

# **INSTITUTIONAL DISTINCTIVENESS – 2022 -2023**

## **ILLUMINATE 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. In order 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, Melukav, 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

**വിമുക്തി**  
മുക്തിയേ നമഃ

**NO TO DRUGS**



## ലഹരിക്കെതിരെ നവകേരള മുന്നേറ്റം കോളേജ് തല ഉദ്ഘാടനം

2022 ഒക്ടോബർ 06 ന് 9.30 a. m കോളേജ് ഓഡിറ്റോറിയം



സ്ഥാനം :  
ബഹു. സിസ്റ്റർ. മാറിയോസാ (പ്രിൻസിപ്പൽ)



അദ്ധ്യക്ഷ :  
ശ്രീമതി. സുനീൽ തോമസ്  
(മുക്തിക്ലബ്ബ് കോർഡിനേറ്റർ, പാലം)



വിമുക്തി-ക്ലബിന്തി :  
ശ്രീ. അലക്. ജോർജ്ജ്  
(എക്സിക്യൂട്ടീവ് സർക്കാർ ഇൻസ്പെക്ടർ, പാലം)



മുഖ്യപ്രഭാഷണം :  
ഡോമിനി സെബാസ്റ്റ്യൻ  
(കൗൺസിലർ, വിമുക്തി ക്ലബ്ബ് കോട്ടേജം)

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 Narcotics Cell  
Dr. Lavina Dominic, IQAC Co-ordinator  
Dr. Alex George, Co-ordinator, Vimukthi Club





# St.Thomas College of Teacher Education, Pala.



**VIMUKTHI CLUB**  
*Organizes*



ലഹരിക്കെതിരെ നവകേരള മുന്നേറ്റം



**D** RUG



**E** ND

**EXHIBITION**

2022 OCTOBER 18

Venue: College Auditorium



**A** LL

11.30 AM - 3.30 PM



**D** REAMS

ഉണരാം, ഉയരാം, ലഹരിക്കെതിരെ...



Dr.Sr.Beenamma Mathew (Principal )

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

Dr. Alex George, Teacher in charge .

Ms.Alphonsa Mathew, President.

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

ഉണരാം  
ലഹരിക്കെതിരെ

### 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**

*Welcome To All*





ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

VIMUKTHI CLUB ORGANIZES



Anti drug

campaign

Say **NO**  
to drugs



Flash mob

@ Kottaramattam Bus Stand

On

1/11/2022

2.30 pm

Principal- Dr.Sr.Beenamma Mathew

Vice Principal - Dr.T.C.Thankachan

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

"Do not let drugs drag you down,

at least say NO ; Life does not rewind"

**ANTI  
DRUGS  
AWARENESS  
RALLEY**

Flag Off : Shri.Sooraj M

(Excise Circle Inspector, Pala)

FROM COLLEGE  
TO KOTTARAMATTAM



# ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

HEALTH CLUB IN ASSOCIATION WITH VIMUKTHI

## PENALTY SHOOTOUT



**FIRST PRIZE:- 501/-**  
**SECOND PRIZE:- 301/-**

**10 TEAMS**

AT COLLEGE GROUND

**02:30** PM

**01/12/2022 Thursday**





# ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

**NSS**  
UNIT NO. 90B

and  
*Jointly  
Organise*

**RED RIBBON  
CLUB**

## National Youth Day 2023

### Aim:

To motivate youth for carrying out activities for creating awareness about HIV and DRUG ABUSE related issues

Resource person



**DR. KRISHNADAS K. V.**  
ASSISTANT INSURANCE MEDICAL OFFICER  
ESI HOSPITAL, KANJIRAPPALLY

AT COLLEGE AUDITORIUM  
3 PM TO 4 PM



### ANTI DRUG EXHIBITION

AT COLLEGE AUDITORIUM  
9 AM TO 1 PM

18/01/2023

### Organising Committee

DR. SR. BEENAMMA MATHEW  
(PRINCIPAL)

DR. T.C. THANKACHAN  
(VICE PRINCIPAL)

DR. SUNIL THOMAS  
(ANTI NARCOTIC CELL NODAL OFFICER)

DR. ALEX GEORGE  
(NSS PROGRAMME OFFICER)

LINTA ELDOS  
(NSS VOLUNTEER SECRETARY)

LIJO JOSE  
ANAND K. S.  
(COORDINATORS)



വിമുക്തി

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



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Sponsored by  
**Alumni Association STCTE Pala**

# K-TET

Online Coaching Class

LIMITED SEATS  
ONLY.

- Syllabus oriented sessions
- Daily practice tests
- Weekend model tests
- Doubt clearance sessions
- Classes handled by experts

## 2022 SEPT 17 - OCT 15

7:30 p.m. - 8:30 p.m

**ADMISSION OPEN NOW**  
Course fee: ₹ 500 per participant.

₹ 250 only for students/ alumni of  
STCTE Pala

Registration Link

Dr. Alex George  
**94475 99631**

For more information:  
Joffy J Njavallil  
(Teacher in charge)  
**9400041057**  
Tiya Tess (Student Coordinator)  
**80756 92220**

Dr. Sr. Beenamma Mathew  
(Principal)

Fr. Joseph Puzhakkara  
(President, Alumni  
Association)

Dr. Alex George  
(Secretary, Alumni  
Association)



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

**UGC NET COACHING  
(PAPER 1 & EDUCATION)**

Online Classes

- Syllabus oriented sessions
- Daily Practice tests
- Weekend model tests
- Doubt clearing sessions

Admissions open  
now

Duration September  
12 - 26

\* Fees exception for STCTE  
Pala students

WhatsApp **9447599631**

Register on / before  
September 13

Dr. Sr. Beenamma Mathew  
(Principal, STCTE, Pala)

Dr. T. C. Thankachan  
(Vice Principal, STCTE,  
Pala)

Dr. Alex George  
(Teacher in charge, STCTE,  
Pala)

Student Coordinator : **Tiya Tess George** **9400041057**