



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**

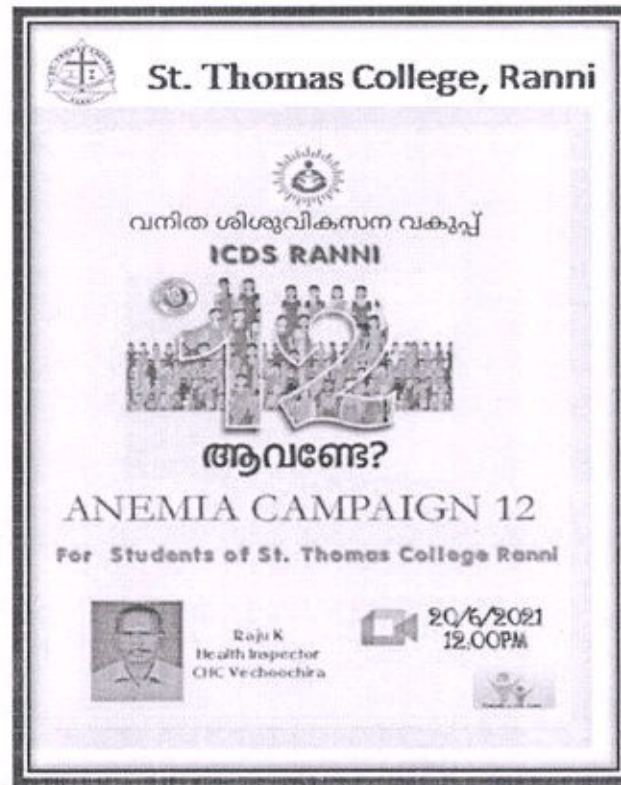


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Anemia Campaign 12

<i>Title of the Programme</i>	:- Anemia Campaign 12
<i>Name of the Coordinator</i>	:- Dr. Sreejaya R & Dr.Rigi Idiculla
<i>Organizing</i>	:- IQAC and NSS in association with the Women and Child
<i>Committee/cell/Department</i>	Welfare Department, Pathanamthitta
<i>Date</i>	:- 20/06/2021
<i>Number of participants</i>	:- 92
<i>Recourse Person</i>	:- Raju K, Health Inspector, CHC Vechoochira
<i>Objective</i>	:- To make them aware of the precautions to be taken to maintain the hemoglobin level

➤ Brochure of the Programme



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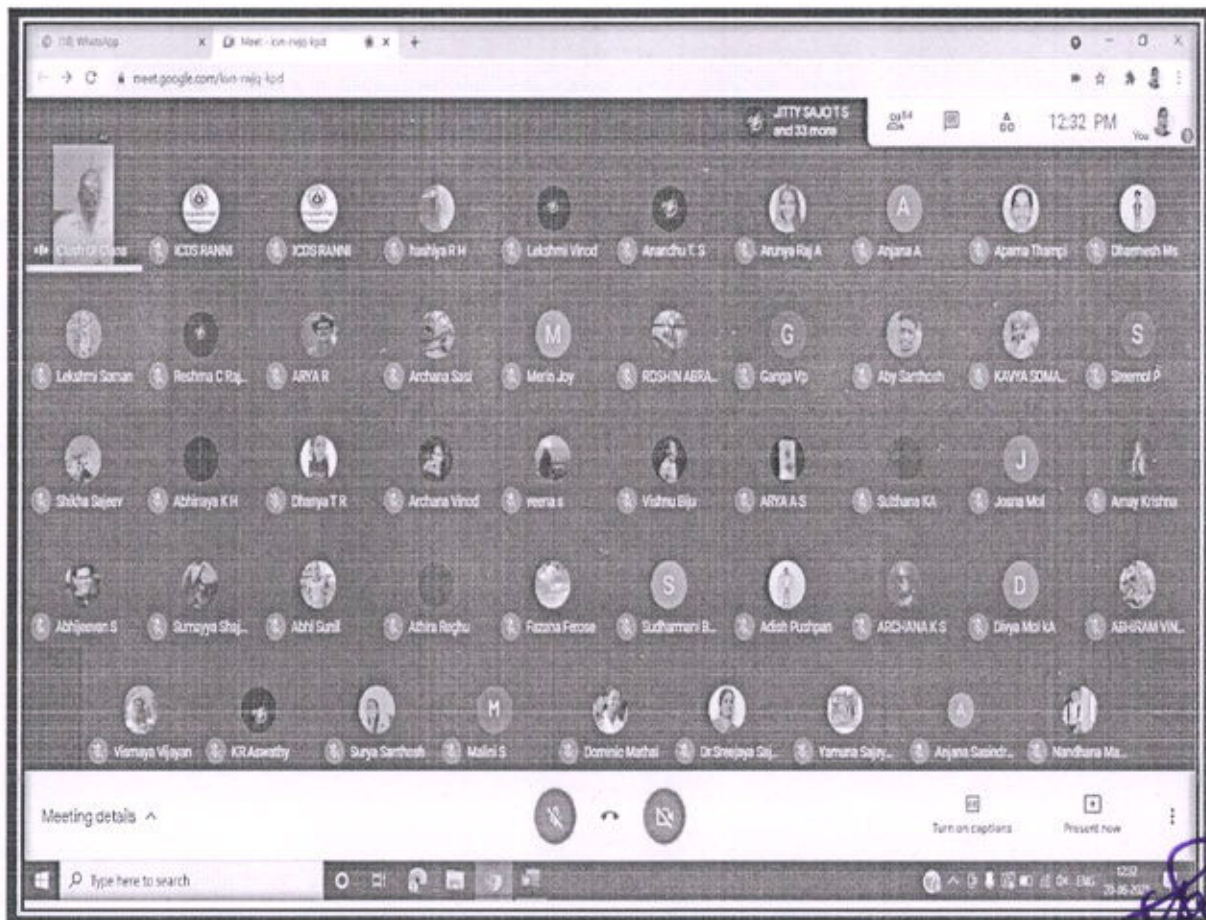


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➤ Report

IQAC St.Thomas College, Ranni and NSS in association with the Women and Child Welfare Department, Pathanamthitta conducted an Anemia Campaign 12 on 20.06.2021. It is a health awareness program especially for girl students to make them aware about the precautions to be taken to maintain the hemoglobin level at 12mg/100ml. The Health Inspector, CHC, Vechoochira Sri. Raju is the resource person of the program. 92 students participated in the seminar.

➤ Photo of the programme



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➤ Student List

Anaemia campaign attendance 20.06.2021

About this call	
People	Info
Dr. Greejaya Sajeshku...	
Aashiqueen S	
Abhinaya K H	
ABHIRAM V...	
Aby Santho...	
Adhithya K...	
Ajisha Bala...	
AKHILA ANI...	
Amay Krish...	
Anagha S R...	
Anandhu T. S	

About this call	
People	Info
Anjana A	
Anjana Sasi...	
Aparne Apa...	
Aparna Tha...	
Arathi Amir	
Aravind Mo...	
ARCHANA ...	
Archana Sasi	
Archana Vi...	
Archana K...	
Aranya Raj A	

About this call	
People	Info
ARYA A S	
Arya Ashok	
ARYA R	
Aswathi R	
Athira Mol k	
Athira Reghu	
Divina Sam...	
Blossan k e...	
Chikku Sur...	
Chasi G C...	
Devaloksh...	

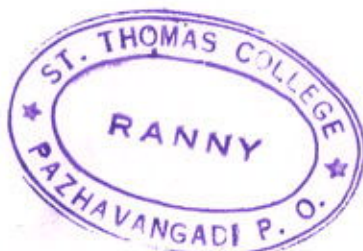
About this call	
People	Info
Dhanya T R	
Dharmesh ...	
Divya Mol k A	
Dominic Ma...	
Dr. Sreejaya	
Farhana Fat...	
Feba Anna ...	
Ganga Vp	
hashiya R H	
ICDS RANNI	
ICDS RANNI	

About this call	
People	Info
Jeffin Jacob	
JITTY SAJO...	
Johna siby	
Josne Mol	
KAVYA SO...	
K K Aswathy	
Lakshmi Ud...	
Lakshmi So...	
Lakshmi Vin...	
Malini S	
Maria Math...	

About this call	
People	Info
Merin Joy	
Muhamme...	
Nandhaku...	
Nandhana ...	
Pranav Hari...	
Renmol ja...	
Reshma C ...	
ROSHN AR...	
Sachu A Nair	
Sandhya T	
Sandhya T joned	

About this call	
People	Info
Shameeda ...	
Shikha Saje...	
Sajpa Neenan	
Sindhu Mol	
Sreejitha P.S	
Sreemol P	
Suthana KA	
Sumayya S...	
Surya Santh...	
Swathi Me	
veena S	

About this call	
People	Info
Sreejitha P.S	
Sreemol P	
Suthana KA	
Sumayya S...	
Surya Santh...	
Swathi Me	
veena S	
Vipul Senkar	
Vishnu Biju	
Vismaya Vij...	
Yamuna Saj...	



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Webinar on "Important of Yoga in Daily Life"

Title of the Programme	:- Webinar on "Important of Yoga in Daily life"
Name of the Coordinator	:- Dr. Sreejaya R
Organizing	:- Department of Zoology
Committee/cell/Department	
Date	:- 22/06/2021
Number of participants	:- 68
Recourse Person	:- Mrs. Athira M.S, M.Sc. Yoga, M.Sc Physiology, PhD Scholar in Exercise Physiology
Objective	:- To understand and familiarize Yoga

➤ **Brochure of the Programme**

International Day of Yoga
21 JUNE 2021

We are conducting a webinar on
"Importance of Yoga in daily life"
at 22 June 2021

Time : 4pm to 5pm

Platform :

Resource person

Mrs. Athira M.S
MSc Medical Physiology
MSc Yoga
PhD Scholar in Exercise Physiology

St. Thomas College Ranni
Department of Zoology in association with National Service Scheme



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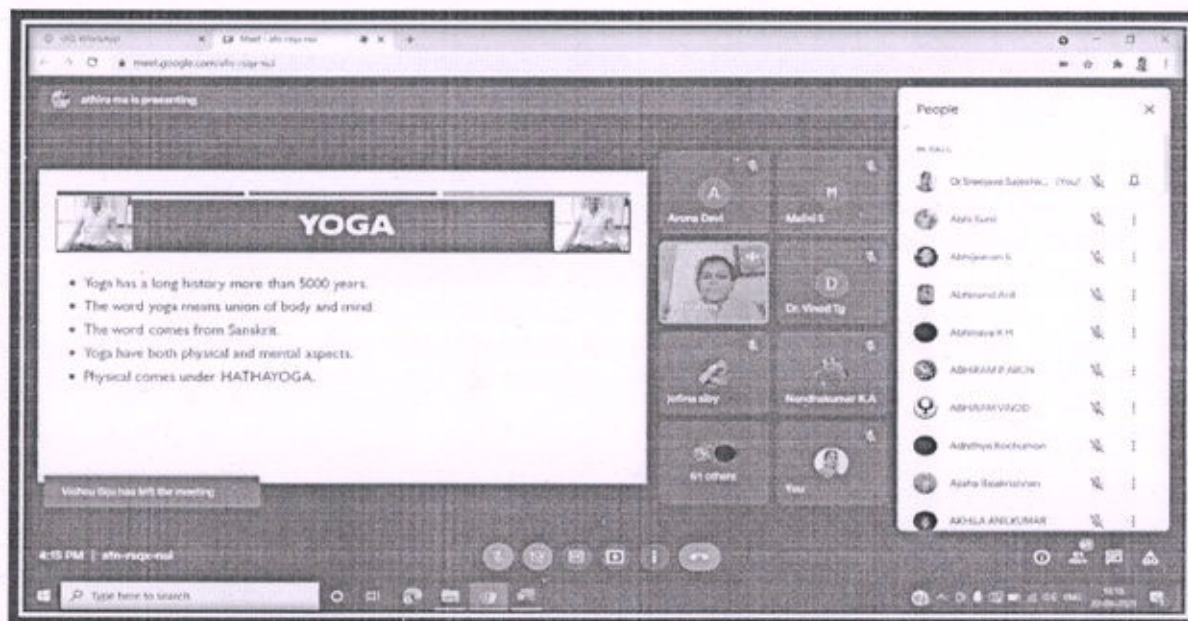


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➤ Report

Department of Zoology conducted a Webinar on “Importance of Yoga on Daily Life” on June, 22 2021. The resource person for yoga webinar was Mrs. Athira M. S, PhD Scholar in exercise physiology at Believer’s hospital, Thiruvalla. Her talk was from the basics of yoga to its benefits in daily life and health well-being. Seventy benefitted from this webinar. Dr. R. ArunaDevy, HOD, Dept of Zoology, welcomed the webinar and student volunteers expressed a vote of thanks to the resource person.

➤ Photo of the programme



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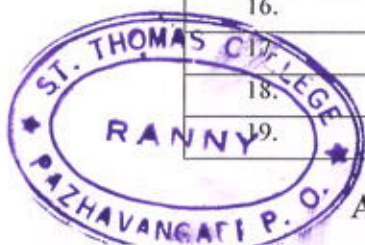


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➤ Student List

1.	Abhijith Shaji	I DC ZOOLOGY
2.	Aiswarya Muraleedharan K	I DC ZOOLOGY
3.	Ajith Simon	I DC ZOOLOGY
4.	Aleena Gopal	I DC ZOOLOGY
5.	Aleena Mary Mathew	I DC ZOOLOGY
6.	Alina Suresh	I DC ZOOLOGY
7.	Dhanush S Kumar	I DC ZOOLOGY
8.	Harsha K	I DC ZOOLOGY
9.	Jeena M Saji	I DC ZOOLOGY
10.	Karthika Manoj	I DC ZOOLOGY
11.	Keerthana S	I DC ZOOLOGY
12.	Sibi Rajan	I DC ZOOLOGY
13.	Sivakesh M Santhosh	I DC ZOOLOGY
14.	Stella Darly George	I DC ZOOLOGY
15.	Suby Rajan	I DC ZOOLOGY
16.	Vaisakh Mohandas	I DC ZOOLOGY
17.	Abitha Thomas	DC II ZOOLOGY
18.	Anandhu T S	DC II ZOOLOGY
19.	Aparna. K. Sasi	DC II ZOOLOGY





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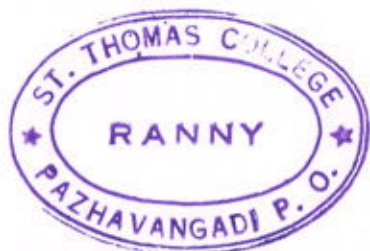
20.	Archana Anil	DC II ZOOLOGY
21.	Hebsiba K Benjamin.	DC II ZOOLOGY
22.	K R Aswathy	DC II ZOOLOGY
23.	Muhammed Swalih M S	DC II ZOOLOGY
24.	Nandana Sadanandan	DC II ZOOLOGY
25.	Nripan V	DC II ZOOLOGY
26.	Prince V R	DC II ZOOLOGY
27.	Reshma C Rajappan	DC II ZOOLOGY
28.	Shahana V S	DC II ZOOLOGY
29.	Sreemol P	DC II ZOOLOGY
30.	Surya Santhosh	DC II ZOOLOGY
31.	Thasmi C J	DC II ZOOLOGY
32.	Vipi Sankar T	DC II ZOOLOGY
33.	Anagha. S. Kurup	DC II ZOOLOGY
34.	Anandhu P Sathyan	DC II ZOOLOGY
35.	Archana.G	DC II ZOOLOGY
36.	Arunya Raj A	DC II ZOOLOGY
37.	Bejetha E B	DC II ZOOLOGY
38.	Bivina Samuel	DC II ZOOLOGY
39.	Jitty Sajo T S	DC II ZOOLOGY
40.	Lekshmi Vinod	DC II ZOOLOGY
41.	Nishitha Mol Kv	DC II ZOOLOGY
42.	P A Mohemmed Hancefa	DC II ZOOLOGY
43.	Prarthana Prasad	DC II ZOOLOGY
44.	Preetha T	DC II ZOOLOGY
45.	Sasilekha.S	DC II ZOOLOGY
46.	Sivanandhini	DC II ZOOLOGY
47.	Sumitha V S	DC II ZOOLOGY
48.	Alfiya Majeed	DC III ZOOLOGY
49.	Anakha S Lal	DC III ZOOLOGY
50.	Anusree P.K	DC III ZOOLOGY
51.	Farsana Sudheer	DC III ZOOLOGY
52.	Geethu Prasad	DC III ZOOLOGY
53.	Georgekutty George	DC III ZOOLOGY
54.	Kripa Hari	DC III ZOOLOGY
55.	Maya M	DC III ZOOLOGY
56.	Prabhul R Krishnan	DC III ZOOLOGY
57.	Priyamol P.B	DC III ZOOLOGY





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58.	Rakhi Krishna R	DC III ZOOLOGY
59.	Reshma T.P	DC III ZOOLOGY
60.	Rona Achu Mammen	DC III ZOOLOGY
61.	Vinayak A	DC III ZOOLOGY
62.	Aryamol R	DC III ZOOLOGY
63.	Dewoo Sujith	DC III ZOOLOGY
64.	Geethu Susan Sunoj	DC III ZOOLOGY
65.	Lakshmi Nair	DC III ZOOLOGY
66.	Parvathy B	DC III ZOOLOGY
67.	Preeja O Nair	DC III ZOOLOGY
68.	Sreereshmi S	DC III ZOOLOGY



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Video Making on Awareness of Covid

<i>Title of the Programme</i>	<i>:- Video Making on Awareness of Covid</i>
<i>Name of the Coordinator</i>	<i>:- Dr. Sreejaya R</i>
<i>Organizing Committee/cell/Department</i>	<i>:- St. Thomas College Ranni, NSS</i>
<i>Date</i>	<i>:- November</i>
<i>Number of participants</i>	<i>:- 50</i>
<i>Recourse Person</i>	<i>-</i>
<i>Objective</i>	<i>:- To make Awareness on Covid Pandemic</i>

➤ Brochure of the Programme

**St. Thomas College, Ranni**

COVID AWARENESS VIDEO



Entries Invited

- 2 min Length Video
- Last Date : November 30
- Send the video to Coordinators

- Organizing Committee
- Dr. Aleyamma Kuruvilla
- Coordinator :-
- Dr. Sreejaya R
- Dr. Vinod Kumar T G





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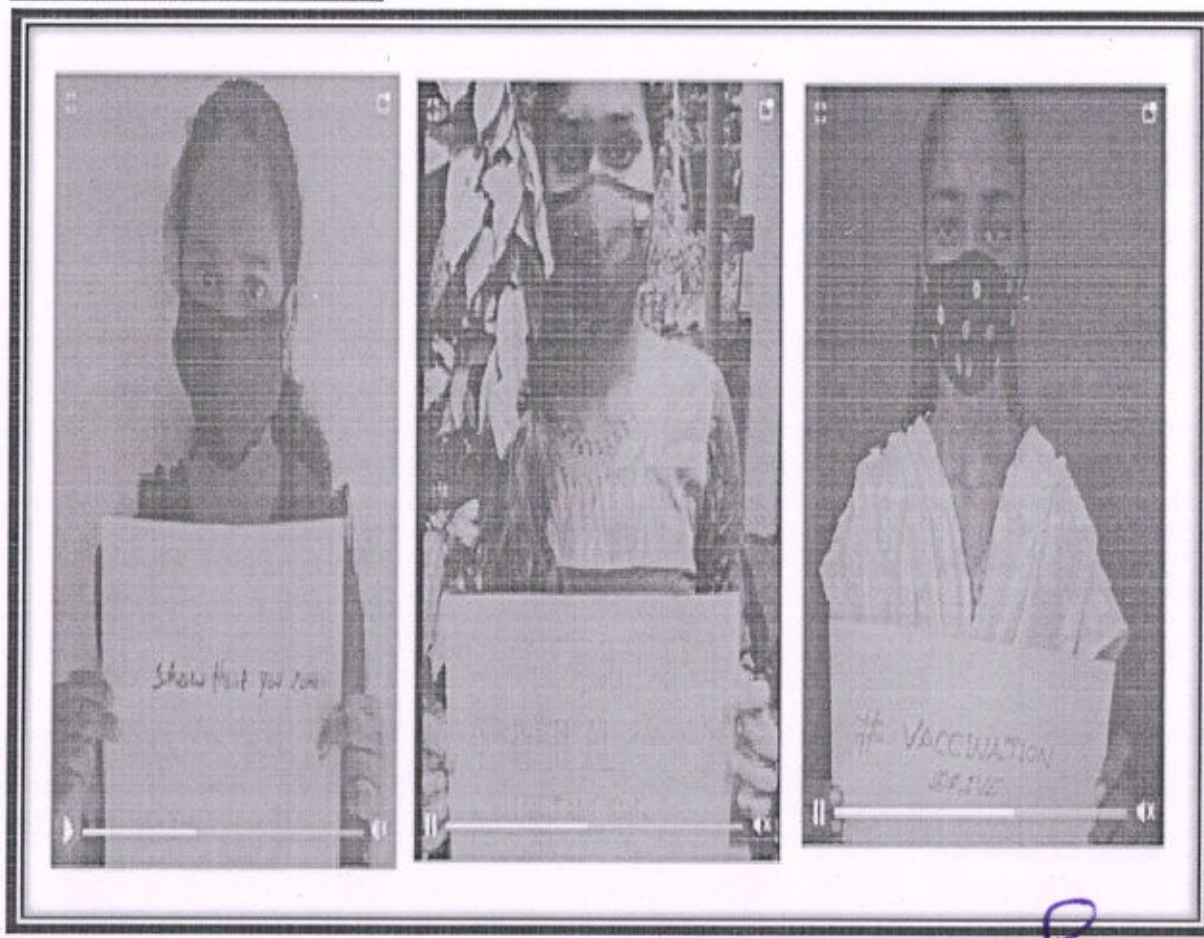


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➤ Report

To create awareness of covid pandemic among students and the public, NSS volunteers created seven videos about various aspects of the covid spreading and its precautions. About 50 volunteers from seven departments of the college worked for making the videos and shared them with students and the public

➤ Photo of the programme



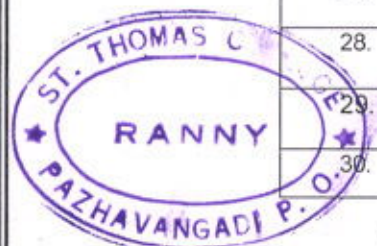
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➤ Student List

Sl.No	Name of Student	Department
1.	Abhinaya K. H	B.Com
2.	Ajisha Balakrishnan	B.Com
3.	Archana Sasi	B.Com
4.	Devalekshmi A K	B.Com
5.	Nandhakumar K.A	B.Com
6.	Pranav Haridas	B.Com
7.	Sachu A Nair	B.Com
8.	Abhi Sunil	BA Economics
9.	Athira Raghu	BA Economics
10.	Chikku Surendran	BA Economics
11.	Farhana Fathima Ayoob	BA Economics
12.	Irfana Haneefa	BA Economics
13.	Lakshmi Udayan	BA Economics
14.	Adhithya Kochumon	BA English
15.	Adithya Anil	BA English
16.	Archana Krishnan	BA English
17.	Arya.R	BA English
18.	Dhanya T R	BA English
19.	Anjana Sasindran	BA History
20.	Athira Mol K	BA History
21.	Archana K S	BA History
22.	Nandana. M	BA History
23.	Archana Vinod	Bsc. Botany
24.	Fazana Ferose	Bsc. Botany
25.	Veena S	Bsc. Botany
26.	Akhila Anilkumar	BSc Chemistry
27.	Arathimol. A	BSc Chemistry
28.	Feba Anna John	BSc Chemistry
29.	Jofina Siby	BSc Chemistry
30.	Meenakshi H	BSc



[Signature]



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		Chemistry
31.	Mithila M M	BSc Chemistry
32.	Sulthana K A	BSc Chemistry
33.	Aravind Mohanan	BSc Chemistry
34.	Arya Ashokan	BSc Physics
35.	Aswathi R	BSc Physics
36.	Lekshmi Anil	BSc Physics
37.	Shikha Sajeev	BSc Physics
38.	Silpa Mohan	BSc Physics
39.	Dharmesh Ms	BSc Physics
40.	Sandeep Vp	BSc Physics
41.	Abitha Thomas	BSc Zoology
42.	Anagha.S.Kurup	BSc Zoology
43.	Aparna K Sasi	BSc Zoology
44.	Arunya Raj A	BSc Zoology
45.	Bivina Samuel	BSc Zoology
46.	Lekshmi Vinod	BSc Zoology
47.	Reshma C Rajappan	BSc Zoology
48.	Sreemol P	BSc Zoology
49.	Surya Santhosh	BSc Zoology
50.	Vipi Sankar T	BSc Zoology



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Yoga Challenge

<i>Title of the Programme</i>	<i>:- Yoga challenge</i>
<i>Name of the Coordinator</i>	<i>:- Dr. Sreejaya R</i>
<i>Organizing Committee/cell/Department</i>	<i>:- St. Thomas College Ranni, NSS</i>
<i>Date</i>	<i>:- 21-06-2021</i>
<i>Number of participants</i>	<i>:- 56</i>
<i>Recourse Person</i>	<i>-</i>
<i>Objective</i>	<i>:- Promote Students to practice Yoga</i>

➤ Brochure of the Programme



St. Thomas College, Ranni

YOGA CHALLENGE



Upload the Photo of Yoga Postures
Platform : Google Class Room
Link is shared on the Student Group

Coordinators :- Dr.Sreejaya R & Dr. Vinod Kumar T G



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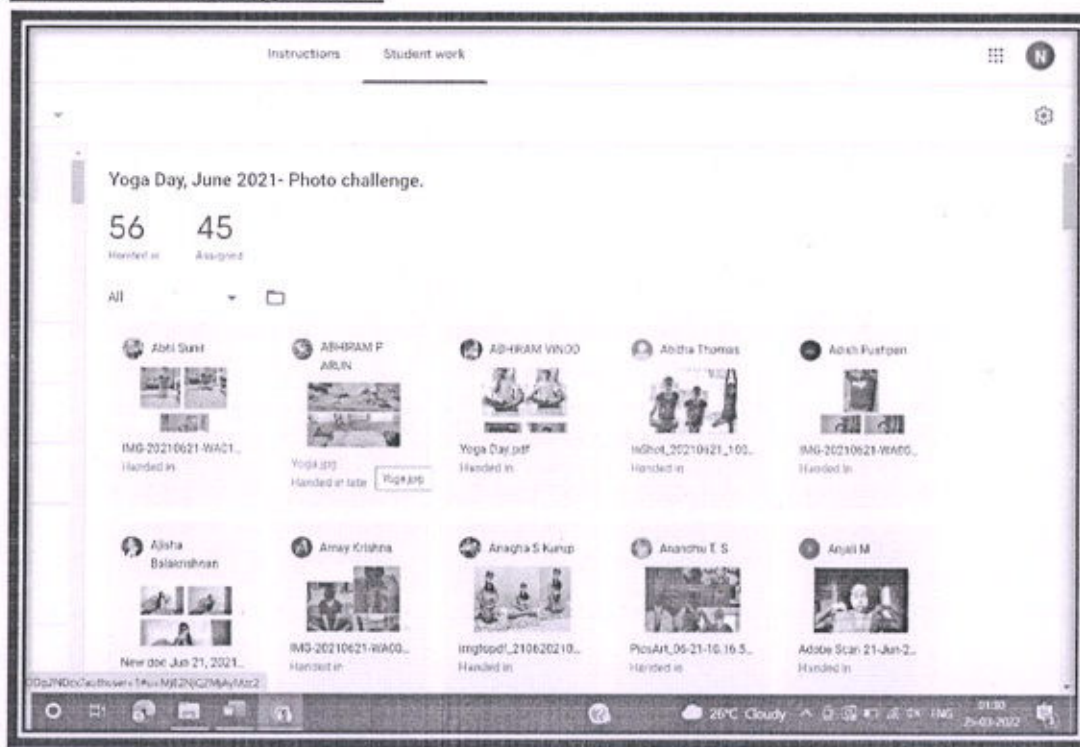


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➤ Report

Based on the knowledge obtained in the seminar, each Student accepts a yoga challenge on 18th September at their home during the covid pandemic. 56 students accepted the challenge and practiced yoga.

➤ Photo of the programme



➤ Student List

No.	Name of Student
1.	Aswathy K R
2.	Suhair
3.	Roshin
4.	Adithya Anil
5.	Anjana A
6.	Devalekshmi A K
7.	Arya Ashok
8.	Muhammed Aslam

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9.	Farhana Fathima Ayoob
10.	Ajisha
11.	Vishnu Biju
12.	Sulthana Binth
13.	Vaishakh Chandran
14.	Irfana Haneefa
15.	Jeffin Jacob
16.	Heba Anna John
17.	Merin Joy
18.	Archan K S
19.	Meenakshi Hari
20.	Blesson K Samuel
21.	Nanada Kumar K A
22.	Amay Krishna
23.	Anjali M
24.	Mithila M
25.	Nandhana Manoj
26.	Swalih M S
27.	Anagha S Kurupp
28.	Maria Mathew
29.	Adish Pushpan
30.	Archana Sasi
31.	Silpa Mohan
32.	Arya R
33.	Kavya Somarajan
34.	Sreemol
35.	Arunya Raj
36.	Chikku Surendran
37.	Ajesh M R
38.	Athira Reghu
39.	Aparna Thampi
40.	Lekshmi Udayan
41.	Revathy V Nair
42.	Archana Vinod
43.	Ganga V P
44.	Sandeep V P

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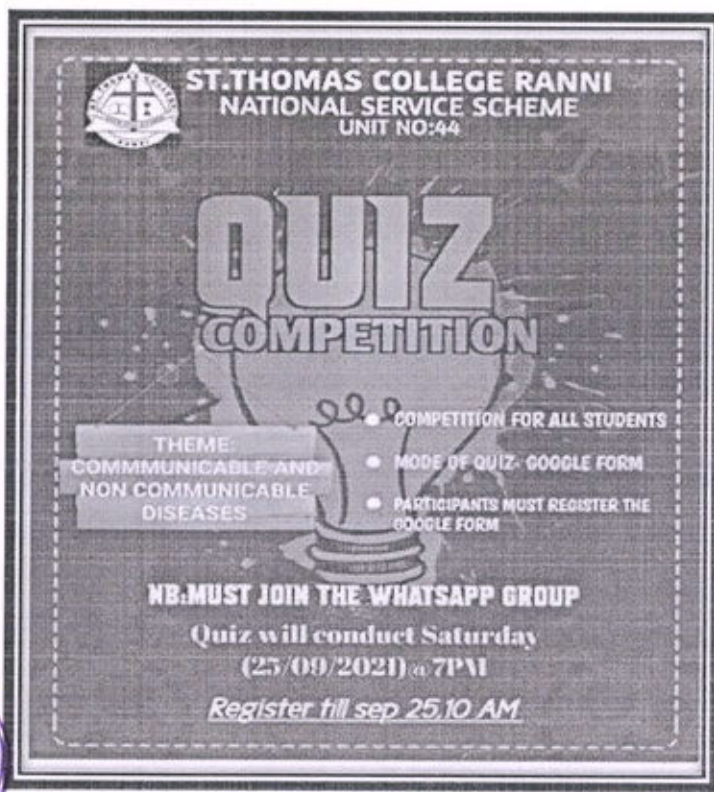


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***Quiz Competition to create awareness about
"Fast Communicable and Non Communicable Diseases"***

Title of the Programme	:- Quiz Competition to create awareness about "Fast Communicable and Non Communicable Diseases"
Name of the Coordinator	:- Dr. Sreejaya R
Organizing	:- St. Thomas College, Ranni, NSS Unit
Committee/cell/Department	
Date and Duration	:- 23/09/2021
Number of participants	:- 40
Recourse Person	-
Objective	:- To create awareness about "Fast Communicable and Non Communicable Diseases"

➤ **Brochure of the Programme**



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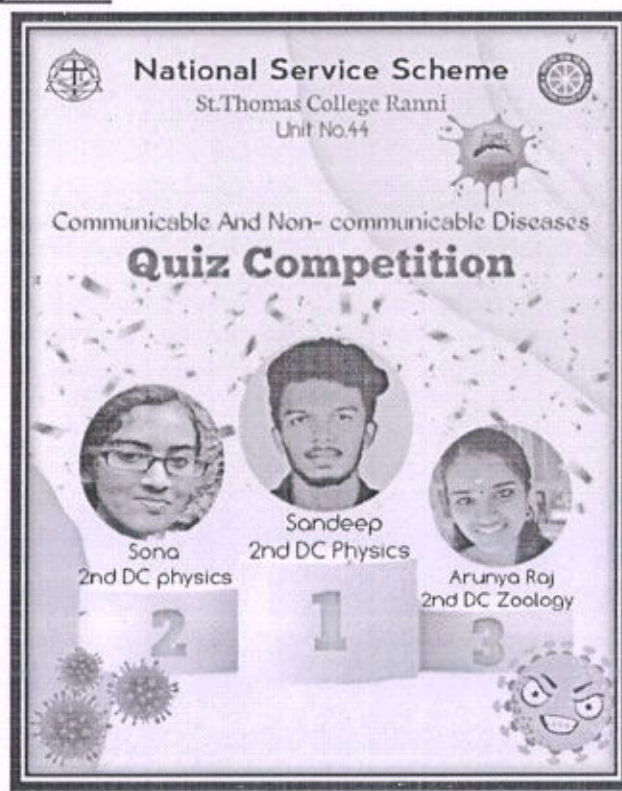
➤ Report

In order to create an awareness among students about the fast communicable and non communicable diseases, a quiz competition was conducted by NSS Volunteers among all students in the college. 40 students registered for the quiz and the prize was awarded to the winners.

Whats App Link address: <https://chat.whatsapp.com/H3f8VwtMtfY7WYcDwMIZFK>

Registration link :<https://forms.gle/wuf478XmC4gkscCm6>

➤ Photo of the programme



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Blood Donation Awareness Webinar

<i>Title of the Programme</i>	<i>:- Blood donation Awareness Webinar</i>
<i>Name of the Coordinator</i>	<i>:- Dr. Sreejaya R</i>
<i>Organizing Committee/cell/Department</i>	<i>:- Department of Zoology & NSS</i>
<i>Date and Duration</i>	<i>:- 30/11/2021</i>
<i>Number of participants</i>	<i>:- 63</i>
<i>Recourse Person</i>	<i>:- Mr. Biju, Kumpazha, the president of Blood Donors Kerala</i>
<i>Objective</i>	<i>:- To make awareness in Blood Donation</i>

➤ **Report**

In Association with Blood Donors Kerala (BDK) an awareness seminar was conducted on 30.11.2021 at 7pm in the google platform.

The link for the seminar: <https://meet.google.com/ppo-uhgq-oyu>

Blood donation, precautions taken before donating the blood and what are the health benefits of blood donors after donating the blood etc. Awareness class was handed by Mr. Biju, Kumpazha, the president of Blood Donors Kerala, Pathanamthitta district

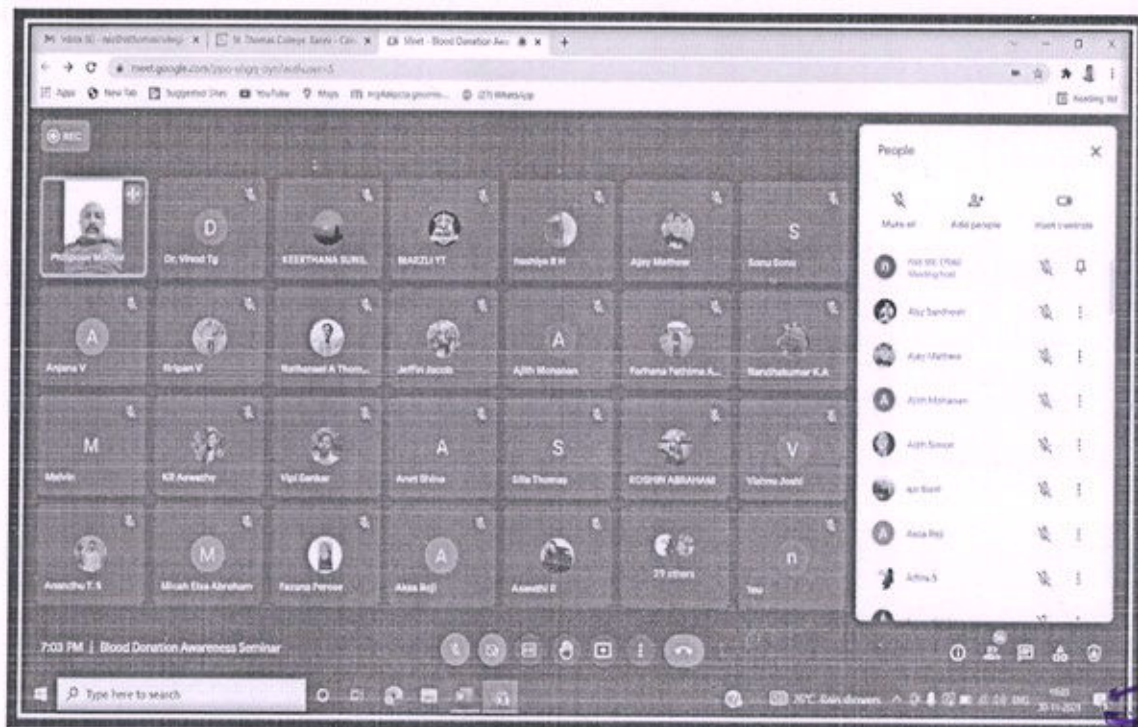
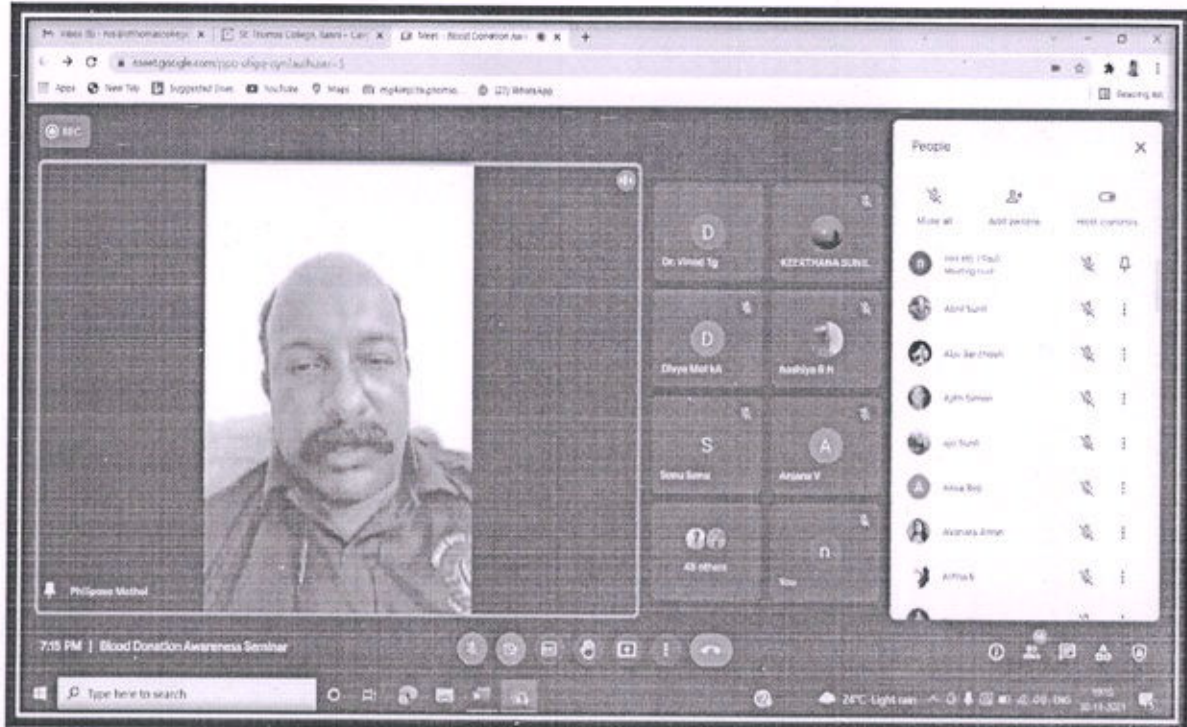
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➤ Photo of the programme





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> Student List

1.	adityakumar200328@gmail.com	Aditya Kumar A	Physics D1
2.	ajithsimonmanimala@gmail.com	Ajith Simon	D1 zoology
3.	chinnumj003@gmail.com	Mekha Jayan	Bsc physics D1
4.	thoufeeks456@gmail.com	Thoufeek S	D2
5.	melbinjacob2003@gmail.com	Melbin Jacob	D1 B.com
6.	akhilkrishnan24@gmail.com	Akhil R Krishnan	D1 B Com
7.	ayyapp4das@gmail.com	Ayyappadas P S	D1 B.COM
8.	aswinkaygees@gmail.com	Aswin S	D1 BCom
9.	sujardevi@gmail.com	Indukrishna R	D1
10.	aryaashok2212@gmail.com	Arya Ashokan	Bsc physics
11.	alfinas778@gmail.com	Alfina S	D1 HISTORY
12.	jeffinjacob428@gmail.com	Jeffin Jacob	D2 B. Com
13.	ajosunil593@gmail.com	Ajo Sunil	D1
14.	bivinasamuel@gmail.com	Bivina Samuel	Bsc zoology
15.	msg2nathanael@gmail.com	Nathanael A Thomas	D2 Physics
16.	msdharmesh607@gmail.com	Dharmesh Ms	Bsc physics 2nd year
17.	shikhasajeev24@gmail.com	Shikha Sajeev	D2 Physics
18.	bijuvishakh937@gmail.com	Vishakh Biju	D2 physics
19.	abinpshaji016@gmail.com	Abin P Shaji	Bsc Botany (D1)
20.	micahabraham19677@gmail.com	Micah Elsa Abraham	D1
21.	nayanabijupullampallil@gmail.com	Nayana Biju	B.com, D1, Finance and taxation
22.	dhbindhibin@gmail.com	Dhibin Kumar. D	Bsc Botany
23.	aswathir587@gmail.com	Aswathi R	D2
24.	silpamohan356@gmail.com	Silpa Mohan	D2 physics
25.	reenushibu2002@gmail.com	Reenu Shibu	Bcom-1st year
26.	anaghaanilkumar81@gmail.com	Anakha Anil Kumar	Bcom
27.	gangavp5792@gmail.com	Ganga Vp	D2
28.	fazanaferose12@gmail.com	Fazana Feroze	D2 Botany
29.	vismayasaji007@gmail.com	Vismaya S	D2 Botany
30.	thebeginergames2004@gmail.com	Ajith Mohanan	D1/English
31.	anjali Jose056@gmail.com	Anjali Jose	D1 Bcom
32.	anandhu2127@gmail.com	Anandhu Ts	D2 ZOOLOGY
33.	vipisankar@gmail.com	Vipi Sankar	D3 Zoology
34.	vpsandeep286@gmail.com	Sandeep Vp	D2 physics
35.	aswanishyni84@gmail.com	Aswani.S	2Dc Botany
36.	rahulsuja999@gmail.com	Rahul Suresh	Botany D2
37.	vaisakhmohandas2200@gmail.com	Vaisakh	D1 Zoology





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		Mohandas	
38.	minijose4217@gmail.com	Migin Samuel	D1 B.com
		Vineetha	
39.	vineethadevadas123@gmail.com	Devadas	Msc Physics
40.	ANILMONTA073@GMAIL.COM	Anil Mon Ta	Bcom D3
41.	robinvjoh12013111@gmail.com	Robin V John	D3 HISTORY
		Yadhukrishnan E	
42.	yadhukrishnaner78728@gmail.com	R	D2 physics
43.	aneettaraju43@gmail.com	Aneetta Raju	D3 English
44.	santomas9050@gmail.com	Sonu Sam	D2 B. A. History
45.	Melvinjacob805@gmail.com	Melvin Jacob	B.com first year
46.	appuakhil607@gmail.com	Akhil Saji Rajan	D1
47.	vbddivya216@gmail.com	Divya V B	D2
48.	nripanv2002@gmail.com	Nripan V	D2 Zoology
49.	abysanthosh2002@gmail.com	Aby Santhosh	D2
50.	savanthsalu77@gmail.com	Savanth Salu	D2
		Benz Hentry	
51.	benzhentri9@gmail.com	Joseph	D2 physics
		Binson Thomas	
52.	binsonthomas52@gmail.com	Varghese	D3 economics
		Shreelakshmi	
53.	shreelakshminair2003@gmail.com	Nair	D1 B.com
54.	shilpamediaawork@gmail.com	Silpa Suresh	D1
55.	manumeenu2002@gmail.com	Prince V R	Zoology D2
56.	anetshino@gmail.com	Anet Shino	Bcom D1
57.	neerajandalilofficial@gmail.com	A Neetaj Kumar	D1
		Rajalekshmi	
58.	rajalekshmir808@gmail.com	Rajesh	First year botany(D1)
59.	meekhamoncy26@gmail.com	Meekha Moncy	D3 B.Com
60.	anjanaprem1211@gmail.com	Anjana Prem	D1 BOTANY
		Sivakesh M	
61.	sivasonic305@gmail.com	Santhosh	D1 zoology
		Judith Ann	
62.	judithkoshy2003@gmail.com	Koshy	D1
		Jesnei Anna	
63.	thomasbindhu5@gmail.com	Thomas	D2 economics



[Signature]

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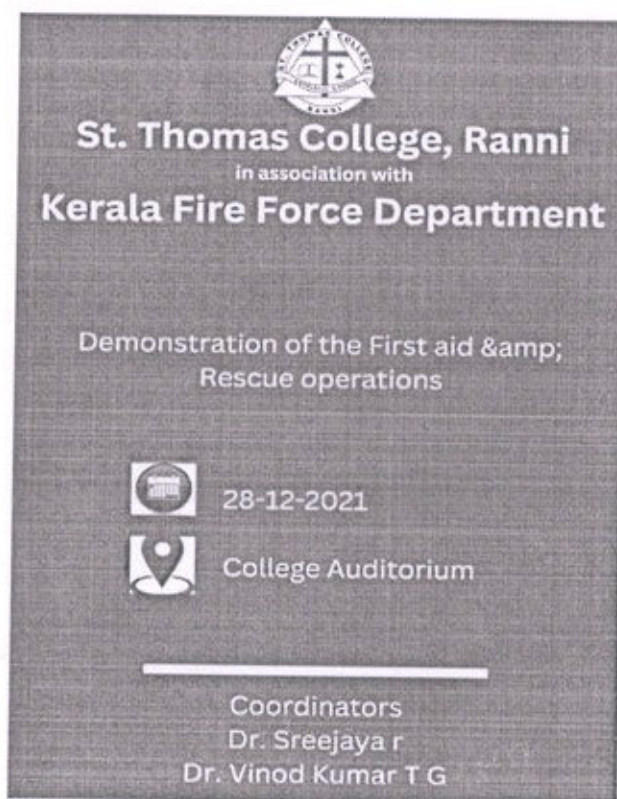


ST. THOMAS COLLEGE, RANNI

Demonstration of the First aid & Rescue operations

Title of the Programme	:- Demonstration of the First aid & Rescue operations
Name of the Coordinator	:- Dr. Sreejaya R & Dr. Vinod Kumar T.G
Organizing	:- St.Thomas College Ranni, NSS
Committee/cell/Department	
Date and Duration	:- 28-12-2021
Number of participants	:- 100
Recourse Person	:- Officers of Kerala Fire Force
Objective	:- To educate and raise awareness about accident prevention and rescue management

➤ Brochure of the Programme



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➤ Report

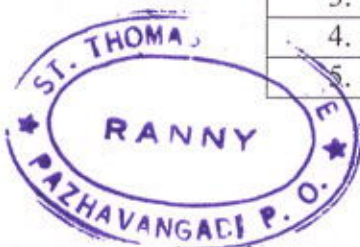
On 28th December 2021, a demonstration of first aid and rescue operations was conducted at St. Thomas College in Ranni by the Kerala Fire Force and Rescue Department. The event aimed to educate and raise awareness about accident prevention and rescue management among the attendees. The demonstration started with an introductory speech by officers of the Kerala Fire Force and Rescue Department, highlighting the importance of being prepared for emergencies and accidents.

➤ Photo of the programme



➤ Student List

Sl. No	Name Of Student	Class
1.	Arya Raj.R	English
2.	Ashly Omanakuttan	English
3.	Aswathy V Nair	English
4.	Christy Rose Reji	English
5.	Emil Mary Abraham	English





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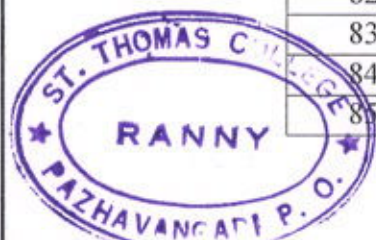
6.	Josemi Daniel	English
7.	Sheba. S.	English
8.	Abhijith K T	English
9.	Adarsh. M	English
10.	Gautham Krishna S	English
11.	Yadu Krishna C.S	English
12.	Akhilamol P.S	Botany
13.	Amrutha S	Botany
14.	Aneesha Suresh	Botany
15.	Athira C A	Botany
16.	Devika S	Botany
17.	Judith Ann Koshy	Botany
18.	Navya. K.G	Botany
19.	Rajalekshmi Rajesh	Botany
20.	Sindhu K	Botany
21.	Adithyan Reghu	Botany
22.	Albin Mathew	Botany
23.	Dhibin Kumar. D	Botany
24.	Justin Peter	Botany
25.	Nitheesh B	Botany
26.	Rahul P R	Botany
27.	Shine Raj. N	Botany
28.	Anjana Prem	Botany
29.	Abitta Mariyam Shaji	<u>B.Com</u>
30.	Aksa Reji	<u>B.Com</u>
31.	Anet Shino	<u>B.Com</u>
32.	Anjana V	<u>B.Com</u>
33.	Ayswarya K R	<u>B.Com</u>
34.	Bismi P Biju	<u>B.Com</u>
35.	Micah Elsa Abraham	<u>B.Com</u>
36.	Nayana Biju	<u>B.Com</u>
37.	Reenu Shibu	<u>B.Com</u>
38.	Silla Thomas	<u>B.Com</u>
39.	A Neeraj Kumar	<u>B.Com</u>
40.	Abin Oonnittan	<u>B.Com</u>
41.	Akhil R Krishnan	<u>B.Com</u>
42.	Akhil Saji Rajan	<u>B.Com</u>
43.	Aswin S	<u>B.Com</u>
44.	Ayyappadas P S	<u>B.Com</u>
45.	Bijo Thomas	<u>B.Com</u>





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46.	Joshua Thomas	B.Com
47.	Melbin Jacob	B.Com
48.	Melvin Jacob	B.Com
49.	Muhammed Hassan	B.Com
50.	Aksa Mary Thomas	History
51.	Aneena Joseph	History
52.	Ansa Thomas	History
53.	Archana .P.Aneesh	History
54.	Bincy T S	History
55.	Fathima K Basheer	History
56.	Kashmeera Muralidharan	History
57.	Krishna Raj P	History
58.	Lekshmi R	History
59.	Nandana Reghu	History
60.	Nandana.V	History
61.	Riya Shinu	History
62.	Sanjana Saji	History
63.	Sujithra Saji	History
64.	Sarath M S	History
65.	Vishnu M V	History
66.	Indukrishna R	Physics
67.	Lakshmi Prakash V. P	Physics
68.	Vaisakh.S	Physics
69.	Alfiya Asharaf	Chemistry
70.	Anusree Anilkumar	Chemistry
71.	Archana Ajayakumar	Chemistry
72.	Harshamol	Chemistry
73.	Nandhitha Vinesh	Chemistry
74.	Anandhu G Nair	Chemistry
75.	Arunjith .A	Chemistry
76.	Aleena Mary Mathew	Zoology
77.	Jeena M Saji	Zoology
78.	Karthika Manoj	Zoology
79.	Abhijith Shaji	Zoology
80.	Dhanush.S Kumar	Zoology
81.	Mithun. K. R	Zoology
82.	Sibi Rajan	Zoology
83.	Sivakesh M Santhosh	Zoology
84.	Suby Rajan	Zoology
85.	Shanu P K	Zoology





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86.	Adithya A	Economics
87.	Aliya Saji	Economics
88.	Anitta P B	Economics
89.	Christina K Shabu	Economics
90.	Devu Manoj	Economics
91.	Fathima Basheer	Economics
92.	Fidha Sathar	Economics
93.	Gopika M P	Economics
94.	Josna Jijo	Economics
95.	Karthika K Nair	Economics
96.	Sofia James	Economics
97.	Ajo Sunil	Economics
98.	Arunkumar A	Economics
99.	Abhijith E R	Economics
100.	Jerin Johnson	Economics



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ST. THOMAS COLLEGE, RANNI

Talk on "Youth and Food Habits"

Title of the Programme :- Talk on "Youth and Food Habits"

Name of the Coordinator :- Mrs. Rintu Mathew

Organizing Committee/cell/Department :- Women Cell, Tharjini

Date :- 08-03-2022

Number of participants :- 55

Recourse Person :- Jino M Scaria

Objective :- To make awareness on Food Habits

➤ Brochure of the Programme

St Thomas College, Ranni
Women Cell
in association with
JCI Kurupumthara
Organizes
Women's Day
Celebration

on Tuesday 8th March 2022, 11.30 am
Special Talk on
YOUTH & FOOD HABITS

JFD Jino M Scaria
National Trainer & Health Care
Coordinator

Organizing Committee
Dr. Devapriya M (Secretary)
Mrs Rintu Mathew (Coordinator)
Dr Marykutty James (Treasurer)
Jc Sobha James (Programme Director)

Principal
Dr Aleyamma Kuruvila



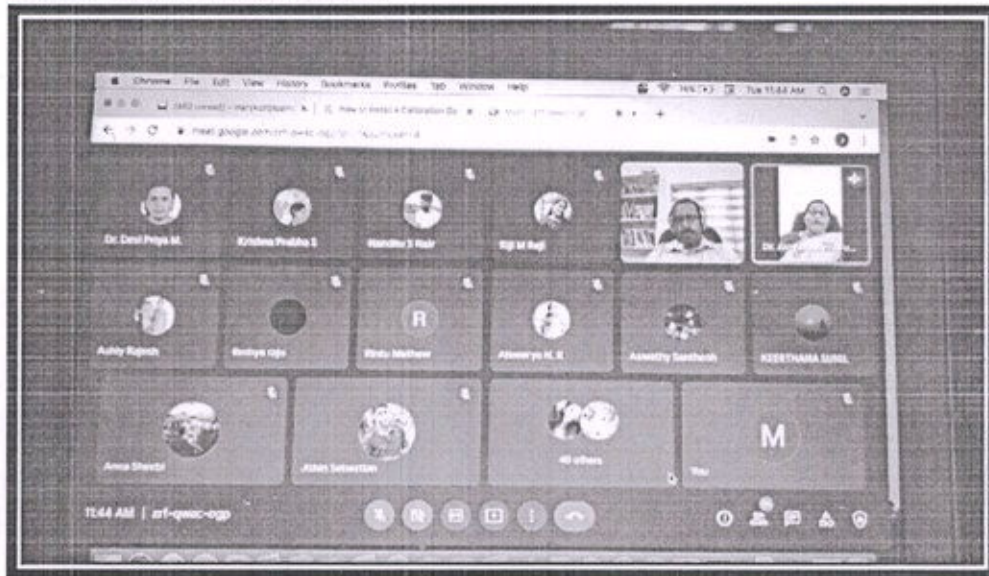


ST. THOMAS COLLEGE, RANNI

➤ Report of the programme

A webinar on 'Youth and Food habits' were conducted on 08/03/2022 in online platform Google meet by Women cell in collaboration with JCI Kuruppanthara. JFD Jino M Scaria, National Trainer & Health Care Consultant, delivered a talk on the topic. About 55 students participated in the programme.

➤ Photo of the programme



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