



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

Criterion V: Student Support and Progression

5.1 Student Support

5.1.1 Report on each capability-building and skill-enhancement initiatives adopted



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

SSR submitted to
NAAC

*Fourth Cycle of
Accreditation*

5.1.1 Report on Capability Building and Skill Enhancement Initiative Adopted

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St. Thomas College of Teacher Education Pala (STCTE)

5.1.1 Report On Capability Building and Skill Enhancement Initiative Adopted

The following programmes were conducted as part of enhancing skills in Academic, Technical, and Organisational aspects of the students at the institutional level.

I. Career and Personal Counselling

The following activities were conducted as part of 'career and personal counselling' and personal counselling for teacher trainees' capacity building and skill enhancement.


a. Beautiful Minds- A programme for Adolescents

A one-day career mentoring and motivational programme for adolescent children by St. Thomas College of Teacher Education, Pala and Civil Service Institute of Pala jointly organised a programme called 'Beautiful Minds' on 13.8.2022 and 12.10.22. The class was organised based on the theme '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 48 teacher trainees' volunteers mentored and motivated the students. This was an important Capability Building and Skill Enhancement Initiative of St. Thomas College of Teacher Education, Pala.

b. Personal Guidance

Teachers have a job that goes beyond simply sharing information and helping students learn. Teachers are now being acknowledged not just as educators but also as mentors and advisors for their pupils. As part of their mentoring, the students delve into the necessity and importance of personal assistance. The subject matter include the principles of guiding, various forms of guidance, strategies for establishing a guidance centre at




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educational institutions, and methods for arranging personal guidance. The abilities and traits of a teacher are crucial for teachers to foster the mental well-being of children and improve the educational experience.. In order to address personal issues and promote mental well-being, student teachers are offered guidance services by their mentors.

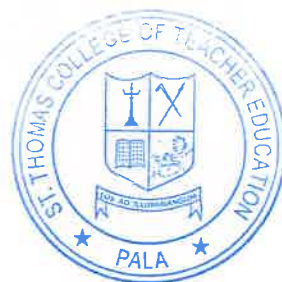
All the B.Ed. and M.Ed. students are divided into various groups and a teacher is allotted to each group to provide personal guidance. When a student faces a problem, they can consult their respective mentor for assistance. A separate mentoring file is maintained by the mentor teachers, which consists of personal information about their students, their strengths, weaknesses, special problems, and the measures taken.


c. Career Guidance & NET/SET/TET Coaching

The college initiates programmes to enable the students to qualify for competitive examinations, namely NET, SET, and TET, in collaboration with the Alumni Association. Coaching classes are arranged each year with the help of eminent resource persons. The alumni association of the college plays an important role in the programme. The Alumni Association organised online coaching classes for NET, SET and K-TET between 17th August to 17th September 2021. The classes were attended by 245 aspirants from different parts of Kerala. The Association also organised online coaching classes for NET, SET and K-TET between 12 to 26 September 2022. 195 aspirants from different parts of Kerala participated in this coaching class. A lot of teacher trainees benefitted from the coaching classes provided by the college.

d. Guidance for Internship

Many teacher trainees need assistance for the successful conduct of various activities related to the teacher training programmes. It was observed during the internship that many student teachers lack the required knowledge about the preparation of teaching manuals and of teaching-learning materials. As part of capacity building and skill enhancement among the student teachers, rigorous and continuous personal guidance programmes were given by the subject teachers especially during micro-teaching sessions and preparation of discussion, demonstration, criticism and practice teaching classes.




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II. Skill enhancement in Academic, Technical and Organisational aspects

The college has taken the utmost care in promoting a skill enhancement programme to equip the student teachers with the necessary skills. Mainly, skills related to three areas are given-academic, technical and organisational aspects.

a. Skill enhancement in Academic, aspects

- **Capacity Building Programme on Climate Education and Curriculum Development-Bring Back Green (BBG)**

A capacity-building programme on climate education and curriculum development was organised in the college from 16.2.2021 to 26.2.21. The programme was inaugurated by Ashish Kothari a well-known Indian environmentalist who is working on development, environment interface, biodiversity policy, and alternatives. 98 students have participated in the programme.

- **Book Releasing in collaboration with Yuvashethra College Palakkad**

The college has taken the initiative to collaborate with Yuvshekhthra College Palakkad. In this collaboration, three books were edited and published. They are;

1. Global Indian Legacies Volume I
2. Global Indian Legacies Volume II
3. Best Place to Work- New Trends in Business Management

43 student teachers actively participated by contributing articles and engaging in various technical processes.

- **Communicative English Training**

As communicative English is essential for teachers, the college has taken steps to introduce programmes for developing communicative competencies among student teachers.

Every year during the fourth semester, communicative English training was given to all the students by the English teachers of the college. This programme gives special focus on;

- a. Self-introduction for interviews
- b. Resume Preparation
- c. Extempore speech
- d. Grammar sessions for public service examinations



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- **Micro Teaching Sessions**

As part of teaching skill enhancement, all the students of the college were allowed to take classes on different microteaching skills in each class under the stewardship of class teachers in the first Semester of the course.

b. Skill Enhancement in Technical Aspects

- **Bottle Art Design**

The college organises value-added courses as part of the skill enhancement of student teachers. Bottle art designing is an important activity which develops artistic abilities among them. This provides students with a distinctive and innovative chance to discover and develop their artistic abilities. This course aims to instruct students in the nuances of converting ordinary bottles into exquisite works of art, with a focus on skills in painting, ornamentation, and design. By engaging in practical exercises and receiving expert instruction, students will cultivate their creativity, refine their creative abilities, and get an understanding of the significance of sustainable art methodologies. The course seeks to cultivate inventiveness, artistic discernment, and environmental awareness, rendering it a beneficial supplement to the educational programmes at the college. The details of the Bottle art design activity conducted in the college is as follows:

VAC 010 - BOTTLE ART

Year	Date	Duration	Number of Participants
2019- 21	09/08/2019	6 hour workshop	8
	26/10/2019	6 hour workshop	
	02/11/2019	6 hour workshop	
	12/01/2020	6 hour workshop	
	23/02/2020	6 hour workshop	
2021-23	05/03/2022	6 hour workshop	24
	19/03/2022	6 hour workshop	
	25/06/2022	6 hour workshop	
	01/10/2022	6 hour workshop	
	07/01/2023	6 hour workshop	



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2022-24	03/12/2022	6 hour workshop	11
	21/01/2021	6 hour workshop	
	18/02/2023	6 hour workshop	
	04/03.2023	6 hour workshop	
	24/06/2023	6 hour workshop	
2023-25	22/11/2023	6 hour workshop	12
	15/01/2024	6 hour workshop	
	22/02/2024	6 hour workshop	
	14/03/2024	6 hour workshop	
	03/06/2024	6 hour workshop	

• **Painting on neighbouring School Walls**

The second-year B.Ed student-teachers (2020–2022) from St. Thomas College of Teacher Education, Pala, organised "Nirakkoot 2022" as an extension project. The initiative aims to enhance the quality of life by adding vibrant hues. As a component of Nirakkoot 2022, the student-teachers have adorned many school walls in a manner that is intended to capture the learners' attention. Furthermore, alongside the act of painting, the English and Malayalam alphabets were sketched harmoniously to acquaint the kids with the fundamental components of language.

Day	Date	School
1.	1/4/2022	Govt. LP School , Arunapuram
2.	4/4/2022	St. Thomas HSS , Pala
3.	11/4/2022	St. Thomas HSS , Pala
4.	21/4/2022	Aided LPS, Meenachil
5.	25/4/2022	St. Sebastian's LPS, Pathazha
6.	29/4/2022	St. Little Theresa's LPS, Bharnanganam
7.	7/5/2022	Govt. H. W.L.P. School, Thalapalam
8.	8/5/2022	S. Thomas HS, Pala
9	11/5 /2022	Govt. New LPS, Puliyanoor
10	14/5/2022	KPM Public School, Mundakayam (East)
11	18/5/2022	St. Mathew's UPS. Elikulam
12	25/5/2022	St. Joseph's UPS, Vellilappally
13	30/5/2022	St. Thomas LPS , Velluthassery

List of schools - NIRAKKOOTTU (A programme for painting on school walls)

Schools under Corporate Educational Agency, Palai



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Day	Date	School
1	4/4/2022	St. Thomas HSS , Pala
2	11/4/2022	St. Thomas HSS , Pala
3	21/4/2022	Aided LPS, Meenachil
4	25/4/2022	St. Sebastian's LPS, Pathazha
5	29/4/2022	St. Little Theresa's LPS, Bharnanganam
6	8/5/2022	S. Thomas HS, Pala
7	25/5/2022	St. Joseph's UPS, Vellilappally
8	30/5/2022	St. Thomas LPS, Velluthassery
9	31/5/2022	St. Antony's HS, Vellikulam

Govt. Schools - Nirakoot

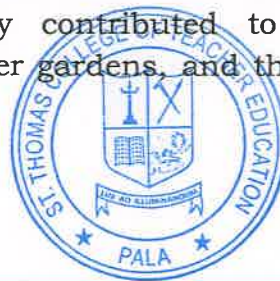
Day	Date	School
1	1/4/2022	Govt. LP School , Arunapuram
2	7/5/2022	Govt. H. W.L.P. School, Thalapalam
3	11/5 /2022	Govt. New LPS, Puliyanoor

Schools under Kanjirappally Sub-district

Day	Date	School
1.	1/4/2022	Govt. LP School , Arunapuram
2.	4/4/2022	St. Thomas HSS , Pala
3.	11/4/2022	St. Thomas HSS , Pala
4.	21/4/2022	Aided LPS, Meenachil
5.	25/4/2022	St. Sebastian's LPS, Pathazha
6.	29/4/2022	St. Little Theresa's LPS, Bharnanganam
7.	7/5/2022	Govt. H. W.L.P. School, Thalapalam
8.	8/5/2022	S. Thomas HS, Pala
9	11/5 /2022	Govt. New LPS, Puliyanoor
10	14/5/2022	KPM Public School, Mundakayam (East)
11	18/5/2022	St. Mathew's UPS. Elikulam
12	25/5/2022	St. Joseph's UPS, Vellilappally
13	30/5/2022	St. Thomas LPS , Velluthassery

• Vegetable Gardening

Vegetable gardening is another technical skill enhancement programme organised at the college. This activity involves selecting a site, planning the garden, preparing the soil, choosing the seeds and plants, planting a crop, and nurturing the plants until they are ready for harvest. The student-teachers enthusiastically contributed to the establishment of vegetable gardens, beautiful flower gardens, and the cleaning of the school



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grounds during their vacation, making efficient use of their valuable time. Vegetable gardening was introduced in the nearby Govt. LP School, Arunapuram, Pala.

- **Preparation of Blood Group Directory**

The college engages in various social service activities. Donating blood to the needy is considered a major responsibility of student teachers to make the students aware of the importance of blood donation, Awareness programmes, blood donation camps, etc. are conducted under the auspicious of the Red Ribbon Club(RRC). A blood donation awareness programme was conducted on 17 October 2019 under the leadership of the RRC Unit as a part of National Blood Donation Day. Students shared their experiences and information about blood donation and the club members published a blood group directory, which contains the blood group of students, teaching staff, and non-teaching staff. A blood group directory, which contains the blood group of students, teaching and non-teaching staff was also made. the preparation of directory was actually a skill enhancement programme for student teachers

- **Creation of Flip Magazines in various subjects**

Flip magazine is an interactive, digital version of a traditional print magazine. It mimics the experience of flipping through the pages of a physical magazine, providing a visually engaging and user-friendly way to read content online. These magazines are often created using software or platforms that convert PDFs or other formats into a digital, page-flipping experience.

Samples of Flip Magazines Created by Students

Sl. No.	Club	Link
1.	Social Science Club (21-22)	https://online.pubhtml5.com/jzhv/tyjf/
2.	Reading Club (21-22)	https://online.fliphtml5.com/zgoid/sins/
3.	Reading Club (21-22)	https://online.fliphtml5.com/cxeoz/cpuo/
4.	Health Club (20-21)	https://online.pubhtml5.com/jzhv/lebu/
5.	EBSB Club (21-22)	https://www.flipsnack.com/79FDCB5569B/st-thomas-college-of-teacher-education-palaj.html



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6.	English Club (21-23)	https://online.fliphtml5.com/hlkyj/jpns/?1659764301775
7.	Social Science Club (21-23)	https://online.fliphtml5.com/jbhov/buqf/#google_vignette
8.	Mathematics club (21-23)	https://online.fliphtml5.com/uhdfe/mwpg/?1661355931477
9.	Special Education (21-23)	https://online.fliphtml5.com/jbhov/hgec/?1644162996465#p=1
10	M.Ed. (22-24)	https://online.fliphtml5.com/zgvaj/vuez/#p=1
11	Social Science (22-24)	https://www.flipbookpdf.net/web/site/2a462b469d3ba087fa11c1b2bd0c47f7bbb08e5202407.pdf.html#page/1

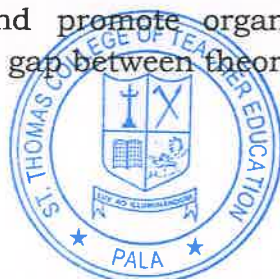
c. Skill Enhancement in Organisational Aspects


- **Women Empowerment Programmes in association with Archana Women's Centre (AWC), Ettumanoor**

The college is actively involved in activities for empowering women. Several programmes have been organised by the college in association with Archana Women's Centre. Archana Women's Centre is the Kerala wing of Jyothi Jeeva Poorna Trust (JJPT) registered under the Indian Trust Act 1882(Reg. no.50/94).The trust is run by the Secular Institute – The Oblate Missionaries of Mary Immaculate. Miss Thresiamma Mathew [OMMI] is the founder and Director of the Centre. Archana Women's Centre is today undoubtedly a proud achiever of women empowerment and gender equity-equality and women's rights. The programmes enable the students to develop their organisational skills and academic development. The most important activity organised in collaboration with the centre is a Webinar series titled as '**Jagratha**' during the academic years 2021, 2022 and 2023.All the students and staff of the college actively participated in online webinars and 16 students acted as resource persons handling various sessions.

- **Organisation of Study Tour and Conduct of Field Trip (B.Ed. &M.Ed.)**

Student teachers need to deal with real-life situations. variety of activities are to be adopted to provide life-like situations during the course. Field trips and excursions can provide and promote organisational skills among student teachers. They bridge the gap between theoretical knowledge and its




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real-world application. By providing students with tangible experiences, field trips make learning more engaging, memorable, and relevant. Furthermore, they promote critical thinking, enhance observational skills, and nurture a sense of curiosity and wonder.

- **Organisation of Sports Meet**

Every year, the college conducts an annual sports meet. The meet is conducted with the active involvement of the student teachers. The organisation of sports meet develops different skills mainly organisational skills. Various committees are constituted for the smooth conduct of the meet in which the students engage in several activities for the meet. The details of sports meet conducted during the last years are given below.

2018-2019

The 63rd annual sports meet for the year 2018-19 was conducted on 15th December 2018. The students from the junior and senior B.Ed. batches were divided into different houses - Red, Green, Yellow and Blue. College Principal Dr. Sr. Celine Joseph received a salute during the march past and hoisted the flag. Later, the groups took the oath which college chairman Sailas Mathew recited. Different events were conducted as part of the sports meet. Out of the four houses Blue group emerged as champions followed by Red, Green and Yellow. Joffy J. Njavallil (Commerce Education) & Jais Jose (English Education) became the individual champions.

2019-2020

The Annual Sports Meet for the Academic year 2019-2020 of St. Thomas College of Teacher Education, Pala was held on 1st February 2020. Students of both senior and junior B. Ed. Batches were divided into four houses namely – Red, Blue, Green and Yellow. The march past began by 9:00 a.m. Dr. Sr.Celine Joseph received the salute during the march past. The oath was recited by our Sports Club Secretary Amalsyma V. S. Different sport events were separately conducted for men and women.

2020-2021

The most awaited 65th Annual Sports meet for the academic year 2020-2021 was conducted on 23rd February 2021. The students of the two B.Ed. batches were divided into four houses namely Blue, Green, Red and Yellow and became a part of the Sports meet by competing in various events representing their houses. All the events were conducted under the guidance of physical education teacher Dr. Sunil Thomas. The March began by 9:00 a.m. and the Salute was received by Dr. T.C. Thankachan. All



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students took the oath which was recited by Chairman Justin Joy. There occurred a healthy competition between the houses and separate competitions were arranged for girls and boys. At the end of the day Blue house won the first position followed by Green, Red and Yellow respectively. James Mathew from Natural Science Education and Jaicy Jose from Physical Science Education emerged as the overall champions.

2022-2023

On July 22nd 2022 Friday, Health and Physical Education Department of St. Thomas College of Teacher Education conducted 66th Annual Athletic Meet at the ground of Carmel Public School Pala. The meet was presided by the college principal Dr. Sr. Beenamma Mathew. Physical Education Department Assistant Professor Dr. Sunil Thomas delivered the welcome speech. All the students gathered at the ground in their respective houses - Red, Green, Blue and Yellow. The march past began at 9 a.m. and the salute was received by Dr. Sr. Beenamma Mathew. All the students took oath which was recited by Sports Secretary Tom Joseph. As part of the Spots Meet, different committees were formed which included the Program committee, Ground committee, Registration committee, Reception committee, Food and Welfare committee, Prize distribution and Certificate committee etc... Individual champion of the Male category was James Mathew and that of Female category were Mithra James and Treesa Jomy and Blue house became the overall champions followed by Yellow, Red and Green. The meet came to an end by 4 o'clock with the national anthem.

- **College Union and Arts Club Activities**

Every year the college conducts variety programmes for the capacity building and skill enhancement of students. The student council organises programmes for the reflectdion of the creative talents of the students. The students council, arts club and other organises programmes with the active involvements of all students. The student teachers get opportunities to express talents through these types of engagements. Directly or indirectly the organisational capacity of students is developing. A description of the variety of activities organised by the college s given below:

Cultural events organised at the institution last five years		
2022-23	Campus Utsav	30.03.23
2022-23	Online Quiz Competition	25.03.23
2022-23	Christmas Celebration	23.12.22
2022-23	Inauguration of College Union & Arts club	15.12.22



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2022-23	Quiz Competition	21.11.22
2022-23	Personality Contest	14.11.22
2022-23	Independence day Celebration	15.08.22
2022-23	Arts Festival	29.07.22
2022-23	Arts Fest	29.07.22
2021-22	Christmas Day Celebration	23.12.21
2021-22	World Environment Day	05.06.21
2020-21	Womens day Celebration	08.03.21
2020-21	Workshop on Drama and Culture	26.02.21
2020-21	Campus Utsav	15.02.21
2020-21	APJ Abdul Kalam Memorial Quiz Competition	15.10.20
2020-21	Online Quiz Competition	13.10.20
2020-21	Intra Collegiate Quiz Competition	18.07.20
2020-21	Intra Collegiate Webinar	19.06.20
2019-20	Rangolsav	28.02.20
2019-20	Quiz Competition	28.01.20
2019-20	Christmas Celebration	19.12.19
2018-19	Arts Club Inauguration	27.10.18
2019-20	Union & Arts Club Inauguration	04.10.19
2019-20	Gandhi Jayanthi Celebration	02.10.19
2019-20	Onam Celebration	06.09.19
2018-19	Rangolsav- College Cultural Fest	15.03.19
2018-19	Republic Day Celebration	26.01.19
2018-19	Christmas Celebration	21.12.18
2018-19	Malayalam Language Day celebration	09.11.18
2018-19	Drama Competition	01.10.18

- **Community Living Camp Activities**

A residential community living camp is an essential part of the B.Ed. programme. The student teachers develop a lot of skills through skill-enhancement activities during the camp

A model schedule for Community Living Camp (Academic Year 2021-22) is given below:

5-DAY COMMUNITY LIVING CAMP FOR B.Ed. STUDENTS

(30.05.2022 to 03.06.2022)



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Theme of Camp 2022: **PUNARJENI**

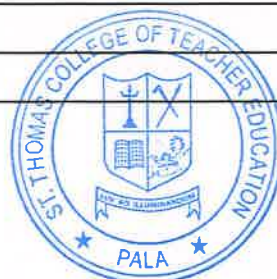
COMMITTEES


Camp Convenor : **Dr. (Sr.) Beenamma Mathew**
 Camp Co-ordinator : **Dr. T. C. Thankachan**
 Camp Leader : **Sojo John** (Student Leader 2020-22)
 Camp Manager : **Nevil George**

Time Keeper 1. Jaicy Jose	Outdoor Activities 1. Harikrishnan V 2. James Mathew 3. Ambily Mani 4. Treesa Jomy
Purchase & Finance Committee 1. Nevil George 2. Sojo John 3. Liya Margarett Antony 4. Ligin Pullemkunnel	Sports and Games 1. Athira P.S. 2. Reshma Raju 3. Julian Tom Job
Store Keepers 1. Divya Stani 2. Tima Mathew	First Aid 1. Maria Mathew 2. Maria Sebastian
Reception 1. Lis Mary Antony 2. Anita Mathew	Prayer 1. Sr. Alphonsa Xavier 2. Sr. Rosemary Cheriyan
Programme 1. Bhanupriya R 2. Irin Sera Joseph	Group Leaders 1. Ashmi Maria John 2. Akhila Manmathan 3. Jyothylakshmi K R 4. Syamily Sasi
Entertainment 1. Annumol Joji 2. Sneha Jayakumar 3. Anjaly Elizabeth Xavier 4. Densy John 5. Raina Martin	

Camp Schedule (30.05.2022 to 03.06.2022)

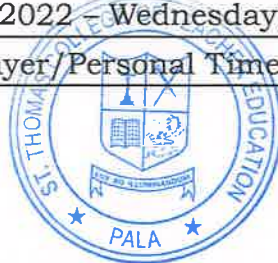
Day I (30.05.2022- Monday) Theme:Punarjeni		
9.00 a.m.	:	Reporting
9.15 a.m.	:	Assembly

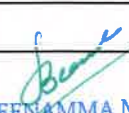



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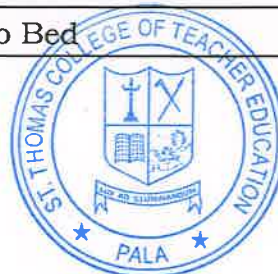
9.30 a.m.	:	Camp Inauguration and Book release
10.30 a.m.	:	TEA Break
10.45 a.m.	:	Instructions
11.00 a.m.	:	SESSION I:NEW NORMAL SOCIETY AND SURVIVAL - PUNARJENI
11.30 a.m.	:	NIRAKOOTU (session I)
12.45 p.m.	:	LUNCH Break
1.30 p.m.	:	NIRAKOOTU continues
4.30 p.m.	:	Coffee break and Rest....
4.45 p.m.	:	NIRAKOOTU Continues
6.45 p.m.	:	Prayer & Silence
7.30 p.m.	:	Reflections
8.00 p.m.	:	Supper
8.45 p.m.	:	ENJOY YOUR SKILLS – CULTURAL PROGRAMMES
9.45 p.m.	:	Personal Time & Go to Bed
Day II (31.05.2022 –Tuesday) Theme:		
6.00 a.m.	:	Rising Bell
6.30 a.m.	:	Holy Mass/Prayer/Personal Time
7.30 a.m.	:	Exercise/Morning Walk/Aerobics, etc
8.30 a.m.	:	Breakfast
9.30 a.m.	:	Assembly and Camp News - Field Visit
10.00 a.m.	:	session II – Field visit – Outdoor Activity
11.00 a.m.	:	Tea Break
11.15 a.m.	:	Session II continues
1.00 p.m.	:	LUNCH Break
2.00 p.m.	:	Field visit – Outdoor Activity
4.30 p.m.	:	Coffee break and Rest....
6.00 p.m.	:	Experience Sharing
6.45 p.m.	:	Prayer & Silence
7.30 p.m.	:	Reflections


8.00 p.m.	:	Supper
8.45 p.m.	:	CULTURAL PROGRAMMES & STAGE SHOW
9.45 p.m.	:	Personal Time & Go to Bed
Day III (01.06.2022 –Wednesday) Theme:		
6.30 a.m.	:	Holy Mass/Prayer/Personal Time




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7.45 a.m.	:	Exercise/Morning Walk/Aerobics
8.30 a.m.	:	Breakfast
9.30 a.m.	:	Assembly & Camp News
10.00 a.m.	:	SESSION III:
11.00 a.m.	:	Tea Break
11.15 a.m.	:	LEARNING TO CARE & LISTEN - SPENDING TIME IN MARIASADANAM (Outdoor Activity)
12.15 p.m.	:	At Mariasadanam – Experiences and Reflections
1.00 p.m.	:	LUNCH Break
2.00 p.m.	:	Activity at Mariasadanam
4.00 p.m.	:	Coffee Break and Rest.....
5.00 p.m.	:	GAMES AND ACTIVITIES
7.30 p.m.	:	Prayer & Silence/Reflections
8.00 p.m.	:	Supper
8.45 p.m.	:	CULTURAL PROGRAMMES & STAGE SHOW
9.45 p.m.	:	Personal Time & Go to Bed
Day IV (02.06.2022 – Thursday) Theme:		
6.00 a.m.	:	Rising Bell
6.30 a.m.	:	Holy Mass/Prayer/Personal Time
7.45 a.m.	:	Exercise/Morning Walk/Aerobics
8.30 a.m.	:	Breakfast
9.30 a.m.	:	Assembly & Camp News
10.00 a.m.	:	SESSION IV:
11.00 a.m.	:	Tea Break
11.15 a.m.	:	Group Discussion
1.00 p.m.	:	LUNCH Break
2.00 p.m.	:	Outdoor Activity – Museum visit
3.30 p.m.	:	Coffee break
4.00 p.m.	:	Games/Experience Sharing
6.00 p.m.	:	Return to Pala
7.00 p.m.	:	Prayer & Silence
7.45 p.m.	:	Reflections
8.00 p.m.	:	Supper
8.45 p.m.	:	CULTURAL PROGRAMMES & STAGE SHOW
9.45 p.m.	:	Personal Time & Go to Bed




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Day V (03.06.2022 –Friday)		
6.00 a.m.	:	Rising Bell
6.30 a.m.	:	Holy Mass/Prayer/Personal Time
7.45 a.m.	:	Exercise/Morning Walk/Aerobics, etc
8.30 a.m.	:	Breakfast
9.30 a.m.	:	Assembly & Camp News
10.00 a.m.	:	SESSION V:
11.00 a.m.	:	Tea Break
11.15 a.m.	:	Submission of the Camp Report/Record
12.15 p.m.	:	Reflections and Experience Sharing
12.30 p.m.	:	Valedictory Session
1.00 p.m.	:	LUNCH
2.00 p.m.	:	Cleaning & Classroom Arrangements

FOOD AND REFRESHMENTS - MENU

Day	Time	Items/Menu
Day I 30/05/2022 Monday	11.00 a.m.	Coffee + Biscuit
	01.00 p.m.	Lunch – Rice, Sampar, Achar, Kovacka/Pappaya thoran, Pappadam
	04.30 p.m.	Coffee/Tea+ Biscuit/Uzhunnuvada/Ullivada
	08.00 p.m.	Supper –Kanji +Payar +Achar +Pappadam
Day II 31/05/2022 Tuesday	06.00 a.m.	Black Coffee
	08.30 a.m.	Breakfast–Appam +Egg curry+Coffee/Tea
	11.00 a.m.	Coffee/Tea+ Biscuit
	01.00 p.m.	Lunch – Rice, Beef fry, Moru, Achar, Beans mezhukkuperatty, Pappadam
	04.30 p.m.	Coffee/Tea+ Biscuit/Ullivada/Uzhunnuvada
	08.00 p.m.	Supper – Kanji + Payar + Achar + Pappadam
Day III 01/06/2022 Wednesday	06.00 a.m.	Black Coffee
	08.30 a.m.	Breakfast –Kallappam+Egg curry + Coffee/Tea
	11.00 a.m.	Coffee/Tea+ Biscuit



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	01.00 p.m.	Lunch – Rice, Pullisherry, Achar, Payar-Vazhachundu thoran, Pappadam
	04.30 p.m.	Coffee/Tea+ Biscuit/Ullivada/Uzhunnuvada
	08.00 p.m.	Supper – Chappathi + Onion/Potato curry
Day IV 02/06/2022 Thursday	06.00 a.m.	Black Coffee
	08.30 a.m.	Breakfast–Kappa & Beef + Coffee/Tea
	11.00 a.m.	Coffee/Tea+ Biscuit
	01.00 p.m.	Lunch – Rice, Moru, Pachappayar mezhukkuperatty, Achar, Pappadam
	04.30 p.m.	Coffee/Tea+ Biscuit/Ullivada/ Uzhunnuvada/ Samoosa/Neyyappam
	08.00 p.m.	Supper–Kanji+Payar+ Achar + Pappadam
Day V 03/06/2022 Friday	06.00 a.m.	Black Coffee
	08.30 a.m.	Breakfast – Appam + Veg. curry (Green Peas) + Coffee/Tea
	11.00 a.m.	Coffee/Tea+ Biscuit
	01.00 p.m.	Lunch–Choru +Sambar+Achar+Thoran

GROUPS FOR COMMUNITY LIVING CAMP 2022

Sl. No.	Group I	Group II	Group III	Group IV
1.	Anitta Jose	Cheslin Jose	Densy John	Harikrishnan V
2.	Irin Sera Joseph	Julian Tom Job	Raina Martin	Vinesha Vinayan
3.	Annie Teressa Shajan	Annumol Joji	Anuja Babu	Christy Thomas
4.	Nevil George	Riya Rose Johns	Sneha Jayakumar	Alphonsa Xavier
5.	Ashmi Maria John (L)	Divya Stani	Jaicy Jose	Lakshmi S
6.	Lis Mary Antony	Mariya Mathew	Mariya Sebastian	Syamily Sasi (L)
7.	Tima Mathew	Anita Mathew	Anjumol S	Athira P S
8.	Bhanupriya R	James Mathew	Jyothylakshmi K.R (L)	Meera V S



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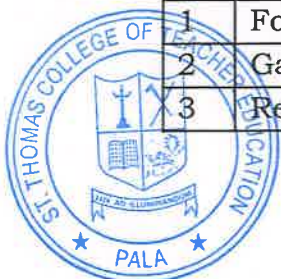
9.	Reshma Raju	Agiemol Salas	Anjaly Elizabeth Xavier	Anusree Biju
10.	Meera Seby	Navyamol K R	Rakhi R	Reshma C L
11.	Sojo John	Akhila Manmathan (L)	Ambily Mani	Anu Tressa Jose
12.	Elsamma Joseph	Ligin Pullemkunnel	Liya Margarett Antony	Rose Mary Cherian
13.	Steffy Tom	Treesa Jomy		

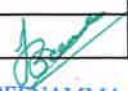
DUTIES AND RESPONSIBILITIES

Day	Responsibility	Group & Students
Day I	Cooking & Cleaning	Group I & II
	Cultural activities & Games	Group III
	Program, Assembly & Others	Group IV
Day II	Cooking & Cleaning	Group I & II
	Program, Assembly & Others	Group III
	Cultural activities & Games	Group IV
Day III	Cooking & Cleaning	Group III
	Cultural activities & Games	Group I & IV
	Program, Assembly & Others	Group II
Day IV	Cooking & Cleaning	Group IV
	Program, Assembly & Others	Group I
	Cultural activities & Games	Group II & III
Day V	Cooking & Cleaning	Group I & II
	Program, Assembly & Others	Group III & IV

CAMP BUDGET - 2022


Sl. No	Items	Expected Income	Expected Expenditure
1	Food & Refreshments		20000
2	Gas & Kitchen Fuels	50X 1,000=	5000
3	Resource Persons	50,000.00	5000




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4	Entertainment & Cultural Programmes		1000
5	Contingency		1000
6	Stationery		1000
7	Outdoor Programmes & Field Visit		10000
8	Miscellaneous Expenses		7000
Total			50,000.00
Note: If any balance, the amount will be refunded to the students			




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III. Communicating with persons of different disabilities: Braille, Sign language and Speech training

The college regularly organises programmes to interact with society especially with persons differently abled. Visit to special schools and other rehabilitation centers are arranged every year. The following are certain examples of such activities.

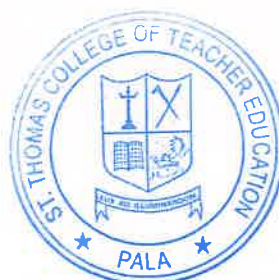
a. Special School Visit


The special education batch of 2021-2023 visited the 'Santhinilayam', a special school for mentally challenged children, located in Anthinad, a small village in Pala, on 11th March 2022, under the guidance of the teacher-in-charge, Dr. Alex George. Established in 1991, the school currently has over 200 students with various disabilities like learning disability, autism, and locomotory disability. Children are admitted based on the severity of their disability after a test conducted by the authorities. The school is managed by C.M.C sisters and follows a schedule from 10 AM to 4 PM. After lunch, students engage in co-curricular activities like dance, music, and vocational training in farming and tailoring. All teachers are qualified with a special B.Ed. course and provide individual attention to each student.

The teacher trainees distributed food, participated in cultural programs, and observed the school's facilities. They noted the increasing number of children with autism, possibly due to changing lifestyles. The school has produced medal-winning students in international competitions, showcasing their talents in dance, singing, and tailoring. The visit was an unforgettable experience, highlighting the dedication of teachers, the progress of students, and the hope in parents' eyes.

b. Interaction of Inmates of Mariasadanam Rehabilitation Center Pala

Mariyasadanam is a non-profit making, charitable organization promoted and managed by Santhosh Joseph in Palai, Kottayam District, Kerala State, India. It currently houses about 400+ destitute men, women and around 23 children of the inmates. The majority of Mariyasadanam's residents were either abandoned or left to fend for themselves by family members. The student teachers often visit the inmates, provide meals on all Wednesdays and provide financial support.




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IV. Capability to develop a seminar paper and a research paper; understand/appreciate the difference between the two

a. Preparation and publication of research papers

Students of the college are guided to prepare and present research papers in seminars. They have published papers in seminar proceedings, journals. Workshop on journal article preparation with special reference to APA style. They have also contributed books and articles in edited books to their credit.

Contributed chapters in books by students =103

Journal Articles published by the students = 37

Student articles published in seminar proceedings =35

The detailed list of student publications can be accessed in following

link <https://stcte.ac.in/student-publications/>

b. Introduction to APA Style Referencing, Tool preparation and Training in SPSS

The college give due importance to conducting research, especially at M.Ed. level. The student teachers are enabled to develop research articles and seminar papers. They learn about APA style of referencing and SPSS, etc..A workshop on journal article preparation with special reference to APA style was conducted for the M.Ed. students on 15.4.2021. 14 students participated in the programme. Dr. Lavina Dominic and Dr. Anju K. Paul, Assistant Professors at St. Thomas College of Teacher Education, Palai, led the workshop. It helped the students become acquainted with relevant writing skills and understand the way of academic writing.



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V. E-content development

All the students were given training in developing E-content in their respective subjects by the class teachers during the first semester of B.Ed. Programme. The students were given ample opportunities to prepare and publish flip magazines. Students from various classes and clubs like Social Science, and English published flip magazines.

a. Video Editing

As part of Drama and Art Education in the first semester B.Ed. Programme activities related to econtent is provided to equip the students with the 21st century skills in making beautiful videos.

The objectivities of the activity are;

- Improves proficiency in using digital technology and teaching methods.
- Fosters the cultivation of originality and analytical reasoning skills.
- Enables the implementation of creative and progressive approaches to teaching and learning.
- Equips pupils for the era of digital education.

b. Preparation of teaching manuals in google doc.

The students are given opportunity to prepare teaching manuals in google docs. The following objectives can be fulfilled by the student teacher through this activity.

The objectivities of the activity are;

- Enhances proficiency in using digital technology and fosters the ability to effectively manage and arrange information.
- Improves the skills in designing and creating lesson plans and developing curricula.
- Facilitates cooperation and evaluation by peers.
- Offers a medium for generating engaging and responsive educational resources.

c. Blog Creation

As part of B.Ed. Programme in the first semester all the students are expected to create blogs and upload their works in their respective subjects.

The following are the objectives are fulfilled which contributes to capacity building and skill enhancement of blog creation.



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- Provide B.Ed. students with an introduction to the notion of blogging and its instructional uses.
- Instruct on fundamental blogging platforms and tools.
- Acquire expertise in the development, editing, and dissemination of material.
- Promote introspective learning by engaging in blogging.
- Encourage the practice of collaborative blogging and the provision of peer feedback.

d. E-content development based on School subjects

All the B.Ed. students are required to prepare e-content based on their respective subjects. The prepared materials are then distributed to the practice teaching schools. The primary objective of e-content development at the B.Ed. level is to provide aspiring teachers with the necessary skills to become proficient digital educators who can effectively utilise technology to improve student learning outcomes. Through participation in e-content production, B.Ed. students have the following benefits.

Improve teaching abilities: Acquire a thorough comprehension of instructional design ideas, learning theories, and the use of technology to aid in the process of learning.

Enhance proficiency in using digital technologies: Develop expertise in utilising diverse digital tools and platforms to create, edit, and distribute material

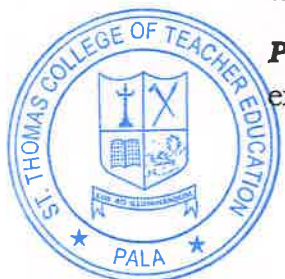
Promote creativity and innovation: Investigate novel approaches to provide instructional material using multimedia components, interactive exercises, and captivating forms.


Cultivate and enhance the ability to think critically and solve problems: Assess the requirements of the learners, choose suitable material, and create impactful learning opportunities.

Foster a culture of cooperative learning: Collaborate in teams to create electronic material, promoting cooperation and receiving feedback from peers.

Get ready for the online learning environment: Create a collection of electronic content resources to assist in teaching and learning within a technologically advanced setting.

Participate in open educational resources: Generate and distribute exceptional e-content to support the broader educational community




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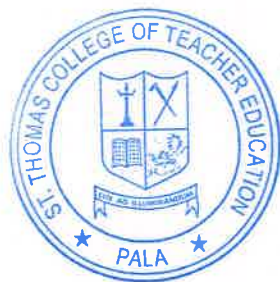
VI. Online Assessment of Learning

The college employs various methods for assessing student performance. Online assessment is one of the steps taken for effective evaluation. Since 2021, a value added course on the use of online assessment of learning is organised for 30 days. It was a major capability building and skill enhancement initiative undertaken by the college.


The course was organised between 19.9.22 to 6.10.22 and 19.4.21 to 17.5.21.

A hands on training was given in the following online assessment tools.

- a. Salido.com
- b. Mentimeter
- c. Kahoot
- d. Rubrics
- e. Quizizz
- f. Google Docs



Seal and Signature of the Principal


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St Thomas College of Teacher Education Pala,

Student Clubs & Activities

As a College of Teacher Education, the institution takes the responsibility of moulding the minds of its students. Scholastic and co-scholastic programmes are conducted under the auspices of various clubs. Before the commencement of each academic year, the staff members in their joint meeting chalk out the plan of action. Each club prepares a plan of action at the beginning of the academic year. A teacher in charge is nominated for the efficient functioning of each club. There are two categories of Clubs

- General Clubs
- Optional Clubs

General Clubs

- **ENIGMA – The Quiz Club**

Enigma means an obscure riddle / puzzle. This is the name of the Quiz club functioning in the college. The club meets once a week and organises quiz competitions on various topics. The club organises Prof. Chandy Zacharias Endowment All Kerala Quiz competition every year. The club sends the participants for Inter Collegiate Quiz competitions held in various colleges.

Teacher in charge : Dr. Lavina Dominic

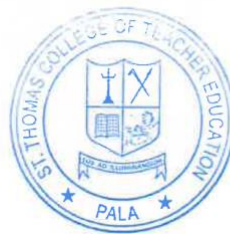
[Quiz Club Activities](#)


- **CHIMES – The Music Club**

Chimes, the musical sound produced by bells, is the music club. The club members meet on a weekly basis. It organises musical evenings, musical quiz programmes, Antakshari competitions, etc. They take the leadership in organising cultural programmes and other entertainments in the college.

Teacher in charge: Dr.Sr. Mary Thomas

[Music Club Activities](#)




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- **CICERO'S CORNER – The Oratory Club**

Honouring the great Roman orator Cicero, the oratory club gives training to blooming orators. The club members meet every week and organise elocution competitions, just a minute programmes, debates, panel discussions, etc. They are selected to participate in various speech competitions, debates, etc. organised by various colleges.

Teacher in charge : Dr. T.C.Thankachan

- **FINE FETTLE – The Health Club**

The Health club organises Yoga classes, meditation, medical check-ups, poster exhibitions and also seminars and classes on various health related topics. Awareness programmes on first aid, contagious diseases, sanitary problems etc are organised under the auspices of this club.

Teacher in charge : Dr. Sunil Thomas

[Health Club Activities](#)

- **GREEN DREAMZ – The Nature Club**

The club members meet every week. The club organises seminars, exhibitions, poster exhibitions, etc. They also organize environmental sanitation programmes, nature trails, vermicomposting and various eco-friendly activities.

Teacher in charge : Dr. Bindu David

[Nature Club Activities](#)


- **ACE JAUNTS – The Tourism Club**

As the name ACE JAUNTS indicates, the tourism club organises short journeys to promote interest in tourism among students. It conducts ecotour programmes, quiz on tourism and tourist spots, debates, discussions, etc.

Teacher in charge: Dr. Alex George

[Tourism Club Activities](#)




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- **Red Ribbon Club**

The Red Ribbon Club is a voluntary on-campus intervention programme for students. The programme addresses the knowledge, attitude and behaviour of the youth in the interrelated areas of voluntary Blood Donation, AIDS and sexuality, as demanded by their age, environment and life style. A blood forum also functions in collaboration with the Red Ribbon Club. The Blood Forum organizes blood donation camps, Health awareness Programmes, etc.

Teacher in charge : Dr. Sunil Thomas

Red Ribbon Club Activities

- **Electoral Literacy Club**

As per the order of the Deputy Director, Collegiate Education the College has instituted the Electoral Literacy Club. The objective of the club is to inculcate Electoral Literacy among the students. The club envisages to engage students in hands on experience in Electoral Literacy. The College has nominated a member of the faculty as the nodal officer and mentor of the club.

Teacher in charge : Dr. Sunu Austin

Electoral Literacy Club Activities

- **De-Addiction Club**

As per the order of the Deputy Director, Collegiate Education, the college has instituted a de-addiction club. The club aims at creating awareness among students about the ill effects of drug addiction. The college has nominated a member of the faculty as the teacher in charge of the club.

Teacher in charge : Dr. Alex George

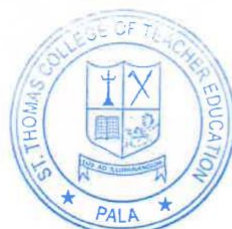
De-Addiction Club Activities


- **Green Protocol Samithi**

Suchitwa Mission is the Technical Support Group(TSG) in the waste management sector under the Local Self Government Department, Government of Kerala. As per the order of 'Suchitwa Mission' Local Self Government Department, Kerala, the college has instituted the Green Protocol Samithi. It functions under the auspices of the 'Nature Club'.

Teacher in charge : Dr. Bindu David

Green Protocol Samithi




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- **ÉLAN – The Women’s Cell**

Élan means enthusiasm, vigour, style, flair and confidence and these are precisely the qualities we try to instil in the students who join the Women’s cell. This forum is open to all students irrespective of gender. It organises discussions, seminars, self-awareness programmes, classes in cooking, painting, flower arrangement, etc. focussing on the issues and needs of the present generation. Dr. Sr. P.T. Mary Endowment – Miss Personality Contest – Miss Élan is organised under the auspices of the women’s cell.

Teacher in charge : Dr. Sunu Austin

Women’s Cell Activities

- **Reading Club**

Reading clubs are a great way to engage students with reading and help build a reading culture among the new digital era students. A Reading Club functions in the College under the guidance of the College Librarian. The club organizes various programmes to instil love for reading among its students and faculty.

Staff in Charge : Dr. Gilu G. Ettanniyil

Reading Club Activities

- **Transgender Welfare Cell**

The Kerala State has implemented the transgender policy. As part of implementation of the policy, the Social Justice Department has required schools and colleges to constitute a Transgender Welfare Cell and nominates a member of faculty as nodal officer to ensure the rights of transgender students and to create awareness among students about the rights of transgender students and to create awareness among students about transgenders.

Teacher in Charge : Dr. Alex George

Transgender Welfare Cell Activities

Optional Clubs


- **CORNUCOPIA – The Science Club**

Science and all its branches provide an overflowing abundance of wealth and information and hence the science club is named Cornucopia. The Science club members organize Science Exhibitions, Poster Exhibitions, Interschool Science Quiz Competitions, etc. to inculcate scientific temper among students

Teachers in charge : Dr. Sr. Mary Thomas & Dr. Bindu David

Science Club Activities




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- **CHILIAD HOUSE – The Social Science Club**

The Social Science club is named 'Chiliad house'. Like a 'chiliad' it includes a thousand elements and the club organises lots of programmes for creating social awareness through debates, discussions, talks by eminent personalities, exhibitions etc. The club also observes days of National and International importance. The club organises an Inter School Social Science Quiz competition every year.

Teachers in charge : Dr. Sunu Austin

Social Science Club Activities

- **PURPLE PATCH – The English Club**

'Purple Patch' literally means an extravagant, florid or ornate passage of literary writing and it is the name of our English club. The club maintains a news board and organises Literary Quiz Programmes for students of other subjects. EI-Lit Quest – is an All Kerala Intercollegiate Quest on English language and literature organized by the purple patch and actively participated by colleges all over the State.

Teachers in charge : Dr. Lavina Dominic & Dr. Pratheesh Abraham

English Club Activities

- **BODMAS – The Mathematics Club**

'BODMAS' represents the sequential order of all mathematical operations. The club organises quizzes, workshops, preparation, production and exhibition of learning materials, etc.

Teacher in charge : Dr. Sr. Beenamma Mathew

Mathematics Club Activities


- **FAYOL'S CLUB – The Commerce Club**

The Commerce Club has chosen the name Fayol's Club to honour Henry Fayol, the Father of Modern Management. The club organises programmes like discussions, debates, workshops, essay writing competitions, visits to business institutions, etc.

Teacher in charge : Dr. Prasoon C.P.

Fayol's Club Activities




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St. Thomas College of Teacher Education, Pala


Massive Online Open Course (MOOC) in Organic Farming



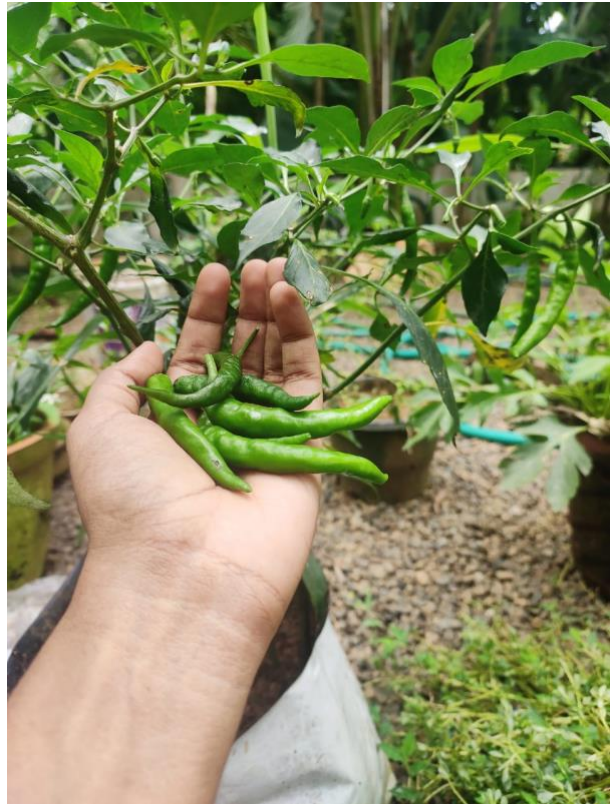
Organic farming – awareness and Practice

Mahatma Gandhi University organises MOOC course on Organic Farming for all Students undergoing UG Programmes in affiliated colleges from 2020 admission onwards. The course is structured following the regulations of the UGC for Online courses. The Course has 14 Modules including 2 Projects. The 4 credits of this course will be given in addition to the existing total credits of the UG Programmes. SWAYAM is a digital platform that gives open access to information, education and learning to anyone, anytime anywhere. It is a portal of interactive online courses made available free over the internet under the initiative of the Ministry of Human Resource Development (MHRD) Govt of India. As per the UGC order, the College provides facilities for 'SWAYAM' courses and one member of the faculty has been nominated as SWAYAM mentor.




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Photos - Outcome of the Organic Farming MOOC



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