



# **St. Joseph College of Teacher Education for Women Ernakulam**



## **CRITERION II**

**2.4.2 Students go through a set of activities as preparatory to school-based practice teaching and internship. Pre practice teaching/internship orientation/training encompasses certain significant skills and competencies**

**(Documentary evidence in support of selected activities)**

Submitted to

**National Assessment and Accreditation Council (NAAC)  
3rd Cycle of Assessment**



### **2.4.2: Identifying varied student abilities**

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
(Affiliated to Mahatma Gandhi University, Kottayam)

## Report on talents day

<b>Name of the Event</b>	<b>Talents day</b>
<b>Objectives</b>	<ol style="list-style-type: none"><li>1) To identify varied student abilities</li><li>2) To enhance the artistic talents of students</li><li>3) Explore the ideas the talents in student teachers</li><li>4) To make aware of the possibilities of arts in teaching</li></ol>
<b>Details of Event Coordinators</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Dates(5YEARS)</b>	2022-23(19/9/2022-27/9/2022),2021-22(16/11/2021-19/11/2021),2020-21(4/1/2021-8/1/2021),2019-20(23/7/2019-26/7/2019),2018-19(24/7/2018-27/7/2018)
<b>Time</b>	2.00PM_4PM
<b>Beneficiaries</b>	Student Teachers
<b>Event Venue</b>	St. Joseph College of Teacher Education for Women, Ernakulam

## Programme Report

The institution hosted a yearly Talents Day event aimed at both celebrating and pinpointing the assorted talents exhibited by newly admitted students. The report offers a comprehensive overview of Talents Day across the academic years from 2018-19 to 2022-23, shedding light on the various activities, accomplishments, and the significance of acknowledging the diverse range of talents within the student body. During the annual event, students are provided with a platform to showcase their talents, whether they lie in the realm of music, arts, sports, or other creative endeavors. This celebration not only recognizes individual achievements but also fosters a sense of community and unity among students.





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## **Academic Year 2022-23 (19/9/2022-27/9/2022):**

The most recent Talents Day in 2022-23 continued to celebrate the multifaceted talents of our new admission students. It featured an extended schedule, including workshops, seminars, and exhibitions. Participants showcased their skills in areas such as music, fine arts, sports, and educational innovations. The event served as a platform for students to not only identify their talents but also share them with the larger academic community.

## **Academic Year 2018-19 (24/7/2018-27/7/2018):**

The Talents Day in the academic year 2018-19 marked the beginning of a tradition to showcase the unique abilities of our new students. Various talent-based competitions and activities were organized, including singing, dancing, public speaking, and sports events. This initiative aimed to encourage students to explore their interests and foster a sense of community.

## **Academic Year 2019-20 (23/7/2019-26/7/2019):**

The second edition of the Talents Day in the academic year 2019-20 expanded upon the achievements of the previous year. It incorporated a more extensive array of events, comprising art showcases, literary contests, and cultural presentations. Beyond the mere recognition of talents, this gathering facilitated cultural interchange and fostered a sense of camaraderie among students.

## **Academic Year 2020-21 (4/1/2021-8/1/2021):**

Despite the challenges posed by the pandemic, the Talents Day in 2020-21 was adapted to virtual platforms. Students showcased their talents through online competitions,





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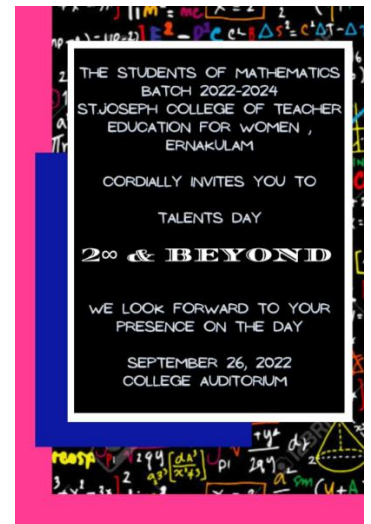
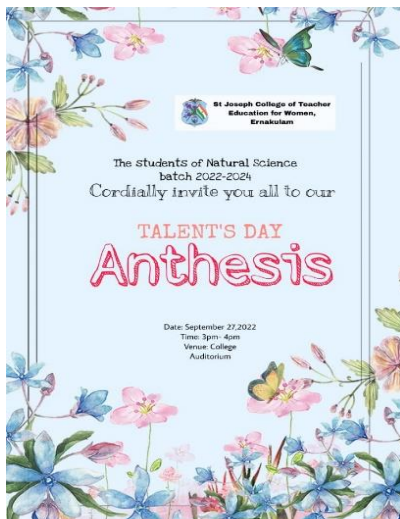
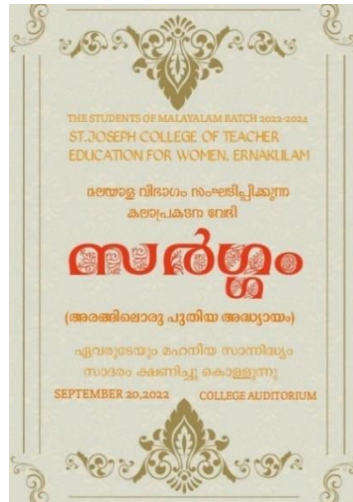
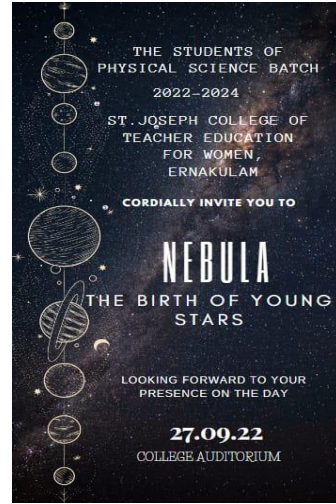
digital art exhibitions, and video performances. This innovative approach demonstrated the adaptability and resilience of our students.

## **Academic Year 2021-22 (16/11/2021-19/11/2021):**

The Talents Day in 2021-22 returned with a mix of in-person and virtual activities. It emphasized the importance of maintaining safety while fostering creativity. Students participated in art and science exhibitions, dance performances, and academic competitions. This year also saw an increase in interdisciplinary talents, highlighting the diverse abilities of our students.

Over the years, the annual Talents Day has transformed into a pivotal event on academic schedule. It serves a dual purpose of not only pinpointing the diverse talents among newly enrolled students but also fostering a spirit of togetherness, innovation, and achievement. Throughout its evolution, Talents Day has expanded its scope, encompassing an ever-widening array of activities and talents, thereby enriching the experience for all participants. The event's success stands as a testament to its significance in not only recognizing individual aptitudes but also in contributing to the creation of a dynamic and inclusive learning environment within the institution.







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Organizing Talents day celebration

English 19/07/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AMALA ANTONY	EN	
2	ANNA ROSHNI VARGHESE	EN	
3	DEEPA P S	EN	
4	DEVIKA VENUGOPAL	EN	
5	DIVYA RADHAKRISHNAN	EN	
6	F.MERLINE RODRIGUES	EN	
7	GURUMAHIMA M V	EN	
8	HARSHA THERESA THOMAS	EN	
9	K A RABIA	EN	
10	LEATITIA JOSH Y	EN	
11	LINET JOHN	EN	
12	MEERA JOY	EN	
13	MERIZE BEN ALIAS	EN	
14	PRATIBHA S	EN	
15	SANDRA JOY	EN	
16	SANTHI M S	EN	
17	VEENA C V	EN	



*Alice Joseph*  
Dr. Alice Joseph  
Principal in Charge  
St. Joseph College of Teacher  
Education for Women,  
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Organizing Talents day celebration

Malayalam 20/07/2022

Sl.No	Name of the student	SUBJECT	Signature
1	ALEENA ANTONY	ML	
2	ANASWARA. P S	ML	
3	ANCE BABY	ML	
4	ANISHA T	ML	
5	DIVYA RAJAN	ML	
6	JAYALAKSHMI JAYAKUMAR	ML	
7	JOBITHA JOY	ML	
8	LIYA BABY	ML	
9	MARY AMALA R.	ML	
10	NITHA ALFRED	ML	
11	PRANAYA P M	ML	
12	RIYA SABU	ML	
13	SHILPA K	ML	
14	SNEHA M M	ML	
15	SREELAKSHMI K A	ML	
16	TEENA VINCENT	ML	



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## Organizing Talents day celebration

Maths 21/07/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AKSHAYA SHAJU	MT	
2	ARYA K SURENDRAN	MT	
3	ASWATHI B A	MT	
4	FREEDA K F	MT	
5	JINU JOSEPH	MT	
6	JOMOL BABU	MT	Absent
7	LEKSHMIPRIYA T S	MT	
8	MARIYA JESSNEELA	MT	
9	MELISSA XAVIER	MT	
10	PARVATHY M	MT	
11	AGATHA CYRIAC	PS	Absent
12	RESHMA FRANCIS	MT	
13	ROSE MARIA JOHN	MT	
14	ROSY ROY	MT	
15	SONA PAUL	MT	
16	SREEJA SREENIVASAN	MT	



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Organizing Talents day celebration

Natural science 22/07/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AKHITHA SEBASTIAN	NS	
2	ALLAN FRANCIS	NS	
3	ANGITHA RAMACHIANDRAN	NS	Absent
4	ANITA ABRAHAM	NS	
5	CAREN GRACE	NS	
6	DILHANA HUSSAIN	NS	
7	JESHMA DAS V S	NS	
8	KEERTHANA M S	NS	
9	MEERA SUSAN KURIAN	NS	
10	MERIN SHAJAN	NS	
11	POOJA MARIA JACOB	NS	
12	RANJIMA V	NS	
13	SANIYA SIMON	NS	
14	SHALINI P S	NS	
15	SHIMNA K	NS	
16	THERESA THANKACHAN	NS	Absent
17	VYSHNAVIN SARMA	NS	



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## Organizing Talents day celebration Physical science 26/07/0/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AGIYA COSMOS M C	PS	
2	AKSHAYA K S	PS	
3	ALIDA SAIJU	PS	
4	ANILA SHAJU	PS	
5	ANU P.THOMAS	PS	
6	APARNA S	PS	
7	FATHIMATHUZUHRA	PS	Absent 
8	JESNA GEORGE	PS	
9	MARIYA DAS	PS	
10	NEETHU J A	PS	
11	RAVEENA K RAMESH	PS	Absent 
12	ROSHNA RAHIM	PS	
13	VANDANA S	PS	
14	VINNY PAPPACHAN	PS	



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## Organizing Talents day celebration

Social science 27/07/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AKSHITHA BHASKARAN	SS	
2	ANAGHA T	SS	
3	ANCY ABRAHAM	SS	
4	ANJALY A C	SS	
5	ANUPAMA SREEDHAR	SS	
6	CIELENE PAUL	SS	
7	DIVYAMOL P D	SS	
8	DONA K JOSE	SS	
9	KRISHINAPRIYA K	SS	
10	MARY RINU K F	SS	
11	MEREENA JOY	SS	
12	MINU JOY	SS	
13	REGINA TEENA DCOSTA	SS	
14	RIYA DAVIS	SS	
15	ROSE MARY PAUL	SS	
16	VARSHA K V	SS	



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## Documentary Evidence on talents day

























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## Workshop on theatre and drama

Name of the Event	Workshop on Theatre and Drama
<b>Objectives</b>	<ol style="list-style-type: none"><li>1) To understand the techniques of theatre arts and dramatic performances.</li><li>2) To instill the intellectual and aesthetic development among student teachers.</li><li>3) To develop social skills.</li><li>4) To enable students to practice various skills like discussion, script writing and enacting.</li></ol>
<b>Details of Event Coordinators</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Dates</b>	2022-23(13/10/2022-14/10/2022 Batch A 17/10/2022&18/10/2022Batch B)2021-22(23/11/2021- 24/11/2021Batch A&25/11/2021-26/11/2021Batch B)2020-21(19/2/2021-20/2/2021 Batch A&22/2/2021- 23/3/2021Batch B)2019-20(16/8/2019-17/8/2019 Batch A&18/8/2019-19/8/2019Batch B)2018-19(18/9/2018- 19/9/2018 Batch A &24/9/2018-25/9/2018Batch B)
<b>Time</b>	9.00 AM- 4 PM
<b>Duration</b>	2 days
<b>Beneficiaries</b>	Student Teachers
<b>Event Venue</b>	St. Joseph College of Teacher Education for Women, Ernakulam

### Programme Report

The college organized an enlightening workshop on Theatre and Drama for the first-year teacher trainees. The workshop was expertly guided by Mr. Arun Kumar S, a seasoned and proficient theatre artist. To facilitate the workshop, the six optional student





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teachers were divided into two separate batches, known as Batch A and Batch B. Each of these groups consisted of three optional students. The workshop spanned two different sets of dates, with Batch B participating from 13<sup>th</sup> – 14<sup>th</sup> October 2023, and Batch A from 17<sup>th</sup> - 18<sup>th</sup> October 17<sup>th</sup> 2023. Furthermore, each batch was further subdivided into smaller groups of 10 - 11 participants, ensuring a conducive learning environment.

Over the course of the two-day workshop, both practical and theoretical aspects of theatre arts were covered extensively. The first day was dedicated to exploring various dimensions of script writing and stage setting. As part of their assignment, all the students were required to prepare and submit a drama script for the following day. The active participation and dedication exhibited by all the participants were acknowledged and praised by the resource person.

The opportunity for students to perform on stage, both in groups and individually, allowed many hidden talents to surface. Particularly, those student teachers who initially had reservations about performing on stage were encouraged and motivated, leading to active participation by all, which significantly enhanced the overall enthusiasm of the workshop. The practical sessions were thoughtfully structured to ensure that every student had the chance to perform and enact various scenarios. Following each group's performance, the resource person, provided constructive feedback and suggestions for improvement. These sessions proved immensely beneficial for the student teachers as they honed their abilities to discuss, lead, and collaborate effectively within a team.







The workshop had a profoundly positive impact on the student teachers. The workshop encompassed a wide range of learning experiences, allowing the students to grasp the intricacies of theatre arts, develop their creative and performance skills and cultivates teamwork and leadership abilities. It was an enriching and highly beneficial endeavor that left a lasting impression on all those who participated.

### Images of Workshop on Theatre and Drama



### Stage Performance during the workshop



### Class on Drama and Theatre





**Practice for the performance**





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Workshop on theatre education

Date: 13/10/2022-14/10/2022 (Batch A) Date: 17/10/2022-18/10/2022 (Batch B)

Sl.No	Name of the student	SUBJECT	Signature
1	AKHILA M NAIR	EG	
2	AKSHAYA T G	EG	
3	AMALU K	EG	
4	ANAGHA R	EG	
5	ANARGHA MARY	EG	
6	DONA MARIA	EG	
7	JEENA ELSA JOHN	EG	
8	JESNA JOSEPH	EG	Absent
9	LEENU MERIN THOMAS	EG	
10	MARGRET BENITTA V J	EG	
11	MEGHA MADHU	EG	
12	MINU MARY	EG	Absent
13	NEHA BABU	EG	
14	NIMMY ELIZABETH GEORGE	EG	
15	RACHEL BERKUMON	EG	
16	REMYA P. T	EG	Absent
17	SWATHI M	EG	



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Workshop on theatre education

Date: 13/10/2022-14/10/2022 (Batch A) Date: 17/10/2022-18/10/2022 (Batch B)

Sl.No	Name of the student	SUBJECT	Signature
1	ABHINA K	MI.	
2	AKHILA M GEORGE	MI.	
3	ALINA STEPHEN	MI.	
4	ANJU PRATHAP P	MI.	
5	APARNA JAIS	MI.	
6	ARCHANA V N	MI.	
7	JISA MARTIN	MI.	
8	KAVYAMOL A B	MI.	
9	LAKSHMI T S	MI.	
10	NIDHIYA JOSEPH	MI.	
11	PAVITHRA V	MI.	
12	SHILPA E.	MI.	
13	SNEHAKAVYA	MI.	
14	SWATHILM	MI.	
15	TRIFUSA JOJAN	MI.	
16	VRINDA SURESH	MI.	



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Workshop on theatre education

Date: 13/10/2022-14/10/2022 (Batch A) Date: 17/10/2022-18/10/2022 (Batch B)

Sl.No	Name of the student	SUBJECT	Signature
1	AMRUTHA A OMANAKUTTAN	MT	
2	ANJU PAUL P	MT	
3	APARNA SHAJI	MT	
4	ASHITHA BENNY	MT	
5	DHANYA JOY	MT	
6	EMILIN K THOMAS	MT	
7	EMILIYA MERIN	MT	
8	INDHU . K	MT	
9	KABANI S	MT	
10	NANDITHA J	MT	
11	ROSEMOL V T	MT	
12	SANDRA ANTONY	MT	
13	SHARON ACHU ANISH	MT	
14	SNEHA PRINCE	MT	
15	STELLA CATHERINE FABER	MT	
16	VANDANA K P	MT	
17	ANUJA J NAIR	MT	Absent



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## Workshop on theatre education

Date: 13/10/2022-14/10/2022 (Batch A) Date: 17/10/2022-18/10/2022 (Batch B)

Sl.No	Name of the student	SUBJECT	Signature
1	AISWARYA . A .K	PS	
2	AISWARYA LAKSHMI S	PS	
3	ALKHA THOMAS	PS	
4	ANJUMOL PAUL	PS	
5	ANN SARA V ALIAS	PS	
6	ARUNIMA C . H	PS	
7	ASHNA K . J	PS	
8	ASWATHY AJI P	PS	
9	DILNA BIJU	PS	
10	DINSHA M SAJI	PS	
11	DIYA N C	PS	
12	KARTHIKA RAVEENDRAN	PS	
13	MUHZINA MUHAMMED BASHEER	PS	
14	ROSE MARY JOSE	PS	
15	SAHALA NAYEEM A A	PS	
16	TREESA TANIYA P A	PS	



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Workshop on theatre education

Date: 13/10/2022-14/10/2022 (Batch A) Date: 17/10/2022-18/10/2022 (Batch B)

Sl.No	Name of the student	SUBJECT	Signature
1	ADELINE JOSEPH	NS	
2	ANNA ANANNYA K P	NS	
3	ANURADHA A PAI	NS	
4	ASHNA JOSEPH	NS	
5	AYSHA BEEVI C I	NS	
6	FEMY MARIYA JOSE	NS	
7	GOPIKA A G	NS	
8	JISMI MOHAN	NS	
9	MANEEHA S M	NS	
10	MEERA SANKAR A	NS	
11	MERIN K S	NS	
12	MRUDULA GIRISH	NS	
13	RAJALAKSHMI R	NS	
14	SANDRA SOOSAN ABY	NS	
15	SNEHA P P	NS	
16	SREELAKSHMI N	NS	
17	SREESHNA M	NS	



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Workshop on theatre education

Date: 13/10/2022-14/10/2022 (Batch A) Date: 17/10/2022-18/10/2022 (Batch B)

Sl.No	Name of the student	SUBJECT	Signature
1	ANAGHA MARY	SS	
2	ANITTA JOHNSON	SS	
3	ARYA T K	SS	
4	ASWATHY K S	SS	
5	CHINCHU K H	SS	
6	DEVIKA P S	SS	
7	GEETHU SIVAN	SS	
8	LIYANTA IZABEL	SS	
9	NAIR K M SUMALAKSHMI	SS	
10	NANDHITHA C	SS	
11	RASEENA NASEER	SS	
12	RESHMA GEORGE P G	SS	
13	RIYA JAMES	SS	
14	SARAH MARIA	SS	
15	SNEHA M	SS	
16	SREELAKSHMI SUDHAKARAN	SS	
17	SUKRITHA S SHENOY	SS	



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# Report on Theatre Workshop

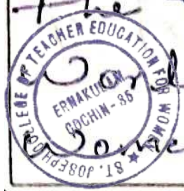
St. Joseph College of Teacher Education for Women, Ernakulam organised a two days Workshop for the B.Ed aspirants or trainees on Art and drama. The Workshop was organised on 17<sup>th</sup> and 18<sup>th</sup> of October 2022 from 9:00 AM to 4:00 pm having lunch break from 12:25 Pm to 12:55 pm. The Venue for the theatre workshop was the multipurpose hall. The Resource person for this workshop was Anil Kumar sir. Sir presided over the workshop in a well and good manner. Sir have expertise in this particular field and also he acted in a few films as side actor. "Maheshinte Prathikaram" needs a mandatory mention while considering his films. Sr. Thejus made all the arrangements for this workshop like giving out the attendance sheet, arranging chairs and benches along with students for



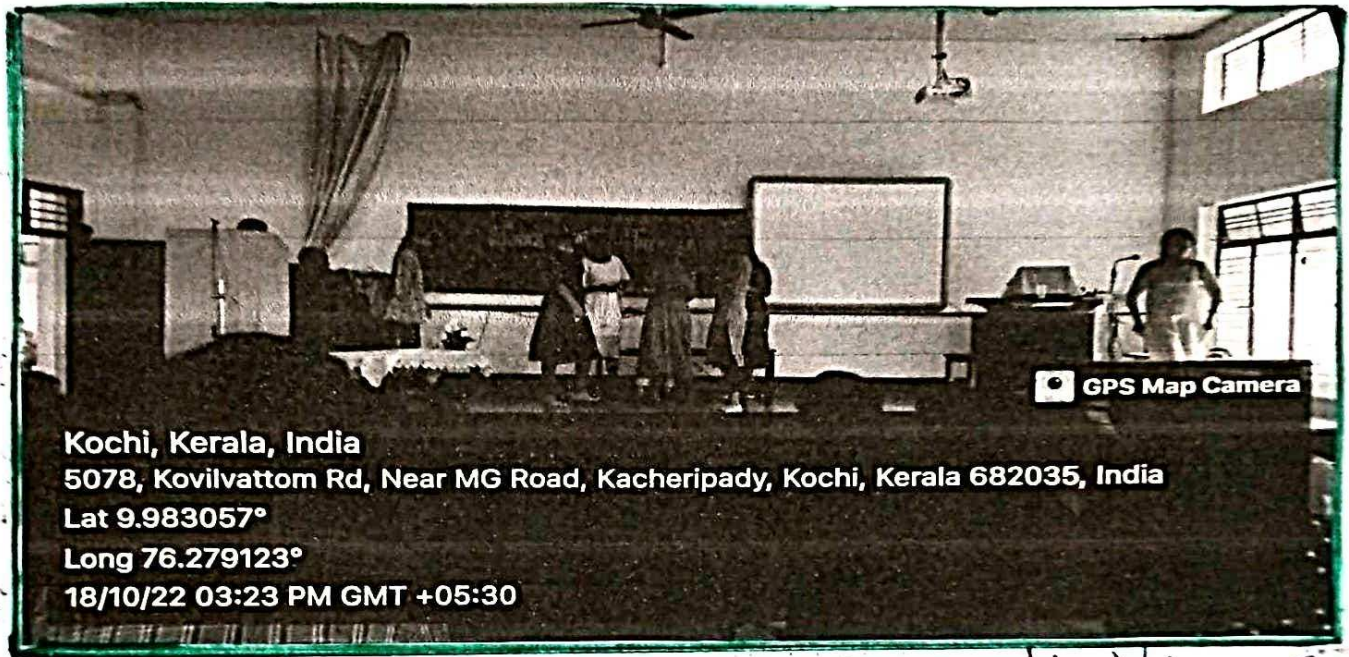
theatre training. Sneha Kavya was the Master of Ceremonies and Kavya mol from Malayalam optional delivered the welcome address soon after the assembly.



Morning itself, Sir asked us to form a Circle to check our voice modulation. He asked us to say "Good morning" at high, medium and low pitch along with our name and optional. And this was aimed to be as the Ice-breaking Session. Sir also demonstrated different tones of saying good morning, and asked each of us to repeat after him as a form of introducing ourselves to others. He began the class by the famous theory of Shakespeare. "All the world's a stage" and all the men and women merely players.

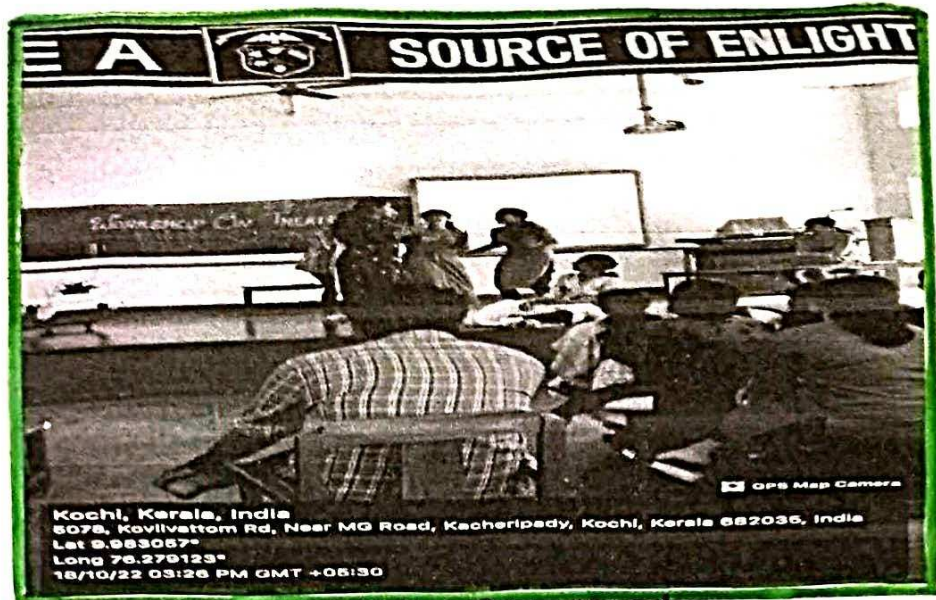


This Segment was followed by group formation. Sir asked us to Call out numbers from 1 to 5 and thus formed five groups, each group having 11 members.



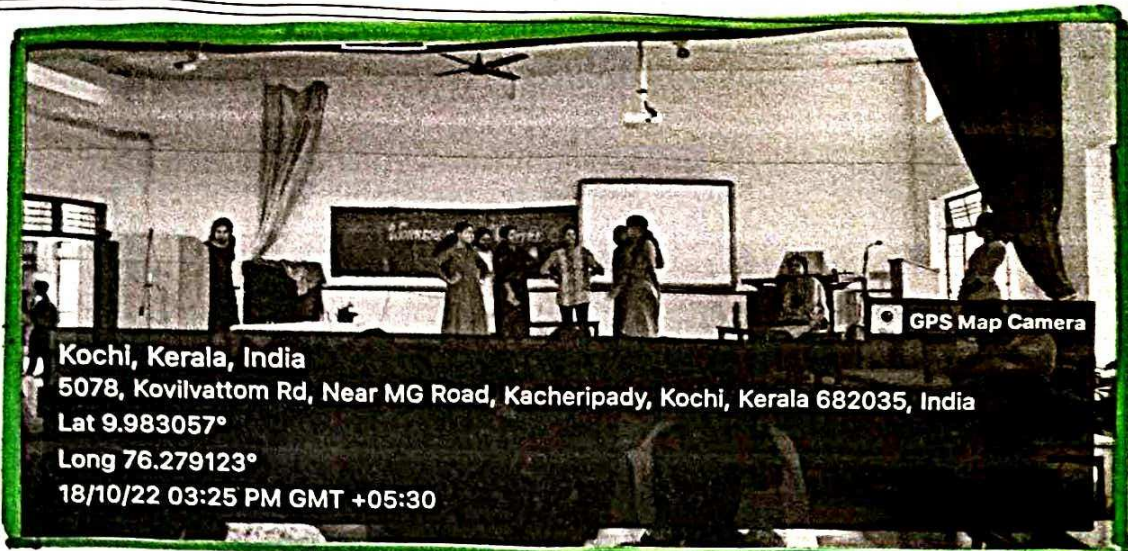
For having more space for the activities Sir asked us to arrange the desk and bench in such a manner that we have more space to carry out our activities. The first activity was to just walk on the free/empty space and in between to ask the name of others who we meet in our way. This activity was majorly focused to know others from different options and also to get out from our "Comfort zone". He asked us to cover all the free or empty space while walking and to consider it as a stage. Thus, he explained us the "Theory of Stage" in theatre and performing arts. Stage is a designated space for performance.





This activity was followed by a game called "number game". The game checks out our spontaneity and speed and to check our alertness and concentration. After the game, the first gamer who was out was Sneha M. of Social Science optional, and she was asked to say a statement, which should mark the beginning of a story. The statement she used was "India was my Country" and with this statement, a story should be progressed out of this. Then everyone sat according to a group and continued the game until a fully-fledged story was developed out of it. Sir asked to construct our own conclusions for the story to contemplate over the different perceptions from different fields. Before the lunch break, Sir asked to write a "Script" on the topic "Pothichon".





Kochi, Kerala, India  
5078, Kovilvattom Rd, Near MG Road, Kacheripady, Kochi, Kerala 682035, India  
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Long 76.279123°  
18/10/22 03:25 PM GMT +05:30

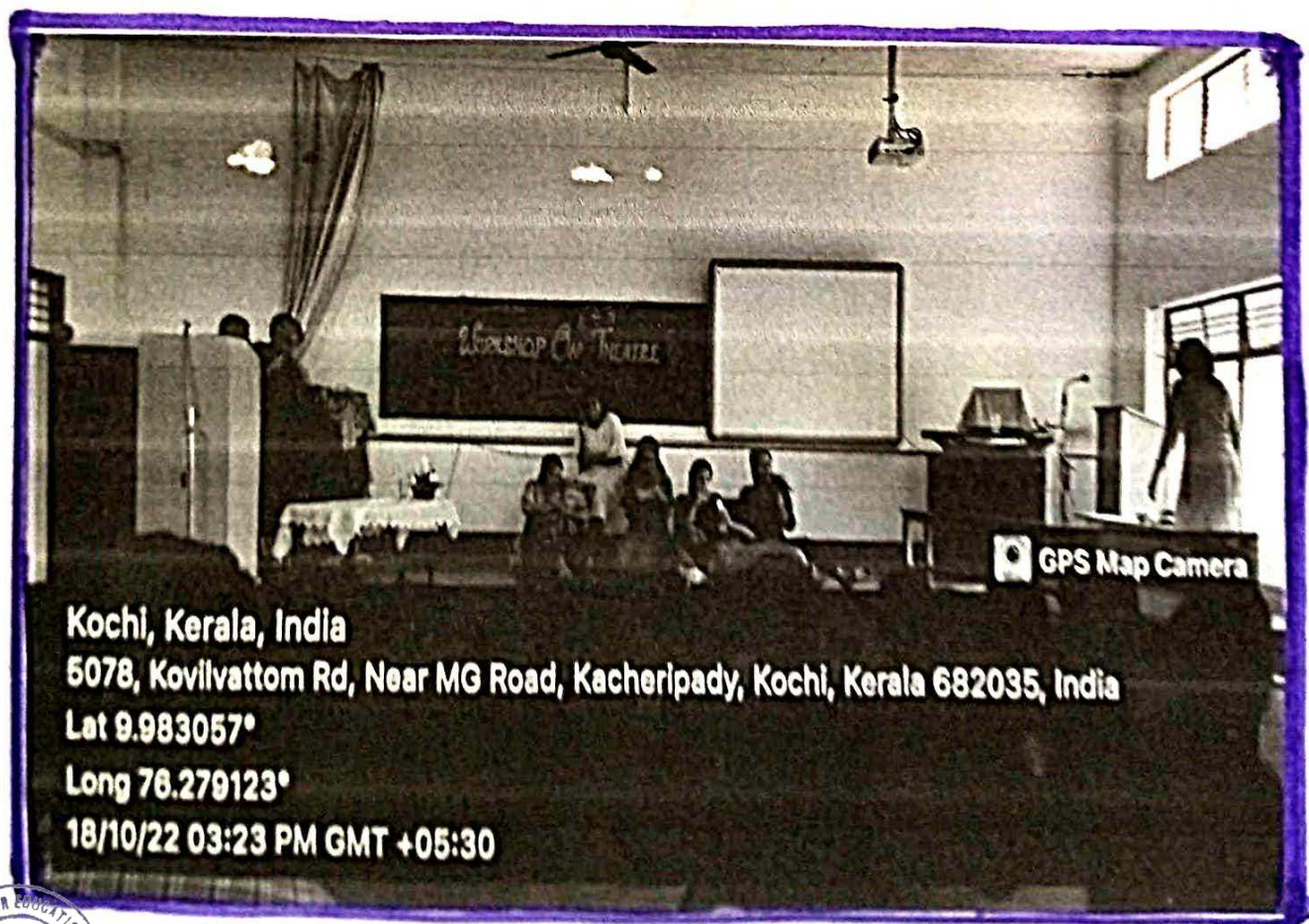
in group and to elucidate it after the break. As instructions, after having our lunch we wrote a script on the given topic in groups. Sir then took a small class on the Compo-nents, format, the way and method to write a script, The different types of stages etc. After that four groups read out their Script and two groups on the very next day. At the end of the first day, Sir gave us an Homework which was to write a script individually on socially relevant issues on the basis of the classes provided by Sir. That was our assignment and we Submitted it on next day. On day 2, we Submitted our homework of writing individual Script on socially substantial issue was Submitted morning itself. The pending two group read out their script. And asked us according to the group.



On the second day, workshop was more focussed on the theory side ignoring the practicals. He explained us on Different types of stages, different types of acting, how to perform on a stage, what not to do on a stage. This was followed by an game Activity. Sir gave us a water bottle and asked each one of us to imagine that as some other property and to enact its use so that the Viewers should understand and say what the performer meant. It was an individual activity. Then he asked us to play a game related to "tableau". It was a skill game without having dialogue and we all enjoyed it alot.



This game was followed by lunch break. The Script which each group prepared on "Pothichoa" was performed on the stage by each group after the lunch break and the workshop was concluded by a foc and her games in which Sreedakshmi was the foc from social science optional and it gave out a positive ending. Every student participated in the given tasks with great zeal. It taught us Self-Expression, life-skill Training, Problem solving skills and we learned to lead.





# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
(Affiliated to Mahatma Gandhi University, Kottayam)

## Annual sports day

<b>Name of the Event</b>	<b>Annual Sports Day</b>
<b>Objectives</b>	<ol style="list-style-type: none"><li>1. To provide an opportunity for students to enhance life skills</li><li>2. To imbibe values of sportsman spirit and physical well-being among students</li><li>3. To help student teachers develop their talents and achieve their maximum potential</li></ol>
<b>Details of Event Coordinators</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Faculty Coordinator</b>	Dr. Ceby George Assistant Professor (Physical Education) St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	2022-23(24/3/2023),2021-22(11/3/2022),2020-21(9/3/2021).2019-20(18/2/2020),2018-19(29/1/2019)
<b>Time</b>	8.30 AM - 1.50 PM
<b>Duration</b>	5 hours and 20 minutes
<b>Beneficiaries</b>	Student teachers, Faculty
<b>Event Venue</b>	College Ground St. Joseph College of Teacher Education for Women, Ernakulam

## Programme Report

The college organized Annual sports day on March 24, 2023, at the college ground, aiming to identify and celebrate the diverse abilities of its students. The event served as an opportunity for student teachers to improve their life skills, instill the values of sportsmanship and physical well-being and nurture their talents to achieve their full potential. The annual sports meet was open to both first-year and second-year B.Ed. student teachers and was meticulously coordinated by Dr. Ceby George, Assistant Professor in Physical Education.







# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
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The sports day commenced promptly at 8:30 AM with a prayer, followed by an oath-taking ceremony led by the sports captain. Ms. Vrinda Suresh, the Student Sports Secretary, delivered a warm welcome address to kick off the annual sports meet. The event was officially inaugurated by Dr. Alice Joseph, the Principal of the college. During the inaugural speech, Principal unveiled the theme for the academic year 2023's annual sports meet, which was aptly named 'Get...Set...Go,' symbolizing the spirit of competition and readiness. With this announcement, the competitions for the sports day commenced.

The sports events were organized based on the house system, with four houses named Radhakrishna, Mahatma, Tagore and Nehru. The first competition was the 100-meter race, which saw the participation of a total of 125 students. To ensure fairness and excitement, the race was organized into 18 rounds, each featuring six participants. Winners from each round advanced to the semifinals and subsequently, the finals. The 100-meter race's first-place finisher was Ms. Vrinda Suresh, a student teacher specializing in Malayalam. Ms. Nimmy Elizabeth, a student teacher from the English department, secured the second position, while Ms. Merin Shajan, specializing in Natural Science, secured the third spot.

Following the 100-meter race, the long jump competition took center stage. The event began at 10:15 AM and concluded at 12:15 PM, conducted in two rounds with participants who excelled in the first round proceeding to the second. Ms. Anju Pratap, specializing in Malayalam, secured the first position, while Ms. Arya T.K. from the Social Science department and Ms. Vrinda Suresh, both distinguished students specializing in Malayalam, secured the second and third positions, respectively.





The third event of the sports day was the shot put competition, which also featured two rounds. Ms. Anila Shaju, specializing in Physical Science, claimed the first position. The second position went to Ms. Shreeshna M, who specialized in Natural Science. The third position was shared by Ms. Minu Mary from the English department and Ms. Nanditha J, specializing in Mathematics.

The fourth event was the discus throw competition, with the second-year students competing in the opening round, followed by the first-year students. The first place in this event was secured by Ms. Merin Shajan, specializing in Natural Science, while Ms. Jayalakshmi Jayakumar, a student teacher from the Malayalam department and Ms. Shreeshna M, specializing in Natural Science, claimed the second and third positions, respectively.

The final event of the annual sports meet was the Relay race competition. This spirited competition featured the four houses - Radhakrishna, Mahatma, Tagore and Nehru. The Radhakrishna house emerged victorious in the first position, with Nehru, Tagore and Mahatma houses securing the second, third, and fourth positions, respectively. By 1:15 PM, all the competitions had concluded.

To honor the winners, prizes were awarded to the victors of each competition, and the winner of the march past was announced. The Radhakrishna House proudly claimed the march past victory. Individual champions of the sports meet were Ms. Shreeshna M, a student teacher specializing in Natural Science and Ms. Nimmy Elizabeth, a student teacher from the English department. The overall house champion was determined by tallying the total marks earned by each house, with Tagore house emerging as the champion, followed by Radhakrishna, Nehru, and Mahatma houses, in that order. Following the announcement of the winners, a photography session captured the memorable moments of the day. To conclude the event, Ms. Nimmy Elizabeth, the student chairperson, delivered a heartfelt vote of thanks. The entire program wrapped up at 1:50 PM, marking the successful completion of a day filled with sportsmanship.

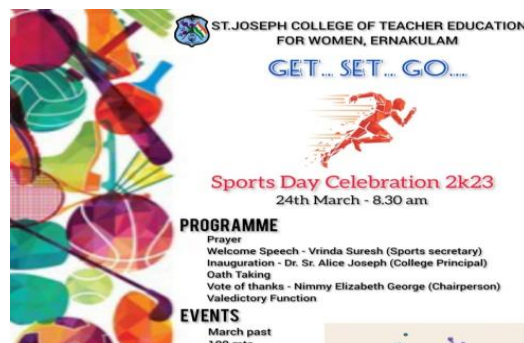




The annual sports meet experience offered physical, emotional and social benefits to the student teachers. It encouraged physical fitness, skill development, sportsmanship, teamwork, leadership and overall personal growth. It was a day filled with positivity, unity and celebration, leaving a lasting impact on the college community.



**Event poster for the annual sports meet, 2023**



**Principal Dr. Alice Joseph, delivering inaugural address during the annual sports meet, 2023**





# ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

KOVILVATTOM ROAD, ERNAKULAM, KOCHI, PIN - 682 035, KERALA, S. INDIA

(Affiliated to Mahatma Gandhi University, Kottayam)

Recognised by NCTE

Organizing sports day

Date: 24/03/2023

Sl.No	Name of the student	SUBJECT	Signature
1	AMALA ANTONY	EN	
2	ANNA ROSHINI VARGHESE	EN	<i>Anna Roshini Varghese</i>
3	DEEPA P S	EN	<i>Deepa P S</i>
4	DEVIKA VENUGOPAL	EN	<i>Devika Venugopal</i>
5	DIVYA RADHAKRISHNAN	EN	<i>Divya Radhakrishnan</i>
6	F.MERLINE RODRIGUES	EN	<i>F. Merline Rodrigues</i>
7	GURUMAHIMA M V	EN	<i>Gurumahima M V</i>
8	HARSHA THERESA THOMAS	EN	<i>Harsha Theresa Thomas</i>
9	K A RABIA	EN	<i>K A Rabia</i>
10	LEATITIA JOSHY	EN	<i>Leatitia Joshy Absent</i>
11	LINET JOHN	EN	<i>Linnet John</i>
12	MEERA JOY	EN	<i>Meera Joy</i>
13	MERIZE BEN ALIAS	EN	<i>Merize Ben Alias</i>
14	PRATIBHA S	EN	<i>Pratibha S</i>
15	SANDRA JOY	EN	<i>Sandra Joy Absent</i>
16	SANTHI M S	EN	<i>Santhi M S</i>
17	VEENA C V	EN	<i>Veena C V</i>



*Alice Joseph*  
Dr. Alice Joseph  
Principal in Charge  
St. Joseph College of Teacher  
Education for Women,  
Ernakulam



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Recognised by NCTE

Organizing sports day

Date: 24/03/2023

Sl.No	Name of the student	SUBJECT	Signature
1	ALEENA ANTONY	ML	Aleena
2	ANASWARA P S	ML	Anaswara
3	ANCE BABY	ML	Ance
4	ANISHA T	ML	Anisha
5	DIVYA RAJAN	ML	Divya
6	JAYALAKSHMI JAYAKUMAR	ML	Jayalaxmi
7	JOBITHA JOY	ML	Jobitha
8	LIYA BABY	ML	Liya
9	MARY AMALA R.	ML	Mary
10	NITHA ALFRED	ML	Nitha
11	PRANAYA P M	ML	Pranaya
12	RIYA SABU	ML	Riya
13	SHILPA K	ML	Shilpa
14	SNEHA M M	ML	Sneha
15	SREELAKSHMI K A	ML	Sreelakshmi
16	TEENA VINCENT	ML	Teena



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Recognised by NCTE

Organizing sports day

Date: 24/03/2023

Sl.No	Name of the student	SUBJECT	Signature
1	AKSHAYA SHAJU	MT	
2	ARYA K SURENDRAN	MT	
3	ASWATHI B A	MT	
4	FREEDA K F	MT	
5	JINU JOSEPH	MT	
6	JOMOL BABU	MT	Absent
7	LEKSHMIPRIYA T S	MT	
8	MARIYA JESSNEELA	MT	
9	MELISSA XAVIER	MT	
10	PARVATHY M	MT	
11	AGATHA CYRIAC	PS	Absent
12	RESHMA FRANCIS	MT	
13	ROSE MARIA JOHN	MT	
14	ROSY ROY	MT	
15	SONA PAUL	MT	
16	SREEJA SREENIVASAN	MT	



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Organizing sports day

Date: 24/03/2023

Sl.No	Name of the student	SUBJECT	Signature
1	AKHITHA SEBASTIAN	NS	
2	ALLAN FRANCIS	NS	
3	ANGITHA RAMACHANDRAN	NS	Absent
4	ANITA ABRAHAM	NS	
5	CAREN GRACE	NS	
6	DILHANA HUSSAIN	NS	
7	JESHMA DAS V S	NS	
8	KEERTHANA M S	NS	
9	MEERA SUSAN KURIAN	NS	
10	MERIN SHAJAN	NS	
11	POOJA MARIA JACOB	NS	
12	RANJIMA V	NS	
13	SANIYA SIMON	NS	
14	SHALINI P S	NS	
15	SHIMNA K	NS	
16	THERESA THANKACHAN	NS	Absent
17	VYSHNAVI N SARMA	NS	



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Organizing sports day

Date: 24/03/2023

Sl.No	Name of the student	SUBJECT	Signature
1	AGIYA COSMOS M C	PS	
2	AKSHAYA K S	PS	
3	ALIDA SAJU	PS	
4	ANILA SHAJU	PS	
5	ANU P.THOMAS	PS	
6	APARNA S	PS	
7	FATHIMATHUZUHRA	PS	
8	JESNA GEORGE	PS	
9	MARIYA DAS	PS	
10	NEETHU J A	PS	
11	RAVEENA K RAMESH	PS	Abseent
12	ROSHNA RAHIM	PS	
13	VANDANA S	PS	
14	VINNY PAPPACHAN	PS	



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Recognised by NCTE

Organizing sports day

Date: 24/03/2023

Sl.No	Name of the student	SUBJECT	Signature
1	AKSHITHA BHASKARAN	SS	
2	ANAGHA T	SS	Absent
3	ANCY ABRAHAM	SS	
4	ANJALY A C	SS	
5	ANUPAMA SREEDHAR	SS	
6	CELENE PAUL	SS	
7	DIVYAMOL P D	SS	
8	DONA K JOSE	SS	
9	KRISHNAPRIYA K	SS	
10	MARY RINU K F	SS	
11	MEREENA JOY	SS	
12	MINU JOY	SS	
13	REGINA TEENA DCOSTA	SS	Absent
14	RIYA DAVIS	SS	
15	ROSE MARY PAUL	SS	
16	VARSHA K V	SS	



Dr. Alice Joseph  
Principal in Charge  
St. Joseph College of Teacher  
Education for Women,  
Ernakulam

# Credible Participation in Games and Sports



# INTRODUCTION

Sports and games are very essential for physical and mental development. A good sport has many advantages on an individual, including stamina build up, toned reflex, quick response, confidence buildup and a positive attitude. Apart from psychological and physical benefits, sports and games also help to develop personality by instilling communication skills, leadership skills and team work.

The annual sports meet of St. Joseph College of Teacher Education for Women for the academic year 2021-2022 was conducted on 11<sup>th</sup> of March, 2022. It was conducted under the guidance of Dr. Mary Varghese, Assistant Professor in Physical Education of our college. The sports meet was given the name Ujja 2022.

Various sports and games were conducted for the first year BEd students. The various events conducted were long jump, shot put, 100m race, badminton, numbering game, dodge ball and throw ball. All the students showed great enthusiasm in participating in all the events.

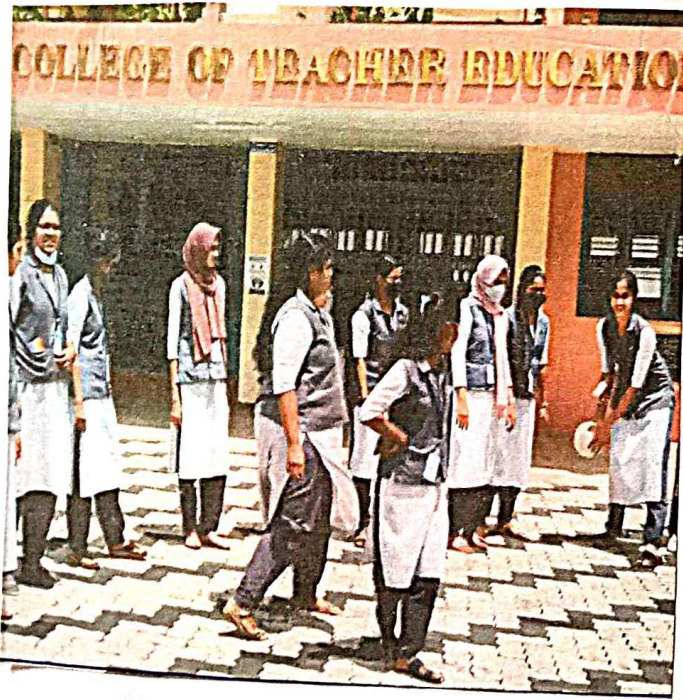


## Participation in Games

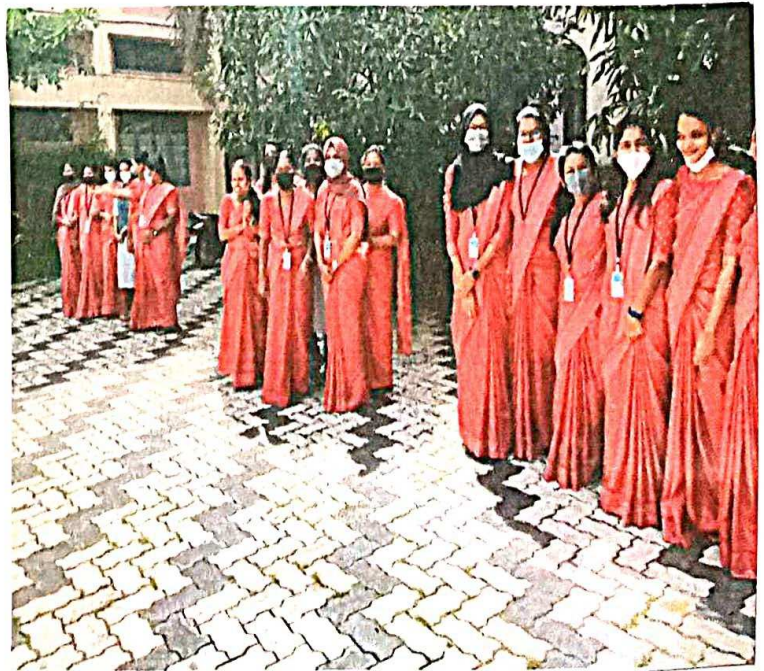
Major games and minor games were conducted. Major games were throwball and badminton and minor games included dodgeball and numbering.

### Minor Games :

Dodgeball is a simple and fast-paced game. The aim of the game is to eliminate the players by hitting them with a ball. The participants forms a large circle and few of them will stand inside the circle. A ball will be thrown by the players in the circle at the players inside the circle. The player loses the game when the ball hits their knee part or below the knees. The person who finally stands in the middle of the circle is declared as winner. The first prize was secured by Ms. Akshitha Bhaskaran of social science and second prize was secured by Ms. Tomol of Mathematics optional.



Numbering was the second minor game and all of them showed great enthusiasm for playing this game. Students were divided into two large groups and each group formed a big circle. The participants were asked to walk in a circular manner until the instructor shouts a number. Then the participants have to form a group of students according to the number said by the instructor. The prizes were bagged by Riga Davis, Amy Abraham, Pona & Jose of Social Science optional.

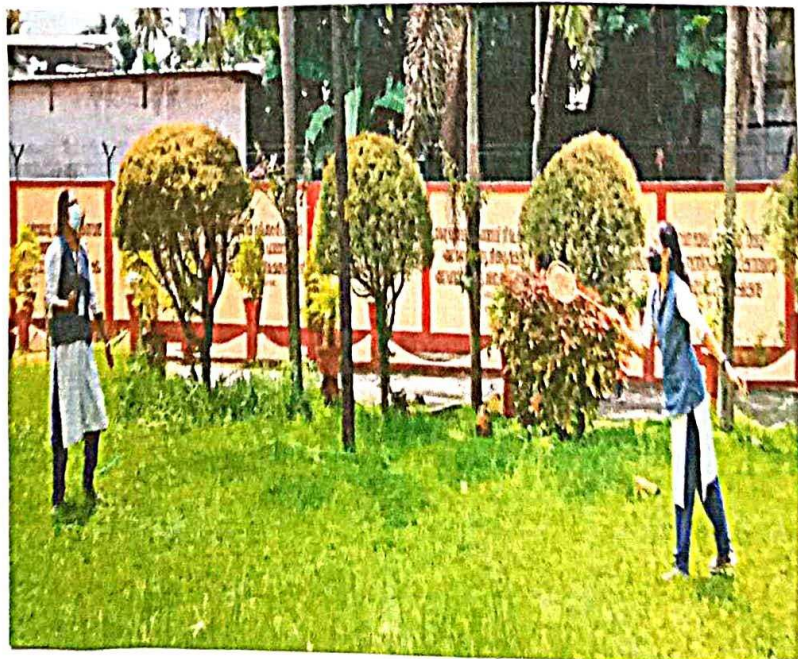


## Major Games :

Another thrilling and dynamic major game was throwball. Throwball is an exciting non-contact sport that is played by two teams of seven players on a rectangular court with a net across the middle. Instead of passing balls, they are thrown into the opposition area who then must prevent a point being scored by catching it immediately and returning it.



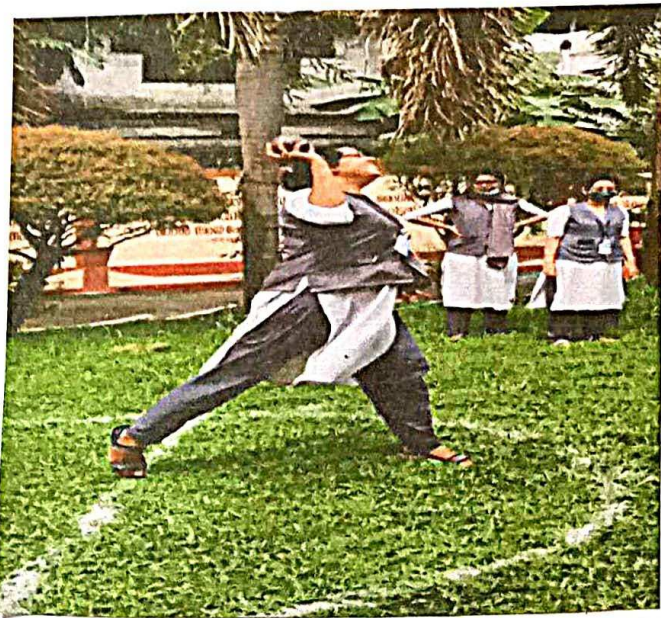
Badminton is a racket sport played using rackets to hit a shuttlecock across a net. It has two forms, singles and doubles. A point is scored when one successfully hit the shuttlecock over the net and land it in the opponent's court before they hit it. A point can also be gained when the opponent hits the shuttlecock into either the net or outside the parameters.



## Participation in sports events.

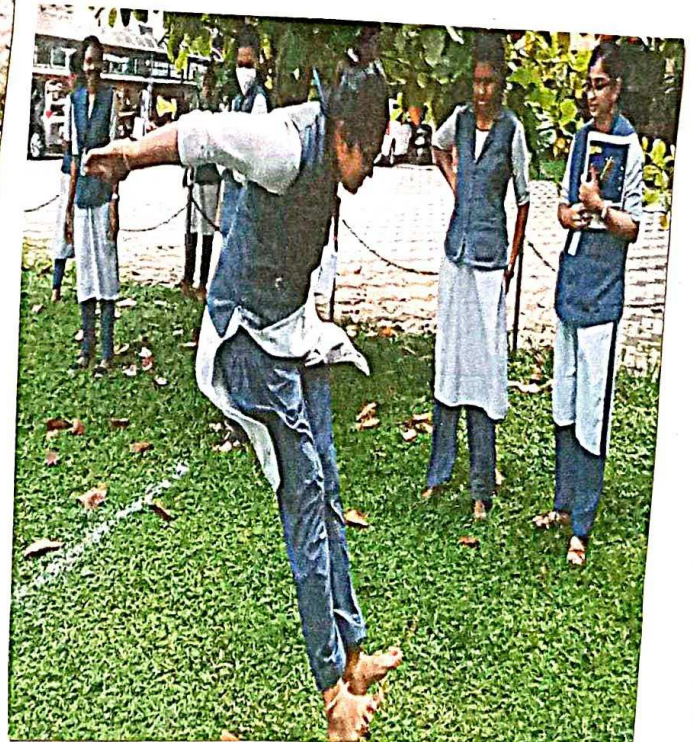
The various sports events conducted were shot put, long jump and 100 m race.

Shot put is an athletic field event in which athletes compete by throwing or putting a heavy spherical metal ball which is known as shot as far as possible. The person who puts the shot farthest is declared as winner. The winner of the shot put was Ms. Anila Shaji of physical science optional. The second prize was secured by Ms. Meera Shajan of Natural Science optional and third prize was won by Ms. Shalini. P.S of the same optional class.





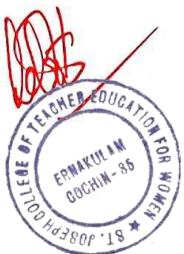
The long jump is a track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a take off point. The long jump is an action of a single jump preceded by a run-up. The athlete who covers the farthest distance by jumping is declared as the winner. Ms. Theresa Thankachan of Natural Science optional secured first prize. Ms. Jayalakshmi and Ms. Alida Shiju of Malayalam and Physical Science Optional respectively secured second and third position.



The last sport event is 100 metres race. It is a sprint race in track and field competitions. The athlete who completes the 100 metres first is declared as the winner. Ms. Agatha Cyril of physical science optional secured first position. Sr. Jobitha Joy of Malayalam optional got the second position and Ms. Akhitha Sebastian of Natural Science optional bagged third place.



All the events were conducted so smoothly that everyone was happy. Certificates were provided for all the winners as well as for all the participants.





# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
(Affiliated to Mahatma Gandhi University, Kottayam)

## Orientation class on art education

<b>Name of the Event</b>	<b>Orientation Class on 'Art Education'</b>
<b>Objectives</b>	<ol style="list-style-type: none"><li>1. To help student teachers acquire knowledge in art and various art forms</li><li>2. To instill the importance and the value of traditional art forms and culture among student teachers</li><li>3. To enhance the knowledge and competence of student teachers to help them excel academically and professionally</li></ol>
<b>Details of Event Coordinators</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Resource Person</b>	Mrs. Anu Cleetus Assistant Professor (Education) St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	2022-23(18/11/2022),2021-22(8/10/2021),2020-21(19/1/2021),2019-20(12/8/2019),2018-19(23/8/2018)
<b>Time</b>	9.00 AM - 11.00 AM
<b>Duration</b>	2 hours
<b>Beneficiaries</b>	Student teachers
<b>Event Venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

## Programme Report

Student teachers go through a set of activities as preparatory to school-based practice and internship. The institution organized an orientation class on 'Art Education' on 18<sup>th</sup> November 2022 at the college multipurpose hall. The purpose of the orientation class was to prepare the student teachers for practice teaching or internships and to enhance certain significant skills and competencies. The orientation class was organized for the B.Ed.





# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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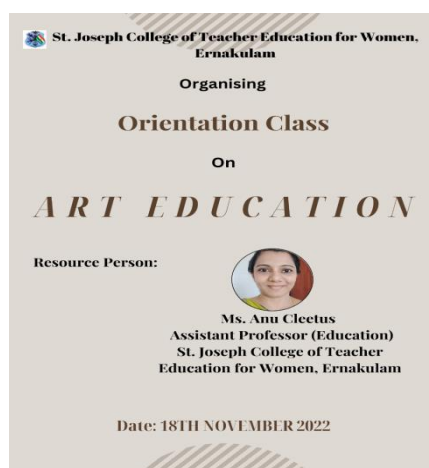
student teachers. The resource person for the orientation class was Mrs. Anu Cleetus, Assistant Professor in Education. The orientation class started at 9 AM by the resource person. She welcomed all the student participants to the class and reminded all the student teachers to utilize the opportunity to enhance their knowledge and competence which would reflect excellence in both their academic and professional performance. The resource person explained about the concept of folk arts and traditional art forms. Every form of art utilizes an artistic medium to portray the creator's inner creative thoughts and personality

There are innumerable varieties of art and each one is unique. Folk art is one of among the most fascinating and historically significant genres of art. Folk art is characterized as the traditional ornamental, musical, or utilitarian expression of various cultures or regions. Folk art is typically exclusive to a particular community and used to express society. Folk art, to put it simply, is the visual representation of the diverse customs and civilizations found throughout the world. Many traditions and rituals that come from historically ancient and significant nations are embedded with traditional folk art. Different art forms were discussed specifically Theyyam, Kathakali, Kodyattu, Mohiniyattam, Kalarippayattu, Padayani, Pulikali, Thullal, Chakyarkoothu, Thiruvathirakali etc. during the session, the resource person assigned the student teachers to prepare criteria for evaluating any two art forms. The resource person also gave a detailed explanation on the factors to be included in judgment criteria for evaluating art forms. As per the instructions given by the resource person through the orientation class, the student teachers prepared criteria for evaluating different art forms. The entire session was carried out in an interactive way and it wound up at 11 AM.





The orientation class on 'Art Education' was successful in instilling in the importance and value of traditional art forms and culture among students. The interactive orientation class turned out to be successful in helping student teachers acquire knowledge in art and various art forms. Overall, it was an informative and beneficial session for the student teachers.



**Event poster for the orientation class on 'Art Education'**





# ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

KOVILVATTOM ROAD, ERNAKULAM, KOCHI, PIN - 682 035, KERALA, S. INDIA

(Affiliated to Mahatma Gandhi University, Kottayam)

Recognised by NCTE

Orientation on art education

Date: 18/11/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AKHILA M NAIR	EG	
2	AKSHAYA T G	EG	
3	AMALU K	EG	
4	ANAGHA R	EG	
5	ANARGHA MARY	EG	
6	DONA MARIA	EG	
7	JEENA ELSA JOHN	EG	
8	JESNA JOSEPH	EG	
9	LEENU MERIN THOMAS	EG	
10	MARGRET BENITTA V J	EG	
11	MEGHA MADHU	EG	
12	MINU MARY	EG	
13	NEHA BABU	EG	
14	NIMMY ELIZABETH GEORGE	EG	
15	RACHEL BERKUMON	EG	
16	REMYA P . T	EG	
17	SWATHI.M	EG	



Dr. Alice Joseph  
Principal in Charge  
St. Joseph College of Teacher  
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Ernakulam



# ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

KOVILVATTOM ROAD, ERNAKULAM, KOCHI, PIN - 682 035, KERALA, S. INDIA

(Affiliated to Mahatma Gandhi University, Kottayam)

Recognised by NCTE

Orientation on art education

Date: 18/11/2022

Sl.No	Name of the student	SUBJECT	Signature
1	ABINA K	ML	Ab.
2	AKHILA M GEORGE	ML	Akhila
3	ALEENA STEEPHEN	ML	Aleena
4	ANJU PRATHAP.P	ML	Anju P
5	APARNA JAIS	ML	Aparna
6	ARCHANA V N	ML	Archana V N
7	JISA MARTIN	ML	Jisa
8	KAVYAMOL A B	ML	Kavyamol A B
9	LAKSHMI T S	ML	Lakshmi T S
10	NIDHIYA JOSEPH	ML	Nidhiya
11	PAVITHRA V	ML	Pavithra V
12	SHIJL.T.T.	ML	Shijl.T.T.
13	SNEHAKAVYA	ML	Snehakavya
14	SWATHI.M	ML	Swathi.M
15	TREESA JOJAN	ML	Treesa
16	VRINDA SURESH	ML	Vrinda



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Sl.No	Name of the student	SUBJECT	Signature
1	AMRUTHA A OMANAKUTTAN	MT	<i>Amrutha</i>
2	ANJU PAUL P	MT	<i>Anju</i>
3	APARNA SHAJI	MT	<i>Aparna</i>
4	ASHITHA BENNY	MT	<i>Ashitha</i>
5	DHANYA JOY	MT	<i>Dhanya</i>
6	EMILIN K THOMAS	MT	<i>Emilin</i>
7	EMILIYA MERIN	MT	<i>Emiliya</i>
8	INDHU . K	MT	<i>Indhu</i>
9	KABANI S	MT	<i>Kabani</i>
10	NANDITHA J	MT	<i>Nanditha</i>
11	ROSEMOL V T	MT	<i>Rosemol</i>
12	SANDRA ANTONY	MT	<i>Sandra</i>
13	SHARON ACHU ANISH	MT	<i>Sharon</i>
14	SNEHA PRINCE	MT	<i>Sneha</i>
15	STELLA CATHERINE FABER	MT	<i>Stella</i>
16	VANDANA K P	MT	<i>Vandana</i>
17	ANUJA J NAIR	MT	Absent



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Date: 18/11/2022

Sl.No	Name of the student	SUBJECT	Signature
1	ADELINE JOSEPH	NS	
2	ANNA ANANNYA K P	NS	
3	ANURADHA A PAI	NS	
4	ASHNA JOSEPH	NS	
5	AYSHA BEEVI C I	NS	
6	FEMY MARIYA JOSE	NS	
7	GOPIKA A G	NS	
8	JISMI MOHAN	NS	
9	MANEEHA S M	NS	
10	MEERA SANKAR A	NS	
11	MERIN K S	NS	
12	MRUDULA GIRISH	NS	
13	RAJALAKSHMI R	NS	
14	SANDRA SOOSAN ABY	NS	
15	SNEHA P P	NS	
16	SREELAKSHMI N	NS	
17	SREESHNA M	NS	



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Date: 18/11/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AISWARYA . A .K.	PS	
2	AISWARYA LAKSHMI S	PS	
3	ALKHA THOMAS	PS	
4	ANJUMOL PAUL	PS	
5	ANN SARA V ALIAS	PS	
6	ARUNIMA C . H	PS	
7	ASHNA K . J	PS	
8	ASWATHY AJI P	PS	
9	DILNA BIJU	PS	
10	DINSHA M SAJI	PS	
11	DIYA N C	PS	
12	KARTHIKA RAVINDRAN	PS	
13	MUHZINA MUHAMMED BASHEER	PS	
14	ROSE MARY JOSE	PS	
15	SAHALA NAYEEM A A	PS	
16	TREESA TANIYA P A	PS	



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Date: 18/11/2022

Sl.No	Name of the student	SUBJECT	Signature
1	ANAGHA MARY	SS	
2	ANITTA JOHNSON	SS	
3	ARYA T K	SS	
4	ASWATHY K S	SS	
5	CHINCHU K H	SS	
6	DEVIKA P S	SS	
7	GEETHU SIVAN	SS	
8	LIYANTA IZABEL	SS	
9	NAIR K M SUMALAKSHMI	SS	Absent
10	NANDHITHA C	SS	
11	RASEENA NASEER	SS	
12	RESHMA GEORGE P G	SS	
13	RIYA JAMES	SS	
14	SARAH MARIA	SS	
15	SNEHA M	SS	
16	SREELAKSHMI SUDHAKARAN	SS	
17	SUKRITHA S SHENOY	SS	



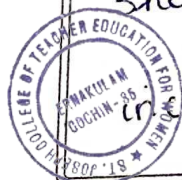
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# CREDIBLE PARTICIPATION IN ARTS FEST

## INTRODUCTION

Every child is born with artistic sensibilities. Artistic pursuit from a tender age instills creativity and develops the mind to appreciate and value nature. Learning through and about arts enriches the experiences of studying while at school as well as preparing students for life after school. Arts subjects encourage self-expression and creativity and can build confidence as well as a sense of individual identity.

An arts fest is a fest that encompasses a wide range of art forms including music, dance, fine art, literature, poetry, film and is not solely focussed on visual arts. The purpose of the celebration of arts fest is to highlight students creative ambition and drive to give them a chance to showcase their hardwork and talents. Since creativity and innovation about things do not come in a single form or medium. Arts fest provide opportunity to showcase student work from a diverse range of genres including music, poetry, visual arts and more.



Instilling a love for artistic activities in school children will pave way for creating creative adults.

### ORGANIZING BODY

Houses : Tagore, Mahatma, Radhakrishna, Nehru

Convenor : Dr. Leby George

Student-  
Coordinators : Ms. Athira Sabu

Faculty-in-Charge : Mrs. Anu Cleetus

Students-in-Charge : Ms. Athira Sabu, Ms. Olivia Thresa A.A.,  
Ms. Anjana Vijayan.

### DATE AND DURATION

25<sup>th</sup> June, 2022 (10:00 am - 3:00 pm)

### EVENTS AND PARTICIPANTS

#### Literary Events

The literary events for the Arts Fest were :

- Poem Writing (English, Hindi and Malayalam)
- Short Story Writing (English, Malayalam)
- Pencil Drawing

→ Essay Writing (English, Malayalam)



## Non-Literary Events

The non-literary events or the on-stage events were :

- Recitation (English, Malayalam)
- Light Music
- Naadanpaattu (Group item)
- Thisuvathira ( " )
- Patriotic Song ( " )
- Mono-act

Students representing various houses participated in the various literary and on-stage events. Teams from the various houses participated in the on-stage group events.

## OBJECTIVES

1. To provide a platform for students to express their creativity
2. To showcase the cultural richness and diversity among students
3. To develop critical thinking, communication skills and knowledge about various cultures
4. To develop good values and attitudes in students
5. To enjoy various art forms
6. To improve confidence and built self-esteem
7. To be able to judge various artforms based on criteria
8. To learn organisation of arts fest
9. To develop healthy competitive atmosphere among Students.

REPORT

As part of the B.Ed. curriculum course, Drama and Art in Education (EDU-404-4), we had to organize an Arts fest in our college as well as participate in at-least two events. The Arts Fest at St. Joseph College of Teacher Education for Women, Ernakulam was entitled as 'Mizhuvu-2022' and was conducted on 25/06/2022 from 9:00am to 3:30 pm at the Multipurpose Hall. It was Organized under the

guidance of the program convener, Dr. Coby George and Mrs Anu Clelius. The student coordinators of the program were Ms Athira Sabu of Malayalam, Ms. Olivia Tresa A.A. (Social Science), and Ms. Anjana Vijayan (Natural Science). Several



Committees like Program Committee, Stage Arrangement, Time Management Committee and discipline Committee were constituted for the smooth functioning of the fest. I was a member of the stage arrangement committee.

The practice sessions for the Arts Fest was a week before the day of fest. An informal



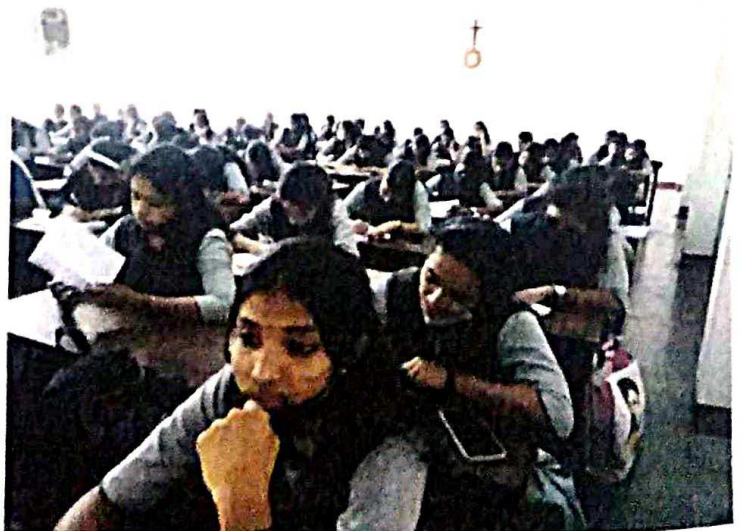
meeting of the convenor, student co-ordinators and 2nd year student teachers was conducted a couple of weeks before the day of fest. In the meeting, it was jointly decided to include six on-stage events and eight off-stage literary competitions. The on-stage events were (Recitation (English, Malayalam), Folk Song, Monoact, Patriotic Song (Group), Thiruvathua and Light Music. The off-stage events were Essay Writing (English & Malayalam), Poem Writing (English, Hindi, Malayalam) and Pencil Drawing. Every student was mandated to participate in at least one on-stage and one-off stage event.

The off-stage competitions were held on 10/6/2022 from 2:00 pm - 3:00 pm in the Multipurpose Hall of the College. The topics / themes for each item were given on the spot. The topics for Essay Writing, Poetry Writing and Short story writing were "Women-2022", "Darkness" and "Journey" respectively.

The painting competition was held based on the theme "Freedom".

For every event

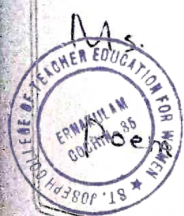
two teacher-in-charges,





and two judges from among the student teachers were assigned duties. The criteria for evaluation was informed to the students before the competition. Based on the criteria the judges evaluated respective events and decided first, second and third positions.

The College Arts Day was officially inaugurated on 25/06/2022 at 10:00 am in the Multipurpose Hall. The welcome address was delivered by Ms. Olivia Tresa A.A. Our College Principal Dr. Sr. Alice Joseph gave the Presidential Address. The Chief guest of the program was Mr. K.S. Krishnakumar, Assistant Professor, S.N. College, Moothakunnam, who's also a poet himself. The Arts Day "Mizhivu-2022" was inaugurated by lighting the lamp.



Ms. Athira Raju of Malayalam Optional recited a written by Kaishna Kumar Sci and welcomed

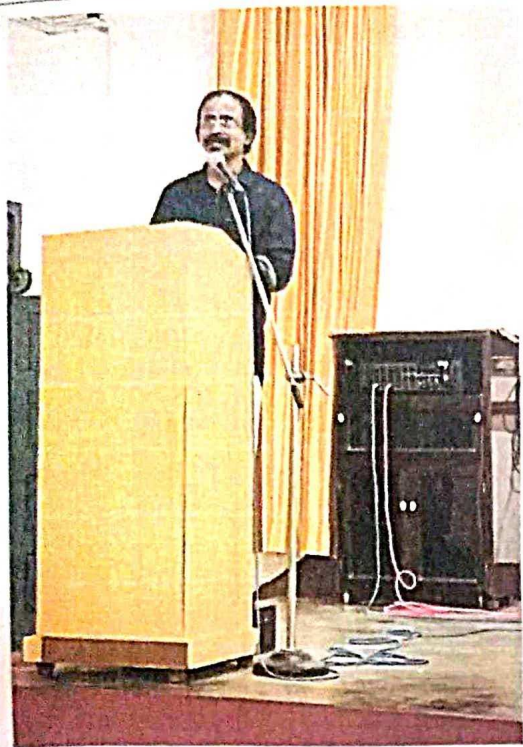
for the inaugural speech. In his inaugural speech he spoke about the importance of "Mindfulness" in order to lead a happy life and it is also key to enjoy the B.Ed. Course. Thereafter Ms. Apasna S. from Physical Science Optional sang a beautiful song to entertain the audience. The inaugural function came to an end by 11:30 am.



The first on-stage event began soon after the inaugural ceremony. Four teams representing four houses participated in the first event - "Naadanpaattu". The judges were Amitha James and Aneetta Joy. The teachers-in-charge were Dr. Sr. Sicily A.A. and Dr. Sr. Betty P.J. In the event, the first, second and third prizes were won by the teams Mahatma, Radhakrishna and Tagore.

The Monocad competition began by 12:00pm<sup>72</sup>.





The participants presented various social issues having current significance. The Judges of the Competition were Nandini Sagar and Meera Mathew. The first prize was bagged by Meenu Anna Mathai of Social Science (Mahalma House). The second and third prize was won by Anns Jose and Arya C.S.

The Patriotic Song Competition started by 1:15 pm. The judges were Cris Francis and Fathemath Sahadya. The prizes were won by Radhakrishna, Nehru and Tagore. Thiruvathura, which was the most attractive on-stage event, began by 1:45 pm. The team members dressed up in traditional Kerala attire, dancing in a circular arrangement with graceful movements and formations. The judges of the event were Krishna Murali and Sr. Tency Davis. The teachers in-charge were Dr. Joby Joy Kurien and Sr. Thejus. The winners were team Radhakrishna, Tagore and Nehru. The final event light music competition started at 2:45 pm. The judges of the event were Meenu Anna Mathai and Mulu Hassan. The first, second and

Third Prizes were won by Anita Sheen, Aparna S. and Rosaliya George respectively.

The Arts Fest, 'Mizhivu - 2022' came to an end by 3:30pm. The overall winner was Team Radhakrishna with leading point of 53. Team Mahatma came second with 49 points and Team Tagore won third position with 43 points. Team Nehru came fourth position with 35 points. The Certificate distribution for the participants and winners were distributed during the morning assembly on 18/07/2022.

### PARTICIPATION REPORT

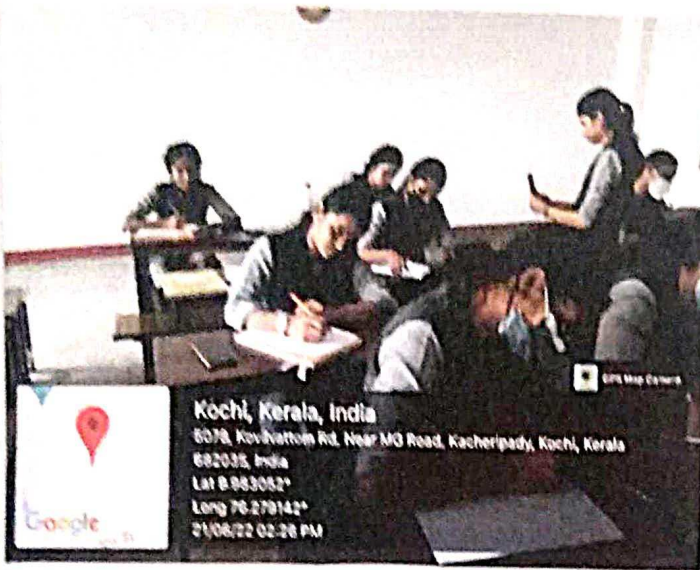
In the Arts Fest "Mizhivu - 2022" held on 25/06/2022 at St. Joseph College of Teacher Education for Women, Ernakulam, I participated in two events - a literary event and an on-stage event, representing Mahatma House. The events in which I participated were 'English Essay writing' and 'Naadanpaattu', in which Second and First prizes were secured, respectively.



Mahatma House won an overall second in Mizhivu-2022

Also, I was a member of Stage Arrangement Committee and was involved in arranging the dias and noting time during on-stage events.

## PHOTOS OF PARTICIPATION



## CONCLUSION

Arts engage many areas of the brain and also have far-reaching effects on the learner's mind. Arts promote the understanding and sharing of culture. It also promotes social skills in the students.

The art day conducted as part of the Ed. Curriculum helped me to improve in many areas. It taught me the spirit of teamwork,

Also it enhanced my self-confidence. Through this work, I got opportunity to create good relationship with my fellow student teachers in other departments. The Organisation and execution of Arts Fest was a great learning experience for me as a prospective teacher. It will definitely help me if ever I get a chance to organize such an event in school.

### REFERENCES

- "The Importance of Arts in Schools" retrieved from <https://www.sokghappenings.com> on 18/7/2022
- "Why art programs are beneficial to students" retrieved from <https://www.medium.com> on 18/7/2022.
- "The importance of Arts" retrieved from <https://www.a-place-of-our-own.org> on 18/7/2022.

(10)

ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM  
KERALA

ARTS DAY

**MIZHIVU-2022**

Convener: Dr. Cebv George

Student in charge: Ms. Athira Sabu

PROGRAMME SCHEDULE

Faculty in charge: Mrs. Anu Clectus

Student in charge: Athira Sabu, Olivia Tresa, Anjana Vijayan

8.30 A.M- Registration

EVENTS

Time	Items	Student in charge	Faculty in charge
9:00 A.M	Recitation(Eng& Mal)	Athira Babu Anjana Vijayan (Mal)  Aryabalachandran & Rinju Jolly ( English)	Dr.Marin Jose Mrs.Dinimol Jacob
10:00 A.M	<b>Inauguration</b>		
11:00 A.M	Nadanpattu	Aneeta Joy & Amitha James	Dr.Sr.Cicily A.A Dr.Sr.Betty P.J
12:00 A.M	Monoact	Nandini Sagar & Meera Mathew	Dr.Smitha Jose Dr.Sr.Suja Maria
12.30 P.M to 1.15 P.M	<b>Lunch break</b>		
1.15 P.M	Patriotic Song	Chris Francis & Fathima Sahadiya	Dr.Sr.Soya Mathew Dr.Bindhu Joseph
1.45 P.M	Thiruvathira	Krishna & Sr.Tency Davis	Dr.Joby Joy Kurien Sr.Thejus
2.45 P.M	Light music	Athira Sabu & Milu Hasan K.H	Dr.Rachel M Geroge Dr.Sr.Josephine Joseph
3.15 P.M	<b>National Anthem</b>		

*Alice Joseph*  
PRINCIPAL

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Principal in Charge  
St. Joseph College of Teacher  
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