



3.4.1 - Extension activities are carried out in the neighbourhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the year 2021-22





5 (KERALA) NAVAL NCC UNIT, CHANGANASSERY ST THOMAS COLLEGE, PALAI

ACTIVITY REPORT (2021 – 2022)

The sub-unit of the 5(K) Naval NCC unit, Changanassery has been active in its duty since and had done various activities relating to social, health and education and many more which had a great impact on its cadet's personalities and skill development.



PROF. DR. JAMES JOHN

**PRINCIPAL
(ST. THOMAS COLLEGE, PALAI)**

CAPTAIN A SREERAM

CAPTAIN ANIL VARGHESE

COMMANDING OFFICERS
5(K) NCC NAVAL UNIT, CHANGANASSERY

CPO SHEBIN KURIAKOSE (Retd.)

CPO GIREESH G P (Retd.)

CPO VINEETH K S

CHIEF INSTRUCTORS
5(K) NCC NAVAL UNIT, CHANGANASSERY

CPO SHEBIN KURIAKOSE (Retd.)

PO NIGAMANANDA RAUT

PERMANENT INSTRUCTOR STAFFS ST. THOMAS COLLEGE, PALAI

LEADING PANEL 2022 - 23



CARE TAKER OFFICER
Dr. ANISH CYRIAC



CADET CAPTAIN
SREEJITH V

PETTY OFFICER CADETS

POC ABHIJITH P ANIL
POC NIKHIL JOSHI NP
POC VISHAL KRISHNA S

LEADING CADETS

LC ALEN SUNNY
LC VISWAJITH S
LC JESVIN JOY
LC NIBIN BABY
LC AKSHAI S REGHU
LC S SOORYA KRISHNA

ACHIEVEMENTS

**SELECTED FOR RDC IN NOVEMBER 2022 FOR REPUBLIC DAY
CAMP 2023 (RDC 2023)**

5(K) NAVAL NCC UNIT, CHANGANASSERY
ST. THOMAS COLLEGE, PALAI


PARTICIPATING

74th
**REPUBLIC
DAY
CAMP**

**PETTY OFFICER CADET
VISHAL KRISHNA S**

REPRESENTING
KERALA & LAKSHADWEEP
DIRECTORATE IN

**ALL INDIA
KARTAVYA PATH
(RAJPATH)**



राष्ट्रीय कैडेट कोर
NATIONAL CADET CORPS

75
Azadi Ka
Amrit Mahotsav

प्रमाण पत्र
CERTIFICATE

This is to certify that No. KL/20/SDN/153869 Rank POC

Name: VISHAL KRISHNA S Unit: 5 (K) NAVAL UNIT, NCC
CHANGANACHERY

NCC Directorate: KERALA & LAKSHADWEEP


ने 01 जनवरी 2023 से 29 जनवरी 2023 तक, नई दिल्ली में, वार्षिक रा. कै. को. गणतंत्र दिवस शिविर में, अपने रा. कै. को. निदेशालय का प्रतिनिधित्व किया।
Represented his/her NCC Directorate, at the Annual NCC Republic Day Camp, held at New Delhi, from 01 January 2023 to 29 January 2023.

File No.: 17090/Cer/DGNCC/RDC-2023
Cert No.: DGNCC/RDC-2023/0733

दिनांक: 29 जनवरी 2023
Dated: 29 January 2023
स्थान: नई दिल्ली
Place: New Delhi

Digitally signed by UDAY SINGH
MANKOTIA
Date: 2023.01.29 20:46:00 IST 2023
उदय सिंह मनकोटिया
Uday Singh Mankotia
कर्नल/Colonel
सचिव भार डी सी
Secretary RDC

Digitally signed by GURBIRPAL
SINGH
Date: 2023.01.29 15:22:38 +05'30'
गुरबिरपाल सिंह
Gurbirpal Singh
लेफ्टिनेंट जनरल
Lieutenant General
महानिदेशक राष्ट्रीय कैडेट कोर
Director General National Cadet Corps



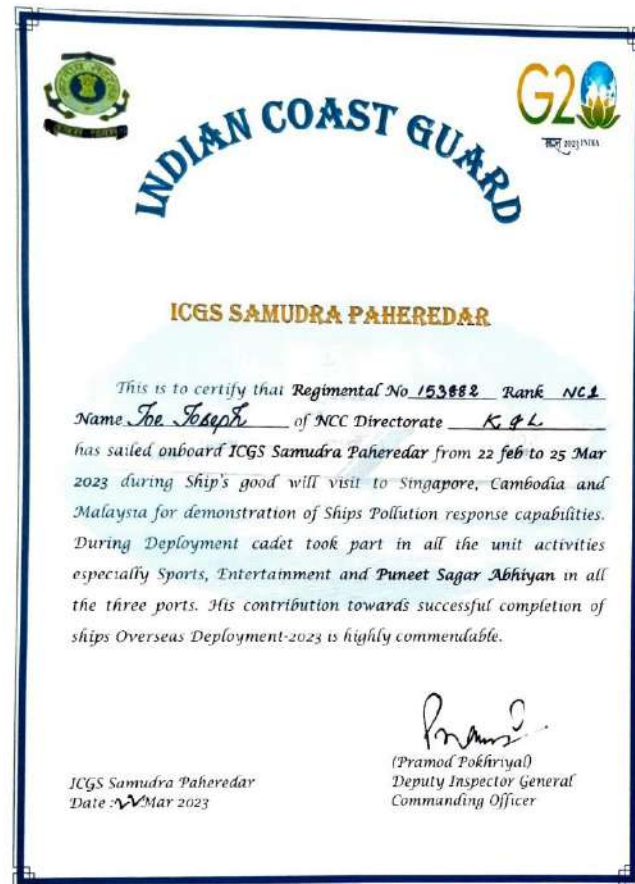
Petty Officer Cadet **Vishal Krishna S** represented the Kerala & Lakshadweep Directorate in the **All-India Karthavya Path** on the occasion of the 74th Republic Day, 2023.

SELECTED IN DECEMBER 2022 FOR OVERSEAS DEPLOYMENT CAMP 2023



(OSD 2023)

NCI Joe J Joseph represented the **Kerala & Lakshadweep Directorate** in the **Overseas Deployment Camp** onboard ICGS SamudraPaheredar to **Singapore, Cambodia and Malaysia** from February 22, 2023 to March 25, 2023. He was the only cadet to represent the Kerala and Lakshadweep Directorate in the OSD 2023.



ALL – INDIA NAU SAINIK CAMP 2022 (AINSC 2022)



NC1 Bharath S and NC1 Joe J Joseph represented the **Kerala & Lakshadweep Directorate** in the All – India NauSainik Camp 2022 held at Visakhapatnam from October 2, 2022 to October 12, 2022.



They both participated in the Service subject exam, Semaphore competition & Squad Drill and bagged second position in the squad drill competition.

INTER – GROUP COMPETITION 2022, REPUBLIC DAY CAMP (IGC RDC 2022)



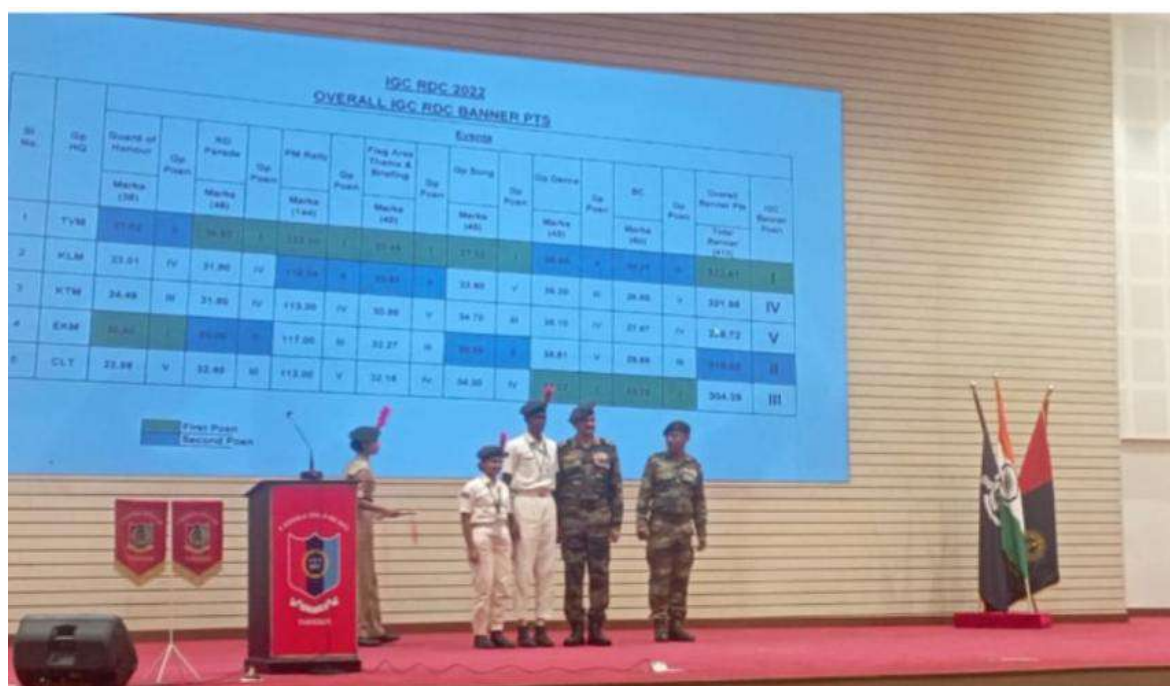
(NC1 Bharath S & NC1 Joe J Joseph receiving silver medal for achieving second position in the squad drill competition.)

THE RDC ASPIRANTS



Selected cadets of the STC naval wing for the Inter – Group Competition, Republic Day Camp 2023 (IGC RDC 2022) held at Police Academy, Thrissur. They represented the Kottayam Group in the **Guard of Honour, PM Rally** and the **Cultural Competitions**.

NC1 Bibin Sebastian with Major General Alok Beri after receiving the silver medal for the Best Innovative Team.



Selected cadets for the Inter Group Competition, Nau – Sainik Camp 2022, held at Naval Base, Kochi from August 12, 2022 to August 19, 2022. They have participated in various events, **Service Subject Exam, Semaphore Competition, Rigging, Squad Drill** and water borne competitions, **Boat Pulling & Boat Rigging** and contributed the team for achieving 3rd position in the Inter Group Competition.





The NCC Naval wing of St. Thomas College Palai bagged the ATC cup 2022 after competing with six colleges in the Annual Training Camp 2022 held at KE College, Mannanam from December 23, 2022 to December 30, 2022

BEST CADET AT NCC FESTS



LC Viswajith S won the first and second position in two consecutive NCC Fests conduct by Baselius College Kottayam (EKTA 2023) on January 28, 2023 and St. George College Aruvithra(SASHASTHRA 2K23) on January 24, 2023.

LC Viswajith S receiving the Best Cadet Award from Kottayam Group Commander, Brigadier BijuShantaram.





The NCC Naval wing of St. Thomas College Palai won the **Overall Championship** in the NCC fest, EKTA 2023, conducted by Baselius College, Kottayam of the 16(K) NCC Battalion. The St. Thomas Naval wing was the only naval team participated in the fest.




(Receiving the trophy from the Group Commander of Kottayam, Brigadier BijuShantharam
OVERALL CHAMPIONS)

INTO THE SERVICE

 **5 K NAVAL NCC UNIT
CHANGANASERRY** 
ST. THOMAS COLLEGE, PALA

**Ex NCC Naval Wing cadet of
St. Thomas College, Palai**



ANAND G
BA ENGLISH (2019-22 BATCH)
**Recruited in Army Medical
Corps Nursing Assistant in
INDIAN ARMY**

CONGRATULATIONS

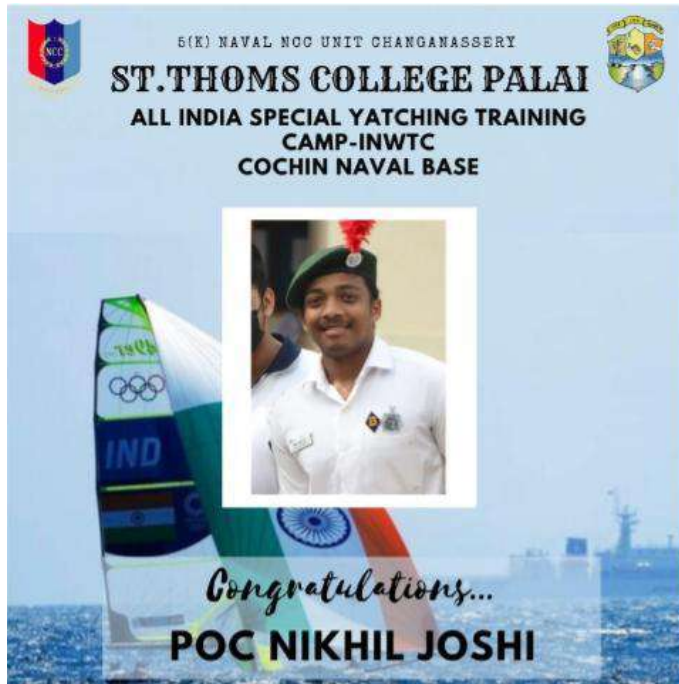
NC1 Anand G, the ex-cadet of the 5(K) NC Naval Unit Changanassery, St. Thomas College Palai, department of BA English 2019-22 batch, got recruited in the **Army Medical Corps** as **Nursing Assistant** on the year 2022.

SPECIAL CAMPS

ALL INDIA YACHTING CAMPS 2022

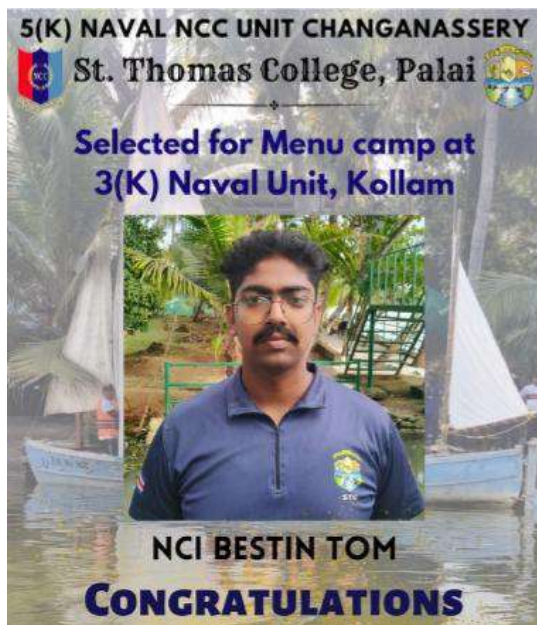


NC1 S. Soorya Krishna was nominated for the All – India Special Yachting Training Camp held at Naval Base, Kochi on **April 2022**.



POC Nikhil Joshi NP was nominated for the All – India Special Yachting Training Camp held at Naval Base, Kochi on **November 2022**.

MENU SAILING CAMPS



NCI Bestin Tom got selected for the Menu Sailing Camp held at Kollam on **November 2022**.



NCI Abhijith MS got selected for the Menu Sailing Camp held at Kollam on **April 2023.**

EK BHARATH SRESHT BHARATH & NATIONAL INTEGRATION CAMPS(EBSB & NICCAMPS)

POC Abhijith P Anil selected for the National Integration, EkBharathShreshthBharath - Ilcamps at Ujjain, Madhya Pradesh on



LC Jesvin Joy participated in the Ek Bharat Shreshtha Bharath at Kollam from December 24, 2022 to January 2, 2023



LC JESVIN JOY



NC1 JISMON ABRAHAM participated in the Kerala EBSB II held at Kannur from December 24, 2022 to January 2, 2023.



NC1 JISMON ABRAHAM



ACTIVITIES 2021-2022

ACADEMIC CARNIVAL ORGANIZED BY MG UNIVERCITY

The St. Thomas College Naval wing participated in a Global Academic Carnival, organized by Mahatma Gandhi University, intended to equip students and academicians to professionally excel in their fields of interest and to contribute to the existing knowledge corpus.



SOCIALACTIVITIES 2021-22

1. World Day Against Child Labour (June 12, 2022)

In this crucial day, the cadets shot a visual presentation and posted it on various social media platforms to spread awareness on the importance of child education. The initiative had also ignited the hidden talents of the cadets.



The maiden attempt of the sub unit in short videopresentations. It got some special appreciation from the Commanding officer and the PI staffs of the 5(K)

YouTube

link:<https://youtu.be/NawpESG BwC>

Naval NCC unit.

2. Kavalippuzha Mini Beach cleaning (August 28, 2022) (PUNEET SAGAR ABHIYAN)

**MINI-BEACH CLEANING
KAVALIPPUZHA**



One of the pandemic gifted tourist attractions of the Kidangoor locality, the mini beach of Kavalippuzha, had lost its shine due to the flood. The cadets altogether took the initiative to rebuild its beauty by clearing of plastics and garbages which got deposited on the shores.

3. World Food Day (October 16, 2022)

&

International Poverty Eradication Day (October 17, 2022)

In combination of these two days cadets of NCC Naval wing of St Thomas college, Palai took the initiative to distribute food packets to the people sitting in and around the Palai town. Cadets prepared meals from their homes and distributed it to the needy.



4. Cycle Rally Against Drug Abuse (October 21, 2022)



As a part of NashaMukt Bharat Abhiyan, to reach out to the masses and spread awareness about substance abuse through various activities like: Awareness generation programmes, The NCC Naval wing of St Thomas College Palai organized a cycle rally.

For the Cycle Rally cadets prepared various placards and tied it to their cycles. The placards depicted various slogans in both Malayalam and English against drug abuse and drug use.

5. Campaign against Drug Abuse (November 1, 2022)

SKIT

AGAINST SMOKING



On this day cadets of NCC naval wing of St. Thomas college, Palai took part in the anti-drug campaign put forward by the government.

The cadets displayed a skit at the campus and the **Kottaramattom bus stand** as an awareness against smoking.

PUNEET SAGAR ABHIYAN



Puliyanoor, Kerala, India
MMX9+55W, Puliyanoor, Kerala 686574,
Lat 9.697736°
Long 76.668096°
26/11/22 03:47 PM

6. PuneetSagarAbhiyan (November 26, 2022)

On this day the cadets took the initiative to clean up the shores of the Meenachil river. From there, they collected many bundles of plastic wastes and garbages and disposed it rightly.

7. A Gift For The Young Talents (December 17, 2022)



The NCC naval wing of St. Thomas College Palai gifted sports shoes for the two athletic stars of the college who were not financially stable. The wing gifted the shoes according to their events, a walking shoe & a sprinter spikes.

8. Rally Against Drug Abuse (January 26, 2023)



As part of the campaign against drug abuse, the NCC Naval wing of St. Thomas College, Palai organised a rally from St. Thomas College to Mutholy Junction. The cadets bear banners and placards with wordings against drug abuse to spread awareness among public.

9. MealDistribution(February 22, 2023)



On this day the cadets distributed meal to the poor people on the streets of Palai town.

10. Pulwama Day (February 14, 2023) } Remembering Pulwama Martyrs



The Naval wing of St. Thomas College, Palai observed the Black Day by paying tribute to the soldiers who died in the Pulwama Attack on February 14, 2019. The cadets offered bouquets and flowers and payed tribute along with the public and the members from the VazhoorGrampanchayatto the Amar Jawan Memorial Monument at Kidangoor.

11. Food Distribution (March 9, 2023)



The cadets of NCC naval wing of St. Thomas College, Palai distributed water and biscuits to the traffic police and Street workers of Palai Town.

COLLABORATIVE ACTIVITIES

12. World Environment Day (June 5, 2022)



The NCC Naval wing of St. Thomas College, Palai in collaboration with Palai Nagarasabha, observed the World Environment Day on June 5.

News link :

<https://www.sathyamonline.com/news-kottayam-687092-2/>

The environment day programs at St. Thomas College, Palai led by the NCC Naval and Army wings of the college.



13. International Day Against Drug Abuse (June 26, 2022)

(A SESSION AT ADARRT DE-ADDICTION CENTRE, PALAI)



In collaboration with ADARRT de-addiction centre, Palai, the St. Thomas College NCC naval wing arranged a session with its people in which they shared their life changing motivational experience with the cadets.

News link : <https://pala.vision/nti-narcotic-day/>

(Screen shot of Asianet news)



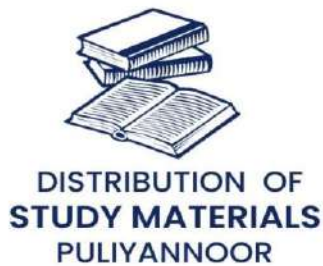
14. World Blood Donor Day (June 14, 2022)



On the occasion of the World Blood Donor Day, the STC naval wing cadets volunteered a blood donation campaign organised by the National Service Scheme Wing of the college.

EXTENSION ACTIVITIES 2021-22

15. Distribution of study materials (July 2, 2022)



As a helping hand to the students from the financially backward classes, the St. Thomas College NCC naval wing freely distributed study materials (bags, books & other writing materials) for nine eligible students.

16. GandhiJayanti (October 2, 2022)



In remembrance of this day the NCC Naval wing cadets of St Thomas college, Palai took the initiative to clean **The Gandhi Statue** at Kumaranalloor, Kottayam. The statue was wiped thoroughly to bring it back to its original state. All the unwanted posters were cleared.

17. Veterinary Hospital Cleaning (October 4, 2022)



On the occasion of the World Animal Day The cadets of St. Thomas college NCC naval wing took an initiative to clean up the Gov. Veterinary hospital in Mutholy, Palai. Cadets dusted the store room, consulting room and main hallway of the hospital.

18. World Student's Day (October 15, 2022)



On this world student's day, the cadets scheduled some time to spend with the young students at Anganawadi, Nellyani. We spread around this day's sweetness by distributing toffees and also as a remembrance we distributed customized stickers of Dr A P J Abdul Kalam for his long living memory.

19. National Education Day (November 11, 2022)



To commemorate this day, the naval wing gifted colouring books and materials to the students of Mutholy Anganawadi and spend some time interacting with them and the teachers.

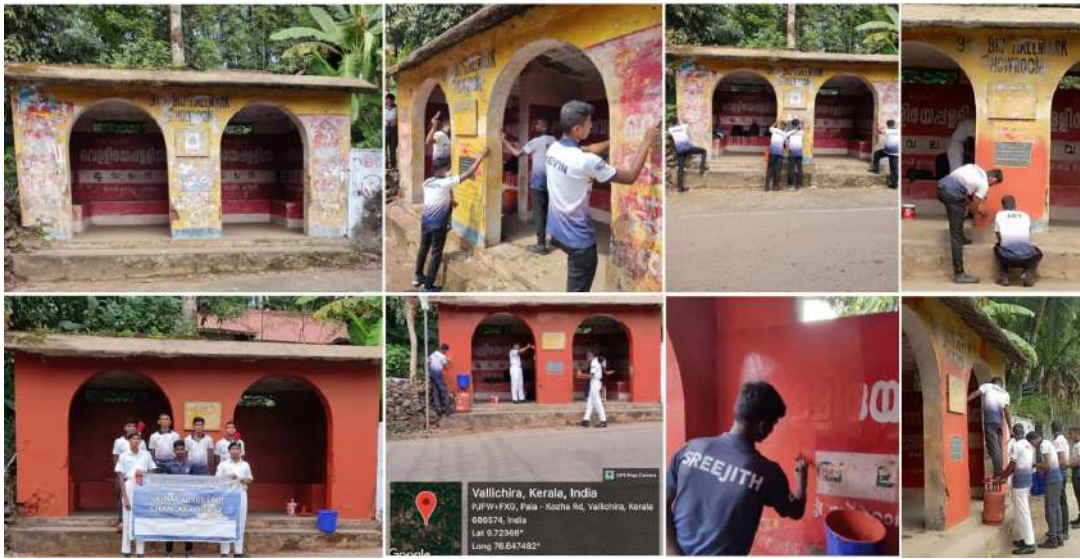
20. Wall Art at Anganawadi (November 19, 2022)

As per their need for some sketches for pictorial teaching, the talents of the St. Thomas College NCC naval wing gifted some wall drawings of vehicles, alphabets, animals & fruits for the young brothers & sisters.



21. Public Bus stop Cleaning and Maintenance & 30, 2022)

(November 29



The cadets of NCC naval wing of St. Thomas College, Palai had cleaned and painted a public bus stop at Vallichira.

22. Old Age Home Visit (December 2, 2022)



The NCC naval wing of St. Thomas college, Palai had the opportunity to visit and serve the old age home at Elikulam,. There cadets engaged in collecting firewoods, plucking weeds and cleaning its surroundings. The interaction sessions and the lunch time with them are memorable.

23.Armed Forces Flag Day (December 7, 2022)



CLEANING AND MAINTENANCE OF
AMAR JAWAN
MEMORIAL MONUMENT

On this day the cadets took the initiative to clean the surroundings and did some maintenance to the ‘Amar Jawan Memorial Monument (War Memorial)’ at Kodungoor as a tribute to the soldiers who laid down their lives in defence of our nation.

24. Traffic Duty (December 8, 2022

CADETS AT TRAFFIC DUTY



The cadets of NCC naval wing of St. Thomas college Palai assisted the traffic police in their duty on the occasion of Palai Jubilee Thirunnaal at 8th December, 2022.



25.Home Project (January 4, 2023)

The STC naval wing selflessly helped a poor family in their home construction by transporting hollow bricks for about 200m to the site at Parathanam.

26.Fire Station Safety & Practical Class (January 19, 2023)



A practical fire & safety class was organized by the STC NCC naval wing for the cadets at the Fire Station, Palai to make them aware about the safety precautions and to introduce them about the modern firefighting & rescue equipments.

27. Wheel Chair Donation (March 16, 2023)



The NCC naval wing of St. Thomas college, Palai along with the 1983 alumni batch of St. Mary's school, Elamgulam donated 3 wheelchairs to the Serenity Home residents of Elikulam.

28. Rice Donation (March 20, 2023)



The NCC naval wing of St. Thomas college, Palai donated 100kg of rice to MariyaSadenam, Palai.

INTERNATIONAL AND NATIONAL DAYS

29. International Nurses Day (May 12, 2022)



On the importance of this day, the cadets prepared a voice over video and posted it on social media to indulge its thoughts in many minds.

Video link -

<https://www.instagram.com/p/CddFy2Foil6/?igshid=YmMyMTA2M2Y=>

30. Anti-Terrorism Day (May 21, 2022)



31. International Day for Biological Diversity (May 22, 2022)



Even during the covid 19 pandemic times, the cadets of the St. Thomas college ncc naval wing paid a tribute as a remembrance of the assassination of the country's seventh prime minister, Shri. Rajiv Gandhi.



On this day, each cadet of the sub unit planted a tree in their own surroundings as the initial steps to support and sustain the biodiversity in the nature.

32. World Bicycle Day (June 3, 2022)

A cycle rally had been organized by the sub unit from St. Thomas College Palai to Palai town to spread awareness about the health benefits of cycling for a healthy lifestyle.

Star vision news link: <https://www.starvisiononline.com/2022/06/cycle-day.html>

**WORLD
BICYCLE DAY**
JUNE 03



33. I

**International Yoga Day -
(June 21, 2022)**

As part of this day, a day session was conducted at the campus by the STC NCC Naval wing for introducing both practical and theory knowledge about the importance of performing yoga in daily life.



**5(K) NAVAL NCC SUB-UNIT
ST. THOMAS COLLEGE, PALAI**

21st June
International
YOGA
day

Dr. Anish Cyraac
CEO, STC NCC Sub-Unit
St. Thomas College, Palai

Practical session	Theory session
 Sidharth PM NCC National Participant (Yoga)	 Dr. Harkrishnan Assistant Professor, Perinjeer (Ayurveda Dept.)

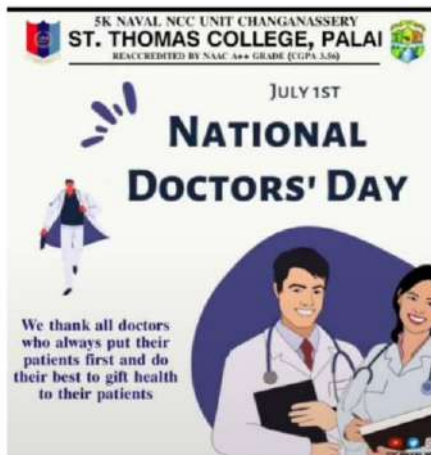
**34. Awareness against Diabetes (June 27, 2022)
} Mini - marathon**



MINI-MARATHON
JUNE 27, 2022

The sub unit organized a mini marathon to make the people aware about the diabetes disease and to motivate them to fight against it.

35.National Doctor's Day (July 1, 2022)



(Clips from the video presentation)

On this remarkable day, with most proud and privilege, the talents of the St. Thomas college ncc naval wing shot a short film on depicting a day in a doctor's life.

The video got the appreciation from the Commanding Officer of the 5(K) NCC Naval unit, Changanassery.

Video link: <https://youtu.be/mPbjwzoexUo>

36.World Plastic Bag Free Day (July 3, 2022)



Cadets themselves took an initiative to clear up their local surroundings from plastics to mark this day's importance. There is no better place than practicing the same in everyone's own surroundings.

37.Nelson Mandela International Day (July 18, 2022)

As a tribute to Nelson Mandela, the sub unit observed this day on St. Thomas College campus.



38.Kargil Vijay Diwas (July 26, 2022)

The day remarks the 23 years of the victory of India over Pakistan in Kargil war. As a homage to the fallen soldiers, the cadets of St. Thomas College NCC naval wing performed a skit and a candle light session to honour and celebrate. A minute of silence was also dedicated to them.

**KARGIL
VIJAY
DIWAS**

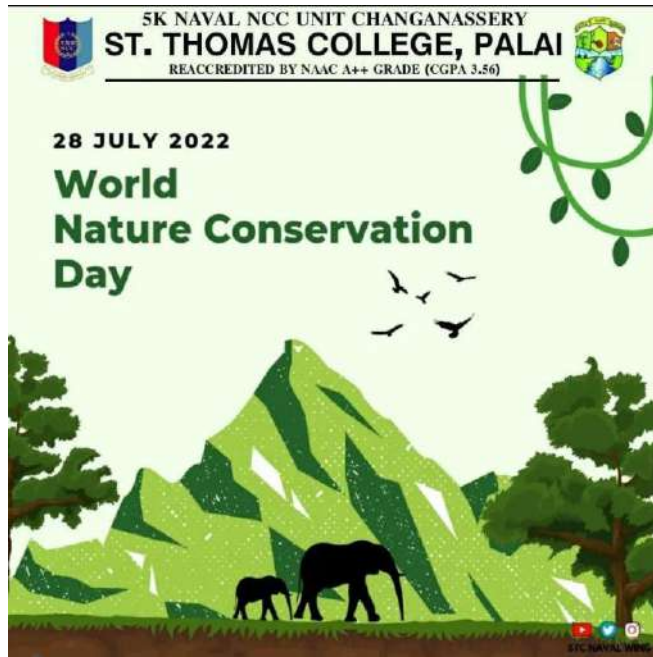


To celebrate this day, the cadets made an awareness video and published in the social media about the importance and objective of celebrating nature conservation day.

39.World Nature Conservation Day (July 28, 2022)

Video link:

<https://www.instagram.com/p/CglhMllvTBI/?igshid=YmMyMTA2M2Y=>



**40. Hiroshima Day
(August 6, 2022) &
Nagasaki Day (August 9, 2022)**



**41. Independence Day (August
15, 2022)**

As a remembrance of the great tragedy, a session was held in the college campus in which cadets delivered speeches about the incident, its impact and the after effects of it. A tribute was also given to the innocent people who died and the ones who left handicapped because of it.

On August 15, 2022, India celebrated its 75 glorious years of Independence. To commemorate this day the principal of St. Thomas College Palai hoisted the National Flag in the presence of college's naval & army ncc wings followed by parade.

As part of this day, online contests (pencil drawing & essay writing) were conducted to encourage and expose the nation's talents.

AUGUST
15
2022



(CTO Dr. Anish Cyriac along with Cadet Captain Sreejith V)








5K NAVAL NCC UNIT CHANGANASSERY
ST. THOMAS COLLEGE, PALAI
REACCREDITED BY NAAC A++ GRADE (CGPA 3.56)

JANA GANA MANA
Independence day online pencil drawing contests winners

	1st prize	
		
2nd prize		3rd prize
	Abhijith Shaji	
Karthikeyan .N		Radhika Sukhudev

5K NAVAL NCC UNIT CHANGANASSERY
ST. THOMAS COLLEGE, PALAI
REACCREDITED BY NAAC A++ GRADE (CGPA 3.56)

JANA GANA MANA
Independence day online essay writing contests

	1st prize	winners	2nd prize
			
	Ansha Uthaman		Jeffin Joy
	3rd prize		3rd prize
			
	Nikhitha Alfa Sajan		Sanpaul Sanjeev

42. SadbhavanaDiwas (August 20, 2022)

A day which is celebrated to promote national unity, peace, empathy and communal harmony amid Indians of all faiths. To mark this day's importance a voice over video was made and posted it on the social media.

Video link :

https://www.instagram.com/reel/CiGFA_Lgfmz/?igshid=YmMyMTA2M2Y=

43.National Sports Day (August 29, 2022)



An interactive class was organized by the NCC naval wing of St. Thomas College Palai in relation to the National Sports Day. Also cadets took the initiative to clean the Jimmy George stadium and its gallery which is a major attraction of the campus.

44.International Peace Day (September 21, 2022)



A day dedicated to world peace, and specifically the absence of war and violence, such as might be occasioned by a temporary ceasefire in a combat zone for humanitarian aid access. The day was first celebrated in 1981 and is kept by many nations, political groups, military groups, and people. To implement the thought of peace into the young minds the stc naval wing celebrated this day at the campus by making a dove using origami birds.

45. World Pharmacist Day (September 25, 2022)



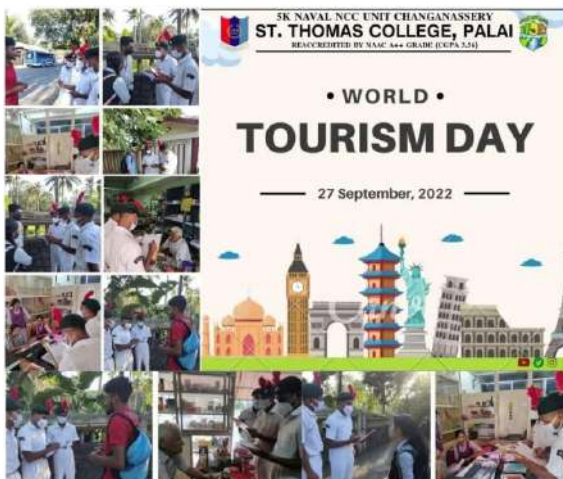
Distributed masks to the public.

46. World Environmental Health Day (September 26, 2022)



To commemorate this day the cadets took the initiative to clean a drainage and the campus surroundings and became idols to the public.

47. World Tourism Day (September 27, 2022)



On this day, the cadets prepared a report on tourism in India by taking surveys from the students and public.

48. World Nature Day (October 3, 2022)

} Terrarium Making



In this world nature day, NCC Naval Wing Cadets of St Thomas college, Palai took the initiative to make miniature ecosystem also called terrarium.

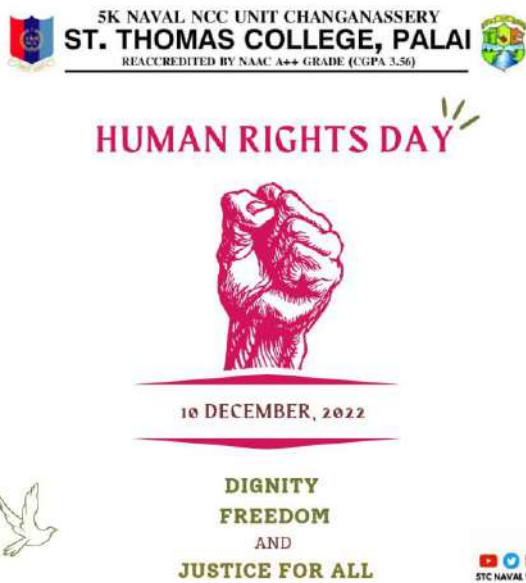
49. World AIDS Day (December 1, 2022)



The cadets of STC naval wing, St. Thomas College Palai, observed this day by spreading awareness about AIDS disease and by paying a tribute to those who lost their lives and who were suffering from the non curable disease.

50. Human Rights Day (December 10, 2023)

As a part of the Human Rights Day, the cadets shot a short video presentation by highlighting the dominance of the owners/public to their labours/Street workers.



The video got the special appreciation from the 5(K) NCC naval unit, Changanassery

Video Link :

<https://drive.google.com/file/d/1mPYieOocpDiT404nKXpyRlvq0HyUVDc/view?usp=drivesdk>

51. National Youth Day (January 12, 2023)



In relation to this day Cadets of NCC NAVAL WING St Thomas college Palai organized a lecture. In the session NC1 Vishnu Murali took a lecture based on the book by Swami Vivekananda named 'Yuvakalod'.The life lessons and the book were summarized. The same book was gifted to the winner of the quiz session that followed.

NCC DIGITAL FORUM

The St. Thomas College Naval Wing has successfully submitted the following list of activities to the NCC DIGITAL FORUM.

1. National Doctor's Day video presentation
2. Child Labour Day video presentation
3. PuneetSagarAbhyian
 - Water Body Cleaning
 - Kavalippuzha Mini Beach Cleaning
4. Cycle Rally on World Bicycle Day
5. Skit organised on the occasion of Kargil Vijay Diwas
6. Pulwama Day Memorial
7. International Yoga Day Sessions

STC NAVAL WING ON MEDIA 2021-22
MEDEA REPORTS

സൈക്കിൾ ദിനം ആചരിച്ചു



ഫാ. ഡോ. ജെയിംസ് ജോൺ മംഗലത്ത് സൈക്കിൾ റാലി ഫ്ലാഗ് ഓഫ് ചെയ്യുന്നു

ഫലം

സൈക്കിൾ ദിനത്തോടനുബന്ധിച്ച് പരിസ്ഥിതി, ആരോഗ്യ സംരക്ഷണ സന്ദേശവുമായി സെന്റ് തോമസ് കോളേജ് എൻസിസി നാവിക വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ റാലി സംഘടിപ്പിച്ചു. പ്രിൻസിപ്പൽ ഫാ. ഡോ. ജെയിംസ് ജോൺ മംഗലത്ത് റാലി ഫ്ലാഗ് ഓഫ് ചെയ്തു. ഡോ. അനീഷ് സിറി

യക് അധ്യക്ഷനായി. പാലാ ട്രാഫിക് എസ്ഐ സി രാജു മുഖ്യപ്രഭാഷണം നടത്തി. വൈസ് പ്രിൻസിപ്പൽമാരായ പ്രൊഫ. ജോജി അലക്സ്, ഡോ. ഡേവിസ് സേവ്യർ എന്നിവർ സംസാരിച്ചു. നാവികവിഭാഗം കേഡറ്റുകളായ വി ശ്രീജിത്, അഭിജിത് പി അനിൽ, നിഖിൽ ജോഷി, വിശാൽ കൃഷ്ണ, സുര്യ കൃഷ്ണ, അലൻ സണ്ണി എന്നിവർ നേതൃത്വംനൽകി.



സൈക്കിൾ ദിനത്തോടനുബന്ധിച്ച് പാലാ സെന്റ് തോമസ് കോളേജിലെ എൻസിസി നാവിക വിഭാഗം സംഘടിപ്പിച്ച സൈക്കിൾ റാലി.

സൈക്കിൾദിനം ആചരിച്ചു

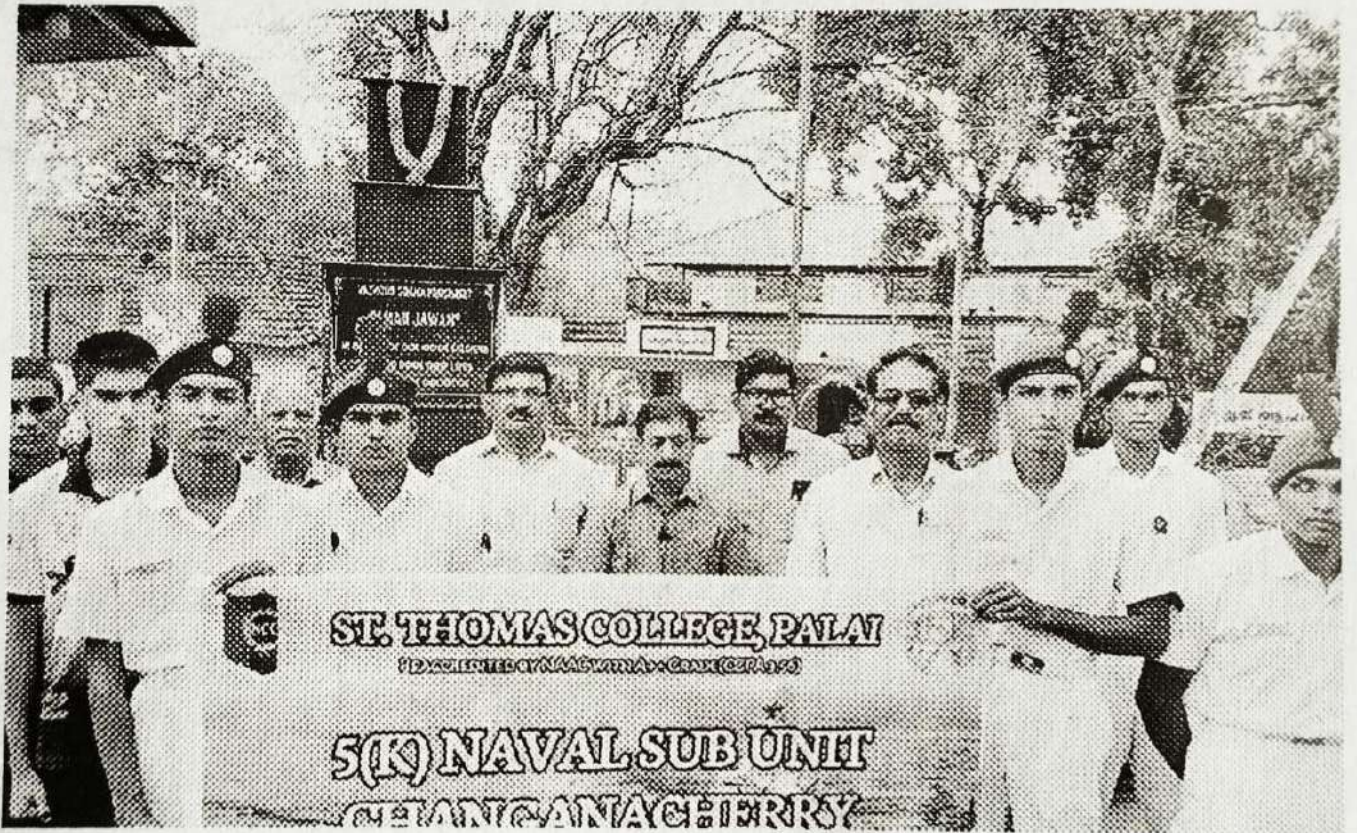
പാലാ: സെന്റ് തോമസ് കോളേജിലെ എൻസിസി നാവിക വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ സൈക്കിൾ ദിനത്തോടനുബന്ധിച്ച് റാലി സംഘടിപ്പിച്ചു. കോളേജ് അങ്കണത്തിൽ നാവിക വിഭാഗം എഎൻഒ ഡോ. അനീഷ് സിറിയാക്കിന്റെ അധ്യക്ഷതയിൽ പ്രിൻസിപ്പൽ റവ. ഡോ. ജെയിംസ് ജോൺ മംഗലത്ത് സൈക്കിൾ റാലി ഫ്ലാഗ് ഓഫ് ചെയ്തു. കോളേജ് വൈസ് പ്രിൻസിപ്പൽമാരായ പ്രൊഫ. ജോജി അലക്സ്, ഡോ. ഡേവിസ് സേവ്യർ എന്നിവർ പ്രസംഗിച്ചു.

ഡോ. ഡി. ജോർജ്ജ്, ഡോ. തോമസ് വി. മാത്യു തുടങ്ങിയവർ സന്നിഹിതരായിരുന്നു. പ്ലക്കാർഡുകളുമായാണ് കേഡറ്റുകൾ അണി നിരന്നത്. തുടർന്ന് കോളേജ് അങ്കണത്തിൽ നിന്നു പുറപ്പെട്ട റാലി അരുണാപുരം പാലാ റോഡിലൂടെ പുരമംഗലിച്ച് കൊട്ടാരമുറ്റം സ്വകാര്യ ബസ് സ്റ്റാൻഡിൽ അവസാനിച്ചു.

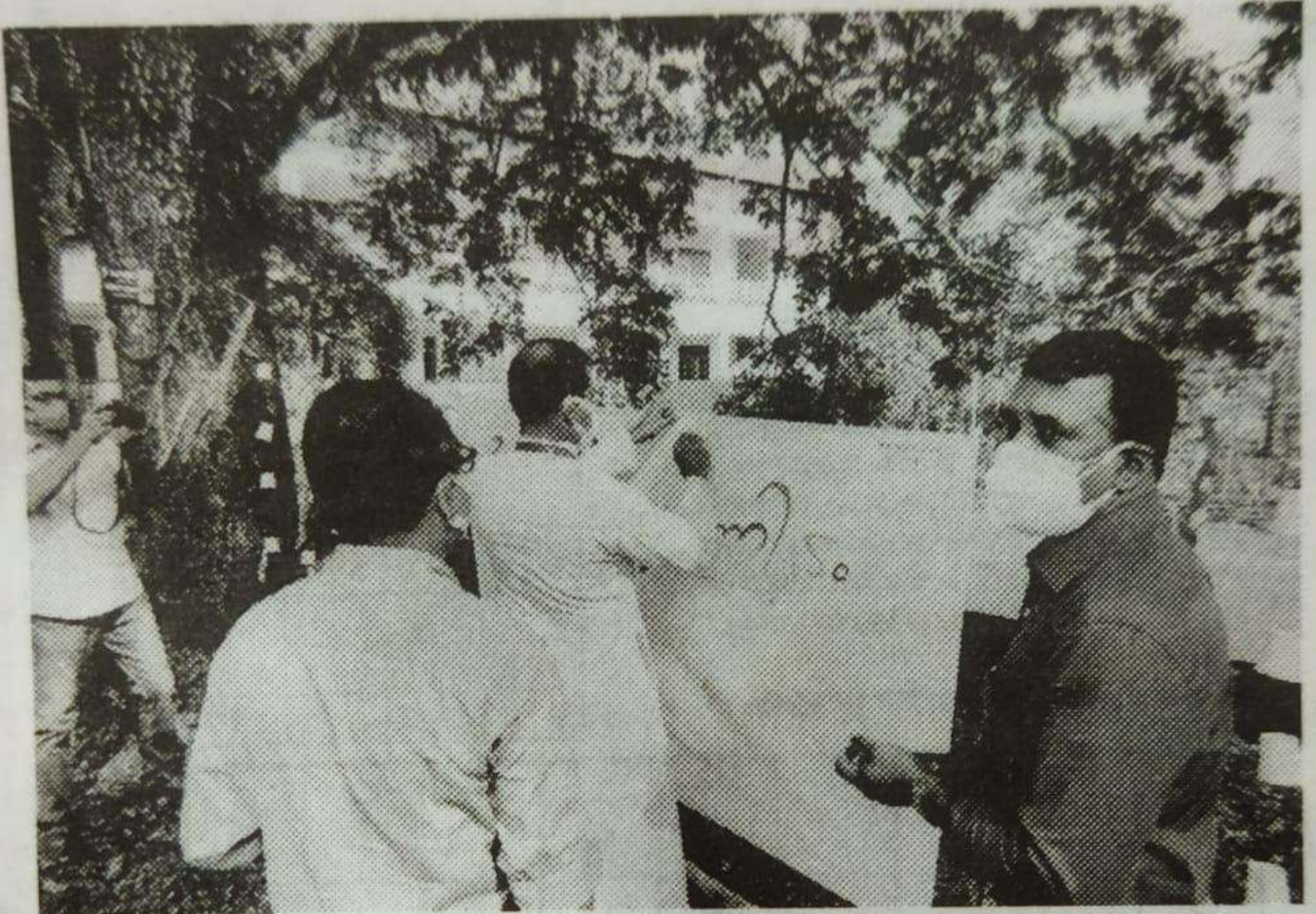
സൈക്കിൾദിനം ആചരിച്ചു

പാലാ ▶ സെന്റ് തോമസ് കോളേജിലെ എൻ.സി.സി. നാവിക വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ സൈക്കിൾ ദിനത്തോടനുബന്ധിച്ച് റാലി സംഘടിപ്പിച്ചു. കോളേജ് അങ്കണത്തിൽ ഡോ. അനീഷ് സിറിയാക്കിന്റെ അധ്യക്ഷത

യിൽ, പ്രിൻസിപ്പൽ ഫാ. ഡോ. ജെയിംസ് ജോൺ മംഗലത്ത് സൈക്കിൾ റാലി ഫ്ലാഗ് ഓഫ് ചെയ്തു. കോളേജ് വൈസ് പ്രിൻസിപ്പൽമാരായ പ്രൊഫ. ജോജി അലക്സ്, ഡോ. ഡേവിസ് സേവ്യർ എന്നിവർ പ്രസംഗിച്ചു.



▶ പാലാ സെന്റ് തോമസ് കോളേജിലെ എൻ.സി.സി. കേഡറ്റ് അംഗങ്ങൾ
 കൊടുങ്ങൂരിലെ യുദ്ധസ്മാരകത്തിൽ നടത്തിയ ശ്രമദാനം വാഴൂർ പഞ്ചായത്ത് പ്രസിഡന്റ് വി.പി.ജെജി ഉദ്ഘാടനം ചെയ്യുന്നു. നാഷണൽ എക്സ് സർവീസ് മെൻ കോ-ഓർഡിനേഷൻ കമ്മിറ്റി തെക്കേത്തുകവല യൂണിറ്റ് പ്രസിഡന്റ് ജയിംസ് പയ്യമ്പള്ളിൽ മുഖ്യപ്രഭാഷണം നടത്തി



▶ പാലം സെൻ്റ് തോമസ് കോളേജിൽ നടന്ന മാതൃഭാഷാ ദിനാചരണം പ്രിൻസിപ്പൽ ഫാ. ജെയിംസ് ജോൺ മംഗലത്ത് ഉദ്ഘാടനം ചെയ്യുന്നു

ലഹരിക്കെതിരെ മനുഷ്യചങ്ങല തീർത്തു

പാലാ ▶ ലഹരിമുക്ത കാമ്പയിൻ സമാപനംകുറിച്ച് പാലാ സെയ്ന്റ് തോമസ് കോളേജിലെ അധ്യാപകരും വിദ്യാർത്ഥികളും മനുഷ്യചങ്ങല സംഘടിപ്പിച്ചു. കോളേജിലെ എൻ.സി.സി. ആർമി, നേവൽ, എൻ.എസ്.എസ്., ആന്റി നർക്കോട്ടിക് വിഭാഗങ്ങളുടെ നേതൃത്വത്തിലായിരുന്നു പരിപാടി. പ്രിൻസിപ്പൽ ഡോ. ജെയിംസ് ജോൺ പ്രതിജ്ഞ ചെയ്തുകൊടുത്തു.

പാലാ സി.ഐ. കെ.പി. തോംസൺ, എക്സൈസ് വിഭാഗം സി.ഐ. സുരജ്, സബ് ഇൻസ്പെക്ടർമാരായ കൃഷ്ണകുമാർ, ഷാജി സെബാസ്റ്റ്യൻ തുടങ്ങിയരുടെ നേതൃത്വത്തിൽ ആയിരത്തിലധികം വിദ്യാർത്ഥികൾ മനുഷ്യചങ്ങലയിൽ പങ്കെടുത്തു. വൈസ് പ്രിൻസിപ്പൽമാരായ ഡോ. ഡേവിഡ് സേവ്യർ, പ്രൊഫസർ ജോജി അലക്സ്, ഡോ. അനിഷ് സിറിയക് എന്നിവർ പ്രസംഗിച്ചു.

സംയുക്തമായി ആഘോഷം

പാലാ ▶ അൽഫോൻസാ കോളേജും സെയ്ന്റ് തോമസ് ട്രെയിനിംഗ് കോളേജും സെയ്ന്റ് തോമസ് ഹൈസ്കൂളും സംയുക്തമായി ലഹരിവിരുദ്ധ ദിനാചരണം നടത്തി. കൊട്ടാരമുക്ക് ജങ്ഷനിൽ മനുഷ്യചങ്ങല തീർത്തു.



കേരളപ്പിറവി ദിനത്തിൽ കുറവിലങ്ങാട് ഗ്രാമപഞ്ചായത്ത് തീർത്ത ലഹരിവിരുദ്ധ ശൃംഖല



കേരളപ്പിറവി ദിനത്തിൽ മരങ്ങാട്ടുപിള്ളി ഗ്രാമപഞ്ചായത്ത് തീർത്ത ലഹരിവിരുദ്ധ മനുഷ്യചങ്ങല

അൽഫോൻസാ കോളേജ് പ്രിൻസിപ്പൽ സിസ്റ്റർ റെജിനമ്മ ജോസഫ് ലഹരിവിരുദ്ധ പ്രതിജ്ഞ ചെയ്തുകൊടുത്തു. അൽഫോൻസാ കോളേജ് വൈസ് പ്രിൻസിപ്പൽമാരായ ഡോ. ഫാ.ഷാജിജോൺ, സിസ്റ്റർ മിനിമോൾ മാത്യു, സെയ്ന്റ്

തോമസ് ട്രെയിനിംഗ് കോളേജ് പ്രിൻസിപ്പൽ ഇൻ ചാർജ് ഡോ. ടി.സി. തങ്കച്ചൻ, സെയ്ന്റ് തോമസ് ഹയർ സെക്കൻഡറി സ്കൂൾ പ്രിൻസിപ്പൽ മാത്യു എം. കുര്യാക്കോസ്, ബാബു ജോസഫ്, ഡോ. അലക്സ് ജോർജ്ജ്, ഡോ. സുനിൽ തോമസ് എന്നിവർ പങ്കെടുത്തു.



RDC changes your personality: NCC cadets

For NCC cadets, being awarded for the Republic Day Camp is a great honor. They share with us the experience and lessons from the RDC. From discipline to leadership.

Deepika Garg, Rajasthan directorate
 RDC is a landmark of the achievement that makes me proud. It is an honor to be awarded for the RDC. It is a great honor to be awarded for the RDC. It is a great honor to be awarded for the RDC.

Radhika Garg, Rajasthan directorate
 RDC is not just about the discipline, it is about the character, military preparation, discipline, and these are the things you need to be a good human being. For me, I am very proud of my RDC. I have learned a lot from it. I have learned a lot from it. I have learned a lot from it.

Vishal Krishna S., Kerala and Lakshadweep directorate
 RDC is an important part of my life. It is a great honor to be awarded for the RDC. It is a great honor to be awarded for the RDC. It is a great honor to be awarded for the RDC.

Shruti, Karnataka directorate
 RDC is an important part of my life. It is a great honor to be awarded for the RDC. It is a great honor to be awarded for the RDC. It is a great honor to be awarded for the RDC.

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Shruti, Karnataka directorate
 RDC is an important part of my life. It is a great honor to be awarded for the RDC. It is a great honor to be awarded for the RDC. It is a great honor to be awarded for the RDC.

(THE TIMES OF INDIA)

പാലാ സെന്റ് തോമസ് കോളേജിന്റെ

വിജയത്തിലൂടെവുമായി എൻ.സി.സി. നേവൽ വിങ്ങ് കേഡറ്റുകൾ

പാലാ ▶ പാലാ സെന്റ് തോമസ് കോളേജ് നേവൽ വിങ്ങിലെ കേഡറ്റുമാരായ ജോ ജെ.ജോസഫ്, എസ്.ഭരത് എന്നിവർക്ക് വിശാഖ പട്ടണത്ത് നടന്ന ഓം ഇന്ത്യ നൗ സൈനിക ക്യാമ്പിൽ വെള്ളിമെഡൽ വിജയം.

ചെങ്ങന്നൂർ കാടുവെട്ടൂർ ജോസഫ്-മറിയമ്മ ദമ്പതിമാരുടെ മകനായ ജോ രണ്ടാംവർഷ ബി.സി.എ. വിദ്യാർത്ഥിയാണ്. കോഴിക്കോട് കുറ്റിയാടി തേങ്ങാക്കല്ലൂർ സുഗുണൻ-ശ്രീജ ദമ്പതി

മാരുടെ മകനായ ഭരത് രണ്ടാംവർഷ ബോട്ടണി വിദ്യാർത്ഥിയുമാണ്. വിദ്യാർത്ഥികളെ കോളേജ് അധികൃതർ അഭിനന്ദിച്ചു. സെന്റ് തോമസ് കോളേജ് പ്രിൻസിപ്പൽ ഫാ. ജെയിംസ് ജോൺ മംഗലത്ത്, വൈസ് പ്രിൻസിപ്പൽമാരായ ജോജി അലക്സ്, ഡോ. ഡേവിസ് സേവ്യർ, ഡോ. അനീഷ് സിറിയക്, കേഡറ്റ് ക്യാപ്റ്റൻ ശ്രീജിത്ത്, പി.അഭിജിത്, പി.അനിൽ, വിശാൽ കൃഷ്ണ, നിഖിൽ ജോഷി എന്നിവർ പ്രസംഗിച്ചു.

സംവാ
യായി

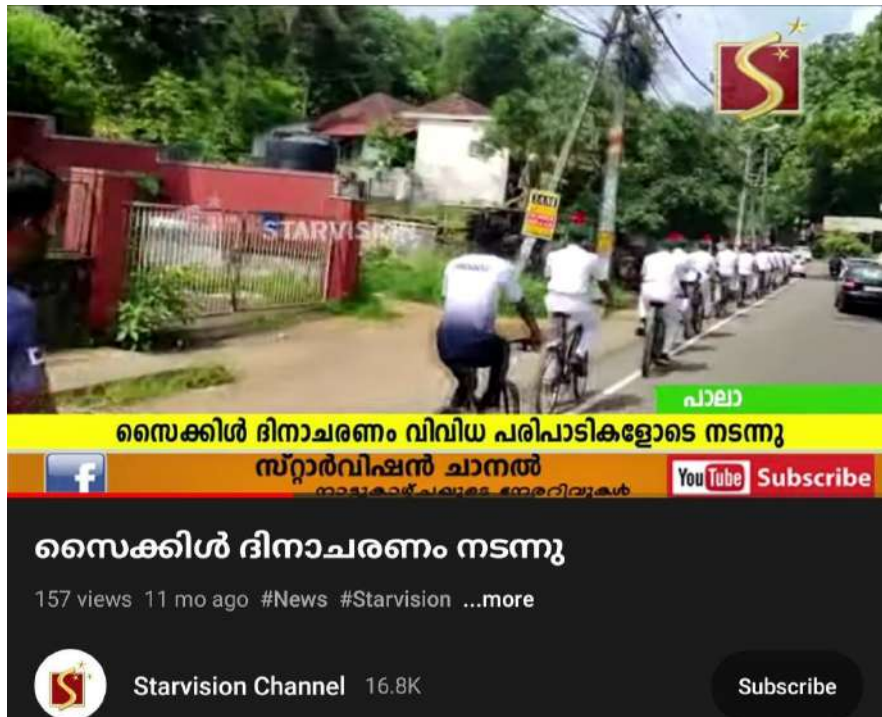
NEWS LINKS.

പാലാ സെന്റ് തോമസ് കോളേജ് NCC നാവിക വിഭാഗം, അഡാർട്ട് ലഹരി വിമോചന കേന്ദ്രവുമായി ചേർന്ന് സംയുക്തമായി ലഹരി വിരുദ്ധ ദിനം ആചരിച്ചു ।

Asianet News : <https://youtu.be/XXZ5Zhw5PLQ>



പാലാ സെന്റ് തോമസ് കോളേജിലെ NCC നാവിക വിഭാഗത്തിന്റെ നേതൃത്വത്തിൽ സൈക്കിൾ ദിനത്തോടനുബന്ധിച്ച് റാലി സംഘടിപ്പിച്ചു



StarvisionChannel : <https://www.starvisiononline.com/2022/06/cycle-day.html>

Kottayam Media :

<https://www.kottayammedia.com/the-ncc-naval-section-of-st-thomas-college-pala-organized-a-rally-on-the-occasion-of-cycle-day/>

സെന്റ് തോമസ് കോളേജിലെ NCC നാവിക വിഭാഗവും നഗരസഭയും ചേർന്ന് പരിസ്ഥിതി ദിനാഘോഷം സംഘടിപ്പിച്ചു

I4u
News :



<https://youtu.be/9gFfzeqg8sk>

Kottayam Media :

<https://www.kottayammedia.com/the-environment-day-was-organized-by-the-ncc-naval-department-and-the-municipality-of-st-thomas-college/>

BMTV News :

<https://www.bmtvlive.com/2022/06/june-5.html>

പഠനോപകരണ വിതരണം നടത്തി


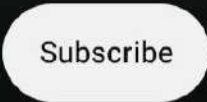
Starvision News : <https://youtu.be/I2hTwO1w Js>



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യോഗ ദിനാചരണം സംഘടിപ്പിച്ചു

≡ പാലാ വിഷൻ Q



OTHERS / HEALTH

By: Special Correspondent

Date: June 21, 2022

യോഗ ദിനാചരണം സംഘടിപ്പിച്ചു അന്തരാഷ്ട്ര യോഗാ ദിനാചരണത്തോടനുബന്ധിച്ച് പാലാ സെന്റ് തോമസ് കോളേജിലെ എൻസിസി നേവൽ - ആർമി വിഭാഗത്തിന്റെ സംയുക്ത ആഭിമുഖ്യത്തിൽ യോഗാ ദിനാചരണം സംഘടിപ്പിച്ചു. രാവിലെ കോളേജ് ക്യാമ്പസിൽ

കാർഗിൽ വിജയ ദിനം: "ദ് ലൈഫ് ഓഫ് എ സോൾജിയർ" നാടകം അവതരിപ്പിച്ചു

Starvision News [:https://youtu.be/WzZQ3Sq_OSA](https://youtu.be/WzZQ3Sq_OSA)



ശ്രദ്ധേയമായി സെന്റ് തോമസിലെ എൻസിസി കേഡറ്റുകളുടെ സ്വാതന്ത്ര്യ ദിന പരേഡ്

ശ്രദ്ധേയമായി സെന്റ് തോമസിലെ എൻസിസി കേഡറ്റുകളുടെ സ്വാതന്ത്ര്യ ദിന പരേഡ്

📄 BMTV Admin 🕒 Tuesday, August 16, 2022



പാലാ: സെന്റ് തോമസ് കോളേജിൽ സ്വാതന്ത്ര്യത്തിന്റെ 75-ാം വാർഷികഘോഷം സംഘടിപ്പിച്ചു. കോളേജിലെ എൻസിസി ആർമി, നേവൽ വിഭാഗങ്ങളുടെ സംയുക്ത അഭിമുഖ്യത്തിൽ സംഘടിപ്പിച്ച പരിപാടി കോളേജ് പ്രിൻസിപ്പാൾ റവ: ഡോ.ജെയിംസ് ജോൺ മംഗലത്ത് പതാക ഉയർത്തി ഉദ്ഘാടനം ചെയ്തു.

BMTV News :

https://www.bmtvlive.com/2022/08/pala-bmtvnews_16.html

Meenachil

News

[:http://www.meenachilnews.com/2022/08/st-thomas-college_15.html](http://www.meenachilnews.com/2022/08/st-thomas-college_15.html)

പാലാ സെന്റ്.തോമസ് കോളേജ് എൻ .സി.സി നേവൽ വിങ് യൂണിറ്റും, ഇളംങ്ങുളം സെന്റ് മേരീസ് ഹൈസ്കൂൾ 1983 എസ്എസ്എൽസി കൂട്ടായ്മയും സംയുക്തമായി വീൽചെയറുകൾ വിതരണം ചെയ്തു.

Starvision News :



Home > PALA > വീൽചെയറുകൾ വിതരണം ചെയ്തു.

വീൽചെയറുകൾ വിതരണം ചെയ്തു.

Starvision News Friday, March 17, 2023



പാലാ സെന്റ്.തോമസ് കോളേജ് എൻ.സി.സി നേവൽ വിങ് യൂണിറ്റും, ഇളംങ്ങുളം സെന്റ് മേരീസ് ഹൈസ്കൂൾ 1983 എസ്എസ്എൽസി കൂട്ടായ്മയും സംയുക്തമായി വീൽചെയറുകൾ വിതരണം ചെയ്തു. സെറിനിറ്റി ഹോമിൽ വെച്ച് നടന്ന പരിപാടിയിൽ മൂന്ന് വീൽചെയറുകളാണ് വിതരണം ചെയ്തത്. പരിപാടിയിൽ സെറിനിറ്റി ഹോമിലെ അംഗങ്ങളും എസ്.എസ്.എൽ.സി കൂട്ടായ്മ അംഗങ്ങളും നാവിക വിഭാഗം കേഡറ്റുകളും പങ്കെടുത്തു.

<https://www.starvisiononline.com/2023/03/wh>

[eelchair-distribution.html](#)

Conclusion:

The St. Thomas College Naval Wing has been successful in uplifting the fame of the 5 (K) NCC naval unit, Changanassery, and St. Thomas College, Palai, and has been an example to the public in social, collaborative, and extension activities. It had done many activities that had a great impact on its cadets personalities and skill development. It has proven that whatever it thought was impossible, it made it possible.

PRINCIPAL, PROF. DR. JAMES JOHN

CARE TAKER OFFICER, Dr. ANISH CYRIAC.

CADET CAPTAIN, SREEJITH V

National Service Scheme Activities Report 2021-22

Unit No.KL 05 -043

World Environment Day

5 June 2021

National Service Scheme of the college observed World Environment Day on 5th June 2021 by planting the tree saplings at the houses of the volunteers. World Environment Day was celebrated online mode and volunteers were asked to clean the premises of their houses and modify their whats app status with the photo of the sapling that they have planted. 70 volunteers planted tree samplings at their houses situated at different locations in various districts across Kerala.



Food Kit Distribution

5 June 2021

National Service Scheme unit of St. Thomas College Palai has distributed food kits containing essential items, masks and sanitizers to the poor and needy households of the Ward I & XIII of Kozhuvanal Grama Panchayath. Food kits were distributed at the Kezhuvamkulamanganwadi. Sri. B.Rajesh, Vice President of the Grama Panchayath presided over the function. Rev. Dr. James John Mangalath, the Principal inaugurated the distribution of food kits. Representative of the ward XIII Smt. Leelamma Biju and Prof. Jogy Alex, Member Senate, M.G. University Kottayam felicitated the gathering.



June 12

Awareness Programme on Anaemia Eradication

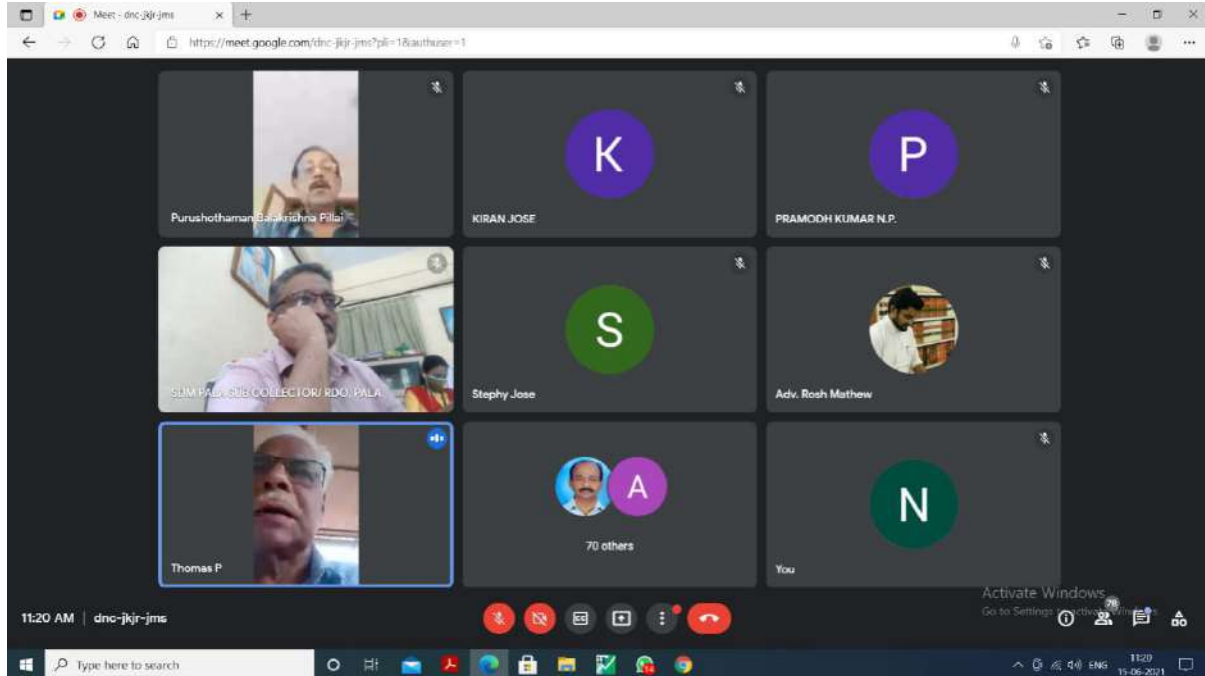
NSS unit of the college has conducted Anaemia eradication campaign on 12 June 2021 in association with Integrated Child Development Scheme Lalam Block Panchayath. Dr. Rony T Vempeny (Medical Officer, Primary Health Centre, Mutholy) were the chief resource person. Smt. Mareenea Thomas (ICDS Supervisor), Smt. Benamma Jacob (ICDS Lalam), Smt. Biji Ajayakumar, Smt. Sreekala K.K. (ICDS Kottayam) also participated in this programme.

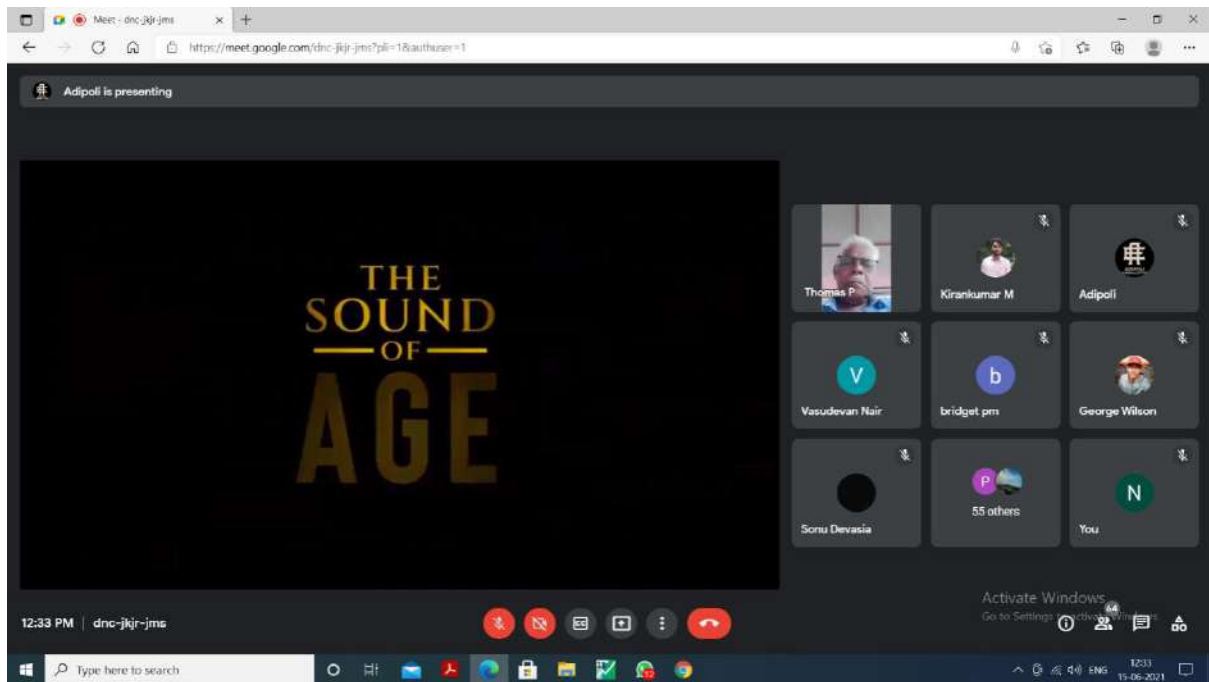


15 June 2021

World Elder Abuse Awareness Day

National Service Scheme unit of this college observed world elder abuse awareness day on 12th June 2021. As part of the day observation, NSS unit has conducted webinar and exhibition of short film named “The Sound of the Age”. The Webinar was inaugurated by Shri. Antony Scaria(RDO& Presiding Officer, Maintenance Tribunal Pala). Adv. Rosh Mathew (District Court, Kottayam) was the chief resource person. Shri. P.N. Pramod Kumar (Officer, District Social Justice Office Kottayam), Shri. ThomasPothen(Member, State Vayojana Council) participated in the programme.

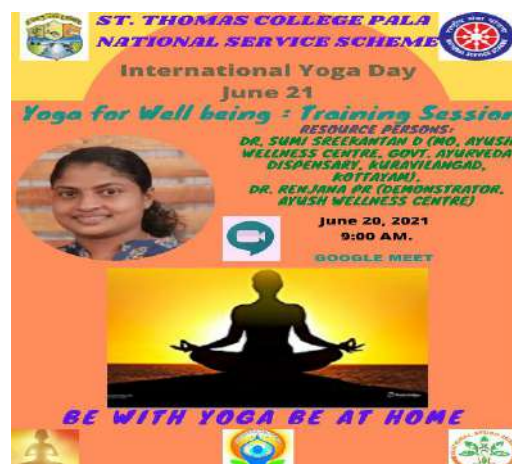




International Yoga Day

20 June 2021

International Yoga Day was observed by the NSS unit on 20 June 2021 via online mode. Theme of the programme was 'Be with Yoga Be @ Home'. Dr.SumiSreekatan (MO, , Government Ayurveda Hospital,Kuravilangad) and Dr.Renjana P.R. (Trainer,Government Ayurveda Hospital, Kuravilangad) were the resource persons. Online yoga class and practice session for volunteers were organised at 9.00 am. Dr. James John, Principal, St. Thomas College, Palai delivered the key note address. One hundred volunteers attended the online yoga instructions and practical sessions. They were asked to share their photographs of yoga practical session to the Whatsapp group of NSS unit.





**Gender Awareness Programme – Kanal
02 August 2021**

An online gender awareness programme was conducted by the NSS unit on 02 August 2021 in association with Mahila Sakthi Kendra Kottayam named 'Kanal' as a Kerala government initiative. Rev. Dr. James John Managalath, Principal of the college Presided over the meeting. Smt. Babitha Jacob, Gender trainer was the chief resource person. Smt. Heleena Rajan Philip, Welfare Officer, Mahila Sakthi Kendra, Kottayam felicitated the function.

Programme

*Welcome : Smt. Heleena Rajan Philip
(Women Welfare Officer , Mahila Sakthi
Kendra, Kottayam)*

*Presidential Address: Rev. Dr. James John
Mangalath (Principal, St. Thomas College
Pala)*

*Felicitatation : Prof. Jaji Jacob(Programme
Officer, National Service Scheme)*

*Vote of Thanks : Gayathri R Nair(I MA
Hindi)*

Programme Coordinators:
*Dr. Jayesh Antony (Programme Officer,
National Service Scheme)
Prof. Shilpa Mathew (Coordinator,
Women's Forum)*



ST. THOMAS COLLEGE PALA
ONLINE GENDER AWARENESS PROGRAMME
August 2, Monday
10.30 am



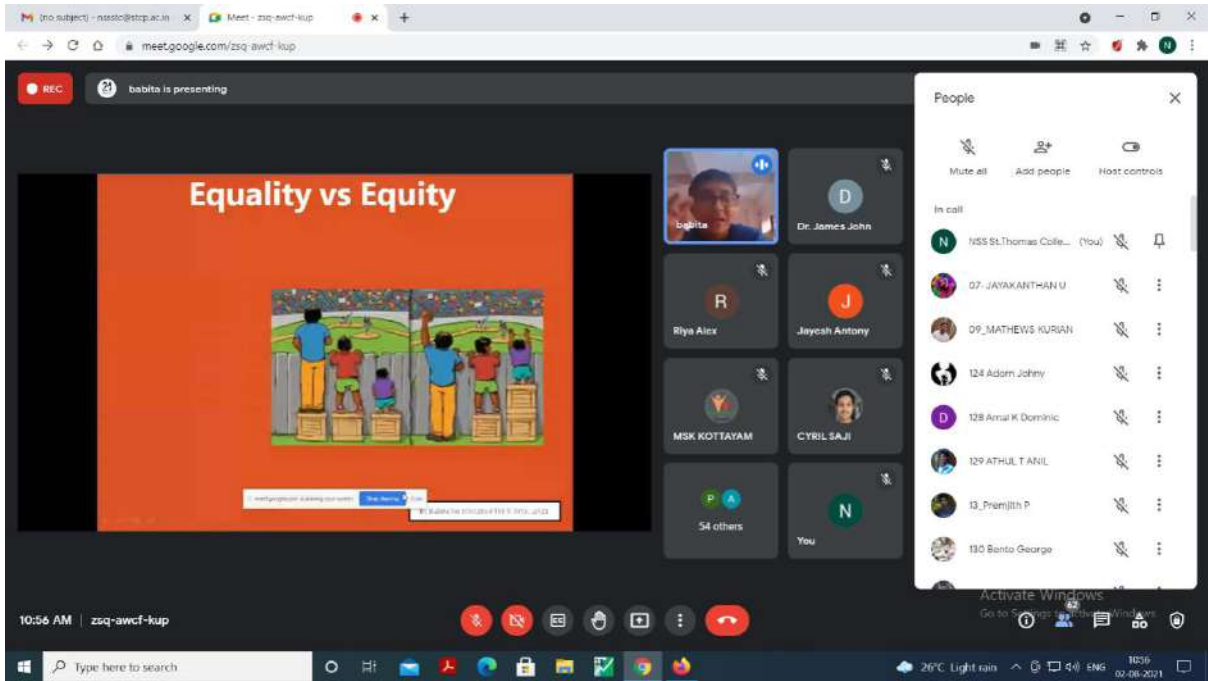
Google Meet



RESOURCE PERSON:
SMT. BABITHA JACOB







School Kit Distribution 04 August 2021

NSS Unit of the college has distributed school kits containing note books, pen, pencil and plates for lunch etc. on 04 August 2021 at St. Michaels LPS Kuruvinal. The kits were collected with the help of various teachers and students. The kits were handed over to the Headmistress Smt. Jessy Thomas at school premises. Programme Officers, Volunteer secretary and teachers participated in this function.



National Webinar on New Education Policy 2020 (NEP)

04 August 2021

Ministry of Education and Ministry of Youth Affairs & Sports, Govt. of India jointly organized a National Webinar on New Education Policy 2021 (NEP) on 4th August 2021 from 3.00 pm to 5:30 pm. All NSS volunteers participated in it.



Hiroshima Day

06th August 2021

As part of Hiroshima day observation the NSS unit organised Poster making competition for the volunteers on 06th August 2021 in order to make aware of the dangers of nuclear weapons. Many volunteers participated in this programme.



**Azadi Ka Amruth Mahotsav
15th August 2021**

National Service Scheme unit of the college organized a webinar as part of *Azadi Ka Amruth Mahotsav*- Independence daycelebrations on 15th August 2021 at 9.00 am. It was conducted through the Google meet platform. Dr. T.M.Mathew, Assistant Professor, Dept. of Malayalam, Maharajas College, Ernakulam was the resource person. The NSS unit also conducted Inter Collegiate Essay Competition as part of independence daycelebrations.





ST. THOMAS COLLEGE PALA
NATIONAL SERVICE SCHEME
UNIT NO. KL. 05 – 043





**ഇന്റർകോളേജിയേറ്റ്
ഉപന്യാസ മത്സരം**

**വിഷയം:നവഭാരത നിർമ്മിതിയും
യുവജനങ്ങളും**

I st PRIZE - RS. 1000

II nd PRIZE - Rs. 750



നിർദ്ദേശങ്ങൾ:

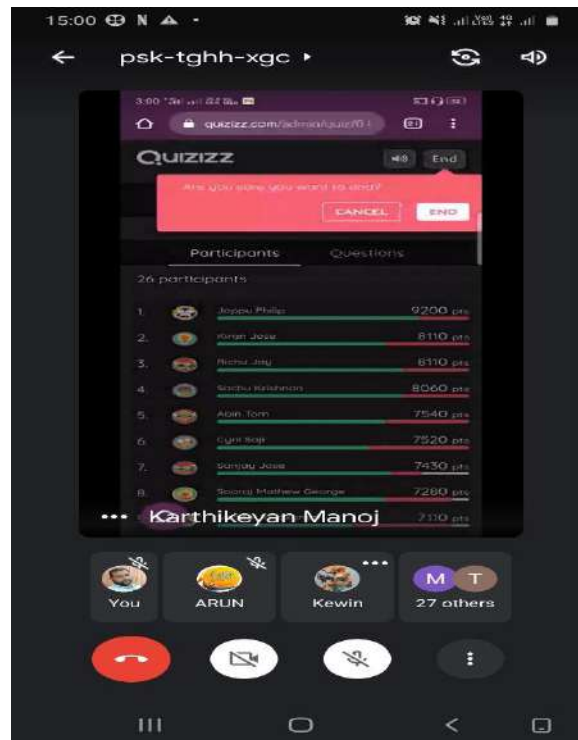
1. ഉപന്യാസം നാനൂറ് വാക്കിൽ കവിയരുത്.
2. മലയാളത്തിൽ ആയിരിക്കണം എഴുതേണ്ടത് .
- 3 . ആശയം, അവതരണം, ഭാഷാശുദ്ധി, എന്നിവയുടെ അടിസ്ഥാനത്തിൽ വിജയികളെ നിശ്ചയിക്കും.
4. പങ്കെടുക്കുന്നവർ കോളേജ് ഐ ഡി കാർഡ് കൂടി അയക്കേണ്ടതാണ്.
- 5.നിങ്ങളുടെ ഉപന്യാസം പിഡിഎഫ് രൂപത്തിൽ **15/ 08/ 2021** 1 പിഎം നൂ മുൻപായി **nssstc@stcp.ac.in** എന്ന മെയിൽ ഐഡിയിലേക്ക് അയച്ചു നൽകേണ്ടതാണ്.



Contact : +918590893670

KarshakaDinam 17th August 2021

National Service Scheme unit of St. Thomas College Palai observed “KarshakaDinam” on 17th August 2021. The NSS unit organised a “Karshika Quiz” as part of the observation.



World Photographers Day 18th August 2021

National Service Scheme of the St. Thomas College Pala has observed World Photographers day on 18th August 2021. The unit organised a *Mobile Photography Competition* for volunteers as part of the observation.

September 24

NSS Day Observation

National Service Scheme of St. Thomas College Palai has observed NSS foundation day on 24th September 2021. The unit organised programmes on online mode.

Gandhi Jayanthi Celebrations

October 2

As part of Gandhi Jayanti celebrations the unit has organised Gandhi quiz for the volunteers. Volunteer secretary Kewin Joe Philip were the quiz master. About 60 students participated in it. Volunteers were asked to clean the premises of their houses and nearby public places.



**Flood Relief Materials Collection
25th – 30th October**

The NSS unit of St. Thomas College Palai has opened a collection centre in the college from 25th – 30th October 2021 to uplift the people in the flood devastated areas of Kootikkal Grama Panchayath in the eastern hilly regions of Kottayam district.



**Flood Relief Materials Distribution @ Kootikkal
02 November 2021**

The collected materials were handed over to the residents of Kootiikkal on 02 November 2021. College Principal Rev. Dr. James John Mangalath distributed the materials. Grama Panchayath President Sri. Sajimon P.S received the materials on behalf of the Panchayath. Vice President Smt. Jessy Jose, Rev. Fr. Joseph Mannanal (Vicar, St. George Forane Church, Koottickal) also participated in it.



***SwachSarvekshan Survey 2021
11 & 12 November 2021***

Volunteers of the National Service Scheme unit of the college has actively participated in the SwachSarveksahan Survey 2021, which is an annual survey of cleanliness, hygiene and sanitation in cities and towns across India. 100 volunteers participated in it.



Voters ID Registration Campaign and Election Literacy

25- 30 November 2021

The NSS unit of the college has conducted voters ID registration and election literacy for students of the St. Thomas College Palai. Throughout this campaign 145 students of the college had registered their names in the voters ID.

National Service Scheme
St Thomas College, Palai
 Unit No KL. 05- 043

SWEEP
വോട്ടർ രജിസ്ട്രേഷൻ
HELPDESK

REQUIRED DOCUMENTS

- DHAR CARD COPY
- IDENTIFICATION CARD COPY
- SPORT SIZE PHOTO
- LC CERTIFICATE/BIRTH CERTIFICATE
- VOTERS ID CARD OF HER PARENTS OR NEIGHBOURS

November 25,26 &29
10 AM to 3:45 PM
Place : Near College Library

FOR DETAILS, CONTACT
 KARTHIKEYAN MANOJ +91 90749 08161
 KEWIN JOE PHILIP +91 85901 85675

Orange the World'-End the Violence Against Women Now Campaign

26th November 2021

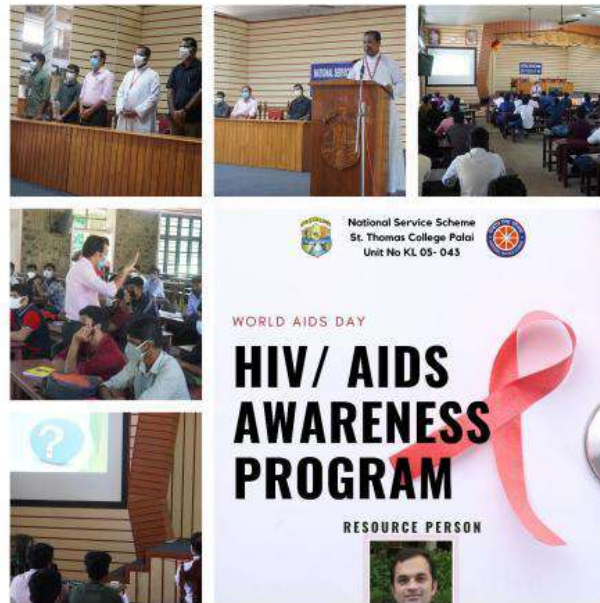
26 volunteers of the NSS unit participated in the campaign at the Lalam block Panchayath office on 26th November 2021. The campaign was organised by the District Women Child Welfare Office, Kottayam to create an awareness among youth to eliminate all kinds of violence against women.



World Aids Day

1st December 2021

In view of World Aids day, NSS unit of St. Thomas College, Pala organized an awareness session for the volunteers at College Auditorium at 10 am on 1st December 2021. Dr. James John, Principal, St. Thomas College, Pala inaugurated the programme. 150 NSS volunteers and fifty graduate students from various disciplines participated in it. Dr. Shinoby Kurian, Junior Consultant, Pulmonary Medicine, District TB Cell, Kottayam was the key resource person.



Orientation Programme

6th&7th December 2021

Orientation for first year volunteers was held from 6 to 7 December 2021 at college auditorium. NSS programme, group discussion, debate and cultural programmes were organized. Kum. Archana Prakash (Delegate- National Youth Parliament, Participant - National Youth Festival, Best NSS Volunteer – 2018 ,M.G.University) was the chief resource person on 6th December. A training camp for making paper bag, pen and file was organized on the second day of the camp. Mr. Acewin Augustine, certified H.R trainer was the chief speaker on 7th December.



7 Day Special Camping Programme
December 27th – January 02, 2022

The seven-day special camp of NSS unit, St. Thomas College, Pala for the year 2021-2022 was conducted at St. Thomas College, Pala from 27th December 2021 to 02 January 2022. The main theme of the camp was *Swach Bharath, Re-Build Kerala*. Major programmes undertaken during the camp were school rejuvenation, anti-narcotic campaign, house visit, campus beautification, awareness rally and motivation and training classes for volunteers. The camp was organized in collaboration with Pala Municipality, Mutholy Grama Panchayath, Cyber Cell, Kerala Fire and Rescue Dept., Excise Dept., *Sujithwa* Mission, *Arogya Keralam*, *Haritha Keralam*, *Vimukti* mission. One hundred volunteers participated in the camp.







Report

National cadet corps Army wing

Commanding officer Col. Michael Raj

Company commander Lt.Tojo Joseph

NCC Army wing office St Thomas College Pala was established in 1952 under Kerala and Lakshadweep directorate. Now St.Thomas College Pala unit is affiliated under 17 Kerala battalion NCC Pala belongs to Kottayam group Kerala and Lakshadweep directorate. NCC Army Wing which strives to:

1. Develop leadership, build strength of character, comradeship, spirit of sportsmanship and ideal of service;
2. Create a force of disciplined and trained persons who could, in a national emergency, be of assistance to the country;
3. Provide training to students with a view to developing in them officer-like qualities, thus also enabling them to obtain commissions in the armed forces.

NCC Army Wing of St: Thomas college Pala organised Bridging Program. Total enrolled strength of our unit is 160. . We had also conducted flood relief operations in collaboration with the national disaster management authority . St Thomas College Pala NCC unit was specially trained rescue team for flood relief operations and Reptile management and snake rescue .

Important activities held by NCC Army wing during the academic year 2021-22

1. Environment day celebrations June 5 2021 - NCC Army wing of St Thomas College Palai celebrated the environment day with tree planting in home premises due to covid restrictions and

students share the image s

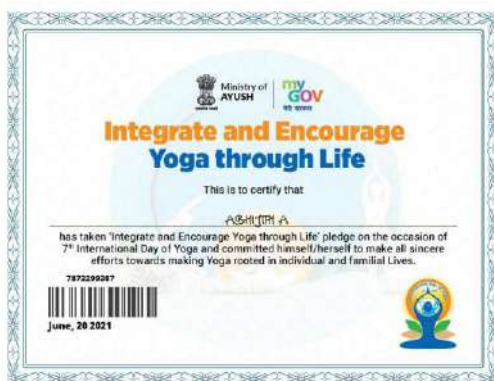




2. NCC Army wing of this institute has helped the security guards to sanitize the hands of all students entering the campus as a precautionary measure for COVID-19. Along with this, NCC cadets support the temperature measurement of each student entering the campus. This practice was continued in all days from June to January 2022.



3. International yoga day celebration Yoga day celebration June 21, this year 89 cadets participated in International Yoga Day held online and students got certificates from the ministry of Ayush.



4. Kargil Vijay diwas rally 26 July 2021 was celebrated online
5. Independence day celebration on August 15th 2021 NCC Army wing and naval wing combinedly celebrate the independence day. National flag was hoisted by Dr James John Principal St Thomas

College Pala, in presence of Lt Tojo Joseph, and Dr Anish Cyriac. After the flag hoisting, the



ceremonial parade was inspected by the Principal.

6. A blood donation campaign was conducted on 29th August in collaboration with Kerala police. 21 NCC cadets of this college participated in the event.



7. Armed forces Flag day 7th December 2021

Armed forces flag day was celebrated by giving flagsticker to cadets. There was an invited talk in connection with the war history of India .

8. Swachhata pakhwada it was a two week program conducted in the first and second week of December 2021. Commanding officer of 7 Kerala battalion NCC was given the message in connection with swachhata pakhwada



9. Rally on swachhta pakhwada rally was conducted on 5th December 2021
10. Cleaning the river bank.on 19 th December 2021 NCC Army wing of St Thomas College Pala cleaned almost a kilometre stretch of meenachil river.



11. Republic day on 26 January 2022republic day was celebrated with flag hoisting .



Number of candidates attended C certificate exam is 30 out of this 25 cleared the exam.

Cadets achievements

1. Alan Kuriakose bagged All India first rank in the SSB selection for the selection of commissioned officers to the Indian Army (batch 49).
2. SGT Gokul participated in the advanced leadership camp held at Coimbatore in December 2021.
3. UO Deepu kuriakose was represented the college in the course for snake management and rescue conducted by the Kerala forest department and bagad licence.
4. Guard of honour team of the St Thomas College pala won first prize in the all Kerala inter College guard of honour competition held by NCC Army wing of a St Peter's College kolenchery as part of their NCC fest luminaire 2022.
5. Guard of honour team of the St Thomas College pala won first prize and Second price in the inter Collegiate guard of honour competition held by NCC Army wing of Baselius

College Kottayam as part of their NCC fest AGARWA 2022.



Guard of honour first prize winning team



Guard of honour competition 2nd prize winning team.

6. NCC Army wing team of the St Thomas College pala won third prize the group dance competition held by NCC Army wing of Baselius College Kottayam as part of their NCC fest AGARWA 2022.



Group dance 3rd prize winning team