

St. Joseph College of Teacher Education for Women Ernakulam



CRITERION V

5.3.2 -Sports and Cultural Events Organized at the Institution

Reports of the events along with the photographs

2021 -22

Submitted to

National Assessment and Accreditation Council (NAAC)

3rd Cycle of Assessment



ST.JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN ERNAKULAM KOCHI-682035, KERALA

5.3.2- Reports of the sports & cultural events with the photographs

2021-22

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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)

INTERNATIONAL WOMEN'S DAY, 2022

Name of the Event	International Women's Day, 2022	
	1. To cherish the value of women's day	
Objectives	2. To commemorate the development of gender equality and empowerment of women	
	3. To promote the empowerment of women across the globe	
	4. To strive for global strengthening of gender equality	
Women Cell		
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam	
Date	08/03/2022	
Time	9.00 AM – 10.00 AM	
Duration	1 hour	
Beneficiaries	Student teachers- 98, Faculty- 12	
Event venue	Multipurpose Hall	
Event venue	St. Joseph College of Teacher Education for Women, Ernakulam	

International Women's Day, 2022

Programme Report

Every year, International Women's Day is celebrated on 8th of March across the world with its major aim being to commemorate the development of women empowerment and gender equality. The day is observed to promote gender equality and honour women's achievements and to strive hard to strengthen gender equality globally. St. Joseph College of Teacher Education for Women, Ernakulam celebrated International Women's Day on 8th March 2022 from 9.00 AM to 10.00 AM at the college multipurpose hall. The entire programme was coordinated by the Women Cell of the college. The Faculty Coordinators for the programme were Dr. Bindu Joseph, Assistant Professor in Malayalam Education and Ms. Dinimol Jacob, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam

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

Ernakulam

www.stiosephcte.in



The International Women's Day celebration, 2022 held by St. Joseph College of Teacher Education for Women, Ernakulam started exactly at 9.00 AM at the college multipurpose hall. The event started with a prayer song. The welcome speech for the event was delivered by Ms. Anu P Thomas, student teacher from Physical Science optional. Ms. Anu P Thomas officially welcomed all of the participants to the observatory programme. The welcome speech was succeeded by the introductory presentation by Ms. Krishnapriya K and Ms. Mereena Joy, student teachers from Social Science optional on the importance and relevance of observing women's day. The presentation was really informative and also focused on the problems faced by women and the measures to overcome them in the present scenario. The presentation carried out was based on the facts which are very much necessary to be informed to the present generation. Even though, drastic changes have been witnessed in the recent years regarding women in society, still a large group of women are subjected to sexual harassment and abuse, violence and gender discrimination. Violence is becoming the major issue faced by women especially in a country like India. Women are being tortured, molested or killed somewhere in the country which boasts about its development milestones. Women are killed for rejecting love, choosing their own style of life and work and many more. Some parts of the country still forbid women from deciding their life and its course. In various modes, women are still facing a number of problems of which some are reported whereas some aren't even receiving any attention. Raising women's awareness regarding their rights can contribute to the reduction issues faced by them or at least help them in seeking support or act accordingly for their well-being. The student teachers also presented a documentary on great women figures in India. The presentation was followed by a speech by Ms. Amala Antony, student teacher from English optional. The speech conveyed the message that there is a long way to go for a country like India to achieve complete women empowerment and freedom. The speech also enunciated that women must be aware of their rights in order to act effectively in critical situations and improve their lives and live it with utmost dignity and worth. After the speech, a quiz competition regarding women's day was conducted. Ms. Fathimathuzuhra, student teacher from Physical Science optional and Ms. Pratibha S, student teacher from English optional were the winners for the quiz competition. The competition was succeeded by the vote of thanks for the programme delivered by Ms. Anu P Thomas, student teacher from Physical Science optional. The entire programme winded up at 10.00 AM.

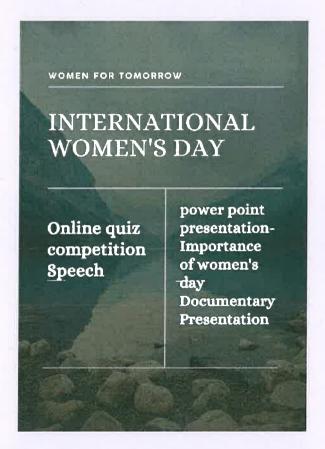




The event turned out to be successful and fruitful in accomplishing its objectives. The event could impart knowledge and generate awareness among student teachers regarding the importance of women's day and women empowerment. The students could learn about the major issues faced by women in the preset scenario and the measures to overcome those issues. The students had an informative experience throughout the event.

International Women's Day, 2022

Photo Gallery



Event Poster for the International Women's Day celebration, 2022 conducted by the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam



Student teachers carrying out PowerPoint presentation during the International Women's Day celebration, 2022 conducted by the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam





International Women's Day, 2022

Programme Details

Name of the Event	International Women's Day, 2022	
Date	08/03/2022	
Time	9.00 AM – 10.00 AM	
Duration	1 hour	
Beneficiaries	Student teachers- 98, Faculty- 12	
Platform Meet Link	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam	

List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
3	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)
4	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
5	Mrs. Smitha Jose	Assistant Professor (Education)
6	Dr. Betty P. J	Assistant Professor (Mathematics Education)
7	Dr. Joby Joy Kurian	Assistant Professor(Mathematics Education)
8	Dr. Rachel George M	Assistant Professor (Natural Science Education)
9	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
10	Dr. Soya Mathew	Assistant Professor (Education)
11	Dr. Marin Jose	Assistant Professor (English Education)
12	Dr. Siji John	Assistant Professor (Social Science Education)





Students list:

Sl. No	Name	Batch
1	Amala Antony	2021-2023 Batch (B Ed. English)
2	Anna Roshni Varghese	2021-2023 Batch (B Ed. English)
3	Deepa P S	2021-2023 Batch (B Ed. English)
4	Devika Venugopal	2021-2023 Batch (B Ed. English)
5	Divya Radhakrishnan	2021-2023 Batch (B Ed. English)
6	F. Merline Rodrigues	2021-2023 Batch (B Ed. English)
7	Gurumahima M V	2021-2023 Batch (B Ed. English)
8	Harsha Theresa Thomas	2021-2023 Batch (B Ed. English)
9	K A Rabia	2021-2023 Batch (B Ed. English)
10	Leatitia Joshy	2021-2023 Batch (B Ed. English)
11	Linet John	2021-2023 Batch (B Ed. English)
12	Meera Joy	2021-2023 Batch (B Ed. English)
13	Merize Ben Alias	2021-2023 Batch (B Ed. English)
14	Pratibha S	2021-2023 Batch (B Ed. English)
15	Sandra Joy	2021-2023 Batch (B Ed. English)
16	Santhi M S	2021-2023 Batch (B Ed. English)
17	Veena C V	2021-2023 Batch (B Ed. English)
18	Aleena Antony	2021-2023 Batch (B Ed. Malayalam)
19	Anaswara. P S	2021-2023 Batch (B Ed. Malayalam)
20	Ance Baby	2021-2023 Batch (B Ed. Malayalam)
21	Divya Rajan	2021-2023 Batch (B Ed. Malayalam)
22	Jayalakshmi Jayakumar	2021-2023 Batch (B Ed. Malayalam)
23	Jobitha Joy	2021-2023 Batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 Batch (B Ed. Malayalam)



25	Mary Amala R.	2021-2023 Batch (B Ed. Malayalam)
26	Nitha Alfred	2021-2023 Batch (B Ed. Malayalam)
27	Pranaya P M	2021-2023 Batch (B Ed. Malayalam)
28	Anisha T	2021-2023 Batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 Batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 Batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 Batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 Batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 Batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 Batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 Batch (B Ed. Mathematics)
36	Arya K Surendran	2021-2023 Batch (B Ed. Mathematics)
37	Aswathi B A	2021-2023 Batch (B Ed. Mathematics)
38	Freeda K F	2021-2023 Batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 Batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 Batch (B Ed. Mathematics)
41	Lekshmipriya T S	2021-2023 Batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 Batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 Batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 Batch (B Ed. Mathematics)
45	Reshma Francis	2021-2023 Batch (B Ed. Mathematics)
46	Rose Maria John	2021-2023 Batch (B Ed. Mathematics)
47	Rosy Roy	2021-2023 Batch (B Ed. Mathematics)
48	Sona Paul	2021-2023 Batch (B Ed. Mathematics)
49	Sreeja Sreenivasan	2021-2023 Batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 Batch (B Ed. Physical Science



51	Agiya Cosmos M C	2021-2023 Batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 Batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 Batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 Batch (B Ed. Physical Science)
55	Anu P Thomas	2021-2023 Batch (B Ed. Physical Science)
56	Aparna S	2021-2023 Batch (B Ed. Physical Science)
57	Fathimathuzuhra	2021-2023 Batch (B Ed. Physical Science)
58	Jesna George	2021-2023 Batch (B Ed. Physical Science)
59	Mariya Das	2021-2023 Batch (B Ed. Physical Science)
60	Neethu J A	2021-2023 Batch (B Ed. Physical Science)
61	Raveena K Ramesh	2021-2023 Batch (B Ed. Physical Science)
62	Roshna Rahim	2021-2023 Batch (B Ed. Physical Science)
63	Vandana S	2021-2023 Batch (B Ed. Physical Science)
64	Vinny Pappachan	2021-2023 Batch (B Ed. Physical Science)
65	Akhitha Sebastian	2021-2023 Batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 Batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 Batch (B Ed. Natural Science)
68	Anita Abraham	2021-2023 Batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 Batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 Batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 Batch (B Ed. Natural Science)
72	Keerthana M S	2021-2023 Batch (B Ed. Natural Science)
73	Meera Susan Kurian	2021-2023 Batch (B Ed. Natural Science)
74	Merin Shajan	2021-2023 Batch (B Ed. Natural Science)
75	Pooja Maria Jacob	2021-2023 Batch (B Ed. Natural Science)
76	Ranjima V	2021-2023 Batch (B Ed. Natural Science)

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



77	Saniya Simon	2021-2023 Batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 Batch (B Ed. Natural Science)
79	Shimna K	2021-2023 Batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 Batch (B Ed. Natural Science)
81	Vyshnavi N Sharma	2021-2023 Batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 Batch (B Ed. Social Science)
83	Anagha T	2021-2023 Batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 Batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 Batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 Batch (B Ed. Social Science)
87	Celene Paul	2021-2023 Batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 Batch (B Ed. Social Science)
89	Dona K Jose	2021-2023 Batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 Batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 Batch (B Ed. Social Science)
92	Mereena Joy	2021-2023 Batch (B Ed. Social Science)
93	Minu Joy	2021-2023 Batch (B Ed. Social Science)
94	Regina Teena Doosta	2021-2023 Batch (B Ed. Social Science)
95	Riya Davis	2021-2023 Batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 Batch (B Ed. Social Science)
97	Thasni M B	2021-2023 Batch (B Ed. Social Science)
98	Varsha K V	2021-2023 Batch (B Ed. Social Science)





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

SPORTS DAY REPORT

Name of the event

: Sports day

Date

13 March 2022

Venue

St. Joseph College of Teacher Education for Women

Ernakulam

Organizer

College Union

Objectives

1) To showcase students' athletic skills and abilities and

participate in a variety of sports and activities.

2) To build a sense of spirit among the students

No. of participants

Description

St. Joseph college of teacher education for women, celebrated its annual sports day on march 13, 2022 on a sunny winter day. The sports meet opened at 9.00 am by March past by the four houses of our college which are Radhakrishna, Mahatma , Tagore , Nehru. The commands of the March past was delivered by Theresa Thankachan from Natural science and Liva Baby from Malayalam optional was held the college flag. March past ended by a salute to principal Dr.Sr. Alice joseph. After the march past, the college flag was hosted by the principal Dr. Sr. Alice Joseph and she administered the sports day pledge to all. The principal announced that the sports meet had officially started after the pledge.

Each department of the college were assigned different duties. Score board was assigned to physical science, refreshment to Malayalam, first aid to social science, arrangements of shotput events and forming the city to Natural science, potato race and 50 meter race to mathematics and the duty of certificate writing and distribution to English. 50 meter race, potato race, shotput and standing broad jump were held before noon as track events . Musical omission and bombing the city were held at afternoon on college auditorium attracted much applause .Light refreshment between events were given by the students from Malayalam optional .The winners of each event recorded precisely and declared the Overall

> Dr. Alice Joseph Principal in Charge

Education for Women,

St. Joseph College of Teacher

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champion of the sports meet 2022 as Sr. Anju Abraham from physical science. The meet came to an end with the National Anthem. The certificates and medals for winners were distributed on the morning assembly conducted on next day. The principal Sr. Alice joseph and the vice principal Dr.Sr. Betty P.J distributed the price for winners.

Evidence





Dr. Alice Joseph

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

'VANDE MATARAM'- 73RD REPUBLIC DAY CELEBRATION, 2022

Name of the Event	'VANDE MATARAM'- 73 rd Republic Day Celebration, 2022		
	To commemorate the spirit of independence and individuality of India.		
Ohioetivas	2. To honor the constitution of India.		
Objectives	3. To help generate patriotism among student teachers.		
	4. To identify and promote talents, skills and knowledge of student teachers.		
	Students and Faculty Members		
Details of Event coordinators	B. Ed Social Science		
coordinators	St. Joseph College of Teacher Education for Women, Ernakulam		
Date	26/01/2022		
Time	5.30 PM- 6.30 PM		
Duration	1 hour		
Beneficiaries	Student Teachers- 85, faculty-15		
Platform	Google Meet		

'VANDE MATARAM'- 73rd Republic Day Celebration, 2022

Programme Report

On the morning of Thursday, 26th January 1950, at exactly 18 minutes past 10, INDIA was proclaimed a sovereign democratic republic. We proudly observe Republic Day every year to remember the moment our constitution was formally put into force. The day is observed around the nation with grandeur, enthusiasm, and passion.

The 73rd Republic day celebration event, 'Vande Mataram' was organized via online platform by the students and faculty members from B. Ed Social Science of St Joseph college of Teacher Education for Women, Ernakulam on 26th January 2022 from 5.30 PM to 6.30 PM. The event started with a prayer. The national tricolor was honored and National Anthem was caroled. The official welcome address was given by Ms. Divyamol, one of the student

Dr. Alice Joseph Principal in Charge Joseph College of Teacher

Education for Women



teachers of B. Ed Social Science optional. Dr. Alice Joseph, the Principal, St Joseph college of Teacher Education for Women, Ernakulam delivered the Republic day message.

Key Programmes of the Republic Day Event:

- Video presentation regarding the significance of the day and republic day message prepared by the student teachers of B. Ed Social Science optional.
- Conducted an online quiz competition as part of the celebration (Google form link for quiz competitionhttps://extendedforms.io/form/928aa80d-f292-42d0-8d77b9f2ae6d2adb/login).
- Presentation of paintings made by student teachers
- Announcement of winners of the quiz competition and painting competition by the principal

The Programmes were filled with high energy and creativity as the students actively engaged in the programmes showcasing their talents. Student teachers including, Ms. Jayalakshmi Jayakumar from Malayalam optional, Agatha Cyriac from Physical Science optional, and Sandra Joy from English optional were announced as the winners for painting competition with placing them in the first, second and third positions respectively. Ms. Angitha Ramachandran, student teacher from Natural Science optional won the first prize for quiz competition and Ms. Aparna S, student teacher from the Physical Science optional, won the quiz competition with a second position. The third positions for winning the quiz competition were shared between student teachers, Ms. Anila Shaju, Ms. Fathima, Ms. Agatha Cyriac and Ms. Jesna from Physical Science optional and Ms. Sandra Joy, student teacher from English optional.

The Republic day online celebratory programme, 'Vande Mataram', helped the student teachers in.

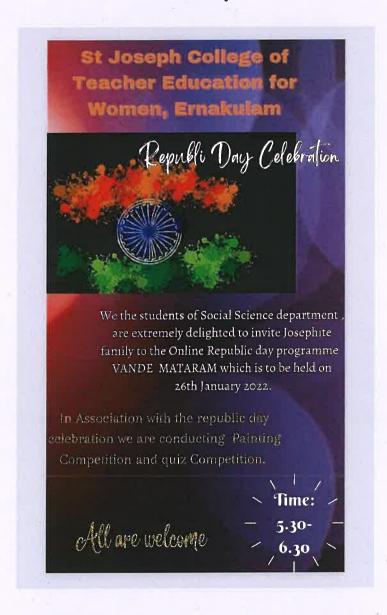
- Instilling patriotism within them
- Commemorating and honoring the freedom fighters and the spirit of Individual and Independent India
- Exhibiting their knowledge, talents and skills and upgrade their productivity

Ms. Varsha, one among the student teachers of B. Ed Social Science optional, proposed the Vote of thanks for the programme. The programme winded up at 6.30 PM with the National Anthem.



'VANDE MATARAM'- 73rd Republic Day Celebration, 2022

Photo Gallery



Brochure of the Republic Day Celebration, 2022





'VANDE MATARAM'- 73rd Republic Day Celebration, 2022

Programme Details

Name of the Event 'VANDE MATARAM' - 73 rd Republic Day Celebration		
Date	26/01/2022	
Time	5.30 PM- 6.30 PM	
Duration	1 hour	
Beneficiaries	Student teachers- 85, Faculty- 15	
Platform	Google Meet	

List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
3	Mrs. Smitha Jose	Assistant Professor (Education)
4	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
5	Dr. Betty P.J	Assistant Professor (Mathematics Education)
6	Dr. Joby Joy Kurian	Assistant Professor(Mathematics Education)
7	Dr. Rachel George M	Assistant Professor (Natural Science)
8	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
9	Dr. Soya Mathew	Assistant Professor (Education)
10	Dr. Marin Jose	Assistant Professor (English Education)
11	Aswathy D V	Assistant Professor
12	Sheeba A S	Assistant Professor
13	Dr. Siji John	Assistant Professor (Social Science Education)
14	Dinimol Jacob	Assistant Professor (Natural Science Education)
15	Dr. Hemalatha P.K	Assistant Professor (Social Science Education)



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



Students list:

Sl. No	Name	Batch
1	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
2	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
3	Ans Jose	2020-2022 batch (B Ed. Social Science)
4	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
5	Asha Joseph	2020-2022 batch (B Ed. Social Science)
6	Anagha T	2021-2023 batch (B Ed. Social Science)
7	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
8	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
9	Liya Thomas	2020-2022 batch (B Ed. Social Science)
10	Josephine Sharel Lopez	2020-2022 batch (M Ed. Social Science)
11	Sini Varghese	2020-2022 batch (M Ed. Social Science)
12	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
13	Riya Davis	2021-2023 batch (B Ed. Social Science)
14	Bilby Thomas	2021-2023 batch (M Ed. English)
15	Sandra Joy	2021-2023 batch (B Ed. English)
16	Gurumahima M V	2021-2023 batch (B Ed. English)
17	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
18	Alina Celine Lancy	2020-2022 batch (B Ed. English)
19	Anna Susan Jacob	2020-2022 batch (B Ed. English)
20	Arunima K Shaji	2020-2022 batch (B Ed. English)
21	Amala Antony	2021-2023 batch (B Ed. English)
22	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
23	Deepa P S	2021-2023 batch (B Ed. English)
24	Devika Venugopal	2021-2023 batch (B Ed. English)

Alice Joseph

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25	Athira C S	2020-2022 batch (B Ed. English)
26	Dona Mariya Thomas	2020-2022 batch (B Ed. English)
27	Josna Joy	2020-2022 batch (B Ed. English)
28	Shinu Sabu	2020-2022 batch (M Ed. English)
29	Bobina Antony	2020-2022 batch (B Ed. Malayalam)
30	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)
31	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
32	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
33	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
34	Liya Baby	2021-2023 batch (B Ed. Malayalam)
35	Abhirami Soman	2020-2022 batch (B Ed. Malayalam)
36	Aleena Roy	2020-2022 batch (B Ed. Malayalam)
37	Amitha James	2020-2022 batch (B Ed. Malayalam)
38	Mary Amala R.	2021-2023 batch (B Ed. Malayalam)
39	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
40	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
41	Mariya Das	2021-2023 batch (B Ed. Physical Science)
42	Neethu J A	2021-2023 batch (B Ed. Physical Science)
43	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
44	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
45	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
46	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
47	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
48	Jesna George	2021-2023 batch (B Ed. Physical Science)
49	Aparna S	2021-2023 batch (B Ed. Physical Science)
50	Chandrika C R Sharma	2020-2022 batch (B Ed Physical Science)
		ection inter-





51	Christeena John	2020-2022 batch (B Ed. Physical Science)
52	Deniya Stanly	2020-2022 batch (B Ed. Physical Science)
53	Sruthimol A R	2020-2022 batch (M Ed. Mathematics)
54	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
55	Aswathi .P	2020-2022 batch (B Ed. Social Science)
56	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
57	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
58	Anju A	2020-2022 batch (B Ed. Natural Science)
59	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
60	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
61	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
62	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
63	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
64	Divyamol P D	2021-2023 batch (B Ed. Social Science)
65	Dona K Jose	2021-2023 batch (B Ed. Social Science)
66	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
67	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)
68	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
69	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
70	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
71	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
72	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
73	Meera Mathew	2020-2022 batch (B Ed. Social Science)
74	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
75	Olivia Tresa A A	2020-2022 batch (B Ed. Social Science)
76	Revathy N	2020-2022 batch (B Ed. Social Science)

Principal in St. Joseph College of Teacner Education for Women,

17



77	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
78	Jisna Mary P J	2020-2022 batch (B Ed. Mathematics)
79	Lia Rose Tomson	2020-2022 batch (B Ed. Mathematics)
80	Lilly Riya	2020-2022 batch (B Ed. Mathematics)
81	Meera R	2020-2022 batch (B Ed. Mathematics)
82	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
83	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
84	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
85	Freeda K F	2021-2023 batch (B Ed. Mathematics)





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

CHRISTMAS CELEBRATION REPORT

Name of the event: Christmas celebration

Date: 23 December 2021

Venue: St. Joseph College of Teacher Education for Women Ernakulam

Organizer: College Union

Objectives: 1) To foster cultural diversity

2) To strengthen the sense of community among students,

faculty, and staff through collective participation.

No. of participants: 122

Description

On December 23, 2021, St. Joseph College of Teacher Education for Women in Ernakulam experienced a vibrant Christmas celebration organized by the college union. The venue, adorned with festive cheer, hosted a series of engaging events. Students and teachers participated in Christmas-related programs, including a spirited carol competition, organized house-wise.

The responsibility of transforming the auditorium into a festive haven was delegated to different houses, fostering a collaborative and creative spirit. One notable aspect was an interactive session with transgenders, emphasizing inclusivity and understanding. Adding a personal touch to the festivities, optional cake cutting took place in individual classes, enhancing the joyous and communal atmosphere of the Christmas celebration. The event successfully blended tradition, creativity, and inclusivity, leaving a memorable mark on the college community.





Evidence





Alice Joseph

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

REPORT ON ST. EUPHRASIA FEST

Name of the event : E

: Euphrasia Fest

Date

: 22 November 2021

Venue

: St. Joseph College Of Teacher Education,

Ernakulam (Auditorium)

Organizer

: Physical Science Optional

Objectives

1) To understand the life and values of St Euphrasia.

2) To develop moral values among students.

Description

St. Euphrasia Fest was organized by physical science optional on 22 November 2021 at 9 am. It was conducted on college auditorium. Fathimathuzuhra gave an introduction speech for the fest and it was started with a prayer song that was presented on the screen. After that, Vinny Pappachan said the prayer. Then presented a prayer song which portraits the life history St. Euphrasia.

After that a quiz competition was conducted on the topic "Life of St. Euphrasia" via Google form and contain twenty questions and the form was closed after eight minutes. Akhitha Sebastian from natural science and Regina Teena DCosta from social science got first prize and Caren Grace from natural science and Anna Roshni Varghese from englkish optional got second prize in quiz competition.

Then a skit competition on the theme life /values of St. Euphrasia was conducted. Time limit was five minutes and 3- 10 students could participate in this. All the optional (natural science, social science, Malayalam, English, mathematics) actively participated in the skit competition. They were allowed 2 minutes for stage preparation, after that a bell rang, skit started and at 4 minute 30 second, a warning bell rang and skit stopped at 5 minute. All the optional presented in a very creative way. Mathematics got first prize, Social Science got second prize and Malayalam got third prize in skit competition.

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Then students from physical science sung a song related to St. Euphrasia and the programme was concluded with national anthem.

At evening prizes were distributed to winners of skit and quiz competition.

Evidence

















ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

'CHRYSALIS'

PHYSICAL SCIENCE OPTIONAL-TALENTS DAY CELEBRATION, 2021

Name of the Event	'CHRYSALIS'- Physical Science optional Talent Day Celebration, 2021	
	To provide opportunity for student teachers to showcase and hone their talents	
	2. To encourage and improve team work skills among student teachers	
Objectives	3. To make student teachers become aware of one's own and fellow beings strengths and weaknesses	
	4. To help student teachers improve cooperation and adaptive behavior	
	5. To help student teachers develop the skill of encouragement and appreciation for each other	
	6. To help student teachers develop organizing skills	
	Student Teachers and Faculty Members	
Details of Event Coordinators	Physical Science optional	
Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam	
Date	18/11/2021	
Time	12.30 PM – 1.30 PM	
Duration	1 hour	
Beneficiaries	Student teachers- 98, Faculty- 13, Non-teaching staff- 4	
	College Auditorium	
Event Venue	St. Joseph College of Teacher Education for Women,	
	Ernakulam	

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'CHRYSALIS'

Physical Science Optional-Talents Day Celebration, 2021

Programme Report

The Physical Science optional (2021-2023 batch) of St. Joseph College of Teacher Education for Women, Ernakulam celebrated the talent fiesta, 'CHRYSALIS' on 18th November 2021 from 12.30 PM to 1.30 PM at the college auditorium. All the 15 student teachers of Physical Science optional actively organized the event with an aim of taking up the opportunity to showcase and hone their talent and skills, to enhance teamwork skills, improve skills of encouragement, appreciation, cooperation and taking up the learning experience of organizing a programme effectively. Student teachers from all other optional, faculty members and other non-teaching staff were the spectators for the event.

The talent fiesta, 'CHRYSALIS' organized by the Physical Science optional started exactly at 12. 30 PM. The whole programme was coordinated and organized by student teachers from Physical Science optional. Ms. Jismin K Antony performed as emcee for the programme. The programme commenced with a prayer song by Ms. Agatha Cyriac. Ms. Anu P Thomas delivered the inaugural address for the event.

Key programmes in the Talent Day Celebration of Physical Science optional included:

- Poem Recitation
- Artistic talent video on glass painting
- Folk song
- Achievement video on powerlifting and arm wrestling
- Dance performances
- Artistic talent video on fabric hand embroidery
- Solo song performance

All the programmes of the fiesta was performed by student teachers from Physical Science optional. The talent day performances started with the pleasant and eloquent recitation performed by Ms. Akshaya K.S. The recitation performance was followed by the presentation of an artistic talent video of glass painting prepared by Ms. Fathimathuzuhra.

After that was an energetic folk song performance which was succeeded by the achievement video of performing powerlifting and arm wrestling by one of the student teachers, Ms.

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

Ernakulam



Anila Shaju. After that was the lively dance performances of student teachers. Then, an artistic talent video on fabric embroidery by Ms. Raveena K Ramesh was presented. The video presentation on hand embroidery was followed by a melodious solo song performance by Ms. Agatha Cyriac. The performances for the day winded up with a vibrant group dance performance.

The whole event, 'CHRYSALIS' 2021 was evaluated by Dr. Marin Jose, Assistant Professor in English education at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Merin Jose appreciated the student teachers from Physical Science optional for organizing the programme effectively.

The student teachers had the following benefits from the event:

- Improved self-confidence and self-awareness
- Learnt to organize an event effectively
- Improved unity and cooperation among student teachers
- Identification of one's strengths and weaknesses
- Learnt to take up and overcome challenges

The 'CHRYSALIS', talent day celebration, organized by the Physical Science optional winded up at 1.30 PM With the vote of thanks delivered by Ms. Aparna S, student teacher from Physical Science optional.

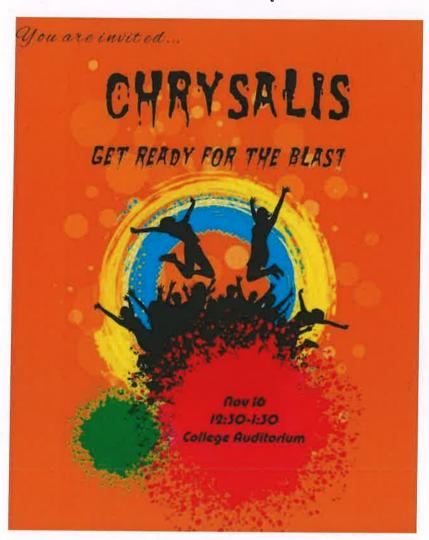




'CHRYSALIS'

Physical Science Optional- Talent Day Celebration, 2021

Photo Gallery







Event poster for 'CHRYSALIS 2021', Physical Science optional Talent Day Celebration



Glimpses from 'CHRYSALIS', Talent's Day Celebration 2021







Dr. Josephine Joseph, Assistant Professor in Physical Science Education at St. Joseph College of Teacher Education for Women with students from Physical Science optional during 'CHRYSALIS', Talent's Day Celebration, 2021





'CHRYSALIS'

Physical Science Optional- Talents Day Celebration, 2021

Programme Details

Name of the Event	'CHRYSALIS'- Physical Science Optional Talent Day Celebration, 2021	
Date	18/11/2021	
Time	12.30 PM- 1.30 PM	
Duration	1 hour	
Beneficiaries	Student teachers- 98, Faculty- 13, Non-teaching staff- 4	
Event Venue	College Auditorium St. Joseph College of Teacher Education for Women, Ernakulam	

List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
3	Mrs. Smitha Jose	Assistant Professor (Education)
4	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
5	Dr. Betty P.J	Assistant Professor (Mathematics Education)
6	Dr. Joby Joy Kurian	Assistant Professor(Mathematics Education)
7	Dr. Rachel George M	Assistant Professor (Natural Science)
8	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
9	Dr. Soya Mathew	Assistant Professor (Education)
10	Dr. Marin Jose	Assistant Professor (English Education)
11	Siji John	Assistant Professor (Social Science Education)
12	Dinimol Jacob	Assistant Professor (Natural Science Education)
13	Dr. Hemaletha P K	Assistant Professor (Social Science Education)



Non- Teaching Staff list:

Sl. No	Name	Designation
1	Jincy Joseph	UGC Librarian
2	Ranimol O.V	UD Store Keeper
3	Liji Thomas A	LD Clerk
4	Jiji K.A	Peon

Student teachers list:

Sl. No	Name	Batch
1	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
2	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
3	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
4	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
5	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
6	Anu P.Thomas	2021-2023 batch (B Ed. Physical Science)
7	Aparna S	2021-2023 batch (B Ed. Physical Science)
8	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
9	Jesna George	2021-2023 batch (B Ed. Physical Science)
10	Jismin K Antony	2021-2023 batch (B Ed. Physical Science)
11	Mariya Das	2021-2023 batch (B Ed. Physical Science)
12	Neethu J A	2021-2023 batch (B Ed. Physical Science)
13	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
14	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
15	Vandana S	2021-2023 batch (B Ed. Physical Science)
16	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
17	Amala Antony	2021-2023 batch (B Ed. English)
18	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
19	Deepa P S	2021-2023 batch (B Ed. English)
20	Devika Venugopal	2021-2023 batch (B Ed. English)
21	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
22	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
23	Gurumahima M V	2021-2023 batch (B Ed. English)
24	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)





25	K A Rabia	2021-2023 batch (B Ed. English)
26	Leatitia Joshy	2021-2023 batch (B Ed. English)
27	Linet John	2021-2023 batch (B Ed. English)
28	Meera Joy (Blind)	2021-2023 batch (B Ed. English)
29	Merize Ben Alias	2021-2023 batch (B Ed. English)
30	Pratibha S	2021-2023 batch (B Ed. English)
31	Sandra Joy	2021-2023 batch (B Ed. English)
32	Santhi M S	2021-2023 batch (B Ed. English)
33	Veena C V	2021-2023 batch (B Ed. English)
34	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
35	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
36	Ance Baby	2021-2023 batch (B Ed. Malayalam)
37	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
38	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
39	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
40	Liya Baby	2021-2023 batch (B Ed. Malayalam)
41	Mary Amala R	2021-2023 batch (B Ed. Malayalam)
42	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
43	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
44	Anisha T	2021-2023 batch (B Ed. Malayalam)
45	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
46	Shilpa K	2021-2023 batch (B Ed. Malayalam)
47	Sneha M M	2021-2023 batch (B Ed. Malayalam)
48	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
49	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
50	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
51	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
52	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
53	Freeda K F	2021-2023 batch (B Ed. Mathematics)
54	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
55	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
56	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
57	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
58	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)





59	Parvathy M	2021-2023 batch (B Ed. Mathematics)
60	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
61	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
62	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
63	Sona Paul	2021-2023 batch (B Ed. Mathematics)
64	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
65	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
68	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
72	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
73	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
74	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
75	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
76	Ranjima V	2021-2023 batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 batch (B Ed. Natural Science)
79	Shimna K	2021-2023 batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
81	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
83	Anagha T	2021-2023 batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
87	Celene Paul	2021-2023 batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 batch (B Ed. Social Science)
89	Dona K Jose	2021-2023 batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)

stuce Joseph Dr. Alice Joseph Principal in Charge
St. Joseph College of Teacher
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92	Mereena Joy	2021-2023 batch (B Ed. Social Science)
93	Minu Joy	2021-2023 batch (B Ed. Social Science)
94	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
95	Riya Davis	2021-2023 batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
97	Thasni M B	2021-2023 batch (B Ed. Social Science)
98	Varsha K V	2021-2023 batch (B Ed. Social Science)





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WOMANIYA- INTERNATIONAL DAY OF PERSONS WITH DISABILITIES, 2021

Name of the Event	Womaniya- International Day of Persons with Disabilities, 2021	
	To promote the welfare and rights of people with disabilities at all levels of society	
Objectives	2. To generate awareness regarding the scenario of persons with disabilities at all aspects of life	
	3. To motivate student teachers to come out of their shells and achieve goals	
Details of Event	Women Cell St. Joseph College of Teacher Education for Women, Ernakulam	
Coordinators		
	Ms. Jilumol Mariet Thomas	
Details of Chief Guest	MFPA (Mouth and Foot Painting Artist) Foot Artist & Graphic Designer	
5	India	
Date	10/12/2021	
Time	10.00 AM- 11.00 AM	
Duration	1 hour	
Beneficiaries	Student teachers- 98, Faculty- 12	
•	Multipurpose Hall	
Event Venue	St. Joseph College of Teacher Education for Women,	
	Ernakulam	

Womaniya- International Day of Persons with Disabilities, 2021

Programme Report

The Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam observed International Day of Persons with Disabilities in the title 'Womaniva, 2021' on 10th December 2021 from 10.00 AM to 11.00 AM at the college multipurpose hall. The programme was coordinated by the Women Cell members under the guidance of Faculty

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

Education for Women,

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Coordinators, Dr. Smitha Jose, Assistant Professor in Education and Ms. Dinimol Jacob, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The Chief-Guest for the day was Ms. Jilumol Mariet Thomas, MFPA (Mouth and Foot Painting Artist) Foot Artist & Graphic Designer. The first year B Ed student teachers (2021-2023 batch) and faculty members were the beneficiaries of the programme.

The observatory programme, 'Womaniya- International Day of Persons with Disabilities, 2021' started exactly at 10.00 AM at the college multipurpose hall. The programme started with a prayer. Ms. Anu P Thomas, student teacher from Physical Science optional performed emcee for the entire programme. Ms. Anu P Thomas did also delivered the welcome speech for the programme through which she warmly welcomed all of the participants to the programme. The welcome speech was followed by an introductory presentation on the need and importance of observing the International Day of Persons with Disabilities. The introductory presentation was carried out by Ms. Krishnapriya K and Ms. Mereena Joy, student teachers from Social Science optional. The presentation was really informative and it covered the importance and relevance of the day. The major purpose of observing International Day of Persons with Disabilities is to raise awareness regarding disability issues as well as organize support for the rights, dignity and general welfare of persons with disabilities. The day intends to advance the rights and welfare of people with disabilities in all facets of the society. Observing the day helps people raise awareness and become more empathetic, sensitive and cognizant of the difficulties posed by having impairments or disabilities. It is also an attempt to inspire persons with disabilities to come forward on to the mainstream and an attempt to equip the society to accept persons with disabilities and to encourage their inclusion in all spheres of society. The presentation by the student teachers also covered the major welfare measures and challenges for persons with disabilities in the society. Even though, many changes have come in order to ease the lives of people having disabilities, still there is a long way to go. In terms of infrastructural facilities, transportation, educational institutions, healthcare institutions and other public institutions have undergone several structural modifications focusing on disability friendly environment. In all of the transportation modes including airways, roadways and waterways, disability friendly rails are there to step in the vehicle but many of the local buses and other vehicles have no such facilities which would be a hindrance for persons with disabilities. Many educational institutions are currently disability friendly with ramps, lifts and disabled friendly

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Aluce Joseph



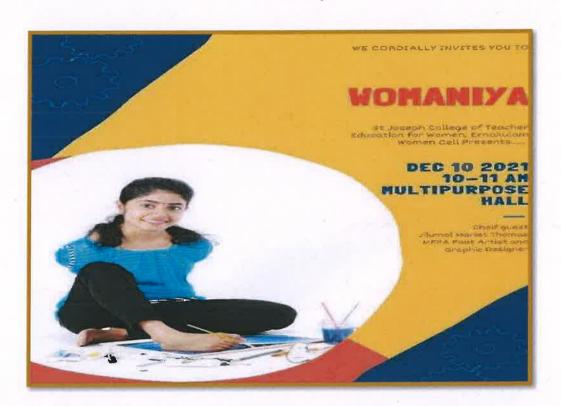
toilets etc. Even though, many a colleges have all of the proper facilities for persons with disabilities, there are still a lot more educational institutions which lack proper facilities. However, the state and central government are providing several welfare schemes and measures for the wellbeing of persons with disabilities. The presentation was succeeded by the motivation talk on life experiences by the chief guest for the day, Ms. Jilumol Mariet Thomas. Despite her disabilities from birth, Ms. Jilumol Mariet Thomas remains an achiever of her dreams in life. Nothing has stopped her from being an achiever, influencer and motivator for every other individuals in the society. Ms. Jilumol Mariet Thomas motivated all of the participant of the event through her speech. She explained how she trained herself in doing her chores for her daily life functioning and how she chased her dreams. Riding a car was one of her childhood dreams, despite the fact that she has been born without hands. Through her practice and sincere efforts, today she has become a well-known influencer and an inspiring being for others as she is an artist, a YouTuber and a graphic designer. As per reports, she has become the first Women in Asia to receive a driving license despite being born without hands. Ms. Jilumol Mariet Thomas enunciated how she had come out of her comfort zone and expressed she really wish people like her to come forward and follow their dreams. After the motivational talk by the resource person, the vote of thanks for the programme was delivered by Ms. Amala Antony, student teacher from English optional. The entire programme winded up at 11.00 AM.

The entire programme, 'Womaniya- International Day of Persons with Disabilities, 2021' was really informative and motivational for all of the participants. The programme turned out to be successful in achieving its major objectives. The programme could motivate and encourage student teachers to come of out of their shells and achieve their goals and dreams. The motivational talk by Ms. Jilumol Mariet Thomas was very much encouraging and enlightening for the student teachers. She could motivate and convey the message that everyone should explore beyond their limitations. Overall, the programme was beneficial and fruitful.





Womaniya- International Day of Persons with Disabilities, 2021 Photo Gallery



Event Poster for the programme, 'Womaniya - International Day of Persons with Disabilities, 2021' conducted by the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam

Womaniya- International Day of Persons with Disabilities, 2021

Programme Details

Name of the Event	Womaniya- International Day of Persons with Disabilities, 2021	
Date	10/12/2021	
Time	10.00 AM- 11.00 AM	
Duration	1 hour	
Beneficiaries	Student teachers- 98, Faculty- 12	
	Multipurpose Hall	
Event Venue	St. Joseph College of Teacher Education for Women,	
	Ernakulam	



List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Mrs. Smitha Jose	Assistant Professor (Education)
3	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)
4	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
5	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
6	Dr. Betty P.J	Assistant Professor (Mathematics Education)
7	Dr. Joby Joy Kurian	Assistant Professor(Mathematics Education)
8	Dr. Rachel George M	Assistant Professor (Natural Science Education)
9	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
10	Dr. Soya Mathew	Assistant Professor (Education)
11	Dr. Marin Jose	Assistant Professor (English Education)
12	Dr. Siji John	Assistant Professor (Social Science Education)

Students list:

Sl. No Name		Batch	
1	Amala Antony	2021-2023 Batch (B Ed. English)	
2	Anna Roshni Varghese	2021-2023 Batch (B Ed. English)	
3 Deepa P S 2021-2023 Batch (B Ed. English)		2021-2023 Batch (B Ed. English)	
4	Devika Venugopal 2021-2023 Batch (B Ed. English)		
5	5 Divya Radhakrishnan 2021-2023 Batch (B Ed. English)		
6 F. Merline Rodrigues 2021-2023 Batch (B Ed. English)		2021-2023 Batch (B Ed. English)	
7	7 Gurumahima M V 2021-2023 Batch (B Ed. English)		



8	Harsha Theresa Thomas	2021-2023 Batch (B Ed. English)
9	K A Rabia	2021-2023 Batch (B Ed. English)
10	10 Leatitia Joshy 2021-2023 Batch (B Ed. English)	
11	Linet John	2021-2023 Batch (B Ed. English)
12	Meera Joy (Blind)	2021-2023 Batch (B Ed. English)
13	Merize Ben Alias	2021-2023 Batch (B Ed. English)
14	Pratibha S	2021-2023 Batch (B Ed. English)
15	Sandra Joy	2021-2023 Batch (B Ed. English)
16	Santhi M S	2021-2023 Batch (B Ed. English)
17	Veena C V	2021-2023 Batch (B Ed. English)
18	Aleena Antony	2021-2023 Batch (B Ed. Malayalam)
19	Anaswara. P S	2021-2023 Batch (B Ed. Malayalam)
20	Ance Baby	2021-2023 Batch (B Ed. Malayalam)
21	Divya Rajan 2021-2023 Batch (B Ed. Malayalam)	
22	Jayalakshmi Jayakumar 2021-2023 Batch (B Ed. Malayalam)	
23	Jobitha Joy	2021-2023 Batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 Batch (B Ed. Malayalam)
25	Mary Amala R.	2021-2023 Batch (B Ed. Malayalam)
26	Nitha Alfred	2021-2023 Batch (B Ed. Malayalam)
27	Pranaya P M	2021-2023 Batch (B Ed. Malayalam)
28	Anisha T	2021-2023 Batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 Batch (B Ed. Malayalam)
30	Shilpa K 2021-2023 Batch (B Ed. Malayalam)	
31	Sneha M M	2021-2023 Batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 Batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 Batch (B Ed. Malayalam)

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

Ernakulam



34	Akshaya Shaju	2021-2023 Batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 Batch (B Ed. Mathematics)
36	36 Arya K Surendran 2021-2023 Batch (B Ed. Mathema	
37	37 Aswathi B A 2021-2023 Batch (B Ed. Mathema	
38	Freeda K F	2021-2023 Batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 Batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 Batch (B Ed. Mathematics)
41	Lekshmipriya T S	2021-2023 Batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 Batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 Batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 Batch (B Ed. Mathematics)
45	45 Reshma Francis 2021-2023 Batch (B Ed. Mathematics	
46	Rose Maria John	2021-2023 Batch (B Ed. Mathematics)
47	Rosy Roy 2021-2023 Batch (B Ed. Mathematics)	
48	Sona Paul 2021-2023 Batch (B Ed. Mathematics	
49	Sreeja Sreenivasan	2021-2023 Batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 Batch (B Ed. Physical Science)
51	Agiya Cosmos M C	2021-2023 Batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 Batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 Batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 Batch (B Ed. Physical Science)
55	Anu P.Thomas 2021-2023 Batch (B Ed. Physical Scien	
56	Aparna S	2021-2023 Batch (B Ed. Physical Science)
57	Fathimathuzuhra	2021-2023 Batch (B Ed. Physical Science)
58	Jesna George	2021-2023 Batch (B Ed. Physical Science)
59	Mariya Das	2021-2023 Batch (B Ed. Physical Science)

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St. Joseph College of Teacher
Education for Women,

Ernakulam



60	Neethu J A	Neethu J A 2021-2023 Batch (B Ed. Physical Science	
61	Raveena K Ramesh	2021-2023 Batch (B Ed. Physical Science)	
62	Roshna Rahim	2021-2023 Batch (B Ed. Physical Science)	
63	Vandana S	2021-2023 Batch (B Ed. Physical Science)	
64	Vinny Pappachan	2021-2023 Batch (B Ed. Physical Science	
65	Akhitha Sebastian	2021-2023 Batch (B Ed. Natural Science)	
66	Allan Francis	2021-2023 Batch (B Ed. Natural Science)	
67	Angitha Ramachandran	2021-2023 Batch (B Ed. Natural Science)	
68	Anita Abraham	2021-2023 Batch (B Ed. Natural Science)	
69	Caren Grace	2021-2023 Batch (B Ed. Natural Science)	
70	Dilhana Hussain	2021-2023 Batch (B Ed. Natural Science)	
71	Jeshma Das V S	2021-2023 Batch (B Ed. Natural Science)	
72	Keerthana M S	2021-2023 Batch (B Ed. Natural Science)	
73	Meera Susan Kurian	2021-2023 Batch (B Ed. Natural Science)	
74	Merin Shajan	2021-2023 Batch (B Ed. Natural Science)	
75	Pooja Maria Jacob	2021-2023 Batch (B Ed. Natural Science)	
76	Ranjima V	2021-2023 Batch (B Ed. Natural Science)	
77	Saniya Simon	2021-2023 Batch (B Ed. Natural Science)	
78	Shalini P S	2021-2023 Batch (B Ed. Natural Science)	
79	Shimna K	2021-2023 Batch (B Ed. Natural Science)	
80	Theresa Thankachan	2021-2023 Batch (B Ed. Natural Science)	
81	Vyshnavi N Sharma	2021-2023 Batch (B Ed. Natural Science)	
82	Akshitha Bhaskaran	2021-2023 Batch (B Ed. Social Science)	
83	Anagha T	2021-2023 Batch (B Ed. Social Science)	
84	Ancy Abraham	2021-2023 Batch (B Ed. Social Science)	
85	Anjaly A C	2021-2023 Batch (B Ed. Social Science)	



86	Anupama Sreedhar	2021-2023 Batch (B Ed. Social Science)
87	Celene Paul	2021-2023 Batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 Batch (B Ed. Social Science)
89	Dona K Jose	2021-2023 Batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 Batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 Batch (B Ed. Social Science)
92	Mereena Joy	2021-2023 Batch (B Ed. Social Science)
93	Minu Joy	2021-2023 Batch (B Ed. Social Science)
94	Regina Teena Doosta	2021-2023 Batch (B Ed. Social Science)
95	Riya Davis	2021-2023 Batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 Batch (B Ed. Social Science)
97	Thasni M B	2021-2023 Batch (B Ed. Social Science)
98	Varsha K V	2021-2023 Batch (B Ed. Social Science)





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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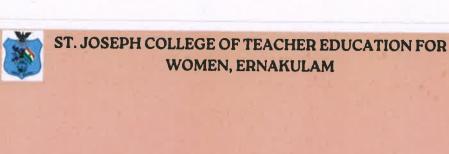
WORLD HEART CELEBRATION 2021

Name of the Event	World Heart Celebration 2021		
Objectives	 To share Joy and Happiness To promote Cultural Unity and Cultural Revival: 		
Objectives	3. To develop social bonding among students.		
Details of Event Coordinators	Health Club		
Date	29/9/2021		
Duration	1 Hour		
Beneficiaries	Student teachers-97		
Event Venue	Auditorium St. Joseph College of Teacher Education for Women, Ernakulam		

St. Joseph College of Teacher Education for Women, with a view of promoting heath of student teachers observed world heart day on 29/9/2021. Venue of program was College Auditorium. Program was organized by Health Club of the institution. In order to promote physical fitness Zumba raining was provided to the student teachers. Christeena John of Physical Science optional was the Zumba trainer. Health club choose zumba as the part of World Heart Day for emphasizing the significance of physical activity in maintaining a healthy heart and preventing cardiovascular diseases. Dr Alice Joseph, Principal, St. Joseph College of Teacher Education for Women felicitated the gathering. First year students participated in the training program.

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World Heart Day



Date: 29/09/2021





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ONAM CELEBRATION

19/8/2021

Name of the Event	Onam Celebration 2021	
Objectives	 To share Joy and Happiness To promote Cultural Unity and Cultural Revival: To develop social bonding among students. 	
Details of Event Coordinators	College Union	
Date	19/8/2021	
Duration	2 Hour	
Beneficiaries	Student teachers-96, Faculty-13	
Event Venue	Auditorium St. Joseph College of Teacher Education for Women, Ernakulam	

Onam celebrated at St. Joseph College of Teacher Education for Women Ernakulam on 19/8/2021. The main objective of this cultural celebration is to share the joy and happiness with social bonding between students and teachers. The program was organized by the college union at college auditorium. Staff and students were dressed up in traditional Kerala attire. College campus and auditorium was beautifully decorated and Pookalam was set by the students. Dr. Alice Joseph, Principal of St. Joseph College of Teacher Education for Women gave away the Onam Message. Thiruvathiara Kali, Onapattu and skit was also organized by the union. Payasam was distributed. Onam celebration at St. Joseph college of Teacher Education for Women Ernakulam promoted Cultural Unity and Cultural Revival.

Recreational games like lemon race, sack race, lighting candles and sundarikkoru pattukuthu were also organized in order to keep the spirit of Onam.





Evidences



Students Welcoming Mahabeli at the entrance of the College



Recreational Games Organised as the part of Onam Celebration





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INDEPENDENCE DAY COMMEMORATION

14/8/2021

Name of the Event	Independence Day Commemoration 2021		
:: =e.	To develop a sense of patriotism among the future teachers		
Objectives	2. To educate students about the history and significance of Independence Day.		
	3. To develop civic bonding among students.		
Details of Event Coordinators	Social Science Department		
Date	14/8/2021		
Duration	2 Hour		
Beneficiaries	Student teachers-96, Faculty-13		
Event Venue	Auditorium St. Joseph College of Teacher Education for Women, Ernakulam		

St. Joseph College of Teacher Education commemorated Independence Day with great importance to foster and strengthen the sense of patriotism among the future teachers. Program was organized at College auditorium. Dr. Alice Joseph, Principal, St. Joseph College of Teacher Education for Women addressed the student and delivered Independence Day message.

Cultural events such as skit, dance and fashion show exhibiting traditional dresses of various states was organized in order to promote national integration.

The Independence Day Commemoration serves as a reminder of the sacrifices made by freedom fighters and leaders who struggled for independence. Independence Day commemoration serve multiple purposes, including historical remembrance, fostering patriotism, promoting national unity and showcasing cultural diversity.

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GANDHI JAYANTHI CELEBRATION, 2021

Name of the Event	Gandhi Jayanthi Celebration, 2021	
	To commemorate the birth anniversary of the Father of Nation, Mahatma Gandhi	
Objectives	2. To honor Mahatma Gandhi and his contributions and struggles for the freedom of the nation	
	3. To spread Gandhi's ideology of truth and non-violence(Ahimsa)	
Details of Event	Women cell	
Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam	
Date	02/10/2021	
Time	10.00 AM- 11.00 AM	
Duration	1 hour	
Beneficiaries	Student teachers- 88, Faculty- 12	
Platform	Google Meet	
Meet Link	https://meet.google.com/gtb-tqss-pwd	

Gandhi Jayanthi Celebration, 2021

Programme Report

Every year, Gandhi Jayanthi is celebrated on October 2 across the nation marking the birth anniversary of the Father of our Nation, Mahatma Gandhi. Gandhi Jayanthi is celebrated to pay tribute to the father of nation who struggled and fought for the freedom of the nation from British rule and to highlight Gandhian ideologies and principles of truth and Ahimsa (non-violence) for social justice and world peace. St. Joseph College of Teacher Education for Women, Ernakulam celebrated Gandhi Jayanthi on 2nd October 2021 from 10.00 AM to 11.00 AM via Google Meet. The whole Gandhi Jayanthi celebration was organized and coordinated by the Women Cell of St. Joseph College of Teacher Education

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Principal in Charge
St. Joseph College of Teacher
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for Women, Ernakulam. All the student teachers and faculty members participated in the virtual celebration.

The celebration started exactly at 10.00 AM with a prayer song by Ms. Aparna S, student teacher from Physical Science optional. The welcome speech for the event was delivered by Ms. Elizabeth Maria Babu, student teacher from Mathematics optional. Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam delivered the special message for the event. Dr. Alice Joseph emphasized on the significance of the day. She enunciated that Gandhi Jayanthi is celebrated in order to honor the struggles faced by our Father of Nation for the freedom of our country. Dr. Alice Joseph emphasized that it is important for every students to learn and know about the history of the country and the legacy of Mahatma Gandhi who won the nation independence from the British rule. Dr. Alice Joseph reminded her students the principles of Gandhi, truth and non-violence and inspired the students to adopt those principles in their lives thereby contribute to world peace. The message by the Principal was followed by a video presentation on Gandhian view on education. According to Gandhi, education is one of the important social institution like law, politics, family and family. It plays significant role in the development of an individual as well as social systems. Gandhi proposed basic education and he emphasized on creativity and vocational training through basic education so that the children could learn and are equipped with adequate productive skills to meet their future needs in their life by adopting certain business or industry. Gandhi also emphasized that education is an important means by which the progress and development of the society can be attained. The video presentation on Gandhian views was succeeded by the demonstration of paper bag making by Ms. Revathy N, student teacher from Social Science optional. The paper making was shown live during the celebration. The student teachers were instructed to bring materials required for the paper bag making including newspaper, scissor, glue and thread. The student teachers who participated in the live paper bag crafting were awarded with e-certificates.

The whole programme turned out to be successful in accomplishing its objectives. The event could instill in knowledge and inspiration in the young minds of student teachers who participated in the programme. The paper bag making craft was productive for the student as it equipped them with a skill which they can use to earn to meet their needs. The programme winded up at 11.00 AM with the vote of thanks for the programme delivered by Ms. Nikhila baby, student teacher from Mathematics optional.

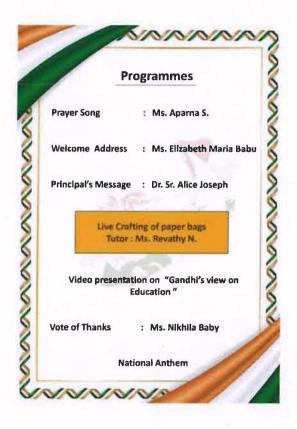
Dr. Alice Joseph
Principal in Charge
St. Joseph College of Teacher
Education for Women,

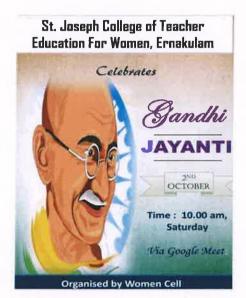
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Gandhi Jayanthi Celebration, 2021

Photo Gallery





Brochure for the virtual Gandhi Jayanthi Celebration 2021, held by St. Joseph College of Teacher Education for Women, Ernakulam







Event poster for the live paper bag crafting session organized during Gandhi Jayanthi Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam via Google meet Video presentation on 'Gandhi's views on education' during Gandhi Jayanthi Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam via Google meet







Ms. Revathy N, student teacher from Social Science optional carrying out live paper bag crafting session during Gandhi Jayanthi Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam via Google meet





Gandhi Jayanthi Celebration, 2021

Programme Details

Name of the Event	Gandhi Jayanthi Celebration, 2021	
Date	02/10/2021	
Time	10.00 AM- 11.00 AM	
Duration	1 hour —	
Beneficiaries	Student teachers- 88, Faculty- 12	
Platform Meet Link		

List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
3 =	Mrs. Smitha Jose	Assistant Professor (Education)
4	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
5	Dr. Betty P.J	Assistant Professor (Mathematics Education)
6	Dr. Joby Joy Kurian	Assistant Professor(Mathematics Education)
7	Dr. Rachel George M	Assistant Professor (Natural Science Education)
8	Sicily A.A	Assistant Professor (Malayalam Education)
9	Soya Mathew	Assistant Professor (Education)
10	Dr. Marin Jose	Assistant Professor (English Education)
11	Dr. Siji John	Assistant Professor (Social Science Education)
12	Dr. Hemaletha P K	Assistant Professor (Social/Science Education)



Students list:

l. No	Name	Batch
1	Aagi Tom	2020-2022 batch (B Ed. English)
2	Alina Celine Lancy	2020-2022 batch (B Ed. English)
3	Anna Susan Jacob	2020-2022 batch (B Ed. English)
4	Arunima K Shaji	2020-2022 batch (B Ed. English)
5	Arya Balachandran	2020-2022 batch (B Ed. English)
6	Arya C S	2020-2022 batch (B Ed. English)
7	Athira C S	2020-2022 batch (B Ed. English)
8	Melvin Daniel	2020-2022 batch (B Ed. English)
9	Parvathy V	2020-2022 batch (B Ed. English)
10	Rinju Jolly	2020-2022 batch (B Ed. English)
11	Sania Varghese	2020-2022 batch (B Ed. English)
12	Sneha Joseph	2020-2022 batch (B Ed. English)
13	Sreelekha R	2020-2022 batch (B Ed. English)
14	Abhirami Soman	2020-2022 batch (B Ed. Malayalam)
15	Aleena Roy	2020-2022 batch (B Ed. Malayalam)
16	Amitha James	2020-2022 batch (B Ed. Malayalam)
17	Anakha K S	2020-2022 batch (B Ed. Malayalam)
18	Anjana Narayanan	2020-2022 batch (B Ed. Malayalam)
19	Athira Babu	2020-2022 batch (B Ed. Malayalam)
20	Athira Raju	2020-2022 batch (B Ed. Malayalam)
21	Athira Sabu	2020-2022 batch (B Ed. Malayalam)
22	Blessy Babu	2020-2022 batch (B Ed. Malayalam)
23	Bobina Antony	2020-2022 batch (B Ed. Malayalam)
24	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)

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Education for Women,



25	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
26	Salini K B	2020-2022 batch (B Ed. Malayalam)
27	Shilpa Stanly	2020-2022 batch (B Ed. Malayalam)
28	Vismaya Mohanan	2020-2022 batch (B Ed. Malayalam)
29	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
30	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
31	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
32	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
33	Cris Francis	2020-2022 batch (B Ed. Mathematics)
34	Elizabeth Maria Babu	2020-2022 batch (B Ed. Mathematics)
35	Fathemath Sahadiya	2020-2022 batch (B Ed. Mathematics)
36	Jisna Mary P.J	2020-2022 batch (B Ed. Mathematics)
37	Lilly Riya	2020-2022 batch (B Ed. Mathematics)
38	Meera R	2020-2022 batch (B Ed. Mathematics)
39	Megha T.M	2020-2022 batch (B Ed. Mathematics)
40	Merin Johny	2020-2022 batch (B Ed. Mathematics)
41	Nikhila Baby	2020-2022 batch (B Ed. Mathematics)
42	Soumya Murugan	2020-2022 batch (B Ed. Mathematics)
43	Sumayya H E	2020-2022 batch (B Ed. Mathematics)
44	Aneetta Joy	2020-2022 batch (B Ed. Physical Science
45	Anju Abraham P	2020-2022 batch (B Ed. Physical Science
46	Aparna S	2020-2022 batch (B Ed. Physical Science
47	Arya M A	2020-2022 batch (B Ed. Physical Science
48	Athira Anil	2020-2022 batch (B Ed. Physical Science
49	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science
50	Lida Mathew	2020-2022 batch (B Ed. Physical Science

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

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51	Mariya Deepthy	2020-2022 batch (B Ed. Physical Science)
52	Neethu P D	2020-2022 batch (B Ed. Physical Science)
53	Reshma S Babu	2020-2022 batch (B Ed. Physical Science)
54	Stella Avirappatt	2020-2022 batch (B Ed. Physical Science)
55	Anitta Sheen Theresa	2020-2022 batch (B Ed. Natural Science)
56	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
57	Anju A	2020-2022 batch (B Ed. Natural Science)
58	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
59	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
60	Fathima Beevi A I	2020-2022 batch (B Ed. Natural Science)
61	Jinu Anna Varghese	2020-2022 batch (B Ed. Natural Science)
62	Krishna M K	2020-2022 batch (B Ed. Natural Science)
63	Krishna Murali	2020-2022 batch (B Ed. Natural Science)
64	Nandini Sagar	2020-2022 batch (B Ed. Natural Science)
65	Nausheen N	2020-2022 batch (B Ed. Natural Science)
66	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
67	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
68	Shereena G	2020-2022 batch (B Ed. Natural Science)
69	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
70	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
71	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
72	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
73	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
74	Ans Jose	2020-2022 batch (B Ed. Social Science)
75	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
76	Asha Joseph	2020-2022 batch (B/Ed. Social Science)
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77	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
78	Aswathi .P	2020-2022 batch (B Ed. Social Science)
79	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
80	Liya Thomas	2020-2022 batch (B Ed. Social Science)
81	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
82	Meera Mathew	2020-2022 batch (B Ed. Social Science)
83	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
84	Olivia Tresa A A	2020-2022 batch (B Ed. Social Science)
85	Revathy N	2020-2022 batch (B Ed. Social Science)
86	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
87	Sreejitha A K	2020-2022 batch (B Ed. Social Science)
88	Tency Davis	2020-2022 batch (B Ed. Social Science)





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NATIONAL READING DAY CELEBRATION 2021

Name of the Event	Capacity Enhancement Programme for Student Teachers: Webinar on Changing Dimensions of Modern Education	
	1. To help student teachers and teacher educators analyze the changes happening in the education scenario	
Objectives	2. To help students explore the modern trends in teaching methodology	
	3. To critically analyze the thrust of NEP 2020 in the light of modern education trends	
Details of Event	Women Cell	
Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam	
Date	14/06/2021 — 19/06/2021	
Beneficiaries	,Student teachers-85 , Faculty- 6	
	Online	
Platform	Whatsapp	

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NATIONAL READING DAY CELEBRATION 14/06/2021 TO 19/06/2021 REPORT

National reading day celebration was conducted online by Women Cell. It was a celebration lasted about a week. Various competitions were held on each day.



COMPETITIONS

Quiz competition

Review writing
Video making
Puzzle (for teachers)
Logo making competition
Photo with a book
Caption writing (for teachers)

DAY 1 (14/06/2021, Monday)

Review writing

Number of participants:

Malayalam: 2

Winner: first prize goes to Parvathy V (Dept. of

English)

Second prize goes to Anju A. (Dept. of Natural

Science)

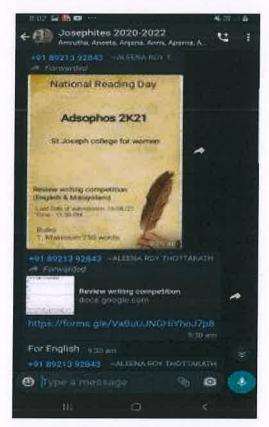
English: 3

Winner: first prize goes to Arya Balachandran (Dept.

of English)

Second prize goes to Parvathy V (Dept. of English)

Third prize goes to Jinnu Anna Varghese (Dept.









of Natural Science)

Video making

Number of participants: 1

Winner: Athira Anil (Dept. of Physical Science)

DAY 2 (15/06/2021, Tuesday)

Crossword Puzzle (for Teachers)

Winner: Dr. Rachael George M. (Dept. of Natural Science)



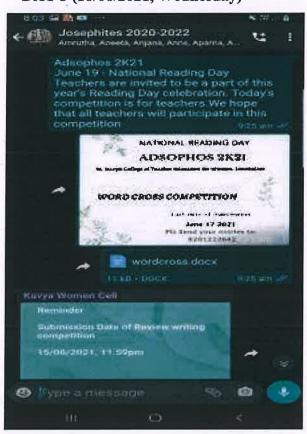


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DAY 3 (16/06/2021, Wednesday)



Logo making competition

Number of participants: 5

Winner: first prize goes to Meenu Anna Mathai

(Dept. of Social Science)

Second prize goes to Alina Celine Lancy (Dept. of English)

Third prize goes to Krishna MK (Dept. of Natural Science) and

Sreejitha AK (Dept. of Social Science)

Photo with a book

Number of participants: 5

Winner: first prize goes to Anju A. (Dept. of

Natural Science)

Second prize goes to Anns Jose (Dept. of Social

Science)

Third prize goes to Parvathy V (Dept. of

English)









DAY 4 (17/06/2021, Thursday)

Caption writing competition (for Teachers)

Number of participants: 5

Winner: first prize goes to Sr. Josephine

Joseph

Second prize goes to Mrs Marin Jose

DAY 5 (18/06/2021, Friday)

Quiz competition

Number of participants: 5

Winner: first prize goes to Sreelekha R (Dept. of English)

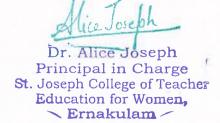
Second prize goes to Olivia Tresa A A (Dept. of Social Science)

Third prize goes to Nandini Sagar

(Dept. of Natural Science) and

Akshaya A S

(Dept. of Physical Science)









DAY 6 (19/06/2021, Saturday)

Introduced the Reading Queen of the College

Reading Queen 2021: Mary Rilu Aruja
(Dept. of Natural Science) Second Year Bed.
Her video was posted on college whatsapp
group. A reading day message was also
given. Results of all competitions were
announced







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'END INEQUALITIES, END AIDS'- WORLD AIDS DAY PROGRAMME, 2021

Name of the Event	Name of the Event Observation of World AIDS Day, 2021	
	To commemorate world AIDS day	
Objectives	To raise awareness on HIV/AIDS among people and elucidate the relevance of observing world AIDS day	
	To fight against the social stigma that is prevailing in the society against people affected by HIV/AIDS	
Details of Event	Anti-Narcotics club,	
Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam	
Date	01/12/2021	
Time	8.45 am- 10.00 AM	
Duration	1 hour and 15 minutes	
Beneficiaries	Student teachers-88, Faculty- 12	
Programme Venue	St. Joseph College of Teacher Education for Women, Ernakulam	
	St. Mary's Convent Girls' Higher Secondary School, Ernakulam.	

'End Inequalities, End AIDS'- World AIDS Day Programme, 2021 Programme Report

The Anti-Narcotics club of St. Joseph College of Teacher Education for Women, Ernakulam observed World Aids Day, 2021 in the light of the theme of the year, 'End Inequalities, End AIDS' on 1st December 2021. The official programme started at 8.45 AM and winded up at 10.30 AM. The whole programme was organized by the Anti-Narcotic club members under the captainship of Dr. Betty P.J, Dr. Smitha Jose, and Dr. Sicily A.A who are the Faculty Coordinators of Anti-Narcotics club of the college. It was also the inaugural ceremony of the Anti-Narcotics club activities for the academic year 2021-2022. A total of 15 student members and 3 Faculty Coordinators of Anti-Narcotics club managed to pull-off the programme fruitfully. The club had prepared handmade red ribbons to distribute among the student teachers which are universal symbol of awareness and support for people living with

Dr. Alice Joseph Principal in Charge

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St. Joseph College of Teacher

Education for We

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HIV/AIDS. The AIDS day programme 2021 and the inauguration of the Anti-Narcotics club activities for the academic year 2021-2022, was inaugurated by Dr. Soya Mathew, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam, by handing over a handmade red ribbon to the Anti-Narcotics club leader, Ms. Mariya Jesleena Martin. The programme was felicitated by Dr. Soya Mathew, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. The world Aids day programme organized by the Anti-Narcotics club of St. Joseph College of Teacher Education for Women, Ernakulam had the following events performed in the day:

- PowerPoint presentation on the topic 'Drugs and AIDS'
- Poster making competition with the theme 'End Inequalities, End AIDS'
- a street play with the title 'JAGARAN' with the aim of conveying a message on the importance of observing world AIDS day

After the inauguration and felicitation of the programme, Ms. Vyshnavi N Sharma, student teacher from Natural Science optional carried out a detailed presentation on the topic 'Drugs and Aids'. The presentation attempted to disseminate information regarding HIV/AIDS, its primary prevention and control services. The topic was covered in the light of impact of drugs in causing AIDS. An introduction was given about HIV/AIDS and various causal factors for AIDS. AIDS or Acquired Immune Deficiency Syndrome is a chronic, perhaps fatal condition brought on by the Human Immunodeficiency Virus (HIV). The HIV weakens the capacity of our body to fight disease and infection by weakening the immune system. The HIV virus attacks and badly damages the immune system of the body of an individual and if not treated on time, could lead to the development AIDS which has no cure until now. It was mentioned in the presentation that the AIDS causing HIV is transmitted mainly via two means, firstly, through anal or vaginal sex, or when people share syringes, needles, or other drug injection tools. Secondly, via unprotected or risky sexual practices with someone who has been identified as HIV- positive. Only direct contact with specific bodily fluids, including blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids and breast milk from an HIV-positive person with a detectable viral load can result in HIV infection.

A poster making competition was also held on the same day with the theme, 'End Inequalities, End AIDS'. An E-brochure regarding the competition was circulated among the student teachers in the college which was well coordinated by Ms. Dona K Jose, student teacher from Social Science optional, who is one among the Anti-Narcotic club members.

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Many student teachers from various optional actively participated in the poster making competition. All of the student teachers from Malayalam optional contributed in the competition who received special attention via their active participation and contribution. The competition results were announced on the same day based on the judgment of Dr. Soya Mathew, Assistant Professor at St. Joseph College of Teacher Education for Women, Ernakulam. The first and second prize for the competition was secured by Ms. Akhitha Sebastian from Natural Science optional and Ms. Jayalakshmi Jayakumar from Malayalam optional respectively. The third prize for the poster making competition was shared by Ms. Shalini from Natural Science optional and Ms. Rose Mary Paul from Social Science optional.

With an overt aim of raising awareness about HIV/AIDS, its causes and prevention. The Anti-Narcotics club of St. Joseph College of Teacher Education for Women, Ernakulam also organized and carried out a street play with the title 'JAGARAN'. The Anti-Narcotic club student members performed the street play in the college itself with the aim of conveying message using various posters and banner regarding the importance of observing world AIDS day to the students and teachers in the college. All of the 15 members of the Anti-Narcotics club took part in the street play and the play was coordinated by Ms. Liya Baby and Ms. Pranaya P.M, students teachers from Malayalam optional. After the performance at the college, the student did performed the street play at St. Mary's Convent Girls' Higher Secondary School, Ernakulam. The students and teachers at the school were indeed cooperative and appreciable of the street play enacted before them.

The World AIDS day programme conducted by St. Joseph College of Teacher Education for Women, Ernakulam possessed with the following advantages:

- raise awareness among the student groups and community on HIV/AIDS, its causes and preventive measures
- contribute to the efforts of the world in fighting against social stigma and aversion prevailing in the society against HIV-positive people
- bring out talents and skills of student teachers in preparing posters regarding AIDS
 along with promoting their critical thinking ability

The whole programme turned out to be fruitful and successful in accomplishing its objectives and in imparting information to the community. The programme winded up with National Anthem.



'End Inequalities, End AIDS'- World AIDS Day Programme, 2021

Photo Gallery



Event poster for poster competition with the theme 'End Inequalities, End AIDS'.



Anti-Narcotics Club Members of St Joseph College of Teacher Education for Women, Ernakulam preparing handmade red ribbons that symbolizes AIDS day



Felicitation,
Dr. Soya Mathew
Assistant Professor
St. Joseph College of Teacher
Education for Women, Ernakulam



Dr. Soya Mathew, Assistant Professor in Education inaugurating the World Aids Day programme by handing over the red ribbon to the Anti-Narcotics club leader, Ms. Mariya Jesleena Martin





Posters prepared by student teachers from various optional for the poster making competition on world AIDS day programme









Ms. Vyshnavi N Sharma, student teacher from Natural Science optional carrying out a detailed presentation on the topic 'Drugs and Aids' during World AIDS Day programme, 2021 Event poster for the street play 'JAGARAN' performed by the Anti-Narcotics club of St. Joseph College of Teacher Education for Women, Ernakulam during World AIDS Day programme, 2021











Snippets from the street play 'JAGARAN' performed by the Anti-Narcotics club of St. Joseph College of Teacher Education for Women, Ernakulam during World AIDS Day programme, 2021

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

Ernakulam -





End Inequalities, End AIDS'- World AIDS Day Programme, 2021

Programme Details

Name of the Event	Observation of World AIDS Day, 2021	
Date	01/12/2021	
Time	8.45 AM – 10.00 AM	
Duration	1 hour and 15 minutes	
Beneficiaries	Student teachers- 88, Faculty- 12	
Programme Venue St. Joseph College of Teacher Education for Women, Ernaku St. Mary's Convent Girls' Higher Secondary School, Ernakul		

List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Betty P.J	Assistant Professor (Mathematics Education)
3	Dr. Marin Jose	Assistant Professor (English Education)
4	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
5	Dr. Hemelatha P.K	Assistant Professor (Social Science Education)
6	Dr. Rachel George	Assistant Professor (Natural Science Education)
7	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
8	Dr. Joby Joy Kurian	Assistant Professor (Mathematics Education)
9	Dinimol Jacob	Assistant Professor (Natural Science Education)
10	Dr. Siji John	Assistant Professor (Social Science Education)
11	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
12	Dr. Soya Mathew	Assistant Professor (Education)

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

www.stjosephcte.in



Students' list:

SI. No	Name	Batch
1	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
2	Anagha T	2021-2023 batch (B Ed. Social Science)
3	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
4	Anjaly A C	2021-2023 batch (B Ed. Social Science)
5	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
6	Celene Paul	2021-2023 batch (B Ed. Social Science)
7	Divyamol P D	2021-2023 batch (B Ed. Social Science)
8	Dona K Jose	2021-2023 batch (B Ed. Social Science)
9	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
10	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)
11	Mereena Joy	2021-2023 batch (B Ed. Social Science)
12	Minu Joy	2021-2023 batch (B Ed. Social Science)
13	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
14	Riya Davis	2021-2023 batch (B Ed. Social Science)
15	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
16	Thasni M B	2021-2023 batch (B Ed. Social Science)
17	Varsha K V	2021-2023 batch (B Ed. Social Science)
18	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
19	Allan Francis	2021-2023 batch (B Ed. Natural Science)
20	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
21	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
22	Caren Grace	2021-2023 batch (B Ed. Natural Science)
23	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
24	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)



Keerthana M S	2021-2023 batch (B Ed. Natural Science)
Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
Merin Shajan	2021-2023 batch (B Ed. Natural Science)
Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
Ranjima V	2021-2023 batch (B Ed. Natural Science)
Saniya Simon	2021-2023 batch (B Ed. Natural Science)
Shalini P S	2021-2023 batch (B Ed. Natural Science)
Shimna K	2021-2023 batch (B Ed. Natural Science)
Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
Vyshnavi N Sharma	2021-2023 batch (B Ed. Natural Science)
Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
Alida Saiju	2021-2023 batch (B Ed. Physical Science)
Anila Shaju	2021-2023 batch (B Ed. Physical Science)
Anu P.Thomas	2021-2023 batch (B Ed. Physical Science)
Aparna S	2021-2023 batch (B Ed. Physical Science)
Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
Jesna George	2021-2023 batch (B Ed. Physical Science)
Mariya Das	2021-2023 batch (B Ed. Physical Science)
Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
Vandana S	2021-2023 batch (B Ed. Physical Science)
Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
Aleena Antony	2021-2023 batch (B Ed. Malayalam)
Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
Divya Rajan	2021-2023 batch (B Ed. Malayalam)
Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
	Merin Shajan Pooja Maria Jacob Ranjima V Saniya Simon Shalini P S Shimna K Theresa Thankachan Vyshnavi N Sharma Agatha Cyriac Alida Saiju Anila Shaju Anu P.Thomas Aparna S Fathimathuzuhra Jesna George Mariya Das Raveena K Ramesh Roshna Rahim Vandana S Vinny Pappachan Aleena Antony Anaswara. P S Divya Rajan



51	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
52	Liya Baby	2021-2023 batch (B Ed. Malayalam)
53	Mary Amala R.	2021-2023 batch (B Ed. Malayalam)
54	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
55	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
56	Anisha T	2021-2023 batch (B Ed. Malayalam)
57	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
58	Shilpa K	2021-2023 batch (B Ed. Malayalam)
59	Sneha M M	2021-2023 batch (B Ed. Malayalam)
60	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
61	Amala Antony	2021-2023 batch (B Ed. English)
62	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
63	Deepa P S	2021-2023 batch (B Ed. English)
64	Devika Venugopal	2021-2023 batch (B Ed. English)
65	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
66	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
67	Gurumahima M V	2021-2023 batch (B Ed. English)
68	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
69	Linet John	2021-2023 batch (B Ed. English)
70	Meera Joy	2021-2023 batch (B Ed. English)
71	Merize Ben Alias	2021-2023 batch (B Ed. English)
72	Pratibha S	2021-2023 batch (B Ed. English)
73	Sandra Joy	2021-2023 batch (B Ed. English)
74	Santhi M S	2021-2023 batch (B Ed. English)
75	Veena C V	2021-2023 batch (B Ed. English)
76	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)



77	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
78	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
79	Freeda K F	2021-2023 batch (B Ed. Mathematics)
80	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
81	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
82	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
83	Mariya Jesleena Martin	2021-2023 batch (B Ed. Mathematics)
84	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
85	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
86	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
87	Sona Paul	2021-2023 batch (B Ed. Mathematics)
88	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)

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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)

SEMINAR ON 'YOGA & MEDITATION FOR DEVELOPING MULTIPLE INTELLIGENCES-MUSIC THERAPY & ART THERAPY, 2022

Name of the Event	Seminar on 'Yoga & Meditation for Developing Multiple Intelligences- Music Therapy & Art Therapy'	
	To generate awareness regarding the significance of practicing Mediation and Yoga in daily life	
Objectives	2. To teach the student teachers the basics of Yoga and Mediation	
	3. To develop student teachers' multiple intelligence through Yoga and Meditation	
Details of Event	Youth Red Cross Wing and Health Club	
Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam	
	Dr. Sajeev Jos	
Details of Resource	Head of the Department	
Person	Department of Physical Education	
	St. Albert's College (Autonomous), Kochi	
Date	14/01/2022	
Time	10.00 AM- 1.00 PM	
Duration	3 hours	
Beneficiaries	Student teachers-98, Faculty-4	
	College Auditorium	
Event Venue	St. Joseph College of Teacher Education for Women,	
	Ernakulam	

Seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam conducted a seminar on 'Yoga & Meditation for Developing Multiple Intelligences- Music Therapy & Art Therapy' on 14th January 2022 from 10.00 AM to 1.00 PM at the College Auditorium. The

Dr. Alice Joseph
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entire seminar has been organized by the Youth Red Cross Wing and the Health Club of the College under the guidance and supervision of the faculty members, Dr. Josephine Joseph, Assistant Professor in Physical Science Education, Dr. Marin Jose, Assistant Professor in English Education and Dr. Mary Varghese Kundukulam, Guest Faculty in Physical Education at St. Joseph College of Teacher Education for Women, Ernakulam. The resource person for the seminar was Dr. Sajeev Jos, Head of the Department of Physical Education at St. Albert's College (Autonomous) in Kochi. All the student teachers of first year B Ed programme participated in the seminar.

The seminar on 'Yoga & Meditation for Developing Multiple Intelligences- Music Therapy & Art Therapy' was conducted with an aim to raise awareness among student teachers regarding the significance of practicing meditation and yoga and to help them develop their multiple intelligence through yoga and meditation. The seminar also aimed at introducing the student teachers with art therapy and music therapy. The seminar started exactly at 10.00 AM with a prayer song by Ms. Anu P Thomas, student teacher from Physical Science optional. The prayer was succeeded by the welcome speech delivered by Ms. Aparna S, student teacher from Physical Science optional. Ms. Aparna officially welcomed all the participants to the seminar. After the welcome address, Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam delivered the presidential address for the seminar. Dr. Alice Joseph mentioned the importance of adopting Yoga and meditation into one's life as both is known to have benefits that promotes physical, mental and emotional well-being of the individual. She reminded all of the student teachers to be attentive to the seminar and learn and bring about positive changes in their lifestyle.

After the presidential address by the Principal, the seminar was then carried on by the resource person, Dr. Sajeev Jos, Head of the Department of Physical Education at St. Albert's College (Autonomous) in Kochi. Dr. Sajeev Jos started the seminar with a mild meditation session. The meditation session started with Dr. Sajeev implying all student teachers to sit comfortably, close their eyes, and to focus on breathing naturally. The student teachers were asked not to make effort to control breathing rather simply breathe naturally and then to focus their attention on the breath and the moves with each inhalation and exhalation. After that, Dr. Sajeev enunciated about the significance of yoga and meditation and its effectiveness in developing multiple intelligences. Yoga and meditation has a wide array of benefits for an individual. It leads to a healthy and better lifestyle. Yoga provides both physical and mental health for an individual who practices and includes it in his lifestyle. Yoga helps in improved

Dr. Alice doseph Principal in Charge Joseph College of Teacher



strength, flexibility and balance. Yoga can be especially helpful in reducing stress and increasing heart health. It promotes relaxation and better sleep, enhance energy and reduce mood swings. Helping in healing and building resiliency is also the benefits if Yoga. It also helps in developing discipline, focus, concentration and increases self-awareness. Meditation and Yoga play an important role in improving brain functions and in slowing the cognitive functioning decline as part of ageing. After specifying the importance and benefits of yoga and meditation to student teachers, the resource person for the seminar performed simple Yoga postures that the student teachers were able to practice during the seminar. The seminar also covered Music Therapy and Art therapy. Dr. Sajeev discussed the healing effects of music therapy. Music therapy has been evident with many benefits. It helps with depression, anxiety and helps in reducing and managing stress and even improving self-esteem. It can help individual in improving his physical, mental and emotional wellbeing and health. Music is used as a tool in various therapies for treating diseases. Dr. Sajeev, with his creative cartoon art talent, explained the importance of art therapy to the student teachers. He even trained the student teachers some tricks for creating cartoon.

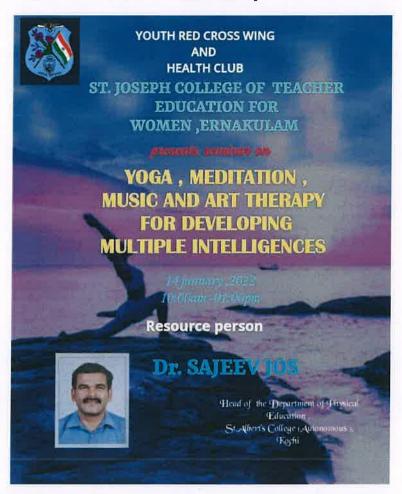
The whole seminar turned out to be successful in accomplishing its objectives. The seminar could generate awareness among student teachers regarding the significance of practicing meditation and Yoga in daily life. The seminar was very much beneficial and rejuvenating for the student teachers. The seminar was informative and could contribute to the enhancement of knowledge base of student teachers regarding Yoga and Meditation, two components that could be adopted in life for a healthy and better lifestyle. The multitalent and enthusiasm of the resource person and the active participation of student teachers made the seminar more successful. The seminar came to an end at 1.00 PM with the vote of thanks delivered by Ms. Akshaya K.S, student teacher from Physical Science Optional.

CONTRACTOR SECURITION OF SECUR



Seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022

Photo Gallery



Event Poster for the seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam

Alice Joseph

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





Seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022

Programme Details

Name of the Event Seminar on 'Yoga & Meditation for Developing M Intelligences- Music Therapy & Art Therapy'		
Date	14/01/2022	
Time	10.00 AM- 1.00 PM	
Duration	3 hours	
Beneficiaries	Student teachers-98, Faculty-4	
Event Venue College Auditorium St. Joseph College of Teacher Education for Women, Ernakulam		

List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
3	Dr. Marin Jose	Assistant Professor (English Education)
4	Dr. Mary Varghese Kundukulam	Guest Faculty (Physical Education)

Students list:

Sl. No	Name	Batch
- 1	Amala Antony	2021-2023 batch (B Ed. English)
2	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
3	Deepa P S	2021-2023 batch (B Ed. English)

Dr. Alice Joseph
Principal in Charge
St. Joseph College of Teacher
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4	Devika Venugopal	2021-2023 batch (B Ed. English)
5	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
6	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
7	Gurumahima M V	2021-2023 batch (B Ed. English)
8	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
9	K A Rabia	2021-2023 batch (B Ed. English)
10	Leatitia Joshy	2021-2023 batch (B Ed. English)
11	Linet John	2021-2023 batch (B Ed. English)
12	Meera Joy (Blind)	2021-2023 batch (B Ed. English)
13	Merize Ben Alias	2021-2023 batch (B Ed. English)
14	Pratibha S	2021-2023 batch (B Ed. English)
15	Sandra Joy	2021-2023 batch (B Ed. English)
16	Santhi M S	2021-2023 batch (B Ed. English)
17	Veena C V	2021-2023 batch (B Ed. English)
18	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
19	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
20	Ance Baby	2021-2023 batch (B Ed. Malayalam)
21	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
22	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
23	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 batch (B Ed. Malayalam)
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27	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
28	Anisha T	2021-2023 batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 batch (B Ed. Malayalam)



30	Shilpa K	2021-2023 batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
36	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
37	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
38	Freeda K F	2021-2023 batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
41	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 batch (B Ed. Mathematics)
45	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
46	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
47	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
48	Sona Paul	2021-2023 batch (B Ed. Mathematics)
49	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
51	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
55	Anu P.Thomas	2021-2023 batch (B Ed. Physical Science)

Principal in Charge
Joseph College of Teacher
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Ernakulam



56	Aparna S	2021-2023 batch (B Ed. Physical Science
57	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science
58	Jesna George	2021-2023 batch (B Ed. Physical Science
59	Mariya Das	2021-2023 batch (B Ed. Physical Science
60	Neethu J A	2021-2023 batch (B Ed. Physical Science
61	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science
62	Roshna Rahim	2021-2023 batch (B Ed. Physical Science
63	Vandana S	2021-2023 batch (B Ed. Physical Science
64	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science
65	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
68	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
72	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
73	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
74	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
75	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
76	Ranjima V	2021-2023 batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 batch (B Ed. Natural Science)
79	Shimna K	2021-2023 batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
81	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)



82	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
83	Anagha T	2021-2023 batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
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87	Celene Paul	2021-2023 batch (B Ed. Social Science)
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89	Dona K Jose	2021-2023 batch (B Ed. Social Science)
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98	Varsha K V	2021-2023 batch (B Ed. Social Science)
		1

