



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 Copy of circular brochure indicating Arts & Sports events



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

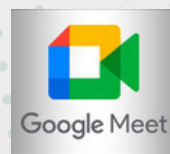
**SSR submitted to  
NAAC**

***Fourth Cycle of  
Accreditation***



ST. THOMAS COLLEGE OF  
TEACHER EDUCATION, PALA

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**

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



**PRESENTS**

# **POWERPOINT PRESENTATION COMPETITION**

**Last Date : 19 September 2021  
Send your entries to ;  
scienceclub021@gmail.com**

**Topic :**

**" OZONE  
FOR  
LIFE "**

**WORLD OZONE DAY**

**—16<sup>TH</sup> SEPTEMBER—**



# Guidelines...

- Maximum no. of Slides : 5
- Can include pictures & videos
- Only one entry is allowed from a person

**Organized by;**

**Science Club  
&  
Nature Club**



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

# **SPORTS DAY**

## **2020-2021**

**DATE: 23-02-2021**

**Dr. Sr. Beenamma Mathew  
(Principal)**

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

**Nevil George  
(Sports Club Secretary)**

# **EVENTS**

**100 m Race**

**200 m Race**

**400 m Race**

**800 m Race**

**1500 m Race**

**4\*100 m Relay**

**Long Jump**

**Shot Put**

**Ball Throw**

**Discuss Throw**

**Javalin Throw**

**Skipping**



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



# **Basket Throw, Skipping & Football Shootout**

**2022 February 26**

**Friday**

**3-4 PM**

**@College Auditorium**





ST. THOMAS COLLEGE OF TEACHER



EDUCATION, PALA

# READING DAY

Reading Club Presents

## BOOK REVIEW COMPETITION

Date : 24/06/2022

Time : 3: 15 pm

Venue : College Auditorium

DR. SR.BEENAMMA MATHEW

PRINCIPAL


DR. GILU G. ETTANIYIL

Co-ORDINATOR



# ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA



**Chess**   
**Tournament**  
**&**  
**Carroms**  
**Competition**



**2022 Mar 04**  
**Friday**  
**3 - 4 PM**

**@College Auditorium**



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

**Christmas Celebrations**

**ബെൽഘോമിലേക്ക്**

**Chief Guest**



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

**DECEMBER 22 AT 1:30 PM**

**Join us for Christmas cheer**





# ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

**NSS**  
UNIT NO. 90B

and  
*Jointly  
Organise*

**RED RIBBON  
CLUB**

## 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. SR. BEENAMMA MATHEW**  
(PRINCIPAL)

**DR. T.C. THANKACHAN**  
(VICE PRINCIPAL)

**DR. SUNIL THOMAS**  
(ANTI NARCOTIC CELL NODAL OFFICER)

**DR. ALEX GEORGE**  
(NSS PROGRAMME OFFICER)

**LINTA ELLOS**  
(NSS VOLUNTEER SECRETARY)

**LIJO JOSE**  
**ANAND K. S.**  
(COORDINATORS)



**വിമുക്തി**

# St.Thomas College of Teacher Education, Pala



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

National Service Scheme

Unit: 90 B

and

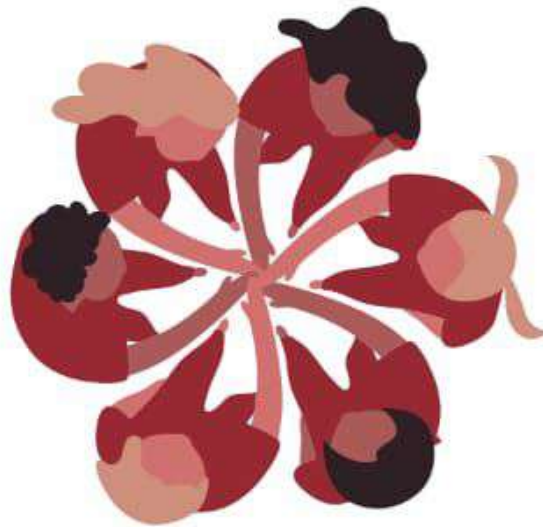
Women's Cell



Jointly Celebrate

## INTERNATIONAL WOMEN'S DAY

8th March 2023



"DigitALL: Innovation and technology for gender equality"

Organizing Committee:

Dr.Sr.Beenamma Mathew

(Principal)

Dr.Sunu Austin

(Women's Cell Coordinator)

Dr.Alex George

(N.S.S. Programme Officer)

Ms.Linta Eldos

(Volunteer Secretary)

Ms.Vinduja V

(President, Women's Cell)

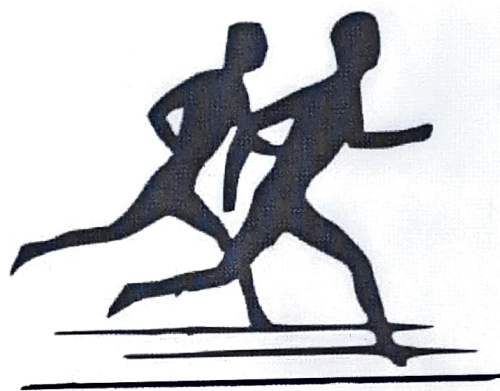


# SPORTS



*Meet*

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



**17 MARCH 2023**

**Lijo Jose**  
Sports Club Secretary

**Dr. Sunil Thomas**  
Staff Coordinator



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

**ANNUAL SPORTS MEET**

**DATE: 17-03-2023**

**Competition Director: Dr. Sr. Beenamma Mathew**

**Manager of the Meet: Dr. Sunil Thomas**

**Judges at Finish : Dr. Sunu Austin, Sri. Cyril Cyriac**

**Judges for Shotput & Skipping : Sri. Joffy J Njavallil, Sri. Shaju Mathew**

**Judges for Discuss Throw & Ball Throw :**

**Dr. Pratheesh Abraham, Dr. Lavina Dominic & Rajesh K. C**

**Judges for Javelin Throw**

**Dr. T.C.Thankachan, Dr. Gilu G Ettaniyil, Sri. Majosh Joseph**

**Judges for Long Jump & Shuttle Run**

**Dr. Alex George, Dr. Bindu David**

**Announcement**

**Dr. T.C. Thankachan**

**Recorders**

**Dr. Sr. Mary Thomas, Gilu G Ettaniyil**

**First Aid**

**Sr. Mini Thomas, Sr. Shini K.K**

**Refreshment Committee**

**Smt. Sily Thomas, Smt. Sonia Joseph, , Sri. Jomon Thomas, Sri. Lijo K.Joseph**

**Starting Point**

**Dr. Sunil Thomas, Sri. Dennis Mathew**

**Principal**

8-30 2023  
Competition Director

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

**ANNUAL SPORTS MEET**

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**Starting Point**

**Dr. Sunil Thomas, Sri. Dennis Mathew**

  
**Principal**



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

27/7/2022

Notice

The annual Arts Fest of St. Thomas College of Teacher Education, Pala will be conducted on 29th July 2022. Venue and timings of events will be intimated by tomorrow. Your wholehearted cooperation is solicited.

Dr. TCT. 


Dr. Sr. M.T. 


Dr. L.D. 

Dr. S.A. 

Dr. P.A. 


Dr. S.T. 

Dr. B.D. 

Dr. A.G. 

Mr. J.J.N. 

  
Principal

Dr. T.M.M. 

A.G. 

Dr. P.P.S

J.J

# ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

## ANNUAL SPORTS MEET

DATE: 22/7/2022

### Manager of the Meet :

Dr. Sr. Beenamma Mathew, Principal

### Convener

Dr. Sunil Thomas

### Judges at Finish

Dr. Alex George, Dr. Sunu Austin

### Starting Point

Dr. Sunil Thomas, Sri. Dennis Mathew

### Judges for SHOT PUT and SKIPPING

Mr. Jofy J Njavally, Smt. Anita George , Sri. Shaju Mathew, Sri. Rajesh K.C

### Judges for DISCUSS THROW and BALL THROW

Dr. Pratheesh Abraham, Dr. Lavina Dominic , Sri. Cyril Cyriac, Sri. Majosh joseph

### Judges for SHUTTLE RUN and BROAD JUMP

Dr. Bindu David, Dr. Gilu G Ettaniyil, Ms. Jaise Jose

### Javelin Throw

Dr. T.C. Thankachan

### Announcement

Dr. T.M. Mollykkutty, Dr. P.P. Shajimon

### Recorder

Dr. Sr. Mary Thomas

NOTICE

The inaugural function of our College Union and Arts Club will be held on 23/6/2022 at 10 am in the college auditorium. Dr. Ison V Vachipurackal, Professor and Principal, K.E College, Mannanam, has kindly consented to deliver the inaugural address and Master Sanjay V Ison, ZEE Keralam, SaReGaMaPa fame will inaugurate the Arts Club for the year 2022-2023. All are requested to attend the programme.

*B. V. Vachipurackal*  
Principal

B.Ed.Dr. TCT *[Signature]*

Dr. Sr. M.T

Dr. L.D *[Signature]*Dr. S.A *[Signature]*

Dr. P.A

Dr..S.T

Dr. B.D *[Signature]*Dr. A.G *[Signature]*Ms. P.G *[Signature]*M.Ed.Dr. T.M.M *[Signature]*

A.G

Dr. P.P.S *[Signature]*

J.J

T.T.CM.J.T *[Signature]*S.C.J *[Signature]*D.A.K *[Signature]*S.T *[Signature]*B.J *[Signature]*M.M *[Signature]*NTSSr. M.T *[Signature]*S.T *[Signature]*S.J *[Signature]*S.M *[Signature]*Sr. S.K.K *[Signature]*G.G.E *[Signature]*D.M *[Signature]*M.J *[Signature]*L.K.J *[Signature]*J.T *[Signature]*

C.C

R.K.C

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

**INAUGURATION OF**

**COLLEGE UNION AND ARTS CLUB 2021-2022**

23/6/2022

AMOGHA - 2K22

**PROGRAMME**

10 a.m.

Prayer

Welcome Speech

: Ms. Josna Jose  
(Vice Chairperson)

Presidential Address

: Sri. Cyriac Thomas  
(Chairperson)

Inauguration of College Union

: Dr. Ison V. Vanchipurackal  
(Professor and Principal  
Kuriakose Elias College, Mannanam)

Inauguration of Arts Club

: Master Sanjay V. Ison  
(Zee Keralam, SaReGaMaPa Fame)

Felicitation

: Dr. Sr. Beenamma Mathew  
(Principal)

: Ms. Binitha Mani  
(Student Representative)

Solo

: Mr. Sisirkhosh Mohan

Group Dance

: Ms. Bhanupriya and team

Group Song

: Ms. Ligin and team

Vote of Thanks

: Ms. Gouri Gayathri G  
(Arts Club Secretary)

National Anthem

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA  
ANNUAL SPORTS MEET

DATE: 22/7/2022

Manager of the Meet :

Dr. Sr. Beenamma Mathew, Principal

Convener

Dr. Sunil Thomas

Judges at Finish

Dr. Alex George, Dr. Sunu Austin

Starting Point

Dr. Sunil Thomas, Sri. Dennis Mathew

Judges for SHOT PUT and SKIPPING

Mr. Jofy J Njavally, Smt. Anita George , Sri. Shaju Mathew, Sri. Rajesh K.C

Judges for DISCUSS THROW and BALL THROW

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Dr. Bindu David, Dr. Gilu G Ettaniyil, Ms. Jaise Jose

Javelin Throw

Dr. T.C. Thankachan

Announcement

Dr. T.M. Mollykkutty, Dr. P.P. Shajimon

Recorder

Dr. Sr. Mary Thomas



ST. THOMAS COLLEGE OF TEACHER EDUCATION, DALA

66<sup>th</sup> College Day Celebration 2023

27/06/2023 – 1.30 p.m

Programme

Prayer

Welcome Speech

: **Dr. T. C. Thankachan**  
(Vice Principal)

Presidential Address

: **Mr. Nibin Babu**  
(Chairperson)

Principal's Report

: **Dr. Sr. Beenamma Mathew**  
(Principal)

College Union Report

: **Ms. Arsha M.S.**  
(Magazine Editor)

Inauguration of College Day : **Msgr. Dr. Joseph Thadathil**  
Celebrations & Message (Manager & Protosyncellus, Eparchy of Palai)

Solo

: **Ms. Emma Maria**

Keynote Address

: **Ms. Thresiamma Mathew**  
(Director, Archana Women's Center, Ettumanoor)

Distribution of Endowments and Prizes

Vote of Thanks

: **Ms. Amrutha P. Anil**  
(Arts Club Secretary)

National Anthem

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA  
NOTICE

Annual College Arts Fest

28.03.2023

This is to inform all the students and faculty members that the Annual College Arts Fest is going to be held at 9.30 a.m. on 30th March 2023 in the college. The fest aims to promote creativity and talent among students.

I request all the students to participate in the event and make it a grand success. I look forward to your enthusiastic participation and support.

Dr. TCT



Dr. Sr. M.T



Dr. L.D



Dr. S.A



Dr. P.A



Dr. S.T



Dr. B.D



Dr. A.G



Mr. J.J.N

  
Principal

St. Thomas College of Teacher Education, Pala

**ESPERANCE**



## College Day & Farewell Meeting, 2019

The Management, Principal, Staff & Students of  
St. Thomas College of Teacher Education, Pala

*Cordially invite you to*

*62<sup>nd</sup> College Day Celebrations &  
Farewell Meeting*

On Saturday, 30<sup>th</sup> March 2019 at 10.00 am

in the College Auditorium

**REV. FR. MATHEW CHANDRANKUNNEL**

*(M.D., Rasbtra Deepika Ltd.)*

will be the chief guest of the day.

You are cordially invited to the function.

*Dr. Sr. Celene Joseph*  
Principal

*Sailas Mathew*  
College Union Chairman

*Dona Kurian*  
College Union General Secretary

### *Programme*

Prayer Song

Welcome

Principal's Report

College Union Report

Presidential Address

Solo

Valedictory Address

Mimicry

Felicitations

Words of Reply

Distributions of Endowments & Prizes

Vote of Thanks

National Anthem





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

# ***SPORTS DAY***

## **2022-2023**

**DATE: 17 to 25,**

**March 2023**

**Dr. Sr. Beenamma Mathew  
(Principal)**

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

**Lijo Jose  
(Sports Club Secretary)**

# **EVENTS**

## **17-March 2023**

50 m Race

100 m Race

200 m Race

1500 m Race

3000 m Walk

Fitness Drive

Javelin Throw

Ball Throw

Skipping

Shot Put

Discuss Throw

Standing Board Jump

## **18-March 2023**

Dumbbell Competition

Sit and Reach Competition

Plank Competition

Sit Up Competition

Ball throw Competition

# **EVENTS**

**24-March 2023**

**Net Ball Shooting Competition**

**Football Shoutout Competition**

**Skipping Competition**

**Basketball Throw Competition**

**Hanging Competition**

**25-March 2023**

**Yoga Competition**

**Dart Board Game Competition**

**Vertical Jumping**

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**Shuttle Run Competition**

**Shot Put Back Throe Competition**

**Chess Competition**

**Carroms Competition**

**Table tennis**