

HEALTH CLUB ACTIVITIES

2018 -2019

Community Living Camp and Health

On 21st January 2019 – 25th January 2019, our college organised a 5-days community living camp and for the success of this health club organised nutritious food, yoga and aerobics and first aid kit. Yoga classes were led by Mr. Arjun K. Anil and Aerobics were practiced under the leadership of Mr. Manikuttan Murali. Sr. Jisha Thomas and Sr. Josmy Joseph were also maintained a first aid kit for the sake of all campers.

Annual Sports Meet 2018 – 2019

The annual sports meet was conducted on 15/12/2018 from 9:00 am to 1:00 pm under the leadership of former sports secretary Mr. Vishnu Ravi and sports secretary Mr. Savad, and under the guidance of our physical education teacher, Mr. Sunil Thomas. Principal Dr. Sr. Celene Joseph received the salute during march past and inaugurated the sports day meet. The students were divided into various houses, out of which Blue house emerged as champions.



Health and Physical Education Classes

As part of the B.Ed. Curriculum, all students prepared and delivered lessons related with physical and health exercise, yoga, aerobics etc. during the internship period. All the students successfully delivered the class using ICT.



Programme on First aid and road safety

Santhwanam Action Force conducted a programme on First aid and road safety on 25th January, 2018 in the college auditorium at STCTE, Pala under the leadership of our Physical Education teacher Sri. Sunil Thomas and inaugurated by Dr. Celine Roy, Municipal Chairperson, Pala.

Cleaning Programme

A cleaning programme was conducted by the first year B.Ed students in accordance with 'Gandhijayanthi' on 2nd October 2018, under the health club of STCTE, the programme was led by Mar. Jacob Murikkan, the Auxiliary Bishop of Pala Diocese.



Blood Donation Programme

STCTE has an active participation in Blood donation programme. Our students gave blood for needy peoples and actively participated in the blood donation rally by district health department.



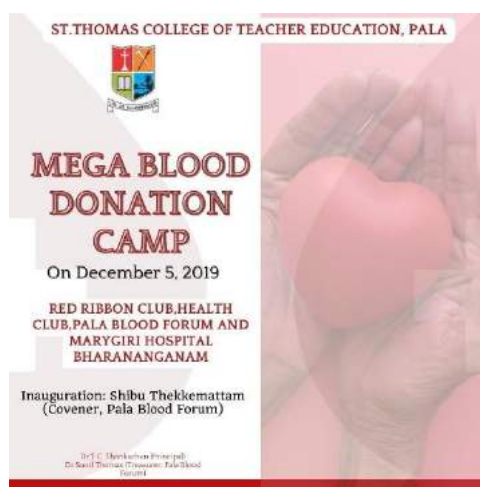
Exhibition and Class on De-addiction

On the occasion of the Arts Fest of 2018-19 academic year conducted on 15th March 2019, an exhibition was organised under the De-addiction club 'Vimukthi', which was inaugurated by the excise inspector Binu K.S. On 22nd March 2019, a class on De-addiction was organised in college and students took an oath against Drugs and Alcoholism after the class.

2019 – 2020

Blood Donation Awareness Programme

A blood donation awareness programme was conducted under the leadership of Red Ribbon club secretary Medha Ramesh and club members on 17th October 2019 as part of National Blood Donation Day. Students shared their experience about blood donation and published a blood group directory, which contains blood group of all students and staffs of the college.



World Aids Day Awareness Programme

As 1st December 2019 was a Sunday, World Aids Day was observed in our college on 2nd December 2019. Red ribbon badges were distributed to all students and teachers in the college and the neighbouring school. Also an awareness program on the topic 'Be alert, Stay safe' was conducted by Dr. T. M. Mollykutty, Head of the M.Ed. department, St. Thomas College of Teacher Education, Pala.

National Youth Day

National Youth Day was celebrated in our college on 13th January 2020. Red Ribbon club conducted a quiz program. Dr. P.D George gave a talk on ‘Drug Addiction Among youth’. Also the club members conducted a flash mob in Pala town in order to raise awareness about drug addiction and its after effects among youth. On behalf of Red Ribbon Club and Vimukthi Club of our college and Excise department, a one-man skit was conducted on 17th January 2020, which showed how alcohol and drugs destroys a man’s life.

2020 – 2021

Health Club with Red Ribbon Club – National Youth Day

National Youth Day was celebrated in our college on 13th January 2020. Red Ribbon club conducted a quiz program. Dr. P.D George gave a talk on ‘Drug Addiction Among youth’. Also the club members conducted a flash mob in Pala town in order to raise awareness about drug addiction and its after effects among youth.

St. Thomas College of Teacher Education Pala has organised a webinar on the topic ‘Swami Vivekananda: A visionary of India’ on 12th January 2021 started at 3:00 pm with a prayer and it was conducted through Google meet.

Health Club and Vimukthi Club– National Youth Day

On behalf of Red Ribbon Club and Vimukthi Club of our college and Excise department, a one-man skit was conducted on 17th January 2020, which showed how alcohol and drugs destroys a man’s life.

First Aid Committee Formation

First aid committee was formed in our college. Under the leadership of this committee various programs were organised and first aids to be done in various situations were demonstrated and taught to students.

Covid – 19 Projects

Six of our students (Amal Thomas, Jestin Joy, Jinu Jose, Ida Mathew, Parvathy S., Saritha P.B), Dr. T.C Thankachan, Mr. Sunil Thomas (Assistant Professors of

this college) have registered in “Kerala Sannadhasena”, an effort by the Kerala government to fight Covid -19.

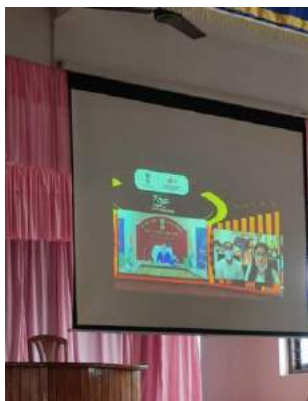
The students of STCTE Pala distributed 5000 masks in the context of Covid -19 pandemic, under the leadership of Ass.Prof. Sunil Thomas, on 27th April 2020. Mr. Sunil Thomas and Deepa George has completed an online course related to Covid-19 by Diksha. Our college organised one week online webinar for teachers. Rosu Ann Soy and Priyanka Joseph participated in National webinar on ‘Post Covid Kerala’ organised by U.C College, Aluva. Mr. Sunil Thomas and 35 students of our college participated in various covid related quizzes.

Our students also prepared a video to raise awareness about covid pandemic as part of ‘Ek Bharath Shreshta Bharath’ program. Physical activities were also given in audio and video mode.

International Yoga Day

As part of International Yoga Day, the Health club organised an online quiz on yoga for health. It was made available to teachers and students after the approval from the college principal Dr. Sr. Beenamma Mathew for E-certificates and E-quiz and launched the link on 21 June 2020. 346 candidates from different states and countries participated in our quiz.

As part of International Yoga Day, Health Club has organised a webinar on ‘Yoga for Health and Immunity’ on 22nd June 2020 at 2 pm.



Blood Donation Day

As part of National Blood Donation Day, Red Ribbon Club of STCTE Pala organised an awareness program on October 1st 2020. The chief guest of the program was Mr. Shibu Thekkemattom, General Govenor, Pala Blood Forum. A blood donation awareness video was prepared and released on October 1st 2020

under the leadership of Miss. Medha Ramesh, secretary and supervision of Mr. Sunil Thomas, coordinator of Red Ribbon Club.

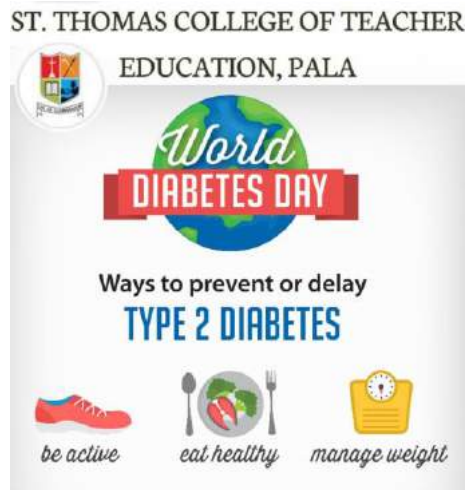


G.V. Raja Day Celebration

As part of the birth anniversary of G.V. Raja, an online quiz was conducted on 13th October 2020. E- Certificates were provided to the participants.

World Diabetes Day

As part of world diabetes day, observed on November 14, an awareness video on diabetes was prepared and released on November 15, 2020, under the leadership of Health club members and supervision of Mr. Sunil Thomas, coordinator, Health club.



Yoga Practice

Mr. Sunil Thomas, Assistant Professor of physical education, STCTE Pala and Yoga Prashikshak Nevil George, conducted a seminar on Yogic practice for B.Ed. students at the college on 14/01/2021. The seminar discussed the changing lifestyles and the resulting lifestyle diseases.



Annual Sports Meet

The annual sports meet of STCTE Pala was held on 23-02-2021 from 8:30 am to 1:00 pm. The programme carried under the leadership of our physical education teacher Dr. Sunil Thomas. The sports secretary Amalsyama V. S and chairperson Jestin Joy coordinated the activities. The students were divided into various houses, out of which Blue house emerged as champions. James Mathew and Jaisy Jose were selected as the individual champions according to their energetic performance.



2021-2022

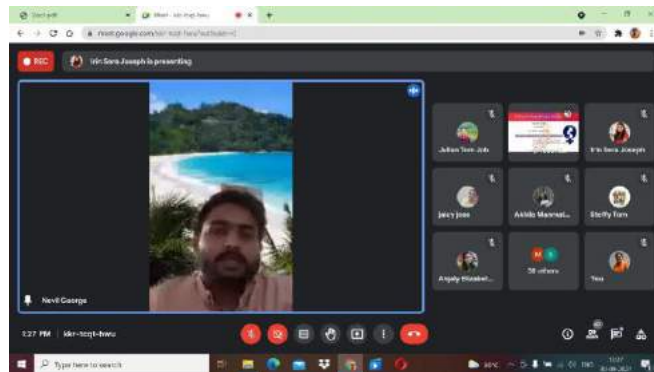
Assembly

During our college daily timetable process, the day starts with morning assembly. The assembly starts at 9:30 am daily. This is made possible by receiving the instructions from Dr. Sunil Thomas.

Yoga

As part of health club, yoga was conducted in the college in online mode as well as the offline mode. The online mode was conducted in the college due to

pandemic situation. The instructions of yoga were given by Dr. Sunil Thomas and Nevil George.



Aerobics

As part of the health club the aerobic practice was conducted among the first years and second years. This made the student to know more about aerobics, its steps and the information regarding the aerobics are well explained and well-practiced under the guidance of Dr. Sunil Thomas and Irin Sera Joseph.



Blood Donation Day

As part of World Blood Donation Day our college had conducted an awareness class on blood, its importance and the main needs of blood donation on June 14th. The chief guest of the program was Mr. Shibu Thekkemattom, under the guidance of Dr. Sunil Thomas and Nevil George.





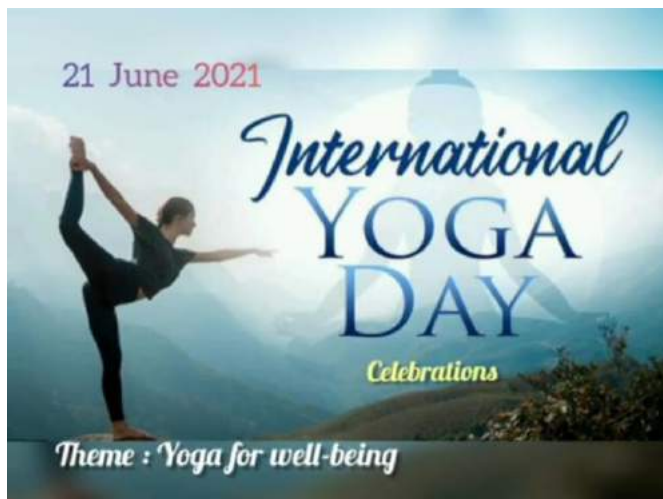
National Youth Day – Awareness Class on Dementia

As part of health club on national youth day, an awareness class was conducted on the topic dementia on January 12, 2022. This was organised by health club, under the guidance of Dr. Sunil Thomas and Nevil George.

International Yoga Day

As part of International Yoga Day, students under the leadership of Health club and Physical Education Club collectively prepared videos on Yoga day and uploaded it in the YouTube channel.

<https://youtu.be/xrEAqyK1bg>



HEALTH CLUB STCTE ,PALA PRESENTS .International Yoga Day Student...

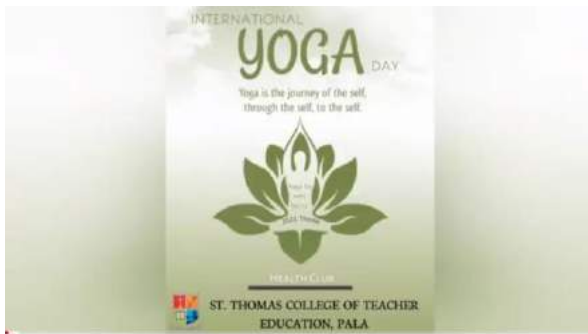
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<https://youtu.be/I0vPTGPse1E>



HEALTH CLUB STCTE ,PALA PRESENTS :International Yoga Day Protocol...

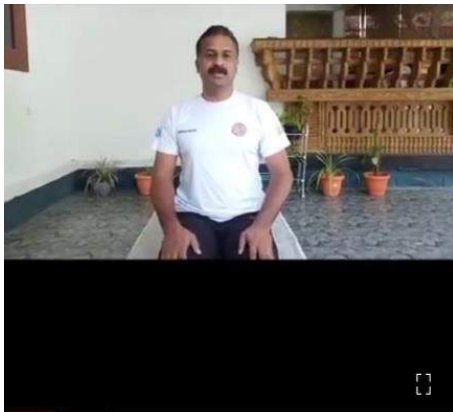
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https://youtu.be/i6_iCY3egD4?si=IY336Cy09JFlqvZw



HEALTH CLUB STCTE PALA PRESENTS Yoga Day Celebration (Mr.Sunil Thomas)

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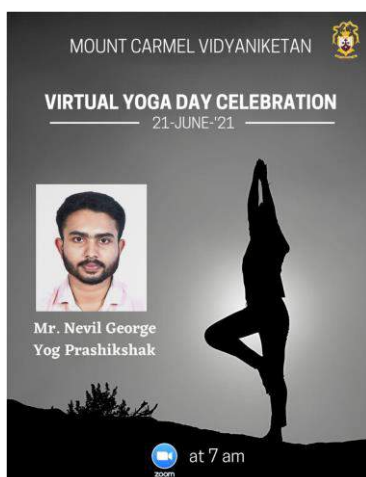


HEALTH CLUB STCTE ,PALA 45

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Virtual Yoga Day Celebration

As part of world yoga day, the students of health club of St. Thomas college of Teacher Education, Pala conducted a faculty program, students sharing yoga day on February 15th 2021. Apart from this Mr. Nevil George second year B.Ed student take a virtual class on yoga for the students of ALPS Kariyankod, Palakad. Nevil is a professional yoga trainee. The coordinator of health club Dr. Sunil Thomas worked honestly for the success of the program.



Blog for Physical and Health Education

A blog was created for physical and health education and students uploaded their works in it. Yoga demonstration classes, Aerobics classes, Physical and health education classes and exercise demonstration classes for school students were uploaded in it.

<http://phyednstcte.blogspot.com>

<https://phyednstcte.blogspot.com/2021/06/3-ps-josilin-james-193240112100.html>

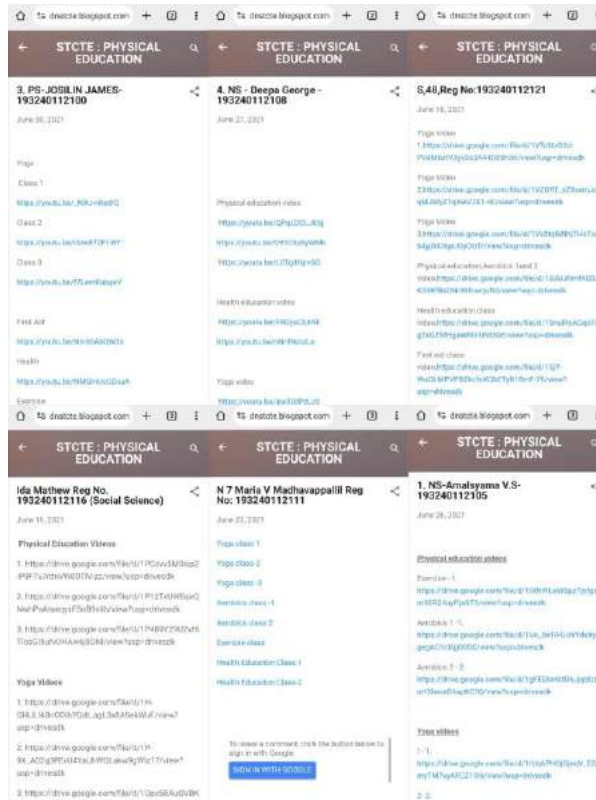
<https://phyednstcte.blogspot.com/2021/06/4-ns-deepa-george-193240112108.html>

<https://phyednstcte.blogspot.com/2021/06/1-ns-amalsyama-vs-193240112105.html>

<https://phyednstcte.blogspot.com/2021/06/n-7-maria-v-madhavappallil-reg-no.html>

<https://phyednstcte.blogspot.com/2021/06/ida-mathew-reg-no-193240112116-social.html>

<https://phyednstcte.blogspot.com/2021/06/s48reg-no193240112121.html>



World down Syndrome Day

As part of World Down Syndrome Day, the students of health club of STCTE, Pala conducted an awareness program on Down syndrome. This day observed on March 21, 2021, under the leadership of health club members and supervision of Dr. Sunil Thomas, coordinator, Health club.

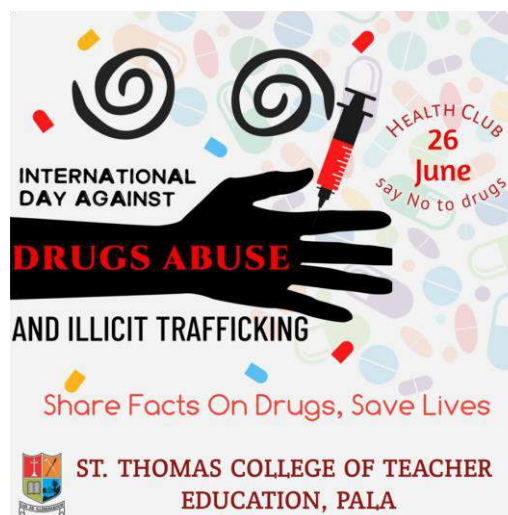
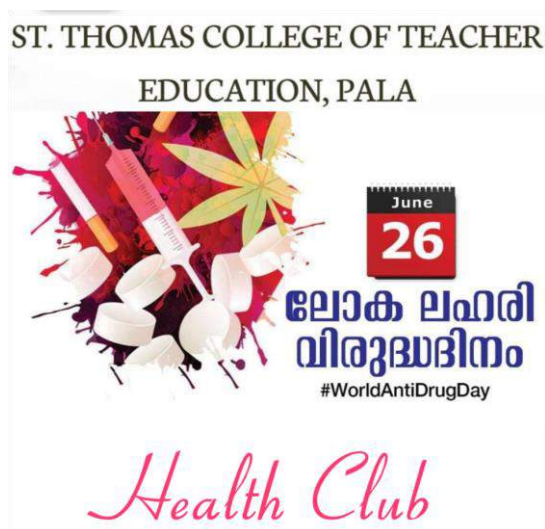
World Tuberculosis Day

As part of World Tuberculosis Day, the students of health club of STCTE, Pala observed on March 24. This program was conducted, under the leadership of health club members and supervision of Dr. Sunil Thomas, coordinator, Health club.



International Day against Drug Abuse

As part of International Day Against Drug Abuse, the members of health club of STCTE, Pala has prepared a poster and a video creating awareness about the usage of drugs and its effects and Irin Sera Joseph (student trainee) has given a message on International Day Against Drug Abuse and Illicit Trafficking 2021. And also prepared a quiz in the google form. This program was conducted under the guidance of Dr. Sunil Thomas.



World AIDS Day Awareness Programme

World Aids Day was observed in our college on 1st December 2021, under the leadership of health club members. Red ribbon badges were distributed to all students and teachers in the college. Also an awareness program was also conducted, under the guidance of Dr. Sunil Thomas.

World Cancer Day

As part of World Cancer Day, the students of health club of STCTE, Pala conducted a live webinar on February 4, 2022, under the leadership of Dr. Sunil Thomas, coordinator, Health club.

World Obesity Day

As part of World Obesity Day, the members of health club of STCTE, Pala conducted a live conversation about the causes of obesity on 4th March, 2022 under the guidance of Dr. Sunil Thomas, coordinator, Health club.

2022 – 2023

Assembly

During our college daily timetable process, the day starts with morning assembly. The assembly starts at 9:30 am daily. This is made possible by receiving the instructions from Dr. Sunil Thomas.

Yoga

As part of health club, yoga was conducted in the college auditorium. The instructions of yoga were given by Dr. Sunil Thomas and Nevil George.



Aerobics

As part of the health club the aerobic practice was conducted among the first years and second years. This made the student to know more about aerobics, its steps and the information regarding the aerobics are well explained and well practiced under the guidance of Dr. Sunil Thomas and Gauri.



Blood Donation Day

As part of World Blood Donation Day our college had conducted an awareness class on blood, and importance of blood donation on 29th September 2022 under the guidance of Dr. Sunil Thomas. Most of the teachers and students from STCTE, Pala donated blood thereby spreading the slogan “Donating blood is an act of solidarity.”



National Youth Day

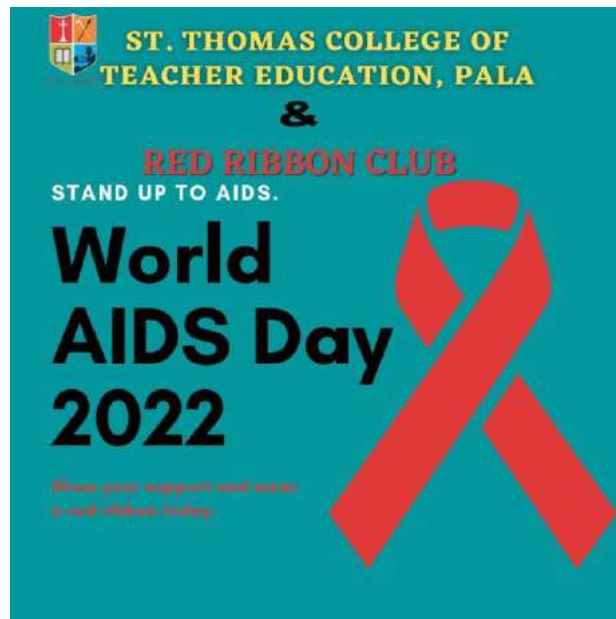
As part of the health club on national youth day an awareness class was conducted on the topic Anti-Drug Exhibition on January 18, 2023, by Dr. Krishnadas K.V (Asst. Medical Officer, ESI Hospital, Kanjirappally) under the guidance of Dr. Sunil Thomas.

World Diabetes Day

On 14 November 2022 the Health club and Red Ribbon club jointly observed world diabetes day and teacher trainee Lijo Jose created a poster and circulated among students and teachers showing the importance of regular exercise to fight diabetes.

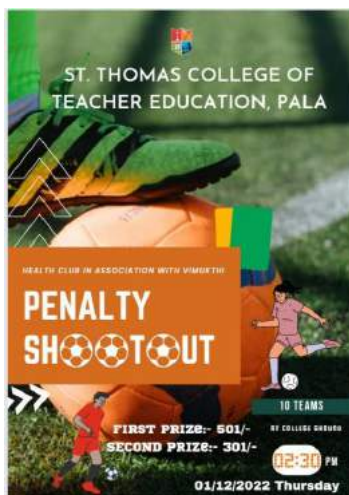
World Aids Day

World Aids Day was observed in our college on 1st December 2021, under the leadership of health club and Red Ribbon club members. Red ribbon badges were distributed to all students and teachers in the college. Elizabeth Paul, teacher trainee gave the message on AIDS Day and Principal Dr. Sr. Beenamma Mathew recited the pledge to all under the guidance of Dr. Sunil Thomas.



Penalty Shoot Out

As part of health club on December 1, 2022 joined with red ribbon club, Vimukthi club and Anti-narcotics cell organised penalty shootout. Sub Inspector Pala inaugurated the shootout by first kick off. Team led by Nithin C.T won the first prize.



Annual Sports Meet

The annual sports meet of STCTE Pala was held on 17-03-2023 from 8:30 am to 11:30 am. The programme carried under the leadership of our physical education teacher Dr. Sunil Thomas. The sports secretary Lijo Jose and chairperson Nibin Babu coordinated the activities. The students were divided into various houses, out of which Red house emerged as champions.



2023 – 2024

Assembly

During our college daily timetable process, the day starts with morning assembly. The assembly starts at 9:30 am daily. This is made possible by receiving the instructions from Dr. Sunil Thomas. Each department has to conduct assembly as part of our curriculum.



Yoga

As part of health club, yoga was conducted in the college auditorium. The instructions of yoga were given by Dr. Sunil Thomas and Ajay Sasidharan. It is a part of value added course organised by STCTE, Pala. All the students participated by performing different yoga asanas.



Aerobics

As part of the health club the aerobic practice was conducted among the first years and second years. This made the student to know more about aerobics, its steps and the information regarding the aerobics are well explained and well-practiced under the guidance of Dr. Sunil Thomas. It is a part of value added course organised by STCTE, Pala.



World Blood Donor Day

As part of world blood donor day our college, St. Thomas College of Teacher Education, Pala organised a poster making competition on the theme “Voluntary Blood Donation”. This program was conducted, under the supervision of Dr. Sunil Thomas.

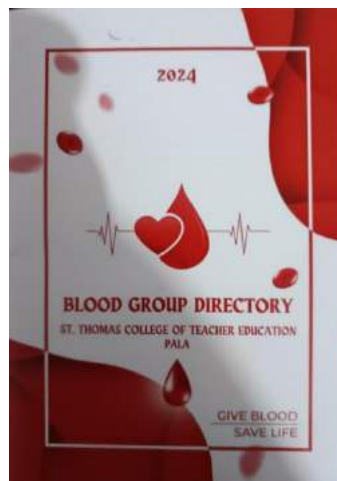
Mega Blood Donation Camp

St. Thomas College of Teacher Education, Pala conducted a mega blood donation camp and awareness class on 13th October. The programme drew distinguished guests like Msgr. Joseph Thadathil, Principal Dr. Sr. Beenamma Mathew and Sri. Shibu Thekkemattom, General Governor, Pala Blood Forum. The programme was organised by a collaborative effort of college Health club, RRC unit, Lions club, College NSS unit, Pala Blood Forum and Kerala Aids Control Society.



Blood Group Directory

As part of mega blood donation camp organised by Health club and Red Ribbon club created a blood group directory including the blood group details of all students and staffs of St. Thomas College of Teacher Education, Pala. It was prepared under the guidance of Dr. Sunil Thomas.



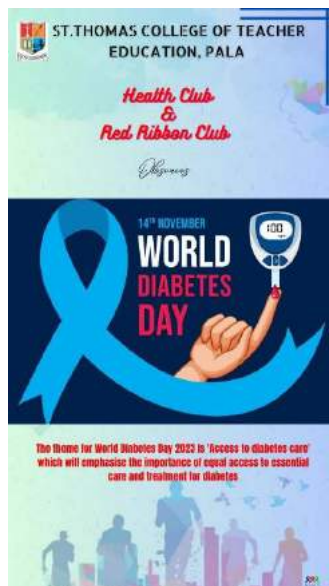
National Youth Day

As part of national youth day, the members of Health club of, St. Thomas College of Teacher Education, Pala conducted an awareness class on the topic 'Humanism and Social skills' on 23rd January 2024 by Dr. Sabu D. Mathew, PRO Mar Sleeva Medicity, Cherpunkal. It was carried under the leadership of health club coordinator, Dr. Sunil Thomas.



World Diabetes Day

On 14 November 2023 the Health club and Red Ribbon club jointly observed world diabetes day and teacher trainee Anand K.S created a poster and circulated among students and teachers showing the importance of regular exercise to fight diabetes.



World Aids Day

World Aids Day was observed in our college on 1st December 2023, under the leadership of health club and Red Ribbon club members. Red ribbon badges were distributed to all students and teachers in the college. Sandeep Kumar V., teacher trainee gave the message on AIDS Day and Principal Dr. Sr. Beenamma Mathew recited the pledge to all under the guidance of Dr. Sunil Thomas.



Penalty Shoot Out

As part of health club on December 1, 2023 joined with red ribbon club, Vimukthi club and Anti-narcotics cell organised penalty shootout. College Principal Dr. Sr. Beenamma Mathew inaugurated the shootout by first kick off. Team led by Nithin C.T won the first prize.



Annual Sports Meet

The 67th annual sports meet of STCTE Pala was held on 23-02-2024 from 8:00 am to 11:00 am. The programme carried under the leadership of our physical

education teacher Dr. Sunil Thomas. The sports secretary Ajay Sasidharan coordinated the activities. The students were divided into various houses, out of which Red house emerged as champions.

