INSTITUTIONAL DISTINCTIVENESS – 2022 -2023

IILLUMINATE THE FUTURE

St. Thomas College focuses on comprehensive student development, emphasizing holistic well-being. Led by Dr. Sunil Thomas, the faculty offers a 30-hour yoga and aerobics course, integrating health education into academics. Hosting events like the Kerala State Netball Junior Championship showcases our commitment to nurturing physical fitness among students. Inorder to illuminate the future teachers, the Vimukthi Club of our college leads an anti-narcotic campaign through impactful activities. Our institution also empowers students to excel in national and state level exams by giving adequate coaching.

Health Horizons: Igniting Wellness with Fit India Initiatives

The physical education department of our college champions a comprehensive health education. Yoga and aerobics classes encourage active student participation. Student teachers instruct school students during internships.

The college offers these programmes for the health and well-being of future teachers:

- Hosted the Kerala State Netball Junior Championship on October 15 and 16, 2022
- Hosted State Level Net Ball Association's Officials Clinic/Workshop during July 23, 24 2022
- Our students enthusiastically participated in the intercollegiate chess event at Henry Baker College, Melukay, on December 1, 2022
- The intercollegiate shuttle tournament held at SAM college Poothotta on March 25, 2023
- The college in collaboration with Mahatma Gandhi University's Fitness Drive evaluated students' well-being.
- The NSS unit and Health club organized a food safety seminar.

Building an Addiction-Free Campus: Vimukthi Club's Anti-Narcotic Initiatives

Some of the endeavours of Vimukthi club are:

- Educates students about drug dangers, fostering an addiction-free campus.
- An exhibition against drug addiction took place on October 18, 2022
- On October 21, 2022, various competitions were conducted named 'BODHAPOORNIMA' centered around the theme "NO TO DRUGS"
- Anti- drug rally and flash mob was conducted on November 1, 2022.
- 'Penalty shootout' for Awareness on anti-drug and AIDS on December 12, 2022
- Distributed anti-drug awareness leaflets to 1000 households as part of the Anti-Drugs Campaign

Empowering Educators: Excelling in NET, SET, K-TET, and CTET Exams

St. Thomas College of Teacher Education focuses on teacher eligibility exams. Comprehensive coaching guided by experienced faculty and alumni. Online coaching from September 17, 2022, to October 15, 2023, NET coaching was conducted on 12 September 2022 to 26 September 2022. Successful outcomes seen in numerous passing students with 36 in K-TET, 19 in CTET, 25 in SET, and 5 in NET.

INSTITUTIONAL DISTINCTIVENESS (2022-2023) ILLUMINATE THE FUTURE

Health Horizons: Igniting Wellness with Fit India Initiatives



















Building an Addiction-Free Campus: Vimukthi Club's Anti-Narcotic Initiatives



ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA

KOTTAYAM (Dt.) - 686575, KERALA, INDIA Re-accredited at A Grade by NAAC Affiliated to Mahatma Gandhi University, Kottayam, Kerala, India E-mail: stcepala@gmail.com | Website: stcte.ac.in









ലഹരിക്കെതിരെ നവകേരള മുന്നേറ്റം

കോളേജ് തല ഉദ്ഘാടനം

2022 ഒക്ടോബ**ർ** 06 ന് 9.30 a. m കോളേജ് ഓഡിറ്റോറിയം



സ്ഥാനതം : ഡോ, സിസ്റ്റർ, ബീനങ്ങ മാത്യ (പ്രിൻസിപ്പാൾ)



അധ്യക്ത : ശ്രീമതി, ബിജി ജോജോ (ശ്രീസിപ്പൂൻ ഹാങ്ങസിലർ, പാടമ)



വിശിഷ്ട്വഗതാ ; ശ്രീ. സ്വാദ്: എം (എക്സൈസ് സർക്കിൾ ഇത്സ്പെക്ടർ, പാലാ)



ുവുപ്പമാഷണം : ബെന്നി സെബാസ്റ്റൂൻ (കൗൺസിലർ, വിമുതി മിഷൻ കോട്ടയം

10 a. m സംസ്ഥാനതല ഉദ്ഘാടനം :

ശ്രീ. പിണറായി വിജയൻ (ബഹു. കേരള മുഖ്യമന്ത്രി)

ഉണരാം, ഉയരാം, ലഹരിക്കെതിരെ....

Dr. T. C. Thankachan, Vice Principal
Dr. Sunil Thomas, Nodal officer, Anti Narcotles Cell
Dr. Lavina Dominic, IQAC Co-ordinator
Dr. Alex George, Co-ordinator, Vimukthi Club



St.Thomas College of Teacher Education, Pala.









ലഹരിക്കെതിരെ നവകേരള മുന്നേറ്റം







EXHIBITION

2022 OCTOBER 18

Venue: College Auditorium



11.30 AM - 3.30 PM





ഉണരാം, ഉയരാം, ലഹരിക്കെതിരെ...



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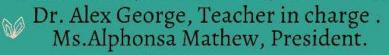








Dr. Sunil Thomas, Nodal officer, Anti-Narcotics Cell.



Mr. Lijo Jose, Secretary.





ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

VIMUKTHI CLUB

ORGANISES

"ബോധപൂർണ്ണിമ"

(A Kerala Government Initiative Program)

TOPIC:- NO TO DRUGS ON 21/10/2022, FRIDAY

Short Film Competition

□Story Writing

□Poem Writing

□E- Poster Making

Essay Writing

□Article Writing

Organising Committee

Dr.Sr.Beenamma Mathew
Dr.Sunil Thomas
Dr.Alex George

Executive Members

Alphonsa Mathew (President)
Lijo Jose(Secretary)
Jeffin Jose(Treasurer)
Albi Mohan (Program Coordinator)
Sivani Sai A S
Devika R



ഉണരാം ലഹരിക്കെതിരെ



ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA



Principal- Dr. Sr. Beenamma Mathew o not let drugs drag you down,

Vice Principal - Dr.T.C. Thankachan st sau NO; Life does not rewind"

Anti- Narcotics Cell Nodal Officer-Dr. Sunil Thomas

Teacher in Charge- Dr. Alex George

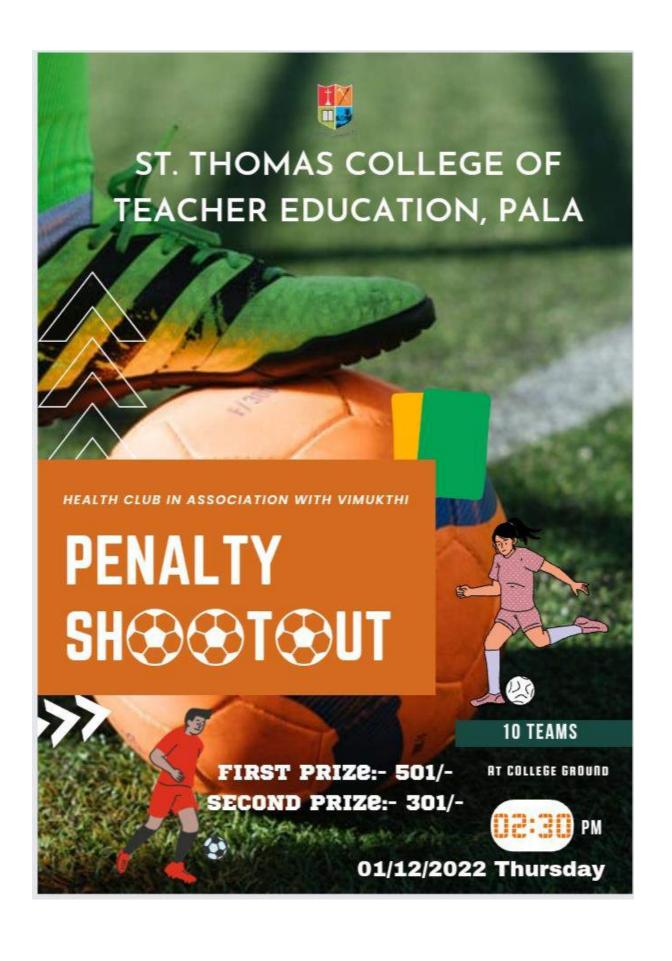
President-Alphonsa Mathew

Secretary - Lijo Jose

Co-ordinators - Sivani Sai

Athira Mohan







ST. THOMAS COLLEGE OF TEACHER **EDUCATION, PALA**

NSS

UNIT NO. 90B

and

RED RIBBON CLUB

Jointly Organise

Aim:

motivate youth carrying out activities for creating awareness about ABUSE and DRUG realted issues



ANTI DRUG EXHIBITION AT COLLEGE AUDITORIUM 9 AM TO 1 PM

18/01/2023











DR. KRISHNADAS K. V. ASSISTANT INSURANCE MEDICAL OFFICER **ESI HOSPITAL, KANJIRAPPALLY** AT COLLEGE AUDITORIUM **3 PM TO 4 PM**

Organising Committee

DR. SR. BEENAMMA MATHEW (PHINGIPAL) DR. T.C. THANKACHAN (VICE PRINCIPAL)

DR. SUNIL THOMAS (ANTI NARGOTIC CELL NODAL OFFICER)

DR.ALEX GEORGE (NSS PROGRAMME OFFICER) LINTA ELDOS (NSS VOLUNTEER SECRETARY)

LIJO JOSE ANAND K. S. (COORDINATORS)

Empowering Educators: Excelling in NET, SET, K-TET, and CTET Exams



