

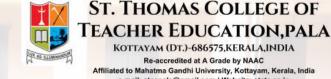
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

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

INSTITUTIONAL DISTINCTIVENESS 2022-2023

2022-2023



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INSTITUTIONAL DISTINCTIVENESS

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. 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.

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Building an Addiction-Free Campus: Vimukthi Club's Anti-Narcotic <u>Initiatives</u>

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.



2022-2023



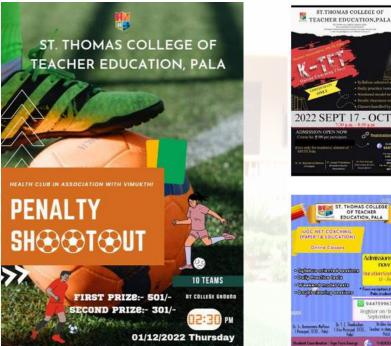
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