



# 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](mailto:stcepala@gmail.com) | Website: [stcte.ac.in](http://stcte.ac.in)

## INSTITUTIONAL DISTINCTIVENESS

### 2022-2023



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# INSTITUTIONAL DISTINCTIVENESS

## 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.



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.S. Beenamma Mathew "Do not let drugs drag you down."  
Vice Principal- Dr. E. C. M. Manickavasagam "NO ; Life does not reward"  
Anti- Narcotics Cell Nodal Officer- Dr. Sunil Thomas  
Teacher in Charge- Dr. Alex George  
President- Alphonsa Mathew  
Secretary- Lijo Jose  
Co-ordinator- Srujan Saji  
Acting Modera- Arina Modera

**ANTI DRUGS AWARENESS RALLY**

Flag Off- Shri. Sooraj M  
(Excise Circle Inspector)

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VIMUKTHI CLUB ORGANIZES

**ബോധപൂർണ്ണി**  
(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

ഉണരും ചെറുകൈകളിൽ

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

Executive Members  
Alphonsa Mathew (President)  
Lijo Jose (Secretary)  
Jaffin Jose (Treasurer)  
Abhi Mithan (Program Coordinator)  
Srujan Saji A.S  
Devika R

Welcome To All

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

NSS and RED RIBBON CLUB  
UNIT NO. 008  
Jointly Organize

**National Youth Day 2023**

**Aim:**  
To motivate youth 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

Organising Committee  
Dr. S. BEENAMMA MATHEW (PRINCIPAL)  
Dr. E. C. M. MANICKAVASAGAM (VICE PRINCIPAL)  
DR. SUNIL THOMAS (NODAL OFFICER)  
DR. ALEX GEORGE (EXCISE CIRCLE OFFICER)  
DR. LIJO JOSE (NRS PRACTISING OFFICER)  
LINO JOSE (NRS PRACTISING OFFICER)  
LADY JOSE (COORDINATOR)

ANTI DRUG EXHIBITION  
AT COLLEGE AUDITORIUM  
9 AM TO 1 PM  
18/01/2023



2022-2023



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HEALTH CLUB IN ASSOCIATION WITH VIMUKTHI

**PENALTY SHOOTOUT**

10 TEAMS  
AT COLLEGE GROUND

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

02:30 PM  
01/12/2022 Thursday

ST. THOMAS COLLEGE OF  
TEACHER EDUCATION, PALA

**KITT**  
Killer in the Field Test

2022 SEPT 17 - OCT 15

ADMISSION OPEN NOW  
Course fee: ₹ 500 per participant

Registration Link: [https://forms.gle/...](#)

ST. THOMAS COLLEGE OF  
TEACHER EDUCATION, PALA

**HOCKEY COACHING**  
(PAPER'S EDUCATION)

Online Classes

Admission open  
From 12-30

9447599631  
Register on /action  
September 11

St. Thomas College of Teacher Education,  
Pala.

**വിമുക്തി VIMUKTHI CLUB Organizes**

ലഹരിക്കതിരെ നവകേരള മുന്നേറ്റം

**DRUG END ALL DREAMS**

EXHIBITION  
2022 OCTOBER 18  
Venue: College Auditorium  
11.30 AM - 3.30 PM

ഉണരാം, ഉയരാം, ലഹരിക്കതിരെ...

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.

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

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**വിമുക്തി NO TO DRUGS**

ലഹരിക്കതിരെ നവകേരള മുന്നേറ്റം കോളേജ് തല ഇടപെടലിൽ

2022 ഏപ്രിൽ 06 ന് 9.30 നു നടന്നുവെച്ച ചടങ്ങിന്റെ...

ഉണരാം, ഉയരാം, ലഹരിക്കതിരെ...

