



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

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INTERNAL QUALITY ASSURANCE CELL (IQAC)

ANNUAL REPORT (2022-2023)




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

IQAC PROFILE


IQAC COMMENCEMENT	17 / 03 / 2004
IQAC	<p>The Internal Quality Assurance Cell (IQAC) at St. Thomas College of Teacher Education, Pala, was set on 17 / 03 / 2004 which helps to enhance the quality and standards of education offered by the institution. The IQAC is an integral part of the college's commitment to continuous improvement, and it functions as a facilitator for the institution's academic and administrative excellence.</p>
OBJECTIVES	<p><i>The primary objectives of the IQAC at St. Thomas College of Teacher Education, Pala, are as follows:</i></p> <ul style="list-style-type: none"> ✦ <i>To develop and promote a quality culture amongst all stakeholders of the institution</i> ✦ <i>To ensure the maintenance of academic standards in teaching, research, and extension activities</i> ✦ <i>To facilitate the implementation of best practices in various aspects of the institution's functioning</i> ✦ <i>To foster a learner-centric environment that encourages holistic development and overall well-being</i> ✦ <i>To encourage faculty and staff development and motivate them for continuous improvement</i> ✦ <i>To establish a feedback mechanism to monitor and evaluate various processes and take necessary actions for improvement</i>
STRATEGIES	<p><i>To achieve its objectives, the IQAC follows the following strategies:</i></p> <ul style="list-style-type: none"> ✦ <i>Formulating and implementing quality benchmarks for various academic and administrative activities</i>




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- *Conducting regular meetings and workshops to sensitise faculty, staff, and students about quality enhancement measures*
- *Organising training programs for faculty to enhance their teaching and research capabilities*
- *Monitoring and evaluating academic and administrative processes through periodic internal audits*
- *Collecting feedback from various stakeholders, including students, parents, alumni, and employers, to assess the college's performance*
- *Encouraging research and publication activities among faculty members and students*
- *Collaborating with other institutions and agencies to share best practices and promote mutual learning*




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COMPOSITION OF THE IQAC (2022-2023)

A. CHAIRPERSON

1. Dr. Sr. Beenamma Mathew, Principal

B. SENIOR ADMINISTRATIVE OFFICER

2. Sr. Mini Thomas, Head Accountant

C. TEACHING FACULTY REPRESENTATIVES

3. Dr. T.C. Thankachan, Associate Professor, Vice-Principal
4. Dr. TM Mollykutty, Associate Professor, HoD, M.Ed.
5. Dr. Sr. Mary Thomas, Associate Professor, B.Ed. Dept.
6. Dr. Sunu Austin, Assistant Professor, B.Ed. Dept.
7. Dr. Pratheesh Abraham, Assistant Professor, (Dean Students' Welfare) B.Ed. Dept.

D. MEMBER FROM THE MANAGEMENT

8. Rev. Dr. Jose Kakkallil, Chancellor, Diocese of Palai
9. Prof. Jose P Mattam, Member, Governing Body

E. MEMBER FROM THE LOCAL SOCIETY

10. Smt. Biji Jojo, Municipal Councillor

F. NOMINEE FROM THE STUDENT COMMUNITY

11. Mr. Cyriac Thomas, B.Ed. Student


G. NOMINEES FROM THE INDUSTRY/EMPLOYERS/STAKEHOLDERS/ALUMNI/PTA

12. Sri. Jose Mamparambil, Chairman, Mamparampil Group of Companies, Pala
13. Sri. Sunny Anthony , PTA , Vice-President
14. Rev. Fr. Berchmans Kunnumpuram , Corporate Educational Agency, Diocese of Palai
15. Rev. Fr. Jose Puzhakkara, President, Alumni
16. Sri. Georgekutty Jacob, HM Model School – Representative of Cooperating Schools

H. CO-ORDINATOR OF IQAC

17. Dr. Lavina Dominic, Assistant Professor, B.Ed. Dept.




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Re-accredited at A Grade by NAAC

Affiliated to Mahatma Gandhi University, Kottayam, Kerala, India
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STRATEGIC PLAN OF ACTION AND OUTCOMES (2022-2023)



Strategic Plans

Excellence in academics and other areas



- The college secured cent percent pass for B.Ed. students at the university exam ; including university ranks (2 first ranks 3 third ranks, and 1 eighth rank in various optional subjects at B.Ed. level). The M.Ed. final semester results are awaited.
-
- Several students won prizes at inter-collegiate arts and sports competitions.
-
- The college was selected for the second time in a row for the best innovative idea at the State.
- Level Evaluation of the Young Innovators Programme (YIP)2022, organised by the Kerala Development and Innovation Strategic Council(K-DISC)

Entering MoUs with new institutions



An MoU was signed with St. Ann's College of Teacher Education, Secunderabad on 12-10-2022

Renewal of MoUs



The MoUs that were expiring the year were renewed.

Organise programmes with MoU partners



Faculty and student sharing programme with MoU partners were organised:

- Dr. Bindu David and Dr. Suneethi A.S. (SNM Training College, Moothakunnam) took classes for students of the colleges – 26 May 2023
- Minna Mary Tom (B.Ed. Social Science) and Nair KM Sumalakshmi (B.Ed. Social Science - St. Joseph's College of Teacher Education for Women) were the chief resource persons at the webinar conducted on 'Water Conservation Day' on 30 April 2023.



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→
Securing recognition for research centre and research guideship

- **27/8/2022** – Inspection of Research Centre by University expert team.
- **03/11/2022** -The college was recognised as research centre in education under Mahatma Gandhi university.
- **23 /11/2022** - Inauguration of the research centre.
- **01-03-2023** - Commencement of the Course work of the first batch of Ph.D. aspirants

→
Fostering research culture

Publications of 7 members of the faculty including the College librarian published their Ph.D. theses

→
Augmenting infrastructure using RUSA funds

Construction of the new block is progressing.

→
Extension – community engagement – sensitising to social needs – extending a venue for community programmes

The college has been a venue and also offered its expertise and facilities for several community-based programmes.

18 June 2022 -Venue for SCERT Kerala project workshop – faculty were among the chief resource persons.

10 -10 -2022 – A programme on youth- Interaction with youth – was conducted by the Good News Channel Programme.

26-07-2022 - Inauguration of **Samagra Sakshara Pala Project** – A Govt. of Kerala Project– Presided over by the Minister of Education, Kerala State.

13/08/2022

Beautiful Minds

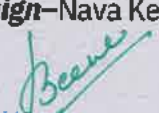
An Innovative Programme for School Students Conducted was by the Civil Service Institute, Pala in collaboration with Pala Corporate Educational Agency and St. Thomas College of Teacher Education.

29/09/2022

Mega Blood Donation Camp in collaboration with local Marygiri Hospital, Bharnanganam, Pala Blood Forum, Red Ribbon Club, Health Club.

06/10/2022

Inauguration of Anti-drug campaign–Nava Kerala Munettam


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18, 21 and 27 October 2022

- Vimukthi Club community related programmes – ***Bodh Purnima – Anti Drug Karma Sena***

29/10/2022

-Workshop on preparation of teaching Aids – Resource persons included Alumni of the college who are Faculty of Alphonso High School, Wakkakad

10/11/ 2022

One-Day Research Colloquium in collaboration with Association of International Researchers of Indian Origin (AIRIO)

1 December 2022 – Penalty Shoot Out – Awareness of AIDS and Antidrug campaign

–Vimukthi , Sports,Red Ribbon Club , St. Thomas HSS School

Programmes under the auspices of NSS

Observation of Human Rights Day on 10 December2022 in the local town square

13 December 2022,

- '**Orange the World Campaign** ' – 'Theme- Elimination of all kinds of violence against women and children - Women and Child Development Department hosted by the Women's Cell and NSS

20 December 2022 – Youth Empowerment

Programme , Seminar conducted by the Lions Club International on Teachers as Career Guides, in association with NSS, Alumni units of the college

18/01/2023 – National Youth Day Celebration

–Resource person – Talk by Medical Officer from local hospital

4/2/2023

– Alumni Association – All Kerala Speech Competition

9 March 2023

– Women's Day Celebrations – '**BAKE A CAKE**' - Women 's Cell of the college and Department of B. Voc. Food Processing Technology , St. Thomas College , Pala.

23 March 2023

– Seminar on Food Safety – Responsibility of Common Man, Resource person - Food Safety Officer , KCFS Kerala Commissionerate of Food Safety, by NSS and Health Club

25 March 2023

- World Water Day –Observation – Cleaning of banks of local Meenachil river.... Meenachil River Conservation Campaign, NSS, Health Club and Pala Municipality



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06/05/2023 - Day 1

Jagratha – 2023 -National Webinar Series (Community Awareness Programme for Rural Women Empowerment)

A joint initiative - Archana Women's Centre, Ettumanoor and the college -

27 /05/2023 - Day 2

Jagratha – 2023 -National Webinar Series (Community Awareness Programme for Rural Women Empowerment)

A joint initiative-Archana Women's Centre, Ettumanoor and the college

The college offered financial help to Maria Sadan – A home for the homeless – A rehabilitation centre for psychiatric patients

Initiation of NSS unit in the college

→ The Aided NSS Unit of the college was inaugurated on 02 December 2022


Preparing prospective teachers for clearing teacher eligibility tests

→ Conducted online coaching for NET, KTET

Harnessing the resources of the Alumni

→ The alumni expertise was utilized for organizing coaching classes for prospective teachers clear teacher eligibility tests

- 12 September to 26 September 2022 UGC NET Online Coaching by faculty
- 17 September to 15 October 2022 – KTET online coaching (Alumni and faculty resource persons)


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Report of IQAC Quality Initiatives 2022-2023





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REPORT OF YOUNG INNOVATORS PROGRAMME (2021-2023)

The Young Innovators Programme, a specialized initiative by the Kerala Development and Innovative Strategic Council (K-DISC), endeavors to empower budding innovators to devise novel products, services, or models that address evolving societal demands, unmet needs, or current market gaps through innovative challenges. The college actively promotes student engagement in this program, encouraging them to showcase inventive concepts. The students of 2021- 2023 batch under the guidance of Dr. Alex George initiated innovative ideas. The team consisted of 10 groups with 4 or 5 members. The poster of 10 groups are given below and each team presented 10 innovative ideas.

POSTER OF TEN TEAMS (2021-2023 Batch)





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INNOVATIVE IDEAS GIVEN BY (2021-2023 Batch)

1. An air-tight stainless steel incinerator designed for plastic waste disposal
2. A dual-purpose solution for tourists: a hearth for cooking with a metallic tray equipped with thermoelectric plates to generate electricity, connected to a voltage regulator for safe charging of mobile phones
3. Introducing fingerprint machines in banking systems
4. "Daily Assessment Learning" is an app that allows students to upload assignments and connect with local subject experts for mentorship.
5. The proposed idea integrates public and private ambulances into a single app, allowing users to quickly and efficiently access emergency services by consolidating ambulance data and linking facilities to hospitals.
6. To establish ladies-friendly toilets in public transport, a compact toilet and wash area similar to those found in airplanes and trains can be installed at the end of the bus, requiring adjustments to seating and height while ensuring proper waste disposal.
7. The proposed idea aims to manage food waste from hotels by developing an app that connects farmers with hotels, enabling the scheduling of pickups for food waste conversion into compost and bio-gas, thereby reducing waste and benefiting the agricultural sector.
8. A self-scanning system enables shoppers to scan items into their virtual cart using a smartphone app, pay at the end, and exit the store quickly, providing a more convenient and efficient shopping experience while reducing checkout lines
9. The proposed platform aims to enhance farmers' entrepreneurial skills by providing an online and offline platform for selling various products across three zonal levels, connecting farmers with local beneficiaries, regular customers, and large-scale markets, thereby maintaining their identity and increasing entrepreneurial opportunities. T
10. The proposed electronic book features interactive elements, including audio, visuals, and writing capabilities, to provide an immersive and engaging learning experience for users.

These innovative ideas of ten teams were presented in the district level and from them two teams were selected to the state level competition. Each team got a cash award of Rs 25000 and each member of the team received Rs 5000. These two teams




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TWO TEAMS SELECTED FOR STATE LEVEL COMPETITION

YOUNG INNOVATORS PROGRAM 2021
ORGANIZED BY
KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL
IDEATORS SELECTED FOR STATE LEVEL COMPETITION



Ms. Josna Jose
Team Leader



Mr. Sanchu Jose
Secretary



Sr. Elizabeth T.S
Team member



Ms. Jila Tresa George
Team Member



Mr. Tom Joseph
Team Member



Dr. Sr. Beenamma Mathew
Principal



Mr. Dipin V S
District Program Executive -K-DISC



Dr. Alex George
Teacher in charge -YIP

₹25,000 + CERTIFICATE
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YOUNG INNOVATORS PROGRAM 2021
ORGANIZED BY
KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL
IDEATORS SELECTED FOR STATE LEVEL COMPETITION



Ms. Shilpa Elizabeth Joychen
Team Leader



Ms. Alina Ann Roy
Secretary



Sr. Sonya Dominic
Team member



Ms. Mini Mathews
Team Member



Ms. Anns Thomas
Team Member



Dr. Sr. Beenamma Mathew
Principal



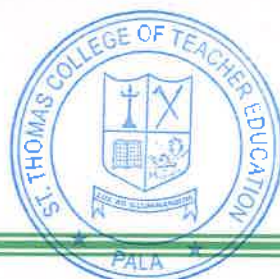
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District Program Executive -K-DISC




Dr. Alex George
Teacher in charge -YIP

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STATE-LEVEL INNOVATIVE MEET CASH AWARD



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REPORT OF YOUNG INNOVATORS PROGRAMME (2022-2024)

Young Innovators Programme is a specially designed programme under Kerala Development and Innovative Strategic Council (K-DISC). The programme aims to empower future innovators to innovate new products, services, or models to meet emerging requirement, unarticulated needs, or existing market needs of the society more effectively through an innovative challenge. The college encouraged students to participate in this programme and present novel ideas. The first year B.Ed. students of this college had an opportunity to participate in YIP 5.0 and ten teams registered in the district level.

OUR PRIDE

YOUNG INNOVATORS PROGRAMME 5.0.

Organized by
KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL

IDEATORS SELECTED FOR DISTRICT LEVEL COMPETITION


CONGRATULATIONS



MERIYA VERONICA SAM
Commerce Education (L)



ANAND K. S.
Natural Science Education



ALPHONSA MATHEW
Mathematics Education



ANNU ABRAHAM
Social Science Education



RESHMI K. R.
English Education







Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program Coordinator, K-DISC




Dr. Alex George
Teacher in charge, YIP



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RESEARCH CENTRE INAUGURATION

St. Thomas College of Teacher Education, Pala, achieved a significant milestone by securing recognition as a Research Center in Education under Mahatma Gandhi University on November 3, 2022. All the faculty and students of B.Ed. and M.Ed. witnessed the event. The Research Center was formally inaugurated on November 23, 2022, following a rigorous inspection by a university expert team on August 27, 2022. The college successfully initiated the coursework for its first batch of Ph.D. aspirants on March 1, 2023, marking a pivotal step towards fostering a robust research culture. To further enrich the academic environment, seven faculty members, including the College Librarian, successfully completed their Ph.D. theses, which were unveiled at the Research Center's inauguration ceremony.



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SCERT- RESEARCH CONSULTANCY SERVICE

St. Thomas College of Teacher Education, Pala, has been actively engaged in research consultancy services. Demonstrating its expertise, the college hosted a 'Tool Preparation Workshop' on June 18, 2022, for an SCERT-sponsored Kerala project focused on developing aesthetics-based theatrical instructional packages. 4 teachers were included in the program. The workshop featured the resource persons, Dheeraj Augustine (HST), St Agnes H.S. Muttuchira and Rajeev Joseph (HST), St Thomas H.S. Erumely, showcasing the college's commitment to providing valuable consultancy and support for educational research initiatives.



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YOUTH INTERACTION PROGRAM-Yuva Swaram

A Youth Interaction Program was successfully conducted by the Good News Channel at St Thomas College of Teacher Education, Pala, under the coordination of Rev. Fr. Joseph Alencheril and two teachers in charge. The program, held on 10/10/2022 brought together a vibrant gathering of 50 students, who enthusiastically participated in interactive sessions, discussions, and activities. With a focus on empowering young minds, the program covered topics such as leadership, self-awareness, and spiritual growth, resonating deeply with the students. As the program concluded, students expressed their gratitude for the opportunity to be part of this life-enriching experience, leaving with cherished memories and valuable takeaways to apply in their personal and professional lives.



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SAMAGRA SAKSHARA PALA PROJECT

On July 26, 2022, the college hosted the official launch of the Kerala Government's Samagra Sakshara Pala project. The event was graced by the presence of the Kerala State Minister of Education, who presided over the inauguration. In this event, the decision to revise and reprint the Malayalam alphabet in SCERT language textbook was officially declared by the Honourable Education Minister V Shivankutty.

As a significant contributor to the project, the college actively participated through student involvement in internship and extension programs like Nirakoot, demonstrating its commitment to the initiative's goals. The faculty and students of B.Ed and M.Ed participated in the program along with headmasters and principals from schools under education corporate agency of diocese of Pala. There were 16 teachers and 110 students as participants. The D.E.O and A.E.Os of Kottayam District were also present. The college supported the Mathrubhasha Poshaka Sannadha Samithi in their research to enhance the learning of the mother tongue by painting Malayalam alphabets on the walls of their research schools.



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BEAUTIFUL MINDS

St. Thomas College of Teacher Education, Pala and Civil Service Institute of Pala jointly organized a programme called 'Beautiful Minds'. The class was organized based on the theme of 'Motivation and Mentoring: Exploring Special Talents and Capabilities'. College Principal Dr. Sr. Beenamma Mathew, Dr. T.C. Thankachan (Vice-Principal), Dr. Alex George (Programme co-ordinator), Dr. V. V. Georgekutty (Principal of Civil Service Institute of Pala) and Dr. Baby Thomas (Vice-Principal of Civil Service Institute of Pala) were present in the meeting. The N.S.S. volunteers mentored and motivated the students. 48 teacher trainees actively involved in Capability Building and Skill Enhancement Initiative of St. Thomas College of Teacher Education, Pala.



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ANTI DRUGS

Vimukthi is an anti-narcotics campaign launched by the Government of Kerala to highlight the seriousness of the Alcohol/drug/substance abuse situation and to create awareness among the people, especially the youth of our society. It is a collective effort aims at educating all sorts of narcotic substances from Kerala. Vimukthi club was inaugurated in our college on 6 October 2022. The main goal of the Vimukthi club of our college is to prevent students from using illicit drugs by enhancing their awareness and understanding of the harmful social and health effect of illicit drug use. All the 48 students are members of the club. Addiction free Campus is the aim of this campaign drive .

- On October 18, 2022, an exhibition against drug addiction was held in the college auditorium.
- Vimukthi club organized various competitions on 21 October 2022 under the name of 'BODHAPOORNIMA' based on the theme of "NO TO DRUGS".
- In connection with Anti-drug campaign on November 1, 2022, an anti-drug rally was held from college to Pala, Kottaramattam bus stand and a flash mob was presented to promote anti-drug message.
- Vimukthi club and health club jointly conducted a 'Penalty shootout' on 1 December 12, 2022.
- The club also monitors the entire campus to make sure its mission is executed in the right way. The students of the college distributed anti drug message to 1000 houses as part of the anti -drug campaign.


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ANTI DRUGS



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ESTABLISHED IN 1971, PALA, KERALA, INDIA
 An Affiliated to St. Thomas College
 UNIVERSITY OF THE SACRAMENT, THIRUVANANTHURAM
 KERALA STATE UNIVERSITY, THIRUVANANTHURAM

വിമുക്തി

NO TO DRUGS



ലഹരിക്കെതിരെ
നവകേരള മുന്നേറ്റം
കോളേജ് തല ഉദ്ഘാടനം

2022 ഓഗസ്റ്റ് 18-ന് 10:30-ന് കോളേജ് അമ്പലത്തറയിൽ



Rev. Fr. Joseph Mathew, S.J.
Principal



Mrs. Beena Mathew
Vice-Principal



Mr. M. S. Mathew
In-charge

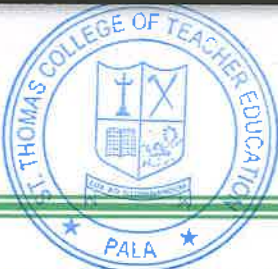


Mr. M. S. Mathew
In-charge

മേൽ പറഞ്ഞവരുടെ പ്രവേശനം
 ഇടം കിടപ്പ് ലഭിക്കാൻ തയ്യാറായവർക്ക് മാത്രം

ഉണക്ക, ഉരുക്ക, ലഹരിക്കെതിരെ....

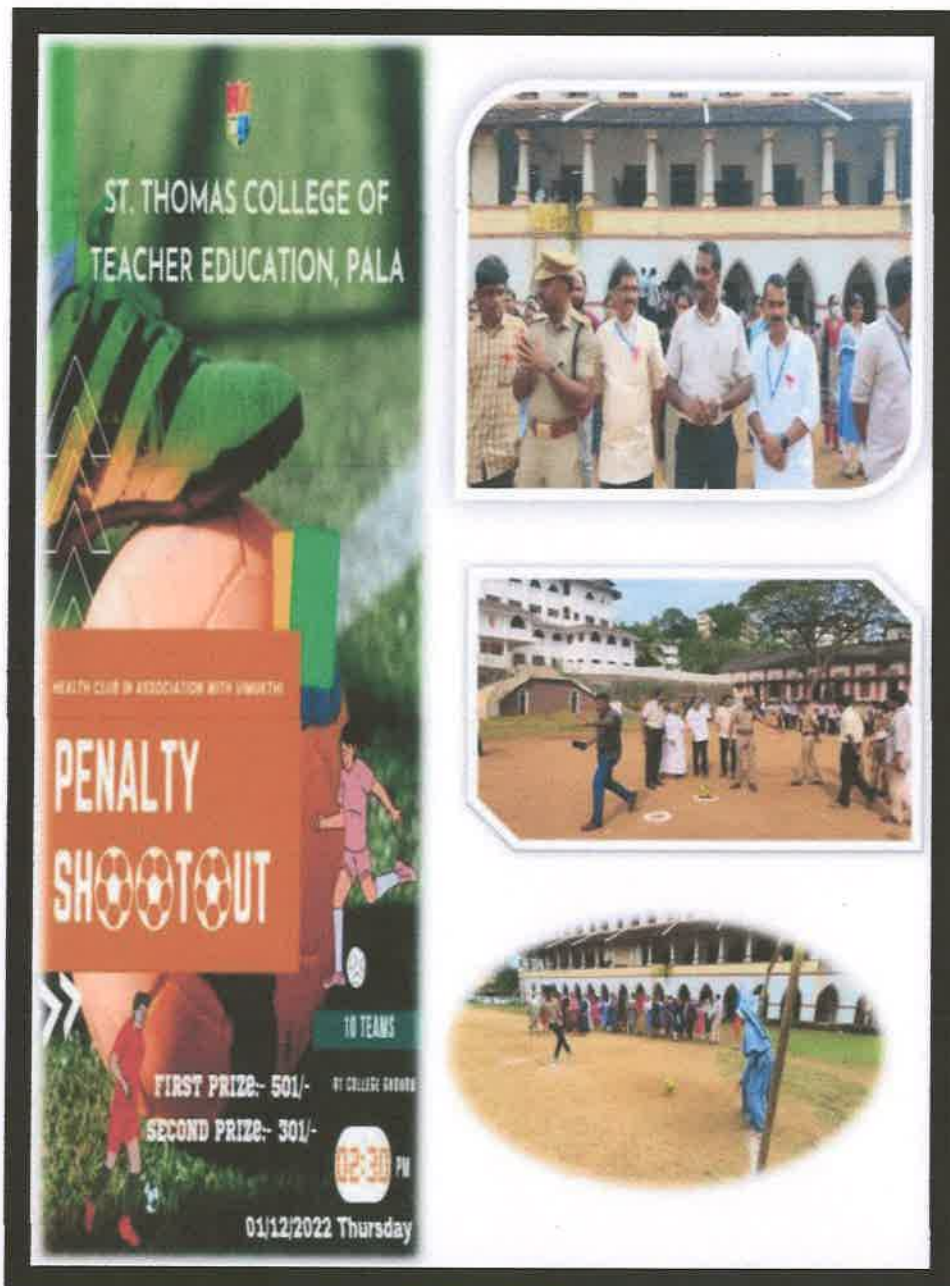
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PENALTY SHOOTOUT COMPETITION

A Penalty Shootout competition was organized jointly by the Sports and Physical Education Club and Vimukti Club on December 1, 2022, at 2:30 p.m., at St. Thomas HSS ground as part of their anti-drug campaign. The event was inaugurated by college principal Dr. Sr. Beenamma Mathew, and Pala Excise Department Circle Inspector Shri. Krishna Kumar kickstarted the competition. Divided into eight teams, Forty eight students and 4 teachers participated in the event., enthusiastically participated, with the fourth team led by Nithin C. T. of Natural Science emerging victorious.



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IDEATORS SELECTED FOR DISTRICT LEVEL COMPETITION



ATHIRA MOHAN
Natural Science Education (L)



FATHIMA SALIM
Physical Science Education



LOO JOSE
Social Science Education



AINA JOSEPH
Commerce Education



RIYA PRESA ROYCE
Mathematics Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program Coordinator, K-DISC



Dr. Alex George
Teacher in charge, YIP



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MERRIN ANN PHILIP
Commerce Education (L)



LINTA JOSEPH
Mathematics Education



ANNU PAULIN JOSEPH
Social Science Education



JEFFIN JOSE JAMES
Physical Science Education



AJMEYA SULIMAN
Natural Science Education



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DENNA JOSE
Physical Science Education (L)



CATHERINE JOSE
Mathematics Education



ANCYMOL JOY
English Education



DEVIKA R
Commerce Education



NEETHIN C T
Natural Science Education



Dr. (Sr.) Beenamma Mathew
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SANDEEP KUMAR V
Mathematics Education (L)



AMRUTHA PANIL
English Education



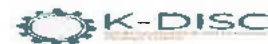
PEARL ANNIE SEN
Social Science Education



TESSY KURIAN
Physical Science Education



DIVYA THANKACHAN
Natural Science Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program Coordinator, K-DISC



Dr. Alex George
Teacher in charge, YIP



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA



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MO-AP RCO

YOUNG INNOVATORS PROGRAMME 5.0.

Organized by
KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL

IDEATORS SELECTED FOR DISTRICT LEVEL COMPETITION

CONGRATULATIONS



ALEENA ELIZABETH ALEX
Physical Science Education (L)



ADHILA SUNEER
Social Science Education



NAYANA RAMU
English Education



EMMA MARIA JOSEPH
English Education



SNEHA JOSE
English Education



Dr. (Sr.) Beenamma Mathew
Principal



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District Program Coordinator, K-DISC



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IDEATORS SELECTED FOR DISTRICT LEVEL COMPETITION

CONGRATULATIONS



VINDUJA V
Social Science Education (L)



SIVANI SAJI S
English Education



ELIZABETH GYRIAC
Commerce Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program Coordinator, K-DISC



Dr. Alex George
Teacher in charge, YIP



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IDEAS SUBMITTED BY OUR STUDENTS (2022-2024 Batch)

Ide a id	Team members	Innovative Ideas given by our students
23222	Meriya Veronica Sam Anand K S Annu Abraham Alphonsa Mathew Reshmi K R	<p>YoCoon Protective Gear: Our product is a chargeable protective gear (looks like a belt around the body) that inflates during an accident. The protective gear also includes a camera connected to cloud storage-memory card, vital sensor (heartrate, respiratory rate, body temperature), connectivity (hospitals, loved ones), location tracking with trigger based system that activates when a disturbance in vital detector or collision sensor.</p> <p>FEATURES</p> <p>YoCoon App - For registration</p> <p>Message & Calling Option - Hospitals, Loved Ones can reach to them ASAP</p> <p>Location Tracker</p> <p>Camera (Cloud storage, memory card)</p> <p>Vitals- Heart rate, Respiratory rate, Body temperature</p> <p>Waterproof material</p>
23142	Athira Mohan Fatima Salim Ajina Joseph Riya Treesa Royce Lijo Jose	<p>This idea is to develop a software for the market field. when we need to buy several items from the shop, we can use the software and select the required items with the token number. So that the item lists are recieved by the shopkeeper through software, and he packs the items required for us within the short time. We can collect our items from the shop using this token numbers. This saves our time and it is also easy for the retailer.</p>
22758	Merrin Ann Philip Sr. Linta Joseph Jeffin Jose James Ajmeya Suliman Annu Paulin Joseph	<p>In Kerala, there is only 'step' facilities in both public & private buses. So the elderly people find it difficult to onboard these buses. Here arise the need for a 'slope & hand rail' facility in the bus along with the steps similar to those in hospitals, schools, colleges, religious places etc .So that the conveyance will be more easier & cheaper for the elderly people.</p>




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22714	Sandeep Kumar V Amrutha P Anil Sr. Tessa Kurian Divya Thankachan Pearl Annie Sen	AdaptiveVision: intelligent headlights for safer night-time driving experience. Our idea, AdaptiveVision, is an innovative solution to the problem of failure to dim headlights at night. AdaptiveVision utilizes advanced sensor and adaptive technology to automatically adjust headlight brightness based on real-time conditions. This intelligent system enhances visibility for the driver while minimizing glare for other road users, ensuring safer nighttime driving.
22832	Denna Jose Nithin CT Catherine Jose Ancymol Joy Devika R	The idea we submit is about safety alarms in neighbourhoods. Setting up an alarm with sounds that connects directly to the nearby police station with the attached camera. The camera helps the authorities to reach the person in need directly. The alarm will only stop beeping when the authorities have noticed. This will also be helpful for disabled people who find difficulty in contacting others in need of help. By the sound of alarm local people can also reach the place before authorities which will be very beneficial for the one in need.
22605	Aleena Elizabeth Alex Adhila Emma Maria Joseph Nayana Babu Sneha Jose	An app to sell all products produced by farmers across Kerala the customer gets an opportunity to select the products based on lock locality and their specification.
23841	Vinduja V Sivani sai Elizabeth Cyriac	Manufacturing plates and bottles for events using coconut shell and leftover tender coconut materials. By utilizing this natural resources we can provide functions with moral sustainable and environmentally friendly alternatives
23579	Arsha MS Sethulakshmi TK Lidwin Maria George	Major part of women and girls are facing fear on the usage of menstrual Cup even though it is comfortable so our idea is to make another measure other than menstrual couple Cup with which can be used without fear also children may be allergic to sanitary pads and at the same time they are afraid of using menstrual cup in that case this idea could make up this problem



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23599	Alan Maria Benny Anitta Thomas Ginse jose Sradha Maria Babu	The elderly people need special attention and psychological support with the help of college students teams can be formed to attend their needs they can be given training and their service can be counted as their experience in the field it can be made as their part time job.
25194	Liya Mathew Sreeshma Das Arsha MS Ans Maria Tomy Lidwin Maria George	Diapers are commonly used by elderly and children never days Technical Advancement had has led people to adopt disposable diapers even though it is user friendly and hygienic it produce the secured amount of environment based it might take years to decompose the majority of people depend on bearing as a method of disposal. So the development of a device that helps in the proper disposal helps in many ways.
22840	Sona Alex Linta Eldos Nibin Babu Alby Amalu k alias	As we know most of the people are using private or KSRTC bus for their transportation but many issues like robbery sexual harassment etc are increasing in such a situation many of them become panic in such situation if there is any electronics systems like basor which anyone can access will be helpful and this must be directed to nearby station and this they can access by location and they can paste the spot easily

Among the ideas generated above, 7 ideas were selected for the district level competition. The team id are; 23142, 22714, 22832, 23841, 22758, 22605 and 23222.




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FACULTY EXCHANGE PROGRAMME WITH MOU PARTNER

St. Thomas College of Teacher Education, Pala, conducted a faculty sharing program on May 26, 2023, in collaboration with its MoU partner, SNM Training College, Moothakunnam. Dr. Bindu David of St. Thomas College of Teacher Education, Pala and Dr. Suneethi A.S. from SNM Training College imparted their expertise to their 8 optional subject students, providing valuable insights and enhancing the academic environment. The program was instrumental in fostering academic collaboration and enriching the overall learning experience for the students.

**SNM TRAINING COLLEGE
MOOTHAKUNNAM**
Emakulam (Dt.), Kerala
Re-accredited at second cycle by NAAC
Affiliated to Mahatma Gandhi University, Kottayam
Phone: 0484-2482084, 0484-2462115
Email: snmtrainingcollegemkn@gmail.com





**ST. THOMAS COLLEGE OF
TEACHER EDUCATION, PALA**
Kottayam (Dt.), Kerala
Re-accredited at A Grade by NAAC
Affiliated to Mahatma Gandhi University, Kottayam
Phone: +91 4822 216537
Email: stcpala@gmail.com




FACULTY EXCHANGE PROGRAMME

**DIAGNOSTIC TEST AND
REMEDIAL TEACHING**
26/05/2023 @ 10:00 am



Dr. Bindu David
Assistant Professor
St. Thomas College of
Teacher Education, Pala




Dr. Suneethi A. S.
Assistant Professor
SNM Training College,
Moothakunnam

Dr. Susmitha P. S.
Principal in Charge
SNM Training College,
Moothakunnam

Dr. Sr. Beenamma Mathew
Principal
St. Thomas College of Teacher
Education, Pala




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STUDENT EXCHANGE PROGRAMME WITH MoU PARTNER

As part of the Azadi Ka Amrit Mahotsav celebrations, a webinar on Water Conservation Day was organized on April 30, 2023. Minna Mary Tom (B.Ed. Social Science) and Nair KM Sumalakshmi (B.Ed. Social Science, St. Joseph's College of Teacher Education for Women) served as the chief resource persons for the webinar, sharing their expertise and knowledge on the critical issue of water conservation for their 8 optional subject peers.

PAPER PRESENTERS

NAIR K.M SUMALAKSHMI



MINNA MARY TOM



WATER CONSERVATION DAY

As part of Azadi Ka Amrit Mahotsav



ORGANIZED BY




St. Joseph College of Teacher Education for women, Ernakulam



St. Thomas College of Teacher Education, Pala

Online Webinar
Due Date- 30th April 2023
Due Time- 2:00-3:00pm





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ACADEMIC ACHIEVEMENT – RANK POSITIONS

St. Thomas College of Teacher Education, Pala, demonstrated its academic excellence with outstanding performance in the B.Ed. examinations. The college achieved remarkable success with multiple rank holders. Jilu Tresa George secured the first rank in Mathematics Education, while Dinta Baby topped the Commerce Education stream. Hannah Elizabeth Joy, Alina Ann Joy and Adithya Shaji secured the third rank in Physical Science, Commerce Education and Natural Science Education respectively. Josna Jose achieved the eighth rank in Physical Science. These exceptional achievements underscore the college's commitment to quality education and student success.




Prof. Dr. BEEMAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
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ANTI-DRUG EXHIBITION

An anti-drug exhibition was successfully conducted in the college auditorium on January 18, 2023, from 9 AM to 1 PM. Jointly organized by the NSS and Red Ribbon Club, the event aimed to motivate youth for carrying out activities for creating awareness about HIV and Drug Abuse related issues. Dr. Krishnadas K V graced the occasion with his insightful address. The exhibition showcased various informative displays, posters, and interactive sessions, highlighting the physical, mental, and social consequences of drug addiction. Students actively participated, demonstrating keen interest in understanding the issue. There were 48 students. The event served as a platform to educate and inspire the youth to make informed choices and lead a drug-free life.



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UGC NET, SET, K-TET COACHING

The Alumni Association organised online coaching classes for SET and K-TET. The sessions provided a 15 days intensive training from 12 to 26 September, 195 aspirants from different parts of Kerala including 65 students of the college participated in this coaching class. 10 teachers also participated as resource persons. From the coaching classes, Rs 12000 was contributed to the college for the purchase of library books.



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MEGA BLOOD DONATION CAMP

St. Thomas College of Teacher Education, Pala conducted a mega blood donation camp and awareness class on 29/09/2022. Msgr. Joseph Thadathil, Principal Dr. Sr. Beenamma Mathew and Sri. Shibu Thekkemattom, General Governor, Pala Blood Forum were present.. The programme was organised by a collaborative effort of college Health club, RRC unit, Lions club, College NSS unit, Pala Blood Forum and Kerala Aids Control Society. All the 16 teachers and 48 students including 8 student blood donors participated in the event.



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WORKSHOP ON PREPARATION OF TEACHING AIDS

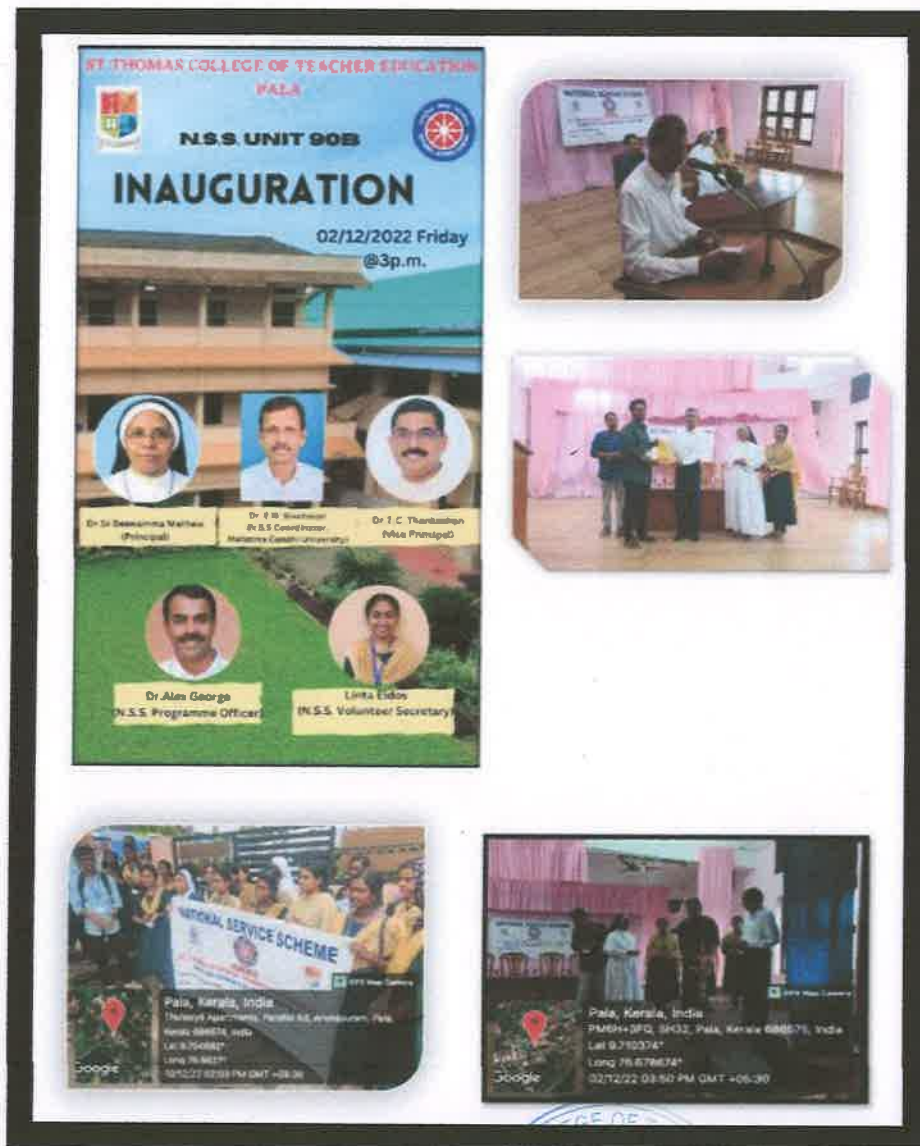
A one-day workshop on improvised teaching aids was conducted on 29th October 2022 at St Thomas College of Teacher Education Pala. A team of teachers from St. Alphonsa High School, Vakakkadu, led the workshop. The team members were Mr Alan Manuel Aloysius, Mr Joseph KV, Mr Manu K, Ms Juby Sebastian, and Ms Neetu K Joseph. Through the workshop, the teacher trainees prepared several improvised teaching aids for their optional subjects. The class was enlightening and useful and provided novel ideas and insights. 6 optional subject teachers and 48 students participated in the workshop.



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NSS UNIT INAUGURATION

An aided unit of NSS(90B) was inaugurated on 2nd December 2022 in St. Thomas College of Teacher Education Pala. The inauguration programme was presided by college Principal Prof. Dr. Sr. Beenamma Mathew and inaugurated by Dr. E N Sivadasan, NSS Programme Coordinator, Mahatma Gandhi University. In connection with the new NSS unit in the college a core group was elected under the leadership of college NSS Programme Officer, Dr. Alex George. Linta Eldos was selected as the NSS volunteer secretary. Meriya Veronica Sam, Denna Jose, Reshmi K.R, Anand K.S, and Vinduja V were selected as the joint secretaries of the unit. Amrutha P Anil, Athira Mohan and Sandeep Kumar V were selected as helping members of this unit. The inaugural function ended by an inspiring speech by Dr. E N Sivadasan. All the 16 teachers and 48 students participated in the programme.



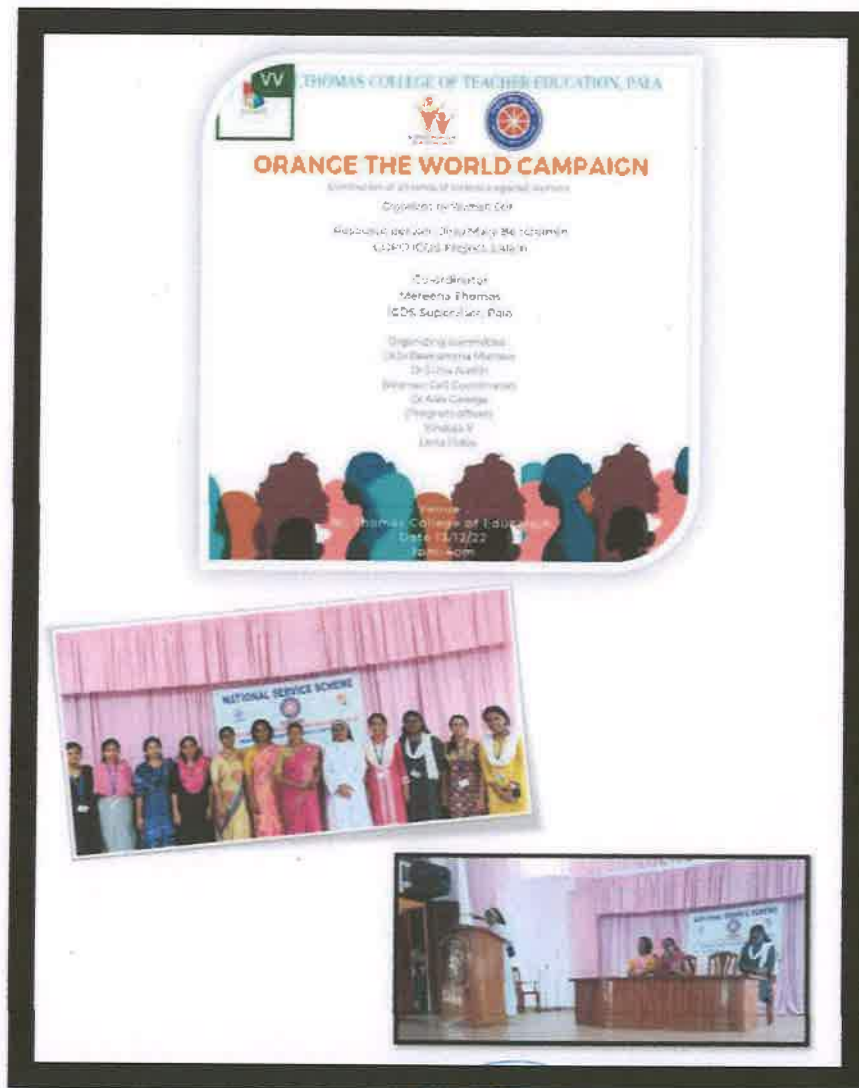
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ORANGE THE WORLD CAMPAIGN

Women's club and NSS unit of St Thomas College of Teacher Education Pala in collaboration with ICDS Lalam and WDC Anthinadu, organized a program under the title Orange the World Campaign. The event aimed at eliminating all kinds of violence against women. The event was conducted on 13/12/2022 at 3:00 p.m. in the college auditorium. Mrs. Jinu Mary Benjamin CDPO, ICDS Lalam was the resource person. She explained in detail the legal safeguards on atrocities against women and various government programs to promote women safety and welfare. It was followed by an interactive session in which the doubts of students were satisfactorily cleared by Mrs. Jinu Mary Benjamin. Mrs. Marina Thomas, ICDS Supervisor, Pala also addressed the gathering. The event came to an end at 4 o'clock in the evening. It was very interesting and fruitful session. 5 teachers and 48 students participated in this event.



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YOUTH EMPOWERMENT PROGRAM

An awareness class was conducted on 20/12/2022 as part of Youth Empowerment Programme of Lions Club International District 318 B in association with Lions Club of Pala Metro, N.S.S. Unit 90B. In the session the message shared was as a Positive change in today's society can be achieved through empowering and engaging the youths in the society and the importance of NSS volunteers in the empowerment was also discussed in detail. 48 students and 2 teachers participated in this event.




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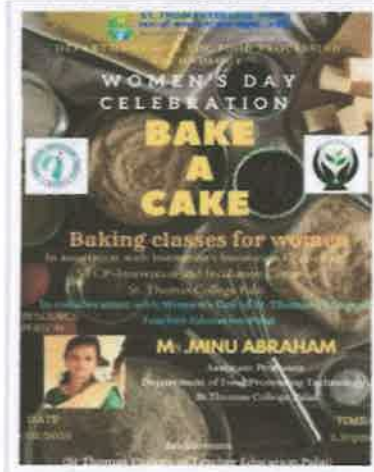
WOMEN'S CELL

The women cell of St Thomas College of Teacher Education Pala, organised a personality contest on 14/11/22 at 3 p.m. in the college auditorium. The contest was general neutral and was open to all students. 20 students participated in the contest. There were three rounds. First round had 20 participants while second and third had 10 and 5. Each of the questions asked intended to test the personality of the contestant, general knowledge, problem solving ability etc. Beginners to each round were selected using entire poll by teachers and students. Social Science Education bagged first price. Miss Annu Abraham of Social Science Education won the first price and Mr Nibin Babu, Social Science Education came second. Winners were given prizes by College Principal Dr Sr Beenamma Mathew. All students of B.Ed programme participated in the event.

St Thomas College of Teacher Education Pala and B.Voc. Food Processing and Technology Department of St Thomas College Pala collaboratively organised the program named Bake a Cake at college auditorium on March 9, 2023. The session was led by M.S. Minnu Abraham, Assistant Professor, St Thomas College Pala. . All students of B.Ed programme participated in the event. The Department Head, 3 faculties and 33 students of St Thomas College also joined the event. The program began by 1:30 pm at the college auditorium. Miss Elizabeth Paul, Physical Science Education delivered the welcome speech. Mr. Jayaprasad, Course Coordinator felicitated the gathering and the first session was handled by Miss Meenu Abraham explaining the relevance of food processing. The practical session was handled by the students of food processing technology explaining the process of baking cake and muffins. The session was informative. 48 students and 4 teachers took part in the event.




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SPARSHAM PHASE II

St. Thomas College of Teacher Education, Pala, N.S.S. Unit 90B, organised a comprehensive programme for Student's Enrichment- Emotional, Social and Academics, arranged as 2 phases the first phase was on May 1- June 30, 2021. SPARSHAM Loving touch to rejuvenate the buds was an initiative to interact with specially trained volunteers and revitalise life after COVID 19 pandemic. In the first phase 1250 children got opportunity to interact with educationalists, daily for free of cost from 8 a.m. to 8 p.m.

The 2nd phase started from 1st January 2023 to 31st December 2028, the programme was inaugurated by H. E. Mar Joseph Kallarangatt (Patron of the College). Adopted St. Thomas Higher Secondary School, Pala and to give academic and learning support to the children.



**ST. THOMAS COLLEGE OF
TEACHER EDUCATION, PALA**
KOTTAYAM, KERALA, 686575

A comprehensive programme for students'
Enrichment- Emotional, Social and
Academic

'Sparsham Project'- Phase II
(1.1.2023-31.12. 2028)

Name of the Adopted School **St. Thomas H.S.S. Pala**
Leadership **N.S.S. Unit.90 B**



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Academic Support (Free Tuition) for Slow Learners and Underachievers of
 Students of St. Thomas H.S.S. Students in English, Malayalam, Mathematics
 (Basics) (Std. V-IX)
 (3.45 p.m. - 4.30 p.m.)



Std. V



Std. VI



കേരള സർക്കാർ
 വിദ്യാഭ്യാസ വകുപ്പ്
 തിരുവനന്തപുരം



11



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HEALTH CLUB

NSS Unit 90B and Health Club of St Thomas College of Teacher Education Pala, in association with KCFS jointly organised a seminar on 'Food Safety Responsibility of Common Man'. The seminar was conducted on 23rd March 2023 in the college auditorium at 2:30 p.m. Five teachers and 48 students participated in this event. The program was inaugurated by Principal, Dr. Sr. Bennamma Mathew. All the teachers and students participated in the program.




Bennamma
Prof. Dr. BENNAMMA MATHIEW
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WORLD WATER DAY OBSERVANCE

As part of World Water Day (22nd March), NSS unit 90 B of St Thomas College of Teacher Education Pala and Pala municipality jointly organized Meenachil River Conservation Campaign on 25th March 2023 near Ponkunnam Bridge. The program was inaugurated by Smt. Josin Bino, Municipal Chair Person. The river was cleaned by the NSS volunteers a part of the river conservation campaign. Two teachers and 48 students participated in this event.




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JAGRATHA

National webinar series and Community awareness program “Jagratha - 2023” is a joint initiative by St. Thomas College of Teacher Education Pala and Archana Women’s Centre, Ettumanoor. It was inaugurated on 29 th April 2023 by Ms.Nisha Joshy, Senior Civil Police officer, Ettumanoor in the presence of Dr. Sr. Beenamma Mathew (Principal, STCTE, Pala) and Ms. Thresiyamma Mathew (Director,AWC). The program focuses on developing an empowered community of women in every dimension. After the inaugural ceremony six classes were conducted by dignitaries on varying subjects. Google platform was used for conducting the seminars. for one hour from 11 am to 12 pm of those days. The first two classes were conducted on 6 th May 2023 by Ms. Geetha John on the topic Changing Role of Women in Society and on 25th May 2023 by Dr. Shiny Anthony Rauf on the topic Health and Women, respectively. The program is intended for all the students and is still continuing through the next academic year.

NATIONAL WEBINAR SERIES
JAGRATHA-2023
 (Community Awareness Programme for Rural Women Empowerment)
 A Joint Initiative of
ARCHANA WOMEN'S CENTRE , ETTUMANOOR
 &
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Inauguration
 Ms. Nisha Joshy
 Senior Civil Police Officer, Ettumanoor

Conveners
 Ms. Thresiyamma Mathew
 Director, AWC
 Dr. Sr. Beenamma Mathew
 Principal, St. Thomas College of Teacher Education, Pala

DAY-1
 06/05/2023
 Saturday
 At:11.00am -12.00pm

NATIONAL WEBINAR SERIES
JAGRATHA-2023
 (Community Awareness Programme for Rural Women Empowerment)
 A Joint Initiative of
ARCHANA WOMEN'S CENTRE , ETTUMANOOR
 &
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

ആരോഗ്യ പരിപാലനം സ്ത്രീകളിൽ

Conveners
 Ms. Thresiyamma Mathew
 Director, AWC
 Dr. Sr. Beenamma Mathew
 Principal, St. Thomas College of Teacher Education, Pala

Dr Shiny Anthony Rauf
 Preventive Dentist
 Fitness Trainer

DAY-2
 27/05/2023
 Saturday
 At:11.00am -12.00pm



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FELICITATION OF Ph.D. AWARDEE – Dr. SUNIL THOMAS

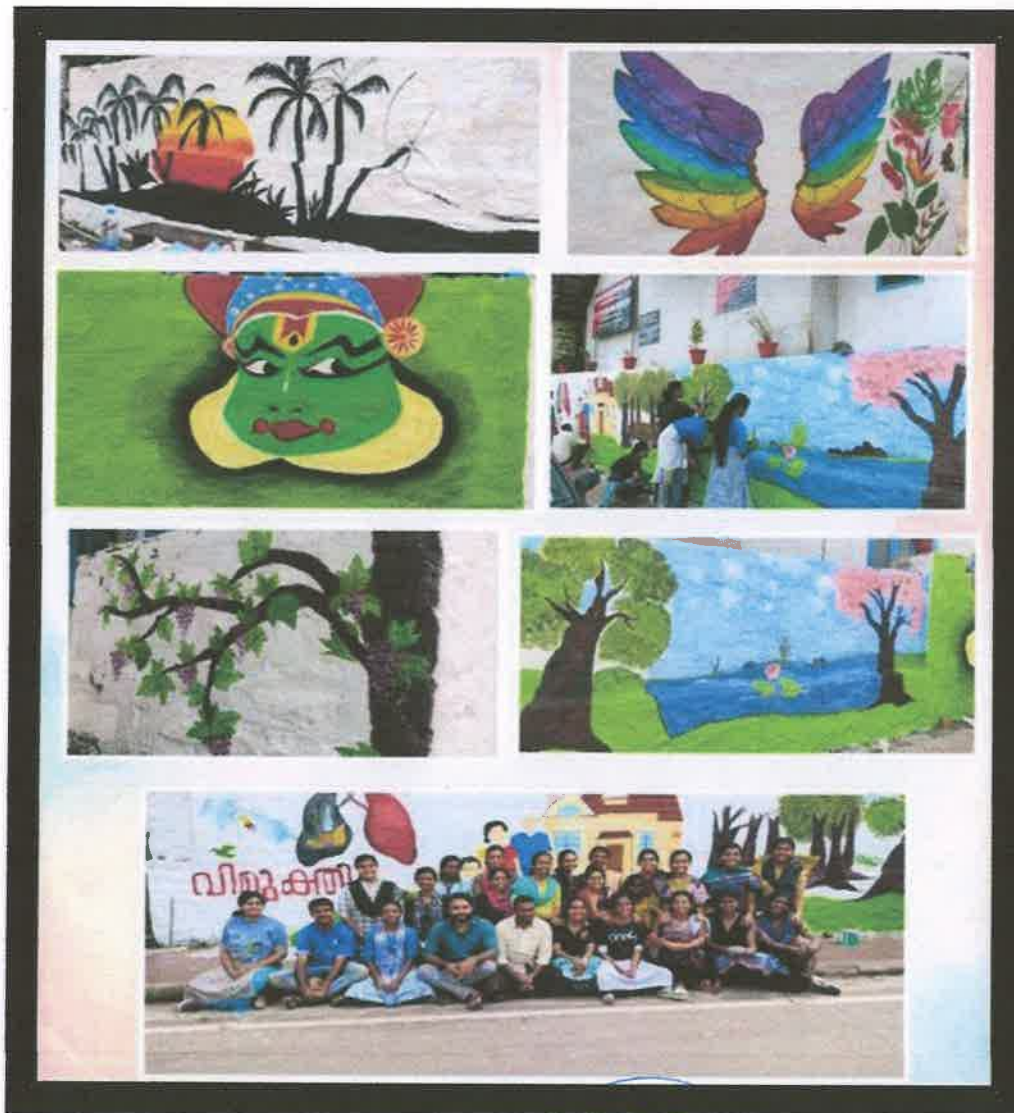
The faculty, staff and students felicitated Dr. Sunil Thomas on securing the doctoral degree in Physical Education on June 6, 2022. His thesis, titled "Impact of the Use of Electronic Media on Health-Related Physical Fitness and Select Psychological Variables Among School Children," was supervised by Dr. Kishokumar B. S. The felicitation ceremony recognized his dedication and hard work, as he explored the significant topic of electronic media's influence on children's physical and mental well-being. The gathering celebrated his contribution to the field of Physical Education, acknowledging the significance of his research in promoting healthy lifestyles among school children. The event was marked by words of appreciation, congratulations, and best wishes for his future endeavours.



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NIRAKOOT 15 – PAINTING THE WALLS OF THE EXCISE RANGE OFFICE, PALA

The 15th edition of Nirakoot was a totally new experience for the students, as for the first time the programme went out of its usual way of painting schools to painting an open space subject to public observation. The students embellished the outer walls of the Excise Range Office, Pala after the Excise officials formally requested the college for the same. The officers were very impressed with our previous works, which they went to see in person. Hence it was decided to do the necessary and the last day of our Community Living Camp was to be the occasion for it. Several dignitaries visited the site and expressed their appreciation. Media personnel from different agencies were also a recurring presence at the location. 20 students participated in the event.



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