



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 2022-23



ST. THOMAS COLLEGE OF
TEACHER EDUCATION, PALA
ESTD. 1957

SSR submitted to
NAAC


*Fourth Cycle of
Accreditation*

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2022-23

Video Making Competition held May 2023

As part of the Annual College Arts Fest celebration a video-making competition was held during the month of 2023 the theme of the competition was internship several students participated in this video-making competition.



Video Making Competition held May 2023

Digital Poster Competition held on 30.5.23

A digital poster competition was held on 30th May 2023 the theme of the poster competition was mobile phone addiction students of our college prepared several posters displaying current issues of students with mobile phone addiction.



Digital Poster Competition held on 30.5.23



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Carroms Competition held on 25.3.2023

Event Date: 25.3.2023

Venue: St. Thomas College of Teacher Education, Pala

St. Thomas College of Teacher Education, Pala, organised a carroms competition for its B.Ed. students on 25.3.2023. The event aimed to promote sportsmanship, strategic thinking, and a sense of camaraderie among the student community.

32 B.Ed. students participated in the tournament, forming 8 teams.

Skill and Strategy: The tournament showcased the participants' carroms skills and strategic thinking as they devised winning tactics.

Sportsmanship: The students demonstrated excellent sportsmanship throughout the event, fostering a positive and friendly atmosphere.


Teamwork: The team-based format of the competition encouraged teamwork and cooperation among the participants.

The carroms competition was valuable to the college's extracurricular activities, promoting sportsmanship, teamwork, and a sense of community.



Carroms Competition held on 25.3.2023




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Chess Tournament for B.Ed. students conducted on 25.3.23 at St. Thomas College of Teacher Education Pala.

Event Date: 25.3.2023

Venue: St. Thomas College of Teacher Education, Pala

St. Thomas College of Teacher Education, Pala, organised a chess tournament for its B.Ed. students on 25.3.2023. The event aimed to promote intellectual engagement, strategic thinking, and sportsmanship among the student community.

Participation

A total of 18 B.Ed. students participated in the tournament. They were divided into 9 groups based on their chess skill levels. The chess tournament was a resounding success, providing a platform for B.Ed. students to showcase their talents and develop their skills. It was a valuable addition to the college's extracurricular activities, promoting intellectual engagement and fostering a sense of community.



Chess Tournament for B.Ed. students conducted on 25.3.23




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Sit Up Competition

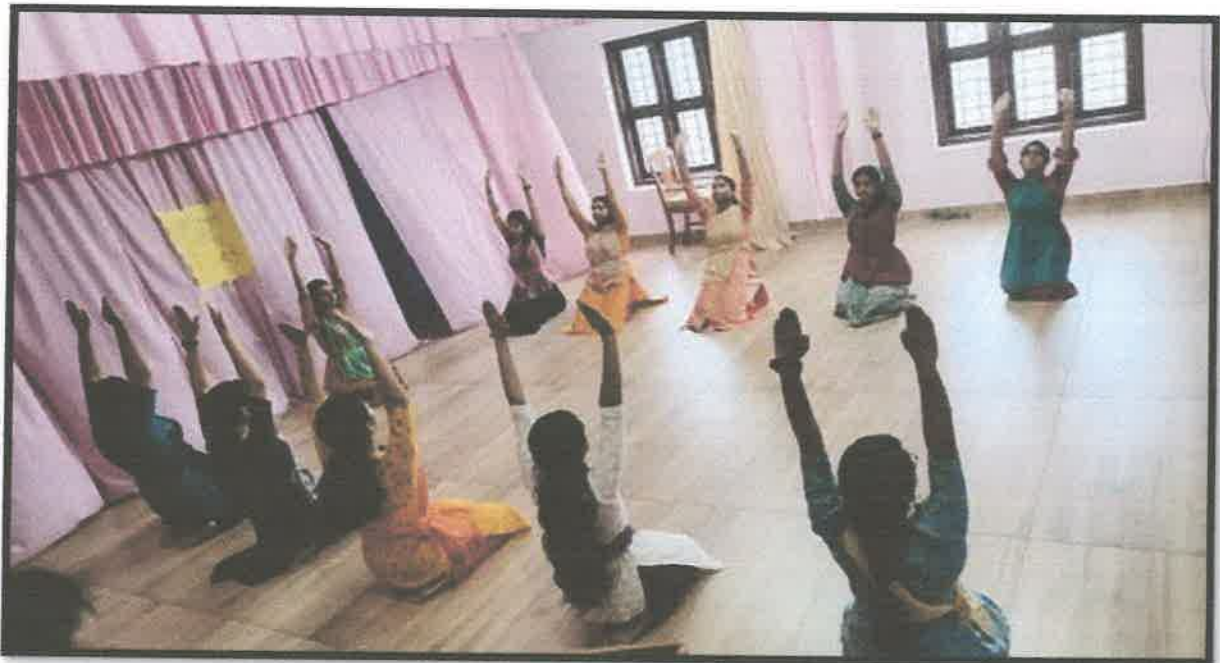
A Sit Up competition was held on 18th March 2023 at St Thomas College of Teacher Education Pala. 28 Students participated in the event.



Sit Up Competition held on 18th March 2023 at St Thomas College of Teacher Education

International Yoga Day celebrations on 15.6.2022

As part of the international yoga celebration on 15th June, a yoga day observation was conducted at the college auditorium at 3 P.M. The presentation was followed by a demonstration where the major events and the programme came to an end by 4:00 PM.



International Yoga Day Celebration held at college auditorium on 15/06/2022, Wednesday, 3.15 p.m.



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Annual Sports Meet Report

St. Thomas College of Teacher Education, Pala Date: July 22, 2022

The annual sports meet at St. Thomas College of Teacher Education, Pala, was a resounding success. The event showcased the athletic prowess and competitive spirit of the students.

Events:

The sports meet featured a diverse range of athletic events, including:

Track and Field:

Shuttle run
Skipping
Sit-ups
Vertical Jump
100-meter race
200-meter race
400-meter race
800-meter race
1500-meter race
1500-meter walking


Field Events:

Discus throw
Ball throw
Javelin throw
Shot put

The students participated with great enthusiasm and determination, showcasing their athletic abilities and competitive spirit. The atmosphere was filled with excitement and camaraderie as participants cheered each other on.

The annual sports meet at St. Thomas College of Teacher Education, Pala, was a memorable event that fostered a sense of unity, sportsmanship, and healthy competition among the students. It provided a platform for them to showcase their athletic talents and develop essential life skills.




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ST. THOMAS COLLEGE OF TEACHER
EDUCATION, PALA

SPORTS DAY

2021-2023

DATE: July 22,
2022

Dr. Sr. Beenamma Mathew
(Principal)

Dr. Sunil Thomas
(Asst. Professor of Physical
Education)

Tom Joseph
(Sports Club Secretary)

1/3

EVENTS

Shuttle Run	800 m Race
Skipping	1500 m Race
Situps	1500 m walking
Vertical Jump	Discuss Throw
100 m Race	Ball Throw
Plank	Javelin Throw
200 m Race	Shot Put
400 M race	

**Annual Sports Day held at St. Thomas College of Teacher Education, Pala on
22.6.2022**



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Shootout competition

The competition was organised by the sports and physical education club in collaboration with the Mukti Club as part of the anti-ragging campaign they even took place on Thursday on first December 2022 at 2:30 PM in the school ground of Saint Thomas Higher Secondary School Pala the programmers inaugurated by the college principal dr system and the competition commenced with the kick-off by Sri Krishna Kumar the circle inspector from the para excise department the students were divided into eight teams with the group #4 led by Mr Nithin C.T. of Natural Science Education emerging victorious in the competition the other members of the winning team were Miss Nayana Babu Sr Linta Joseph, Miss Adhila Suneer and Miss Amalu K. Elias. Cash prizes were awarded to the winners of the competition

Source: College Magazine-22-23 Udan Sports and Games Report Page No. 62



Football Shootout Competition held at St Thomas College of Teacher Education 01th December 2022

Book Review Competition held on 24.6.2022

Book Review Competition

Date: 24th June 2022

Time: 3:15 PM

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

The Book Review Competition was organized to foster a love for reading among the students and to encourage them to critically analyse and appreciate literary works. This event aimed to enhance the students' reading comprehension, critical thinking skills, and communication abilities.

Objectives of the Competition

To promote reading as a lifelong habit.

To develop students' critical thinking and analytical skills.

To enhance students' communication and presentation skills.

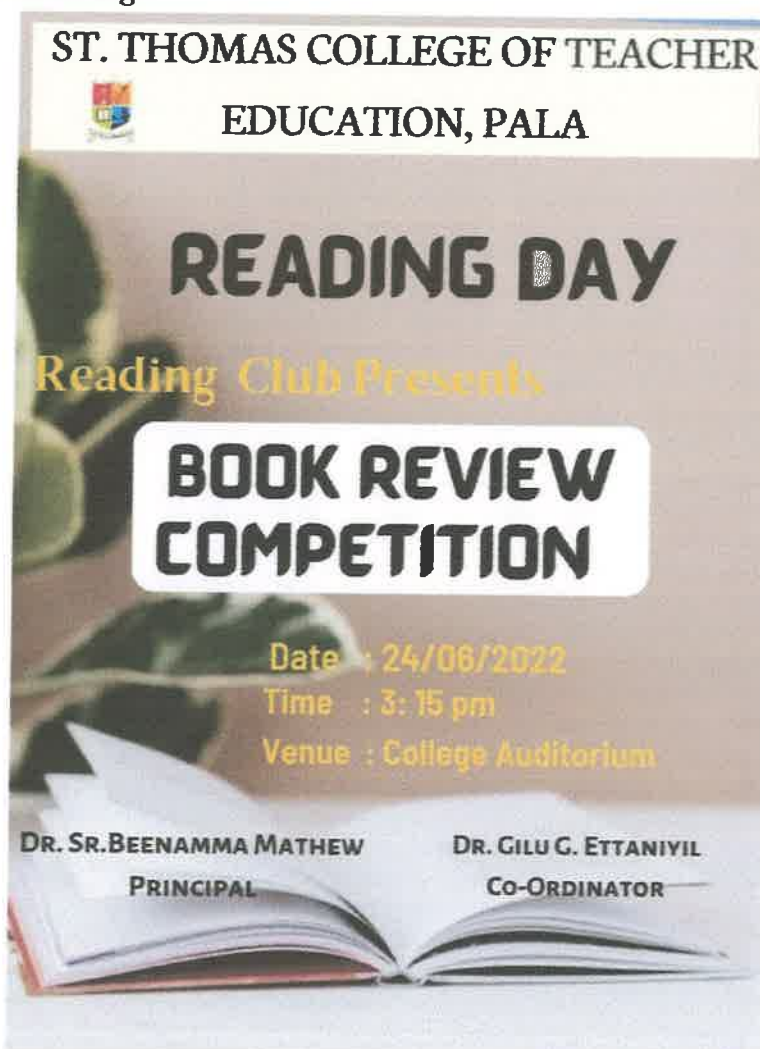
To recognize and reward outstanding book reviews.

Competition Format



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The Book Review Competition was a resounding success, showcasing the students' passion for reading and their ability to engage with literary works on a deeper level. The event provided a valuable opportunity for students to develop their critical thinking and communication skills, and it fostered a vibrant literary culture within the college.



Book Review Competition held on 24.6.2022

Christmas Celebration 23.12.22



Source: College Magazine-22-23 Udan Sports and Games Report Page No. 46

Christmas Celebration was held on 23rd December 2022. Rev. Fr George

Varakukulaparambil delivered the Christmas Day message followed by the distribution of gifts by the Christmas Papa.




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


Christmas Celebrations
ബെൽലഹേമിലേക്ക്
Chief Guest



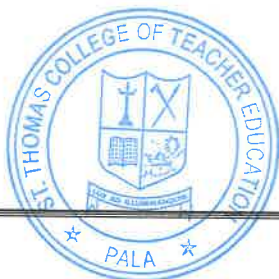
Rev. Dr. Jose Kakkallil
 (Vicar, St. Thomas Cathedral, Pala)

DECEMBER 22 AT 1:30 PM

Join us for Christmas cheer




Christmas Celebration 23.12.2022

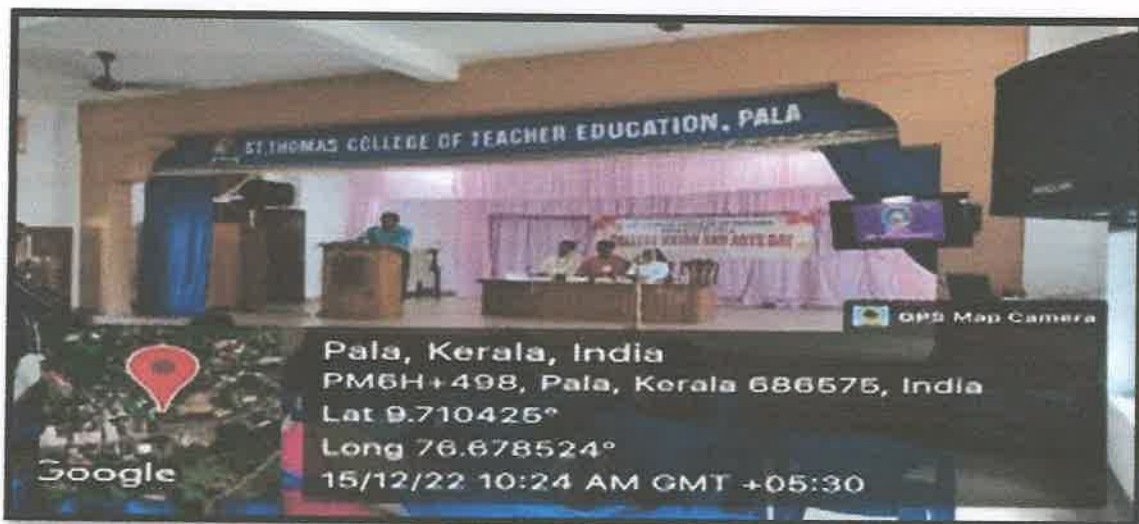
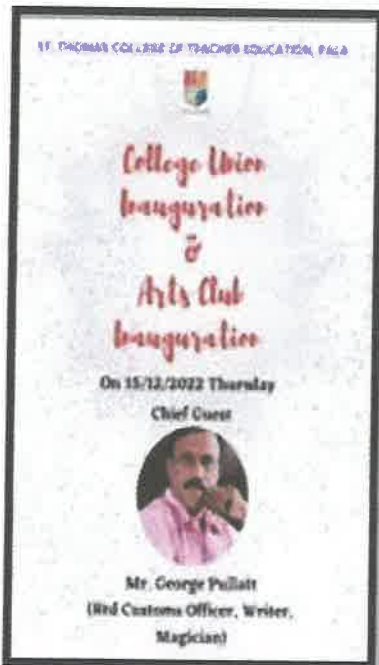


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College Union Inauguration and Arts Club Inauguration held on 15.12.22

The formal inauguration of the college Union and Arts Club was on 15th December 2022 by Sri George Pullatu famous author artist and teacher the meeting was presided over by the college union chairperson Mr Naveed Babu and the principal Dr Sr. Beenamma Mathew addressed the gathering. Union Secretary Elizabeth Paul welcomed the gathering and Miss Amrutha P Anil Arts Club Secretary proposed the vote of thanks the inaugural session was followed by various cultural programmes by the students.

(Source: College Magazine-22-23 Udan Sports and Games Report Page No. 45)



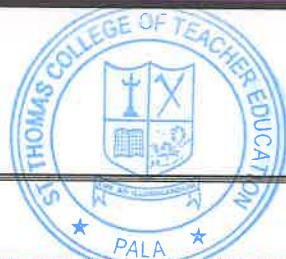
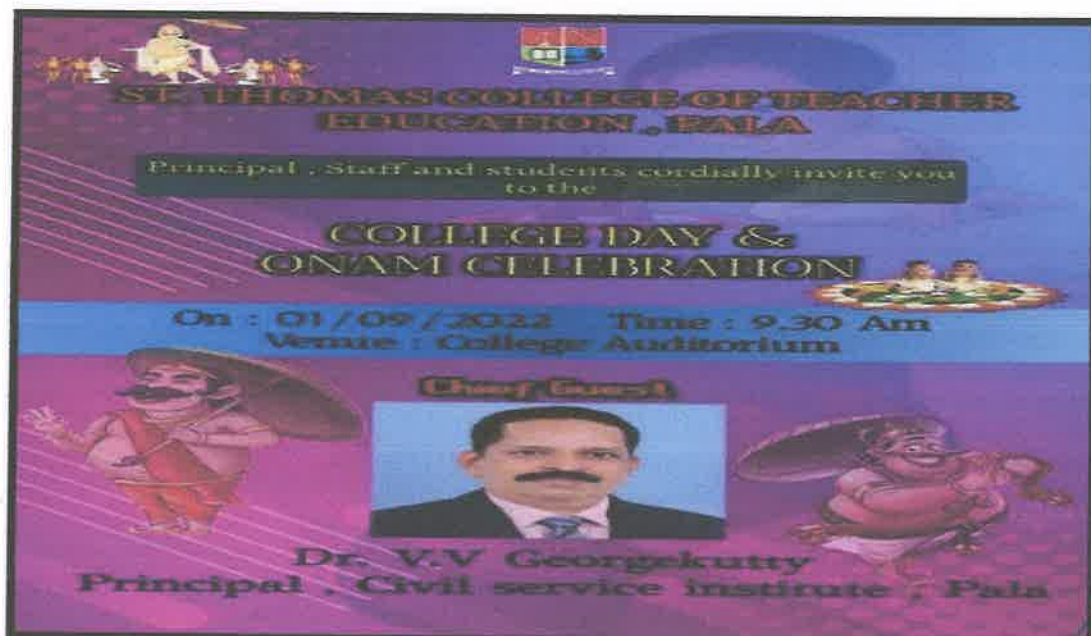
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College Day and Onam Celebration held on 1.09.2022

The Onam celebration was held on 1st September 2022 the chief guest of the day was Dr. V. V. Georgekutty, the principal of Civil Service Institute Pala. A sumptuous meal was delivered on the day. Competitions like Athappokkala Matsaram Tug of War Lemon Spoon Race and a variety of entertainments by students organised.



College Day & Onam Celebration on 1.9.2022



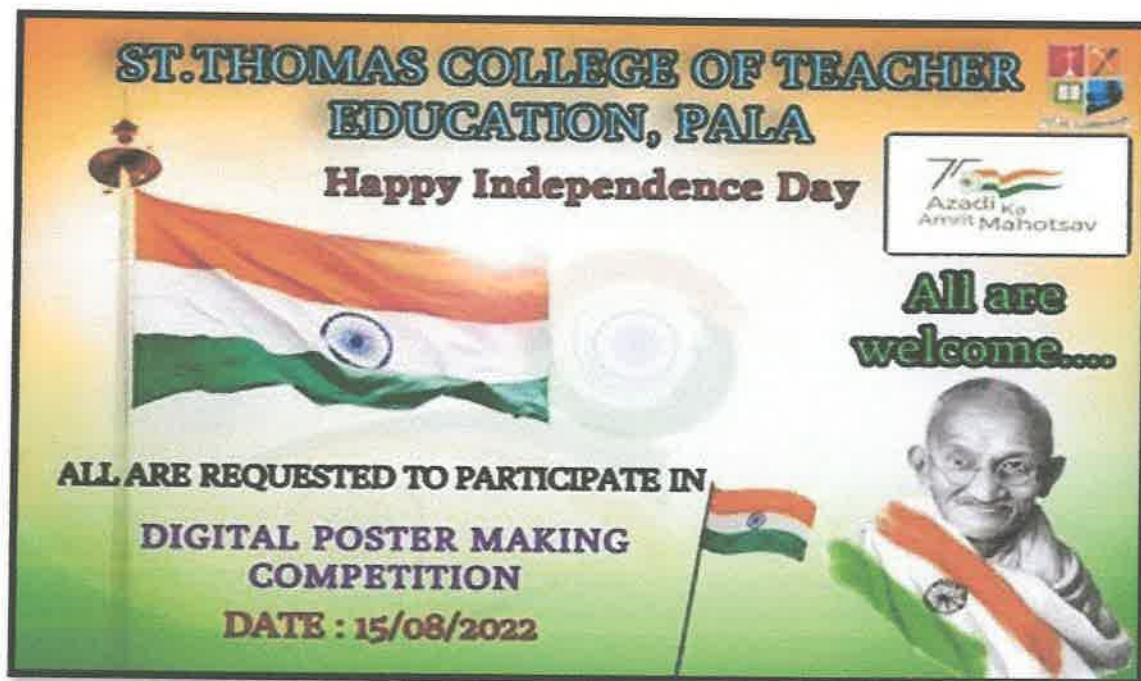
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Independence Day Celebration & poster competition conducted on 15.08.2022

As part of the 75th Independence Day celebration, we had a world painting session the Freedom Volvo was completed on 12th August it included the portraits of India our national flag and the freedom fighters Mahatma Gandhi Bhagat Singh Jhansi Rani and others and an exhibition was conducted on 12th August regarding the major events of freedom struggle and the small queues was also conducted the price is four choose where distributed for the winners on 15th August respected vice principal

Dr. TC Thankachan hoisted the flag it was a two-hour programme.

(Source: College Magazine-22-23 Udan Sports And Games Report Page No. 17)



Independence Day Celebration & poster competition conducted on 15.08.2022

Personality contest organised by Women Cell on 14.11.2022

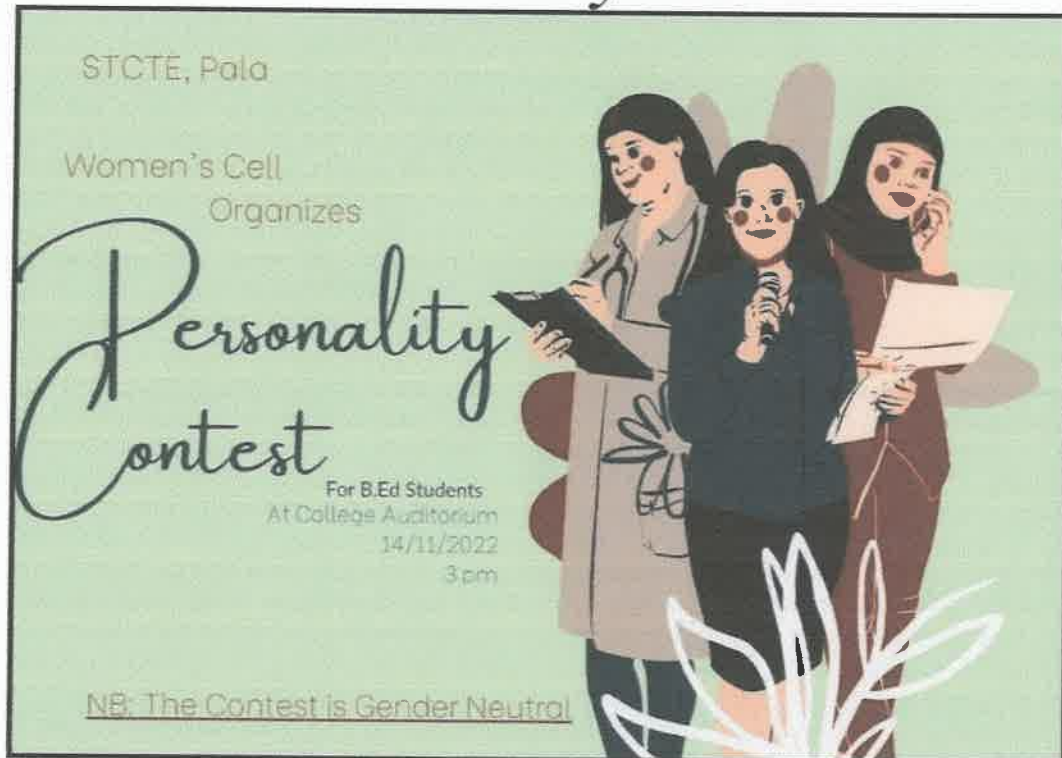
Women's cell organised a personality contest on 14-11-2022 at 3 p.m. in the college auditorium the conditions were gender neutral and were open for all the students twenty students participated in the contest there were three rounds first round had



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20 participants. While the second and third rounds were ten and five respectively. The questions asked intended to test the personality of contestants' General knowledge, problem-solving ability etc.. The winners of each round were selected using online polling by teachers and students miss Annu Abraham of Social Science Education won the first prize Mr Nibin Babu of Social Science Education came second. The winners were given prizes by college principal Dr Sr Beenamma Mathew. All the students made their enthusiastic participation to make the event a grand success.

Personality Contest



Personality contest organised by Women Cell on 14.11.2022

National Youth Day held on 18/1/2023

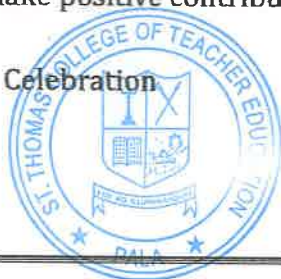
Date: 18th January 2023

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

Chief Guest: Dr. Krishnadas K.V., Assistant Insurance Medical Officer, ESI Hospital, Kanjirappally

National Youth Day, celebrated on the birth anniversary of Swami Vivekananda, is a significant occasion to honour his invaluable contributions to Indian philosophy and spirituality. It is also a day to inspire and empower the youth of India to strive for excellence and make positive contributions to society.

Objectives of the Celebration



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- To commemorate the life and teachings of Swami Vivekananda.
- To inspire and motivate students to embrace the ideals of Swami Vivekananda.
- To foster a sense of social responsibility among the youth.
- To promote youth participation in various fields of endeavour.

Inauguration: The event was formally inaugurated by the Principal, Prof. Dr. sr. Beenamma Mathew in the presence of the Chief Guest, faculty members, and students.


Chief Guest Address: Dr. Krishnadas K.V. delivered an inspiring address, highlighting the importance of youth empowerment and the role of education in shaping the future of the nation. He emphasized the significance of Swami Vivekananda's teachings in fostering a sense of nationalism and spiritual awakening.

Youth Empowerment Activities: Interactive sessions and workshops were conducted to empower the youth and equip them with the skills necessary to succeed in life. These activities included career guidance counselling, leadership development training, and entrepreneurship workshops.

Swami Vivekananda Quiz: A quiz competition was organised to test the students' knowledge about Swami Vivekananda and his teachings. The winners were awarded prizes.

The National Youth Day celebration provided a platform for the students to connect with the ideals of Swami Vivekananda and to be inspired to make a positive impact on society. The event was a testament to the college's commitment to fostering holistic development among its students.




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NSS UNIT NO. 908 **and** **RED RIBBON CLUB**
Jointly Organise

National Youth Day 2023

Aim:
To motivate youth for carrying out activities 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


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

Organising Committee
DR. M. DEEPAK K. MATHUR (PRINCIPAL)
DR. J. E. JAYASANKARAN (VICE PRINCIPAL)
DR. SURESH THOMAS (ANTI DRUG ABUSE CELL HEAD OFFICER)
DR. ALEX GEORGE (NSS PROGRAMME OFFICER)
LINA K. S. (NSS VOLUNTEER SECRETARY)
LILY JOSE ANAND K. S. (COORDINATORS)



National Youth Day held on 18/1/2023

Arts Fest Report

Date: 29th July 2022

Venue: St.Thomas College of Teacher Education, Pala

The event showcased the vibrant talent and creativity of our students, providing a platform for them to express themselves through various artistic endeavours.

A diverse array of events was organized to cater to different interests and talents. The festival kicked off with graceful performances of Mohiniyattam and Kuchipudi, followed by energetic Folk Dance and Bharatanatyam. The audience was enthralled by the melodious tunes of Western Music, Light Music, and Naadan Pattu. The literary events, including Extempore (Mal), Extempore (Eng), Film Review, Recitation (Mal, Hin, Eng), Kadhaprasangam, and Mono Act, showcased the students' intellectual prowess and oratory skills.




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Visual arts were also celebrated with events like Pencil Drawing and Poster Making. The participants displayed their artistic flair and creativity through their unique designs and compositions.

The Arts Fest was a celebration of culture, talent, and camaraderie. It provided a platform for students to showcase their abilities, build confidence, and foster a sense of community. The event was a testament to the rich artistic heritage of our college and the dedication of our students to the arts.

List of Events conducted on Arts Fest

Mohiniyattam
 Fancy Dress
 Group Song
 Folk Dance
 Kuchipudi
 Nostalgia
 Bharatanatyam
 Naadan Pattu
 Western Music
 Extempore (Mal)
 Film Review
 Extempore (Eng)
 Light Music
 Recitation (Mal)
 Recitation (Hin)
 Recitation (Eng)
 Kadhprasangam
 Mono Act
 Pencil Drawing
 Poster Making
 Bottle Art

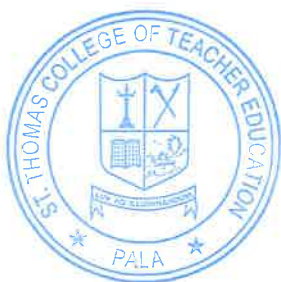




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Artsfest competition- bottle art competitions 29.7.2022




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