



St. Thomas College of Teacher Education, Pala, Kerala  
*Affiliated to Mahatma Gandhi University, Kottayam*

## Criterion V: Student Support and Progression

### 5.3 Student Participation and Activities

#### 5.3.2.1 Sports and cultural events organised at the institution during 2021-22



ST. THOMAS COLLEGE OF  
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ESTD. 1957

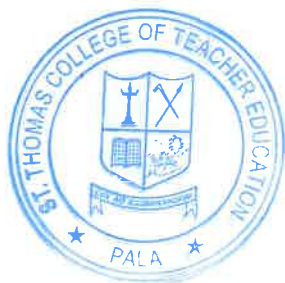
SSR submitted to  
NAAC


*Fourth Cycle of  
Accreditation*

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**Chess Tournament and Carroms Competition conducted on 4.3.22 at St.Thomas College of Teacher Education Pala Time 3 to 4 p.m**

**Chess Tournament and Carroms Competition**

**Date: March 4, 2022**


**Time: 3:00 PM - 4:00 PM**

**Venue: St. Thomas College of Teacher Education, Pala**

The Department of Physical Education at St. Thomas College of Teacher Education, Pala, successfully organised a Chess Tournament and Carroms Competition on March 4, 2022. The event aimed to promote sportsmanship, camaraderie, and healthy competition among the students.

The Chess Tournament and Carroms Competition were a resounding success, thanks to the enthusiastic participation of the students and the dedicated efforts of the Department of Physical Education. The event provided a platform for students to showcase their skills, foster friendships, and learn valuable life lessons.



  
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**Ozone for Life**

Date: 16th September 2021

Time: 11:30 AM

Venue: St. Thomas College of Teacher Education, Pala

Theme: "Montreal Protocol - Keeping us, our food and vaccines cool"

The programme "Ozone for Life" was organised on 16th September 2021 at St. Thomas College of Teacher Education, Pala, to raise awareness about the importance of the ozone layer and the Montreal Protocol. The program included a variety of activities, such as a welcome speech, a message from a distinguished guest, a video presentation, a quiz, and a PowerPoint presentation competition.

**Programme**

Welcome Speech

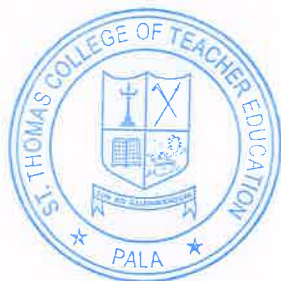
Message


Video Presentation

Quiz

Power Point Presentation Competition

The "Ozone for Life" program was a successful event that raised awareness about the importance of the ozone layer and the Montreal Protocol. Through the various activities, participants gained a deeper understanding of the issue and the positive impact of international cooperation in addressing it. The programme also encouraged participants to act daily to protect the environment and contribute to a sustainable future.



  
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World Ozone Day Celebration  
on 16th September 2021  
at 11.30 a.m.

**OZONE  
FOR LIFE**

*Save the Planet*

Organized by,  
Science Club  
&  
Nature Club

**THEME: "Montreal Protocol -  
Keeping us, our food and  
vaccines cool".**

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

Respected Teachers and Teacher Students,  
The Nature Club and Science Club of St. Thomas College of Teacher Education Pala are celebrating World Ozone day 'OZONE FOR LIFE' on 16th September 2021, Tuesday, 11.30 a.m. via Google meet. Various competitions will be conducted for the students of the college. We cordially invite you all for participating in these events and the program.

Dr. Bindu David  
(Asst. Professor,  
Natural Science)

Dr. T. C Thankachan  
(Principal)

Dr. Sr. Mary Thomas  
(Asst. Professor,  
Physical Science)

**GUIDELINES FOR QUIZ**

- All students can participate.
- If you know the answer, please type 'S' on comment box.
- One minute duration for each question.

**PROGRAMME**

- Prayer song
- Welcome speech
- Message
- Video presentation
- Quiz
- Vote of thanks

**HEARTY WELCOME**

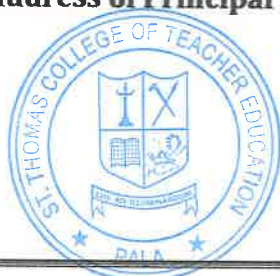
**Ozone for Life on 16th September 2021 at 11:30 AM**

### **Independence Day Celebration on August 15 2021**

Due to the COVID-19 pandemic, Independence Day was celebrated with unity and happiness in an online manner principal Dr. TC Thankacham gave the message.



**The online address of Principal Dr. T.C. Thankachan**



*Beena*

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**Online Onam Celebration Ghosha 2k21” held on 18/08/2021**

Onam is a festival celebrated by Malayalees in Kerala. Our college celebrated Onam Ghosha 2K21 through online mode by conducting various online competitions on 18<sup>th</sup> August 2021 Sri M.J. Thomas Principal D.El.Ed. was the chief guest of the function. (College Annual 21-22 Khayal Page No 29)

**Online Onam Celebration Ghosha 2k21” held on 18/08/2021**



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**Online Onam Celebration Ghosha 2k21" held on 18/08/2021**

**Annual Sports Meet at Carmel Public School Ground at 22<sup>nd</sup> July 2022**

Annual day sports meet 65<sup>th</sup> annual sports meet of the college was held at Carmel Public School Ground on 22<sup>nd</sup> July 2022 for the students and teachers who participated actively with sportsman spirit.



  
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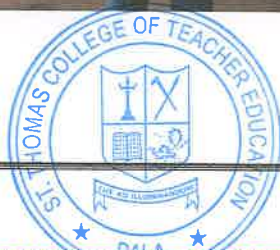
### **Aerobic Session held on March 2022, held at St Thomas College of Teacher Education**

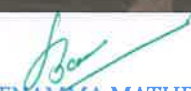
A sound mind exists only in a sound body. Health and fitness of Mind and body are equally important. Many sports activities are conducted at the college for the well-being of the students. An aerobic session was conducted for the students on 22.3.22.



### **International Yoga Day Celebration 21.6.2021**

Yoga Day was held on 21.6.2021 to recognise and respect the practice of yoga our college uploaded a video of yoga asanas of teachers and students under the stewardship of Health Club Dr.Sunil Thomas.



  
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### **Football Shootout Competition held at St Thomas College of Teacher Education 24<sup>th</sup> March 2022**

A thrilling football shootout competition was held at St. Thomas College of Teacher Education on 24th March 2022. The event was a showcase of talent and skill among the participants. The competition aimed to foster camaraderie, sportsmanship, and healthy competition among the students.



### **Football Shootout Competition held at St Thomas College of Teacher Education 24<sup>th</sup> March 2022**

#### **Teachers Day Celebration held on 5.9.2021**

Date: September 5, 2021 Time: 3:00 PM - 4:00 PM

Platform: Google Meet

Chief Guest: Prof. Chandy Zacharias (Former Principal of the College)

The St. Thomas College of Teacher Education, Pala, commemorated Teachers' Day on September 5, 2021, with a virtual celebration held on the Google Meet platform. The event was graced by Prof. Chandy Zacharias, the esteemed former principal of the college, who served as the chief guest.

#### **Programme:**

- **Welcome Address**
- **Invocation**
- **Felicitation of the Chief Guest:** Prof. Chandy Zacharias was felicitated for his invaluable contributions to the college and the field of teacher education. He was honoured for his mentorship, guidance, and dedication to fostering excellence in teaching.
- **Chief Guest Address:** Prof. Zacharias delivered an inspiring and thought-provoking address, reflecting on the significance of teachers in shaping the lives of students. He emphasised the importance of passion, empathy, and continuous learning for educators.



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- **Cultural Programmes:** The celebration included a variety of cultural performances by students and faculty members, showcasing their talents and creativity.
- **Vote of Thanks:** The program concluded with a vote of thanks, expressing gratitude to all the participants, guests, and organisers for making the Teachers' Day celebration a success.

The Teachers' Day celebration at St. Thomas College of Teacher Education was a meaningful and inspiring event. It provided an opportunity to honour and appreciate the invaluable contributions of teachers to the institution and society. The virtual format allowed for wider participation and ensured that the spirit of Teachers' Day was celebrated amidst the challenges posed by the pandemic.



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

**ഗുരുവന്ദനം**

അധ്യാപകദിനാഘോഷം - 2021

നാളെയുടെ വാഗ്ദാനങ്ങളെ വാർത്തെടുക്കുന്നവരാണ് അധ്യാപകർ. ഒരു പക്ഷെ ഈ ലോകത്തിന്റെ ഭാവിയെത്തന്നെ മാറ്റിമറിക്കാൻ ശക്തിയുള്ളതാണ് അധ്യാപനം. അധ്യാപകരുടെ ഈ മഹത്തായ സേവനത്തെ ആദരിക്കുന്നതിനായി ഒരു ദിനം

**Chief Guest: Prof. Chandy Zacharias**  
(former principal, STCTE)

  
5 September 2021  
Sunday

  
3pm - 4pm

  
Google Meet

**Teachers Day Celebration held on 5.9.2021**

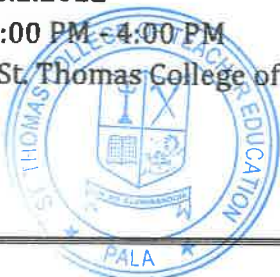
**Basket Ball Throw, Skipping and Football Shoot out competitions held on 26.2.2022 between 3 to 4 p.m.**


**Sports Competitions at St. Thomas College of Teacher Education**

**Date:** 26.2.2022

**Time:** 3:00 PM - 4:00 PM

**Venue:** St. Thomas College of Teacher Education Ground



  
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St. Thomas College of Teacher Education, Pala, successfully organized a series of sports competitions on 26.2.2022. The events included basketball throws, skipping, and football shootouts, aiming to promote physical fitness, sportsmanship, and a sense of camaraderie among the students.

#### **Basketball Throw**

The basketball throw competition was a test of strength and accuracy. Participants were required to throw a basketball from a designated line towards a target. The student who threw the basketball the farthest or closest to the target was declared the winner.

#### **Skipping**

The skipping competition was a test of endurance and coordination. Participants were required to skip rope for a specified duration. The student who could skip the longest without tripping or making mistakes was declared the winner.

#### **Football Shootout**

The football shootout competition was a test of accuracy and precision. Participants were required to shoot penalties against a goalkeeper. The student who scored the most goals was declared the winner.

- **Active Participation:** A large number of students participated in the competitions, showcasing their enthusiasm for sports.
- **Sportsmanship:** The students displayed excellent sportsmanship throughout the events, fostering a positive and friendly atmosphere.
- **Physical Fitness:** The competitions encouraged students to engage in physical activity and improve their overall fitness.

The sports competitions were a valuable addition to the college's extracurricular activities, promoting physical fitness, sportsmanship, and a sense of community.



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**Basket Throw,  
Skipping &  
Football Shootout**

**2022 February 26**

**Friday**

**3-4 PM**

**@College Auditorium**



**Basket Ball Throw, Skipping and Football Shoot out competitions held on 26.2.2022 between 3 to 4 p.m.**

  
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