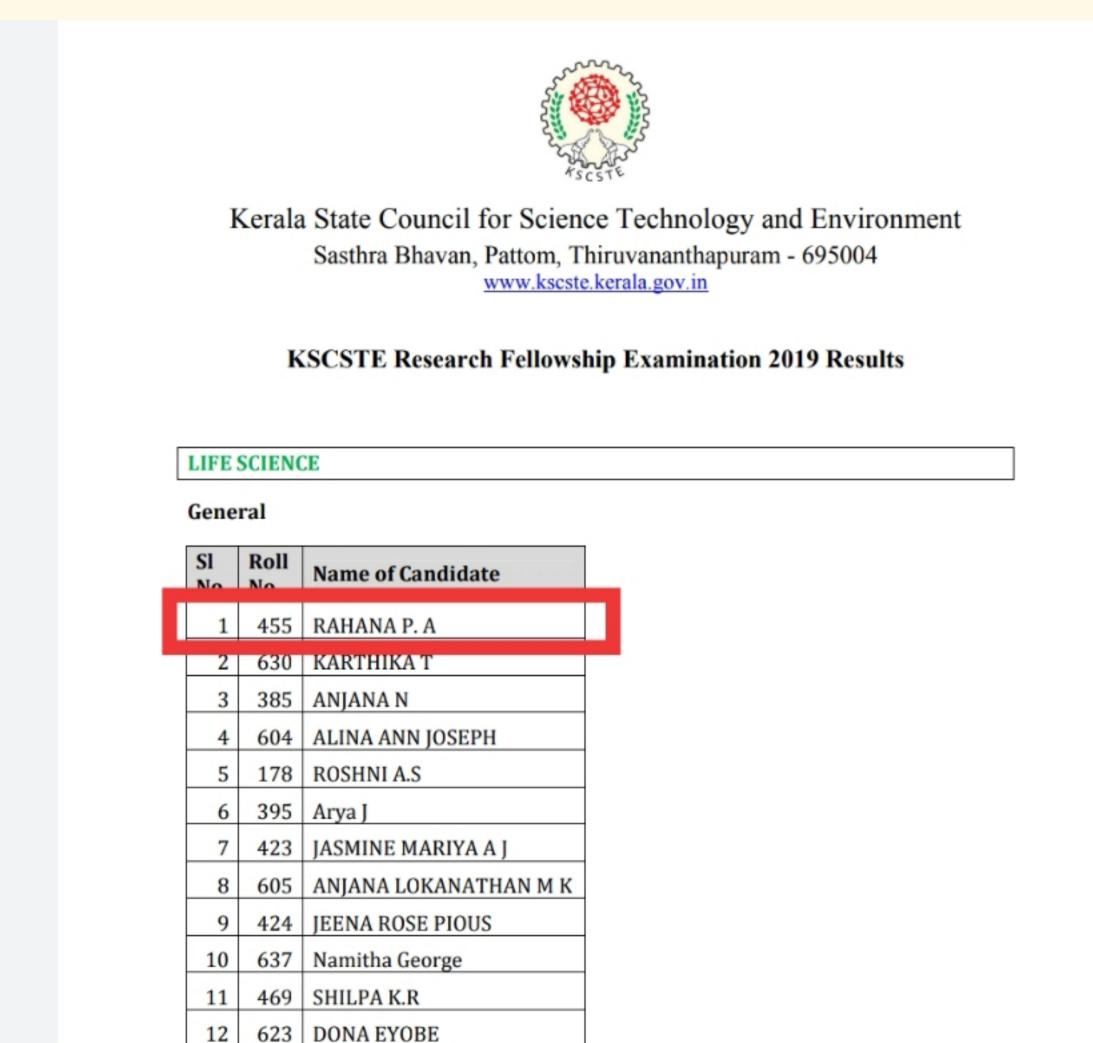
## ST. THOMAS COLLEGE (AUTONOMOUS), THRISSUR

## NEWSLETTER





MS. RAHANA PA
OF ZOOLOGY
2018-19 BATCH
SECURED
KSCSTE
FELLOWSHIP.

## മനോരമ ബുക്സ് കവിത മഴയിൽ ശ്വാം സുധാകർ

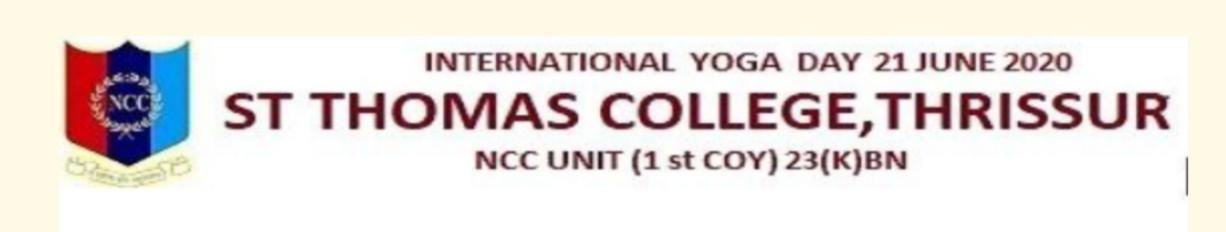
മനോരമ ലേഖകൻ JUNE 20, 2020 04:21 PM IST



മലയാളത്തിലെ പ്രമുഖ കവികൾ അണിനിരക്കുന്ന 'കവിതമഴ'യുമായി മനോരമ ബുക്സ്. കവികൾ സ്വന്തം കവിതകളുമായി ഓൺലൈനിൽ...



Dr. Syam Sudhakar,
Assistant Professor,
Department of
English was featured
in a programme
organised by
Manorama Books.
Renowned poets
in Malayalam were
featured in the
programme and
Dr. Syam Sudhakar
rendered his own
poems.





International Yoga Day was celebrated by NCC Unit of the College on 21 June 2020. Cadets practiced from their home due to the restrictions in the context of Covid 19.



Yoga is the Golden key that unlocks the door to peace, tranquility and joy. The disruption caused by the covid-19 pandemic is inexplicable and amidst all these chaos, yoga helps us to deal with increased anxiety and the long term benefits of yoga are many. This year we, the volunteers of NSS units 42 and 144 of our college cordially invite you to join us virtually to commemorate International Yoga Day on 21st June 2020 along with your family.

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

NSS Unit of our College virtually commemorated International Yoga Day on 21 June 2020. Volunteers practiced yoga from home with family due to the restrictions in the context of Covid 19.