

ST THOMAS COLLEGE (AUTONOMOUS), THRISSUR

21 June 2021

NEWSLETTER

Vision: Transforming Youth through Holistic Education towards an Enlightened Society



INTERNATIONAL YOGA DAY 2021



ST.THOMAS COLLEGE (AUTONOMOUS), THRISSUR

23(K) BN NCC 1st COY

NCC and NSS units of our College observed International Yoga day on 21 June 2021.

St. Thomas College (Autonomous), Thrissur
NSS Unit 42 & 144

INTERNATIONAL DAY OF YOGA

2021-JUNE -21

"YOGA FOR WELL BEING"

"A photographer gets people to pose for him.
A yoga instructor gets people to pose for themselves."
- T. Guillemets

YouTube @nss_51c_42_144





St. Thomas College (Autonomous),
Thrissur
NSS Unit 42 & 144



Sociopods

Service that inspire you

EPISODE #7

Father's day

"One father is more than a hundred schoolmasters."



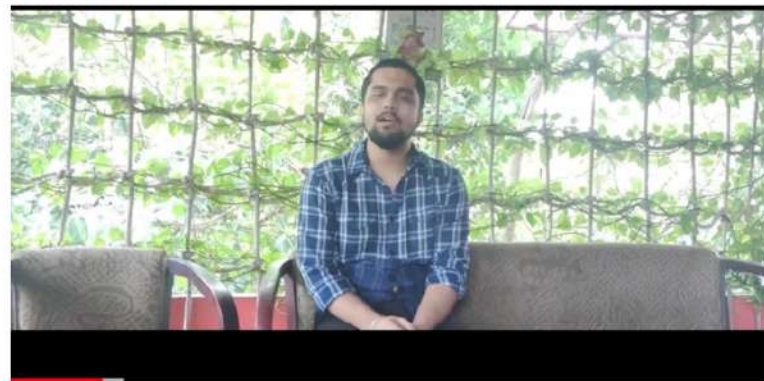
Available on: Spotify Anchor Google Podcasts

Follow us @nss_stc_42_144

NSS unit of the College broadcasted a meaningful session on the occasion of Father's Day.

NSS unit of the College organised a "Book Giving " ceremony in connection with Reading Day celebrations.

St. Thomas College released a Music Video in connection with the world music day. It's a beautiful visual rendering of talent dedicated to the front line workers for their constant service amidst Covid-19.



Unite: World Music day - St Thomas College (Autonomous), Thrissur

646 views · 23 hours ago



Unite: World Music day - St Thomas College (Autonomous), Thrissur...

www.youtube.com

<https://youtu.be/LF4Pt3YAJh8>

9:35 am



21/06/2021



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**"Laughter is the tonic, the relief,
the surcease from pain."**

—
-Mr. Chaplin

We will overcome...

**Department of Social Work
St.Thomas College (Autonomous), Thrissur**