



ST. THOMAS COLLEGE, PALAI

RE-ACCREDITED WITH 'A' GRADE BY NAAC | COLLEGE WITH POTENTIAL FOR EXCELLENCE (UGC -CPE)

AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM, KERALA

3.4.4 Average percentage of students participating in extension activities

REPORTS OF THE EXTENSION ACTIVITIES

-Extracts from Newsletters

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Extract from Newsletter 2018-19

ST. THOMAS COLLEGE, PALAI

UGC APPROVED COLLEGE WITH POTENTIAL FOR EXCELLENCE
RE-ACCREDITED BY NAAC WITH A GRADE (CGPA 3.30)



Founded in 1950

NEWSLETTER 2018-19

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Principal's Message

For an institution of higher learning, every academic year has its proud reap of achievement in academic and co-curricular fields. St. Thomas College, Palai, one of the foremost Arts and Science Colleges in the state of Kerala, had a very fructiferous academic year in 2018-19. As an institution in its 7th decade we have invested in our teaching and learning facilities including infrastructural stock for a college that will still be delivering quality teaching and pioneering and socially relevant research for the decades to come. At St. Thomas the staff and students are also committed to the creation and nurturing of intellectual, socio – cultural, ethical and environmental values. We readily acknowledge the valuable contributions made by all our stake holders in the relentless pursuit of academic excellence. Through our students and staff we have our sights set on making the world a better place by delivering a positive impact.



Dr. James John

The new academic year commenced on 4th June 2018 with the blessing of the college by His Excellency Mar Jacob Muricken, Auxiliary Bishop of Palai and Manager of the college. On 1st April 2018, I assumed office as Principal and Dr. Sunny Kuriakose, Head Department of Chemistry as Vice – Principal. We really are most grateful to Dr. Joy George, former principal for his devoted and selfless service to St. Thomas College.

The year 2018- 19 has been a high yielding one in terms of University examination results; three first positions (BA Economics, BSc Physics, and BSc Sports) and eleven other Ranks at undergraduate level and



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NATIONAL SERVICE SCHEME

WORLD ENVIRONMENT DAY - GREEN



Members of the N.S.S unit of St. Thomas College, Pala celebrated the World Environment day on 5th June. The volunteers divided themselves into ten groups and cleaned the college campus. The volunteers dispersed after a valedictory address by the Programme co-ordinator.



WORLD YOGA DAY

As per the direction of UGC, the NSS unit of our college celebrated the International Yoga Day on 21st June 2018. The volunteers assembled at B3-10 where they were introduced to Dettel James, a professional yoga instructor.

CHIEF MINISTER'S DISTRESS RELIEF FUND COLLECTION

The NSS unit of our college collected an amount of Forty thousand one hundred and seventy rupees (Rs.40170/-) for the Chief Minister's Distress Relief Fund. The NSS volunteers of our college collectively involved in the collection process held on 14th August 2018. An amount of twenty four

thousand eight hundred (Rs.24800/-) was deposited in the account of the State NSS as demanded from the office and the rest of the money was deposited in the Chief Minister's Distress Relief Fund account on 23rd August 2018.

CLOTH COLLECTION FOR FLOOD RELIEF CAMP AT AYARKUNNAM, KOTTAYAM



The NSS volunteers collected cloths for the flood relief camp at Ayarkunnam on 20th July 2018. It was a joint venture of both the NSS unit and BSc. Sports department of the college.

WORLD NATURE CONSERVATION DAY



A half day seminar on 'My Waste My Responsibility' was organized by the National Service Scheme on the World Nature Conservation day on 8th August 2018 in the college auditorium at 2 pm. The seminar was inaugurated by Dr. James John Principal, St. Thomas College, Pala. Dr. V. Sunilkumar, State level resource person of Sujithwa Mission, Govt. of Kerala was the key speaker.

CLEAN PALA PROJECT



Clean Pala project was a joint venture of several social and governmental bodies and aims at reducing the plastic waste in the city. A meeting was organized at the headquarters of the Municipality and it was presided over by Celine Roy, the Municipal Chairperson. A talk on the need of pollution prevention and waste management was given by Mathew Pullukalayil, the director of Pala Social Welfare Society.

COLLECTION CENTRE FOR FLOOD RELIEF CAMP



The NSS unit of our college opened a collection center of food, clothes and other materials for the people in the flood affected area and several relief camps in Kottayam, Idukki, Alappuzha and Ernakulam districts. The main sponsors of relief items were the member of the Integrated Sports Complex St. Thomas College, Pala, Staff members of St. Thomas College, Pala and members of St. Thomas College alumni association (PASTCOS, Kuwait Chapter).

BOOK COLLECTION CAMPAIGN 'KUTTIKKUORUKUTTI' (STUDENT FOR A STUDENT)

A campaign named KuttikkuoruKutti(student for a student) was designed and propagated by the office of district collector, Kottayam. It was aimed at collecting a book by donation from a student to someone who had lost his/her book during the flood. As instructed by the district collector, the NSS unit of our college organized a book collection campaign in the campus on 3rd September 2018. The collected books (1197) were classified and handed over to Tahasildar, Meenchil Village on 6th September 2018.

LEADERSHIP CAMP FOR NSS VOLUNTEERS



Adarsh Chandran and Metto Joseph, the NSS Volunteer secretaries attended the three day leadership training camp for volunteers secretaries of the MG University held at Bishop Kurialacherry College for Women, Amalagiri, Kottayam from 16th to 18th November 2018.



Training camp for making paper bag, pen and file



17 (K)BN NCC PALA 1 COY NCC ARMY WING

NCC Army Wing of St: Thomas college Palai was organised a Combined Annual Training Camp(CATC). NCC army wing of St. Thomas College Pala possess an enrolled strength of 160 during the academic year 2018-2019

CERTIFICATE EXAM RESULT

- 30 cadets were attended NCC C certificate exam and 26 cleared the same.
- Among the 53 cadets who attended the B certificate exam 42 cadets cleared the exam.

CADETS ACHIEVEMENTS

- SUO Alen Kuriakose was selected as the best NCC Cadet from the Kottayam Group.
- SUO Alen Kuriakose was Selected as the best cadet in the inter group competitions held at UC College Aluva.
- SUO Alen Kuriakose participated in the Republic Day parade in Delhi.
- UO Tony Baby participated the Mavlankar Shooting Competition
- SGT Sharon ET participated in the Tal Sainik Camp Held at Delhi .
- Cadet. Edwin J Vadakkan was selected as the best firer from the Kottayam group.
- Our unit won the second position in the Inter-Company Guard competition held at Labour India Public School Marangattupilly
- SUO Jomy Thomas attended OTA KAMPTEE SSB Screening Camp.
- Sgt. Alan Kuriakose was selected as the best Cadet of the Kottayam Group

YOGA DAY CELEBRATION



Yoga day celebration on 21st June 2018, 82 cadets participated in the International Yoga Day held at our college

INDEPENDENCE DAY, NCC DAY AND REPUBLIC DAY



Independence Day, NCC Day and Republic day were celebrated by the unit.



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FLOOD RELIEF OPERATIONS



Flood Relief Operations in collaboration with Navy seals Pandanad were organized by the unit. Flood relief Materials were distributed among the affected people.

AWARENESS PROGRAMME ON SWACHATHA HI SEWA

Awareness Programme on Swachatha hi sewa was organized at unit level. Battalion Level selection for RDC was conducted in Aug 2018. Swachatha Abhiyan (Cleaning Mission) road cleaning was conducted on 2nd October 2018 and this was inaugurated by H.E Mar Jacob Murickan , Auxiliary Bishop and the manager of St.Thomas college Palai.

EXPEDITIO 2K 19



This programme was Inaugurated By Brigadier Sunil Kumar NV (NCC Group Command Kottayam Group) in the presence of Dr. James John, Principal, St. Thomas College ,Pala, Col. Jose Kurian (CO 17 K Bn NCC Pala), Major P M Thomas, Capt. Mathew T Matheikal ,Capt. Joy George and Lt Tojo Joseph

ALL KERALA INTER COLLEGIATE GUARD OF HONOUR COMPETITION



All Kerala Inter Collegiate Guard of Honour Competition was held at St. Thomas College, Pala. The first prize was secured by the Guard Team of Newman College Thodupuzha. The second and third prizes were won by the Govt. Poly Technic Muttam and St. Stephens College, Uzhavoor respectively. Weapon Exhibition, Still Model Competition, War Demo and Alumni Meeting were also part of the programme.



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ATMOS 2K19

INFOTAINMENT FEST



Inaugural ceremony

On 1st February 2019, the Chemistry Association organized an All Kerala Infotainment Fest for college students, ATMOS2k19 in the campus.

The inaugural ceremony started at 10 am in the College auditorium. The function was presided over by Dr. Sunny Kuriakose, Head of the Department and was inaugurated by the Principal Rev. Dr. James John.

After inauguration 6 events were conducted at various stages under the guidance of the teachers and students of the department. More than 200

students from various Colleges of Kerala, MG and Calicut Universities, KTU etc have participated in the programme.

The concluding ceremony was presided over by Dr. James John, Principal of the College. The chief guest of the programme was Rev. Dr. Sr. Gigimol M.G, Principal, Alphonsa College Palai. Prizes worth more than 40000 were distributed to the winners.

Various cultural programmes were staged during the free time. The cultural items were performed by the students of the Department.



DR. SUNNY KURIAKOSE



Appointed to the post of Vice Principal, St. Thomas College, Palai with effect from 01.04.2018.

Appointed as RUSA Institutional Coordinator, June 2018.

Appointed as Chairman of I&II Semester MSc Chemistry Theory and Practical Examinations, April/May 2018, Mahatma Gandhi University.

Represented St. Thomas College, Palai in the Deliberations and Meeting with Hon'ble Higher Education Minister, 24,10,2018 at University Senate Hall TVPM.



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DEPARTMENT OF STATISTICS

STATISTICS ASSOCIATION INAUGURATION



Dr. Joby K. Jose, Head, School of Statistical Sciences, Kannur University, Inaugurated Statistical Association activities on 23 November 2018

17TH ALL KERALA PROF.K. RAMAKRISHNAPILLAI MEMORIAL PROBLEM SOLVING CONTEST



17th All Kerala Prof. K. Ramakrishnapillai Memorial problem solving contest was organized by the department of Statistics on 6th Feb 2019, Miss Sunitha Bhasker, ISS distributed the prizes to the Winners.



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DEPARTMENT OF BOTANY

ASSOCIATION INAUGURATION



The inauguration of the Botany Association 2018-2019 was done on 1-10-2019 in the college Auditorium. Dr. Sabu T, Executive Director, Centre for environment and development, Govt. of India was the Chief Guest. He gave a talk on “Climate Change and Disasters done”. During the occasion Dr. James John Mangalath, Principal, St. Thomas college, Pala inaugurated the association activities.

Merit day celebrations: Botany Association has conducted a merit day celebration to felicitate the NET winners and Rank Holders of the year. Dr. Sabu T, Executive Director, Centre for Environment and Development, Govt. of

India was the chief guest. Dr. James John Mangalath, Principal, St. Thomas college, congratulated the students. Ms Angeline Cyriac, Ms Annie Xavier (NET winners) and Sri Jithu K. Jose (BSc Botany Rank Holder), were presented with gold coins.

A debate on “Flood Kerala – 2018: A man made Disaster?” was conducted by the Botany Association Sainthomia Plantarum on 21-11-2018. Sri Paul V, Karamthanam was the moderator and 5 students talked for and 5 students talked against the topic. Around 150 students of the department participated in this event.

ALL KERALA PROJECT PRESENTATION COMPETITION

Department of Botany conducted an All Kerala MSc Botany Project Presentation competition on 8-9-2018 at the Tisserent Hall. This programme was in association with Kerala Botanical Society. More than 200 students of MSc Botany, from entire Kerala participated in the competition. Dr. James John Mangalath inaugurated the competition and Prof. Valsala Kumar, former head of the Department of Botany, Kerala University and Dr. Thomas Mathew, former Principal, UC College, Aluva distributed the awards.

Assessment of the Impact of flood-2018 and landslide on river Periyar

Kerala State Biodiversity Board and Centre for Environment and Development, Government of Kerala. The students of II MSc Botany and III BSc Botany are participated in the event. The survey started at December 1 2018 to February 28, 2019. A distance of more than 100 km along the banks of Periyar River was surveyed by the team of 22 students of the department. Data regarding the magnitude of landslide occurred amount of soil erosion happened and landfill happened by the soil deposit were collected. An amount of Rs. 1,35,000 was allotted by the Kerala State Biodiversity Board for the study.

Photo Exhibition

The department of Botany conducted photo exhibitions on the flora of Kerala at various colleges and national and international events as follows:

1. MES Feroke College, Kozhikkode on 15-12-2018
2. Zamoorin Guruvayoorappan College, Kozhikkode 20-12-2018
3. Biodiversity Congress at Govt. Brennan College, Thalassery on 26-01-2019
4. SN College, Cherthallai, on 9-2-2019
5. FMN College, Kollam on 14-2-2019.

DEPARTMENT OF ECONOMICS

ECONOMICS ASSOCIATION INAUGURATION



The activities of the Economics Association for the year were formally inaugurated by Dr. P S. Mathew, former Head of the Department of Economics, St. Thomas College, Pala on October 10, 2018. Prof. Joji Jacob, president of Economic Association delivered the welcome speech. Principal, Fr. James

John Mangalath delivered the presidential address. Prof. Joseph J Mattom, Head of the Department of Economics, also spoke on the occasion. Fr. James John Mangalath, Principal, distributed mementos to the university toppers of BA & MA Economics examinations.

ECO-FIESTA 2019



Eco-fiesta 2019 - An All Kerala Inter-collegiate Economics Fest - was organized by the Economic association of the College on 15 February 2019. Rev. Dr. James John Mangalathu inaugurated the fest. The coordinator of the programme, prof. Joji Jacob felicitated the gathering. The main events conducted were quiz, debate, treasure hunt, photography, thrice

football etc. Around 220 students from various colleges in Kerala participated in the events. The teams from the University of Kerala and Alphonsa College, Palai won the prizes for debate and treasure hunt competitions respectively. Dr. Sunny Kuriakose, Vice-Principal, distributed trophies, cash prizes and certificates to the winners.



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EXTENSION ACTIVITIES



- The Department undertook a baseline household survey in association with UNNAT BHARAT ABHIYAN (UBA) at Elakkadu village, in Kottayam district during 10- 14 January 2019.
- Thirteen students of IIBA Economics participated in the Mapping Survey of Health Care establishments in Kerala conducted by an NGO-Alliance for Change in association with the Ministry of Health, Government of India.



A career guidance programme was organized for the III BA students of the department on 28th September 2019. The class was led by Synergy team, Kottayam



A training class on socio-economic survey was organized for II & III BA students of the department on 7 January 2019. The faculty members of the department handled the sessions.



A 'Watch Live-Union Budget 2019-20' programme was organized on 1st February 2019.

TEACHERS HOLDING IMPORTANT POSITIONS

Noby Mathew - Chairperson of Board of examinations of PG Applied Microbiology, Expert committee member in syllabus draft committee of Applied Microbiology

Anupama Ramkumar- Chairperson of Board of examinations of PG Applied Microbiology

Archana Cherian - Member of Board of examinations of PG Biotechnology

Praveena George- Member of Board of examinations of PG Biotechnology

DEPARTMENT OF MATHEMATICS

PROFICIENCY PRIZE WINNERS

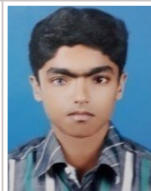
K.A.J. ENDOWMENT



Sachin C. Mattathil



Jose Paul



Justin George



Jomal Josen

PASTCOS



Jitha Jaic



Bastian Sunny

SINGLE GIRL CHILD SCHOLARSHIP



Megha Thomas

PLACEMENT IN KERALA POLICE



Nasim Najeeb

DEPARTMENT OF ZOOLOGY

METAMORPHOSIS 2K19 - ZOOLOGY FEST

The students of Zoology department organized an inter collegiate fest - Metamorphosis 2K19 on 12th February 2019. Museum expo- exhibition of rare zoological specimens in the Zoology museum, Dog show with more than 20 breeds, various competitions for students from different colleges

were organized. Rev. Dr. James John, Principal, St. Thomas College Palai inaugurated the exhibition. Prof. Baby Augustine former Head, Department of Zoology St. Thomas College Palai inaugurated the competitions. Dr. Benny P. J., Head, Department of Zoology gave away the prizes.





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ONE DAY ORIENTATION PROGRAMME



The students of BCM College, Kottayam visited our sports complex for a one day orientation programme for the sports infrastructure facilities and also participated in various adventures activities like Rappelling, River Crossing, Bruma Bridge,

Rock Climbing etc conducted by the students of BSc Recreation Leisure and Sports Studies . 40 female students under the guidance of Prof. Rajesh P.C and Prof Luke Leon Kurian participated in the activities.

MOUNTAINEERING COURSE AT PAHALGAM, JAMMU & KASHMIR



Students of BSc Recreation Leisure and Sports Studies participated in the month long Basic Mountaineering Course conducted by Jawahar Institute of Mountaineering and Winter Sports, Pahalgam, Jammu & Kashmir. During the course intense training was given for activities like bouldering, rock climbing, rappelling, river crossing, knot making, Ice climbing etc.



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SWATCH BHARAT MISSION BASED CLEANING PROGRAM



The objective of the programme was to clean the adjacent areas of SH 32 from Palai to Mutholi. In pursuance of the vision of Swachh Bharath Abhiyan, the Central Govt. programme a memento was awarded for the programme by Mutholy Grama Panchayath.

ON THE JOB TRAINING PROGRAMME

Ten days 'On the Job Training Programme' in Archaeology and Museology was given to III DC students at the Centre for Historical Studies, Hill

Palace Museum, Thripunithura in collaboration with Centre for Heritage Studies, Department of Cultural Affairs, Govt. of Kerala from May 2018.

DEPARTMENT OF BIostatISTICS

INAUGURATION OF BIostatISTICS ASSOCIATION



The inauguration of the activities of the Biostatistics Association was held on 4th February 2019. The chief guest was Dr. Gijo Thomas, Biostatistician at South Australian Health and Medical Research Institute (SAHMRI), Heart Health Unit, Adelaide, Australia. He delivered an invited talk on 'Research & Career Opportunities and Challenges for Biostatisticians in the New Era'. The Principal Rev. Dr. James John presided over the meeting and Dr. K. K. Jose delivered the keynote address. There were cultural programmes by the students

Extract from Newsletter 2017-18



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Newsletter

2017-'18

Vol. XX

No.1

June 2018

Principal's Message

Aspiring to be the Best



The academic year 2017-18 was eventful for our college in both academic and co-extra curricular aspects. The close rapport built up among the stakeholders of this mighty institution of higher learning in central Kerala, which enjoys an enviable track record in academic and allied accomplishments, has enabled us to scale new heights and plunge into more luminous depths of intellectual enterprise. From the treasure-troves of academic sedulity our adept philomaths could unearth bona fide prizes of scholarship.

As we all are patently aware, academic pursuit, the earnest search for knowledge, is shared metier where frontiers are pushed back. In the St. Thomas College family we always uphold the primacy of developing a close rapport between the mentors and the mentees, i.e. our teachers and our students. The responsibilities we took over and our achievements for the year were exciting, remarkable and indeed challenging. Thanks to the dedicated work of our Principal Dr. Joy George and the faculty, St. Thomas community was able to scale the towering heights of success in academic and co-curricular activities.

Last year our college organised a number of international / national conferences and symposia on recent developments in humanities, science and technology. Quite a few research papers in international / national journals have been published by our faculty members and research scholars. Also, papers were presented and invited lectures delivered by our teachers at seminars / workshops at universities, national institutes and other colleges within and outside the state. Three of our teachers were awarded Ph.D. last year.

In the domain of socio-cultural activities our departments organised intercollegiate fests, contests and other programmes. In sports, in the year 2017-18, our teams stood first in several tournaments and championships. Some of our sports persons won medals in championships at national level. A number of events such as intercollegiate and zonal tournaments, championships, camps etc. were organised by our Physical Education Department.

In M. G. University, at PG and UG levels, a good number of our students won top positions. This year we had a substantial number of publications from the campus. There were literary journals, books including textbooks etc. edited / authored by our faculty members. In the co-curricular and extra curricular fields our excellence was attested by the activities of various departmental associations, the NCC, the NSS, the College Union, the RACS Cell, the Faculty of Religion, the PTA, the Alumni Association etc.

The academic year has had its list of losses too. Eight of our eminent teachers and four non-teaching staff members retired from service. I remember their meritorious service with a deep sense of gratitude. Six retired teachers and a former non-teaching staff member were called to eternal rest this year. I pray for the repose of the departed souls.

I assumed the office of Principal on April 1, 2018. Our new Vice-Principal Dr. Sunny Kuriakose also took charge on the same day. I whole heartedly thank Dr. Joy George, our distinguished Principal during 2017-18 for all his support and positive encouragement. I take this opportunity also to thank all the teaching and non-teaching staff members of our college for their unstinting support extended to me during my stint as Vice-Principal of the College. I now request your undivided support and prayers as I take on the new responsibility.

I thank Almighty God for all His blessings and guidance. I remember all my colleagues and students and say a prayer of grateful thanks. I also thank our Patron H.E. Mar Joseph Kallarangatt and our Manager H.E. Mar Jacob Muricken for their paternal support and encouragement.

Rev. Dr. James John Mangalathu

67th Foundation Day Celebrated

St. Thomas College, the sparkling diamond in the crown of the Diocese of Palai, was founded by H. E. Bishop Mar Sebastian Vayalil on 16 April 1950 and inaugurated on 7 August 1950. Very Rev. Msgr. Emmanuel Mecherikunnel, Rev. Fr. Jacob Thazhathel, Sri. George Thomas Kottukapally, Sri. Cherian J. Kappen, Sri. R. V. Thomas, Sri. K. M. Chandy and others joined hands with the bishop in realizing this long cherished dream. The College has emerged as a leading centre of higher education moulding the lives of thousands of students with an agrarian rural background in the central part of Kerala. The College, which entered the new millennium under the patronage of H. E. Bishop Mar Joseph Pallikaparampil, is now administered by the able hands of H. E. Bishop Mar Joseph Kallarangatt (Patron), H. E. Bishop Mar Jacob Muricken (Manager), Very Rev. Dr. K. M. Joseph Kollamparampil (Pro-Manager) and Dr. Joy George (Principal).



Dr. Babu Sebastian, Hon'ble Vice Chancellor, inaugurates the 67th Foundation Day celebrations

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EXTENSION AND OUTREACH PROGRAMMES

Sastrapadham Science Experience Camp - Jaivayathra 2017



H. E. Mar Jacob Muricken inaugurates the *Sastrapadham* science experience camp

The Department of Botany of the College in association with the Corporate Educational Agency of the Diocese of Palai organised the *Sastrapadham* Science Experience Camp - *Jaivayathra* 2017 for high school and higher secondary school students during 6-8 September 2017. The theme of the camp organised to celebrate the International Year of Sustainable Tourism for Development 2017 was 'Journey to the Core of Nature'. 140 students and 40 teachers participated in the camp which was sponsored by the Kerala State Biodiversity Board. Dr. Jomy Augustine, Asso. Professor and Head, Dept of Botany, was the Academic Co-ordinator of the Camp.

The camp started with the flag hosting by Very Rev. Dr. Joseph Maleparampil, Vicar General, Diocese of Palai. At the formal inaugural session presided over by Very Rev. Msgr. Justine Pazheparampil, Vicar General, Diocese of Kanjirapally, H. E. Mar Jacob Muricken, Auxiliary Bishop, Diocese of Palai, lighted the lamp and delivered the inaugural address. Rev. Fr. Zacharias Illickamury, Secretary, Corporate Educational Agency, Diocese of Kanjirapally, delivered the keynote address. Dr. Jomy Augustine, Asso. Professor and Head, Dept. of Botany, gave an introduction about the theme of the camp. Dr. G. D. Gem Mathew, Associate Editor, *Sastrapadham* Science Magazine and Dr. P. S. Easa, former Director, Kerala Forest Research Institute, offered felicitations. Rev. Fr. Berchmans Kunnumpuram, Secretary, Corporate Educational Agency, Diocese of Palai, welcomed the gathering and Rev. Fr. Mathew Alappattumedayil, Chief Editor,

Sastrapadham Science Magazine, proposed the vote of thanks. In the technical sessions that followed, Dr. P. S. Easa delivered the keynote address on the topic 'The Role of Biodiversity in Sustainable Tourism' and Dr. C. P. Shaji, Conservation Biologist, Thrissur, spoke on the topic 'Fresh Water Fishes of Kerala'.

On the second day of the camp, Mr. C. A. Abdul Basheer, Kerala Forest Development Corporation, moderated a debate on the topic 'Tourism - Good or Bad to Biodiversity'. It was followed by a talk on 'Role of Forests in Sustainable Tourism' by Sri. James Zacharias, Assistant Conservator of Forests. In the afternoon there was a field trip to Vagamon Hills for the participants of the camp. On the final day of the camp, Dr. Jomy Augustine presented a photo exhibition on the 'Plant Diversity of Kerala'. It was followed by manuscript writing and quiz competition for the students. At the concluding session, Very Rev. Dr. Joseph Maleparampil, Vicar General, Diocese of Palai, delivered the valedictory address. Felicitations were offered by Rev. Fr. Mathew Nadamukhath, Secretary, Corporate Educational Agency, Archdiocese of Changanacherry, Rev. Fr. Joseph Alancheril, Executive Editor, *Sastrapadham* Science Magazine and Rev. Fr. Berchmans Kunnumpuram, Secretary, Corporate Educational Agency, Diocese of Palai. Rev. Dr. Jomon Kannanthanam, General Co-ordinator, welcomed the gathering and Sri. Sebastian A. Theruvil, Chief Co-ordinator, proposed the vote of thanks.



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Arogya Expo '17



The Arogya Expo '17 health exhibition in progress

The Arogya Expo '17 health exhibition was organized by Department of Biochemistry in association with Ayurveda Medical Association of India (AMAI), Siddha Medical Association of India (SIMAI) & Homeopathic Association of India on 18 and 19 September 2017. The programmes in the Expo were a great whopping of brainstorming sections like ayurveda, homeo, siddha and unani. In addition to

these, there were a free speciality medical camp, awareness classes on various medical fields and diseases, and a major exhibition of medicinal plants with the stalls of various Ayurvedic companies. In the Arogya Expo '17 altogether 1300 students, 700 natives (from Pala) and 400 visitors (outside Pala) showed their presence. There were poster presentations also on various areas of the medical field.

Sastrapadham Science Magazine

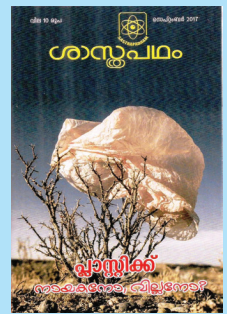
Six issues of *Sastrapadham*, the popular science magazine in Malayalam for school children, were brought out under the initiative of the teachers of the College. They are July 2017 issue on 'Electric Power in India' by Dr. Ison V. Vanchipurackal (Dept. of Physics), August 2017 issue on 'Biological Invasion' by Dr. Jomy Augustine (Dept. of Botany), September 2017 issue on 'Plastics - Hero or Villain?' by Dr. Sunny Kuriakose (Dept. of Chemistry), November 2017 issue on 'Sample Surveys and Data Analytics' by Dr. K. K. Jose (Dept. of Biostatistics), December 2017 issue on 'Mathematics in the Modern Age' by Dr. Sunil C. Mathew (Dept. of Mathematics) and March 2018 issue on 'Science@2017' by Dr. G. D. Gem Mathew (Dept. of Chemistry).



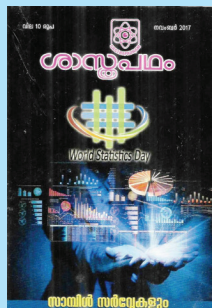
July 2017 issue



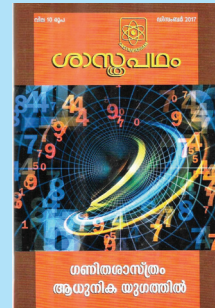
August 2017 issue



September 2017 issue



November 2017 issue



December 2017 issue



March 2018 issue

Extension Programmes by the Department of History

The Department of History organized an extension programme at Meenachil Aided L.P. School, Meenachil, on 3 October 2017. All students of the Department of History along with the faculty members participated in the programme. The highlights of the programme were:

- ◆ Creation of Reading Corner in each classroom,
- ◆ Subscription of 'Digest' magazine for each class for the academic year,
- ◆ Subscription of the newspaper Times of India to the school reading room for the academic year,
- ◆ Cleaning of school premises,
- ◆ Construction *Jaiva Vaividhya* Park recommended by the Education Department, Govt. of Kerala, for schools and,
- ◆ Curriculum -based classes and recreational activities.



Principal Dr. Joy George inaugurates the extension programme

Restone II - Eco-Friendly Initiative

Restone is an eco-friendly zero waste initiative of the Centre for Academic Social Responsibility (CASR) of the Department of Commerce of the College for making value-added carry bags from old unused shirts as a campaign against plastic carry bags. The inauguration of *Restone* Phase II was carried out by Sri. Mathew M. Kuriakose (Principal, St. Thomas HSS, Pala, & Environmental Activist) on 9 November 2017.



Sri. Mathew M. Kuriakose inaugurates *Restone* Phase II

Extension Programme by the Department of Biostatistics

A 'Health Survey on Emerging Diseases' was conducted in Pala Municipality and Mutholy Panchayath by the students of M.Sc. Biostatistics under the leadership of the faculty members during August - September 2017. The report was published in October 2017.



The health survey in progress

LED Bulb Mission

An awareness programme on the prospects of LED bulbs was conducted by the Department of Physics. The programme was conducted for the Municipal Councillors of Pala Municipality and in the municipal wards also. Dr. Ison V. Vanchipurackal was the co-ordinator.



Dr. Ison V. Vanchipurackal leads the awareness programme



ST. THOMAS COLLEGE, PALA

College with Potential for Excellence - UGC (2010 and 2015)
Re-accredited with A Grade by NAAC (2015)

NATIONAL CADET CORPS (NCC)

Army Wing

Company Commander : Lieut (Prof.) Tojo Joseph
(Department of Chemistry)



Principal Dr. Joy George inspects the guard of honour at the Independence Day parade

NCC Army Wing organizes combined annual training camps. B and C Certificate examinations are conducted at the end of the second and third year of NCC training, respectively. The cadets selected on the basis of high sense of duty, discipline and smart turnout are permitted participation in various activities, and amongst them are the Independence Day Parade, NCC Rally, Republic Day Camp, the Prime Minister's Rally and the President's At Home.

NCC Army Wing of St. Thomas College, Pala, had an enrolled strength of 160 during the academic year 2017-18.

Navy Wing

Sub Unit Commander : Lieut (Dr.) P. D. George
(Department of Hindi)



Principal Dr. Joy George inaugurates the NCC Annual Training Camp

- * Leading cadet Melbin Joshy participated in the Republic Day Camp in New Delhi in January 2018.
- * 3 cadets participated in the Inter Group Competition for R. D.

- * 82 cadets participated in International Yoga Day Celebrations held at our College on 21 June 2017.
- * Commemoration run was held to honour the contributions of our brave soldiers.
- * Our Unit conducted: Awareness Programme on Cashless Economy, Anti-Drug Campaign Rally, Environment Day Celebrations, Swachhatha Abhiyan (Cleaning Mission), Traffic Awareness Programme and Anti-Dengue Campaign.
- * SUO Krishna Raj M. attended Republic Day Camp in New Delhi in January 2018
- * UO Lovin George Kuruvila attended Mavlinkar Shooting Camp at West Bengal in September 2017.
- * UO Vyshnav Santhosh, UO Ashish Josekutty and UO Krishna Raj participated in IGC RDC Camp in October 2017.
- * UO Lovin George Kuruvila attended Adventure Mountaineering Camp at HMI Darjeeling and won Gold Medal in cross country race and best patrol competition and Silver Medal in rock climbing in November 2017.
- * Our Unit won second position in Inter-Company Guard competition held at Labour India Public School, Marangattupilly.
- * SUO Jomy Thomas attended ssb Screening Camp held at Ota Kamptee.
- * UO Vyshnav Santhosh attended SNIC Camp at Kavarathi, Lakshadweep.
- * UO Tony attended Inter Group Shooting Championship and won the Best Firer Award.



SUO Krishna Raj M.



Leading Cadet Melbin Joshy

- * 6 cadets were selected for the inter group competition for P Nav Sainik Camp held at Kollam.
- * Cadet Vimal K. Babu participated in the pre NSC Camp held at Kollam.
- * Leading cadet Albin Baby participated in the pre R. D. 3 held at Calicut.
- * Cadet Jomon John got selected for a special National Integration Camp held along with Republic Day Camp.
- * Petty Officer Cadet Bibin Babu participated in the ship attachment camp held at Mumbai in December 2017.
- * Our Unit conducted Blood Donation Camp, Environment Day Celebrations and AIDS Campaign during the academic year.
- * Under the road safety awareness campaign, our Unit conducted a cycle rally in February 2018 in association with Pala Bullet Club.
- * The Annual Training Camp was hosted by our college during May 2017 and various colleges participated in it.
- * Conducted trekking expedition to Kaippally.

NATIONAL SERVICE SCHEME (NSS)

Environment Day Celebrations



Principal Dr. Joy George inaugurates the planting of tree saplings on Environment Day

The NSS Unit of the College organized Environment Day celebrations on 5 June 2017. Principal Dr Joy George inaugurated the function by planting a tree sapling near the B Block of the College. This was followed by a brief but relevant message from him. The volunteers and Programme Officers along with the Principal took the oath to preserve and protect the environment.

Clean College Awareness Campaign

On 19 June 2017, the NSS volunteers divided themselves into four groups and reached all classes in order to spread the message of keeping the campus clean. Through brief speeches and interactions the volunteers were able to make all the students aware of the need and the ways to keep the campus clean. Suggestions like using different waste bins for plastic and non-plastic waste, classroom cleaning by the students on a daily basis, placing waste bins in every classroom etc. were well received.

Yoga Day Celebrations

National Service Scheme volunteers and Programme Officers observed Yoga Day on 21 June 2017. Yoga Master Sri.Dettel Joseph, accepted our invitation to take a class on Yoga and to demonstrate



NSS volunteers take part in Yoga Day celebrations

Yoga asanas and Pranayama. Sri. Dettel taught the basic lessons in Yoga and helped the volunteers in doing certain asanas.

World Nature Conservation Day - Campus Cleaning

A general campus cleaning was organised by NSS volunteers on 27 July 2017 as part of World Nature Conservation Day. A video presentation about the need for conserving nature was conducted for students.



Campus cleaning in progress

Nature Camp

The NSS Unit in association with the Forest Department conducted a nature camp at Thattekkad Bird Sanctuary from 29 to 31 July 2017. The camp was another evidence of the social commitment of our NSS unit to make the younger generation aware of the importance to conserve forest and wildlife.

As part of the *Swachh Bharath* Mission, volunteers cleaned the hill view point and surroundings at the tourist spot. Bird watching program and trekking along with Forest Department officials helped the volunteers study more about nature. They could enjoy the beauty of nature. The Camp also included awareness classes by BFOs on topics of biodiversity in the Western Ghats and the role of youth in environment protection.



The inaugural function of the Nature Camp



ST. THOMAS COLLEGE, PALA

College with Potential for Excellence - UGC (2010 and 2015)
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Organic Farming

Many of our lifestyle diseases are due to unhealthy food habits. The chemicals contaminating the vegetables and fruits lead to cancer and the other deadly diseases. The only way to check this is to cultivate fruits and vegetables at least for our own requirements using bio-fertilizers. The NSS Unit started organic farming in the premises of Govt. L P School, Kadayam, Pala, on 8 August 2017. Mrs Renu Mathew, Agricultural Officer, explained the scientific methods in organic farming. Volunteers were divided into different groups and they looked after the cultivation under the leadership of the Program Officers and Volunteer Secretaries. They were able to cultivate vegetables like cucumber, pea, bitter gourd etc.

Seven-Day Special Camp

NSS seven-day special camp JAIVOM 2017 of the College started on 31 August 2017 in the college campus. The camp was inaugurated by Smt. Beena Sunny, President of Mutholy Panchayath. Principal Dr. Joy George also graced the inaugural function and addressed the gathering.

NSS volunteers took key initiative in the conduct of JAIVOM 2017 survey in the 13 wards of Mutholy Panchayath under the leadership of the Program Officers. They organised awareness sessions on organic farming for the people of the locality and resolved their doubts regarding the various aspects of organic farming.

There was camp assembly in the morning which comprised yoga, newspaper reading, and reading of camp paper, camp report and also 'a thought for the day'.

The festival of Onam was celebrated by the volunteers on 4 August 2017. The day provided great refreshment for the volunteers as there were many games and Ona sadya was served to all. There were games like tug of war and dodge ball for the volunteers. And at the post-evening session there were various cultural programs for the volunteers and prizes were distributed to the winners of Onam games.

The penultimate day of the camp was filled with great enthusiasm as there were a large number of cultural programs like skits, folk songs etc., by the volunteers and a vibrant camp fire was set up for our volunteers to entertain themselves.

The seven-day NSS camp - JAIVOM 2017 concluded on 6 August 2017 with a closing ceremony.

Karunyasparsham : Hands of Help for the Marginalised



NSS volunteers hand over the collected utility articles to an old age home

The NSS unit of our College mobilised the whole college community to help the marginalized sections of the society. For helping the senior citizens who were left alone by their children, the volunteers conducted a campaign to collect daily utility articles from the students and staff on 15 December 2017. The response from the college community was really amazing. The NSS unit was able to collect different utility articles. Volunteers along with the program officers visited an old age home run by nuns and contributed the things collected by them.

Blood Donation Camp

A blood donation camp was conducted on 4 December 2017. The program gave another opportunity for the energetic youth of the campus to contribute to the well being of the society. Principal Dr. Joy George inaugurated the program. 108 students including volunteers donated blood.

The activities of the NSS unit were organised under the direction of the Programme Officers **Prof. Prince Mon Jose** (Dept. of Malayalam) and **Prof. Amal Jose Baby** (Dept. of Chemistry).



Blood donation by NSS volunteers in progress

Extract from Newsletter 2016-17



ST. THOMAS COLLEGE, PALA

COLLEGE WITH POTENTIAL FOR EXCELLENCE - UGC (2010 and 2015)

Newsletter

VOL. XIX NO.1 JUNE 2017

2016 - 2017

Principal's Message

No Solitaire, Only Teamplay



Every eventful academic year is an important milestone in the annals of the academia. The year 2016-17 stands out with its glittering academic performance and infrastructural development. We have witnessed a quantum leap in respect of augmentation in infrastructural facilities with the inauguration of the Integrated Sports Complex. It includes a vast auditorium that seats over a thousand people. Construction of an air-conditioned conference hall/assembly room in the ground floor of the sports complex is well underway.

The greatest academic event of the year, that has taken centre stage among activities of the year, was the International Conference on Materials Science and Technology organised by the Dept. of Physics. St. Thomas College was really blessed with the esteemed presence of two Nobel laureates in Physics Prof. Klaus von Klitzing (Germany) and Prof. Ada E. Yonath (Israel), both of them highly distinguished in their fields of research. We are, as reported, the first college in the state to have the rare privilege of having two Nobel laureates as resource persons for the same event. The conference was also attended by eminent scientists and technocrats from abroad alongside experts from various Indian universities and colleges. Members of the Physics faculty of our college, especially Dr. Michael Augustine, HoD and Dr. Ginson P. Joseph, convener of the conference, deserve special commendation.

The performance of our students in academics and sports this year has been really creditable. There was a general blossoming out in studies, sports and extra curricular activities as evidenced by the ranks, grades, prizes and trophies won by our students. Everything went fair, there was no bad blood, no gravitation toward rude behaviour or chicanery, and the peace and harmony that prevailed in the campus enabled us to reap a good harvest in the academic field. I thank the teachers for their wholehearted support and committed teaching, the non-teaching staff for their co-operation and devoted work, the students for their diligence and participation, the parents for their caring and concern and the management, university, the UGC and the Government for their guidance and patronage. Our patron H. E. Mar Joseph Kallarangatt, Bishop of Palai and our Manager H. E. Mar Jacob Murickan, Auxiliary Bishop of Palai have been pillars of strength and beacons of hope for this institution. Our academic and other achievements bear witness to Almighty God's infinite mercy. Right from the moment of conceiving the idea of establishing an institution of higher learning by our founding fathers, God has showered his choicest blessings upon us, all through these academic decades.

I take this opportunity to thank everyone for their unstinting support and co-operation in the administration of this mighty institution. The responsibilities I shoulder in his institution are exciting, enriching and also challenging. Let us rise in the academic heavens as one, as a single entity endowed with a sense of solidarity and purpose.

I wish all success to our great institution and each one of its stakeholders. God bless you!

Dr. Joy George

Second International Conference on Materials Science and Technology (ICMST 2016) Conducted

Nobel Laureates Prof. Ada E. Yonath and Prof. Klaus von Klitzing deliver plenary talks

As a sequel to the first International Conference on Materials Science and Technology (ICMST 2012), the Department of Physics conducted the second ICMST from 5 to 8 June 2016 with the participation of around 550 scholars and delegates from 20 countries. The conference opened with a public lecture by Prof. Ravi Subramanian, Director of Raman Research Institute, Bangalore, on 5 June 2016. The formal inauguration of ICMST 2016 was conducted on 6 June 2016 by Prof. P. J. Kurian, Honourable Deputy Chairman of the Rajya Sabha, in the presence of the Nobel laureates Prof. Ada E. Yonath (Israel) and Prof. Klaus von Klitzing (Germany). H. E. Mar Joseph Kallarangatt, Bishop of Palai and Patron of the College, presided over the inaugural function. Principal Dr. Sunny Joseph felicitated. Dr. Michael Augustine (Head, Dept. of Physics) welcomed the gathering and Dr. Ginson P. Joseph (Convener)



Prof. P. J. Kurian, Hon'ble Deputy Chairman of the Rajya Sabha, inaugurates ICMST 2016

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EXTENSION AND OUTREACH PROGRAMMES

Extension Programme for Migrant Labourers



The faculty of the Dept. of Hindi interacts with migrant labourers

The Department of Hindi organised an extension programme for labourers from different parts of the country working in Kerala. The members of the faculty had an open interaction with them and studied their problems in detail. The migrants from other states often find it difficult to integrate due to large differences in culture, food habits, language and

lifestyle, especially the local cuisine, which is unpalatable to many migrants' taste due to the presence of coconut oil. Locals also experience problems of higher rents, which result in many local businesses being no longer viable, while renters cannot afford to pay their rent.

Sastrapadham Science Magazine

Seven issues of *Sastrapadham*, the popular science magazine in Malayalam for school children, were brought out under the initiative of the teachers of the College. They are August 2016 issue on 'Photochemistry' by Dr. Sunny Kuriakose (Dept. of Chemistry); September 2016 issue on 'Endemic Protection of Environment' by Dr. Jomy Augustine (Dept. of Botany); October 2016 issue on 'The World of Statistics' by Dr. K. K. Jose (Dept. of Biostatistics); November 2016 issue on 'Electric Bulbs' by Dr. Ison V. Vanchipurackal (Dept. of Physics); December 2016 issue on 'The Fascinating World of Numbers' by Dr. Sunil C. Mathew (Dept. of Mathematics); February 2017 issue on 'Genetic Engineering' by Ms. Archana Cherian and Ms. Simi Jacob (Dept. of Biotechnology and Applied Microbiology) and March 2017 issue on 'Science@2016' by Dr. G. D. Gem Mathew (Dept. of Chemistry).



ReStone - Eco-Friendly Initiative



Principal Dr. Sunny Joseph inaugurates the ReStone carry bag distribution

ReStone - A zero waste eco-friendly initiative was inaugurated by distributing carry bags made from old shirts on 10 February 2017. It is a socially oriented programme initiated under Commerce Academic Social Responsibility Forum. Old shirts were collected by the students and converted into carry

bags which were distributed to the public and those who were interested in using these cloth bags instead of plastic carry bags. Around 210 carry bags were distributed during the period 2016-17.

All Kerala Higher Secondary School Science Quiz

The All Kerala Higher Secondary School Sastrapadham Science Quiz 2017 for Rev. Fr. James Kaippanplackal Memorial Trophy was conducted on 13 January 2017 at St. Mary's Church Auditorium, Lalam, Pala, under the joint auspices of the science departments of the College and Science Education Trust (SET), Kottayam. A panel of teachers from the College comprising Dr. G. D. Gem Mathew (Dept. of Chemistry), Dr. Jomy Augustine (Head, Dept. of Botany), Dr. Sunil C. Mathew (Dept. of Mathematics) and Dr. Ison V. Vanchipurackal (Dept. of

Physics) were the quiz masters. The science quiz programme was inaugurated by Rev. Fr. Sebastian Alappattukunnel, Vicar, St. Mary's Church, Lalam at meeting presided over by Rev. Fr. Joseph Alancheril, Executive Editor, Sastrapadham Science Magazine. More than twenty teams representing higher secondary schools from all over Kerala participated in the science quiz competition. The teams representing St. Thomas HSS, Pala; St. Thomas HSS, Erumely and St. Anne's HSS, Kurianad won the first, second and third prizes respectively.



Rev. Fr. Sebastian Alappattukunnel inaugurates the quiz competition

NATIONAL CADET CORPS (NCC)

Army Wing

Company Commander : **Lieut (Prof.) Tojo Joseph**
(Department of Chemistry)

- * SUO Jomy Thomas participated in the Youth Exchange Programme held in Kazakhstan during May 2016.
- * SUO Akhil Thomas and SUO Jomy Thomas attended Republic Day Camp in New Delhi during January 2017.
- * UO Lovia George Kuruvila attended TSC Camp at New Delhi during September 2016.
- * UO Vyshnav Santhosh, UO Ashish Josekutty and UO Krishna Raj participated in IGC RDC Camp during October 2016.
- * UO Lovin George Kuruvila attended Adventure Mountaineering Camp at HMI Darjeeling during November 2016 and won Gold in Cross Country Race and Best Patrol Competition and Silver in Rock Climbing.

- * Our Unit won Inter-Company Guard Competition at St. George's College, Aruvithura in 2016 and also in 2017. 100 cadets participated in International Yoga Day held at our college.
- * Independence Day was observed on 15 August 2016.
- * CATC/RDC training camp was organised during October 2016.
- * Republic Day was celebrated on 26th January 2017.
- * SUO Jomy Thomas attended OTA Kamptee SSB Screening Camp.
- * UO Vyshnav Santhosh attended SNIC Camp at Kavarathi, Lakshadweep.
- * UO Lovin George Kuruvila attended Inter Group Shooting Championship and won Best Firer Award.



Principal Dr. Sunny Joseph hoists the national flag and inspects the guard of honour at the Independence Day celebration

Naval Wing

Sub Unit Commander : **Lieut (Dr.) P. D. George**
(Department of Hindi)

- * Two of the cadets Bibin Babu and Ajith Ashokan participated in the Republic Day Camp and Nav Sainik Camp respectively. Five of our cadets participated in the Inter Group Competition camps of RD and NSC.
- * Cadets Alan Christian Joy and Joseph Roy participated in National Trekking camp and Cadet Sujith T. S. along with Cadet Emmanuel P. Jose participated in sailing camp. Our Unit conducted blood donation camps, Annual Training camps and training of different kinds.

- * 20 of our cadets took part in the Independence and Republic Day parades held at the district police headquarters.
- * Our Unit conducted a green drive on Environment Day in which we planted medicinal tree saplings to spread the green message to all.
- * The cadets along with the ANO visited *Mariyasadanam*, a psycho rehabilitation centre at Pala to inculcate in youth the message of anti-alcoholism.
- * In the Annual Training Camp hosted by our College, cadets from several colleges participated and numerous competitions were held.

NATIONAL SERVICE SCHEME (NSS)



The NSS Unit hands over the fund for Idamalakkudy to the Principal Dr. Sunny Joseph

Helping Hands for Idamalakkudy

The NSS Unit of the College in association with Deepika Friends Club lent a helping hand for the Muthuvan tribe in Idamalakkudy. NSS volunteers organized a fund raising campaign in the College to meet the expenses for buying rice and other food materials for the tribal people who live in poverty. In the program conducted under the guidance of Fr. Jino Perumattom, Co-ordinator of Deepika Friends Club, NSS volunteers raised an amount of Rs. 9,250/- from students and college staff.

Environment Day Celebrations

The College Principal, Dr. Sunny Joseph inaugurated the function on 10 June 2016 by planting a tree sapling near the B block of the College. The volunteers and Programme Officers along with the Principal took the oath to preserve and protect the environment.

Clean College Awareness Campaign

On 16 June 2016, the NSS volunteers divided themselves into four groups in order to spread the message of keeping the campus clean by reaching all the classes. Through brief speeches and interactions the NSS volunteers were able to

make all the students aware of the need and the ways to keep the campus clean.

Swachh Bharat Mission - Public Places and Campus Cleaning

NSS Volunteers cleaned the campus and public places on 12 August 2016 as part of Swachh Bharat Mission. Volunteers conceived the idea of Swachh Bharat Mission and efficiently took part in the programme to keep the campus, public places and eventually the country clean.

Family Meet of the Blind

In collaboration with the Kerala Federation of the Blind, National Service Scheme unit of the College organized a family meet of the blind in the district. The program provided some moments for the blind to enjoy by sharing their experiences with others. The unit also collected a good amount from the college to support the activities of their association. Along with these programs, inauguration of the Golden Jubilee celebrations of the Association was carried out by Hon'ble Justice B. Kemal Pasha of the Kerala High Court.



Hon'ble Justice B. Kemal Pasha inaugurates the Golden Jubilee Celebrations of Kerala Federation of the Blind

Seven-Day Special Camp



Sri. Jose K. Mani MP inaugurates the seven-day special camp of the NSS Unit

The seven-day special camp of the NSS Unit started on 9 September 2016 at Christhujyothi English Medium School, Kayyoor.

The Camp was inaugurated by Sri. Jose K. Mani MP in the presence of Dr. Sunny Joseph, Principal and Sri. Francis Baby, Principal of the host school. Soon after the inauguration ceremony, a debate was held on the topic 'Does social media badly influence the youth?' Next sessions were led by Prof. Ashish Joseph on the topic 'Basic life support and first aid' and by Prof. Joby Mathew on 'Time management'.

On 11 September, the volunteers visited Don Bosco Poor Home at Kadanadu, to inculcate values of social commitment in themselves. A seminar led by Prof. Tony Joseph on 'Tips for a happy life' was very motivating. After the class volunteers set out for an anti-plastic campaign at 'Naadukaani', an ecotourism spot.

On the fourth day, our volunteers declared their social commitment by helping Govt. LP School, Kayyoor to start organic farming. After this Sri. Maju Puthenkandam, former Panchayath President, made the volunteers aware of environment concerns.

On 13 September, the camp members prepared a playground to suit the interests of the school children. Dr. Thomas Scaria took a class on the topic 'Literature and creativity'.

On the sixth day, Onam was celebrated in the camp with different games arranged by the program officers and volunteer secretaries and a sumptuous Onam meal. It was followed by a class on 'Career and civil service' by Dr. Davis Xavier.

The camp which gave many memorable moments for the

volunteers came to an end on 15 September 2016 with a closing ceremony presided over by Rev. Dr. James John Mangalathu, Vice Principal.

Yoga Day Celebration

Dr. Simon Augustine, Associate Professor in Physics as well as a Yoga Master, accepted our invitation to render a class on Yoga and to demonstrate Yoga *Asanas* and *Pranayama*. Prof. Simon taught us the basic lessons in Yoga and helped us in doing certain *Asanas*.

Epidemic Awareness and Free Medicine Distribution

In order to prevent the epidemics which spread during the monsoon an awareness class was conducted in association with Govt. Homoeo Hospital on 21 July 2016. Preventive homeo medicines for epidemics were distributed free of cost. Dr. Anaswara T.R. and Dr. Joseph P.J. led the sessions.

Nature Camp

The NSS Unit in association with the Forest Department conducted a nature camp at Vellappara Wildlife Sanctuary in Idukki from 13 to 15 February 2017. The camp was another evidence of the social commitment of our NSS unit to make the younger generation aware of the importance of conserving forest and wildlife.

As part of the Swachh Bharath Mission, volunteers cleaned the tourist spot Hillview Point and its nearby places. Bird - watching program and trekking along with forest department officials helped the volunteers enjoy the beauty of nature and sense its importance. The Camp also included awareness



Vice Principal Rev. Dr. James John Mangalathu leads the national integrity pledge at the Ekta Divas celebrations

classes by BFOs on topics of biodiversity in the Western Ghats and the role of the youth in environment protection.

Road Safety Survey

In association with the World Bank, KSTP, PWD and Kerala Police, the NSS Unit conducted a road safety survey. After getting trained by the officials, the volunteers set out to conduct a survey on the highways to understand the mindset of the people who use public roads - their awareness of road laws, the use of helmet and seat belt, importance of road signals etc - under the leadership of Community Road Safety Program Field Officer Sri. V.G. Harish Kumar, Road Safety Program Director Sri. Shabeer Mohammed and NSS Program Officers.

ANTI-NARCOTIC CLUB

The activities of the Anti-Narcotic Club for the year 2016-17 were inaugurated by Sri. Suresh Richard (Deputy Excise Commissioner, Kottayam) on 26 July 2016. He also led a class on the 'Harmful Effects of Alcohol and Narcotic Drugs' on the occasion. The programme was co-ordinated by Dr. Biju K. C. (Dept. of Economics), Director of the Anti-Narcotic Club.

FACULTY OF RELIGION

The Faculty of Religion organized retreats and value education classes for all the students. Catechism classes for catholic students and moral classes for non-catholic students were organized during this year also. Holy Qurbana was celebrated every first Friday. Annual retreats and spiritual enlightening classes were held for all degree and PG students. October devotion and rosary for 10 days were regularly conducted during October 2016. Christmas celebrations were held at departmental level on 17 December 2016. Retreat for teachers was conducted on 22 December 2016 by Rev. Fr. John Puthuva of Ernakulam-Angamaly Archdiocese. There are 38 faculty members who serve in the Faculty of Religion.

Ekta Divas Celebrations

As a mark of respect to 'The Iron Man of India', Sardar Vallabhai Patel, his birthday October 31 was celebrated as 'Ekta Divas' in the College by the NSS. In the meeting held under the presidency of the Vice Principal Rev. Dr. James John Mangalathu, the Program Officers Prof. Princemon Jose, Prof. Amal Jose Baby and Volunteer Secretaries Mr. Dibin V. Alanakara and Mr. Ashik Sebastain commemorated the contributions of Sardar Vallabhai Patel, our first Deputy Prime Minister, in unifying our nation. The students also took a pledge to work for the integrity of the nation.

ENERGY AND ENVIRONMENT CLUB

A seminar on the development of LED bulbs and their varieties was organized by the Energy and Environment Club of the College. The programme was led by Dr. Nibu A. George, Department of Physics, Baselius College, Kottayam, a patent holder in this area. The programme was organized by Dr. Ison V. Vanchipurackal (Dept. of Physics), Director of the Club.



Dr. Nibu A. George

ENTREPRENEURSHIP DEVELOPMENT (ED) CLUB

The Entrepreneurship Development (ED) Club organised a seminar on the topic 'Career Development Through Sales and Marketing' on 13 February 2017. Mr. James Mathew Pullatt, a successful businessman based in UAE, was the chief resource person. Prof. Bobby Simon (Dept. of Commerce), Director of ED Club, co-ordinated the programme.

Extract from Newsletter 2015-16



Principal's Message

Making Dreams Come True



My best wishes to all the colleagues, students, parents, friends, benefactors and well wishers of the college. As we all know, the academic year 2015-16 has been a highly productive one – academically and in the field of co-curricular activities and infrastructure development. Indeed, we are one of the best colleges in the state, nay in the country, and I think we should contemplate the factors that have contributed to this pride of place we enjoy. For a track record marked with successes I thank all the members of our community who

have upheld the lofty principles of our Founding Fathers. For the coming years I call on everyone in the St. Thomas community to work together to sustain an environment in which all of us are academically committed, intellectually free and politically wise so that the stakeholders as well as the community at large can speak glowingly of St. Thomas' importance in the academic scenario of the state.

We have a dream sports infrastructure project completed and inaugurated this year. On February 28, 2016 the Integrated Sports Complex, which houses a spacious and state-of-the-art indoor stadium and Olympic-standard swimming pool, was inaugurated. You can read details on the following pages.

Our ability to deliver excellence in higher education, post-graduate and research studies, has been borne out by the distinctions, ranks and top positions won by our students, in some cases the honour in a row for several years for our college – hat trick and more. This year 10 research scholars who pursued their academic expedition at St. Thomas were awarded Ph.D. by the University. It is a truly remarkable achievement. This gives an opportunity for me to congratulate the Ph.D. awardees and their guides. Hearty Congratulations! Research remains one of the pillars that make St. Thomas a university- leading college. External factors like the increasing competition from autonomous colleges in the state are posing a challenge to our competitiveness. In future we will have to strive to maintain academic excellence which is the defining feature of our institutional landscape integral to establishing our university and national level reputation. The recent developmental work enables our college to offer an infrastructure that is commensurate with its standing as a leading college.

Apart from providing facilities for the holistic development of the young generation, we are succeeding in our endeavour to serve the local community in new and creative ways. We have to further enhance our regional engagement to strengthen alumni network, parent interaction, political and administrative goodwill etc. By sharing our intellectual assets, infrastructure facilities such as the sports complex and swimming pool, experimental knowledge and hands-on experience with the community we can further invest in fruitful interactive relationships which the future of the college is intimately bound with.

Let us together enable our students to experience a life-transforming education process at St. Thomas. Let each graduand be a St. Thomas graduate. Assuredly our distinguished institution has great DNA to spur us to soar higher in the academic empyrean and to serve as a trailblazer and a beacon on an eminence for the modern knowledge-based social system.

Thank you all.

Dr. Sunny Joseph Panjikunnel

Integrated Sports Complex Inaugurated

St. Thomas College on the Fast Track

The legacy of sports achievement of our institution is underlined by the completion of the mega project of sports infrastructure - the Integrated Sports Complex - with the partial financial assistance of Rupees one crore seventy lakhs from the University Grants Commission. The project was completed at a total cost of Rupees eleven crores. The Management, teachers and private individuals contributed substantially for the successful completion of the project. The Sports Complex consists of a Multipurpose Indoor Sports Training Facility with maple wood flooring which can accommodate six badminton courts at a time. An Olympic-standard Swimming Pool with latest water purification system, a kid's pool and a walkers' lane are the other facilities developed as part of the Integrated Sports Complex. The entire project was completed during this academic year.



Sri. Oommen Chandy, Hon'ble Chief Minister of Kerala, inaugurates the Integrated Sports Complex

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EXTENSION AND OUTREACH PROGRAMMES

District-level Inauguration of Kidney Disease Testing Campaign



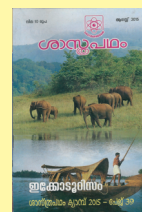
Shri K.M. Mani, Hon'ble Minister, inaugurates the testing campaign

Nowadays, kidney disease is a serious health concern in our society. The catastrophic part is that kidney faults are not apparent during the earlier stages. Symptoms are exposed only on later stages and remedies are usually unfeasible. Taking this scenario very seriously, the NSS Unit of the College in association with the Kidney Federation of India organised a kidney disease diagnosis camp. District-wise inauguration of

the testing campaign was conducted by Honourable Minister Shri. K. M. Mani on 11 September 2015. Principal Dr. Sunny Joseph, Dr. Divya S. Aiyar, Assistant Collector, Kottayam, Pala Municipal Chairman Sri. Kuriakose Padavan, Sri. Tims Pothan Nedumpuram of Kidney Federation of India and others were present at the function.

Sastrapadham Science Magazine

Five issues of *Sastrapadham*, the popular science magazine in Malayalam for school children, were brought out under the initiative of the teachers of the College. They are: August 2015 issue on 'Ecotourism' by Dr. Jomy Augustine (Dept. of Botany), January 2016 issue on 'Fractals' by Dr. Sunil C. Mathew (Dept. of Mathematics), February 2016 issue on 'Polymer Chemistry' by Dr. Sunny Kuriakose (Dept. of Chemistry), March 2016 issue on 'Science@2015' by Dr. G. D. Gem Mathew (Dept. of Chemistry) and May 2016 issue on 'Intellectual Property Rights' by Dr. Ison V. Vanchipurackal (Dept. of Physics).



August 2015 issue January 2016 issue



February 2016 issue March 2016 issue May 2016 issue

Meenachil River Day Celebrations



Dr. Babu Sebastian, Hon'ble Vice Chancellor, M.G. University, inaugurates the celebrations

The history of St. Thomas College, Pala is always bound with that of river Meenachil. Today the condition of the river is very pathetic due to indiscriminate activities of waste disposal and sand mining. As an effort to save the river, NSS Unit of the College associated with various organisations to host a gathering on the banks of River Meenachil on 1 September 2015. Hon'ble Vice Chancellor of M G University, Dr. Babu Sebastian was the chief guest. Dr. Sunny Joseph, Principal; Sr. Jansamma James,

Principal, Alphonsa College; Rev. Dr. James John Mangalathu, Vice Principal; Municipal Councillors of Pala Municipality, NSS Programme Officers and students of various colleges attended the meeting. In the meeting, the Hon'ble Vice Chancellor reminded the gathering of the necessity of keeping the river healthy and clean. Principal Dr. Sunny Joseph planted a bamboo sapling on the river bank.



Principal Dr. Sunny Joseph plants a bamboo sapling

NATIONAL CADET CORPS (NCC)

Army Wing

Company Commander : **Lieut (Dr.) Ratheesh M.**
(Dept. of Biochemistry)

- 60 cadets participated in International Yoga Day celebrations held at Deva Matha College, Kuravilangadu.
- CDT Harikrishnan M. attended Attachment Camp at Dehradun in July 2015.
- Independence Day was observed on 15 August 2015.
- CPL Lanson George, CPL Maheen K.S. & Vipin Joseph attended TSC camp at New Delhi in September 2015.
- UO Lijo George, SGT Jomy Thomas, SGT Christy Thomas K, CPL Arun K.A. and CPL Manukuttan K.M. participated in IGC RDC held at Trissur Police Academy in October. SGT Jomy Thomas was selected as All Kerala Army Wing Best Cadet.
- CDT Lovin George Kuruvila attended Adventure Mountaineering Camp at HMI Darjeeling in November 2015 and won gold medals in cross country race and best patrol competitions and silver medal in rock climbing.
- UO Harikrishnan M & CDT Thomas K.J. attended NIL at Alapuzha in December 2015.
- UO Jomy Thomas attended Republic Day Camp in New Delhi in January 2016.
- Republic Day was celebrated on 26 January 2016. Cadets visited *Mariyasadanam* and helped the inmates.
- *Expeditio - 2016* Annual Fest, Weapons Exhibition & War Demo were conducted in March 2016. The programme was inaugurated by DDG K & L Brigadier Sanal Kumar.
- The College NCC Unit won Inter - Company Guard competition held at St. George's College, Aruvithura in May 2016.
- SUO Jomy Thomas participated in the youth exchange programme held at Kazakhstan in May 2016.

Naval Wing

Sub Unit Commander : **Lieut (Dr.) P. D. George**
(Dept. of Hindi)



Principal Dr. Sunny Joseph speaks of the Independence Day celebrations

- 18 cadets participated in International Day of Yoga held on 31 June 2015 at S.B. High School, Changanacherry.
- Celebrated Environment Day on 5 June 2015 and Independence Day on 15 August 2015.
- Cadet Dawny Johnson participated in All India Nau-Sainik Camp held at Karwar in October 2015.
- Conducted trekking to Vagamam in October 2015.
- Cadet Emmanuel P. Jose participated in All India Trekking Camp held at Kulamavu in October 2015.
- Cadets Jaison John, Rojan Roy and Santo Sali participated in RO IGC Camp in October 2015.
- Conducted blood donation camp on 1 October 2015.
- Cadets visited Cochin Naval Base in December 2015.
- 30 cadets participated in ATC camp held at Govt. College, Nattakom in December 2015. Our college secured overall second position and Cadet Dawny Johnson was selected as the Best Cadet.



Expeditio 2016 - Annual Fest, Weapons Exhibition and War Demo

NATIONAL SERVICE SCHEME (NSS)

“Not Me But You” is the motto of National Service Scheme. It is primarily an education programme associated with different forms of social service.



NSS Programme Officers hand over the Chennai flood relief fund to the Principal

The National Service Scheme Unit of the College functioned fruitfully during the academic year 2015- 16. Volunteers got the chance to visit the adopted village - Kadanad Grama Panchayath - and organise a seven- day special camp there. Students could interact with the local people and also with elected representatives of the Panchayath.

Volunteers also visited the adopted school, Govt. L. P. School, Kadayam, Palai South, for cleaning as part of Swachh Bharat Mission (SBM) and donated articles needed for students. Volunteers got a chance to visit ‘Mariyasadan’- a rehabilitation centre for mentally challenged and old aged people. Volunteers served for one week at ‘Mariyasadan’. That gave an opportunity for the volunteers to experience the ground realities of human life.

Since it is an all-out educational venture, the NSS Unit of the College also organised various classes and awareness programmes on a range of topics such as personality development, first aid, organic farming, nature conservation etc. The volunteers got opportunities for multi dimensional development by their involment in National Service Scheme activities.

Activities of the National Service Scheme Unit of the College this year started with planting a tree in the campus. Principal Dr. Sunny Joseph planted a *ficus* tree in the campus on 5 June 2015 in connection with World Environment Day. Kerala Forest Department provided more than twenty five species of tree saplings which were planted by the volunteers to make up a ‘Nakshathra Vanam’ in the campus.

- NSS volunteers cleaned the campus on World Environment Day as part of ‘Swachh Bharat Mission’ (SBM). Volunteers welcomed the idea of Swachh Bharat Mission (SBM) and efficiently took part in the programme to keep the campus, and eventually the country, clean.
- NSS volunteers collected an amount of Rs. 82,000/- for the treatment of Ms. Ambily Fathima.
- As part of the World Day to Combat Desertification, a one-day seminar was conducted on climate change and desertification.
- As a measure to combat the misuse of drugs, an anti-drug pledge was taken by the NSS volunteers.
- On World Population Day, a Seminar on Population Explosion was organised for the NSS volunteers on 11 July 2015.
- The NSS Unit in association with Blood Bank, Medical College, Kottayam, organized a blood donation camp on 21 July 2015. More than one hundred students donated blood.
- A general campus cleaning was organised by NSS volunteers as part of World Nature Conservation Day on 28 July 2015.
- World Literacy Day was observed by organising a special meeting for the volunteers on 8 August 2015.
- NSS volunteers celebrated Independence Day along with the NCC cadets of the College. Principal Dr. Sunny Joseph hoisted the National Flag.



Sri. Siju Mullapally speaks at the organ donation awareness campaign





Principal Dr. Sunny Joseph inaugurates the demonstration by Kerala Fire and Rescue Service

- A work camp was conducted on August 15 as part of Independence Day celebrations. NSS volunteers cleaned the main road in front of the College and cleared a walkway for the easy commuting of the pedestrians.
- A group of NSS volunteers were selected for a nature camp in Vallakkadavu, Periyar Tiger Reserve from 15 to 18 September. As part of the camp and Swachh Bharat Mission (SBM), volunteers cleaned a tribal village near Vallakadavu. Plastic waste was collected and an awareness class was conducted for the local people about the hazards of plastic pollution.
- As part of the International Day of Non-violence, a special meeting for the volunteers was organised on 2 October 2015.
- A special meeting was convened in accordance with 'Rashtriya Ektha Divas' on 2 November 2015. Principal Dr. Sunny Joseph delivered the pledge stressing national integration and unity.
- *Jeevadayany* is a proposed mobile application for blood donation by Kerala State Youth Welfare Board, Government of Kerala. NSS volunteers actively participated in the collection of data for the launch of the mobile app. Volunteers of the unit collected seven hundred data sheets and they were transferred to the Kerala State Youth Welfare Board.
- A poster design competition on the topic 'Drug Abuse' was conducted for college students on 27 November 2015.
- NSS volunteers helped the flood-stricken people of Chennai by collecting an amount of Rs 12,000/-. The

collected amount was credited to the account number prescribed by the NSS Office, MG University.

- A class on Organic Farming was conducted on 14 January 2016. Sri. Babu Raj, Agriculture Officer, Kozhuvanal, led the class. Organic farming practices, farming in terrace, use of organic fertilizers and possibilities of biological pest control methods were the important thrust areas of the class.
- The NSS Unit organized an awareness programme on organ donation on 27 January 2016. It was conducted in association with *Mritha Sanjeevany* programme of the Government of Kerala and Nurses Line. The programme included a talk by Sri. Siju Mullappally, film shows, and *Ottam thullal*.
- Govt. L. P. School, Kadayam, Palai South is the adopted school of the NSS Unit. Volunteers actively took part in a mission to clean up the school compound and make firewood for the preparation of mid-day meals, on 29 January 2016. Volunteers also planted plantain trees. A waste pit was also made by the volunteers as part of Swachh Bharat Mission (SBM).
- 'Snehapoorvam Sahapadikku' is a Kerala Government - initiated programme intended for making a fund for the construction of houses for orphaned children. Our NSS volunteers collected an amount of Rs 10,000/- and handed it over to the Principal on 30 January 2016.
- A class on 'E- Jaalakam' was conducted on 10 January 2016. Sri. Renji V. Mathew, Volunteer Secretary, demonstrated various possibilities of the programme. Demonstrations were conducted on downloading various certificates like Birth certificate, Marriage certificate, Death certificate, e-Aadhar etc. The class also discussed in detail Digi Locker facility, uploading documents in Digi Locker and updating Aadhar details.
- The NSS Unit associated with Kerala Fire and Rescue Service to perform a mock drill in the campus on fire hazard and a demonstration of various life saving skills by trained professionals of the squad. During the programme, officers exhibited various gadgets they are using and drills on different life saving exercises. There



Exhibition of fire fighting equipments



Demonstration of fire rescue operation



NSS Volunteers on clean-campus mission

was also an exhibition of photographs themed on the inestimable service done by Kerala Fire and Rescue Service.

- NSS volunteers always show special interest in the general cleanliness of the campus and surroundings. On 24 February 2016, the whole College set out to clean the campus under the guidance of NSS volunteers.
- With the help of the volunteers, fifty plates and other utensils needed for serving midday meals were supplied to Govt. L. P. School, Kadayam, Pala South. The unit also helped the children by providing subscription to five popular children's publications for the next one year.
- NSS volunteers helped in the Online Voters Enrolment Programme conducted by the Revenue Department on 29 February 2016. Through the programme, students who were eighteen years old and not yet enrolled their names on voters list could enrol their names on the list, irrespective of their constituency. More than fifty students utilized this golden opportunity.

The seven-day camp of the NSS Unit was held at Kadanad Grama Panchayath from 21 August 2015 onwards. The inaugural function was held at the head office of VICIB self- help group, Kadanad. Smt. Bindhu Binu, President of Kadanad Grama Panchayath inaugurated the camp at a meeting presided over by Rev. Dr. James John Mangalathu, Vice Principal of the



NSS Volunteers with Smt. Shanthakumari E.N., H.M. of Govt. L.P. School, Kadayam, Pala South

College. Smt. Manikutty Santhosh (Member, Kadanad Grama Panchayath), Smt. Omana Mohanan (President, VICIB) and Sri. Mathachan Urumbukatt (Ex. President, Neeloor Service Co-operative Bank) offered felicitations. Prof. Mathew Thomas, Programme Officer, welcomed the gathering and Mr. Renji V. Mathew, Volunteer Secretary, proposed the vote of thanks.

The projects taken up during the camp included:

1. Clearing of two acres of barren land for planting trees.
2. Cleaning of the surroundings of school ground.
3. Repairing of the damage in front of the Panchayath Office.
4. Planting of trees in the school premises and roadside.
5. Making of new water channels in the school ground to avoid water logging.
6. Completing a Health Survey of Kadanad Grama Panchayath.

Yoga classes were conducted regularly. Informative classes by experts were held on topics like 'Media and Ethical Issues', 'Indian Civil Service', 'Environment and Development', 'Career and Success in Life' and 'First Aid and Life Saving Skills'. A procession was organised by the NSS volunteers to Kodumbidy as part of the Onam celebrations. 'Maveli' and 'Pulikali' added colour to the procession.

At the closing ceremony of the camp, presided over by Dr. V.V. Georgekutty Vattoth (Staff Council Secretary of the College), Rev. Fr. Mathew Kurian Kavanadimalayil (Bursar of the College) delivered the valedictory message. Sri. K. C. Thankachan (Secretary, VICIB) and Smt. Manikutty Santhosh (Member, Kadanad Grama Panchayath) offered felicitations. A detailed report of the seven-day camp was presented by Mr. Devasiachen P. Kurian, Volunteer Secretary. Prof. Princemon Jose, Programme Officer, welcomed the gathering and Mr. Akhil Rajan proposed the vote of thanks.

The activities of the NSS unit were organised under the direction of the Programme Officers **Prof. Mathew Thomas** (Dept. of Zoology) and **Prof. Princemon Jose** (Dept. of Malayalam).



Smt. Bindhu Binu, President, Kadanad Grama Panchayath, inaugurates the seven-day NSS Special Camp

Extract from Newsletter 2014-15



NEWSLETTER

2014 - '15

VOL. XVII NO.1 JUNE 2015

Principal's Message

Came, Saw and Concurred



The academic year 2014-15 has been a momentous one in the history of the college. Our institution has been adjudged one of the best in its category with 'A' grade by the National Assessment and Accreditation Council (NAAC). The contributions of many dedicated persons – those at the helm of affairs, those in the employ of the college, students, their parents, the alumni - our extended St. Thomas community, and other well-wishers of our college – have gone into this historic achievement. On this occasion, first of all, I would like to thank Almighty God for making our long-cherished dream come true. I also thank each and every person for their valuable share of work towards this goal.

The academic profile of the college has been strengthened by the introduction of new PG, UG and diploma programmes. MA History programme, B.Voc. Sustainable Agriculture and B.Voc. Food Processing Technology and Diploma in Computer

Hardware and Networking and Diploma in Renewable Energy have been started. Our college is all set to expand and promote aspiring students with a faculty ready to galvanize leading-edge spheres of knowledge and develop programmes that can bring about changes in the community in a highly positive way.

A large number of seminars, conferences, workshops and invited talks have been conducted in the academic year. In science and humanities we have been home to brilliant people tunnelling away in the field of research, teaching and extension activities. All such programmes were organized with a vision in mind that progress occurs when institutions bring creative minds together. From the enthusiastic participation of our students and research scholars in these programmes we infer that our young minds reflect an intelligent lineage that extends back over generations. In fact the legacy of our luminaries is in the promise of our rising stars.

It is our dream to raise St. Thomas College to a position to take the lead in research oriented projects beneficial for the community at large. The campus with an environment dedicated to both instruction and inspiration is like an experimental laboratory where creative risk-taking is a way of life. Nine new research projects sponsored by the UGC have been sanctioned to our teachers this year. Also seven such projects sanctioned earlier have been completed successfully. Two major research projects (with amounts near one million rupees and above) have also been completed this year.

Many members of our faculty, in their professional capacity, have been called upon to set the direction for larger institutions like universities. Dr. Babu Sebastian, Associate Professor, Dept. of Malayalam, has been appointed as the Vice Chancellor of Mahatma Gandhi University. A scholar and expert in diverse fields of academic and administrative activity, Dr. Babu Sebastian blends theory and practice harmoniously in his professional life. I congratulate my colleague and wish him all success and God's blessings on assumption of this exalted office.

To make academic life on the campus vibrant by guiding students through a process of intellectual enquiry and self-discovery and to rededicate ourselves to better positioning St. Thomas College as a 21st century institution of higher learning that is bound to scale new heights in academic and co-curricular activities, various programmes were organized.

We have a track record of 'firsts' in sports and games. This year also we are champions in volleyball, swimming, cross-country race, body building etc. and runners up in athletics at university level. I thank all the department and other associations and forums in the college for making this academic year a fruitful one.

Principal Rev. Fr. N.V. Joseph Njarakkattil along with seven other members of the faculty retired from service in 2014-15. They include two vice principals, Dr. V.T. Thomas and Prof. Tommy Cherian Vadakkekunnil. Three members of the non-teaching staff also retired from service this year. With a deep sense of appreciation and gratitude I remember all my retired colleagues and wish them happy retired life.

This year we have lost one of our luminaries whose legacy will illuminate the campus forever. Our former principal Rev. Dr. Mathew Malaparambil was called to eternal rest on 22 March 2015. He had set clearly defined goals, modelled successful academic and administrative behaviour and empowered the college community to think creatively and act responsibly. He worked on multiple fronts to transform the higher education sector in the state enabling generations of students to flourish and create a future for themselves. We trust we have gained an angel in heaven that watches over us.

In near future our campus will be renewed for the 21st century with a state of the art sports complex and swimming pool facility, smart class rooms and student spaces infused with modern technology that supports teaching, learning and physical and mental fitness. We have begun a new century, nay a new millennium and we would help each other to rise to the challenges of tomorrow, for which we have to bank on the breadth and depth of our knowledge and skills. As I take over as principal of this great institution, I request your whole-hearted co-operation in making it lead others by example. We must strive to see our students succeed in their lives both as students here and as citizens after they leave us. I wish all of you all the best in life.

Dr. Sunny Joseph Panjikunnel

St. Thomas College Re-accredited with A Grade by NAAC

The College was re-accredited with A Grade (GPA 3.30) in the NAAC Assessment (3rd cycle) conducted during 23-25 February 2015. The NAAC Peer Team consisted of Prof. Arunoday Saha (Chairman), Prof. Ramana Rao Kamaraju (Member) and Prof. G.K. Karanth (Member Co-ordinator).

St. Thomas College, Pala had been assessed and accredited by NAAC with 4 Star Grade in February 2000 and with B++ Grade in February 2007. The report of the NAAC Peer Team who visited the College during 21-23 February 2007 was an eye-opener to the entire college community. This has contributed significantly to our march towards enhancement of quality in all areas. The College has been successful in evaluating its strengths and weaknesses and making up for the weaknesses during the last 8 years. We have implemented all the recommendations of the last Peer Team and made significant improvements in all areas and identified new domains in our quest for excellence. The initial steps for the NAAC re-accreditation process were taken by



Prof. Arunoday Saha hands over the report of the NAAC Peer Team to the Principal Rev. Fr. N.V. Joseph Njarakkattil at the Exit Meeting

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EXTENSION AND OUTREACH PROGRAMMES

Sastrapadham Science Experience Camp - FARMFEST 2014



Rev. Fr. Joseph Alancheril hoists the flag at the start of the camp

The Centre for Nano-Biopolymer Science & Technology, Department of Physics of the College in association with the Corporate Educational Agency of the Diocese of Palai, organised Sastrapadham Science Experience Camp - FARMFEST 2014 for high school and higher secondary school students during 11-13 September 2014. The theme of the Camp, organised to celebrate the International Year of Family Farming 2014, was 'Sustainable Agriculture'. The camp started with flag hoisting by Rev. Fr. Joseph Alancheril, Managing Editor, Sastrapadham

Science Magazine. Mr. M.P. Dinesh IPS, District Police Chief, Kottayam spoke on the topic 'Safe Campus-Clean Campus' while Mr. A.U. Sunilkumar, Dy.S.P., Crime Branch, Kottayam spoke on the topic 'Cyber Crimes'. Dr. Ison V. Vanchipurackal, Chief Academic Co-ordinator, gave a general introduction about the camp while Rev. Fr. Mathew Chandrankunnel, Secretary, Corporate Educational Agency, Diocese of Palai, gave camp instructions and an introduction about the theme of the camp. Dr. G.D. Gem Mathew, Associate Editor, Sastrapadham Science Magazine, offered felicitations.



Mr. M.P. Dinesh IPS, District Police Chief, Kottayam, addresses the students



H.E. Mar Joseph Kallarangatt inaugurates the Science Experience Camp

Formal inauguration of the camp was held on 12 August 2014 by H.E. Mar Joseph Kallarangatt, Bishop of Palai. Adv. Joy Abraham M.P. was the Chief Guest at the inaugural function. In the technical sessions that followed Mr. Joe Painappallil, Agricultural Officer, Bharananganam, spoke on the topic 'Food Security and Self Reliance' and Dr. Jacob Varghese, Associate Professor, S.H. College, Thevara, spoke on the topic 'Floriculture and Nursery Management'. In the afternoon sessions, Ms. K.J. Geetha, Joint Director(Rtd.), Dept. of Agriculture, Kottayam, delivered a talk on 'Organic Farming' while Mr. George Vadakkechira, Asst. Director of Agriculture, Uzhavoor Block, delivered a talk on 'Family Farming'. It was followed by a field trip to the agriculture projects of Mr. Siby C. Jacob, winner of *Karshakashri* award.

On the final day of the camp (13 August 2014), Mr. Anandu Krishnan, M.A. College, Ramapuram, spoke on 'Mushroom Cultivation' and Dr. Sajan Jose K., Associate Professor, St. Joseph's College, Moolamattom, spoke on 'Melliponi Culture'. In the concluding session, Dr. Babu Sebastian, Hon. Vice Chancellor, Mahatma Gandhi University, delivered the valedictory address. The meeting was presided over by Very Rev. Msgr. Philip Njaralakkatt; Vicar General, Diocese of Palai. Rev. Fr. Mathew Alapattumedayil, Executive Editor, *Sastrapadham* Science Magazine, offered felicitations. More than 150 students from schools all over Kerala participated in the camp. Dr. Ison V. Vanchipurackal, Assistant Professor, Department of Physics was the Chief Academic Co-ordinator of the camp.



Dr. Babu Sebastian, Hon'ble Vice Chancellor, Mahatma Gandhi University, delivers the valedictory address

CASR of the Department of Commerce



H.E. Mar Jacob Murickan inaugurates the CASR of the Department of Commerce

The Department of Commerce of the College reaches out to the society through the Centre for Academic Social Responsibility (CASR). It is an initiative of the Department to provide a unique platform for organizing its social outreach programmes and extension activities. It was inaugurated by His Excellency Mar Jacob Murickan, Manager of the College on 13 August 2014 at St. Maria Goretti's High School, Chennai. The

meeting was presided over by Rev. Fr. Sebastian Vettukallel, Manager of St. Maria Goretti's High School, and the keynote address was delivered by Rev. Fr. N.V. Joseph Njarakkattil, Principal. Dr. Sunny Joseph, Head of the Department and Prof. James Varghese, Director, CASR, led the programme. A group of 35 students from M.Com. and B.Com. courses conducted training programmes for the school students.

Issues of Sastrapadham Science Magazine

Five issues of *Sastrapadham*, the popular science magazine in Malayalam for school children, were brought out under the initiative of the teachers of the College. They are: June 2014 issue on 'Chemistry and Medicine' by Dr. Sunny Kuriakose (Dept. of Chemistry), October 2014 issue on 'Electromagnetic Radiation' by Dr. Ison V. Vanchipurackal (Dept. of Physics), December 2014 issue on 'Coding Theory' by Dr. Sunil C. Mathew (Dept. of Mathematics), January 2015 issue on 'Biotoxins' by Dr. Jomy Augustine (Dept. of Botany) and March 2015 issue on 'Science in 2014' by Dr. G.D. Gem Mathew (Dept. of Chemistry).



June 2014 issue



October 2014 issue



December 2014 issue



January 2015 issue



March 2015 issue

Extension Programme in History



Students and teachers of the Department of History at St. Ephrem's U.P. School, Kaveekunnu

The Department of History organized an extension programme at St. Ephrem's UP School, Kaveekunnu, on 10 December 2014. All students of the Department of History along with faculty members participated in the programme. It was meant to convey the value of History as a discipline and the significance of studying History. The students of the Department

of History conducted quiz competitions and engaged classes on the basics of History. As part of the extension activity, the Department distributed pocket dictionaries to all the students in the school and subscribed newspapers and *Digest* (weekly booklet) for the school library for the academic year, 2014-15.

Science Voyager - A New Science Magazine for School Students

A new science magazine in English titled *Science Voyager* has been launched under the joint auspices of the Archdiocese of Changanacherry and the Dioceses of Palai and Kanjirapally. The purpose of *Science Voyager* is to enlighten high school and higher secondary school students and instill scientific temper in them. The following teachers of the College are members of the Editorial Board of the magazine : Dr. G.D. Gem Mathew (Chemistry), Dr. Ison V. Vanchipurackal (Physics), Dr. Sunil C. Mathew (Mathematics) and Dr. Jomy Augustine (Biology). The pilot issue of the magazine was launched in April 2015. It carried an article on 'Marie Curie - A Legendary Woman of Science' by Dr. G.D. Gem Mathew as the cover story and an article on 'Nobel Winning Blue LED' by Dr. Ison V. Vanchipurackal.



NATIONAL CADET CORPS (NCC)

Army Wing

Company Commander : **Lieut. George Joseph**
(Department of Politics)

Naval Wing

Sub Unit Commander : **Lieut. (Dr.) P.D. George**
(Department of Hindi)



Principal Rev. Fr. N.V. Joseph Njarakkattil plants a sapling as part of World Environment Day celebrations

40 cadets from the College participated in the Annual Training Camp held at Labour India Public School, Marangattupilly, from 24 August 2014 to 2 September 2014. 15 cadets participated in the Annual Training Camp held at St. George College, Aruvithura from 6 to 15 September 2014. Pre-RDC IGC camp of Kottayam Group was hosted by the College NCC Unit from 19 to 28 September 2014. World Environment Day was observed on 5 June 2014 by planting trees in the College campus. Principal Rev. Fr. N.V. Joseph gave the cadets a



Principal Rev. Fr. N.V. Joseph Njarakkattil hoists the national flag at the Independence Day celebrations

message on the importance of protecting the environment. SUO Nandu Krishnan V. participated in the Republic Day Camp 2015 held at New Delhi. The College hosted the 2014-15 Inter-collegiate Guard of Honour competition on 31 January 2015 and our unit won the first prize at the battalion level. The College was the centre for the NCC 'B' Certificate examinations held on 14 February 2015.



Principal Rev. Fr. N.V. Joseph Njarakkattil flags off the bike rally by NCC cadets



Lijo George



Nandu Krishnan V.



Albert G.



Harikrishnan M.



Bobin V.S.



Cyril V. Jose



Vishnu E.R.



Saran Sasi

NATIONAL SERVICE SCHEME (NSS)



NSS Award winners with the Principal Rev. Fr. N.V. Joseph Njarakkattil

Programme Officers: **Prof. Joben K. Antony** (Dept. of Economics) and **Prof. Mathew Thomas** (Dept. of Zoology).

Volunteer Secretaries: Sri. Arun Robert and Sri. Jamson Edward

- Observation of Environment Day was conducted on 5 June 2014. Principal Rev. Fr. N.V. Joseph inaugurated the programme by planting a neem sapling in the campus. Saplings were given to the students to plant at their homes.
- Prof. Joben K. Antony participated in the state level tree planting campaign held at Kottayam on 5 June 2014. The programme was inaugurated by Sri. Thiruvanchoor Radakrishnan, Hon. Minister for Forests and Wildlife, Govt. of Kerala.
- 8 volunteers participated in the Leadership Camp organised by the Youth Welfare Board, at Kottayam.
- Observation of World Population Day was held on 12 July 2014 by organising a talk on the topic 'Demographic Dividend of India'.
- Orientation Programme for the new volunteers was conducted on 23 August 2014. Smt. Babitha, Asst. Prof. of Sociology, Assumption College, Changanassery, led the session. Principal Rev. Fr. N.V. Joseph inaugurated the function.
- A one-day work camp was conducted at Cherpunkal on 30 August 2014 to construct a house for a homeless poor. It was led by Prof. Joben K. Antony and the volunteers transported 3 loads each of M-sand and metal, and 2 loads of hollow bricks for the construction work.
- Nature Study Camp was held during 1-3 September 2014 at Chinnar Wildlife Sanctuary under the leadership of Prof. Mathew Thomas and Prof. Libin Kuriakose.
- A seven-day camp was held from 5 to 11 September 2014 at Retnagiri near Ettumanoor. It was inaugurated by Sri. Mons Joseph MLA. Principal Rev. Fr. N.V. Joseph presided over the meeting. Parish priest Rev. Fr. Thomas Vedikkunnel felicitated. Members of the local bodies were also present at the meeting.
- Special Adventure Camp 2014-15 held at Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports (ABVIMAS), Hatkoti, from 24 September 2014 to 3 October 2014 was attended by Sri. Arun Robert, Volunteer Secretary.
- 35 volunteers participated in the 30th Anniversary programme of M.G University held on 7 October 2014.
- Reception to the *Akshara Jyothi Prayanam* was given on 9 October 2014 by Prof. Joben K. Antony and the volunteers. The captain of the procession was Prof. Sunny K. George, Member, Syndicate, MG University.
- *Swachh Bharat Mission* was taken up in earnest by the NSS volunteers on 2 October 2014. They visited General Hospital, Pala, and cleaned the premises.
- 37 volunteers and three faculty members participated in the three-day Nature Study Camp held at Thenmala during 21-23 November 2014.
- The College NSS Unit won the M.G University NSS Awards for Best Unit, Best Programme Officer and Best Principal for the year 2013-14.
- A Mass Run was conducted as part of 'Safe Campus - Clean Campus' campaign in collaboration with *Janamaithri* Police, Pala on 6 February 2015. More than 100 volunteers along with programme officers participated in the run. Circle Inspector of Police Sri. K.P. Jose flagged off the programme.
- 9 volunteers participated in the NSS intercollegiate competitions held at Newman College, Thodupuzha, on 7 February 2015. Sri. Jopaul Johny won First prize for elocution.
- Sri. Jopaul Johny won overall championship in the NSS Fest held at Baselius College, Kottayam winning three First Prizes and one Second Prize.
- St. Thomas College has been top in the list of students who were selected for Additional Skills Acquisition Programme (ASAP). 59 students received free residential training for 21 days on communication skills, personality development, leadership, I.T. etc.