



## St. GREGORIOS TEACHER TRAINING COLLEGE, MEENANGADI

Meenangadi P.O. Wayanad, Kerala, 673577, Affiliated to University of Calicut, Recognized by NCTE and ISO Certified

### OUT REACH-ACTIVITIES

The institution has developed various outreach programmes and research-oriented activities for innovation and other initiatives for creation and transfer of knowledge.

St Gregorios Teacher Training College has initiated several activities for the development of the community. The student teachers are expected to develop an overall perspective on their Professional and personal life. To achieve the same St gregarious teachers training college focuses its attention on developing a favorable attitude among student teachers towards ours. Community and in developing personally and professionally competent teachers. Based on this the institution organizes two important programmes as the best practices of the college.

### OUT REACH-ACTIVITIES 2019-2020

#### Sampoorna school Saksharatha campaign:

Wayanad is a socially backward district In Kerala. Tribal population is higher in Wayanad compared to other districts of Kerala. Majority of tribal community is not interested in school education in order to increase the enrolment rate of tribal community in school, the student teachers actively participated t in the awareness campaign 02/06/2019 which was inaugurated by the Wayanad District Collector by visiting the colonies and parents and providing necessary assistance to send the children to school with the intention of enrolling all the children in the school in the new academic year.



Dr. Tomy K.O.  
PRINCIPAL  
St. Gregorios Teacher  
Training College, Meenangadi  
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### Hope project:

Average of 4.5 students passed SSLC examination, every year. 98% of students win, rest 2% is not a smaller number especially in an educated state like Kerala. Few of them pass the SAY exam and go on. These children, who are isolated even from their families, are gradually breaking away from mainstream society due to lack of self-esteem. This isolation, lack of confidence and sense of inferiority leads them to pursue lifestyles detrimental to self and society. Through the scientific project, Project Hope endeavours to enable these children to cross the 10th grade threshold and enlighten them into mainstream society. The project Hope was a program coordinated by Police dept of Kerala, our student teachers are the real strength behind the hope project. In Wayanad district Tribal students are the stakeholders of the program.



### Trekking to Wayanad Wild Life sanctuary:

Institution organizes several programmes to inculcate eco friendly attitude among students a trekking program was organised to Muthanga Wildlife sanctuary. An awareness class also organized on the topic Invasive plants in Wayanad wildlife sanctuary, the class was led by the Forest department. *Senna spectabilis* is the scientific name of yellow konna has become an invasive alien species from Africa, Kenya etc. Currently that plant is overtaking native tree species of Muthanga Forest ecosystem because of its ability to grow quickly. The trip helped to get awareness of the impact of uncontrolled growth of those invasive species on our land and wildlife.



  
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**Puthumala visit:**


The relief activities were also conducted at the affected spot of Puthumala on 10/08/2019, a place affected by land sliding, in Wayanad. Collection and distribution of medicines and other essential items and counseling support services for people affected by natural calamities are some programmes that help the society during hazardous situations.



**We for Wayanad:**

We for Wayanad is a cleaning programme initiated by Meenangadi Gramapanchayath undertaken by St.Gregorios Teacher Training College students in the surrounding locality, and a monsoon diseases prevention program also organised.



  
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## Campaign against night travel ban in NH 766

Kerala's Wayanad district has witnessed a series of protests against a ban on night traffic on the forest stretch of NH 766. NH 766 is a key highway between Karnataka and Kerala that passes through the Bandipur Tiger Reserve in Karnataka. S.G.T.T.C also participated in this protest.



## Harvest Festival of Tapioca:

The institution also gives special consideration for the development of agricultural culture among student teachers. As part of this vegetable garden established in our college, according to the season's, traditional food crops like Tapioca, banana etc are planted and maintained every year under the leadership of students



  
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### Harvest Festival (paddy)

As part of inculcating agriculture culture, student teachers are participating in paddy harvesting in the premises of the institution. Farming is considered a kind of education that is necessary for everyone after all, that's how humans entered civilization. From learning how to grow crops to improvising skill sets to sustain family and community as a whole, this is a craft that is certainly introduced and known about in the school curriculum.



### Say no to Plastic" campaign:

The Say no to Plastic" campaign is a student-led initiative aimed at raising awareness about the impact of plastic pollution and encouraging sustainable practices. The campaign focuses on reducing plastic use, promoting recycling, and supporting alternatives to plastic products.

The campaign has made significant strides in promoting sustainability and reducing plastic use within the school community. Continued efforts and expanded initiatives will be crucial in sustaining and building upon this progress.



Dr. Jimmy K.O.  
PRINCIPAL  
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### Anganawadi Visit:

During our visit to the Anganwadi center for Childrens Day, we observed a vibrant and engaging celebration dedicated to the children. The event was marked by various activities designed to entertain and educate the young ones. The children actively participated in storytelling sessions, traditional games, and cultural performances that highlighted their creativity and enthusiasm. The Anganwadi staff had prepared the center with colourful decorations and provided a range of educational materials and toys, enhancing the festive atmosphere. Despite some minor logistical issues, such as limited space for group activities, the event was well-received by both children and caregivers. Feedback from the staff suggested that more resources and planning might improve future events. Overall, the visit was successful in creating a joyful experience for the children and fostering community spirit.



  
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## OUT REACH-ACTIVITIES 2020-2021

During the COVID-19 pandemic, our college adapted swiftly to the challenges posed by social distancing and restrictions on in-person gatherings by transitioning to online platforms for conducting webinars and competitions. The shift to virtual meetings enabled us to continue offering valuable educational experiences while ensuring the safety and health of participants. The college leveraged various digital tools and platforms to host a series of informative and interactive webinars on diverse topics relevant to students, faculty. These online sessions facilitated knowledge sharing, fostered community engagement, and maintained the continuity of learning despite the unprecedented circumstances. The successful execution of these webinars and competitions demonstrated the institution's resilience and commitment to education, adapting to new modalities of teaching and collaboration in a rapidly changing environment.



  
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## OUT REACH ACTIVITIES 2021-2022

### Blood donation camp:

A Blood donation camp was organized by our college, in collaboration with Thaluk Hospital Sulthan Bathery, which more than 50 units of blood was donated by both students and the staff members of college. It is a way of St. Gergorios Teacher Training College, gesture in bringing a ray of hope to contribute to the serious problems of acute shortage of blood. Our College has been organizing blood donation camps every year and students and the faculty members come forward voluntarily to donate blood. While addressing to people at the camp volunteers brought awareness in them about shortage of blood and why we must donate blood every year, to help the persons requiring blood. Blood donation can save lives of innumerable persons. Donation of blood is very critical and crucial for saving lives many patients and those who have met with accidents. It is as such a great service or contribution to the society and people living in it.



  
Dr. Toby K.O.  
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### **AIDS Awareness Class:**

The aim of the program was to bring attention to the growing number of people living long and full lives with HIV and about their health and social needs and also to educate the general mass about the prevention and treatment of HIV. The Students of S.G.T.T.C on behalf of Health Club actively took part in the programme. The overall motive of the program was to raise awareness about health life and to spread the informative messages to all the risk group of young people in the community.



### **No Tobacco Awareness class:**

The No Tobacco Awareness class provided valuable information on the dangers of tobacco use and practical strategies for quitting. Through a series of interactive workshops, engaging lectures from health experts, and hands-on activities, the camp effectively conveyed the harmful effects of tobacco use, including its links to cancer, heart disease, and addiction. Participants actively engaged in discussions, role-playing scenarios, and skill-building sessions to develop strategies for resisting tobacco cravings and supporting others in their journey to quit. The camp not only raised awareness but also empowered attendees with practical tools and resources, fostering a supportive environment for making healthier, tobacco-free choices.



  
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### Donation to Old age Home:

On this year a donation was made to located Gandisadan in Ambalavayal, aimed at supporting the welfare and development of the residents. The donation included clothing and financial contributions. The initiative was organized by S.G.T.T.C as part of our commitment to community support and social responsibility. During the visit, the college Union members were present to deliver the items. The staff expressed their gratitude, noting how the donations will significantly enhance the quality of life. This effort not only provided immediate relief but also fostered a sense of connection and support for the orphanage's ongoing needs. The success of this donation highlights the positive impact of community involvement and sets a precedent for future charitable activities.



### OUT REACH-ACTIVITIES 2022-2023

#### Let talk 2022-23:

Let talk 2022-23 Two-day workshop on communicative empowerment program is organised for Govt L P S Mulley in Attappadi, our student teachers interact with the children for two days, along with workshop field trips also organised, it was a great experience for both children and our prospective teachers.



Dr. Tony K.O.  
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### Trekking to Kolagappara:

We S.G.T.T.C family set out on a memorable trek to Kolagappara, a stunning peak nestled in the Western Ghats. Starting from the base village of Kolagappara at around 600 meters above sea level, we embarked on a 15-kilometer journey through lush forests and steep inclines. The trek was marked by diverse terrain, including rocky paths and verdant greenery, which offered a refreshing change from the urban landscape. The weather was mostly favourable, with clear skies in the morning that transitioned to light drizzles in the afternoon. This added a mystical touch to the dense foliage and mist-covered peaks. We encountered several interesting species of flora and fauna along the way, including vibrant butterflies and rare orchids. The most challenging part of the trek was the final ascent, which required careful navigation over loose rocks. Reaching the summit at 2,200 meters was a triumphant moment, rewarding us with panoramic views of the surrounding valleys and distant peaks. The trek, though physically demanding, was an exhilarating experience, providing a deep connection with nature and a sense of accomplishment. The students collected garbage and handed over to Meenangadi Gramapanchayath.



### Flash mob:

A vibrant health awareness flash mob took place in Meenangadi town, drawing significant attention to mental health issues. The event featured a dynamic performance combining dance, music, and a compelling script. Participants, dressed in coordinated outfits, performed a choreographed routine to an uplifting song with lyrics that highlighted the importance health awareness. The event successfully engaged the public, generating widespread discussion and increased community interest in health resources. Follow-up surveys indicated that the performance effectively raised awareness and encouraged individuals to seek help and support for health challenges.



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## Pain and Palliative training camp

We held a meaningful Pain and Palliative Care class to raise awareness and support for patients requiring palliative and end-of-life care. The event, organized in the college auditorium. The class featured informative speeches from experts in palliative care, personal testimonials from those affected by serious illnesses, and engaging activities aimed at fostering empathy and understanding. The day's activities underscored the community's commitment to enhancing the quality of life for patients with serious illnesses, promoting a compassionate approach to care, and ensuring that every person receives dignity and comfort during their most challenging times.



## Bring Back the Vulture:

The "Bring Back the Vulture" seminar, held at the S.G.T.T.C, successfully addressed the urgent need to protect and restore vulture populations. This seminar highlighted the critical ecological role vultures play in scavenging and disease control. Attendees were presented with data on the alarming decline in vulture numbers due to poisoning, habitat loss, and hunting. The seminar included presentations on recent conservation efforts, such as habitat restoration projects and anti-poisoning campaigns, as well as strategies to engage local communities in vulture protection. Interactive sessions allowed participants to discuss potential solutions and volunteer opportunities. The seminar concluded with a call to action, urging attendees to support vulture conservation initiatives and advocate for stronger protective measures. Feedback from participants was overwhelmingly positive, with many expressing a renewed commitment to conservation efforts and a better understanding of the vultures' importance to ecosystem health. On behalf of this seminar a poster making competition was also held.




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## OUT REACH-ACTIVITIES 2023-2024

### Blood Stem Cell Donation Camp:

On 23/02/2024, St.Gregorios Teacher Training College in association with DATRI STEM CELL DONORES REGISTRY successfully organized a Blood Stem Cell Donation Camp at our campus, aiming to raise awareness and recruit potential donors for stem cell transplants. The camp featured informative sessions about the critical role of stem cell donations in treating various blood disorders and cancers, such as leukemia. Participants were guided through the registration process, which included a simple and painless swab test to determine tissue compatibility. The camp not only provided essential information and facilitated the donation process but also fostered a spirit of solidarity and hope among attendees, contributing to a broader pool of potential donors and enhancing the chances of finding compatible matches for patients.



  
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### Blood donation camp

A Blood donation camp was organized by our college, in collaboration with Thaluk Hospital Sulthan Bathery, which more than 40 units of blood was donated by both students and the staff members of college. It is a way of St. Gergorios Teacher Training College College, gesture in bringing a ray of hope to contribute to the serious problems of acute shortage of blood. Our College has been organizing blood donation camps every year and students and the faculty members come forward voluntarily to donate blood. While addressing to people at the camp volunteers brought awareness in them about shortage of blood and why we must donate blood every year, to help the persons requiring blood. Blood donation can save lives of innumerable persons. Donation of blood is very critical and crucial for saving lives many patients and those who have met with accidents. It is as such a great service or contribution to the society and people living in it.



### Bicycle rally:

On 03/06/2023, we participated in an exhilarating bicycle rally that took us through a scenic 15-kilometer route from college to Sulthan Bathery. The event attracted riders of all levels, from seasoned cyclists to enthusiastic beginners. Starting early in the morning, the rally featured a mix of streets, country roads, and rolling hills. Riders enjoyed the crisp morning air and stunning views of rolling hills. Despite a few challenging uphill stretches, the overall route was well-organized with ample rest stops and support teams providing hydration and mechanical assistance. The event successfully fostered a sense of community and camaraderie among participants, making it a memorable and fulfilling experience for all involved.



*Dr. Jimmy K.O.*  
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### Short film competition:

On August 12, 2023, we hosted a vibrant short film competition that showcased the creative talents of emerging filmmakers. Held at college auditorium, the event featured a diverse array of films, each lasting between five to fifteen minutes, spanning genres from drama and comedy to experimental and documentary.. Each film was judged on originality, storytelling, and technical execution, with notable entries demonstrating impressive cinematography and innovative narrative techniques. The highlight of the evening was the screening of the top three films, which captivated the audience and sparked lively discussions. The event concluded with an awards ceremony where winners were celebrated for their exceptional work, contributing to a successful and inspiring showcase of local filmmaking talent.

ST. GREGORIOS TEACHERS' TRAINING COLLEGE  
MEENANGADI

KODRA PRESENTS

 **Feel It  
Reel It**



**COLLEGE CAMPUS LIFE**

**TEAM : DEPARTMENT WISE**

**DEADLINE OF SUBMISSION : AUGUST 12 | 9:00 PM**

  
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### Carbon neutral programme:

On August 15, 2024, Meenangadi Panchayat achieved a significant milestone by declaring itself a carbon-neutral panchayat, marking a noteworthy step in its environmental sustainability efforts. This achievement followed a comprehensive strategy that included reducing greenhouse gas emissions, enhancing energy efficiency, and implementing extensive afforestation programs. The panchayat focused on promoting renewable energy sources, such as solar power, by installing solar panels on public buildings and encouraging residents to adopt solar energy for their homes. Additionally, waste management practices were revamped, emphasizing recycling and composting to minimize landfill use. A key component of the initiative was the widespread planting of trees and the establishment of green spaces, which not only sequester carbon but also improve local biodiversity. The panchayat's success is attributed to community involvement, with residents actively participating in environmental conservation projects and sustainability practices. Being in Meenangadi Gramapanchayath St.Gregorios Teacher Training college actively participated in the carbon neutral programmes.

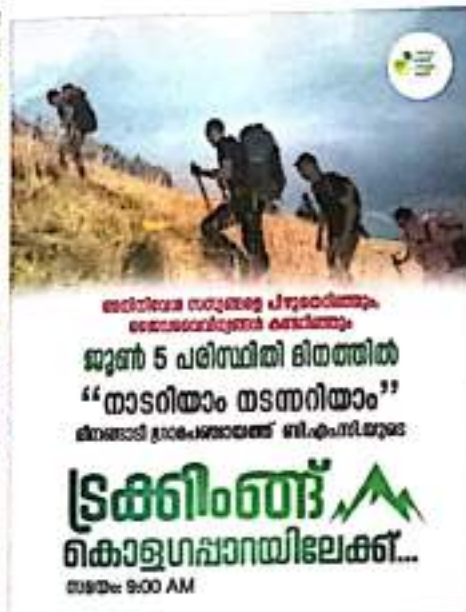


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### Trekking to Kolagappara:

We S.G.T.T.T.C family set out on a memorable trek 'NAADARIYAAM NADANNARAYIYAM' to Kolagappara at 05/06/2024, a stunning peak nestled in the Western Ghats. Starting from the base village of Kolagappara at around 600 meters above sea level, we embarked on a 15-kilometer journey through lush forests and steep inclines. The trek was marked by diverse terrain, including rocky paths and verdant greenery, which offered a refreshing change from the urban landscape. The weather was mostly favourable, with clear skies in the morning that transitioned to light drizzles in the afternoon. This added a mystical touch to the dense foliage and mist-covered peaks. We encountered several interesting species of flora and fauna along the way, including vibrant butterflies and rare orchids. The most challenging part of the trek was the final ascent, which required careful navigation over loose rocks. Reaching the summit at 2,200 meters was a triumphant moment, rewarding us with panoramic views of the surrounding valleys and distant peaks. The trek, though physically demanding, was an exhilarating experience, providing a deep connection with nature and a sense of accomplishment. The students collected garbage and handed over to Meenangadi Gramapanchayath.

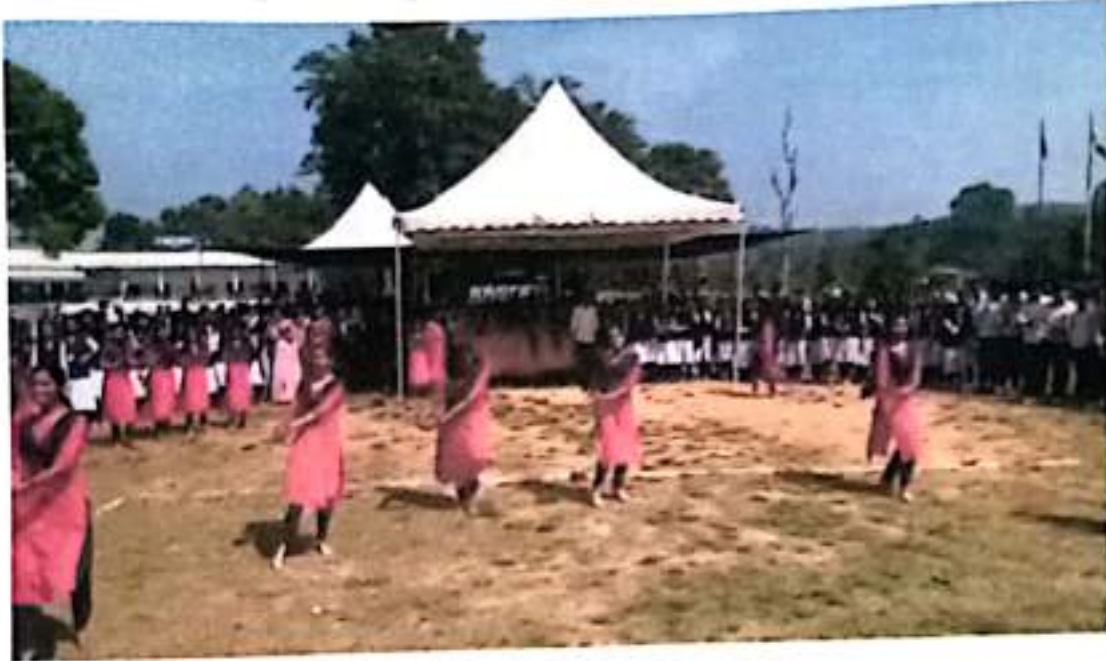


*Dr. Tomy K.O.*  
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### Flash mob:

In celebration of World Anti-Drug Day, our College organized a dynamic flash mob aimed at raising awareness about the dangers of drug abuse. Held in the college ground, the event featured an unexpected, high-energy performance that drew a large crowd. Participants, including students performed a choreographed dance set to an impactful song with anti-drug messages. The flash mob was meticulously planned to capture attention and spark conversations about drug prevention and support resources available in the community. Alongside the performance, informative booths provided literature on drug abuse prevention. The event successfully engaged and educated the public, making a strong statement against drug use and promoting a healthier, drug-free lifestyle.



### Food Festival:

On 07/06/2023, our college hosted a vibrant Food Festival that brought together students, faculty, in a celebration of culinary diversity and creativity. Held in the college grounds, the festival featured a wide array of food stalls offering cuisines from around the world, including spicy street foods, gourmet dishes, and sweet treats. Students showcased their cooking skills by setting up themed booths representing various countries, while local food vendors added a professional touch with their signature dishes. The event was not only a feast for the senses but also an opportunity to foster community spirit and cultural exchange. Live cooking demonstrations further enhanced the festive atmosphere, making it a memorable experience for all attendees. The Food Festival not only delighted taste buds but also promoted a sense of unity and celebration within the college community.



*[Handwritten Signature]*  
DR. K. O. K.  
PRINCIPAL  
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### Trek to Cheengeri:

we embarked on a captivating trek to Cheengeri Mala, a prominent peak in the Western Ghats renowned for its stunning natural beauty. The journey began at the base village of Cheengeri, located approximately 700 meters above sea level, and stretched over a challenging 18-kilometer route. As we ascended, we navigated through dense forests, traversed rocky paths, and crossed babbling streams. The weather was mostly favorable, with clear skies and a gentle breeze that made the hike enjoyable, although we encountered a brief, refreshing rain shower in the afternoon. The trek was marked by breathtaking views of lush green valleys and distant mountain ranges. The final climb to the summit, at 2,400 meters, was strenuous but rewarding, offering panoramic vistas that made the effort worthwhile. The experience was enhanced by the sighting of local wildlife and the tranquility of the natural surroundings. Reaching the top provided a profound sense of accomplishment and connection with nature, making the trek to Cheengeri Mala a memorable adventure.



### Pain and Palliative Care Rally:

We held a meaningful Pain and Palliative Care Rally to raise awareness and support for patients requiring palliative and end-of-life care. The event, organized in the city center, drew a diverse group of participants including healthcare professionals, caregivers, and community members. The rally featured informative speeches from experts in palliative care, personal testimonials from those affected by serious illnesses, and engaging activities aimed at fostering empathy and understanding. Participants carried banners and placards highlighting the importance of compassionate care and the need for accessible palliative services. The rally also included booths offering resources and information about palliative care options, support services, and how individuals can contribute to improving care for those in need. The day's activities underscored the community's commitment to enhancing the quality of life for patients with serious illnesses, promoting a compassionate approach to care, and ensuring that every person receives dignity and comfort during their most challenging times.



*[Signature]*  
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2019-20



**CLEANING MUTHANGA  
(SWATCH BHARATH)**



**DEBATE  
CONTEMPORARY WOMEN  
AND RESERVATION**




**AIDS AWARENESS PROGRAMME**



**YOGA DAY**



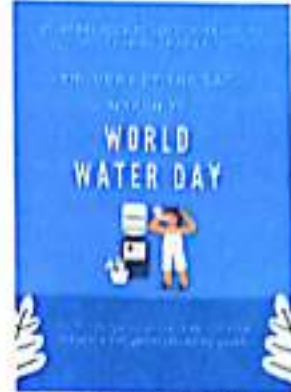
  
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**AEROBICS**



**WETLAND DAY**



**WATER DAY**

The St Gregorios Teacher Training college meenangadi community actively engaged in various initiatives during the 2019-2020 academic year. One notable activity was the pre-monsoon cleaning drive, where students and staff worked together to maintain the cleanliness and hygiene of the school premises. To promote critical thinking and awareness of social issues, the school organized a debate on contemporary women and reservation. Participants discussed the challenges faced by women in society and the role of reservation policies in addressing gender inequality. Health and wellness were also prioritized. The school conducted an AIDS awareness class to educate students about the disease and its prevention. Additionally, yoga and aerobics classes were incorporated into the curriculum to promote physical and mental well-being.

  
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DIGITAL INDIA



*Dr. Tony K.O.*  
**DR. TONY K.O.**  
**PRINCIPAL**  
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## DIGITAL INDIA



## WATER DAY



## WETLAND DAY

Despite the challenges posed by the COVID-19 pandemic, St. Gregorios Teacher Training College successfully adapted its activities to an online format. One of the notable events was the Independence Day Quiz Competition, which tested students' knowledge of Indian history and culture. To promote health and safety during the pandemic, the college organized a social distancing awareness class, emphasizing the importance of maintaining personal hygiene and physical distance. Additionally, the college observed Anti-Tobacco Day through online campaigns and workshops, raising awareness about the harmful effects of tobacco use. Celebrating women's achievements, the college conducted a Women's Day Poster Making Competition, where students showcased their creativity and expressed their appreciation for women's contributions. The festive spirit was further enhanced by the Carol Song Competition and Flower Carpet Competition, which allowed students to showcase their artistic talents and spread joy during the holiday season. These online activities not only provided students with opportunities to learn and engage but also fostered a sense of community and resilience during a difficult time.



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2021-2022



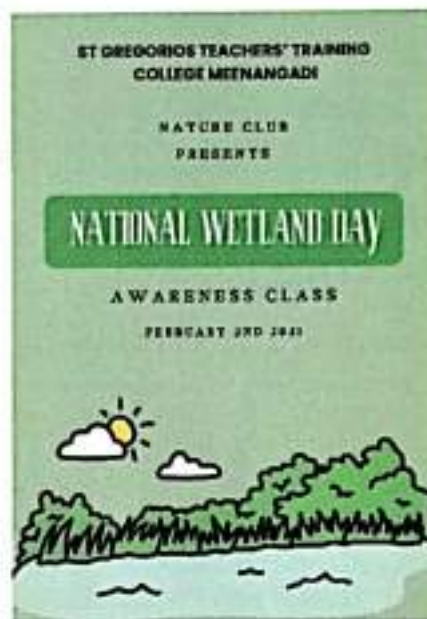
**WOMEN'S DAY**



**AEROBICS**



**YOGA DAY**



**WATER MISSION**



**WATER DAY**



  
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**Pre Monsoon Cleaning**



**Is Paid Employment  
The Key To Women Liberation**

Despite the challenges posed by the COVID-19 pandemic, the St. Gregorios Teachers' Training College continued to engage in various activities. One notable event was the virtual celebration of International Women's Day, where students discussed the theme of "Paid Employment: The Key to Women's Liberation." To promote physical and mental well-being, the school organized online aerobics and yoga classes. Additionally, the school launched a "Water Mission" to raise awareness about water conservation and pollution. In preparation for the monsoon season, the school conducted pre-monsoon cleaning drives to ensure community safety and hygiene. St. Gregorios Teachers' Training College played a vital role in incorporating these activities into the curriculum, providing students with opportunities to learn and contribute to their community.

  
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2022-2023



DIGITAL INDIA




YOGA DAY



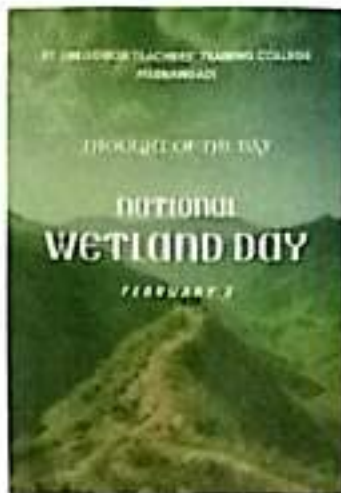
AEROBICS



WOMENS DAY

  
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**WETLAND DAY**



**WATER DAY**

The 2022-2023 academic year was marked by a vibrant array of activities at St. Gregorios Teachers' Training College. One of the notable events was the celebration of International Yoga Day, where students and faculty engaged in yoga sessions to promote physical and mental well-being. To encourage a healthy lifestyle, the college organized regular aerobics classes, providing students with opportunities to improve their fitness and coordination. Additionally, Women's Day was commemorated with various events, including workshops, discussions, and celebrations, highlighting the achievements and contributions of women. These activities not only enriched the academic experience but also fostered a sense of community and promoted personal growth among the students.

  
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2023-2024



**AEROBICS**



**YOGA DAY**



**AIDS AWARENESS (MIME COMPETITION)**



**MENSTRUAL CUP DISTRIBUTION (WDC)**

  
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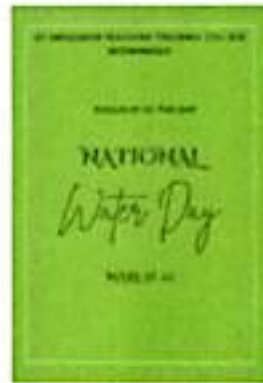


**DIGITAL INDIA**

**"ATROCITIES AGAINST WOMEN AND CHILDRENS"MR. JAYAPRAKASH (CIRCLE INSPECTOR OF POLICE MEENAGADI)**



**WETLAND DAY**



**WATER DAY**



**DIGITAL INDIA**



**CLEANING(SWACHH BHARATH)**



*Dr. Tomy K.O.*  
**DR. TOMY K.O.**  
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**NATIONAL YOGA DAY**



**DIGITAL INDIA**



**AIDS DAY**



**A TALK ON "THE PROBLEMS  
FACED BY WOMEN**

**IN THE SOCIO POLITICAL SCENARIO"**

St. Gregorios Teachers' Training College actively promoted health and wellness through initiatives like aerobics classes and yoga sessions. To raise awareness about HIV/AIDS, the college organized a mime competition. The Women's Development Center (WDC) distributed menstrual cups to empower female students. In conjunction with International Women's Day, Mr. Jayaprakash conducted a session on atrocities against women and children, fostering awareness and understanding of gender-based violence. These activities were integrated into the curriculum to provide students with comprehensive knowledge and skills on health, social issues, and gender equality.



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