

2 February 2021

ST THOMAS' COLLEGE (AUTONOMOUS), THRISSUR NEWSLETTER



St. Thomas' College (Autonomous)
Thrissur, Kerala - 680001

COOKERY CLUB

Presents

International Webinar

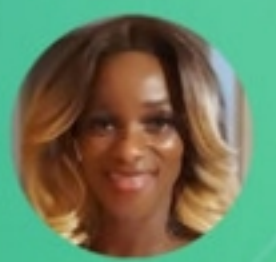
On

Fitness and Healthy Eating During COVID-19

Resource Persons



Ms. Ashly Serene Jose
B.Tech Biotechnology
(Food and Nutrition Management)
Georgian College
University of Saskatchewan, Canada



Ms. Sophia Susu Blengay
Certified Sports Nutritionist and
Fitness Expert
Barrie, Ontario Canada

LIVE 25:25 155



2nd February 2021
8.00 am

YouTube Live

Co-ordinators

Dr. Joy K L (Principal), Prof. Sowmia Rajan K, Prof. Divya George,
Dr. Jency Thomas, Prof. Tina Rose, Prof. Ritusree

Cookery Club of St. Thomas
College (Autonomous),
Thrissur, organised an
International Webinar on "
Fitness and Healthy Eating
During COVID -19" today



The new Fighter Fish at our Gandhi Smirithi with its Creator Ms. Mufeeda K P (4th Sem B A Multimedia)

Santhome Luminaries:2



PRIME MINISTER OF PRINCELY STATE

PANAMPILLY GOVINDA MENON

2

During the time of Quit India Struggle, for participating in it, he was put into Viyyur Jail. All the Puranas were read during the time of imprisonment. His wife G.S. Dhara Singh helped him to read in Hindi. He has tried to include all the details he acquired through reading in his speeches.

He was very famous for his tit for tat speeches made for opponents. He took a leading role to implement Five Year Plans of Nehru. He was the proponent of practicing activities for the welfare of the people. He was also the political mentor of K. Karunakaran. He represented Mukundapuram (Lok Sabha constituency) from 1962. He became Union Minister for Law and Railways (1969-1970) and Minister of state for Food and Agriculture. He was the member of Lok Sabha until his death on 23 May, 1970 at the age of 63.

In 2006, the birth centenary celebrations of Panampilly Govinda Menon were inaugurated by the then President of India, A. P. J. Abdul Kalam. Later a college was built in Chalakudy named after him as Panampilly Memorial Government College.*

Panampilly Govinda Menon became prominent in the politics of the Kingdom of Cochin and served briefly as the Prime minister of Cochin State in 1947. After the union of Travancore and Cochin, he served as minister for education and minister for finance.

He was an Indian politician, freedom fighter, lawyer and an eloquent speaker of Congress party. He was born in a village near Kathikudam on 1 October, 1906.