

10 OCTOBER 2021

ST. THOMAS' COLLEGE (AUTONOMOUS), THRISSUR

NEWSLETTER

Vision: Transforming Youth through Holistic Education towards an Enlightened Society



മമ്മിക്രമം

In connection with
WORLD MENTAL HEALTH DAY

Talk by:



Rev. Dr. Sijohn Kuzhikkattumyalil
Assistant Professor
Department of Criminology and Police Science

Inauguration:



Rev. Dr. Martin KA
Principal-in-charge



**10 October
2021, Sun
6:30 PM**

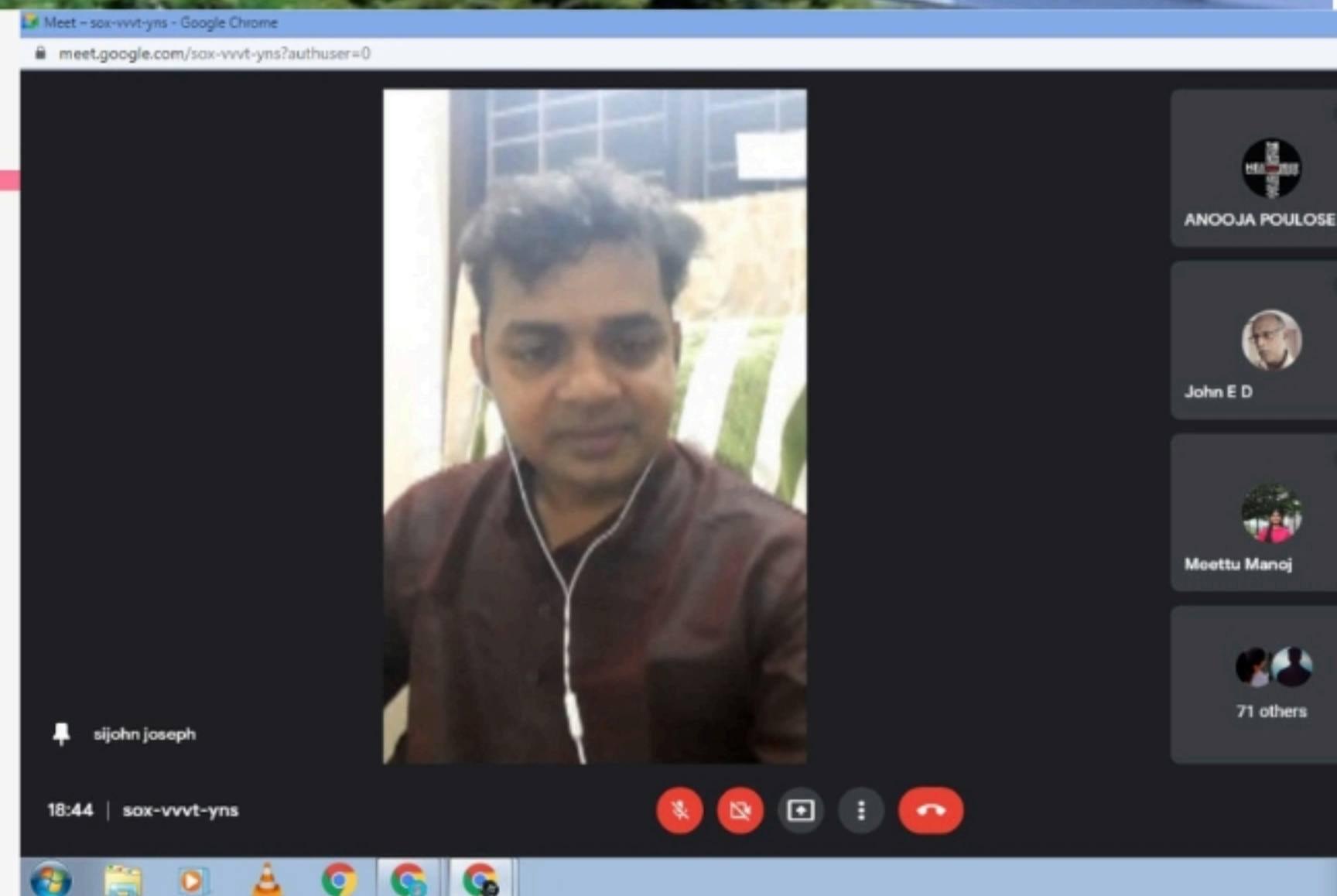
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**St. Thomas College
(Autonomous), Thrissur**



NSS Unit 42 & 144



NSS unit of the College organised a talk by Rev. Dr. Sijohn Kuzhikkattumyalil, on the occasion of World Mental Health Day observation.



TURN

THIS IS NOT THE END



TURN Malayalam Short Film | Sr. Joylin CHF
| Fr. Fijo Alappadan | Fr. Pratheesh | Ninoy Va...

Mr.Lijo ,
SF,Commerce
performed in a
short film named
"Turn". The short
film conveyed a
relavent message
and is available on
YouTube.



ST.THOMAS COLLEGE (AUTONOMOUS)

THRISSUR

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WORLD MENTAL HEALTH DAY

10 October 2021



NSS unit of
the College
cleaned
Academic
Block of the
College and
Vadakkal Bus
Stand

**Mental health is not a
destination, but a process. It's
about how you drive, not about
where you're going.**

premises on
the third day
of Cleaning
Week.

NCC unit of the
College observed
World Mental
Health on
10 October 2021.



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



WORLD MENTAL HEALTH DAY OCTOBER 10

**Couselling session : 9 am to 4 pm
10th October, 2021**



DR VIMALA K JOHN

DR SR SHEEBA C V

DR SR JISHA JOSEPH

DR DIVYA GEORGE

Use the link to join the session:
<https://bit.ly/cousellingnssstc>

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



OCTOBER 10



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NSS unit of the College observed World Mental Health Day and organised counselling sessions for the students on 10 October 2021.



**St. Thomas College (Autonomous),
Thrissur**

Department Of Social Work

*In Collaboration with Government Mental Health Centre,
Thrissur*

**OBSERVATION OF WORLD
MENTAL HEALTH DAY**

October 11

Time- 10:00 AM- 5:00 PM

Venue- Government Mental Health Centre, Thrissur

Department of Social Work observed World Mental Health Day in association with Government Mental Health Centre, Thrissur on 10 October 2021.