellyyani



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Student Coordinator: Jeffin jose james, Olamattom,



Student Coordinator: Sona Alex, Kavumpady



Bee
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Student Coordinator: Pearl Annie Sen, Payappar



Student Coordinator: Meriya Veronica Sam, Pala-Lalam



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Student Coordinator: Alphonsa Mathew

St.Mary's Anganwadi, Anickad.



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Student Coordinator: Elizabeth T S, Mulekkunnu



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Student Coordinator: Mariya Sebastian
Elikkulam Panchayat Anganwady



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4. 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.

. <https://youtu.be/U3D8GI4RY50>



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College Union Chairman gives message on Human Rights Day



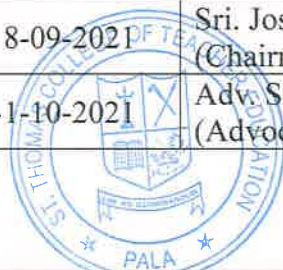
Students speak about the importance of Human Rights Day



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JAGRATHA

Sl. No	Topic	Date of the Programme	Resource Person
1	Drug free family	10-04-2021	Mr. Dijo Das (Counsellor, Adart)
2	Role of family members in a drug free life	29-05-2021	Civilson Sebastian (MSW, M.Phil)
3	Covid and it's psychological issues	12-06-2021	Dr. C.K. Pradeep Kumar (Coordinator District Literacy Mission)
4	Adolescent issues and ways to deal with them	19-06-2021	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)
5	Care and support during Covid pandemic and awareness on the various measures to prevent corona	26-06-2021	Bhanupriya R (Teacher trainee, St. Thomas College of teacher education, Pala)
6	Food habits that we need to follow during the Covid pandemic	03-07-2021	Soumya V P (Dietician, Taluk hospital Kayamkulam)
7	Women empowerment and ways we can avoid dowry system	10-07-2021	Remya sinoy (Chief editor, Malayalamanorama)
8	Drug abuse among children	24-07-2021	Mr. Arun Kumar K.R (Assistant Sub Inspector of Police)
9	Experiences when she fought for the women rights	07-08-2021	Mrs. Sulochana Ramakrishnan (Women's Voice, Wayanad)
10	Dowry system and how we need to change our view regarding dowry	14-08-2021	Sr. Adv. Jyothis P Thomas (Member Child Welfare Committee, Kottayam)
11	Women and the issues faced by women in the society	28-08-2021	Sri. Nocer Mathew (Chairman, Nocer Hai Rainbow Consumer Council)
12	Mobile Technologies and Cyber crimes	04-09-2021	Mr. Shamnas K S (Smartphone Repairing Trainer Govt. Polytechnic College- Nattokom)
13	Human rights and its relevance	11-09-2021	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)
14	The need for economic empowerment of women	18-09-2021	Sri. Jose Thayyil (Chairman Kisan Service Society)
15	Domestic violence – Laws and Remedies	31-10-2021	Adv. Shiny Gopi (Advocate, District court, Kottayam)

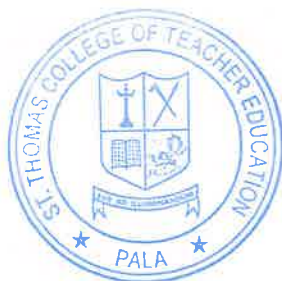



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16	Domestic violence – role of women in social progress	06-11-2021	Civilson Sebastian (MSW, M.Phil)
17	Domestic violence - Smart Parents for Adolescents	13-11-2021	Ms. Anjaly Elizabeth Xavier (Teacher Trainee at St. Thomas College of Teacher Education, Pala)
18	Depression among Adolescents	20-11-2021	Ms. Jaicy Jose (Teacher Trainee, St. Thomas College of Teacher Education, Pala)
19	Suicidal tendencies among adolescents	27-11-2021	Ms. Lakshmi S (Teacher Trainee, St. Thomas College of Teacher Education, Pala)
20	Domestic violence – Adolescence: A Period of Temporary Insanity	11-12-2021	Mr. Harikrishnan V (Teacher Trainee, St. Thomas College of Teacher Education, Pala)
21	Domestic violence – Cybercrimes in children	18-12-2021	Adv. Sis. Reji Augustine

JAGRATHA', literally means 'be careful'. As the name itself suggests this programme emerged as a result of some people's care for society especially for women. Following the outbreak of the COVID-19 pandemic and the resulting lockdowns, people all around the world were suffering through several mental issues.

As a part of Jagratha Mission there were thirty nine webinar organised and most of them are of sensitising the students to social issues and contribute to community development.




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5. NATIONAL WEBINAR SERIES DRUG FREE FAMILY

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.

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


DAY :7
Topic
"ലഹരി വിമുക്ത കുടുംബം"
Date: 10/04/2021
Time:
8.30 pm - 9.15 pm.

ക്ലാസ് നയിക്കുന്നത്



MR. DIJO DAS
COUNSELLOR, ADARRT




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6. NATIONAL WEBINAR SERIES ON ROLE OF FAMILY MEMBERS IN A DRUG FREE LIFE


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

NATIONAL WEBINAR SERIES
JAGRATHA-2021


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

DAY :11
Topic
"ലഹരിവിമുക്ത ജീവിതത്തിനു കുടുംബാംഗങ്ങളുടെ പങ്ക്"

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



more details
contact: 8281245484

ക്ലാസ് നയിക്കുന്നത്



CIVILSON SEBASTIAN
MSW, M.Phil




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

7. NATIONAL WEBINAR SERIES ON Covid and its psychological issues

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.



NATIONAL WEBINAR SERIES
JAGRATHA-2021

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ക്ലാസ് നയിക്കുന്നത്



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



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

Dr.C.K.Pradeep Kumar
M.Sc. (Psy.)M.A. (Pol.)LL.B,
Honary PhD,District Co-Ordinator
District Literacy Mission Kollam

more details contact:8281245484




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

8. NATIONAL WEBINAR SERIES ON ADOLESCENT ISSUES AND WAYS TO DEAL WITH THEM

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

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DAY :14 **TOPIC:**
"വളർച്ചയുടെ പാതയിൽ കൈത്താണ്ട് ആകാം"
ഋസ് നയിക്കുന്നത്

Date: 19/06/2021
Time:05.00 Pm -06.00pm




Ms.Irine Sera Joseph



Ms.Anu Tresa


more details contact:
8281245484




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

9. NATIONAL WEBINAR SERIES ON FAMILY RELATIONSHIPS DURING COVIDS

Prayer by Annamol jiji. 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.

NATIONAL WEBINAR SERIES
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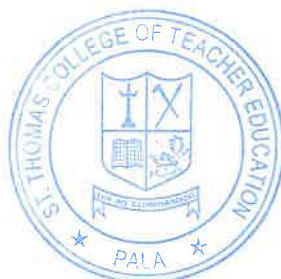
DAY-15

കോവിഡ് കാലഘട്ടത്തിലെ കുടുംബ ബന്ധങ്ങൾ

Ms. Bhanupriya R
Msc. Botany

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

more details contact: 8281245484



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



10. NATIONAL WEBINAR SERIES ON FOOD HABITS THAT WE NEED TO FOLLOW DURING THE COVID PANDEMIC

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

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



Soumya. V. P
Dietician,
Taluk hospital Kayamkulam

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

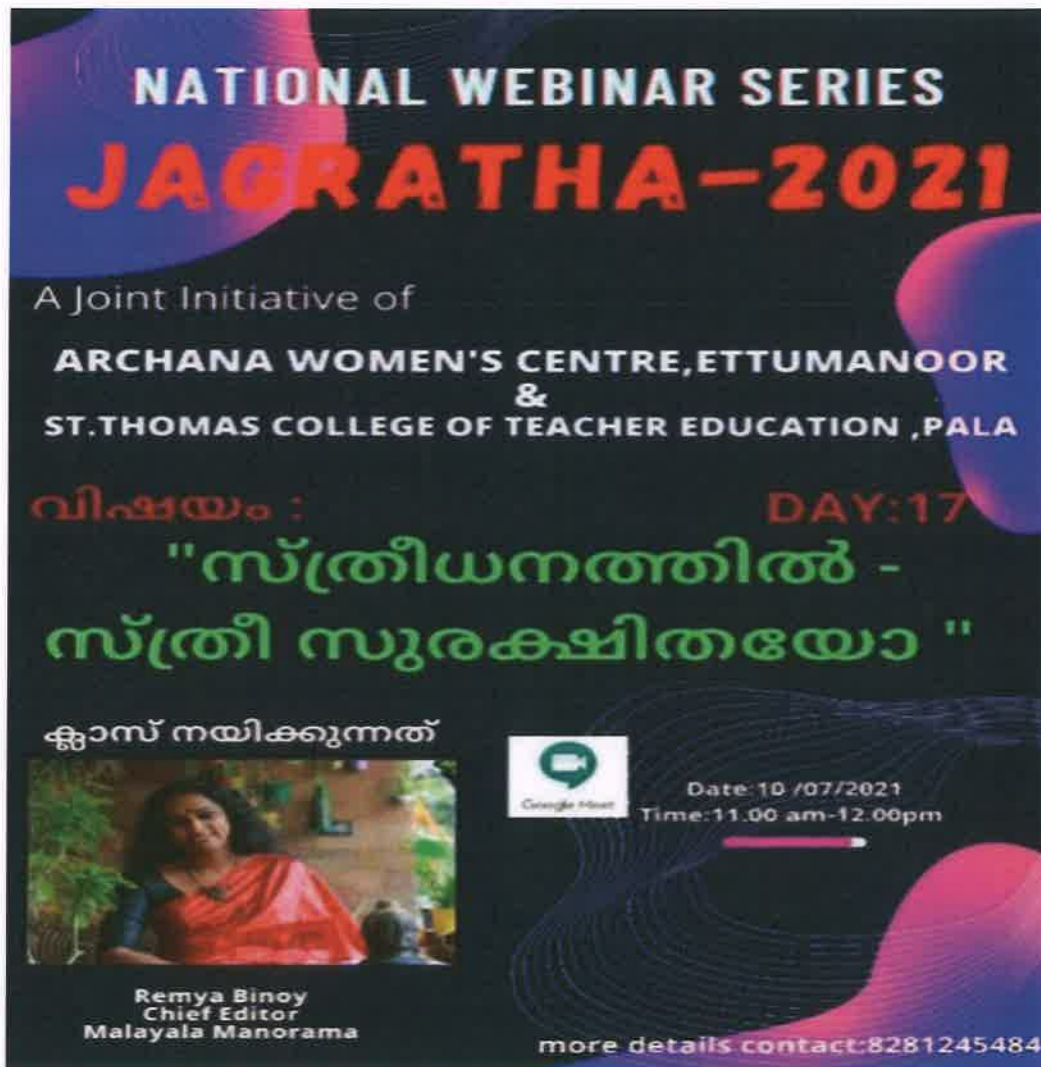
more details contact:8281245484



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

11. NATIONAL WEBINAR SERIES ON ARE WOMEN SAFE IN DOWRY

The class was handled by Ms. Remya Binoy, Chief editor, Malayalammanorama. 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.





NATIONAL WEBINAR SERIES
JAGRATHA-2021

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

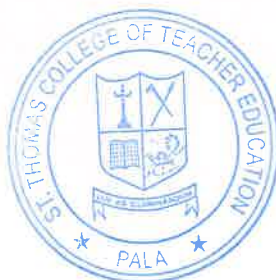
ക്ലാസ് നയിക്കുന്നത്




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

Remya Binoy
Chief Editor
Malayala Manorama

more details contact:8281245484




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


12. NATIONAL WEBINAR SERIES ON 'LIFE LOST IN DRUGS'

The session was taken by Mr. Arun Kumar K.R, Assistant Sub Inspector of Police. The 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 to keep the youngsters from drug addiction. Participants, especially mothers expressed their concern with children regarding phone addiction.


NATIONAL WEBINAR SERIES

JAGRATHA-2021

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ക്ലാസ് നയിക്കുന്നത്




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

വിഷയം:
"ലഹരിയിൽ മുങ്ങുന്ന ജീവിതങ്ങൾ"

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

more details contact: 8281245484




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

13. NATIONAL WEBINAR SERIES ON 'WOMEN VOICES'

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021
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&
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DAY:20 ക്ലാസ് നയിക്കുന്നത്
ON 07/08/2021
TIME:03.00 PM-04.00PM.
for more details contact:
8281245484
Google Meet
Sulochana Ramakrishnan
Women's VOICE, Wayanad
വിഷയം :
"സ്ത്രീശക്തിക്കൊരു ജീവിത സാക്ഷ്യം"



Beena
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14. NATIONAL WEBINAR SERIES ON WOMEN SAFETY IN TRANSFORMING SOCIETY

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.

NATIONAL WEBINAR SERIES
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വിഷയം :
"സ്ത്രീ സുരക്ഷ മാറുന്ന സമൂഹത്തിൽ"
ക്ലാസ് നയിക്കുന്നത്

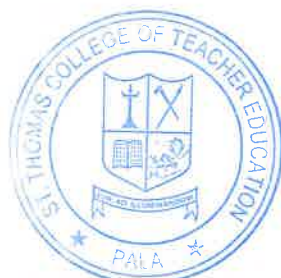


Sr. Adv. Jyothis P. Thomas
Member Child Welfare Committee, Kottayam

DAY:21

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

for more details contact:
8281245484



Beena
Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
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TEACHER EDUCATION
PALA

15. NATIONAL WEBINAR SERIES ON WOMEN AND THE ISSUES FACED BY WOMEN IN THE SOCIETY

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.

**NATIONAL WEBINAR SERIES
JAGRATHA-2021**

**A Joint Initiative of
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&
ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA**

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

ക്ലാസ് നയിക്കുന്നത്



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




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



**for more details contact:
8281245484**




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

16. NATIONAL WEBINAR SERIES ON MOBILE TECHNOLOGIES AND CYBER CRIMES

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 Cybercrimes in the session and also the ways to monitor the use of mobile phones by their children. Parents ask their doubts and clarifications.

NATIONAL WEBINAR SERIES JAGRATHA-2021

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&
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

TOPIC:

"Awareness to the Parents
about the Mobile
Technologies"

Guest Speaker



Shamnas KS

Smartphone Repairing Trainer Govt.
Polytechnic College Nattokom



3PM - 4PM

04/09/2021

DAY:23

For more details contact:
8281245484



Beena
Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
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TEACHER EDUCATION
PALA

17.NATIONAL WEBINAR SERIES ON HUMAN RIGHTS AND ITS RELEVANCE

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

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&
ST.THOMAS COLLEGE OF TEACHER EDUCATION ,PALA

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


Densy John


Ashmi Maria John


more details contact:
8281245484


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





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PALA

18. NATIONAL WEBINAR SERIES ON THE NEED FOR ECONOMIC EMPOWERMENT OF WOMEN


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.

NATIONAL WEBINAR SERIES
JAGRATHA - 2021 

A joint initiatives of
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 &
St. Thomas College Of Teacher Education, Pala



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

സ്ത്രീകളുടെ സാമ്പത്തിക ശാക്തീകരണത്തിന്റെ ആവശ്യകത



Jose Thayyil
 അദ്ധ്യക്ഷ ചെയ്തയാൾ,
 ക്ഷീരസംരംഭന സർവീസസ് സൊല്യൂഷൻസ്




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

19. NATIONAL WEBINAR SERIES ON DOMESTIC VIOLENCE – LAWS AND REMEDIES

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

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

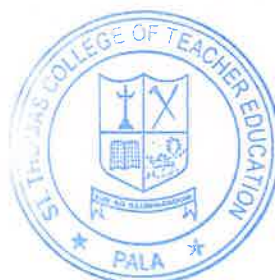
ഗാർഹിക പിഡനം - നിയമങ്ങളും,
പ്രതിവിധികളും
(Domestic Violence - Laws and Remedies)


Adv. Shiny Gopi
Advocate, District Courts, Kottayam

For More Details Contact
+91-8281245484

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

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




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PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

20. NATIONAL WEBINAR SERIES ON DOMESTIC VIOLENCE – ROLE OF WOMEN IN SOCIAL PROGRESS

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.



NATIONAL WEBINAR SERIES
JAGRATHA-2021

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



Sri. CIVILSON SEBASTIAN
MSW, M.Phil
+91-8281245434

NOV • 06 • 2021
DATE

3.004.00PM
TIME

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





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

21. NATIONAL WEBINAR SERIES ON SMART PARENTS FOR ADOLESCENTS

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 advice of parenting the present generation smart teens. She also points out the need for strong relationship of parents with their child. The class was effective, and the participants gave good feedback.

NATIONAL WEBINAR SERIES
JAGRATHA-2021
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&
St. Thomas College of Teacher Education, Pala

SMART PARENTS FOR ADOLESCENTS


Anjaly Elizabeth Xavier
M.A Economics

NOV. 13 - 2021
DATE


3.00-4.00PM
TIME

Day 31

+91-8281245484

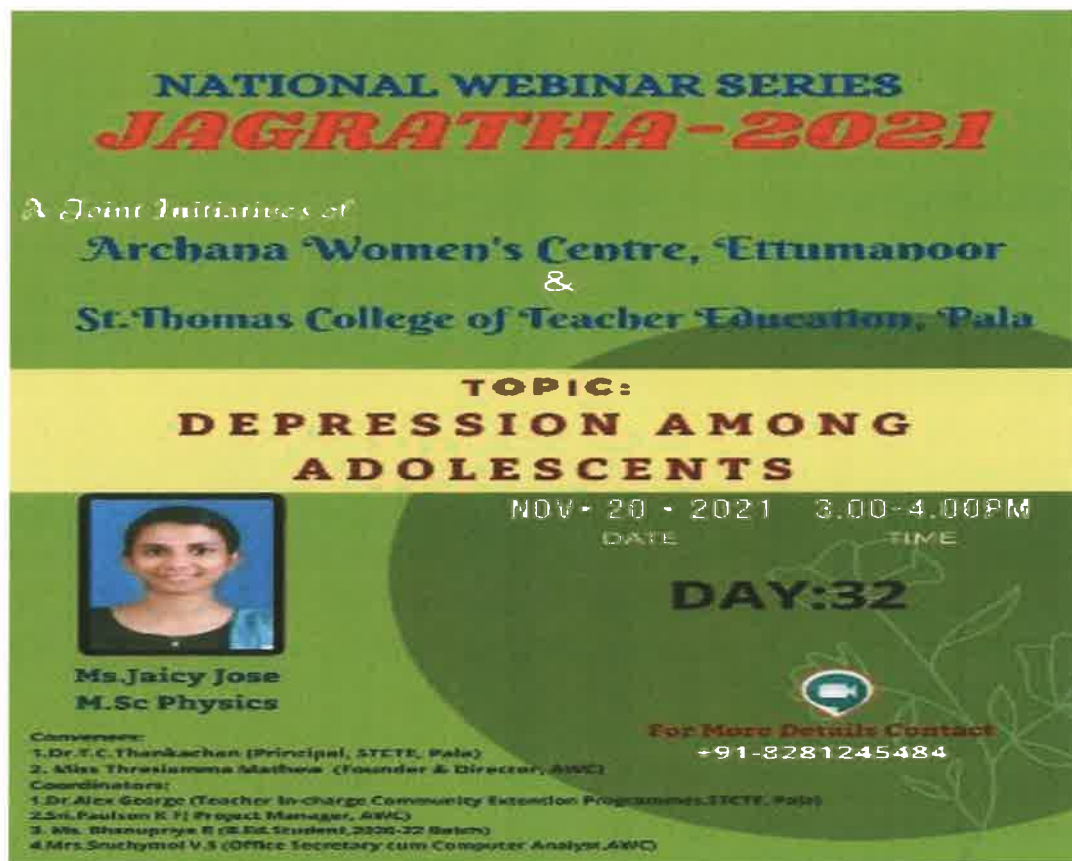
Conveners:
1. Dr. T.C. Thenkachen (Principal, STCE, Pala)
2. Miss Thressamma Mathew (Founder & Director, AWC)
Coordinators:
1. Dr. Alex George (Teacher In-charge Community Extension Programmes, STCE, Pala)
2. Sri. Paulson K.F. (Project Manager, AWC)
3. Ms. Rhanupriya B. (B.Ed. Student, 2020-22 Batch)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




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

22. National Webinar on Depression among Adolescents

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.




NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiative of
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&
St. Thomas College of Teacher Education, Pala

TOPIC:
DEPRESSION AMONG ADOLESCENTS

NOV - 20 - 2021 3.00-4.00PM
DATE TIME

DAY:32




Ms. Jaicy Jose
M.Sc Physics

For More Details Contact
+91-8281245484

Conveners:
1. Dr. F. C. Thankachen (Principal, STETE, Pala)
2. Mrs. Thresiamma Mathew (Founder & Director, AWC)

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




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


23. National Webinar on Suicidal Tendencies among Adolescents

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

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&
St. Thomas College of Teacher Education, Pala

TOPIC
Suicidal tendencies among adolescents
കൗമാരക്കാരിലെ ആത്മഹത്യ പ്രവണത


Lakshmi S
M. Sc chemistry


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

For More Details Contact
+91-8281245484

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

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




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


24. National Webinar on Adolescence: A Period of Temporary Insanity

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiatives of
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&
St. Thomas College of Teacher Education, Pala

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


Harikrishnan V
MA English Literature


DEC- 11- 2021 3.00-4.00PM
DATE TIME
DAY:34

For More Details Contact
+91-8281245484

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

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




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

25. National Webinar on Cyber Crimes in Children

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.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

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

TOPIC:
CYBERCRIMES IN CHILDREN
(സൈബർ കുറ്റകൃത്യങ്ങൾ കുട്ടികളിൽ)

DEC- 18- 2021 3.00-4.00PM
DATE TIME

DAY:35


Adv. Sis. Reji Augustine
M.M.S.

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

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

For More Details Contact
+91-8281245484



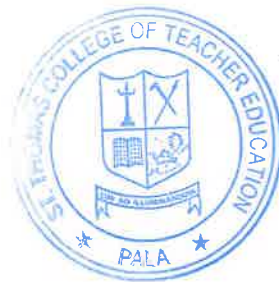

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26. BLOOD DONATION CAMP

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.



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27. 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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28. MEDIA LITERACY CAMPAIGN

St. Thomas College of Teacher Education, Pala

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 11th 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.

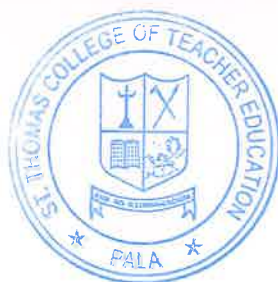



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29. MEDIA LITERACY CAMPAIGN II

On 16th 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 was the resource person.

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. 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.

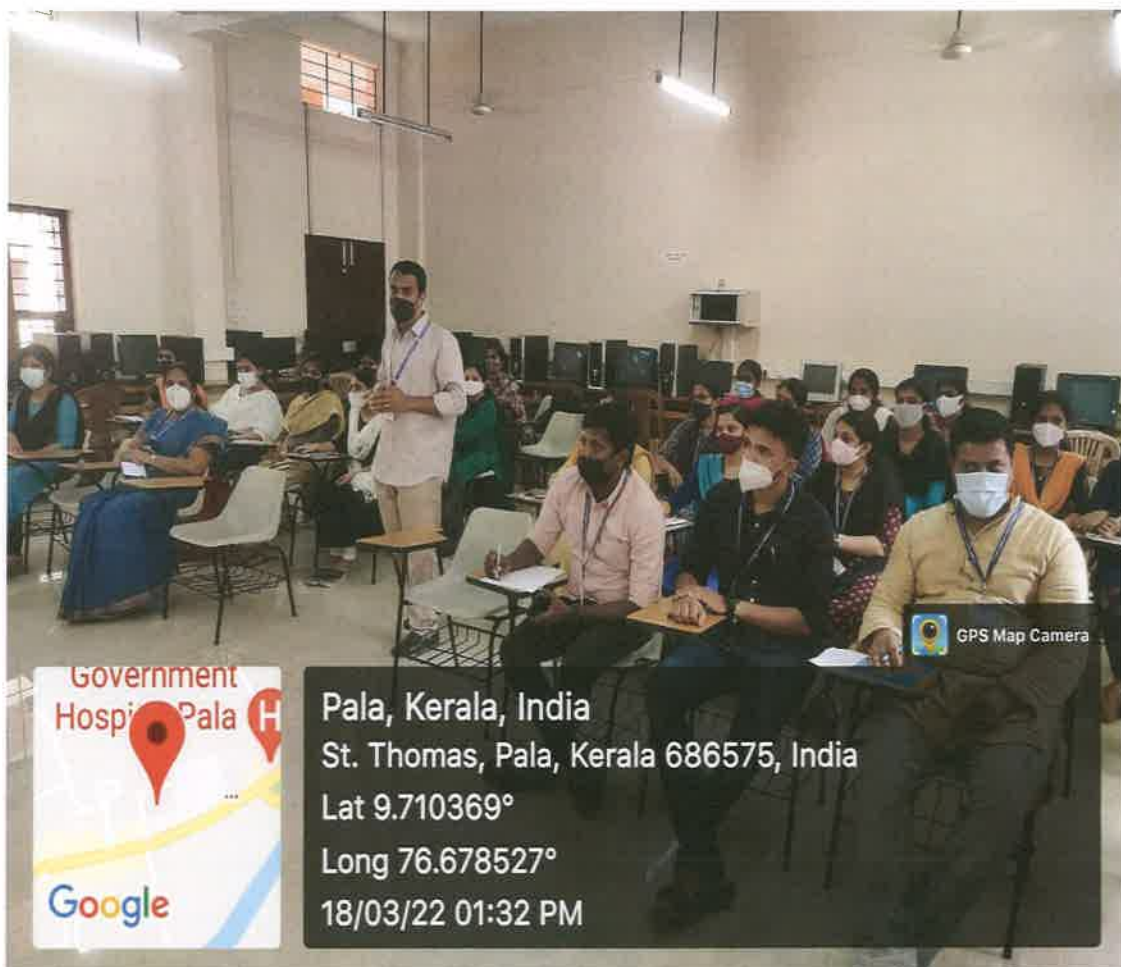



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30. MEDIA LITERACY CAMPAIGN III

A lecture on media Literacy was organised for M.Ed. students at the College on 18th March 2022 from 1.30 to 2.30 PM. Dr. Alex George acted as a resource person for the programme. 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 teacher educators and prospective teachers, M.Ed. and 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.




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31.SPARSHAM

SPARSHAM is a lively interaction of a specially trained team of 125 persons including both educationalist and teacher trainees, which aims to enable the children to handle issues during the Covid 19 and post Covid times. The programme also aims to lighten the social life of both children and parents by providing both technical and emotional support.

Children along with their parents can directly contact to the sparsham members and share their issues in between 8 AM and 8 PM. According to the nature of the issue under consideration, after a preliminary assessment, children were allotted a counsellor who are competent in the field. In-person meetings were arranged in online mode for each children.

1. Objective of Practice: To revitalize life of pupils during COVID 19 Pandemic.
2. The context: The COVID-19 pandemic brought a complex array of challenges which had mental health repercussions for everyone, including children and adolescents.
3. The Practice: A team of well-trained 125 certified teacher trainees and teachers served as counsellors to students and parents of the neighbourhood schools
4. Evidence of Success: Students and parents benefitted
5. Problems Encountered and Resources Required: Diffidence on the part of parents to open up on their problems
6. Notes: Instilled a fellow feeling for the needy in the society




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സൗജന്യ സേവനപദ്ധതി 'സ്പർശ'വുമായി പാലാ സെന്റ് തോമസ് കോളജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ

ഫലം: കോവിഡ് കാലഘട്ടത്തിലും കോവിഡാനന്തര ജീവിതത്തിലും ഏറെ ഉണർവോടെ മുന്നേറാൻ കുട്ടികളെയും മാതാപിതാക്കളെയും സഹായിക്കുക എന്ന ലക്ഷ്യത്തോടെ പാലാ സെന്റ് തോമസ് കോളജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ സൗജന്യ സേവനപദ്ധതി സ്പർശം ആരംഭിച്ചു. പതിശിലനം ലഭിച്ച 125 പേരടങ്ങുന്ന ടീമിന്റെ സജീവമായ ഇടപെടലാണ് പദ്ധതിയിലുള്ളത്. ഒന്നു മുതൽ 12 വരെ കുറസുകളിൽ പഠിക്കുന്ന കുട്ടികൾക്കും അവരുടെ മാതാപിതാക്കൾക്കും വിദഗ്ദ്ധരുമായി ആശയവിനിമയം നടത്തുവാൻ അവസരം ലഭിക്കും. അധ്യാപകരും അധ്യാപക വിദ്യാർത്ഥികളുമടങ്ങിയ സംഘമാണ് ആദ്യഘട്ടത്തിൽ സംവദിക്കുന്നത്. പ്രാഥമികമായി നിങ്ങൾ സംസാരിക്കുന്ന വിഷയം കേട്ടതിനുശേഷം യോജിക്കുന്ന ഒരു വിദഗ്ദ്ധനെ നിങ്ങൾക്കായി നൽകും. രാവിലെ എട്ടിനും രാത്രി എട്ടിനും മടയിലുള്ള എന്തു സമയത്തും ഇദ്ദേഹത്തെ നേരിട്ടു വിളിക്കാം. ഫോൺ നമ്പർ 906 1538841, 9446758600, 9497450670, 9747656363, 9747191495, 830 002395.



Thu, 20 May 2021

<https://epaper.deepika.com>



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

SPARSHAM
Loving touch to rejuvenate the buds...

An initiative to interact with specially trained volunteers and revitalize life after Covid 19 pandemic

Phase I
May 1- June 30, 2021
Around 1250 children get an opportunity to interact with educationalists, daily.
Free of cost
Time: 8 A.M to 8 P.M
For more details, contact
Dr. Alex George- 9447599631

Sir/Madam,

We are living in an era in which our social life and mental health are challenged by the COVID-19 pandemic. Our children, the promise of tomorrow, deserve our undivided attention during these difficult times. Because of the ravaging pandemic, they are cut off from real classroom experience. The St. Thomas College of Teacher Education, an institution of excellence, dedicates to the community the service of 125 well trained educationalists who will interact with the pupils for rekindling their interest in learning and charging up their minds. We earnestly hope that this service will benefit everybody.

Sincerely,
Dr. T. C. Thankachan Principal
Dr. Alex George Co-ordinator

Contact Numbers & Time

6 pm to 8 pm 9061538841 9446758600 9497770221	8 am to 6 pm 9747191495 9406062952 7510147480 888118224	10 am to 12 pm 9446758690 8547025422 948395442
2 pm to 4 pm 9747191495 9406062952 7510147480	12 pm to 2 pm 9446758690 8547025422 948395442	

Our Mentors

Dr. T.C. Thankachan	Dr. (S.) Beenaamma Mathew	Dr. P.P. Stephen
Dr. (S.) Mary Thomas	Dr. Linda Dominic	Dr. Suno Anitha
Dr. Pauline Abraham	Ms. Sand Thomas	Dr. Basha David
Dr. Alex George	Dr. Gita G. George	

SPARSHAM
Loving touch to rejuvenate the buds...

What is it?
Sparsham is the timely intervention of a specially trained team of 125 Educationists, which aims to invigorate the children during COVID times and post-COVID life. The programme aims to lighten up social life by transcending the barrier imposed by social distancing through interaction enabled by modern information technology.

For whom?
The students of standard I- XII, their parents and local guardians get an opportunity to interact with the team members. Authoritative response will be provided to doubts related to the students' focus on studies, identification of learning disabilities, personality development, time management, ways to mitigate stress, media literacy, etc.

Through Whom?
A team of 125 well trained, certified teachers and teacher-trainees interact in the first phase. They are organized into twenty teams with team leaders and mentors to respond to each query.

How to utilize 'Sparsham'?
Children, in the presence of parents, as well as parents and family members, directly, can contact the team using any of the contact numbers provided from 8 A.M to 8 P.M. Based on preliminary assessment of the issues mentioned, a suitable counsellor will be allotted to each case. It would be convenient if discussion points are noted down beforehand to save time during the interaction.

Remember to follow the telephone etiquette.



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32. SILENT PROTEST AGAINST DRUGS

The Vimukthi club members organised a Silent *Protest Against Drug* on 17 January 2020. The programme was a collaborative effort of both STCTE and Excise Department, Range Office, Pala. The intention of the programme was to make aware both students and other community members towards the consequences of consumption of drugs. A rally was flagged off by department officials, Range office, Pala.



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KOTTAYAM, KERALA-686575

SPARSAM-2021

Date:	Team Code:
	Name of Team Leader:

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

Details of calls (For Leaders Only)

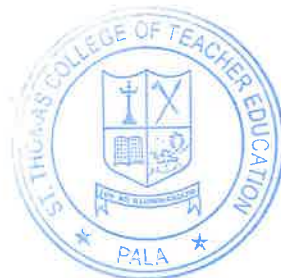
Phone Number	Phone Number
1.	16.
2.	17.
3.	18.
4.	19.
5.	20.
6.	21.
7.	22.
8.	23.
9.	24.
10.	25.
11.	26.
12.	27.
13.	28.
14.	29.
15.	30.


Name of the Team Mentor:

Co-ordinator

Principal

Case history sheets given to leaders




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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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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.

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.

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 Eroor 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.




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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 Sumu 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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33.MEENACHIL RIVER CONSERVATION CAMPAIGN

Rivers and Hiis are essential for a good climate and environment. To make the student aware of the protection of environment in general and rivers in particular, in commemoration of World Water Day, the institution organized a river conservation campaign at meenachil river shore.

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

INAUGURATION

 SMT. JOSIN BINO
 MUNICIPAL CHAIR PERSON

PRESIDENTIAL ADDRESS

 DR. SR. BEENAMMA MATHEW
 PRINCIPAL

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

FELICITATION

ADV. BINU PULIKKAKANDAM
 15- WARD MEMBER

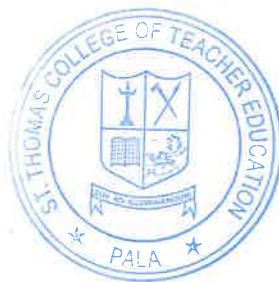
SRI. SHAJU V. THURUTHAN
 1- WARD MEMBER

SMT. BINJIDI KUDAKKACHIRA
 20- WARD MEMBER

SRI. PRINCE V.C. THAYYIL
 21- WARD MEMBER

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

HEALTH INSPECTOR
 ANISH
 CO-ORDINATORS: VINDHUJA V
 NITHIN C.T.



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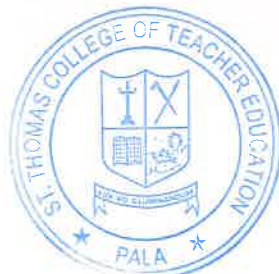


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**34. MAINTENANCE AND WELFARE OF PARENTS AND SENIOR CITIZENS ACT, 2007
ORIENTATION PROGRAMME**

The institution hosted an awareness programme which was collectively organized by STCTE, Pala and Kerala Government Social Welfare Department Maintenance Tribunal, Pala on 5th January 2022. The joint venture aimed to educate young people about the Protection and Welfare of Parents and Senior Citizens Act, 2007, and the importance of dementia care.

Students are oriented through the legal provisions included in the jurisdiction of the Act and they were provided with inputs which enable them to deal dementia. In its broader sense the programme was rich in its content and reaches.



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