

ST.THOMAS COLLEGE, PALAI

BEST PRACTICES

PROMOTION OF PSYCHOSOMATIC WELLNESS

Promotion of psychosomatic health for all is a need of the time. People must be given proper awareness regarding the importance of maintaining physical/spiritual/emotional/psychological balance not only to keep healthy but also to fight against pandemics caused by microbes. A comprehensive health programme targeting not only the staff and students of our college but also the local residents who can benefit from the programme. Inculcate eco-friendly habits and a healthy lifestyle among staff/students and the public. Maintain the permanent vegetative cover of the campus at an optimal level. Keep the campus free from plastic and toxic wastes by implementing a scientific waste management protocol.

The college uniquely maintains the following facilities to achieve the psychosomatic health of all the stakeholders and the public in a holistic way.

1. **Walkers Line – Total length : 700 Meters**

A 700 meter length walker's lane, fully lighted with LED lights, paved with porch tiles through the thick flora encircling the play ground of St. Thomas College, Palai (Photographs shown below):





2. **Play Ground**

This is one of the biggest play grounds of an educational institution all around the central Travancore region and Kottayam district of Kerala state. Open to students, teachers, supporting staff, alumni and the public who maintains a membership in the integrated sports complex or who have got written permission from the authorities. This play ground is beautifully encircled by the walker's lane (photographs shown below):



3. Jimmy George Stadium

To honor the fond memories of Sri.Jimmy George, an International volley ball player and an alumnus of St.Thomas College Palai, who died in an accident during the visit to Italy in connection with an international volley ball tournament, the college maintains a stadium in front of the administrative block of the college. It has facilities such as volleyball court, basket ball court, galleries, podium etc.



4. Gym & Health Club

An indoor gymnasium and health club are functioning in the campus to look after the physical wellness of the students and staff, especially members of the college wrestling team, weight lifting team, students who practice martial art etc.



5. Open Gymnasium

As a pioneer institution who introduced many novel ideas and facilities in sports and games including swimming, the college introduced a unique idea of open gymnasium, which was identified as the first in this category in the state of Kerala by media persons and sports journalists. It ensures a total package of physical fitness to students and staff of the college. The most attracting feature of the gymnasium is that anybody can utilize the facilities at any time without any prior permission, provided strict discipline; modest dress code and strict silence are maintained, especially during class time.





6. Swimming Pool

One of the outstanding features of St.Thomas College Palai is its Olympic standard swimming pool. The 11 crore dream project of St.Thomas college Palai including this swimming pool and the multipurpose integrated sports complex was partially supported by UGC and the major share was invested by the management, teachers, alumni and well-wishers of the college.



Swimming Pool

7. Integrated Sports Complex





Integrated Sports Complex

8. Solar Energy Harvesting Unit

To support the huge energy requirement of the college and to propagate the idea of green, non-depleting and environment friendly energy usage, the college started many small solar energy generating systems and devices during the last many years. In addition to this, a new solar energy plant of 10KW capacity was started functioning in 2019. A striking feature of this power plant is that the plant is constructed as a car parking shack where the entire roofing is constructed with solar panels.



Solar Energy Harvesting Plant

9. Organic Farming

The college supports the concept of producing pollutant free, healthy vegetables, fruits and food grains within the campus by practicing the methods of organic farming. Under the leadership of the staff and students of the Department of Vocational Education, we practice this for the last many years.



Organic Farming

10. Medicinal Plants Garden

Kerala is blessed with a variety of herbal medicinal flora, widely spread all through the Western Ghats. We have a rich collection of medicinal plants in our campus also. The

medicinal plants garden is developed and maintains by the students, research scholars and staff of the Research& Postgraduate Department of Botany of the college.



Medicinal Plants Garden

11. Botanical Garden

A well maintained botanical garden is one of the conspicuous characteristics of St.Thomas College Palai. A variety of rare species of flora is maintained in this garden. The Staff and students of the Research& Postgraduate Department of Botany look after this garden.



Botanical Garden

12. Rainwater Harvesting Units

We have rain water harvesting plants inside the campus with a capacity of 20,000 L altogether. This helps to meet the water requirement to a considerable extent.



Rain water harvesting plants

13. Medical Camp & Seminar

The college regularly organizes various kinds of health checking camps, health awareness classes, and other supports including “**Doctor on Call**” for physical, mental, emotional and social wellness of its various stakeholders. Conducting medical camps in collaboration with hospitals and other agencies like IMA, Lions Club etc. is a regular practice.



A medical seminar in collaboration with Mar Sleevea Medicity Cherpunkal



A medical camp in collaboration with Mar Sleevea Medicity Cherpunkal

14. Eye Testing Camp

Eye testing camps are organized periodically within the campus in association with hospitals, IMA, Lions Club, JCs etc.



An eye testing camp in collaboration with Idimannickal Opticals, Kottayam

15. Blood Donation Camp

We have a very active Blood Donors Forum led by the teachers and students of the Research & Postgraduate Department of Commerce which helps hundreds of patients who need blood including rare blood groups during surgery, accidents etc. A rich database is maintained under strict secrecy and the needful persons can approach the authorities with relevant documents to prove the genuineness. The club provides transportation facilities for the donors and look after their safety.



A scene from a blood donation camp

16. Flood Rescue (NSS, NCC)

Kerala was tormented severely with floods and natural calamities during last three consecutive years. The vibrant NCC and NSS teams of St.Thomas College Palai actively participated in the rescue mission, in re-habitation work and for providing essential goods including cloths and medicine to the affected.









Collection of goods and Scenes from flood relief and rescue camps

17. Career & Placement

One of the very important academic supporting wing of our college is its Career and Placement Cell. The cell organizes various programmes for the students including classes, workshops, training programmes, model tests, mock interviews and GDs etc. Pharmaceutical companies, IT companies, Banks and various reputed commercial and academic firms conduct campus placement drives every year in the campus. Hundreds of students got placement through this placement meets.



Activities of the Career and Placement Cell

18. Chapel: Prayer and Meditation Centre

A chapel is functioning within the campus, in a serene atmosphere, throughout the working time where any student or staff, irrespective their religion, caste, or belief can spend time in praying or meditation silently.



Chapel and meditation centre

19. Yoga

An active Yoga club which organizes various activities including Yoga classes, Yoga camps, observing International Yoga day etc. is functioning in the college. We have qualified Yoga trainers among our teaching faculty, supporting staff and students who provide guidance and help to other staff and students of the college.



Yoga class and Yoga camp

20. Solid Waste Management

In addition to the conventional waste management devices functioning in the campus for years, specially designed plants were installed for the management and processing of solid waste including plastics.



Newly constructed solid waste management plant