



ST. THOMAS COLLEGE

Ranni, Pathanamthitta, Kerala - 689673

ACCREDITED BY NAAC WITH ' B ' GRADE

5.1.2 : Capacity Development and Skill Enhancement Initiatives

LIFE SKILLS

CRITERION : 5

**STUDENT SUPPORT AND
PROGRESSION**

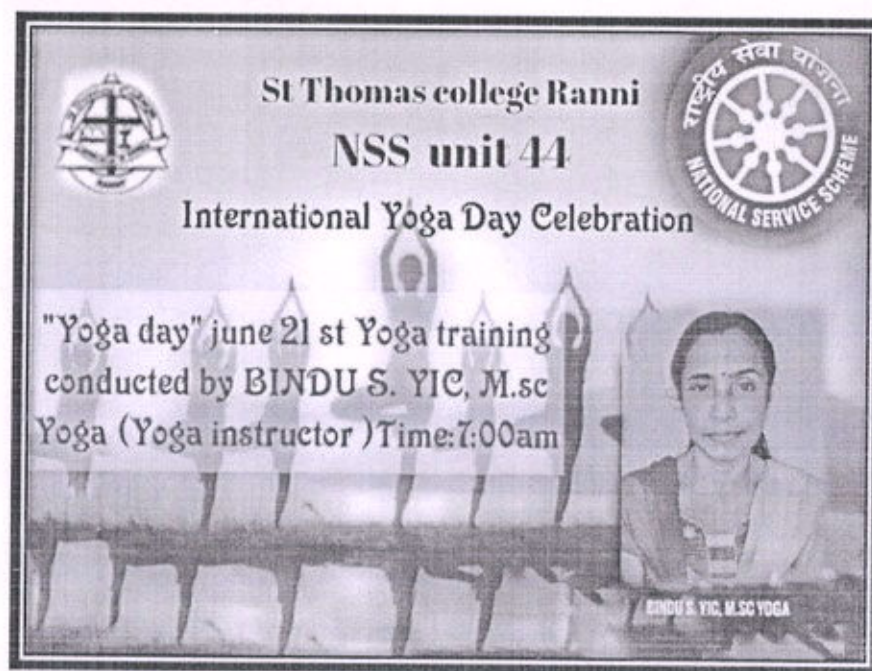


ST. THOMAS COLLEGE, RANNI


Online yoga class

<i>Title of the Programme</i>	Online yoga class
<i>Name of the Coordinator</i>	Dr.Sreejaya R, Dr.Vinod Kumar T G
<i>Organizing Committee/cell/Department</i>	St. Thomas College Ranni, NSS
<i>Date and Duration</i>	21-06-2020
<i>Number of participants</i>	76
<i>Recourse Person</i>	Mrs. Bindu S, the Trainer of Yoga, Kendriya Vidhyalaya Adoor
<i>Objective</i>	To understand the various Postures and Asanas in Yoga Practice

➤ Brochure of the Programme



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➤ Report of the programme

Online yoga class were held on the International Yoga Day 21-06-2020. Mrs. Bindu S, the Trainer of Yoga, Kendriya Vidhyalaya Adoor conducted a virtual yoga practice class for the NSS Volunteer Students and took classes on the importance of Yoga in daily Life. The Program was very informative to understand the various postures and Asanas in Yoga practices.

➤ Photo of the programme



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Stress Management and Wellness and Modern Trends in Physical Fitness


<i>Title of the Programme</i>	Webinar on "Stress Management and Wellness and Modern Trends in Physical Fitness"
<i>Name of the Coordinator</i>	
<i>Organizing</i>	Department of Physical Education in collaboration with IQAC
<i>Committee/cell/Department</i>	
<i>Date and Duration</i>	28/09/2020 & 29/09/2020
<i>Number of participants</i>	83
<i>Recourse Person</i>	Dr Augustine George, Assistant Professor, Department of Physical Education, Govt. Medical College Kottayam & Luke Leon Kurian, Assistant Professor, Department of Physical Education, BCM College, Kottayam

➤ **Brochure of the Programme**

The brochure is for a two-day webinar organized by the Department of Physical Education in collaboration with IQAC. The topics are "Stress Management and Wellness" (28-09-2020 at 2 PM) and "Modern Trends in Physical Fitness" (29-09-2020 at 2 PM). It features portraits and names of two speakers: Dr. Augustine George, Assistant Professor at Govt. Medical College, Kottayam, and Shri. Luke Leon Kurian, Assistant Professor at BCM College, Kottayam. The CO-ORDINATOR is Capt. John M George, Vice-Principal of St. Thomas College, Ranni.



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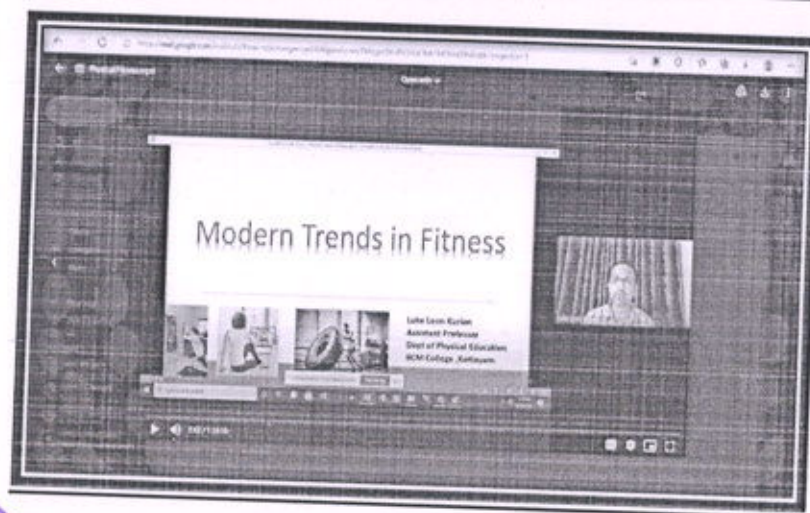
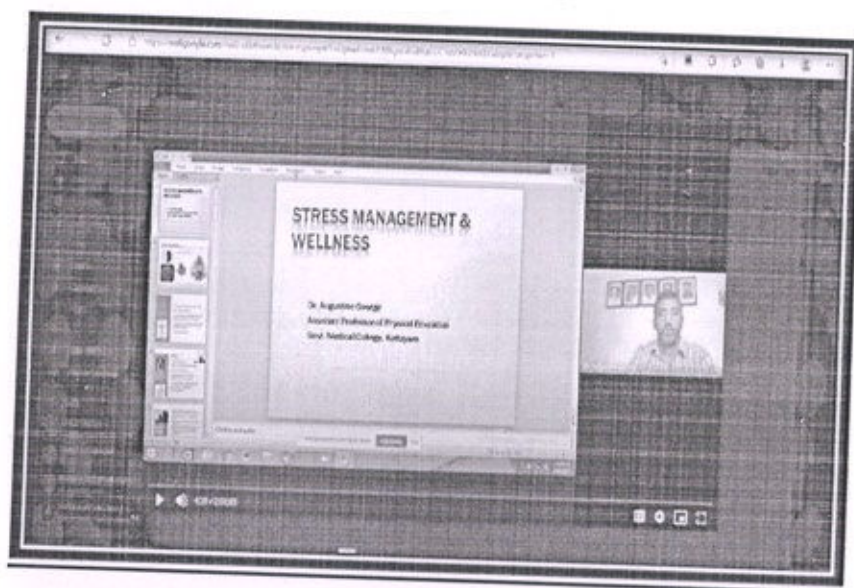


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➤ Report of the programme

Department of Physical Education in collaboration with IQAC Organizes two-day Webinar on "Stress Management and Wellness and Modern Trends in Physical Fitness" on 28-09-2020 & 29-09-2020. Dr Augustine George, Assistant Professor, Department of Physical Education, Govt. Medical College Kottayam handled the first session. A talk on "Modern Trends in Physical Fitness" delivered by Luke Leon Kurian, Assistant Professor, Department of Physical Education, BCM College, Kottayam

➤ Photo of the programme



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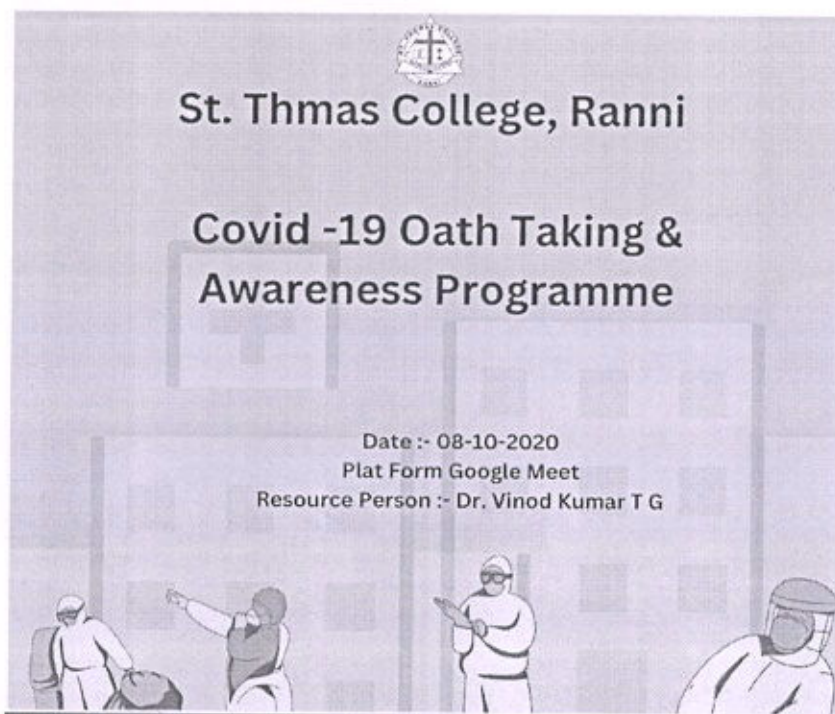


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Covid-19 an oath taking & Awareness Programme

<i>Title of the Programme</i>	Covid-19 an oath taking & Awareness Programme
<i>Name of the Coordinator</i>	Dr. Vinod Kumar T G
<i>Organizing</i>	St. Thomas College, Ranni- NSS
<i>Committee/cell/Department</i>	
<i>Date and Duration</i>	8/10/2020
<i>Number of participants</i>	66
<i>Recourse Person</i>	Dr. Vinod Kumar T G, Department of Botany St. Thomas College, Ranni

➤ Brochure of the Programme



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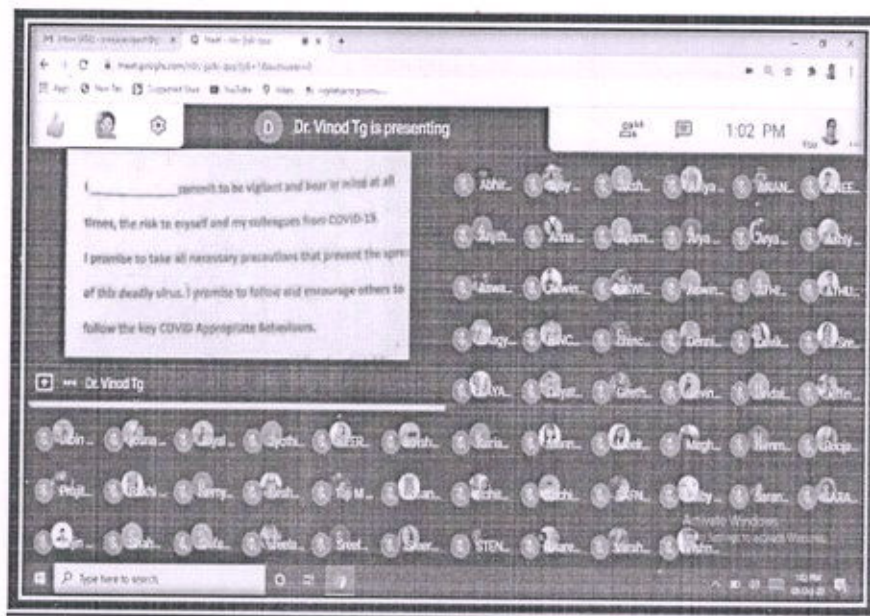


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➤ Report

In order to create an awareness of Covid-19 an oath taking ceremony and an awareness class was conducted as online on 8th October 2020. Dr. Vinod Kumar T G, the program officer dictated the oath. Sixty six volunteers was present online.

➤ Photo of the programme



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Online Yoga Class

<i>Title of the Programme</i>	Online Yoga class
<i>Name of the Coordinator</i>	Dr. Sreejaya R
<i>Organizing</i>	St. Thomas College, Ranni- NSS
<i>Committee/cell/Department</i>	
<i>Date and Duration</i>	24/12/2020
<i>Number of participants</i>	100
<i>Recourse Person</i>	Mrs. Bindu S, the Trainer of Yoga, Kendriya Vidhyalaya Adoor
<i>Objective</i>	To understand the various Postures and Asanas in Yoga Practice

➤ Brochure of the Programme

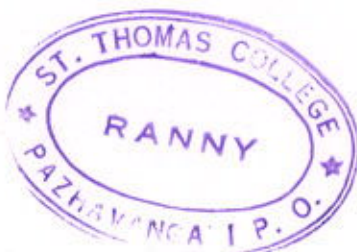
ST. THOMAS COLLEGE RANNI
APPROVED TO PAMUNAL JACON UNIVERSITY COURSE

NATIONAL SERVICE SCHEME 2020-21
Unit-41
is conducting a virtual Nss Camp in this year from
21 December to 27 December 2020


DAY 4 | 24 DECEMBER 2020

6:30am - Yoga practice
Yoga at home with family

Mrs. BINDU S
YIC&Msc.Yoga
Yoga Instructor



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➤ Report of the programme

Online Yoga class was arranged on the 24-12-2020 for NSS students. Mrs. Bindu S, the Yoga trainer demonstrated various *postures* and *Asanas* of yoga and explained the effect of each asanas in our body system. The class was very effective to understand the importance of yoga in daily life and how we can improve the health through daily practices of yoga. Online Yoga session was concluded by 10am by the vote of thanks by Kum. Aparna Thampi.



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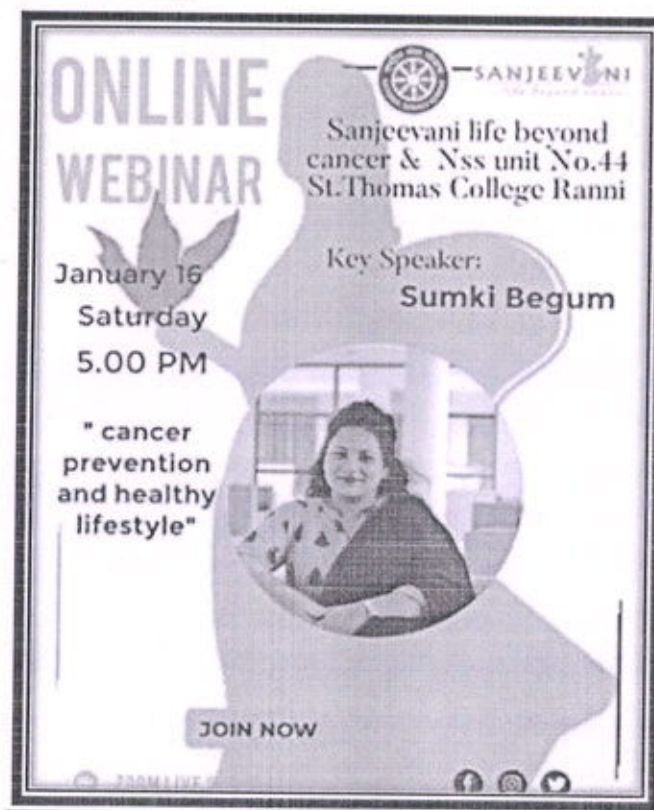


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Cancer- Prevention and healthy life style

<i>Title of the Programme</i>	Cancer- Prevention and healthy life style
<i>Name of the Coordinator</i>	Dr. Sreejaya R
<i>Organizing</i>	St. Thomas College Ranni, NSS Unit
<i>Committee/cell/Department</i>	
<i>Date and Duration</i>	16/01/2021
<i>Number of participants</i>	127
<i>Recourse Person</i>	Ms. Sumki Begum, Program coordinator outreach, Sanjeevani Life beyond cancer, Bangalore

➤ **Brochure of the Programme**



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Sum
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➤ Report of the programme

Dept. of Zoology in association with women cell conducted a National webinar on 23rd January, 2021 through Zoom platform on the topic "Women centric Cancer- Prevention and healthy life style". The key speaker was Ms. Sumki Begum, Program coordinator outreach, Sanjeevani Life beyond cancer, Bangalore. The speaker elaborately explained the different aspects of cancer pertaining to women and more than 72 girl students was benefitted through this webinar.

➤ Photo of the programme



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National Webinar on "Cancer Awareness"

<i>Title of the Programme</i>	National Webinar on "Cancer Awareness"
<i>Name of the Coordinator</i>	Dr. Sreejaya R
<i>Organizing</i>	Department of Zoology & Women Cell
<i>Committee/cell/Department</i>	
<i>Date and Duration</i>	23/01/2021
<i>Number of participants</i>	72
<i>Recourse Person</i>	Ms. Sumki Begum, Program coordinator outreach, Sanjeevani Life beyond cancer, Bangalore

➤ **Brochure of the Programme**

The brochure is a rectangular poster with a dark background. On the left side, the text reads: 'Saturday January 23 5.00 PM', 'Key Speaker: Ms. Sumki Begum', 'NATIONAL WEBINAR', and 'DEPARTMENT OF ZOOLOGY In association with WOMEN CELL, St. Thomas College Ranni. & Sanjeevani life beyond cancer'. On the right side, the 'SANJEEVANI' logo is at the top, followed by the tagline '"Women centric Cancer prevention & healthy lifestyle"', and a photograph of a woman in a sari.



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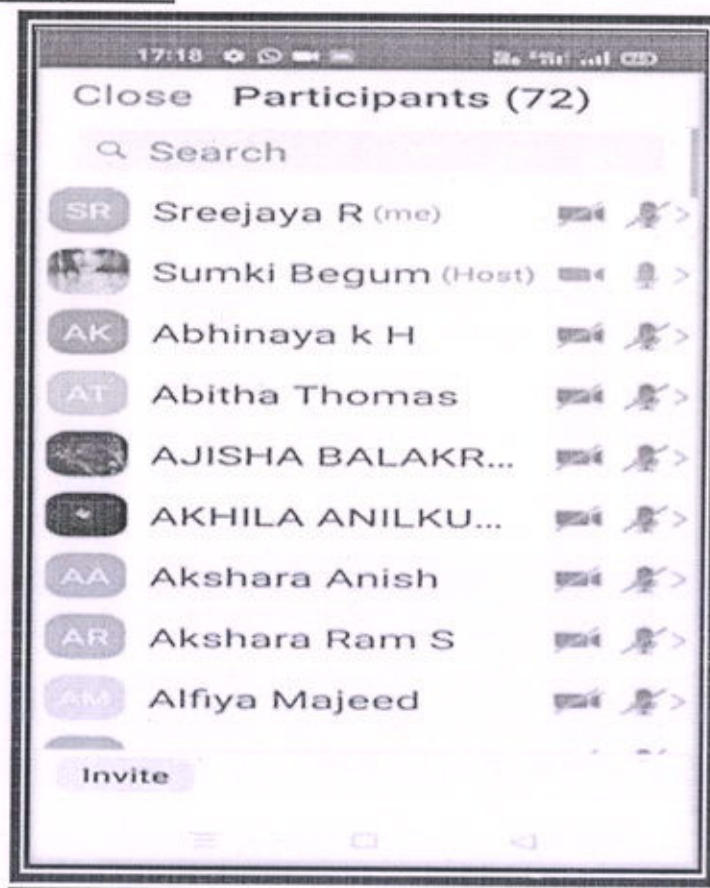


ST. THOMAS COLLEGE, RANNI

➤ Report

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➤ Photo of the programme



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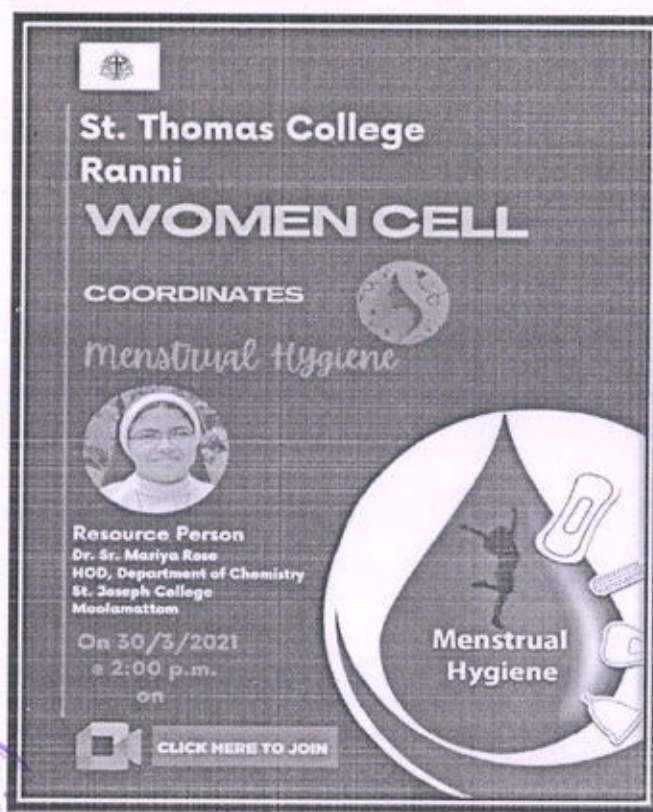


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Awareness on Menstruation Hygiene Management

<i>Title of the Programme</i>	Awareness on Menstruation Hygiene Management
<i>Name of the Coordinator</i>	Dr. Marykutty James
<i>Organizing</i>	Women Cell
<i>Committee/cell/Department</i>	
<i>Date and Duration</i>	30/03/2021
<i>Number of participants</i>	38
<i>Recourse Person</i>	Sr. Mariya Rose, HOD Department of Chemistry, St. Joseph College, Moolamattom

➤ **Brochure of the Programme**



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➤ Report of the programme

Menstrual hygiene is a hygienic practice during menstruation which can prevent women from the infection in reproductive and urinary tract. In India, menstruation is surrounded by myths and misconceptions with a long list of “do’s” and “don’ts” for women. Menstruation and menstrual practices are still clouded by taboos and socio – cultural restrictions resulting in adolescent girls lacking knowledge and remaining ignorant of the scientific facts and hygienic health practices, which sometimes results into adverse health outcomes.

Hygiene-related practices of women during menstruation are of considerable importance, as it may increase vulnerability to Reproductive Tract Infections (RTI’s). Poor menstrual hygiene is one of the major reasons for the high prevalence of RTIs in the country and contributes significantly to female morbidity. Lack of knowledge regarding menstruation and menstrual hygiene lead to poor attitude and practice. There are various issues like awareness, availability and quality of napkins, regular supply, privacy, water supply, disposal of napkins, reproductive health education and family support which needs simultaneous attention for promotion of menstruated hygiene. To create awareness on Menstrual Hygiene Management , Women Cell organized a class on 30th March 2021, addressed by Dr. Sr. Mariya Rose, HOD Department of Chemistry, St. Joseph College, Moolamattom. The entire session was informative for the students and the speaker answered to the queries raised by the participants.



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