

# 2024-2025

## YOGA CLASS

The first yoga class held on 29<sup>th</sup> of July 2024, marked a successful beginning for a series of yoga sessions aimed at promoting health and wellness. The event was inaugurated by Dr. Sunil Thomas, who provided a brief introduction on the numerous physical, mental, and emotional benefits of yoga. Dr. Sunil Thomas emphasized how a regular yoga practice can enhance flexibility, reduce stress, improve mental clarity, and foster overall well-being. Following the inauguration, the class was conducted by Joel Jose. He demonstrated three foundational yoga postures: The first demonstration and practice was on Sukhasana Often referred to as the easy pose, Sukhasana. Joel explained the importance of this posture for centering oneself at the beginning of any yoga session. The next two was Vajrasana and Ardha Kati Chakrasana, he also stated the benefit of practicing these poses. He demonstrated each asanas with correct alignment and he encouraged participants to repeat after him. The event successfully introduced yoga as a holistic approach to enhancing quality of life, setting a positive tone for upcoming classes.



# GYM INTRODUCTION

On 5<sup>th</sup> August 2024, an introductory gym session was conducted to familiarize participants with the available equipment and highlight their benefits. The session was guided by Dan George, under the supervision of Dr. Sunil Thomas, who was present to provide additional insights into the importance of physical fitness. Dan George led an in-depth overview, covering the function and benefits of each piece of equipment. The session began with an introduction to the basic treadmill, where Dan emphasized its role in cardiovascular health, weight management, and endurance improvement. The next pieces of equipment demonstrated were the sitting and standing twisters which followed the introduction of bench press and chest press which are essential machines for building upper body strength. He also showcased the dumbbells, bars and cable ply machine. The session concluded with the demonstration of the pull-up bar and it was the highlight of the session as it made excitement and encouragement among the participants. Dan encouraged everyone to incorporate these exercises progressively, catering to individual fitness levels. Participants were enthusiastic about the interactive presentation and left the session with a greater understanding of each machine's benefits.



# BADMINTON CLASS

On 5<sup>th</sup> August 2024, a shuttle practice session was organized to introduce and guide students through the fundamentals of the game. Dr. Sunil Thomas led the session,

providing detailed instructions on the rules and regulations of shuttle (badminton) to ensure a strong understanding of the game. Dr. Sunil Thomas began by explaining the basic rules, including scoring systems, court boundaries, and the conduct expected of players. He covered the key aspects of singles and doubles play, serving techniques, and fault criteria. These guidelines were designed to enhance fair play and improve students' skills and confidence in the game. Following the instructional session, students were encouraged to participate in practice rounds. Fifty students took part enthusiastically, applying the techniques and rules they had just learned. The practice session allowed them to gain hands-on experience. The event was well-received, with students expressing excitement for future shuttle sessions and competitions. Dr. Sunil Thomas's guidance provided a strong foundation for students' engagement in shuttle and emphasized the value of sportsmanship.



## SHUTTLE PRACTICE

On 8<sup>th</sup> August 2024, the sports club held a continuation session to the rules and regulations of shuttle, following up on the previous session led by Dr. Sunil Thomas. This class aimed to reinforce students' understanding of the game, as well as provide further opportunities to practice and refine their skills. Dr. Sunil Thomas began with a quick recap of the key rules, covering areas such as serving, scoring, and fault conditions. He also introduced additional strategies and tips to help students improve their gameplay, focusing on positioning, shot selection, and effective teamwork for doubles matches. His insights encouraged students to approach the game more thoughtfully, with an emphasis on strategy and technique. The session included extensive practice time, allowing the 50 participating students to actively engage with what they had learned. Many students showed increased enthusiasm and interest in

shuttle, putting effort into mastering techniques and applying strategic thinking. The continued practice fostered a supportive and motivated environment, with students encouraging each other to improve. This session successfully deepened students' interest in shuttle, reinforcing the sports club's mission to promote sportsmanship and active participation. Students left with a greater eagerness to practice regularly, marking a positive step towards developing a strong shuttle culture within the club.



## YOGA PRACTICE

On 12<sup>th</sup> August 2024, an advanced yoga class was held to introduce participants to more challenging postures. Led by instructor Joel Jose, the session focused on the demonstration and practice of four advanced yoga poses: Padahasthasana, Paschimottanasana, ArdhaChandrasana, and Vrikshasana. Each pose was thoroughly explained, covering its benefits and contraindications to ensure safe practice. After the demonstrations, students were guided through each posture, with Joel providing adjustments and encouragement to ensure proper alignment. Participants were mindful of the contraindications and modifications, allowing everyone to participate comfortably and safely. The session was engaging and provided a deep understanding of the benefits and challenges of advanced yoga poses.

## YOGA PRACTICE


On 12<sup>th</sup> August 2024, a comprehensive yoga practice session focusing completely on Sooryanamaskaram, or Sun Salutation, was conducted with the participation of 50

students. Joel Jose led the class, providing a detailed overview of the sequence, its benefits, and correct techniques. Joel began with the explanation of the significance of Sooryanamaskaram, describing it as a dynamic sequence of twelve yoga poses. The session covered each of the twelve steps in detail, with Joel demonstrating the correct alignment, breathing patterns, and transitions between poses. Joel also addressed modifications and precautions for those with certain health conditions. Following the detailed instruction, students practiced the sequence multiple times under Joel's supervision.



## PENALTY SHOOTOUT REPORT

As part of the National Sports Day celebrations on 28<sup>th</sup> August 2024, a penalty shootout competition was organized by sports club to foster team spirit and highlight athletic talent among students. The event was inaugurated by Dr. Sr. Beenamma Mathew, who officially kicked off the competition with a ceremonial goal, marking an enthusiastic start to the event. The shootout saw active participation from all the six departments, with teams showing skill and determination. After an exciting series of rounds, the Natural Science Department emerged as the champion and the English Department secured the second prize with commendable performance.


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

# National Sports day Celebration

Sports Club

**AUGUST 29, 2024**

## PENALTY SHOOTOUT CHALLENGE...

Principal  
Dr. Sr. Beenamma Mathew

Teacher in charge  
Dr. Sunil Thomas

Student coordinators  
Joel Jose & Amal George

Joel Jose Natural Science Education





ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

## National Sports day Celebration

### PENALTY SHOOTOUT CHALLENGE

# WINNERS



Sports Club

2024

1

CONGRATULATIONS



NATURAL SCIENCE EDUCATION

2



ENGLISH EDUCATION

# YOGA DEMONSTRATION

From 4<sup>th</sup> to 8<sup>th</sup> september 2024, a yoga demonstration session was conducted as part of the practical work for the EDU 107.3 course. Organized by the Sports Club, the event aimed to provide students with hands-on experience in teaching and demonstrating various yoga asanas, along with their health benefits and contraindications. Each student had the opportunity to present a different yoga asana, offering detailed explanations on the correct technique, benefits, and safety considerations. Asanas demonstrated included foundational postures as well as intermediate poses. Each student presented a pose, explaining how it contributes to physical, mental, and emotional well-being. They also highlighted necessary precautions, ensuring safe practice for individuals with specific health conditions. The event provided valuable experience in both teaching and learning about yoga.

On 12<sup>th</sup> August 2024, an advanced yoga class was held to introduce participants to more challenging postures. The class was taken under the guidance of Dr. Sunil Thomas Assistant professor in Physical Education and led by Joel Jose, the session focused on the demonstration and practice of four advanced yoga poses: Padahasthasana, Paschimottanasana, ArdhaChandrasana, and Vrikshasana. Each pose was thoroughly explained, covering its benefits and contraindications to ensure safe practice. After the demonstrations, students were guided through each posture, with Joel providing adjustments and encouragement to ensure proper alignment. Participants were mindful of the contraindications and modifications, allowing everyone to participate comfortably and safely. The session was engaging and provided a deep understanding of the benefits and challenges of advanced yoga poses.

On 14<sup>th</sup> August 2024, a comprehensive yoga practice session focusing completely on Suryanamaskara, or Sun Salutation, was conducted with the participation of 50 students. Joel Jose led the class, providing a detailed overview of the sequence, its benefits, and correct techniques. Joel began with the explanation of the significance of Suryanamaskara, describing it as a dynamic sequence of twelve yoga poses. The session covered each of the twelve steps in detail, with Joel demonstrating the correct alignment, breathing patterns, and transitions between poses. Joel also addressed modifications and precautions for those with certain health conditions. Following the detailed instruction, students practiced the sequence multiple times under Joel's supervision.





# PARTICIPATION IN STATE YOGA CHAMPIONSHIP

On 18th August 2024, The Sports Secretary Joel Jose of Natural Science Education had participated in the State Yoga Championship held in Kozhikode conducted by the DCMS OFFICE, Shalom Pastoral Centre, SH32, Pala, Kerala 686575, India. P.A. Muhammed Riyas the Indian politician currently serving as the Minister of Public works department and Tourism, Government of Kerala had inaugurated the championship. Joel Jose had secured first position in his previous District Championship held in Sports council indoor stadium Kottayam (Nagambadam). And he got appreciated for his excellent performance in State championship and awarded with the participation certificate.



# FIRST AID CLASS

On 10<sup>th</sup> September 2024, a first aid training class was held, collaboratively organized by the Health Club, Red Ribbon Club, and Sports Club. The event was inaugurated by Dr. Sunil Thomas, who emphasized the critical importance of first aid knowledge in saving lives and minimizing injuries during emergencies. Amal George opened the session with a comprehensive overview of the purpose and benefits of first aid, explaining how timely assistance can prevent further harm and stabilize individuals until professional help arrives. He discussed the role of a first aid provider, highlighting the essential skills needed, such as assessing situations, managing wounds, and supporting individuals in distress. A focal point of the session was Cardiopulmonary Resuscitation (CPR), where Amal provided a clear and thorough demonstration. He explained the life-saving significance of CPR in cases of cardiac arrest, detailing the steps involved in chest compressions and rescue breathing. The demonstration offered students an opportunity to observe correct techniques and the importance of immediate response in critical situations.



# BANDAGING BASICS: A HANDS-ON WORKSHOP

On 26<sup>th</sup> September 2024, a practical session on bandaging techniques was conducted by Sports Club in association with Health Club and Red Ribbon Club to teach students effective methods for treating various types of injuries, including wounds and fractures. The session was led by Joel Jose and it focused on the proper application of the triangular bandage for different injury scenarios. Joel began the class with an overview

of bandaging fundamentals, emphasizing the importance of bandages in protecting wounds, controlling bleeding, and stabilizing injuries. He also stated the importance of Reef knot. He then demonstrated the versatile use of triangular bandages, showing how they can be applied to different areas of the body, such as the head, arm, and leg, to secure various types of wounds and provide support for fractures. The session was hands-on, with students practicing under Joel's guidance to refine their technique. This practical class provided essential skills for handling injuries safely and effectively, making students feel more confident in providing first aid support in real-life situations. The event was engaging and informative, successfully equipping students with valuable first aid skills.



## BLOOD DONATION

As part of National Blood Donation Day, students of St. Thomas College of Teacher Education, Pala, participated in a blood donation camp organized by Pala Blood Forum. The event, held at the Municipal Town Hall, Pala, on October 1, 2024, was coordinated by the Red Ribbon Club in association with the college's Health club and Sports club, under the guidance of Dr. Sunil Thomas. The camp was marked by the 125th blood donation of Sri. Shibu Thekkemattom, General Convener of Pala Blood Forum. The program was inaugurated by Roshy Augustine MP and presided over by Mani C. Kappan. A total of 29 volunteers of our college took part, with 17 donated blood. Certificates of participation were distributed by Dr. N. Priya. This initiative fostered a

sense of social responsibility among the volunteers and inspired many to consider future blood donations.



## SPORTS MAGAZINE RELEASE

On 3<sup>rd</sup> October 2024, the highly anticipated sports magazine titled "Olympic Wave 2024" was officially released in the college assembly. The magazine, dedicated to the Paris Olympics 2024, was crafted by 50 first-year B.Ed. students under the guidelines made by the Sports Club, who collectively contributed detailed articles, player profiles, and analyses of various Olympic sports. The event was inaugurated by our college Principal Dr. Sr. Beenamma Mathew, who praised the students for their commitment to creating an informative and engaging publication. In her address, she highlighted the significance of sports education in fostering global awareness, teamwork, and appreciation for athletic achievements. The magazine include an overview of different games, players and the emotions. The students' hard work and creativity shone through the magazine, capturing the Olympic spirit and providing readers with in-depth knowledge of the events and athletes. The release of "Olympic Wave 2024" was a proud moment for the B.Ed. batch, marking their contribution to sports journalism and celebrating the global spectacle of the Olympics.



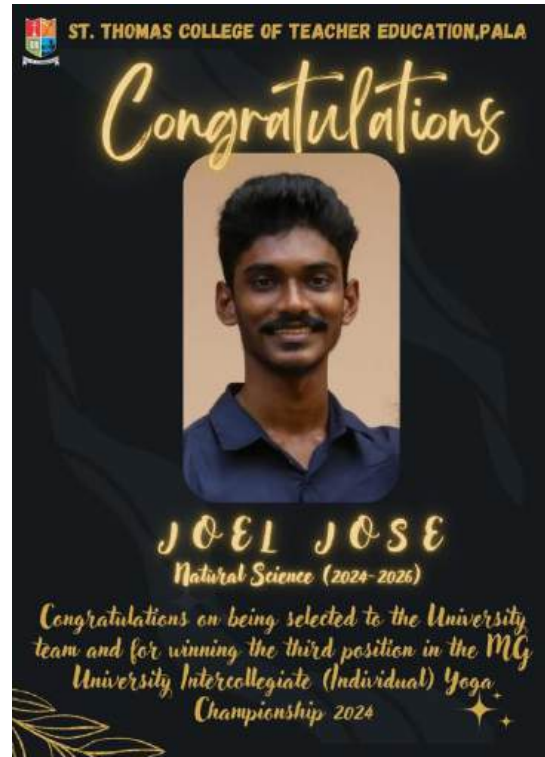
## BANDAGE PRACTICAL

From 4<sup>th</sup> October to 16<sup>th</sup> October 2024, as part of the practical work for the EDU 107.3 course, 50 students conducted a detailed demonstration on various first aid and bandage techniques. It was organized on a departmental basis, the session aimed to provide hands-on experience in emergency care, focusing on essential steps and precautions for effectively treating injuries. Under the supervision of Dr. Sunil Thomas and with the support of the Sports Club, each department presented demonstrations on different aspects of first aid, including wound management, fracture stabilization, and application of specific bandages. Students explained the techniques step-by-step, covering important precautions to ensure the safety and well-being of both the injured individual and the responder. Dr. Sunil Thomas actively observed each demonstration, providing constructive feedback, correcting errors, and addressing students' questions. His guidance helped clarify proper techniques, reinforcing the importance of accuracy and caution in administering first aid. The session was engaging and educational, allowing students to practice and improve their first aid skills with expert supervision. It was a valuable learning experience that prepared students to respond confidently and competently in real-life situations.



## INTER-COLLEGIATE-YOGA CHAMPIONSHIP

On 8<sup>th</sup> October 2024, a team of 12 students represented the college at the M.G. University Inter-Collegiate Yoga Championship held at Morning Star Home Science College, Angamaly. The team comprised of 5 boys and 7 girls, each competed with enthusiasm and demonstrated their yoga skills in a highly competitive environment. The Sports Club provided them with comprehensive training to ensure they were well prepared for the event. Both the boys' and girls' teams performed admirably, collectively securing the 9<sup>th</sup> position in the overall rankings. This achievement highlighted their dedication to the discipline and their ability to compete alongside some of the best college teams in the university. Joel Jose secured third position in the individual match and was selected to the MG University team. His performance was a standout accomplishment, reflecting his skill, practice, and commitment to yoga. The event provided a valuable experience for the students, contributed to their growth in yoga and reinforced the importance of dedication and teamwork. The college commends the team for their efforts and celebrates Joel Jose's individual success.



## SHUTTLE COURT RENOVATION

Shuttle court of St.Thomas College of Teacher Education got renovated by the Sports Club members under the guidance of Dr.Sunil Thomas Assistant professor of Physical Education on 9/10/2024 .The time from 4 PM to 5 PM had used fruitfully for

the cleaning and removal of the rocks and other kinds of materials from the court .And the measurements of the court are marked by placing the rope.

## **BADMINTON COMPETITION**

The Badminton competition was held by the Sports Club , the tournament is of knock out type. The group level matches held within the class and the winner of each disciplines will play the next round and one winner is selected from the tournament. The matches are started from 17/10/2024 scheduled on the evenings and the winner is yet to be decided.

## **REVENUE DISTRICT NETBALL CHAMPIONSHIP**

The School Netball Championship 2024 was held on 28th September at the Revenue District Sports. The event, organized under the joint coordination of St. Thomas College of Teacher Education, Pala, and St. Thomas Higher Secondary School, Pala, witnessed the participation of talented student athletes from schools across the district.

A notable moment of the day was the arrival of Jose K Mani, Member of Parliament, who graced the occasion as the chief guest. In his inspiring address, he highlighted the importance of sports in promoting physical and mental well-being and shaping the character of young minds. He also praised the coordinators for their efforts in organizing such a remarkable event and extended his best wishes to all participants. The championship featured intense and thrilling matches, where players demonstrated exceptional skill, teamwork, and sportsmanship. The audience, comprising parents, teachers, and sports enthusiasts, cheered enthusiastically, adding to the excitement of the event.

The coordinators ensured a well-structured and seamless execution of the championship, with arrangements for medical support, refreshments, and proper facilities for players and spectators. The event concluded with a prize distribution ceremony, where the winning teams were awarded trophies, medals, and certificates in recognition of their outstanding performances.





## DISTRICT NET-BALL CHAMPIONSHIP

St. Thomas college of Teacher Education Pala and St.Thomas Higher Secondary School Pala has jointly conducted district sub junior net ball championship on 31/10/2024. The volunteers were the Sports Club members of St.Thomas College of Teacher Education Pala. This competition was aimed to encourage youth participation in different competitions and showcase their skills learn teamwork and competitive experience in a supportive environment. Teams from various schools comprising of 7 team members each within the Kottayam District participated in the championship. The championship often serves the stepping stone for the young competetors for pursuing future higher level competitions such as state or national levels and fosters interest in netball at a grassroots level. The competition were held for both girls and boys St.MariesTheekkoyil won the Boys Netball championship and St.Thomas Higher secondary school Pala secured second place. Mount Carmel School Kottayam won the Girls Netball championship and Chemmalamattam Little flower HSS Kottayam became the runners up.



## MGU SOUTH ZONE CHESS MEN INTERCOLLEGIATE COMPETITION

The MG University South Zone Chess Men Intercollegiate Competition 2024 was held on 13th November (Wednesday) at St. Thomas College, Kozhencherry. This prestigious event brought together skilled chess players from various colleges under the Mahatma Gandhi University, showcasing their strategic brilliance and competitive spirit.

St. Thomas College of Teacher Education, Pala, proudly participated in the competition with a team of four students who demonstrated their expertise in the game. Each round witnessed intense focus and strategic gameplay as the participants competed against some of the finest chess talents from the region. The event was meticulously organized,

ensuring a conducive environment for the players to perform at their best. The competition provided a platform for students to enhance their critical thinking and problem-solving abilities while fostering sportsmanship and camaraderie. The performance of the team from St. Thomas College of Teacher Education, Pala, was commendable, reflecting their dedication and preparation.

