



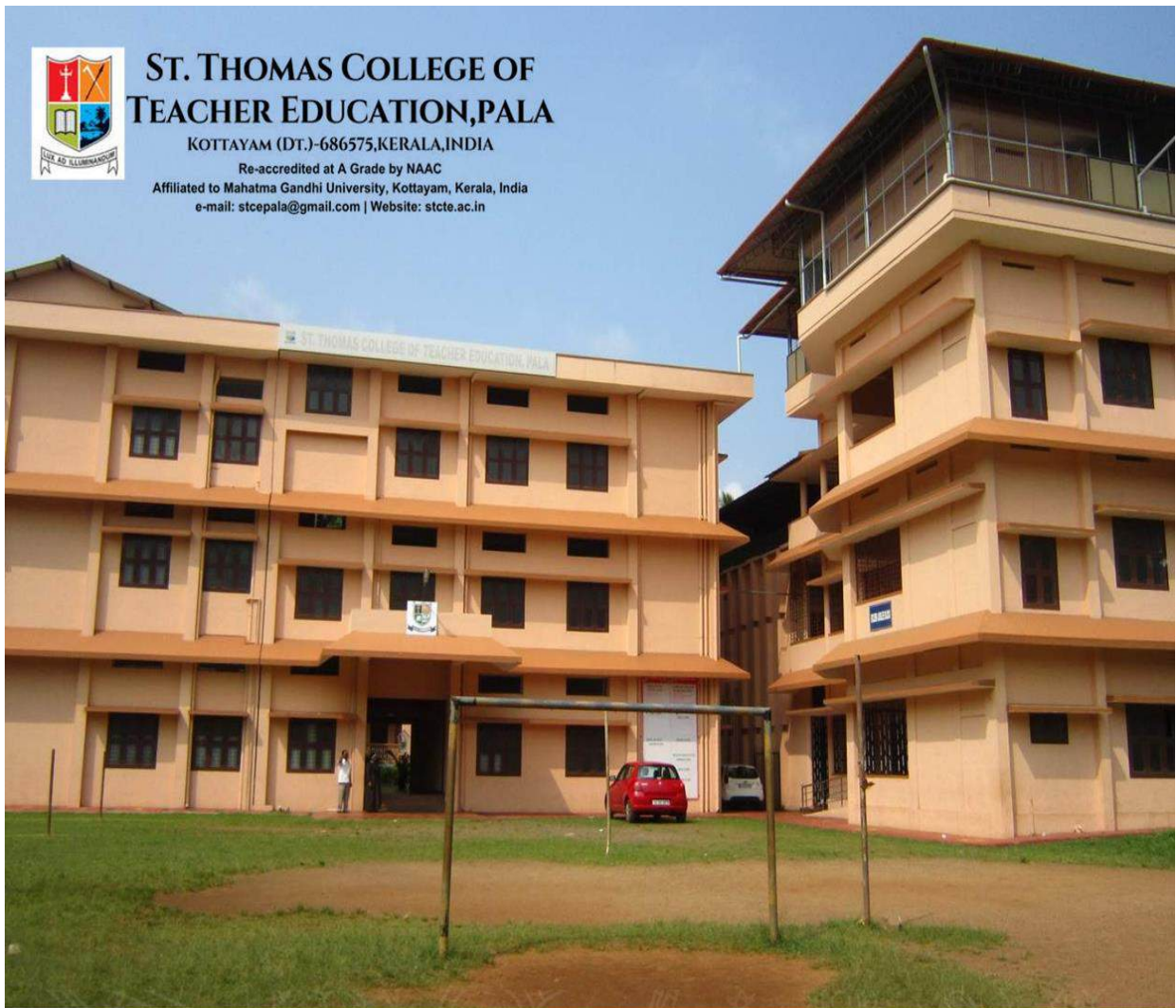
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

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



BEST PRACTICES

2023-2024

Empowering Minds (College's Commitment to Maria Sadhanam- psycho Social Rehabilitation Centre)

***She-Ki-Nah – Extension Service Club* Miss-A-Meal Programme**

Objective:

Provide weekly meals to Mariyasadanam residents through student and staff contributions.

Practice:

Students (B.Ed., M.Ed., D.El.Ed., Ph.D.) and staff brought meals or contributed from savings.

Evidence:

Consistent delivery showcased institutional commitment.

Challenges:

Financial or logistical constraints for some students.

Snehakodi (A Box Filled with Love)

Objective:

Share joy by gifting 'Onakodi' (usable clothes) to Mariyasadanam residents.

Practice:

Clothes were collected, packed, and distributed on September 4-5.

Evidence:

Fostered fulfillment, belonging, and emotional resilience.

Challenges:

Ensuring quality clothes within a short timeframe required coordination.

Christmas Celebration at Mariyasadanam

Objective:

Spread goodwill and unity through a Christmas program.

Practice:

Activities included carol singing, cake-cutting, and handing over student-contributed funds to Fr.Ginse Jose.

Evidence:

Joyful celebration concluded with a collaborative song.

Challenges:

Scheduling within the academic calendar was difficult.

About SHE-KI-NAH Club, St. Thomas College of Teacher Education, Pala

The Hebrew word ‘**SHE-KI-NAH**’ which means a visible manifestation of the Divine Presence is aptly chosen as the name of our Extension Services for Community. Students are encouraged by teachers to participate in social work. Students under the leadership of teachers conduct various programmes for the upliftment of people in emotionally, educationally, socially and economically backward areas. Free tuitions, educational and social surveys, interaction with students, guidance and counselling for students, talks on different areas of interest, etc. are some of the activities conducted.



About Miss-A- Meal Programme

The extension activity, Miss-A- Meal for the members of Mariyasadanam. The objective of this programme was to provide meal once in a week for the inhabitants of Mariyasadanam. The students who were not able to bring a meal contributes an amount from their saving. All students (B.Ed., M.Ed., D.El.Ed. & Ph.D) and Staff of the College actively participated in this programme and it was done under the initiative of SHE-KI-NAH club.



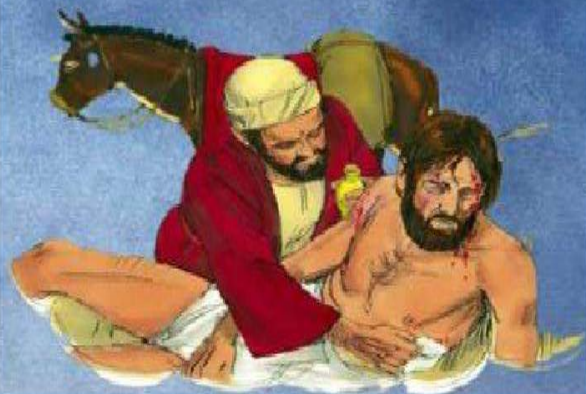
ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA

MISS - A - MEAL - PROGRAMME


An Initiative of SHE - KI - NAH Club

മരിയസദനത്തിലെ സഹോദരങ്ങൾക്ക് സഹായഹസ്തവുമായി പാലാ സെന്റ്. തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ അധ്യാപകരും, സ്റ്റാഫും, അധ്യാപകവിദ്യാർത്ഥികളും എല്ലാ ബുധനാഴ്ചയും ഒത്തുചേരുന്നു...

സഹകരിക്കുക... സഹായിക്കുക...





 GPS Map Camera

Pala, Kerala, India

PM6H+498, Pala, Kerala 686575, India

Lat 9.710552°

Long 76.678507°

13/09/23 11:15 AM GMT +05:30

"SNEHAKODI": A BOX FILLED WITH LOVE AND CARE

The love and care of STCTE family for our fellow beings was shown by gifting the people of Mariyasadanam 'onakodi'. 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.







ST. THOMAS COLLEGE OF TEACHER
EDUCATION , PALA

Research Centre in Education Approved by
M.G University , Kottayam , Kerala



NSS UNIT 90 B

Mariyasadanam Visit

2023 September 13 Wednesday

Time : 11.30 a.m. to 12.45 p.m.

സ്നേഹക്കൊടി



Designed by Sachin C Mattathil , Mathematics Education, 2023-25



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

Research Centre in Education approved by
M.G.University, Kottayam, Kerala
NSS UNIT 90 B



സ്നേഹക്കോടി

പാലാ സെന്റ്. തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ അധ്യാപകരും അധ്യാപക വിദ്യാർഥികളും എൻ. എസ്. എസിന്റെ നേതൃത്വത്തിൽ കരുതലിന്റെയും സ്നേഹത്തിന്റെയും വർണ്ണകടലാസ്സിൽ പൊതിഞ്ഞ ഓണക്കോടി മരിയസദനത്തിലെ സഹോദരങ്ങൾക്ക് സമ്മാനിക്കുന്നു...

NB : ബെഡ്ഷീറ്റ്, സാരി, നൈറ്റി, മുണ്ട്, പാന്റ്, ഷർട്ട്, ടീ ഷർട്ട്, ചുരിദാർ തുടങ്ങിയവ (പുതിയ വസ്ത്രങ്ങളും, കഴുകി ഇസ്തിരിയിട്ട ഉപയോഗപ്രദമായ വസ്ത്രങ്ങളും) കൊണ്ടുവരാവുന്നതാണ്.

Collection Date : 4 , 5 September 2023
For more details contact :-9061074908,9447599631




Designed by: Elsit Baby
B.Ed. Mathematics 2023-25



GPS Map Camera
Pala, Kerala, India
PMHV+2MF, Pala, Kerala 686575, India
Lat 9.727698°
Long 76.694667°
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GPS Map Camera
Pala, Kerala, India
PMHV+2MF, Pala, Kerala 686575, India
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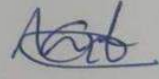

Mariyasadanam Charitable Trust
 Psychosocial Rehabilitation Centre & Home for the Destitute
 Kizhathadiyoor P.O, Pala 686 574 Kottayam, Kerala State, India Tel +91 4822 211940, +91 9447025767.
 www.mariyasadanam.com PAN No.: AABTM1301K

No. **17327** **Cash Receipt** Date 13/9/23

Received With Thanks From St. Thomas college of teacher Education Pala


The Sum Of Rupees Ten thousand only

By Cash /cheque No 500586 Dated 12-09-2023

Rs. 10,000/- Director 

Registered under Social Justice Department, Govt. of Kerala - Regn No:49/13/PRC | Registered under Board of Control of Orphanages, Govt. of Kerala - Regn No: 880
 Exempted under section 80G of Income Tax Act - Order No: 305/Tech/80G/07/CIT-KTM/13-14
 Thank you for your generosity. We appreciate your support!



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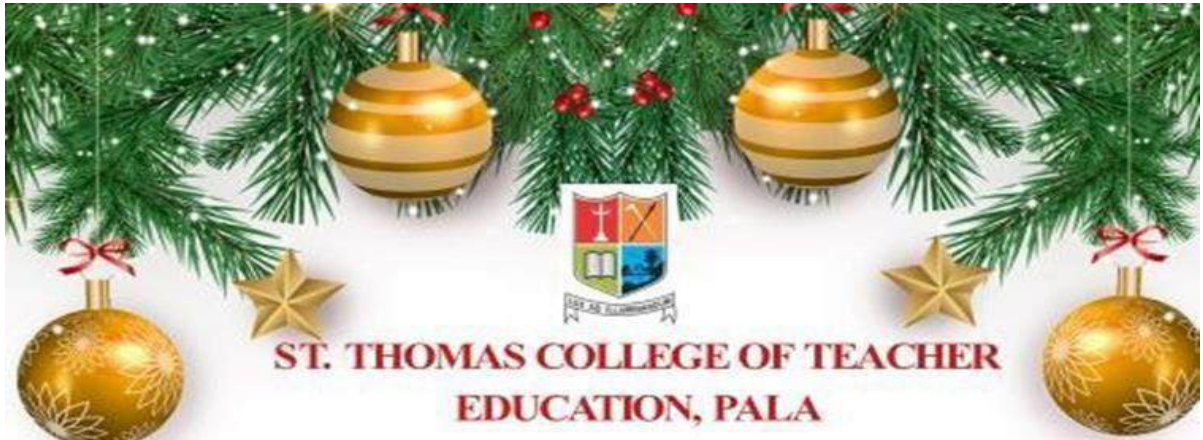


Christmas Celebration 2023 with Mariasadanam Friends....

The second year B.Ed students of STCTE Pala decided to organize and celebrate our Christmas programme on 22/12/2023 at Mariyasadanam as part of our extension activity. The programme conducted by the college and coordinated by Sr Linta and Sr Lidwin of II year B.Ed. under the guidance of Dr. Alex George, commenced at 10.30 a. m. and was Inaugurated with utmost significance by Santhosh Joseph, the esteemed head of Maryasadanam. Dr.Sr Beenamma Mathew, principal of STCTE Pala delivered a gracious felicitation speech. Following this, a touching cake-cutting ceremony with the background of a carol song sung by us united both the students of STCT and the residents of a centre.

A significant moment unfolded as the accumulated funds contributed by the students over the past 2 years were presented to Fr. Ginse Jose enriched the atmosphere a Christmas message, spreading Joy and good will. Concluding the event, Amalu from I Ind year B.Ed expressed gratitude in a vote of thanks, acknowledging the collective efforts that made this day and impactful Ove.

After vote of thanks, all the student Joined hands to decorate Christmas tree. Divided into 6 groups each given a tree and material to decorate they collaborate with the inmates of Maryasadanam, to embellish the trees. All the teams received prizes from Santhosh Sir making a beautiful moment of shared joy. The Programme concluded with yet another soulful song performed by us alongside the inmates, resonating the spirit of togetherness and celebration



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

Presents

Goodwill Gala

Extension activity of B.Ed 2022-24 batch
At MariaSadhanam

On

22 DECEMBER 2023
10.30 A.M-12.00 P.M

TEACHER IN CHARGE
Dr. Alex George

PRINCIPAL
Dr. Sr. Beenamma Mathew

STUDENT COORDINATOR
Sr. Linta Joseph
Sr. Lidwin Maria George

Merry Christmas





ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA

Research Centre of Education approved by
M.G. University, Kottayam



UNIT NO. 90 B

Gloria

22 DECEMBER 2023

Good will Gala

At Mariasadhanam

On

22 DECEMBER 2023

10.30 A.M-12.00 P.M



Organization Committee :

Dr. Sr. Beenamma Mathew (Principal)

Dr. Alex George (NSS Programme officer)

Mrs. Linta Eldos (NSS Volunteer Secretary)

Mr. Sachin C. Mattathil (Student Coordinator)



Christmas Celebration

At College Auditorium

22 DECEMBER 2023

01.30 P.M-04.00 P.M



Programme

Welcome speech : Sr. Linta Joseph

Interactive session: Santhosh Mariasadhanam

Holy jolly tree

Carol

Christmas message : Fr. Ginse Jose

Cake cutting : Dr. Sr. Beenamma Mathew

Prize distribution

Vote of thanks : Amal K. Alias









പാലാ സെന്റ് തോമസ് ബി.എഡ്. കോളേജിലെ വിദ്യാർത്ഥികൾ പാലാ മരിയസദനിൽ ക്രിസ്തസ് ആഘോഷിച്ചപ്പോൾ.

ക്രിസ്തസ് ആഘോഷിച്ചു

പാലാ: സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ അധ്യാപക വിദ്യാർത്ഥികൾ മരിയ സദനത്തിലെ അന്തോവാസികളുമായി ചേർന്ന് ക്രിസ്തസ് ആഘോഷിച്ചു. ബി.എഡ് എക്സ്റ്റൻഷൻ ആക്ടിവിറ്റിയുടെ ഭാഗമായിട്ടായിരുന്നു ആഘോഷം. മരിയസദനം ഡയറക്ടർ സന്തോഷ് ജോസഫ് അനുഭവങ്ങൾ പങ്കുവെച്ചു. ബി.എഡ് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. സിസ്റ്റർ ബീനാമ്മ മാത്യു കേക്ക് മുറിച്ചു. തുടർന്ന് മരിയസദൻ അന്തോവാസികളുമായി ചേർന്ന് വിദ്യാർത്ഥികൾ കരോൾ ഗാനം ആലപിക്കുകയും ക്രിസ്തസ് ടീകൾ നിർമ്മിക്കുകയും ചെയ്തു. ഫാ. ജോസഫ് താന്നിക്കാപ്പാറ ക്രിസ്തസ് സന്ദേശം നൽകി. വൈസ് പ്രിൻസിപ്പൽ ഡോ. ടി.സി. തങ്കച്ചൻ, ഡോ. അലക്സ് ജോർജ്ജ് ലിന്റ എൽദോസ്, അമല കെ. ഏലിയാസ് തുടങ്ങിയവർ പ്രസംഗിച്ചു. മരിയസദൻ സന്തോഷ് നന്ദി പറഞ്ഞു.



Coaching for Teacher Eligibility Tests (KTET,SET,NET)

Objective:

Help students prepare for KTET via online coaching.

Practice:

Conducted by the alumni association (Nov 10 - Dec 10, 2023).

Evidence:

Positive feedback highlighted the program's effectiveness.

Challenges:

Scheduling and maintaining consistent attendance online.

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E-mail: stctepala@gmail.com Website: stcte.ac.in

Organized by
Alumni Association STCTE, Pala

K-TET
Online Coaching Class

**LIMITED SEATS
ONLY.**

- Syllabus oriented sessions
- Daily practice tests
- Weekend model tests
- Doubt clearance sessions
- Classes handled by experts

2023 | NOV 10 – DEC 10
7:30 p.m. - 8:30 p.m.

ADMISSION OPEN NOW
Course fee: ₹ 500 per participant.
Register extended to 08/11/2023
₹ 250 only for students/ alumni of
STCTE Pala

[Registration Link](#)

Dr. Alex George
94475 99631

For more information:
Tiya Tess George
(Teacher Incharge)
9400041057
Shami Paul (Student Coordinator)
80756 92230

Dr. Sr. Beenamma Mathew
(Principal)

Fr. Joseph Puzhakkara
(President, Alumni
Association)

Dr. Alex George
(Secretary, Alumni
Association)



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

K-TET Online Coaching Class

Organized by Alumni Association STCTE Pala

10 NOV 2023 - 10 DEC 2023

WINNERS



Sr. Anil Mary
Natural Science
Education
CTE Erattupetta
K-TET 2 and 3



Riya Jose
Natural Science
Education
CTE Erattupetta
K-TET 2 and 3



Sena Fathima
Natural Science
Education
CTE Erattupetta
K-TET 2 and 3



Arunima M S
Natural Science
Education
CTE Erattupetta
K-TET 2 and 3



Sr. Lintu Jose
Social Science
Education
STCTE Mylekombu
K-TET 2



Reethu George
Physical Science
Education
STCTE Mylaliompa
K-TET 3



Greta Merin Alex
St. Joseph TTI
Maths
K-TET 1 and 2



Muhammad Ibrahim
Social Science
Education
CPAS CTE Vailkom
K-TET 2



Karthika K V
Malayalam
Education
CPAS CTE Kudamidoor
K-TET 3



Linta Eidos
Mathematics
Education
STCTE Pala
K-TET 2, 3 and SET

Organizing committee

Dr. Sr. Beenamma Mathew
Principal, STCTE Pala

Fr. Jose Puzhakkara
President, Alumni Association

Dr. T C Thankachan
Vice Principal, STCTE Pala

Dr. Lavina Dominic
IQAC Coordinator

Dr. Alex George
Secretary, Alumni Association

Tiya Tessa George
Teacher incharge

Shemi Paul
Student Coordinator

Designed By : Eliti Baby and Sochin C. Mattathil



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10 NOV 2023 - 10 DEC 2023

WINNERS



Pearl Annie Sen
Social Science
Education
STCTE Pala
K-TET 2, 3 and SET



Sona Alex
Physical Science
Education
STCTE Pala
K-TET 2, 3 and SET



Liya Mathew
Social Science
Education
STCTE Pala
K-TET 2, 3 and SET



Alphonsa Mathew
Mathematics
Education
STCTE Pala
K-TET 2 and 3



Aleena Elizabeth Alex
Natural Science
Education
STCTE Pala
K-TET 2, 3 and SET



Fr. Ginse Jose
Social Science
Education
STCTE Pala
K-TET 2, 3 and SET



Ajincy Sulliman
Natural Science
Education
STCTE Pala
K-TET 2, 3 and SET



Emma Maria Joseph
English
Education
STCTE Pala
K-TET 2 and 3



Catherine Jose
Mathematics
Education
STCTE Pala
K-TET 2 and 3



Albi Mohan V
Natural Science
Education
STCTE Pala
K-TET 2 and 3

Organizing committee

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K-TET Online Coaching Class

Organized by Alumni Association STCTE Pala

10 NOV 2023 - 10 DEC 2023

WINNERS



Alhira Mohan
Natural Science
Education
STCTE Pala
K-TET 2 and 3



Sivani Sai A. S
English
Education
STCTE Pala
K-TET 3



Srutha Merin Babu
English
Education
STCTE Pala
K-TET 2, 3 and SET



Divya Thankachan
Natural Science
Education
STCTE Pala
K-TET 3 and SET



Sr. Anycmol Joy
English
Education
STCTE Pala
K-TET 2 and 3



Peann Jose
Physical Science
Education
STCTE Pala
K-TET 2, 3 and SET



Vindaja V.
Social Science
Education
STCTE Pala
K-TET 2, 3 and SET



Nayana Babu
English
Education
STCTE Pala
K-TET 2, 3 and SET



Sedhulakshmi T. K.
Physical Science
Education
STCTE Pala
K-TET 2



Riya Tresa Royce
Mathematics
Education
STCTE Pala
K-TET 2, 3 and SET

Organizing committee

Dr. Sr. Beenamma Mathew
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K-TET Online Coaching Class

Organized by Alumni Association STCTE Pala

10 NOV 2023 - 10 DEC 2023

WINNERS



Arsu Aneetha
Social Science
Education
STCTE Pala
Qualified SET



Sneha Jose
English
Education
STCTE Pala
Qualified SET



Arsha M. S.
Mathematics
Education
STCTE Pala
Qualified SET



Ashna Varkey
Commerce
Education
STCTE Pala
Qualified SET



Anamariya Thomas
Commerce
Education
STCTE Pala
Qualified SET



Krishnendu T. K.
Commerce
Education
STCTE Pala
Qualified SET



Eini Joseph
Commerce
Education
STCTE Pala
Qualified SET



Anitta Thomas
Natural Science
Education
STCTE Pala
Qualified SET

Organizing committee

Dr. Sr. Beenamma Mathew
Principal, STCTE Pala

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President, Alumni Association

Dr. T C Thankachan
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M.G. University, Kottayam, Kerala

K-TET Online Coaching Class

Organized by Alumini Association STCTE Pala

10 NOV 2023 - 10 DEC 2023

WINNERS



Sr. Lidwin Maria George
Natural science
Education
STCTE Pala
K-TET 2 and SET



Sandeep Kumar V.
Mathematics
Education
STCTE Pala
K-TET 2 and 3



Anand K S
Natural Science
Education
STCTE Pala
K-TET 2, 3 and SET



Amrutha P. Anil
English
Education
STCTE Pala
K-TET 3



Fathima Salim
Physical Science
Education
STCTE Pala
K-TET 2 and 3



Jeffin Jose James
Physical Science
Education
STCTE Pala
K-TET 2 and 3



Nithin C T
Natural Science
Education
STCTE Pala
K-TET 3



Lijo Jose
Social Science
Education
STCTE Pala
K-TET 2 and 3



Nibin Babu
Social Science
Education
STCTE Pala
K-TET 2 and 3



Ajina Joseph
Commerce
Education
STCTE Pala
Qualified SET

Organizing committee

Dr. Sr. Beenamma Mathew
Principal, STCTE Pala

Fr. Jose Puzhakkara
President, Alumini Association

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Vice Principal, STCTE Pala

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Secretary, Alumini Association

Tiya Tess George
Teacher incharge

Shemi Paul
Student Coordinator

Designed By : Elsit Baby and Sachin C. Mattathil

**THE FOLLOWING PERSONS THE RESOURCE PERSON
FOR THE NET/ SET /K-TET COACHING CLASS**

Sl. No	Name of the Resource Person	Topics	Alumni (Year of Study)	Present Designation
1.	Dr. T.C. Thankachan	Teaching Aptitude (SET& NET)	1997-1998	Vice Principal, St. Thomas College of Teacher Education, Pala
2.	Dr. T. M. Molykutty	Research Methodology (NET)	1983-1984	HOD, M.Ed. Department, St. Thomas College of Teacher Education, Pala
3	Dr. Mathews M. Thelly	Environmental Science	1995-1996	HOD, Department of Botany, K.E. College, Mannanam
4	Dr. Jose James	Science & Technology (SET)	1998-1999	Associate Professor of Chemistry, St. Joseph College, Moolamattom
5	Fr. Jose Puzhakara	K-TET-Malayalam	2013-14 (M.Ed.)	Vice Principal, St. Antony's Public School, Anakkallu
6	Dr. Sunu Austin	K-TET- Social Science	1999-2000	Assistant Professor of Social Science Education, St. Thomas College of Teacher Education, Pala
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11	Mrs. Jais Jose	K-TET- English	2019-2021	UPSA, St. Josephs' School, Mundakkayam
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13	Dr. Shajimon P. P.	Indian Philosophy (NET)		Associate Professor of Social Science, St. Thomas College of Teacher Education, Pala

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