



7.1.8 Describe the Institutional efforts /initiatives in providing an inclusive environment i.e. tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities.

Institutional Initiatives 2022-23

Students were encouraged to participate in different programmes organised by, college, inter college, university and other Government or non- government organization to make them sensitize towards cultural, regional, linguistic, communal socio economic diversities.

Name of the Programme: Onam 2022-23

Category of the Programme: Communal and Cultural Diversity

Onam is the annual harvest festival of the State. Though its origins are often attributed to Hindu Mythology, Onam is celebrated as a cultural festival by all communities. Students and staffs of the college celebrate Onam every year with much enthusiasm.

<https://youtube.com/shorts/8Ce7hrnSJb4?si=S-ZICwSUVrQanAb2>



ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation

Name of the Programme: Independence Day

Category of the Programme: Promoting peace and Tolerance





St. Thomas College Thrissur, like many educational institutions across India, would likely organize various activities and events to mark this historic occasion on **August 15, 2022**.

Flag Hoisting Ceremony: The day usually begins with the hoisting of the Indian national flag by a dignitary, the college principal, faculty members. This ceremony symbolizes the pride and respect for the nation. Following the flag hoisting, there was a cultural program featuring performances by students showcasing India's rich cultural heritage. This programme include patriotic songs, dances, skits, and speeches that highlight the importance of independence and the sacrifices made by freedom fighters. Dr. Martin K .A, Principal of this Institution delivered the speech reflecting on the significance of Independence Day, its historical context, and the importance of preserving the values of democracy, unity, and diversity. Independence Day celebrations at St. Thomas College Thrissur serve not only as a tribute to the nation's freedom fighters but also as a reminder of the responsibilities that come with freedom. It is a day to honor the past, celebrate the present, and envision a brighter future for India.



Name of the Programme: Santhome Institute of Indian and Foreign Languages (SIIFL)

Category of the Programme: Harmony with Cultural, Regional and Linguistic Diversity

Santhome Institute of Indian and Foreign Languages (SIIFL), the part of St. Thomas College (Autonomous), Thrissur offers two types of language training programmes. SIIFL in association with Jyothi Engineering College offers various Cambridge English certificate courses to graduates, post graduates and professionals. Cambridge has developed and produced the most valuable range of qualifications for learners and teachers in English in the world. SIIFL 2020 onwards has become an exclusive institute for learning various foreign languages. SIIFL offers languages in four categories such as European, Asian, Indian and Classical. Learning any language means having confidence to communicate and access a lifetime of enriching experiences and opportunities. SIIFL is the right place to fulfill the dream of every language lovers.

Name of the Programme: Report on Care for Poor Program

Category of the Programme: Promoting peace and Tolerance

Introduction: The Care for Poor Program is a comprehensive initiative aimed at addressing the needs of impoverished individuals and communities. This report provides an overview of the program's objectives, implementation strategies, impact assessment, and recommendations for future enhancements.

Poverty Alleviation: The primary goal is to alleviate poverty by providing essential services and support to individuals and families in need. This initiative aims to improve access to healthcare services for the poor, including medical treatment, preventive care, and health education. CPP offers various social welfare services such as housing assistance, food aid, and counseling support to vulnerable populations. The community development initiatives, seeks to strengthen local infrastructure, promote sustainable livelihoods, and foster social cohesion.

The program collaborates with government agencies, non-profit organizations, and community stakeholders to leverage resources. It delivers a range of services through mobile clinics, community centers, and outreach programs to ensure accessibility for marginalized population. The Care for Poor Program plays a vital role in addressing the multifaceted challenges of poverty through its comprehensive approach to service delivery and community development. By addressing the underlying determinants of poverty and empowering individuals and communities, CPP contributes to building a more inclusive and equitable society.





Name of the Programme: Blood Donation

Category of the Programme: Promoting peace and Tolerance

On 20-12-2022, the NCC cadets of St.Thomas College (Autonomous), Thrissur donated blood as a part of Blood Donation drive which was in collaboration with Indian Medical Association. The cadets reached IMA Blood Bank, Pallimoola at 9:30 am. Some of the NCC cadets donated their blood and contributed to the cause





Name of the Programme: Constitution Day

Category of the Programme: Harmony with Democracy (Other Diversity)

**Department of Political Science,
St Thomas College (Autonomous), Thrissur
Constitution Day (26th November)
28th November 2022**

As India celebrated 73rd Constitution Day, Department of Political Science, St Thomas College (Autonomous), Thrissur observed Constitution Day on 28th November 2022 with the reading of Preamble led by Dr Martin K A, our Principal. The welcome address was given by Namitha Vijayakumar, I sem B A Economics. Message was given by Dr.Blessy Paul C, Head Department of Political Science. Harith V H, III sem B A delivered vote of Thanks. Followed by, a debate was held on that Day at Menacherry Hall. The theme of debate was **Is the rise of right wing populism across the world a threat to democracy?**

The debate was moderated by Sreehari M, VI sem B A Economics. Both teams traced the journey of democratic tradition in the country, What are aspects of democracy? Each participant spoke their mind on rationale for and execution of democratic aspects in our world system. One team of Students supported the increasing tendency of right wing populism as a future for democracy. Other team opposed the aspects of right wing populist government's xenophobia, authoritarian tendency etc.

Aim of programme: The aim of organizing reading preamble was to arouse the students about the constitutional aspects. The debate competition was to hone the public speaking skills of the students and teach them to be articulate while expressing their thoughts and opinions. The session was the kaleidoscope of opinions, thoughts and perspective that enhanced the knowledge and understanding about the right wing populism and its effect on world.

Outcome of this programme : This was a programme organised and led by students themselves. Through this initiative, students will be able to develop excellent oral and critical thinking skills. It also enabled the students to elucidate their standpoint through utilizing rhetorical eloquence



ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation

ST. THOMAS COLLEGE (AUTONOMOUS), THRISSUR
 Affiliated to University of Calicut
 NAAC (4th Cycle): A++ Grade & College with Potential for Excellence

CONSTITUTION DAY CELEBRATIONS

- PREAMBLE READING
- DEBATE

TOPIC:
 ലോകമെമ്പാടുമുള്ള വലതുപക്ഷ ജനകീയതയുടെ വളർച്ച ജനാധിപത്യത്തിന് ആപത്തോ?
 Is the rise of right wing populism across the world a threat to democracy?

Debate language: Malayalam Moderator: Sreehari M.
 (V Semester, B.A. Economics)

Venue: Menanchery Hall

Rev. Fr. Dr. Martin K.A. (Principal) Dr. Blessy Paul C (HOD, Political Science)

28th November 2022 1 pm





Name of the Programme: Azad Karmasena

Category of the Programme: Harmony with Democracy (Other Diversity)

Report: Inauguration Of Azaad Karma Sena

Date: 22-03-2023

Objective: To spread awareness regarding substance abuse and create "a sena" to prevent people from engaging with harmful drugs.

On 22-03-2023, the NCC cadets and NSS volunteers of St.Thomas College (Autonomous), Thrissur participated in the inauguration of Azaad Karma Sena organised by the NSS unit. The programme began at 11 am. The welcome address was given by Dr. Vimala K John, NSS Programme Officer and the Presidential address was given by Principal Fr.Dr.Martin K A. The programme was inaugurated by Dr.Sony T L, NSS Programme coordinator, Calicut university who gave us a picture of the spreading substance abuse among youngsters and the harmful consequences of it. She put forward the idea of ' Bhavana, Kalpana, Yojana, Sadhana ' to overcome this crisis. Ms.Joicey Stephen, District Social Justice Officer, lectured about the mission to reduce the impact of substance abuse and mental illness on communities and felicitated the programme. The vote of thanks was given by Dr. Vimala Jose, coordinator of Anti Narcotics cell.

ST THOMAS COLLEGE (AUTONOMOUS), THRISSUR
NSS UNITS 42&144

**Inauguration Of
AAZAAD KARMMA SENA**

On March 22 , 2023
Venue : Medlycott Hall
Time : 11 AM

Chief Guest : Dr Sony T L
NSS Programme Coordinator
University of Calicut

Fr. Dr. Martin K A
(Principal)
Dr. Vimala K John & Dr. Joby Paul
(Programme Officers)
Ranjeeth Krishnan & Gracelet Paul
(Student Coordinators)

@nss_stc_42_144



ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation



Name of the Programme: Darshan Yoga Utsav 2023

Category of the Programme: Harmony with Democracy (Other Diversity)

Report: Darshan Yoga Utsav 2023

Date: 30-05-2023

Objective: To spread awareness regarding the importance of Yoga.

On 30 May 2023, the NCC cadets of St. Thomas College (Autonomous), Thrissur participated in 'Darshan Yoga Utsav 2023'. The programme began at 8:00 am and concluded at 1pm, which highlighted the importance of Yoga. The program was conducted by Universal Yoga Consciousness in Vadakumnathan Temple Thekke Gopura Nada. Cadets were introduced to many asanas like Vagrasanam, Trikonasana, Dhanurasana, Ardachandrasana, Sidhasana, Bhadrasana. The programme helped cadets to realise that including Yoga in daily routine is the healthiest choice an individual can ever make.





ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation

DARSHAN
Yoga Utsav 2023
Thirissur, Kerala, India
30 May 2023
Mass Yoga Protocol Practice
7.30 am to 8.30 am
Vadakunnathan Temple Thekke Gopura Nada

SEMINAR
Yoga for Holistic Health & well being
9.30 am to 1. pm
Venue: Kerala Sahithya Academy Auditorium

Registration -  **6282440784**

UNIVERSAL YOGA CONSCIOUSNESS
YOGA BHAVAN, P.O. OLJUR, THRISSUR - KERALA
MOB 6282440784 Email - yogjayadevt@yahoo.com

All are welcome and expecting your participation



Name of the Programme: NATURAL DISASTER MANAGEMENT

Category of the Programme: Harmony with Democracy (Other Diversity)

Report: NATURAL DISASTER MANAGEMENT

Date: 31-01-2023

Objective: To make cadets and volunteers conscious of the essential first aid measures to be taken when someone is drowning.

Outcome: The cadets gained practical knowledge with regards to disaster management.

On 31-01-2023 a disaster management training session was organised by the NSS and NCC units of St Thomas College (Autonomous), Thrissur in Palocaren Square at 1:30 pm. NCC cadets and NSS volunteers took part in this programme. NSS program officer, Dr. John Paul delivered the welcome address. Fr. Dr. Anil George, Vice-Principal gave the presidential address. The programme was introduced by Ms. Susmy Sunny, Hazard Analyst, Thrissur District Collectorate. The inaugural address and the class was taken by Sri. Arun Bhaskar, District Fire Officer. Making standard floating devices using discarded plastic bottles was also taught in this session. Smt. Rema Devi, Junior Superintendent District Collectorate, and programme coordinators Lt Sabu A S and Dr. Vimala K John attended the meeting.



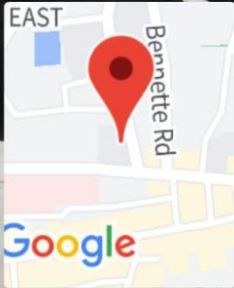
ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation



Thrissur, Kerala, India

FortBell Building, Ambakkadan Jn, St. Thomas College Road,
G6F9+FMQ, Keerankulangara, Thrissur, Kerala 680001, India

Lat 10.523753°

Long 76.219313°

31/01/23 02:35 PM GMT +05:30



ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

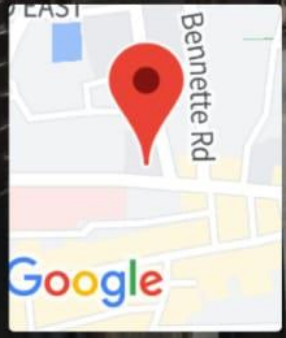
NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation



GPS Map Camera



Thrissur, Kerala, India
G6F9+FM9, Thrissur - Palghat Rd, Keerankulangara,
Thrissur, Kerala 680001, India
Lat 10.523528°
Long 76.21924°
31/01/23 03:23 PM GMT +05:30

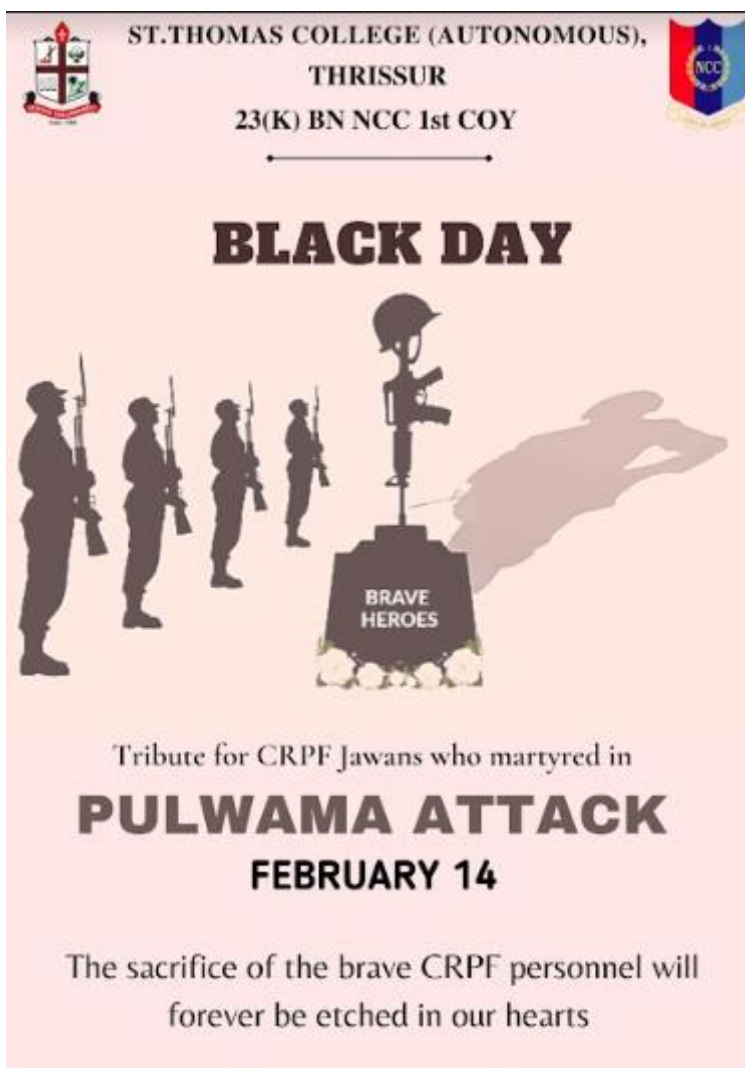


Report: **Pulwama Day**

Date: 14-02-2023

Objective: To commemorate the sacrifice of martyred CRPF Jawans of Pulwama attack.

On 14-02-2023 St.Thomas College (Autonomous), Thrissur, the NCC cadets observed Pulwama Day to commemorate the martyrdom of 40 Indian CRPF Jawans in one of the deadliest terror attacks in history. While Lt. Sabu A S gave the presidential address, Principal Rv. Fr. Martin K A gave the inaugural address. Everyone paid respect by offering floral tributes. The SW cadets sang a patriotic song. The ceremony ended with the NCC song and National Anthem.





ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

NAAC (4th Cycle): A++ Grade, 3.70 Score

NIRF Ranking 2022: 53

www.stthomas.ac.in

iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation



GPS Map Camera

Thrissur, Kerala, India

G6F9+7V4, Pallikkulam, Thrissur, Kerala 680001, India

Lat 10.522972°

Long 76.219825°

14/02/23 08:26 AM GMT +05:30



Google



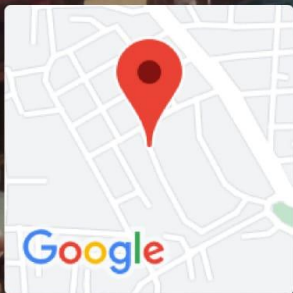
Report: **WORLD DROWNING PREVENTION DAY**

Date: 25-7-2022

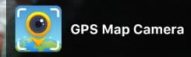
Objective: To enlighten the NCC cadets on the essential skills in first aid, fire & rescue and water safety techniques.

Outcome: Gained practical knowledge and experience in disaster management.

On the occasion of World Drowning Prevention Day, 25-7-2022 the cadets of St.Thomas College (Autonomous) Thrissur, took part in a programme at District Planning Conference Hall, Ayyanthole. Thrissur District Collector, Haritha V M IAS, officially inaugurated the programme. Basic skills in first aid, fire and rescue techniques and water safety techniques were demonstrated by Dr Midhun Rosh (General Hospital Thrissur), Sri. Arun Bhaskar (District Fire Officer Thrissur) and the District Water Rescue Team respectively. Certificates of participation were distributed at the end of the programme.



Thrissur, Kerala, India
65CQ+WFX, Kalyan Nagar, Ayyanthole, Thrissur, Kerala 680003,
India
Lat 10. 522373°
Long 76. 188774°
25/07/22 10:41 AM





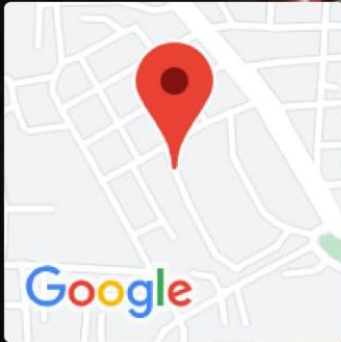
ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation



Thrissur, Kerala, India

65CQ+WFX, Kalyan Nagar, Ayyanthole, Thrissur,

Kerala 680003, India

Lat 10.522373°

Long 76.188774°

25/07/22 12:58 PM



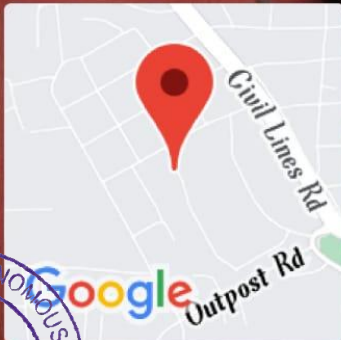
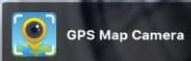
ST. THOMAS COLLEGE (AUTONOMOUS)

THRISSUR, KERALA - 680 001

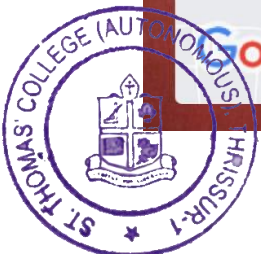
NAAC (4th Cycle): A++ Grade, 3.70 Score
NIRF Ranking 2022: 53

www.stthomas.ac.in
iqac@stthomas.ac.in

NAAC 5th Cycle Accreditation



Thrissur, Kerala, India
G5CQ+WFX, Kalyan Nagar, Ayyanthole, Thrissur,
Kerala 680003, India
Lat 10.522373°
Long 76.188774°
25/07/22 11:11 AM



Principal
St. Thomas College (Autonomous)
Thrissur - 680 001