



ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA  
Research Centre of Education approved by  
M.G. University, Kottayam,



UNIT 90 B

# SANTHOME CHRONICLES

an NSS bulletin

## JULY EVENTS

### COMMENCEMENT OF B.Ed CLASSES

19 JULY 2023



The B.Ed programme for the academic year 2023-25 commenced on July 19, 2023, which marked the beginning of an educational journey for aspiring teachers. The day began with a solemn prayer in the college chapel, setting a spiritually enriching tone for the students as they

embark on their educational endeavours. Students, thereafter, introduced themselves and the faculties guided them through the college campus, acquainting them with every aspect and facility, fostering a sense of belonging and excitement for the upcoming academic year.

## BRIDGING THE GAP BETWEEN OBLIVION AND ENLIGHTENMENT

19 TO 23 JULY 2023

Bridge course for the first year B. Ed. students was conducted from 19th July to 23rd July. Various topics pertinent to the realm of teaching-learning were taught during the course. They were aimed at providing a complete picture of the intricacies of teaching and the process of learning.



# A DAY WITH FORERUNNERS

27 July 2023



Today was a special and blessed day for St. Thomas College of Teacher Education Pala because the alumni and the younger buds of STCTE have come together under a single roof to share some sweet memories and to ignite the young souls. The programme was conducted in the afternoon from 1:40 pm to 4:00 pm. First, there was an interactive session with the headmaster of St. Thomas School pala, Mr.Reji,

headmaster of St. Thomas School pala, Mr.Reji, followed by the alumni meet and inauguration of the 25th year of alumni. Mr. was the president of the meeting. After the formal meeting the students got a golden chance to interact with the alumni. It was an enriching session. After the programme vegetable saplings were distributed among the students.

# THE PALAKKADAN STORY

19 AUGUST 2023



As part of the NSS extension programme on 19 th of August first year and second year students of St. Thomas College of Teacher Education, Pala(STCTE) collaborated with the NSS unit of Yuvakshetra Institute of Management Studies (YIMS), Mundur, Palakad visited a tribal area to explore the life of tribal people and to help tribal people to cultivate. The Student Enrichment Programme and book releasing



event releasing event held on the same day 19 th of August 2023, was also a collaborative effort by YIMS and STCTE. This event aimed at providing students with valuable insights and guidance on teaching along with the significant books. The event was organized under the auspices of the Internal Quality Assurance Cell(IQAC) of both YIMS and STCTE.





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**August events**

## **THE ART FIESTA**

**17 AUGUST 2023**

As part of the fresher's day, cultural fests were organised by various departments during the last hour of a week. The first year B. Ed. students of English Education and Mathematics Education started the art fiesta. Students presented their artistic skills and performative talents during the event.



## **STCTE : IMMERSED IN ONAM FLAVORS AND COLORS**

**24 AUGUST 2023**



St. Thomas college of Teacher, Pala carried out onam celebrations on the 24th of August, 2023. The celebration was collaboratively enjoyed by the students of all streams such as B. Ed, M. Ed, D.El.Ed and Phd scholars. Proclaiming the Spirit

of unity, there were traditional onam games which were actively enjoyed by everyone. The festive day had a proper closure with the distribution of 'paayasam'.



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## SEPTEMBER EVENTS

### TEACHERS DAY CELEBRATIONS: A TRIBUTE TO OUR MENTORS

5 SEPTEMBER 2023



Teacher's day celebrations was organized on September 5, 2023. Various cultural programs



were conducted. We honored the pivotal role, teaching play in shaping and nurturing future generations

### "SNEHAKODI": A BOX FILLED WITH LOVE AND CARE

04 TO 05 SEPTEMBER 2023



The love and care of STCTE family was for our fellow beings was shown by gifting the people of Mariyasadanam 'onakodi'. Under the patronage of NSS unit on September 4,5 we collected



useable cloths and beautifully packed them. Through this we experienced a profound sense of fulfillment and belonging. The reciprocity of love and care often brought a deep sense of contentment and emotional resilience.



# "WASTE MANAGEMENT PRACTICES AT THE PRACTICAL LEVEL": SEMINAR CONDUCTED

8 SEPTEMBER 2023

Under the patronage of NSS unit 90 B and Green Protocol Samithi on September 8, 2023 a seminar was conducted on the topic ' Waste management practices at the practical level'. Dr. Geetha Devi. T. V, in charge of Suchitwa

Mission, Pala Municipality, Kottayam, gave a talk on the topic. We got an awareness regarding the proper waste management which leads to the health and well being of communities.

## SUPW CLEANING PROGRAMME

29 SEPTEMBER 2023



As part of SUPW service, the STCTE family decided to clean the campus and its surroundings on September 29, 2023. It was an interesting

experience of unity and service for all. The support of the principal, teachers and non - teaching staffs made realized the strength and unity of an institution.

## " PRARAMBH " : ORIENTATION PROGRAMME AND RESIDENTIAL CAMP

29 , 30 SEPTEMBER 2023



started with an assembly and at 9.00 am a talk was given by Mr. Jibin Alex, NSS programme officer, BVM Holy Cross College, Cherpunkal on the topic ' Foundation for meaningful social life through NSS.' After that with a group discussion the programme came to an end. Then, classroom cleaning was also done by the

Volunteers started with an assembly and at 9.00 am a talk was given by Mr. Jibin Alex, NSS programme officee, BVM Holy Cross College, Cherpunkal on the topic ' Foundation for

meaningful social life through NSS.' After that with a group discussion the programme came to an end. Then, classroom cleaning was also done by the Volunteers

## " VIMUKTHI CLUB" : INAUGRATION AND ORIENTATION

30 SEPTEMBER 2023



Vimukthi club inauguration and orientation was organised on September 30 under the patronage of Vimukthi club executive members Salu K Sasi( President ) and Amala Babu ( Secretary )



and members of the club. A talk was given by Philip Thomas, Assistant Excise Inspector, Pala Excise Range regarding the increasing cases of drug addiction and usages.





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## **OCTOBER EVENTS**

### **COLLEGE UNION (2023- 2024) INAUGURATION**

**13 OCTOBER 2023**

College Union (2023-2024) was inaugurated on 13<sup>th</sup> October, 2023 by Msgr. Dr Joseph Thadathil, Proto Syncallus, Diocese of Pala and manager STCTE, Pala.



### **MEGA BLOOD DONATION CAMP AND AWARENESS CLASS**

**13 OCTOBER 2023**



Pala, Kerala, India  
PM6H+498, Pala, Kerala 686575, India



Pala, Kerala, India  
PM6H+498, Pala, Kerala 686575, India  
Lat 9.71047°  
Long 76.678513°

Lions club of Ayarkunnam in association with Red Ribbon club, St. Thomas College of Teacher Education, Pala, District Health Department NHRM, Pala Blood Forum conducted blood

donation camp and awareness class on 13<sup>th</sup> October, 2023. Sri. Shibu Thekkemattam, General convener, Pala Blood Forum gave an awareness class regarding blood donation.

# MARIAN EXHIBITION

20 OCTOBER 2023



Catholic students movement and Jesus Youth jointly organized Marian Exhibition on 20th October, 2023. The blessed Virgin Mary's worldwide apparitions and messages were remembered by exhibiting different beautiful images, statues and charts regarding various information about mother Mary.



# "CLEAN AND CARE": ' NAGARASABHA CLEANING'

22 OCTOBER 2023



As part of Swachhta Hi Seva and clean Kerala Mission, Pala St Thomas College of Teacher Education NSS unit 90 B conducted a cleaning programme on October 22,2023. Pala St Thomas school, Pala municipality and surroundings were cleaned by the students.







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## NOVEMBER EVENTS

### KERALA PIRAVI CELEBRATION

01 NOVEMBER 2023

The Kerelapiravi celebration \*keralaleyam\* was conducted by the union Druvika 2k23 on Nov 1, 2023. It included The Keralathanima competition and Quiz. All the students participated in the quiz competition and there was eager participation from each department in the Keralathanima competition as well. The quiz competition was organized in two rounds. The top 5 participants were allowed to compete in the second round and finally the winner was decided. The Keralathanima competition comprised of a 2 minutes talk completely in Malayalam. The winner was decided by considering the communication skill, language and interaction style.



### CONSTITUTION DAY CELEBRATION

24 NOVEMBER 2023



St. Thomas College of Teacher Education Pala celebrated constitutional day on 24th November 2023 in association with college union Druva and Archana woman centre. The celebration started with the constitution pledge followed by the constitution review in order to make students aware about the history and importance of Indian constitution and constitutional day. The main event of this celebration was the pep talk which was for all the students in the college.

# ACHIEVEMENTS

## KERALA THANIMA COMPETITION



**Rini Joseph**  
**First**



**Lijo Augustine**  
**Second**

## QUIZ COMPETITION



**Reshma Ramesh**  
**First**



**Rini Joseph**  
**Second**



**Dayas Xavier**  
**Third**

## PEP TALK



**Pooja Therese Sebastian**  
**First**



**Sredha Mariya Babu**  
**Second**



## DECEMBER EVENTS

# WORLD AIDS DAY CELEBRATION

01 DECEMBER 2023



As part of World Aids Day, St Thomas College of Teacher Education, Pala hosted a programme under the leadership of Red Ribbon Club. The programme was inaugurated by the college principal Dr. Sr. Beenamma Mathew. The events such as pledge, human chain, red ribbon wearing, shootout, Rangoli and awareness talk were part of the celebration.

## A HELLPING HAND FOR A FRIEND

### Home Project

16 DECEMBER 2023

As part of St Thomas College of Teacher Education, Pala a project titled " Sahapadik Oru Bhavanam " was conducted at Mechal in Moonilav Panchayat on Saturday 16/12/2023 under the auspices of NSS. About 62 students of the college participated in this initiative along with NSS program officer Dr. Alex George. This initiative was inaugurated by Moonilav panchayat president. Everyone worked hard to port the cement blocks and sand needed for the house work.



# CHRISTMAS CELEBRATION

22 DECEMBER 2023



Christmas celebration of St Thomas College of teacher education pala "Bethlehemilekk" was held on 22 December 2023 .The Christmas message was given by Rev.Dr.Jose Kakkallil.Christ's nativity was presented by B.Ed first year students.B.Ed Second year Students, M.Ed Students and D.El.Ed students sang Carol songs.

## SNEHARAMAM

DECEMBER 2023

St.Thomas College of Teacher Education Pala under the leadership of NSS volunteers and Municipal Corporation has prepared a new garden in Pala. On 23/12/2023, teachers and students prepared a garden near the Pala Government Hospital bus stand as part of the Sneharamam project of the Cleanliness Mission. The program officially started at 9.30 am with NSS Anthem. College Principal Dr. Sister Binamma Mathew presided over the meeting. St. Thomas College of Teacher Education Pala NSS Program Officer Dr. Alex George welcomed the meeting. Pala Municipality Chairperson Mrs. Josin Bino inaugurated the event. Teacher representative Dr.Lavina Dominic participated in the event and encouraged the Volunteers .



NSS Volunteer Mr.Nibin Babu proposed the vote of thanks for the meeting. About thirty five teacher students participated in the program. Coordinated by NSS Volunteers Ms.Diaz Xavier and Ms.Anmaria Thomas, the program concluded at 11.00 am



# NATIONAL MATHEMATICS DAY CELEBRATION



St Thomas College of Teacher Education ,Pala under the leadership of BODMAS Club has organised 'PUSHUP' - Intra college competition in association with National Mathematics day. As part of this program treasure hunt, Pi value and math relay were also conducted.

## ACHIEVEMENTS

### Pi Value Competition



**Anjali Rameshan**  
**First**



**Krisnendu T K**



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## FEBRUARY EVENTS

# MEN'S RUNNER UP AT INTER-TRAINING COLLEGIATE ATHLETIC MEET

3 February 2024



An Inter-Training collegiate Athletic Meet was organised by St. Joseph's Training College, Mannanam in collaboration with School of Physical Education and Sports Sciences, M.G. University, Kottayam at Nehru stadium, Kottayam on 3<sup>rd</sup> February, 2024. The meeting was inaugurated by Shri. Joseph Abraham, an Arjuna awardee and Asian games gold medallist. Five teacher-trainees from our college participated in different events.

Anand K.S., Nithin C.T., Ajay Jijo, Lijo Jose and Ajay Sasidharan formed the team. They participated in various events out of which grabbed 2<sup>nd</sup> position 100 Meter Race, 1<sup>st</sup> position in 200 Meter Race, 2<sup>nd</sup> position in 400 Meter Race, 2<sup>nd</sup> position in 4x100 Meter Relay. They all together bagged overall 2<sup>nd</sup> in Men's category.



# A MOMENT TO CHERISH - SECOND RUNNER UP OF 'MELORIA 2K24'

10 February 2024



Catholic Students Movement's Inter-Eparchial Arts Fest 'MELORIA 2K24' as a follow up of Literary competitions was held on 10<sup>th</sup> February 2024 at St. Thomas College, Pala. The teacher trainees participated in eight individual items and two group items. Overall the students became Second Runner Up in the fest with several prizes. Shri. Lijo Augustine of our college has won the 'Kalathilakam' title in men's category.

# INTERACTION WITH JUNIOR STUDENTS OF CIVIL SERVICE INSTITUTE, PALA

17 February 2024



As part of the practical of Value Added Course - 'Guidance and Counselling', in collaboration with the NSS unit of the college, the teacher trainees were provided opportunity for live interaction with the students of Civil Service Institute, Pala. The interaction was meant for doubt clearance of school students regarding their career, study habits, future course selection etc... The session was held on 17<sup>th</sup> February 2024 at the Civil Service Institute campus itself. Interacting with the students, recognising their problems and helping them in finding solutions were altogether a novel experience and provided the teacher trainees first hand evidence on problems faced by the young student community.

## **UNMESHAM – TO UNLEASH THE SPORTS CHAMPION WITHIN**

23<sup>rd</sup> February 2024



The 67<sup>th</sup> Annual Sports Meet of the college was held on 23<sup>rd</sup> February 2024 at Carmel Public School ground. The meet was inaugurated by Jeevan Raksha Pathak Awardee Shri. Justin George. The meet was organised and held under the leadership of Dr. Sunil Thomas, Assistant Professor of the Department of Physical Education and Ajay Sasidharan, Sports Club Secretary. Students were already classified into four houses- Red, Green, Yellow and Blue and the events were prized on the basis of these houses. Students played multiple roles in the meet; as both organisers and participants. Students were also divided into several committees for the effective management of the meet. Red house became the overall champions followed by Green, Blue and Yellow.



# EVOKING THE SCIENTIFIC TEMPER

28 February 2024



**Under the leadership of Science club, Science day was celebrated in the college on 28<sup>th</sup> February 2024. The theme of the day was ‘Indigenous Technologies for Vikasit Bharat’. The programmes include Science quiz, Video presentation, Science talk and a science exhibition. Observation of the day helped in generating or maintaining the scientific temper and to value the contributions of our forerunner scientists.**



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## **MARCH EVENTS**

### **ARTS DAY CELEBRATION**

**01 MARCH 2024**

St. Thomas College of Teacher Education, Pala celebrated its Arts day of the academic year 2023-2024. Santhome Utsav 2K24 was organized by college union Dhruva and Arts Club. All students were participated in different art forms and performed well. Certificates were also distributed to the prize winners on the same day.



### **AWARENESS CLASS ON HEARING**

**11 MARCH 2024**



NSS unit 90 B of St. Thomas College of Teacher Education Pala conducted an awareness class on the topic Ear and hearing care for all on 11 march 2024 in the college auditorium . The class was taken by Ms. Sivapriya M. S Audiologist, Government Hospital Pala. She elaborated on the problems related to hearing, its symptoms, precautions, and healthy tips to enhance hearing. All B. Ed students were participated in the class.



# AWARENESS CLASS ON CANCER

13 MARCH 2024



On March 13, 2024, the Women's Cell of St. Thomas College of Teacher Education, Pala, collaborated with Mar Sleeva Medicity Palai to conduct an awareness class on cancer. The event took place at 2:45 PM in the college auditorium. Dr. Jofin K Johny, Consultant Surgical Oncologist from Mar Sleeva Medicity Palai, led the session, covering various types of cancers, their causes, and possible remedies. His insightful presentation aimed to educate attendees about the disease and empower them with knowledge for prevention and early detection. The initiative was organised by Dr. Sr. Beenamma Mathew, Principal of the college, Dr. Sunu Austin, Teacher in charge of the Women's Cell, and Vinduja V, President of the Women's Cell. Their coordination ensured the success of the event, which contributed significantly to raising awareness about cancer among the college community.

# COLLEGE DAY CELEBRATION

15 MARCH 2024

St. Thomas College of Teacher Education, Pala celebrated its college day of the academic year 2023-2024 on 15<sup>th</sup> March 2024. A farewell was given to Dr. Sr. Mary Thomas, Associated Professor, who is retiring after 18 years of service, as a teacher in our college. Msgr. Dr. Joseph Thadathil, Proto-synellus, Eparchy of Palai and college manager was the chief guest of the Day.



# FAREWELL CELEBRATION

26 MARCH 2024



St. Thomas College of Teacher Education, Pala organized a farewell party for the B. Ed senior batch 2022-2024 on March 26, 2024, in collaboration with College Union Dhruva. The event, held from 10:30 am to 12:30 pm in the college auditorium, featured touching moments as junior students from each class shared experiences with their seniors and sang a heartfelt song. College union chairperson-in-charge Miss Anu Maria Mathew spoke about the entire senior batch, followed by refreshments.

## SOCIAL

26 MARCH 2024

St. Thomas College of Teacher Education, Pala organized a social gathering for the B. Ed batch 2022-2024 on March 26, 2024, in the college auditorium from 3 pm to 4 pm. One student from each class shared their experiences, and Dr. Sr. Beenamma Mathew, the Principal, reflected on the two-year journey with the students. The programme concluded with an oath-taking ceremony.





# ACHIEVEMENTS

## INTER COLLEGIATE COMPETITION

**Badminton Tournament  
(Women's Doubles)**



**Annu Abraham  
First**



**Riya Joshy  
First**

## ARTS COMPETITION



**Lijo Augustine  
Kalaprabha**



**Pooja Therese Sebastian  
Kalathilakam**