



**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

2022 -23

Submitted to

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



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

2022-23

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KOCHI-682035, KERALA

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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)

ഭരതം 2K23

ഭാഷം, രാഗം താളം

An arts festival is a festival that can encompass a wide range of art forms including music, dance, film, fine art, literature poetry, and isn't solely focused on visual acts. The arts serve a vital function in society and human history, one we can easily overlook despite the presence of the arts in our everyday lives. The Purpose of the celebration of the Arts Day is to highlight our students' creative ambition and drive and to give them a chance to showcase their hard work, and inspiration.

Organizing Body

Staff Coordinator: Mrs. Anu Cleetus

Arts club secretary: Jomol Babu

Houses: Tagore, Mahatma, Nehru, Radhakrishna

DATE AND TIME: March 29, 2023

:9.00 AM - 4:00

St. Joseph College of Teacher Education for Women, Ernakulam

EVENTS AND PARTICIPANTS

The list of events:

Offstage events

1. Story Writing (English and Malayalam)
2. Poem writing (English and Malayalam)
3. Pencil drawing.
4. Photography

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5. Water Colouring

6. Poster designing

7. Clay modeling

8. Collage making

Onstage events

Individual events

1. Recitation (English and Malayalam)

2. Elocution (English and Malayalam)

3. Monoact

4. Kadhaprasangam

5. Fancy dress

6. Light music

Group events

1. Mime

2. Thiruvathira

3. Patriotic song

4. Nandanattu

Criteria

A person can participate maximum 3 individual offstage item and maximum 2 onstage individual and 2 onstage group item. One student should participate minimum 1 onstage and offstage individual item and 2 group onstage item.

The annual Arts festival for the academic year 2022-23 was held at St. Joseph college of Teacher Education for Women, Ernakulam with the second year B. Ed students as both organizers and participants and the first year students as the judges for various events. The planning and organization was done under the leadership of the art's club Secretary Ms. Jomol Babu and with the guidance of the staff coordinator Mrs. Anu Cleetus.

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An online competition was held for finding the title for the arts festival. The winning title was delivered by son Paul of Mathematics optional and the arts day was entitled ഭരതം 2k23-ഭാഗം, രാഗം, താളം.

The official function starts at 9.00 AM in the college Multipurpose hall. The meeting starts with the prayer song by Agatha Cyriac of physical science and Jinu Joseph of Mathematics optional. Ms Anagha T welcomes the gathering. It was followed by the Presidential address by Dr. Sr. Alice Joseph, Principal of St. Joseph College of Teacher Education for Women, Ernakulam. The arts day was inaugurated by Dr. Megha Joby, Educators of dance and movement therapy. Ms. Mary Amala of Malayalam optional rendered a song. This was followed by the prize distribution of the offstage events. Dr. Megha Joby and Dr. Sr. Alice Joseph did the honour. The inaugural function came to the end with the vote of thanks by the Arts club secretary Ms. Jomol Babu.

The literary events were conducted on the previous days of the arts fest.

The duties assigned for each optional are:

- Stage committee + decoration Photography : Mathematics
- Recitation (Eng & Mal) : Physical Science
- Elocution (Eng & Mal) & Light Music : Natural Science
- Monoact, Kadhprasangam & Fancy dress + Scoreboard : Social Science
- Mime & Thiruvathira : English
- Patriotic song & Nandanpattu : Malayalam

Dates in which the literary events take place

23/03/2023

Pencil drawing

27/3/2023

- Water colouring 9.30 AM - 10.30 AM
- Poetry writing Eng 9.30 AM - 10.30 AM
- Story writing Mal 1.00PM - 2.00PM

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☐ Story writing Eng 2.00 PM - 3.00 PM

☐ Poetry writing Mal 3.00 PM - 4.00 PM

28/3/2023

☐ Clay modeling 9.30 AM -11.00 AM

☐ collage 9.30 AM - 11.00 AM

☐ Poster designing 1.00 PM - 2.00 PM

☐ Photography 2.00 PM

Topics for Offstage events

Story writing English : The Act of Guidance

Poetry writing English : Give and take

Elocution Eng : Vividness in the role of a Teacher.

Story writing Mal : മണ്ണിൽ നിന്നും വേരറ്റുപോകുന്ന ആ നിമിഷം,
അമ്മയിൽ നിന്നു പൊക്കിഴ്കൊടിയറുത്തു മാറ്റപ്പെടുന്ന കുഞ്ഞിന്റെ
കണ്ണിലെ ഭയം പോലെ,
അതെ ആ നിമിഷം
അതിഭയാനകമാണ്...

Poem writing Malayalam : പ്രതീക്ഷ

Elocution Malayalam : ജനം ഒരിക്കലും സത്യത്തിനു വേണ്ടി
നിലകൊള്ളുന്നില്ല,
ഒറ്റപ്പെട്ട ശബ്ദങ്ങൾ മാത്രമാണ് സത്യത്തിനു വേണ്ടി വാദിക്കുന്നത്.

Clay modeling : structures

Photography : Shades of love

Water colouring : blossom

Poster designing : India on the path of economic freedom

Collage : Democracy

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Pencil drawing : Brahmapuram incident

All the onstage events were held on 29th March 2023.

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CREDIBLE PARTICIPATION IN

ARTS FEST

300. 2k23

300. 000. 023.

Introduction

The enchanting world of College Arts Festivals beckons with its vibrant colours, captivating performances, and boundless creativity. These annual celebrations of artistic expression serve as a testament to the power of human imagination and the transformative impact of the arts. As students, participating in such festivals becomes an opportunity to unleash our inner artist, explore different media, and share our unique perspectives with the world. Whether we paint, dance, sing, act or write, these festivals provide a stage where our talents can shine and our voices can be heard. By immersing ourselves in this rich tapestry of artistic endeavours, we not only cultivate our skills but also embrace the joy of collaboration, cultural exchange and personal growth.

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Organizing Body

ouses : Tagore, Radhakrishna, Mahatma, Nehru.
arts Club Secretary : Ms. Jomol Babu
Staff Co-Ordinator : Mrs. Anu Cleetus.

Date and Duration; Programme Details.

Date : March 29, 2023.
Duration : 9.00 am - 4.00 pm.
Venue : St. Joseph College of Teacher Education for Women, Ernakulam.
Chief Guest : Dr. Megha Joby.

Events

The Events of the arts day fest included individual and group events. A set of events, i.e., the offstage events, included Story Writing (English and Malayalam), Poems writing (English and Malayalam), Pencil drawing, Photography, Water colouring, Poster designing and Clay modeling as individual events and Collage making as a group event.

The onstage events included Recitation (English and

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Malayalam), Elocution (English and Malayalam), Monocast, Kathaprasangam, Fancy Dress and Light Music as individual events, and Mime, Thiruvalluvar, Patriotic Song and Nadanpattu as group events.

Participants from the four houses took part in both offstage and onstage events. The criteria set was that a participant could take part in a maximum of 3 offstage events, a maximum of 2 onstage individuals as well as 2 onstage group events. In the group events, one team per house was to participate in each event.

Objectives

1. To promote artistic expression and creativity among college students.
2. To provide a platform for students to showcase their artistic talents.
3. To encourage interdisciplinary collaboration and foster connections between students of different artistic disciplines.
4. To create a vibrant and inclusive artistic community on campus.



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To expose students to a diverse range of artistic styles, techniques, and forms of expression.

To inspire and ignite a lifelong passion for the arts.

To provide a space for experimentation and pushing the boundaries of artistic abilities.

To offer educational opportunities through workshops, masterclasses, and interactive sessions with renowned artists.

To engage the wider college community and promote appreciation for the arts.

To celebrate the cultural diversity and heritage of the college through artistic performances and exhibitions.

Report

The Annual Arts festival for the academic year 2022-23 was held at St. Joseph College of Teacher Education for Women, with the second year B.Ed students as both organizers and participants, and the first year students as the judges for various events. The planning and organization was done under the leadership of the Arts Club Secretary Ms. Tomal Babu, and with the guidance of the Staff Coordinator Mrs. Anu Cleetus.



An online competition was held among the participants for finding the title for the Arts festival. The winning title was delivered by Sona Paul of Mathematics optional, and the arts day was entitled "Bharata Kalakshetra - Bharata, Bharata, Bharata." After a thorough discussion with both the staff and students, it was decided that the Arts fest would be conducted on March 29th, 2023 from 9 am to 4 pm. As the Chief Guest, Dr. Megha Tobey was invited, owing to her excellence and proficiency in Performing Arts and Comparative Literature. Owing to the limited time, the offstage events were conducted prior to the official Arts Fest inaugural ceremony.

The offstage competitions were kicked off with a Pencil Drawing Competition held in the Multipurpose Hall of the college, on 23rd March, 2023, from 10.30 am to 11.30 am. The topic for the event was "Brahmapuram Fire". I participated in this event; the winners of this competition were announced on the official ceremony.



On Monday, the 24th of March, the offstage events Water Colouring, Poetry writing - English and Malayalam, Story Writing - English and Malayalam were conducted. One hour was allotted for each event, and the events were held from 10 am to 4 pm with intermittent breaks. On Tuesday, 28th March, the remaining offstage events were conducted from 10.45 am to 2.30 pm at various venues in the college.

On March 29, 2023, the Arts Fest 2022-23 was officially inaugurated in the Inaugural ceremony held in the Multipurpose hall of the College.

After the prayer, the Principal, Dr. Sr. Alice Joseph delivered the Presidential Address, followed by the inauguration of the festival. The chief guest, Dr. Megha Toby declared the fest open after a lamp lighting ceremony, in her speech about the importance of culture and arts in social welfare and development of the nation and society.



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Mary Amala performed a solo song, followed by the Prize distribution of offstage events.



ARTS FEST 2K23



MARCH 29, 2023 | 9:00 AM - 4:00 PM
 @ ST. JOSEPH COLLEGE OF TEACHER
 EDUCATION FOR WOMEN, ERNAKULAM

ST. JOSEPH COLLEGE OF TEACHER EDUCATION
 FOR WOMEN, ERNAKULAM

The Principal, Teachers & the Second
 Year B.Ed. Student-teachers cordially
 invite you for

THE ARTS FEST 2K23

ഭരതം

ഭാവം, രാഗം, താളം

in the Multipurpose Hall



CHIEF GUEST:

DR. MEGHA JOBY

M.A., M.Phil., Ph.D.

In Performing Arts and Comparative
 Literature

*We shall be honoured by your distinguished
 presence*

Dr. Sr. Alice Joseph
 Principal

Mrs. Anu Cleetus
 Staff Coordinator

Ms. Jomol Babu
 Arts Club Secretary



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The prize winners of the offstage events were much appreciated and issued a certificate of merit for their excellent performances.

The topics for various offstage events were:

• Story Writing

→ English : The Act of Guidance

→ Malayalam : ഭണ്ണിൻ നിന്നും വേദപുരോഹിതം രാജാവിനും, അമ്മിൻ നിന്നും പൊന്നിൻ കൊടിയുണ്ടായുണ്ടായുണ്ടായ നിമിഷം കൃഷ്ണിന്റെ കണ്ണിലേക്കു പോലെ, അതെ.. രാജാവിനും അതിഭയാനകമാണ്...

• Poetry Writing

→ English : Give and take

→ Malayalam : പ്രതീക്ഷ

• Clay Modeling : Structures

• Photography : Shades of love

Water colouring : Blossom

Poster Designing : India on the path of Economic Freedom

Collage : Democracy.

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The first, second and third prizes were announced for all offstage events, and the chief guest, principal and vice-principal gave away the awards to the winners. After the prize distribution, M.S. Tomol Babu delivered the vote of thanks which concluded the inaugural session. The on-stage events commenced at various venues by 10.30 am.

The duties of organization were allocated for different students of various optionals. The stage committee, decoration, photography in charge were Mathematics optional students. The organization of Recitation (Mal. and Eng.) was done by Physical Science students. Conduction of Elocution (Mal. and Eng.) and Light Music was the responsibility of Natural Science students. Conduction of Monoact, Kadhaprasangam, Fancy dress as well as the updation of the scoreboard was the duty of Social Science students. English students conducted Mime and Thiruvathira, and Malayalam students conducted Patriotic song and Nadanpattu.



As I belong to Natural Science optional, I was asked with creation of the official Powerpoint presentation for the Arts Fest. I also designed the brochure for the Arts fest. By 10.30 am, the light Music competitions started in the IInd Malayalam Class room. The Faculty-in-charge were Dr. Siji John and Dr. Smitha Jose. I took part in the event, and secured the third prize.



Meanwhile, Recitation English commenced at Ist Physical Science classrooms, as well as Monoact event at the Ist Mathematics class, and Elocution Malayalam at Ist Natural Science class.

The next event that I participated in was the Recitation Malayalam, by 11.30 am, in the Ist Physical Science classroom. The Faculty in-charge for

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this event were Dr. Soya Mathew and Dr. Sicily Antony. I won the third prize in this event as well. The first prize was won by Devika (Tagore)



and second prize was secured by Mary Amala (Mahatma). Simultaneously, the events Elocution English, Kadhaprasangam and Fancy Dress were held at Ist Natural Science, Ist Mathematics and the Multipurpose Hall respectively.

By 12 pm, all individual onstage events were wound up, and the Patriotic song event started as the first group event. All onstage group events were held in the Multipurpose Hall. The Faculty in charge of the Patriotic Song were Dr. Siji John and



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Dr. Smitha Jose. Our house, House Tagore, secured the second prize in the event, whereas the first prize was bagged by House Mahatma.



At 1pm, the most exciting event of the fest, *Thiruvathira* commenced. The faculty in charge were Dr. Betty P.J and Mrs. Reshmi R. K. The team members were dressed in the traditional attire and showcased a very graceful performance. House Mahatma secured the first prize for the event, followed by House Radhakrishna and Tagore, of which I part of

The next event was *Nadanpattu*; despite the relaxation on the costume, the houses draped on the attire of the folkwomen and showcased

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an amazing performance. The event started by 2.10pm, under the guidance of Dr. Sicily Anthony and Dr. Bindu Joseph. House Radhakrishna won the first prize, followed by House Nehru and Mahatma.

The final event of the day, the Mime competition, commenced by 3.00pm under the guidance of Dr. Joby Joy Kurian and Dr. Rachel George. Fantastic themes were presented by various houses, including the Evolution of mankind, Water Scarcity etc. The first prize was secured by House Nehru and Radhakrishna received the second prize, followed by House Tagore.

At the end of the Arts Fest 2k23, the House Mahatma was in the lead with 86 points, closely followed by House Tagore in second place with 78 points. Houses Radhakrishna and Nehru secured 64 and 40 points each, coming up in third and fourth positions.



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The winners were awarded with a certificate of merit the following day, i.e. on March 30, 2023 with great appreciation and applause during the morning assembly session. Thus came an end to Broom 23, an amalgamation of talent, hardwork, coordination, camaraderie and a love for arts. Within the vibrant atmosphere of this Arts festival, we experienced firsthand the thrill of turning ideas into tangible expressions, pushing the boundaries of our artistic abilities, and discovering new artistic horizons.

Broom 2023

Category	Class	Teacher	Score	Number of Entries	Number of Exhibits	Number of Displays	Number of Exhibitors	Number of Displays	Number of Exhibitors	TOTAL
RADHA-KRISHNA	8	5	36	7	8	5				
NEHRU	15	7	75	5						
MAHATMA	10	8	25	10	10	7				
TAGORE	10	10	5	4						

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ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN
ERNAKULAM

REFLECTIVE JOURNAL

2021-2023

SEMESTER: ~~II~~ IV

Name of the Event: Bramo-2k23 Bolo Dillo M2Bo (Arts Festival)
 Name of the Student Teacher: VYSHNAVI N SARMA
 Optional Subject: NATURAL SCIENCE Date: 30/03/2023

Levels of reflection	JOURNAL ENTRY
Description (Describe what happened?)	The Arts Festival for the year 2022-23, "Bramo 2k23 - Bolo Dillo M2Bo" was conducted with much excitement on March 29 th 2023, from 9am to 4pm. Many on stage and offstage individual and group events were conducted, house-wise.
Feelings (What were your thoughts & feelings)	I was very happy and enthusiastic to have participated in the Arts Fest. After the tiring exams schedules, this was a breath of fresh air. I was overjoyed when I won a few prizes that in turn made my house and kammates win the second prize.
Evaluation (What was good & bad about the experience?)	The planning and execution of the event went easily, only due to the excellent student co-ordination. Besides a few setbacks, the entire event was a grand success.
Analysis (What sense can you make of the situation?)	After the organization and participation in this Arts fest, I realized that even when things seem impossible to be done, everything has a solution if you have a strong coordination from a group of hard-working peers.
Conclusion (What else could you have done?)	Provided more time and funds, the fest could have had more flair, but I am really glad that we were able to pull it off in such a grand scale, despite the limited time.
Action Plan (What is your plan for the future?)	I will use the knowledge and experience that I gained from this event to the ones that I may have to coordinate and organize in the future.

Signature & Date.....

Teacher-in-charge:.....

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2053





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Republic Day Commemoration 2023

Republic Day in any nation is a momentous occasion, symbolizing the birth of a sovereign state and the establishment of its constitutional framework. In 2023, the Republic Day commemoration is marked with grandeur, patriotism, and a reflection on the nation's journey towards progress. The Republic Day commemoration provided an opportunity to pay tribute to national heroes and acknowledge their contributions to the nation. A solemn ceremony was held at the national memorial, where wreaths were laid in memory of those who sacrificed their lives for the freedom and integrity of the country. The event highlighted the importance of remembering and preserving the legacy of those who paved the way for the nation's independence. We the Josephites commemorate the 2023 Republic Day on 26-01-2023 with the Events of Flag hoisting, and speech. The day was a memorable one.



Kochi, Kerala, India

5078, Kovilvattom Rd, Near MG Road, Kacheripady, Kochi, Kerala 682035, India

Lat 9.983054°

Long 76.279118°

26/01/23 08:29 AM GMT +05:30



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Report on participation in the All Kerala Inter College Arm Wrestling Championship

Anila Shaju of Physical Science Option and Regina Teena D’Costa of Social Science Option participated in the All Kerala Inter College Arm Wrestling Championship held on Saturday 21 January 2023 at Naipunya Business School under the guidance of Dr. Ceby George, Head of Physical Education. In this championship, Anila Shaju secured the third position in the 60+ category. Students from different districts of Kerala participated in this competition.



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College Christmas Celebration Report: ESTELLE 2K22

The College Christmas Celebration, "Estelle2K22," was organized by the college union in association with the NSS unit on 23 December 2022, Friday. It was a vibrant tapestry of festive revelry and heartfelt moments. The morning they commenced with spirited carol competitions at 9:30 AM, where various groups showcased their musical prowess, filling the air with the resonating melodies of Christmas. Following this musical extravaganza, a symbolic procession featuring Joseph, Mary, the angel, and the Three Kings captivated the audience, bringing the essence of the Christmas story to life. The air was then filled with a harmonious Christmas song, uniting everyone in the joyous spirit of the season.

The event transitioned seamlessly into a series of impactful speeches and messages, starting with a warm welcome from Chairperson Nimmy Elizebeth, setting the stage for an inclusive and festive gathering. The guest of honor, Fr. Jomon delivered an inspiring Christmas message, invoking the core values of love, compassion, and unity. The ceremonial cake-cutting marked a symbolic moment of togetherness, followed by the much-anticipated arrival of Santa, sparking excitement and cheer among attendees of all ages. Santa's gesture of inclusivity, distributing Christmas gifts, and sharing joy, epitomized the genuine spirit of the season. The artistic expressions, ranging from a captivating Christmas skit narrating the nativity story to an exuberant dance performance involving every student, added layers of creativity and festivity to the event. The word of gratitude was given by the Vice Chairperson. The college Christmas celebration, was a testament to the power of inclusivity, artistic expression, and shared joy, leaving an indelible mark of warmth and togetherness in the hearts of all who attended.

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ESTELLE 2K22

RESULTS

***Carol Song**

1st - MEd 2nd yr

2nd - Physical Science

***Paper Dance**

1st- MEd First yr

***Balloon Pop**

1st- English

***Photography**

1st- Kavyamol AB (Malayalam)

***Lucky Draw**

1st- Anju Paul P (Math)

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TALENT HUNT

Name of the Event	Talent Hunt
Objectives	<ul style="list-style-type: none">• To promote all the talents in a creative and coherent way.• To boost the self confidence in personal skills
Date	29/11/2022
Time	2 PM
Duration	1 hour
Beneficiaries	Teacher educand
Venue	Auditorium, St. Joseph College of Teacher Education for women, Ernakulam

Programme Report

The talent hunt was conducted at St Joseph College of Teacher Education for Women Ernakulam on November 29th 2022 from 2 pm to 3 pm. The event was organised by M.Ed. 2022 – 2024 batch students. Sr. Aiswarya from first year M.Ed. welcomed the gathering. All the freshers participated enthusiastically in the event and displayed their talents magnificently. Associate Professor Mrs. Sheeba A.S. and students from second year M.Ed. were present for the function to show their support and encouragement. The event come to an end by 3pm with the vote of thanks by Mrs Riya Sarvina Fernandez.

Dr. Alice Joseph
Principal in Charge
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TALENT HUNT

Photo gallery

Welcome speech by Sr. Aiswarya Jolly



Performances by M.Ed. 2022 – 2024 batch



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Vote of thanks by Mrs Riya Sarvina Fernandez

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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)

WOMEN CELL ACTIVITIES REPORT 2022-23

Women cell of St. Joseph college of teacher education for women, Ernakulam conducted the first meeting on 23/11/2022. In the meeting we decided to observe discrimination against Women Pakhwada from 25th November to 10th December, 2022.

Women cell started the activities by 25/11/2022 under the leadership of Malayalam optional, as 25th November is the 'International day for elimination of violence against women'. Sr. Nidiya Joseph talked about the problems faced by women in the society and how to overcome them. Also Kavya recited her poem 'Neeyum Njanum' published in 'Sthreeshabdham' magazine. A video about the problems faced by women in the society was also played in the assembly. Through this program we were able to prove that women are not weak and they too have equal rights in this society.

On 28/11/2022 students of Physical science optional conducted the program 'Its time for change' at 3.15 pm in multipurpose hall. The program was aiming at highlighting the discrimination against women at home. A small skit was presented based on the home level discrimination. After that a short video was presented on the same topic. At last an open discussion was conducted to share the experiences regarding different discriminations. The discussion started by Ashna K J after that Arunima C H, Sneha P P and Anagha Mary shared their experiences. We were able to understand that gender discrimination starts at home and we can end it there also.

On 29/11/2022 Mathematics optional of St. Joseph college in association with women cell has conducted a talk and video presentation about the discrimination against women at home. The talk was done by Emilin K Thomas. The video presentation was a short film named 'Juice'. The short film says about the discrimination against women at home. The programme was conducted during assembly at 9am at Multipurpose hall of the college. The programme ended with the message 'The change begins at home'.

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On 01/12/2022 students of social science optional conducted a talk and video presentation on the theme ' Portrayal of women in indian cinema'. The programme was conducted during the assembly at 9 am at Multipurpose hall. The talk was done by Devika P S. The video presentation was based on portrayal of women in Indian cinema. In Indian cinema women confined to domestic and motherly roles, portray women as sex objects and as unequal partners.

On 02/12/2022 English optional students conducted a talk and video presentation " A Room of One's Own". Akhila M Nair talked about the discrimination faced by women in different sectors. A video was also presented on the same topic.

On 07/12/2022 students of Mathematics optional in association with women cell conducted a role-playing competition on famous female personalities. The event started at 3.20 pm at Multipurpose hall. Nine people from five optional participated in the competition. Malala, Jayalalitha, P T Usha, Waris Dirie, Indira Gandhi, Madhavikutty, Raziya Sultana, K R Meera and Arundhati Roy were introduced in the program. The program concluded by announcing the results. Rose Mary Jose , who played Indira Gandhi took first place from Physical science optional. The second prize was won by Anju Prathap who played P T Usha. Rajalakshmi who played Jayalalitha and Jismi Mohan who played Malala shared the third prize.

On the same day students of Natural science optional conducted a small video presentation on honouring some of the ' Unsung Sheros'. To give them the respect they deserve for their works. Also a small tableau was conducted to make the crowd aware of the prevailing gender norms like men don't cry and women are meant to cook etc. Replacing this ageold norms with new ones that should be taught to the young generation.

On 09/12/2022 Social Science optional students concluded the two week observation on discrimination against women with a talk in the assembly. They presented a flipbook that included all the photos and details of the two weeks women cell activities.

Women face a lot of issue in our society. Gender roles and gender based discriminations are one among them. Through this two week observation on discrimination against women we were able to understand the different issues faced by women and how to bring a change in it.

Alice Joseph

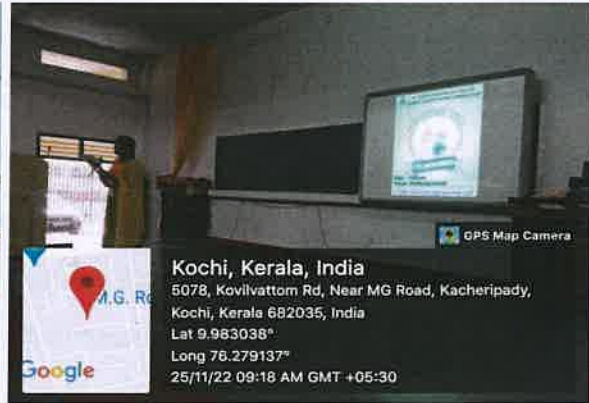
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Evidence

25/11/2022-Malayalam-Poem, Talk, Video presentation



28/11/2022-Physical Science- Skit, Video presentation, Open discussion



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29/11/2022-Maths-Talk, video presentation



01/12/2022-Social Science-Talk, Video presentation

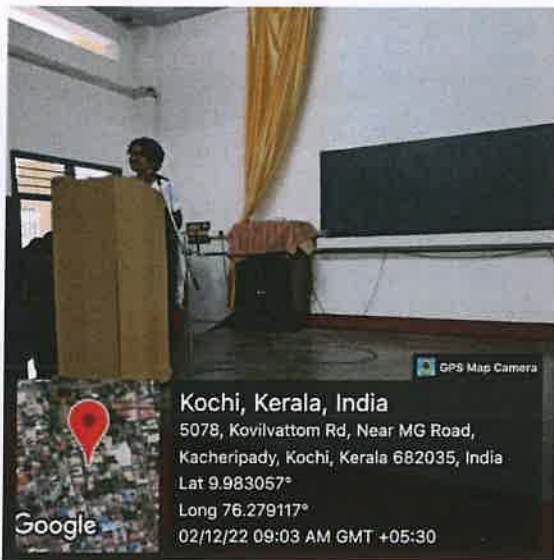


02/12/2022-English- Talk, video presentation

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07/12/2022-Maths-Role playing competition



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07/12/2022-Natural science-video presentation, tableau



Joseph





09/12/2022-Social science- talk



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Evidence

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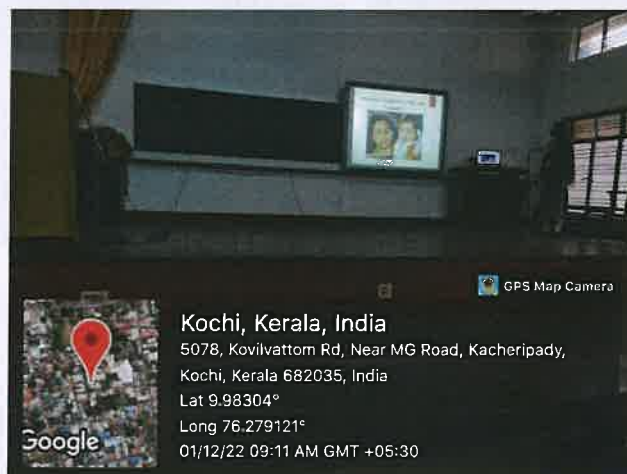
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29/11/2022-Maths-Talk, video presentation



01/12/2022-Social Science-Talk, Video presentation



02/12/2022-English- Talk, video presentation

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07/12/2022-Maths-Role playing competition



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09/12/2022-Social science- talk



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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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REPORT OF CHAVARA EUPHRASIA EDU FEST - 2022

Event	Chavara Euphrasia Edu Fest 2022 - An Inter School and Inter College Competitions under Vimala Cooperative Agency.
Objectives	<ul style="list-style-type: none">● To provide a platform for students to showcase their talents and skills in various cultural competitions.● To create a positive and inclusive atmosphere that promotes the holistic development of students academically, socially, and artistically.● Strengthen the bond between the college and the wider community by inviting participation and engagement from external schools and institutions.● Develop leadership and organizational skills through student involvement in event planning and management.● Cultivate and showcase artistic and creative talents among students, fostering personal growth and self-expression.● To develop students' teamwork, cooperation, and communication skills through participation in the event.
Date	26/11/2022
Time	9 AM - 4 PM
Venue	St. Joseph College of Teacher Education for Women, Ernakulam
Beneficiaries	Students from various colleges and schools under the CMC congregation
Programmes List	<ol style="list-style-type: none">1. Registration2. Inauguration3. Competitions4. Valedictory
Competitions	<ol style="list-style-type: none">1. Action Song (KG & LP)2. Skit (UP, HS, HSS & College)3. Speech (LP, UP, HS, HSS & College)

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REPORT

Chavara Euphrasia Edu Fest - 2022, an Inter-school and Inter-college competition, was organized by St. Joseph College Teacher Education for Women, Ernakulam. The event, held on November 26, 2022, from 9 AM to 4 PM, was conducted under the auspices of Vimala Cooperative Agency. The fest witnessed enthusiastic participation from various colleges and schools affiliated with the CMC congregations. It served as a platform for students to exhibit their talents and compete in various cultural competitions.

Event Timeline:

The Chavara Euphrasia Edu Fest - 2022 followed the following timeline:

9:00 AM: Registration began, allowing participants to enroll for their respective competitions.

9:30 AM: The event commenced with an inaugural session, marking the official start of the cultural fest.

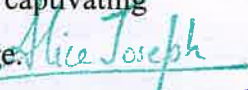
10:00 AM: The various competitions began simultaneously at different venues within the college campus.

4:00 PM: The event concluded with a prize distribution ceremony to recognize and reward outstanding performances.

Competitions:

The Chavara Euphrasia Edu Fest - 2022 featured a wide range of programs and competitions that allowed participants to showcase their talents and skills. The following were the main events:

1. Action Song: The Action Song competition was held at different levels, including KG and LP Sessions. Participants from various schools showcased their talents through energetic and synchronized performances.
2. Skit: The Skit competition was divided into sections based on the educational levels, namely UP, HS, HSS, and College. Students from different institutions presented thought-provoking and entertaining skits, displaying their acting skills and creativity.
3. Speech: Similar to the Skit competition, the Speech competition was categorised into UP, HS, HSS, and College levels. Participants delivered insightful and captivating speeches on the given topics, demonstrating their oratory skills and knowledge.


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Volunteers and Student Participation:

The first-year students of St. Joseph College Teacher Education played a crucial role in organizing and managing the event. They acted as dedicated volunteers, ensuring the smooth execution of the Chavara Euphrasia Edu Fest - 2022. Their efforts contributed to the overall success of the event. Furthermore, the students actively participated in the competitions, allowing them to display their talents and abilities. Their performances added vibrancy and energy to the cultural fest, making it a truly enriching experience for everyone involved. The Chavara Euphrasia Edu Fest - 2022 held at St. Joseph College Teacher Education for Women served as a significant platform for students to exhibit their skills and talents. Such events hold immense importance for several reasons:

- ❖ **Talent Showcase:** The festival provided a stage for participants to display their singing, acting, and public speaking abilities. It allowed students to explore and exhibit their creative potential.
- ❖ **Healthy Competition:** Competitions promote healthy rivalry among participants, encouraging them to strive for excellence and improve their skills. The event fostered a spirit of healthy competition among students, motivating them to excel in their chosen fields.
- ❖ **Personal Growth:** Participation in cultural events nurtures personal growth and development. It boosts self-confidence, enhances communication skills, and instils a sense of discipline and teamwork.
- ❖ **Networking and Collaboration:** Inter-school and inter-college events bring together students from various institutions, facilitating networking and collaboration. It provides an opportunity for students to interact with peers from different backgrounds, fostering cultural exchange and friendship.
- ❖ **Appreciation and Recognition:** Festivals like Chavara Euphrasia Edu Fest - 2022 recognize and appreciate the talents and efforts of students. It boosts their morale and encourages them to continue pursuing their passions.

The Chavara Euphrasia Edu Fest - 2022, organized by St. Joseph College Teacher Education for Women in collaboration with the Vimala Cooperative Agency, was a resounding success. The event provided a platform for students to showcase their talents, fostering healthy competition, personal growth, and networking opportunities. The festival showcased the participants' immense potential and highlighted the importance of cultural events in nurturing and celebrating talent.

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PICTURE GALLERY



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NATIONAL UNITY DAY CELEBRATION AND DEBATE COMPETITION

On 31st October 2022 National Unity Day was celebrated and a Debate Competition as an initiative by English Club was conducted on 17th November 2022 in connection with National Unity Day celebration. Debate Competition was organized on the topic: 'Uniformity for Unity'. Sneha P.P.(Natural Science), Manisha SN(Natural Science) , Nair KM Sumalakshmi(Social Science), Sahala Nayeem A A,(Physical science) Anagha Mary (English Education) and Sreelakshmi Sudhakaran (Social Science) participated in the programme.

Best Debater was selected. Assessment Criteria for Selection of the Best Debtor were: i) The quality of the arguments, ii) The strength of the rhetoric, iii)The charisma of the speaker, iv)The quality of the humour, and v) The ability to think on one's feet. Sneha P.P.(Natural Science) was selected as the Best Debater. Akhila P.Nair (English Education) moderated the session. Amalu K, Ashna Thomas, Jesna Joseph , Anargha Mary, Rachel Berkman, Leenu Merin from English Association led the session. Dr. Marin Jose, Faculty In Charge of English Association coordinated the session. The Best Debater Prize was distributed on 21/06/2023.

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PHOTOGALLERY



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Reported by Swathi M and Rosemol V T



EVENT: Interschool Kindergarten Competition

OBJECTIVE: Conducting games and activities for kindergarten kids

DATE: 14 November 2022

TIME: 11:30 am -12:30 p.m.

DURATION: 1 hour

VENUE: Multipurpose Hall of the college

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EVENT REPORT

St. Joseph College of Teacher Education for Women, Ernakulam conducted the program 'Interschool Kindergarten Competition' on 14 November 2022 associated with Children's Day. Under the guidance of Physical education teacher Dr.Ceby George, students of Malayalam and mathematics optional coordinated the program. Preprimary students of Ranimatha Public School and St Mary's.L P School participated in the program. The students went to the respective schools to invite the children and teachers and escorted them back to college. The children were welcomed by the greeting song. The program began at 11:30 am. Principal of St Joseph College, Dr.Sr.Alice Joseph inaugurated the program. All teaching and non-teaching staff and students of our college take part in the program to encourage children.

Children were given a chance to perform their talents. They performed action songs and rhymes. Children were divided into two groups. The games were arranged in the college's multipurpose hall. Children were excited to play the games 'Music with the ball' and 'Sweet picking'. Clerin, Kesiya, Yudhveer got the first second, and third place respectively for sweet picking. Evan, Pushpa, and Evelin got first second, and third place respectively for music with the ball. Prizes were distributed to children by Dr.Sr.Alice Joseph and Headmistress of St Mary's L P School Sr.Anupama. All the students were given chocolates and balloons for their active participation. It was a memorable day for children as well as the students and faculties of our college.

Children singing action songs



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Interacting with the children



Children playing 'Music with the ball'

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Children playing the game 'Sweet picking'



Prize distribution



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RUCHI- FOOD FEST – 2022

Name of the event	Ruchi- Foodfest 2022
Objectives	(i)To exhibit the cooking efficiency in students. (ii)To donate the profit earned from the event to a charity group.
Details of the chief guest	Mrs. Lincy A P Principal incharge, D.El.Ed, St Joseph College of Teacher Education for Women, Ernakulam.
Date	01/11/2022
Time	11:30 AM
Duration	2 hours
Beneficiaries	Students and Charity group members

PROGRAMME REPORT

St Joseph College of Teacher Education for Women, Ernakulam organized a Food Fest on a very special day. The food fest was conducted on 1st November 2022 on the auspicious day of 66th Kerala Piravi. The program was coordinated by Dr.Sr.Soya Mathew,, Sr.Rosy Tintu and Natural Science optional had the overall incharge of programme. Since the food fest was organized on an ethnic day, all the staff and students came in an ethnic look.

The food fest was named under the title “RUCHI” along with the six optionals giving six different attractive titles for their stall. English optional of St Joseph College named their stall as “*Bukateria*”. Malayalam optional named their stall as “*Mallusmakkani*”. Maths optional named their stall as “*Matelicious*”. Natural science named their stall as “*AavoKhaavo-MalabariDhaba*”. Physical Science named their stall as “*Thaninadanswaadh*” and the Social Science optional named their stall as “*Homemade Delectatio*”.

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After programs related to Kerala Piravi in the assembly, the program coordinator Dr.Sr.Soya gave a two hour preparation time for the fest from 09:30am-11:30am. Meanwhile the students of individual optional did the decorations of the stalls and did their food preparation. The food fest was held from 11:30am-01:30pm. The program started at 11:30am with the welcome speech delivered by Ms Sneha P.P of Natural Science optional and the compering was done by MsMeeraSankarof Natural Science. The venue of the program was at Multi-purpose hall. The ChiefGuest of the program, SrLincy A.P, the Principal incharge of St Joseph College of D.El.Ed and also an ex-student of our college, officially inaugurated the program. It was an event where everyone's coordination and unity was seen throughout. The event was a great opportunity for students to exhibit their efficiency in cooking and to exhibit their cooking skills.

English optional's stall "*Bukateria*" contained several food items which included: a combo of keralanaadanporotta with chicken curry, carrot cake, chocolate muffin, small jalebi and variety sweet delicacy badushah. The optional claimed that they had a huge hike in the selling of porotta-chicken curry combo and badushah. The remaining items were also sold in good numbers. They gained an overall profit of Rs 660 which was handed over for the charity program.

Malayalam optional's stall "*Mallusmakkani*" mainly focused on selling local dishes which included: Mulakbaji, Cauliflower baji, Muttabaji, Chapathi and chicken curry, Kappa and chammanthi, Sambaram, Tea, Watermelon and Pineapple cuttings and Cone icecream. They ran their stall very well and earned an overall profit of Rs 1637 which was contributed for the charity program.

Maths optional's stall "*Matelicious*" included the food items: Frankie, Chicken sandwich, Chicken noodles and Veg noodles, Chicken cutlet, and Pazhampori-beef combo. They had a live kitchen with food items noodles, frankie and sandwich amongst which frankie was the centre of attraction. Also their Pazhampori-beef combo got hit well. Different flavours of corn,lays chat,chocolate drink and lime juice were also included in the stall. The lively participation of all the students in running the live kitchen as well as stall, helped them earn a profit of Rs 1700, to be donated to the charity group.

Natural Science named the stall as "*AavoKhaavo- MalabariDhaba*" with food items as a fusion of Punjabi food items and ethnic Malabari items and many more which included: Samosa chat, Panipuri, Dahipuri, Bhelpuri, Lassi, Unnakaya, Malabarikozhukatta, Elanji,



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Puffs poriche, Elaada, Ari unda, Paaladapayasam, Uniyappam, Masala dosa, Kuttydosa, Omlettedosa and ghee roast. Along with Punjabi stall and Malabari bites section they had also set up a live kitchen of a small 'Dosa stall' named 'Dosakada' in their stall. Amongst the food items displayed in the stall the Punjabi stall was the centre of attraction and all the items of Punjabi stall were sold with a great demand. The remaining items were also sold above their expectation level. Also they claimed that they got a bulk order form the program coordinator Dr.SrSoya. They were able to make a profit of Rs 1020 which was handed over for the charity purpose.

Physical Science named the stall as "*ThaninaadanSwaadh*" which included the food items mixed fried rice and chilli chicken, kappa and fish curry, chicken cutlet, pidi and chicken curry,thaenmittayi, sambaharam, a various uppillitath. They ran their stall very well and earned an overall profit of Rs 2310 which was handed over for the charity program.

Social Science named their stall as "*Homemade Delectatio*" which included food items: salted raw mango and pineapple, chicken fry and pathiri combo, chicken fry, fruit salad, passion fruit drink, chicken sandwich, vegetable sandwich, cakes and cookies. Almost all of the food items were sold efficiently and they made an overall profit of Rs 1700 which was later utilized for the charity program.

Many students and faculties from St Marys School, Ranimatha School and the D.El.Ed faculties and students of St Joseph College visited the food fest.The main intention of the event was to donate the profit to a charity group. The program came to an end with the vote of thanks delivered by Ms Anna Ananya K.P of Natural Science optional. The program was winded up at 1:30 PM. The day was really unforgettable and we students also learned how to manage a crowd within the time period. The event was a wonderful experience for each and every student and also was a platform to show their cooking efficiency and skills.

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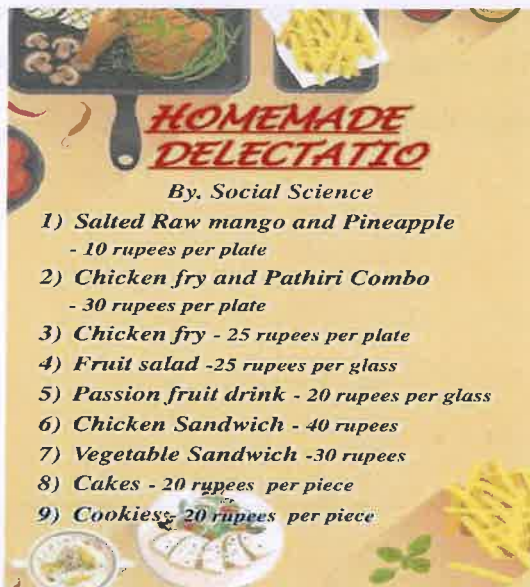
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FOOD FEST-2022

Photo Gallery



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St. Joseph College of Teacher Education for Women,
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FOOD FEST -2022

Programme Details

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Details of the chief guest	Mrs.Lincy A P Principal incharge of D.El.Ed, St Joseph College of Teacher Education for Women, Ernakulam
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Time	11:30
Duration	2 Hours
Beneficiaries	Charity group members

LIST OF PARTICIPANTS

SL. NO	NAME OF B.Ed STUDENT	OPTIONAL
1.	AkhilaMNair	English
2.	Amaluk	English
3.	AnarghaMary	English
4.	AshnaThomas	English
5.	Dona	English
6.	JesnaJoseph	English
7.	LeenuMerinThomas	English
8.	Minu Mary	English
9.	NehaBabu	English
10.	Nimmy ElizabethGeorge	English
11.	RachelBerkumon	English
12.	Anagha.R	English



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13.	Jeena	English
14.	AkshayaTG	English
15.	RemyaP.T	English
16.	Benitta	English
17.	Swathi	English
18.	AkhilaMGeorge	Malayalam
19.	AparnaJais	Malayalam
20.	SwathiMeppat	Malayalam
21.	LakshmiTS	Malayalam
22.	Shiji TT	Malayalam
23.	ArchanaVN	Malayalam
24.	PavithraV	Malayalam
25.	AnjuPrathap.P	Malayalam
26.	Abinak	Malayalam
27.	KavyamolAB	Malayalam
28.	TreesaJojan	Malayalam
29.	NidhiyaJoseph	Malayalam
30.	VrindaSuresh	Malayalam
31.	AleenaSteephen	Malayalam
32.	JisaMartin	Malayalam
33.	SnehaKavya	Malayalam
34.	EmiliyaMerin	Maths
35.	AparnaShaji	Maths
36.	Stella CatherineFaber	Maths
37.	Anju Paul P	Maths
38.	SandraAntony	Maths

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39.	SnehaPrince	Maths
40.	Kabani S	Maths
41.	DhanyaJoy	Maths
42.	RosemolVT	Maths
43.	EmilinKThomas	Maths
44.	Amrutha AOmanakuttan	Maths
45.	Indhu K	Maths
46.	AshithaBenny	Maths
47.	NandithaJ	Maths
48.	VandanaK P	Maths
49.	Sharon	Maths
50.	AdelineJoseph	NaturalScience
51.	Anna AnannyaKP	NaturalScience
52.	AnuradhaA Pai	NaturalScience
53.	AshnaJoseph	NaturalScience
54.	AyshaBeevi CI	NaturalScience
55.	FemyMariyaJose	NaturalScience
56.	GopikaAG	NaturalScience
57.	Jismi	NaturalScience
58.	Maneesha S M	NaturalScience
59.	MeeraSankarA	NaturalScience
60.	MerinKS	NaturalScience
61.	Sandra SoosanAby	NaturalScience
62.	SnehaP P	NaturalScience
63.	SreelakshmiN	NaturalScience
64.	Sreeshma	NaturalScience

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65.	SreeshnaM	NaturalScience
66.	AiswaryaA.K	PhysicalScience
67.	AiswaryaLakshmiS	PhysicalScience
68.	AlkhaThomas	PhysicalScience
69.	Anjumol	PhysicalScience
70.	AnnSaraVAlias	PhysicalScience
71.	ArunimaCH	PhysicalScience
72.	AshnaKJ	PhysicalScience
73.	AswathyAji P	PhysicalScience
74.	DinshaMSaji	PhysicalScience
75.	DiyaN.C	PhysicalScience
76.	DilnaBiju	PhysicalScience
77.	KarthikaRaveendran	PhysicalScience
78.	MuhzinaMuhammedBasheer	PhysicalScience
79.	RoseMary Jose	PhysicalScience
80.	SahalaNayeem AA	PhysicalScience
81.	Treesa Taniya PA	PhysicalScience
82.	AnaghaMary	SocialScience
83.	AnittaJohnson	SocialScience
84.	AryaTK	SocialScience
85.	AswathyKS	SocialScience
86.	Chinju	SocialScience
87.	DevikaPS	SocialScience
88.	GeethuSivan	SocialScience
89.	LiyantaIzabel	SocialScience
90.	SumalakshmiKMNair	SocialScience

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91.	RaseenaNaseer	SocialScience
92.	ReshmaGeorge	SocialScience
93.	RiyaJames	SocialScience
94.	SarahMaria	SocialScience
95.	SnehaM	SocialScience
96.	SreelakshmiSudhakaran	SocialScience
97.	Sukritha SShenoy	SocialScience
98.	Nandhitha	SocialScience

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Report on Quiz Competition Conducted on Kerala Piravi Day

The college provided an opportunity for the M.Ed. teacher educands to organize a quiz competition for B.Ed. students as part of the Kerala Piravi Day celebrations on November 1, 2022. Kerala Piravi, also known as Kerala Day, marks the establishment of Kerala as an independent state in the Indian Republic on November 1, 1956. Ms. Krishna T.D. from the M.Ed. program took on the role of the quiz master, while Ms. Bilbi Thomas diligently recorded the scores. Ms. Akhisha Antony and Ms. Saniya Kurian played pivotal roles in facilitating the quiz and received overwhelming support from the entire class.

Comprehensive guidelines for the quiz competition were provided by the teacher educands, covering four sessions. The quiz was conducted with great enthusiasm, and students from all six optional subjects actively participated. The competition was not only intense but also a resounding success, with Ms. Ann Sara and Ms. Alka Thomas from the Physical Science department were the winners. Sr. Soya Mathew from the General Education department had the honour of distributing prizes to the victorious participants.

The quiz competition served as a platform for M.Ed. teacher educands to showcase their skills in event organization while promoting a spirit of healthy competition among B.Ed. students. The success of the quiz was evident not only in the vibrant participation but also in the lasting impact on the coordination and presentation skills of the M.Ed. teacher educands. The event exemplified the college's commitment to holistic education and fostering a sense of camaraderie among its students.

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Photos



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REPORT ON BHARANABHASHA WEEK OBSERVANCE

Name of the Event	BHARANABHASHA OBSERVANCE
Objectives	1). Develop awareness about our Bharanabhasha
Details of Event Coordinators	Dr. Sicily A.A & Malayalam optional students
Dates	1 th November - 5 th November 2022
Time	2 PM
Duration	1 hour
Beneficiaries	Student Teachers (Total No.97)
Event Venue	St. Joseph College of Teacher Education for Women, Ernakulam

A one-week 'Bharanabhasha' observance was organised by the students of Malayalam optional. As a part of this observance, on 5th November 2022, a reading competition and 'Oru Nimisham' competition was conducted for the students. The programme set off by 2 PM at Multipurpose hall of the college. The students of various optionals participated enthusiastically in the programme.

The winners of 'Oru Nimisham' competition was Anagha Mary of Social Science optional, securing the first position and Sreelakshmi Sudhakaran of Social Science optional won the second position. Sreelakshmi Sudhakaran of Social Science optional secured the first position in reading competition and Maneesha S M of Natural Science optional got the second position.

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APPENDIX



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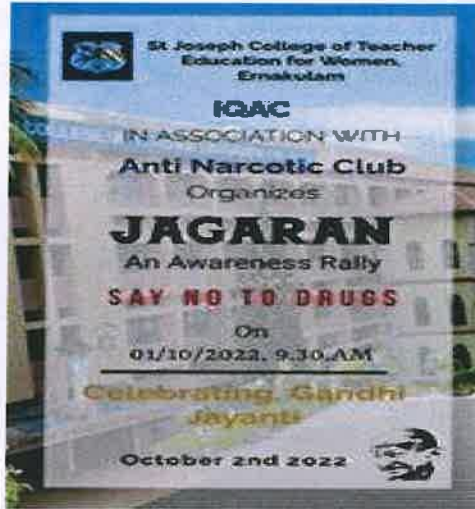


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Awareness Rally on Anti-Drug Campaign

“Jagaran”



St. Joseph College of Teacher Education for Women, Ernakulam, in collaboration with the Anti Narcotic Club, organised an anti-drug rally on October 1, 2022, with the objective of eliminating drug addiction among students and youngsters. The rally was organised by the college's Anti-Narcotic Club, Jagaran, as part of the college's Gandhi Jayanti celebrations. Jagaran is a Hindi word that means "awakening." This initiative's goal is to educate the public about the detrimental and hazardous effects of drugs and their consumption.



Students assembled on ground floor in black salwar kameez holding the placards



Josephite family forming word “NO”

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The institution's management, staff, and students formed a large "NO," sending a powerful statement against drug use. Students made signs with anti- drug messages such as "Say No to Drugs." They wore black salwar-kameez, which signified the fatal effects of narcotics on mankind. The rally featured more than 75 persons, including students, administrative staff, teaching and non-teaching employees from the institution. The rally was flagged off on the college premises at 9.30 a.m. by the principal, Dr. Sr. Alice Joseph, and Mr. P.M Harris, CSI of Central Police Station.



Principal Sister Alice flagging off the rally

Students marched from T.D Road to Albert's College Road in Ernakulam, holding placards and chanting anti-drug slogans. Students marched from T.D Road to Albert's College Road displaying placards and chanting slogans against drugs and entered Market Road covering Basin Road and Payyapilly Road in Ernakulam. In the rally the slogans sent messages to both the students and people who were gathered across the roads and motivated the public to stay away from drugs. The whole programme and the rally were organised in the presence of police officers from Central police station Ernakulam who also accompanied the students with a police escort throughout the rally. The rally ended with a message from the CSI of central police station Mr. Harris spreading awareness and enlightening the students and staffs against the adverse effects of drug usages and addiction. Mr. Saless Kalarikkal, CSO of Central police station also introduced YODHAVU app and helpline numbers for preventing drug usages among public. The rally and the associated programmes came to close at 10.30 Am in the college premise. Later on, students were served with refreshment drinks.

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Students marching from the college.



TD Road



In front of Albert's college.



Market Road



Chanting Slogans at Kovilvattom Road



At Payyipilly Road

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Dignitaries addressing



Students assembled at ground floor of the college after the rally with placards.

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Jagaran- International Day against Drug Abuse, 2022

Name of the Event	Jagaran- International Day Against Drug Abuse, 2022
Objectives	<ol style="list-style-type: none">1. To spread awareness regarding drug abuse and its consequences2. To intensify efforts and cooperation in creating a drug-free society
Details of Event Coordinators	Anti-Narcotic Club & IQAC Cell St. Joseph College of Teacher Education for Women, Ernakulam
Date	24/06/2022
Time	11.30 AM – 12.30 PM
Duration	1 hour
Beneficiaries	Student teachers- 16, Faculty- 4
Event Venue	Rani Matha Public School, Ernakulam

Programme Report

The IQAC Cell and Anti Narcotic Club of St. Joseph College of Teacher Education for Women, Ernakulam observed International Day Against Drug Abuse on 24th June 2022 from 11.30 AM to 12.30 PM at Rani Matha Public School, Ernakulam. The programme was coordinated by the Anti- Anti-Narcotic Club members under the guidance of faculty coordinators, Dr. Betty P.J, Assistant Professor in Mathematics Education, Dr. Smitha Jose, Assistant Professor in Education and Dr. Sicily A.A, Assistant Professor in Malayalam Education at St. Joseph College of Teacher Education for Women, Ernakulam. Students at Rani Matha Public School, Ernakulam were the beneficiaries of the programme. The programme was organized with an aim to spread awareness regarding drug abuse and its consequences and also to intensify efforts and cooperation in creating a drug free society.

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St. Joseph College of Teacher Education for Women, Ernakulam along with the active leadership of the IQAC Cell and the Anti-Narcotic Club of the college always strives hard to conduct valuable programs for the wellness of students and the society. Every year, on 26th of June, International Day against Drug Abuse is observed across the globe to intensify efforts and cooperation in creating a drug-free society. As part of observing the International Day against Drug Abuse of the year 2022, St. Joseph College of Teacher Education for Women, Ernakulam conducted an awareness programme on drug abuse at Rani Matha Public School in Ernakulam on 24th June 2022. It has been planned to provide awareness on drug abuse because substance abuse and addiction can have negative effects on people and pose a threat to the entire community, if the problem is not controlled. The figures on drug and substance abuse worldwide paint a horrifying picture because it has overtaken the arms trade and petroleum as the third-largest, fastest-growing industries worldwide, and because 190 million people worldwide abuse one or more substances. According to the vast body of literature currently available, it is evident that almost every region of the world is currently dealing with issues like poverty, corruption, underdevelopment, unemployment, etc. All of these issues combine to form a new, rapidly expanding issue, i.e., substance abuse and trafficking. The World Health Organization (WHO) predicts that by 2020, mental and drug use disorders will outnumber all physical illnesses as the leading causes of disability globally (WHO, 2008). In the present scenario where drugs are easily available at the hands of even the little ones at school, it is essential to educate the school students about the evilness of drugs. The awareness programme organized by St. Joseph College of Teacher Education for Women, Ernakulam started exactly at 11.30 AM. The awareness programme conducted by the college this year was very different from that of the previous years. Instead of focusing on providing a lecture series or sessions, it was an action programme. The 16 student teachers who are anti-narcotic club members of St. Joseph College of Teacher Education for Women, Ernakulam along with their faculty coordinators marched towards the Rani Matha Public School in Ernakulam holding the banner of the programme and placards with awareness generating quotes and slogans against drug abuse. After reaching the school, the student teachers performed a musical drama on the theme of the day which stroke the young minds at the school. After the musical drama, the student teachers exhibited some posters reflecting the negative effects of drug abuse as part of generating awareness among school students. The entire programme winded up at 12.30 PM with the expression of gratitude shared through vote of thanks by the school representative.

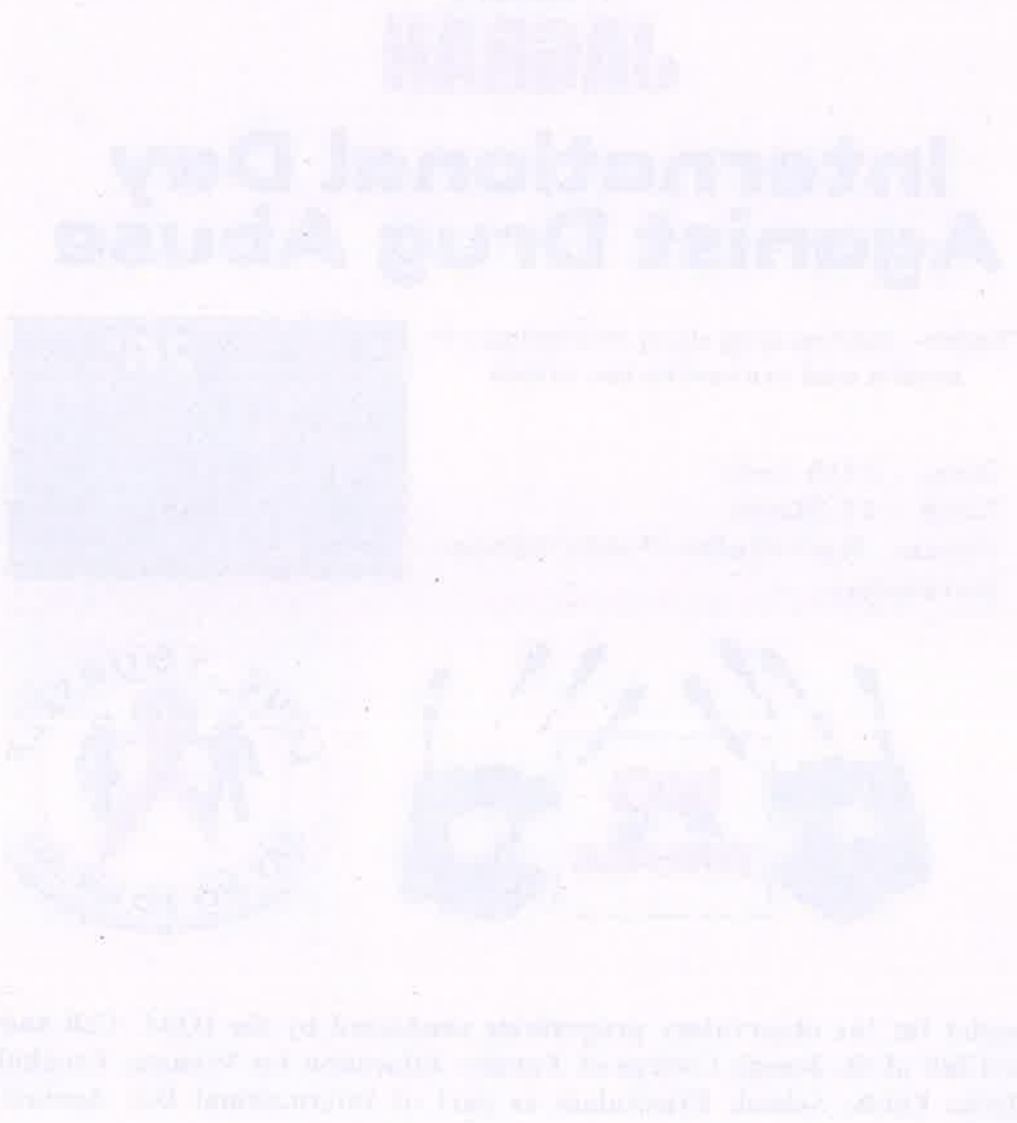
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The entire observatory programme, 'Jagaran' conducted as part of International Day against Drug Abuse was extremely productive and fruitful. The programme seemed to be successful in achieving its objectives. The student teachers could enhance their own knowledge and awareness regarding drug abuse and its consequences and also enhance the awareness of the school students thereby attempting to create a drug free community. The entire programme was really informative for the school students. Overall, the programme could contribute to the healthy development of individuals and society as a whole.



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Jagaran- International Day against Drug Abuse, 2022

Photo Gallery

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

**ANTI NARCOTICS CLUB
PRESENTS**

JAGRAN

International Day Against Drug Abuse

**Theme- Addressing drug challenges in
health and humanitarian crises**

Date : 24th June

Time : 11:30am

**Venue : Rani Matha Public School,
Ernakulam**



Event poster for the observatory programme conducted by the IQAC Cell and Anti-Narcotic Club of St. Joseph College of Teacher Education for Women, Ernakulam at Rani Matha Public School, Ernakulam as part of International Day Against Drug Abuse, 2022

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Anti-Narcotic Club members along with faculty coordinators from St. Joseph College of Teacher Education for Women, Ernakulam starting the awareness march holding the banner from the college to Rani Matha Public School, Ernakulam



Anti-Narcotic Club members along with faculty coordinators from St. Joseph College of Teacher Education for Women, Ernakulam at Rani Matha Public School, Ernakulam as part of the awareness programme conducted as part of International Day Against Drug Abuse, 2022

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Anti-Narcotic Club members from St. Joseph College of Teacher Education for Women, Ernakulam presenting musical drama and exhibiting posters on drug abuse generating awareness among school students at Rani Matha Public School, Ernakulam as part of International Day Against Drug Abuse, 2022

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Jagaran- International Day against Drug Abuse, 2022

Programme Details

Name of the Event	Jagaran- International Day Against Drug Abuse, 2022
Date	24/06/2022
Time	11.30 AM – 12.30 PM
Duration	1 hour
Beneficiaries	Student teachers- 16, Faculty- 4
Event Venue	Rani Matha Public School, Ernakulam

List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
2	Dr. Betty P. J	Assistant Professor (Mathematics Education)
3	Dr. Smitha Jose	Assistant Professor (Education)
4	Dr. Sicily A. A	Assistant Professor (Malayalam Education)

Students list:

Sl. No	Name	Batch
1	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
2	Freeda K.F	2021-2023 batch (B Ed. Mathematics)
3	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
4	Dona K Jose	2021-2023 batch (B Ed. Social Science)
5	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
6	Liya Baby	2021-2023 batch (B Ed. Malayalam)
7	Santhi M. S	2021-2023 batch (B Ed. English)

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8	Riya Davis	2021-2023 batch (B Ed. Social Science)
9	Anjaly A.C	2021-2023 batch (B Ed. Social Science)
10	Vandana S	2021-2023 batch (B Ed. Physical Science)
11	Vyshnavi N Sharma	2021-2023 batch (B Ed. Natural Science)
12	Pranaya P.M	2021-2023 batch (B Ed. Malayalam)
13	Deepa P. S	2021-2023 batch (B Ed. English)
14	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
15	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
16	Shilpa	2021-2023 batch (B Ed. Malayalam)

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ANTI- NARCOTIC CLUB IN ASSOCIATION WITH IQAC AND EXCISE

DEPARTMENT, ERNAKULAM

ANTI- NARCOTIC ACTIVITIES- JAAGARAN

NAME OF EVENT	JAAGARAN
OBJECTIVES	<input type="checkbox"/> To develop awareness against usage of drugs and other narcotic products. <input type="checkbox"/> To make society, especially youth aware about the after effects of drug abuse. <input type="checkbox"/> To motivate parents and peers to raise voice against drug abuse
COORDINATORS	IQAC, Anti- Narcotic club and Excise Department, Ernakulam
TIME PERIOD	October and November
BENEFICIARIES	Students and Society
PLATFORM	Online and offline

Programme Report

The consumption rate of various narcotic substances in the country has seen a 70% increase in the past eight years and the number continue to rise. As per the National Survey on Extent and Pattern of Substance Use in India (2019), 16 crore people (14.6%) between the age of 10 to 75 years are current users of alcohol, about 3.1 crore individuals (2.8%) are cannabis users, Overall opioid users 2.06% and 0.55% require treatment services. 1.18 crore are current users of sedatives and it is estimated that about 8.5 lakh people are injecting drugs. Thus drug is becoming a menace to our country and for the whole world. Prevention is the only way forward to protect the upcoming generation from the threat of narcotic abuse. So a strong awareness should be created among community so that the spread of narcotics could be prevented.

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St Joseph College of Teacher Education for Women, Ernakulam in coordination with Excise Department, Ernakulam organised various events named “Jaagan” to create awareness on narcotic abuse in the month of October and November, 2022. The Anti- Narcotic club in association with IQAC hosted the events. Whole programme was led by College Anti-Narcotic club staff Co-ordinators Dr Sicily AA, Dr Betty P J and Dr Smitha Jose. The Ernakulam Excise department also provided immense support for the activities. Various optional got responsibility of organising various events under Jaagan. Totally five events were conducted throughout the month of October and November, which included:

- Anti- Narcotic rally
- Painting and Speech competitions
- Awareness Talk for Parents
- Flash mob
- Formation of Human Chain

First event organised under Jaagan was an Anti-narcotic Rally. It was conducted on 1st October 2022 with an aim to create awareness among public about drug abuse. Event was also a part of Gandhi Jayanti celebration. The rally was flagged off by St Joseph College of Teacher Education for Women, Ernakulam Principal Dr Sr. Alice Joseph. An oath on “Say no to drugs” was also taken by student teachers before the rally. Chief Guest of the rally was Sub Inspector of central police station P M Harris. A total of 60 student teachers and college staff participated in the rally with placards and slogans against drug usage. The rally made a circle through Ernakulam market road and reached back to college via Kovilavattom road. Principal inspector of police, Mr Akhil K P, Civil police officers Mr Saleesh K S and Mr Jose Praveen accompanied the participants throughout the rally. As the rally focused the market area where all age groups and strata of people are found, it reached out more to public thus becoming a successful event.

As a continuation for the Anti- narcotic rally, an awareness talk for parents on “Drug abuse among college students” was organised on 22nd October 2022 through online platform Google meet. Dr Smitha Jose was the staff coordinator of awareness talk and student teachers of first year Social Science optional hosted the online session. A total of 56 parents participated in the session. Ms Sreelakshmi Sudhakaran was the presenter of the event. The session was started with a prayer song by Ms Sukritha S Shenoy. Welcome address was delivered by Mrs Arya T K. In the absence of college Principal, Dr Sr. Alice Joseph, Vice


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Principal Dr Sr. Betty P J addressed the gathering. Resource person of the event was Sub-inspector of Police and Coordinator of District children and Police Mr Babu John P. The session was started by 08:15 pm and lasted for a duration of one hour. Resource person Mr Babu John highlighted various threats of drug usage and the ways in which students get attracted towards it. He also made parents aware on difficulty of bringing back the drug addicted children to normal life. The session was much fruitful and a wide insight on current scenario of drug abuse was availed for the parents. The session was concluded with Voted of Thanks delivered by Ms Sarah Maria from Social Science optional. Post-session feedback forms were circulated and feedback was collected from parents who attended the online session.

Another event conducted in the college under Jaagaran was a painting and speech competition in order to evaluate the current understanding of drug abuse among student teachers. Competitions were conducted on 25th October 2022 at two venues between 03:00pm and 04:30pm. Topic for both the competitions was "Say no to drugs". Venue of Painting competition was college multipurpose hall. Two participants participated in the painting competition in which Lakshmi T S of Malayalam optional won first prize and Chinchu K H of Social Science optional won second prize. Judges of the competition were Sneha M of Social Science optional, Aishwarya Lakshmi and Aiswarya A K of Physical science optional. The speech competition on same topic "Say no to Drugs" was conducted in the Malayalam optional classroom in which two participants were present. First prize was won by Emilin K Thomas of Mathematics optional and second prize by Sreelakshmi Sudhakaran of Social Science optional. Akhila M Nair of English optional, Archana V N of Malayalam optional and Raseena Naseer of Social Science optional were judges of speech competition. Both the competitions gave self-awareness for the participants on how much they know about the current scenario of drug abuse and provide motivation for other student teachers to do more to prevent narcotic usage.

In order to reach more into public and to remind them of the threats caused by narcotic substances in our society, a well-choreographed flash mob based on narcotic abuse was presented in two public areas within Ernakulam city. Around 35 student teachers participated in the flash mob and others along with staff provided all necessary support for the smooth conduction of flash mob. The event was conducted on 26th of October 2022 by 03:00pm and 04:00pm. First venue was Kacheripady Seematti car parking area, where the programme catch the attention of public in a great manner. Emilin K Thomas of Mathematics optional





compered the programme. Ernakulam Excise Inspector Mr Rishikesh addressed the gathering and gave an idea on ongoing issues regarding narcotic abuse within the Ernakulam city. By 03:30pm the crowd was dispersed from seematti parking area and participants along with other student teachers moved to the next destination. Second venue of flash mob was Rainbow Bridge which is situated at the Marine Drive. It is a most tourist attractive and public gathering area in the heart of Ernakulam. Majority visitors of the Marine Drive include youngsters who were the focus group of awareness programme Jaagan. Flash mob was started by 04:00pm. A huge crowd gathered around to watch the programme. After the flash mob presentation, a pledge was taken against narcotic abuse which was led by Sub Inspector of Police and District Coordinator of Children and Police Mr Babu John. Central Circle Inspector of Police Mr Akhil KP addressed the gathering and highlighted how youth is being trapped by the network of drug dealers and also mentioned how difficult it is to bring out people from drug addiction. He also provided Anti- Narcotic helpline number in which we can call anytime and mention complaints regarding the same. Civil Police Officers Mr Saleesh K S and Mr Jose Praveen were also present with wholehearted support throughout the flash-mob. By 04:30pm the programme was concluded with National Anthem. As a credit for our flash mob programme our students got an opportunity to perform flash mob at LuLu mall, Edapally and three active participants named Ms Kavyamol AB of Malayalam optional, Ms Sukritha S Shenoy of Social Science optional and Anagha R of English optional were privileged to perform at the Indian Super League football match at Kochi International Stadium, Kaloor.

The last event organised as a part of Jaagan was a Human Chain formation against Narcotic usage. College Anti- Narcotic club organised Human Chain formation as a part of Kerala level Human Chain formation initiated by Kerala Excise department in which all Educational institutions of Kerala became a part. It was conducted on 1st November 2022 at Kacheripady. By 02:30pm student teachers from St Joseph College of Teacher Education for Women lined up in a disciplined manner and reached Kacheripady junction, Ernakulam. There a long human chain was formed by holding each other's hand. The human chain formation denoted the togetherness to fight against Narcotic substances and Drug dealers. At Ernakulam, the whole Human Chain formation was addressed by Kerala Excise Minister T P Ramakrishnan. By 03:30pm the event was concluded. Student teachers and staff dispersed from Kacheripady junction.

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JAAGARAN Photo Gallery



Say NO to Drug formation as a part of Anti- Narcotic Rally



Staff and students with placards - preparing for rally

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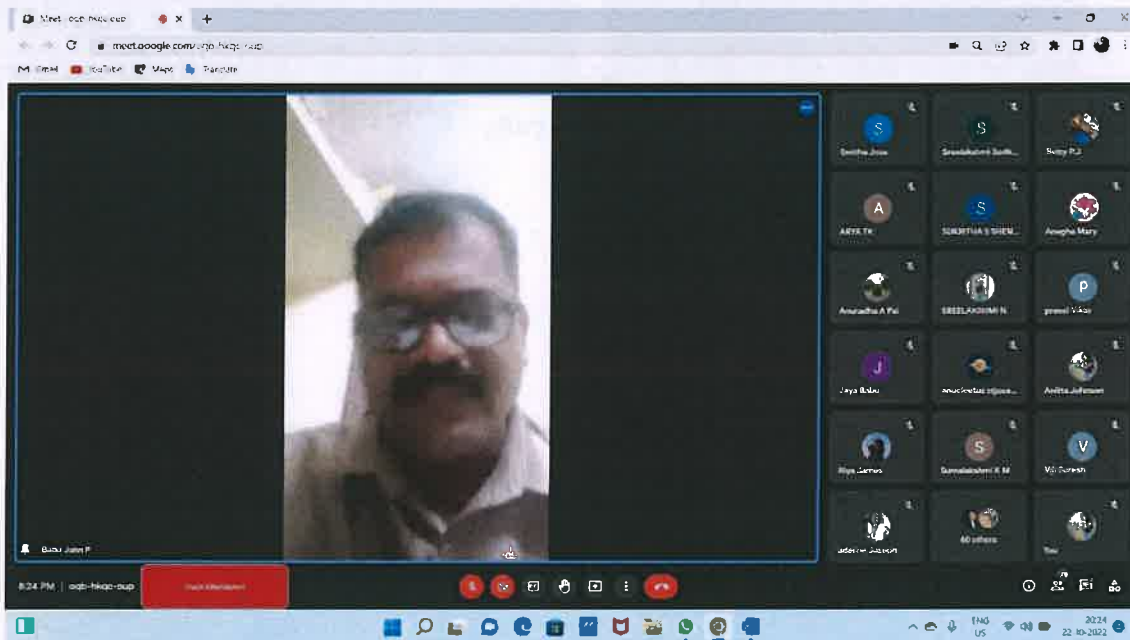
**Sub Inspector of Central Police station Mr P M Harris addressing the gathering
Student teachers conducting the rally through
Ernakulam market region**



Students participating in speech competition organised as a part of Jaagaran



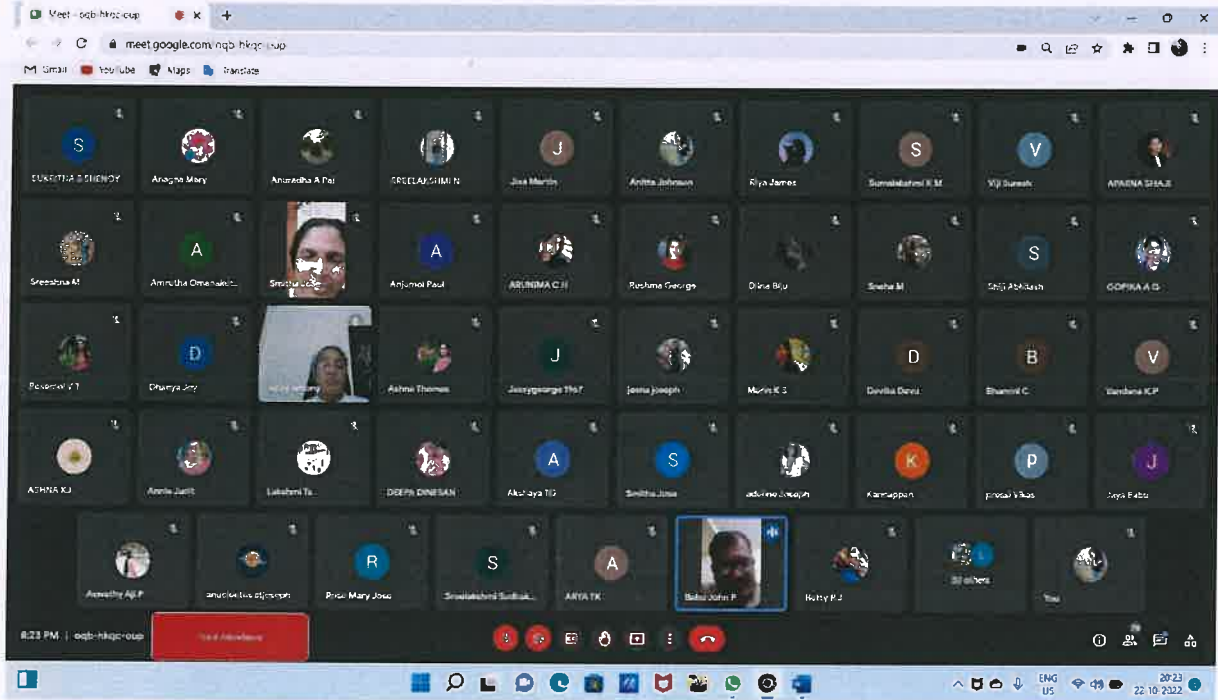
Entries submitted for drawing competition



**Sub Inspector of Police Mr Babu John conducting awareness talk for Parents on topic
“Drug abuse among College students”**



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Ernakulam



College staff and Parents of students attending awareness talk on “Drug abuse among College students “



Students participating in anti- narcotic flash mob at Kacheripady Seematti Parking area



Students taking Anti- narcotic pledge at Marine Drive after flash mob presentation

Alice Joseph

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





College flash mob team at Lulu Mall along with staff and excise officers

Sukritha S Shenoy, Anagha R and Kavyamol A B from St Joseph College of Teacher Education for Women at ISL venue, Jawaharlal Nehru International Stadium, Kaloor, Ernakulam

മെട്രോ വാർത്ത



ലഹരിമുക്ത കേരളത്തിനായ്..

കേരളത്തിലെ വിനയമുള്ള ഇനം സംസ്കാര സർക്കാർ ആരംഭിച്ച ലഹരി വിരുദ്ധ ക്യാമ്പയിന്റെ ഭാഗമായി പരമ്പരാഗത വസ്ത്രങ്ങൾ ധരിച്ചു തന്നെ എറണാകുളം സെന്റ് ജോസഫ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥികൾ ബാനർബീ തറയിൽ ലഹരി വിരുദ്ധ ശൃംഖല തീർത്തു.

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Ernakulam Edition
Nov 2, 2022 Page No. 1
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Newspaper article regarding human chain formation by St Joseph college students



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JAAGARAN

Programme Details

NAME OF EVENT	JAAGARAN
COORDINATORS	IQAC, Anti- Narcotic club and Excise Department, Ernakulam
TIME PERIOD	October and November
BENEFICIARIES	Students and Society
PLATFORM	Online and offline

LIST OF PARTICIPANTS

SL. NO	NAME OF B.EdSTUDENT	OPTIONAL	COURSE
1.	Akhila M Nair	English	B. Ed 2022-24
2.	Amalu k	English	B. Ed 2022-24
3.	Anargha Mary	English	B. Ed 2022-24
4.	Ashna Thomas	English	B. Ed 2022-24
5.	Dona	English	B. Ed 2022-24
6.	Jesna Joseph	English	B. Ed 2022-24
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15.	Remya P.T	English	B. Ed 2022-24



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59.	Meera Sankar A	Natural Science	B. Ed 2022-24
60.	Merin KS	Natural Science	B. Ed 2022-24
61.	Sandra Soosan Aby	Natural Science	B. Ed 2022-24
62.	Sneha P P	Natural Science	B. Ed 2022-24
63.	Sreelakshmi N	Natural Science	B. Ed 2022-24
64.	Rajalakshmi R	Natural Science	B. Ed 2022-24
65.	Sreeshna M	Natural Science	B. Ed 2022-24
66.	Mridula Girish	Natural Science	B. Ed 2022-24
67.	Aiswarya A.K	Physical Science	B. Ed 2022-24



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68.	Aiswarya Lakshmi S	Physical Science	B. Ed 2022-24
69.	Alkha Thomas	Physical Science	B. Ed 2022-24
70.	Anju mol	Physical Science	B. Ed 2022-24
71.	Ann Sara V Alias	Physical Science	B. Ed 2022-24
72.	Arunima CH	Physical Science	B. Ed 2022-24
73.	Ashna KJ	Physical Science	B. Ed 2022-24
74.	Aswathy Aji P	Physical Science	B. Ed 2022-24
75.	Dinsha M Saji	Physical Science	B. Ed 2022-24
76.	Diya N.C	Physical Science	B. Ed 2022-24
77.	Dilna Biju	Physical Science	B. Ed 2022-24
78.	Karthika Raveendran	Physical Science	B. Ed 2022-24
79.	Muhzina Muhammed Basheer	Physical Science	B. Ed 2022-24
80.	Rose Mary Jose	Physical Science	B. Ed 2022-24
81.	Sahala Nayeem A A	Physical Science	B. Ed 2022-24
82.	Treesa Taniya P A	Physical Science	B. Ed 2022-24
83.	Anagha Mary	Social Science	B. Ed 2022-24
84.	Anitta Johnson	Social Science	B. Ed 2022-24
85.	Arya T K	Social Science	B. Ed 2022-24
86.	Aswathy KS	Social Science	B. Ed 2022-24
87.	Chinju	Social Science	B. Ed 2022-24
88.	Devika PS	Social Science	B. Ed 2022-24
89.	Geethu Sivan	Social Science	B. Ed 2022-24
90.	Liyanta Izabel	Social Science	B. Ed 2022-24
91.	Sumalakshmi KM Nair	Social Science	B. Ed 2022-24
92.	Raseena Naseer	Social Science	B. Ed 2022-24
93.	Reshma George	Social Science	B. Ed 2022-24



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94.	Riya James	Social Science	B. Ed 2022-24
95.	Sarah Maria	Social Science	B. Ed 2022-24
96.	Sneha M	Social Science	B. Ed 2022-24
97.	Sreelakshmi Sudhakaran	Social Science	B. Ed 2022-24
98.	Sukritha S Shenoy	Social Science	B. Ed 2022-24
99.	Nandhitha	Social Science	B. Ed 2022-24
100.	Megha Madhu	English	B. Ed 2022-24

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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)

ANTI- NARCOTIC CLUB IN ASSOCIATION WITH IQAC AND EXCISE

DEPARTMENT, ERNAKULAM

ANTI- NARCOTIC ACTIVITIES- JAAGARAN

NAME OF EVENT	JAAGARAN
OBJECTIVES	<input type="checkbox"/> To develop awareness against usage of drugs and other narcotic products. <input type="checkbox"/> To make society, especially youth aware about the after effects of drug abuse. <input type="checkbox"/> To motivate parents and peers to raise voice against drug abuse
COORDINATORS	IQAC, Anti- Narcotic club and Excise Department, Ernakulam
TIME PERIOD	October and November
BENEFICIARIES	Students and Society
PLATFORM	Online and offline

Programme Report

The consumption rate of various narcotic substances in the country has seen a 70% increase in the past eight years and the number continue to rise. As per the National Survey on Extent and Pattern of Substance Use in India (2019), 16 crore people (14.6%) between the age of 10 to 75 years are current users of alcohol, about 3.1 crore individuals (2.8%) are cannabis users, Overall opioid users 2.06% and 0.55% require treatment services. 1.18 crore are current users of sedatives and it is estimated that about 8.5 lakh people are injecting drugs. Thus drug is becoming a menace to our country and for the whole world. Prevention is the only way forward to protect the upcoming generation from the threat of narcotic abuse. So a strong awareness should be created among community so that the spread of narcotics could be prevented.



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St Joseph College of Teacher Education for Women, Ernakulam in coordination with Excise Department, Ernakulam organised various events named “Jaagaran” to create awareness on narcotic abuse in the month of October and November, 2022. The Anti- Narcotic club in association with IQAC hosted the events. Whole programme was led by College Anti-Narcotic club staff Co-ordinators Dr Sicily AA, Dr Betty P J and Dr Smitha Jose. The Ernakulam Excise department also provided immense support for the activities. Various optional got responsibility of organising various events under Jaagaran. Totally five events were conducted throughout the month of October and November, which included:

- Anti- Narcotic rally
- Painting and Speech competitions
- Awareness Talk for Parents
- Flash mob
- Formation of Human Chain

First event organised under Jaagaran was an Anti-narcotic Rally. It was conducted on 1st October 2022 with an aim to create awareness among public about drug abuse. Event was also a part of Gandhi Jayanti celebration. The rally was flagged off by St Joseph College of Teacher Education for Women, Ernakulam Principal Dr Sr. Alice Joseph. An oath on “Say no to drugs” was also taken by student teachers before the rally. Chief Guest of the rally was Sub Inspector of central police station P M Harris. A total of 60 student teachers and college staff participated in the rally with placards and slogans against drug usage. The rally made a circle through Ernakulam market road and reached back to college via Kovilavattom road. Principal inspector of police, Mr Akhil K P, Civil police officers Mr Saleesh K S and Mr Jose Praveen accompanied the participants throughout the rally. As the rally focused the market area where all age groups and strata of people are found, it reached out more to public thus becoming a successful event.

As a continuation for the Anti- narcotic rally, an awareness talk for parents on “Drug abuse among college students” was organised on 22nd October 2022 through online platform Google meet. Dr Smitha Jose was the staff coordinator of awareness talk and student teachers of first year Social Science optional hosted the online session. A total of 56 parents participated in the session. Ms Sreelakshmi Sudhakaran was the presenter of the event. The session was started with a prayer song by Ms Sukritha S Shenoy. Welcome address was delivered by Mrs Arya T K. In the absence of college Principal, Dr Sr. Alice Joseph, Vice-





Principal Dr Sr. Betty P J addressed the gathering. Resource person of the event was Sub-inspector of Police and Coordinator of District children and Police Mr Babu John P. The session was started by 08:15 pm and lasted for a duration of one hour. Resource person Mr Babu John highlighted various threats of drug usage and the ways in which students get attracted towards it. He also made parents aware on difficulty of bringing back the drug addicted children to normal life. The session was much fruitful and a wide insight on current scenario of drug abuse was availed for the parents. The session was concluded with Voted of Thanks delivered by Ms Sarah Maria from Social Science optional. Post-session feedback forms were circulated and feedback was collected from parents who attended the online session.

Another event conducted in the college under Jaagan was a painting and speech competition in order to evaluate the current understanding of drug abuse among student teachers. Competitions were conducted on 25th October 2022 at two venues between 03:00pm and 04:30pm. Topic for both the competitions was "Say no to drugs". Venue of Painting competition was college multipurpose hall. Two participants participated in the painting competition in which Lakshmi T S of Malayalam optional won first prize and Chinchu K H of Social Science optional won second prize. Judges of the competition were Sneha M of Social Science optional, Aishwarya Lakshmi and Aishwarya A K of Physical science optional. The speech competition on same topic "Say no to Drugs" was conducted in the Malayalam optional classroom in which two participants were present. First prize was won by Emilin K Thomas of Mathematics optional and second prize by Sreelakshmi Sudhakaran of Social Science optional. Akhila M Nair of English optional, Archana V N of Malayalam optional and Raseena Naseer of Social Science optional were judges of speech competition. Both the competitions gave self-awareness for the participants on how much they know about the current scenario of drug abuse and provide motivation for other student teachers to do more to prevent narcotic usage.

In order to reach more into public and to remind them of the threats caused by narcotic substances in our society, a well-choreographed flash mob based on narcotic abuse was presented in two public areas within Ernakulam city. Around 35 student teachers participated in the flash mob and others along with staff provided all necessary support for the smooth conduction of flash mob. The event was conducted on 26th of October 2022 by 03:00pm and 04:00pm. First venue was Kacheripady Seematti car parking area, where the programme catch the attention of public in a great manner. Emilin K Thomas of Mathematics optional



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compered the programme. Ernakulam Excise Inspector Mr Rishikesh addressed the gathering and gave an idea on ongoing issues regarding narcotic abuse within the Ernakulam city. By 03:30pm the crowd was dispersed from seematti parking area and participants along with other student teachers moved to the next destination. Second venue of flash mob was Rainbow Bridge which is situated at the Marine Drive. It is a most tourist attractive and public gathering area in the heart of Ernakulam. Majority visitors of the Marine Drive include youngsters who were the focus group of awareness programme Jaagan. Flash mob was started by 04:00pm. A huge crowd gathered around to watch the programme. After the flash mob presentation, a pledge was taken against narcotic abuse which was led by Sub Inspector of Police and District Coordinator of Children and Police Mr Babu John. Central Circle Inspector of Police Mr Akhil KP addressed the gathering and highlighted how youth is being trapped by the network of drug dealers and also mentioned how difficult it is to bring out people from drug addiction. He also provided Anti- Narcotic helpline number in which we can call anytime and mention complaints regarding the same. Civil Police Officers Mr Saleesh K S and Mr Jose Praveen were also present with wholehearted support throughout the flash-mob. By 04:30pm the programme was concluded with National Anthem. As a credit for our flash mob programme our students got an opportunity to perform flash mob at LuLu mall, Edapally and three active participants named Ms Kavyamol AB of Malayalam optional, Ms Sukritha S Shenoy of Social Science optional and Anagha R of English optional were privileged to perform at the Indian Super League football match at Kochi International Stadium, Kaloor.

The last event organised as a part of Jaagan was a Human Chain formation against Narcotic usage. College Anti- Narcotic club organised Human Chain formation as a part of Kerala level Human Chain formation initiated by Kerala Excise department in which all Educational institutions of Kerala became a part. It was conducted on 1st November 2022 at Kacheripady. By 02:30pm student teachers from St Joseph College of Teacher Education for Women lined up in a disciplined manner and reached Kacheripady junction, Ernakulam. There a long human chain was formed by holding each other's hand. The human chain formation denoted the togetherness to fight against Narcotic substances and Drug dealers. At Ernakulam, the whole Human Chain formation was addressed by Kerala Excise Minister T P Ramakrishnan. By 03:30pm the event was concluded. Student teachers and staff dispersed from Kacheripady junction.

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Education for Women,
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JAAGARAN Photo Gallery



Say NO to Drug formation as a part of Anti- Narcotic Rally



Staff and students with placards - preparing for rally

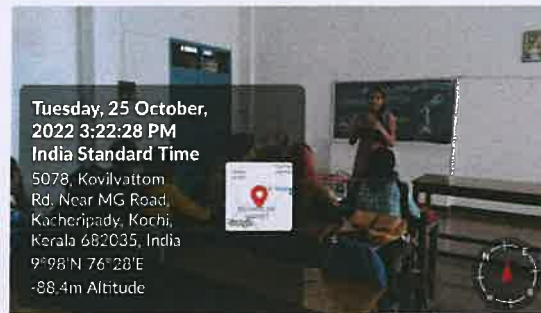
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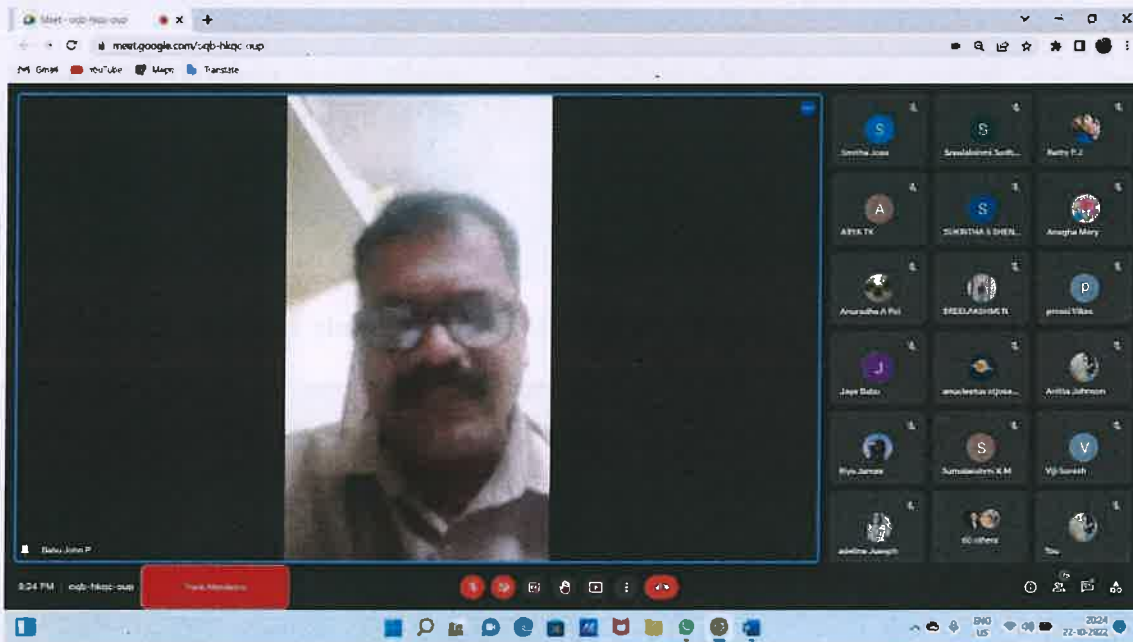
Sub Inspector of Central Police station Mr P M Harris addressing the gathering Student teachers conducting the rally through Ernakulam market region



Students participating in speech competition organised as a part of Jaagaran



Entries submitted for drawing competition

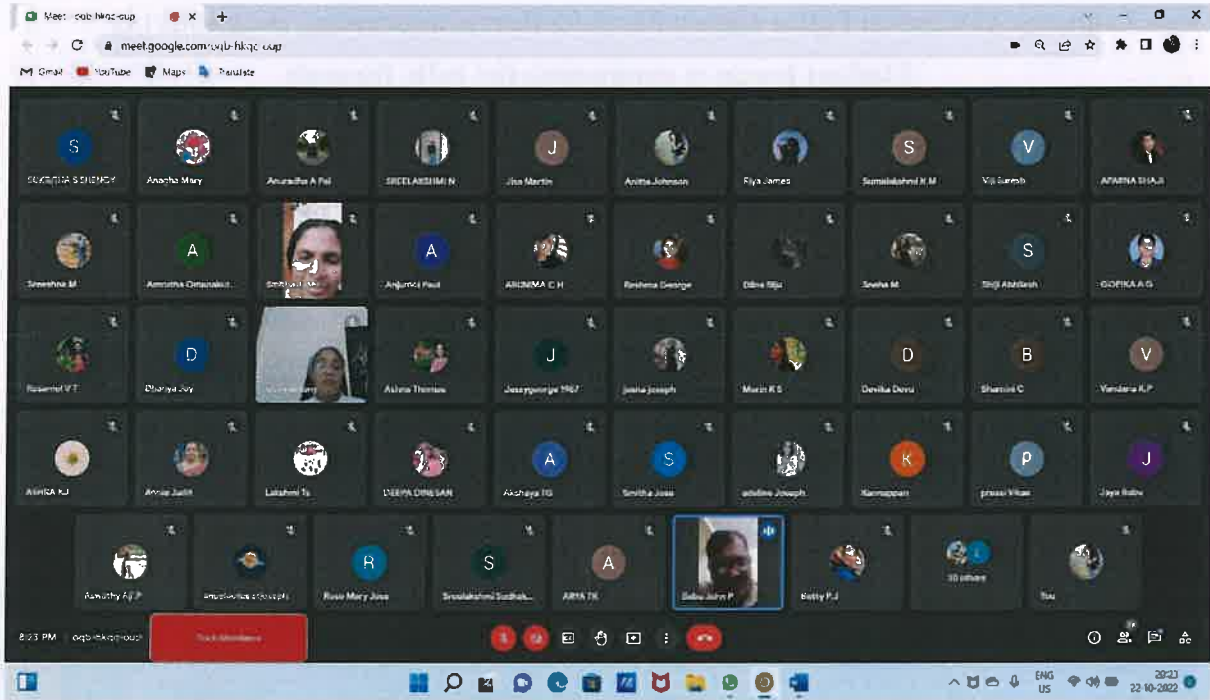


Sub Inspector of Police Mr Babu John conducting awareness talk for Parents on topic “Drug abuse among College students”

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71.	Ann Sara V Alias	Physical Science	B. Ed 2022-24
72.	Arunima CH	Physical Science	B. Ed 2022-24
73.	Ashna KJ	Physical Science	B. Ed 2022-24
74.	Aswathy Aji P	Physical Science	B. Ed 2022-24
75.	Dinsha M Saji	Physical Science	B. Ed 2022-24
76.	Diya N.C	Physical Science	B. Ed 2022-24
77.	Dilna Biju	Physical Science	B. Ed 2022-24
78.	Karthika Raveendran	Physical Science	B. Ed 2022-24
79.	Muhzina Muhammed Basheer	Physical Science	B. Ed 2022-24
80.	Rose Mary Jose	Physical Science	B. Ed 2022-24
81.	Sahala Nayeem A A	Physical Science	B. Ed 2022-24
82.	Treesa Taniya P A	Physical Science	B. Ed 2022-24
83.	Anagha Mary	Social Science	B. Ed 2022-24
84.	Anitta Johnson	Social Science	B. Ed 2022-24
85.	Arya T K	Social Science	B. Ed 2022-24
86.	Aswathy KS	Social Science	B. Ed 2022-24
87.	Chinju	Social Science	B. Ed 2022-24
88.	Devika PS	Social Science	B. Ed 2022-24
89.	Geethu Sivan	Social Science	B. Ed 2022-24
90.	Liyanta Izabel	Social Science	B. Ed 2022-24
91.	Sumalakshmi KM Nair	Social Science	B. Ed 2022-24
92.	Raseena Naseer	Social Science	B. Ed 2022-24
93.	Reshma George	Social Science	B. Ed 2022-24



Alice Joseph

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94.	Riya James	Social Science	B. Ed 2022-24
95.	Sarah Maria	Social Science	B. Ed 2022-24
96.	Sneha M	Social Science	B. Ed 2022-24
97.	Sreelakshmi Sudhakaran	Social Science	B. Ed 2022-24
98.	Sukritha S Shenoy	Social Science	B. Ed 2022-24
99.	Nandhitha	Social Science	B. Ed 2022-24
100.	Megha Madhu	English	B. Ed 2022-24

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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)

Workshop on Theatre and Drama

Name of the Event	Workshop on Theatre and Drama
Objectives	<ol style="list-style-type: none">1) To understand the techniques of theatre arts and dramatic performances.2) To instill intellectual and aesthetic development among student teachers.3) To develop social skills.4) To enable students to practice various skills like discussion, script writing, and action.
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Dates	13/10/2023 to 14/10/2023 for batch B and 17/10/2023 to 18/10/2023 for batch A.
Time	9.00 AM- 4 PM
Duration	2 days
Beneficiaries	Student Teachers (Total No.98)
Event Venue	St. Joseph College of Teacher Education for Women, Ernakulam

Programme Report

As part of the B.Ed. the programme, St. Joseph College of Teacher Education for Women, Ernakulam conducted a Workshop on Theatre and Drama for the first year B.Ed. students. The workshop was guided by Arun Kumar S, a proficient theatre artist.

The six optional student teachers were divided into batches A and B for the easy conduct of the workshop. Each group comprised three options. The workshop was dated from 13/10/2023 to 14/10/2023 for batch B and 17/10/2023 to 18/10/2023 for batch A. Further, each batch were subdivided as smaller groups of 10 or 11 participants. It was a fruitful experience for all the student teachers as it could help them understand the intellectual and aesthetic aspects of teaching and learning.

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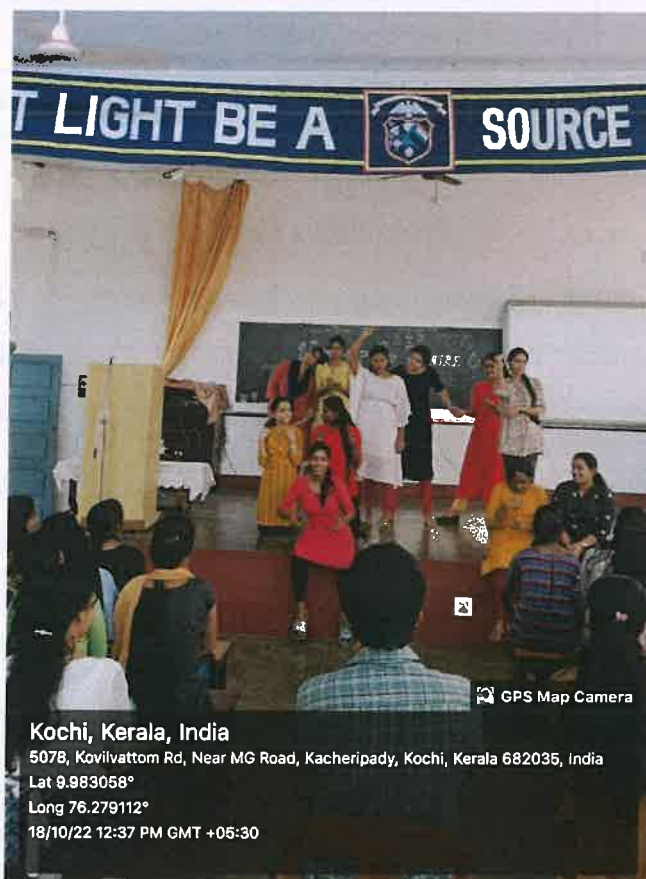




The two-day workshop went well with practical and theoretical aspects of the theatre arts. The first day of the theatre workshop was about various dimensions of script writing and stage setting. All the students prepared and submitted a drama script for the next day as an assignment. The active participation of all the participants was appreciated by the resource person.

Mr Arun Kumar. S, the resource person has enabled an appealing classroom climate from the very first day of the workshop. It helped the students to be relaxed and enthusiastic throughout the workshop. The opportunities to perform on stage in groups and individually witnessed the unveiling of many talents. Especially the student teachers who were reluctant to perform on stage were given motivation and the active participation of everyone made the workshop more enthusiastic.

The practical sessions were conducted in such a way that every student gets a chance to perform and enact various situations. Corrections and improvements were given by the resource person along with the performance of each group. The session was indeed useful for the student teachers as it enabled them to discuss, lead and work in a team. The Workshop on Theatre and Drama conducted by the college was highly beneficial for the student teachers in all aspects.



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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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WORLD HEART DAY, 2022

Name of the Event	World Heart Day, 2022
Objectives	<ol style="list-style-type: none">1. To raise awareness regarding heart health and its importance2. To raise awareness regarding cardiovascular diseases3. To promote healthy lifestyle and prevention of cardiovascular diseases
Details of Event Coordinators	Health Club & IQAC Cell St. Joseph College of Teacher Education for Women, Ernakulam
Date	29/09/2022
Time	10.10 AM- 11.00 AM
Duration	50 minutes
Beneficiaries	Student teachers-96 , Faculty- 13
Event Venue	Entrance Hall St. Joseph College of Teacher Education for Women, Ernakulam

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam observed World Heart Day on 29th September 2022 from 10.10 AM to 11.00 PM at the entrance hall of the college. The theme for the programme was 'Use Heart for Every Heart'. The entire observatory programme has been jointly organized by the Health Club and the IQAC Cell of the college. The programme was coordinated under the guidance and supervision of the faculty members, Dr. Josephine Joseph, Assistant professor in Physical Science Education (IQAC Coordinator) and Dr. Ceby George, Assistant Professor in Physical Education at St. Joseph College of Teacher Education for Women, Ernakulam. The observatory programme aimed at raising awareness regarding heart health and its importance and to raise awareness regarding cardiovascular disease and to promote healthy lifestyle and prevent cardiovascular diseases. All the student teachers and faculty members at St. Joseph College of Teacher Education for Women, Ernakulam.

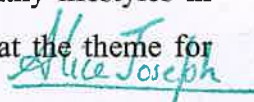
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The world heart day programme, 2022 started exactly at 10.10 AM at the entrance hall. All the student teachers wore red t-shirts and a white badge of heart symbolizing the heart day and heart disease awareness. The student teacher members of Health Club distributed red apples and red badges symbolizing heart among the participants of the event. Cardio-machines like treadmill and exercise bike were displayed in order to inform participant about its benefits in improving heart health. The programme started with prayer by Ms. Alkha Thomas, student teacher from Physical Science optional. The prayer was followed by the welcome address delivered by Ms. Ashna K.J, student teacher from Physical Science optional. Ms. Ashna K.J, warmly welcomed all of the participants to the observatory event. The welcome speech was succeeded by an introductory speech by Ms. Adeline Joseph, student teacher from Physical Science optional, on the importance of heart health and the significance of observing world heart day. Every year, world heart day is observed across the globe on 29th September to raise public awareness regarding heart health and cardiovascular diseases and also promotion of preventing diseases. Globally, the leading cause of death are cardiovascular diseases. There are several causal factors for cardiovascular diseases. Lifestyle problems are one among the major causes. Smoking, lack of exercise and poor diet are some of the factors that can compromise heart health and modifying these habits in one's life can prevent health problems to a great extent. Heart is one of the major organs in human body which pumps blood to the entire body. If heart health is at risk, the healthy body functioning is at risk and it leads to diseases. Cardiovascular diseases have a negative impact on the overall wellbeing of the society. Cardiovascular diseases cause people to spend high cost for treatments thus leading to financial stress, leads to less productivity and absenteeism from work due to physical disability and thereby affecting the economy and the overall health system of the society. Raising awareness and thus fostering prevention of cardiovascular diseases can contribute positively to the overall wellbeing and development of the society.

The introductory speech was followed by the presidential address delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph enunciated that heart is one among the vital organs of human species and its malfunctioning could be fatal and therefore it is crucial for every individual to keep their heart healthy. Dr. Alice Joseph added that it is very significant to observe world heart day since it aims at educating the public regarding the symptoms and signs of cardiovascular diseases to prevent any further issues and to motivate people to adopt healthy lifestyles in order to prevent and manage any heart-related illnesses. She enunciated that the theme for


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world heart day for this year, 'Use heart for every heart' focuses on bringing individuals together from all over the world to help one another in the fighting against heart disorders. Dr. Alice Joseph reminded all of her students to switch to a healthy lifestyle and to support each other and she added that healthy lifestyle initiations should not be taken only during such observatory events but it should become a part of everyone's life routine. The presidential address for the programme was succeeded by the Yoga and Zumba Performance by the student teachers. The Yoga was performed by Ms. Arya T.K and Ms. Sukritha Shenoy, student teachers from Social Science optional and Ms. Anuradha A Pai, student teacher from Natural Science optional. The Zumba was performed a total of 16 student teachers. Ms. Akhila M Nair, Ms. Leenu Merin Thomas, Ms. Nimmy Elizabeth George (student teachers from English optional), Ms. Arya T.K, Ms. Sukritha Shenoy and Ms. Aswathi K.S (student teachers from Social Science optional), Ms. Kabani S, Ms. Nandhitha J and Ms. Vandana K.P (student teachers from Mathematics optional), Ms. Diya N.C, Ms. Muhzina Muhammed Basheer, Ms. Sahala Nayeem A.A and Ms. Treesa Taniya P.A (student teachers from Physical Science optional) and Ms. Adeline Joseph, Ms. Anna Ananya K.P, Ms. Anuradha A Pai and Ms. Gopika A.G (student teachers from Natural Science optional) performed the Zumba dance performance. The performances were aimed at informing the public that practicing exercises or activities like Yoga and Zumba on a daily basis can keep individuals healthy, promote heart health and prevent cardiovascular diseases to a great extent. After the performance, the participants were served with apples and refreshments.

The world heart day, 2022 observatory programme has been successful in achieving its objectives. The programme turned out to be informative and beneficial for the participants. It could enhance their knowledge base regarding heart health and cardiovascular disease and their prevention. The active participation of student teachers and the great support of faculty members made the programme more successful and productive. The entire programme winded up at 11.00 AM with the vote of thanks delivered by Ms. Dilna Biju, student teacher from Physical Science optional at St. Joseph College of Teacher Education for Women, Ernakulam.

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World Heart Day, 2022

Photo Gallery



Event poster for the observatory programme of World Heart Day, 2022 conducted at St. Joseph of College of Teacher Education for Women, Ernakulam



Student teachers distributing red apples and red badges symbolizing world heart day to the participants during the observatory programme of World Heart Day, 2022 conducted at St. Joseph of College of Teacher Education for Women, Ernakulam

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Student teachers engaged in Yoga and Zumba performances as part of raising awareness during the observatory programme of World Heart Day, 2022 conducted at St. Joseph of College of Teacher Education for Women, Ernakulam



Student teachers wearing red T-shirts symbolizing world heart day during the observatory programme of World Heart Day, 2022 conducted at St. Joseph of College of Teacher Education for Women, Ernakulam

Josephite family observing World Heart Day, 2022 at St. Joseph of College of Teacher Education for Women, Ernakulam

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





World Heart Day, 2022

Programme Details

Name of the Event	World Heart Day, 2022
Date	29/09/2022
Time	10.10 AM- 11.00 AM
Duration	50 minutes
Beneficiaries	Student teachers-96 , Faculty- 13
Event Venue	Entrance 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. Josephine Joseph	Assistant professor (Physical Science Education)
3	Dr. Bindu Joseph	Associate Professor (Malayalam Education)
4	Dr. Betty P.J	Assistant Professor (Mathematics Education)
5	Dr. Ceby George	Assistant professor (Physical Education)
6	Dr. Rachel George M	Associate Professor (Natural Science Education)
7	Ms. Anu Cleetus	Assistant Professor (Education)
8	Dr. Soya Mathew	Assistant Professor (Education)
9	Dr. Marin Jose	Assistant Professor (English Education)
10	Dr. Siji John	Assistant Professor (Social Science Education)
11	Dr. Dinimol Jacob	Assistant Professor (Natural Science Education)
12	Dr. Smitha Jose	Assistant Professor (Education)
13	Dr. Joby Joy Kurian	Assistant Professor (Mathematics Education)

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Students list:

Sl. No	Name	Batch
1	Akhila M Nair	2022-2024 batch (B Ed. English)
2	Akshaya T G	2022-2024 batch (B Ed. English)
3	Amalu K	2022-2024 batch (B Ed. English)
4	Anagha R	2022-2024 batch (B Ed. English)
5	Anargha Mary	2022-2024 batch (B Ed. English)
6	Ashna Thomas	2022-2024 batch (B Ed. English)
7	Dona Maria	2022-2024 batch (B Ed. English)
8	Jeena Elsa John	2022-2024 batch (B Ed. English)
9	Jesna Joseph	2022-2024 batch (B Ed. English)
10	Leenu Merin Thomas	2022-2024 batch (B Ed. English)
11	Margret Benitta V J	2022-2024 batch (B Ed. English)
12	Megha Madhu	2022-2024 batch (B Ed. English)
13	Minu Mary	2022-2024 batch (B Ed. English)
14	Neha Babu	2022-2024 batch (B Ed. English)
15	Nimmy Elizabeth George	2022-2024 batch (B Ed. English)
16	Rachel Berkumon	2022-2024 batch (B Ed. English)
17	Remya P . T	2022-2024 batch (B Ed. English)
18	Swathi.M	2022-2024 batch (B Ed. English)
19	Abina K	2022-2024 batch (B Ed. Malayalam)
20	Akhila M George	2022-2024 batch (B Ed. Malayalam)
21	Aleena Steephen	2022-2024 batch (B Ed. Malayalam)
22	Anju Prathap. P	2022-2024 batch (B Ed. Malayalam)
23	Aparna Jais	2022-2024 batch (B Ed. Malayalam)
24	Archana V N	2022-2024 batch (B Ed. Malayalam)



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25	Jisa Martin	2022-2024 batch (B Ed. Malayalam)
26	Kavyamol A B	2022-2024 batch (B Ed. Malayalam)
27	Lakshmi T S	2022-2024 batch (B Ed. Malayalam)
28	Nidhiya Joseph	2022-2024 batch (B Ed. Malayalam)
29	Pavithra V	2022-2024 batch (B Ed. Malayalam)
30	Shiji.T.T.	2022-2024 batch (B Ed. Malayalam)
31	Snehakavya	2022-2024 batch (B Ed. Malayalam)
32	Swathi . M	2022-2024 batch (B Ed. Malayalam)
33	Treesa Jojan	2022-2024 batch (B Ed. Malayalam)
34	Vrinda Suresh	2022-2024 batch (B Ed. Malayalam)
35	Dhanya Joy	2022-2024 batch (B Ed. Mathematics)
36	Emilin K Thomas	2022-2024 batch (B Ed. Mathematics)
37	Emiliya Merin	2022-2024 batch (B Ed. Mathematics)
38	Indhu . K	2022-2024 batch (B Ed. Mathematics)
39	Kabani S	2022-2024 batch (B Ed. Mathematics)
40	Nanditha J	2022-2024 batch (B Ed. Mathematics)
41	Rosemol V T	2022-2024 batch (B Ed. Mathematics)
42	Sandra Antony	2022-2024 batch (B Ed. Mathematics)
43	Sharon Achu Anish	2022-2024 batch (B Ed. Mathematics)
44	Sneha Prince	2022-2024 batch (B Ed. Mathematics)
45	Stella Catherine Faber	2022-2024 batch (B Ed. Mathematics)
46	Vandana K P	2022-2024 batch (B Ed. Mathematics)
47	Aiswarya . A .K.	2022-2024 batch (B Ed. Physical Science)
48	Aiswarya Lakshmi S	2022-2024 batch (B Ed. Physical Science)
49	Alkha Thomas	2022-2024 batch (B Ed. Physical Science)
50	Anjumol Paul	2022-2024 batch (B Ed. Physical Science)



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Ernakulam



51	Ann Sara V Alias	2022-2024 batch (B Ed. Physical Science)
52	Arunima C . H	2022-2024 batch (B Ed. Physical Science)
53	Ashna K J	2022-2024 batch (B Ed. Physical Science)
54	Aswathy Aji P	2022-2024 batch (B Ed. Physical Science)
55	Dilna Biju	2022-2024 batch (B Ed. Physical Science)
56	Dinsha M Saji	2022-2024 batch (B Ed. Physical Science)
57	Diya N C	2022-2024 batch (B Ed. Physical Science)
58	Karthika Raveendran	2022-2024 batch (B Ed. Physical Science)
59	Muhzina Muhammed Basheer	2022-2024 batch (B Ed. Physical Science)
60	Rose Mary Jose	2022-2024 batch (B Ed. Physical Science)
61	Sahala Nayeem A A	2022-2024 batch (B Ed. Physical Science)
62	Treesa Taniya P A	2022-2024 batch (B Ed. Physical Science)
63	Adeline Joseph	2022-2024 batch (B Ed. Natural Science)
64	Anna Anannya K P	2022-2024 batch (B Ed. Natural Science)
65	Anuradha A Pai	2022-2024 batch (B Ed. Natural Science)
66	Ashna Joseph	2022-2024 batch (B Ed. Natural Science)
67	Aysha Beevi C I	2022-2024 batch (B Ed. Natural Science)
68	Femy Mariya Jose	2022-2024 batch (B Ed. Natural Science)
69	Gopika A G	2022-2024 batch (B Ed. Natural Science)
70	Jismi Mohan	2022-2024 batch (B Ed. Natural Science)
71	Maneeha S M	2022-2024 batch (B Ed. Natural Science)
72	Meera Sankar A	2022-2024 batch (B Ed. Natural Science)
73	Merin K S	2022-2024 batch (B Ed. Natural Science)
74	Mrudula Girish	2022-2024 batch (B Ed. Natural Science)
75	Rajalakshmi R	2022-2024 batch (B Ed. Natural Science)
76	Sandra Soosan Aby	2022-2024 batch (B Ed. Natural Science)

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77	Sneha P P	2022-2024 batch (B Ed. Natural Science)
78	Sreelakshmi N	2022-2024 batch (B Ed. Natural Science)
79	Sreeshna . M	2022-2024 batch (B Ed. Natural Science)
80	Anagha Mary	2022-2024 batch (B Ed. Social Science)
81	Anitta Johnson	2022-2024 batch (B Ed. Social Science)
82	Arya .T .K	2022-2024 batch (B Ed. Social Science)
83	Aswathy K S	2022-2024 batch (B Ed. Social Science)
84	Chinchu K H	2022-2024 batch (B Ed. Social Science)
85	Devika P S	2022-2024 batch (B Ed. Social Science)
86	Geethu Sivan	2022-2024 batch (B Ed. Social Science)
87	Liyanta Izabel	2022-2024 batch (B Ed. Social Science)
88	Nair K M Sumalakshmi	2022-2024 batch (B Ed. Social Science)
89	Nandhitha C	2022-2024 batch (B Ed. Social Science)
90	Raseena Naseer	2022-2024 batch (B Ed. Social Science)
91	Reshma George P G	2022-2024 batch (B Ed. Social Science)
92	Riya James	2022-2024 batch (B Ed. Social Science)
93	Sarah Maria	2022-2024 batch (B Ed. Social Science)
94	Sneha M	2022-2024 batch (B Ed. Social Science)
95	Sreelakshmi Sudhakaran	2022-2024 batch (B Ed. Social Science)
96	Sukritha S Shenoy	2022-2024 batch (B Ed. Social Science)

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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Report of – Chavaravidhyolsav 2022-- a cultural and educational fest

An Event for Skill Enhancement

ChavaraVidhyolsav 2022 was a colorful cultural- educational-cognizant celebration conducted by St. Joseph College of teacher education for Women Ernakulam. It was conducted on September 16-17 2023 in the college premises itself. The festival was an opportunity for gathering students, student teachers and teachers in one event. The main objective of the programme is bringing all the educational groups such as school-college students, student teachers and teachers under a common vision of St. Kuriakose Elias Chavara the great educationalist of Kerala and the founder of the college management. The two days programme was inaugurated on September 16th by the Manager of the institution, Rev. Sr. Pavana CMC and there was a wonderful talk on the contributions and its relevance of St. Chavara by Dr. Kochurani Thomas. After that the various competitions started. There were six competitions conducted. Project presentation, group dance (for school students), drama and poem recitation (for college students), project presentation and ‘EnteKutti’-experience sharing (for teachers) were the competitions. 64 participants from 18 institutions were registered and participated in the programme. The valedictory function was conducted on September 17th 2.00pm. The trophy cash award and the certificate were distributed to the winners. Many of the Alumni supported the event by extending financial support. The participation was excellent due to the support of alumni of the college. They came and participated in the competitions of teachers and prepared the students and came with them for the competitions. The present student teachers of the college were organizing the programme. They welcomed the participants, conducted the programmes, gave the announcements and information, distributed the snacks and water, and arranged the inaugural and valedictory function. It was a well memorable experience for the student teachers as well as the participants. Through this event other educational institutions came to the college for collaboration and we could host them appropriately. It was indeed a cultural and educational fest for ST. Joseph College in all its meaning.

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





CHAVARA VIDHYOLSAV -2022

Coordinator	-	Sr.Principal
Staff Coordinator	:	Sr. Soya Mathew
Reception & Registration (August 5 th)	:	Dr. Ceby George
Reception & Registration (August 6 th)	:	Mrs. Anu Cletus
Inauguration Programme (August 5 th)	:	Dr. Betty P.J & Mrs. Reshmi
Valedictory Programme(August 6 th)	:	Dr. Cicily A.A. & Dr. Joby Joy Kurian
Prize purchasing and Arrangement	:	Dr.Siji John & Dr. Rachel George
Competitions -In Charge	:	Chest Number, Announcement, taking care of Judges, collecting scoring sheets, provide necessary things to the participants etc: August 5 th
Group Dance – High School Students (Auditorium)	:	Dr. Bindhu Joseph & Malayalam Optional
Vision Project- + 2 Students (Multipurpose Hall)	:	Dr. Marin Jose & English Optional
Project – Teachers	:	Dr. Joby Joy Kurian & Maths Optional
Entekutti – Teachers	:	Sr. Thejus Paul & Physical Science. August 6 th
Poem Recitation	:	Mrs. Dini mol Jacob & Natural Science
Drama	:	Dr. Siji John & Social Science

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Photo Gallery

CHAVARA VIDYOLSAV-2022

September 16
Pallikkoodam: for School Students

- 9.30 am: Inauguration
- 10.00 am: Talk
"Redefining Education in the Present Context of India"
Dr. Valikkavu Mohandas
(Writer, Progressive Writers' Association - National Secretary)
- 11.30 am: Inter School Competitions
- Group Dance (for High School Students)
Theme: **Women Empowerment**
1st Prize: Trophy, Certificate & Cash Award - Rs.3500/-
2nd Prize: Trophy, Certificate & Cash Award - Rs.2500/-
3rd Prize: Trophy, Certificate & Cash Award - Rs.1500/-
- 11.30 am: Teachers' Competitions
- Project Presentation for School Teachers (Primary to Higher Secondary)
Topic: **Promoting Values Among Students**
1st Prize: Trophy, Certificate & Cash Award - Rs.1000/-
2nd Prize: Trophy, Certificate & Cash Award - Rs.500/-
3rd Prize: Trophy, Certificate & Cash Award - Rs.1500/-
- My Student (1-5th class)
Presentation of Personal, Exceptional, inspiring experience with students.
1st Prize: Trophy, Certificate & Cash Award - Rs.300/-
2nd Prize: Trophy, Certificate & Cash Award - Rs.200/-
3rd Prize: Trophy, Certificate & Cash Award - Rs.100/-

September 17
Bezraamma: for College Students

- 9.30 am: Talk
"The Face of the Other as Ethical Imperative: Educating the Youth for a Moral World"
Dr. Paulson Veliyanoor, CMF
Professor, Instituto Teologica De Vida Religiosa (TVR)
Madrid, Spain
- 10.30 am: Inter Collegial Competitions
- Drama
Theme: **ചെറിയൊരു പാപം വലിയൊരു ദാസ്യം**
1st Prize: Trophy, Certificate & Cash Award - Rs.1500/-
2nd Prize: Trophy, Certificate & Cash Award - Rs.800/-
3rd Prize: Trophy, Certificate & Cash Award - Rs.500/-
- Malayalam Poem Recitation
From any poetic works of St.Chavara
1st Prize: Trophy, Certificate & Cash Award - Rs.500/-
2nd Prize: Trophy, Certificate & Cash Award - Rs.200/-
3rd Prize: Trophy, Certificate & Cash Award - Rs.100/-
- 3.00 pm: Concluding Session

CHAVARA VIDYOLSAV-2022

September 16
Pallikkoodam: for School Students

September 16
Educundath: for Teachers

September 17
Bezraamma: for College Students

EDUCATIONAL, COGNIZANT, ART CELEBRATION
Initiated by
ST. JOSEPH'S COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM

CHAVARA VIDYOLSAV
2022
SEPTEMBER
16,17

Competitions for School Students, College students, Teachers

Informative Sessions

Register before 2022 September 10

Register via Google form:
<https://forms.gle/QjpUDEMwUUFguPKK8>

Mail ID: chavaravidyolsav@gmail.com

For Details:
7907194830, 9847390671

To follow the spirit of St. Chavara, the Pioneer in Educational Reformation.

Alice Joseph

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





Inauguration session



Inaugurated on September 16th by the Manager of the institution, Rev. Sr. Pavana CMC and there was a wonderful talk on the contributions and its relevance of St. Chavara by Dr. Kochurani Thomas



Alice Joseph

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Principal in Charge
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Various Competitions



Project presentation, group dance (for school students), drama and poem recitation (for college students), project presentation and 'EnteKutti'- experience sharing (for teachers) were the competitions.

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The valedictory function was conducted on September 17th 2.00pm.

Valedictory talk: Fr.Joshy Puthussery CMI, Director of Chavara Cultural Centre, Kochi-35



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Winners of the Events





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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)

Name of the Event: Students Talents' Day Programme

REPORT

TALENTS DAY

The college organised talents day programme for the 1st year BEd students to exhibit their talents. Various departments celebrated their talents day as follows:

DEPARTMENT	DATE
English	19/09/22
Malayalam	20/09/22
Mathematics	26/09/22
Natural Science	27/09/22
Physical Science	27/09/22
Social Science	27/09/22

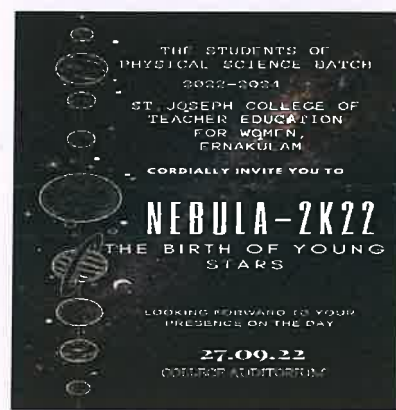
All the students and teachers were present during the function. Students participated in various cultural events and exhibited their talents. They had participated in songs, dances, mono-acts, display of artworks etc. The programme went on very well and made memorable. The teacher educators appreciated our efforts and gave encouraging feedbacks.

It was a great opportunity for us to showcase our talents in front of everyone.

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TEACHERS' DAY REPORT

- **Name of the event** : Teachers ' day celebration
- **Date** : 09 September 2022
- **Venue** : Online mode (Google meet platform)
- **Organizer** : College Union
- **Objectives** : 1) To honour teachers for their guidance and help
2) To provide a platform for students to express gratitude towards teachers for their invaluable contributions
- **No. of participants** : 98
- **Description**

On 9 th September 2022, the college union of St Joseph College of Teacher Education for Women Ernakulam, conducted a vibrant Teachers' Day celebration via Google Meet at 11 am (<https://meet.google.com/rza-ogmk-qam>). The event aimed to honor and appreciate the dedication of educators. The virtual gathering witnessed enthusiastic participation from both teachers and students.

The program began with a solemn prayer, setting a positive and reflective tone for the event, emphasizing gratitude and unity. The College Union chairperson extended a warm welcome to all participants, acknowledging the presence of esteemed faculty members, students, and staff.

College union hosted a cool event for Teacher's Day called "The One Who Paved Me the Way." Students got a chance to thank their awesome teachers who inspired them. Students shared stories and cool stuff about their favorite teachers in English and Malayalam languages. The event was a mix of feelings, with students expressing how much their teachers meant to them. First prize winner of the event was Merline Rodrigues, second prize won by Gurumahima M V and third prize won by Amala Antony.

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The College Union presented a digital token of appreciation to each teacher, expressing gratitude for their dedication and hard work. All teachers shared their favorite moments from their time in the classroom.

Finally the programme was concluded with the vote of thanks.

• **Evidence**

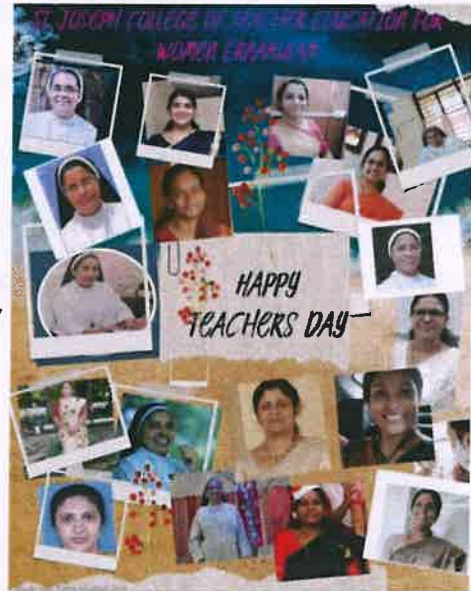
St Joseph College Of Teacher Education For Women, Ernakulam

Teachers Day Celebration



St. Joseph college is having teachers day celebration on 9th September at 11 am. College union cordially invites you all for the programme.

Time: 11am




St. Joseph College Of Teacher Education For Women Ernakulam

As part of celebrating Teacher's day, college union is inviting your creativity about the teacher who inspired you to be one.

Teacher's day Celebration

TITLE: THE ONE WHO PAVED ME THE WAY



Word limit: 250
Last date: 7/8/22, 11pm
Language: English or Malayalam

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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)

ONAM CELEBRATION REPORT

- Name of the event** : Onam celebration
- Date** : 30 August 2022
- 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: 95

Description

The Onam celebration at St Joseph College of Teacher Education for Women in Ernakulam was a vibrant and culturally rich event that took place on August 30, 2022. The college auditorium served as the venue for the festivities, which were meticulously organized by the college union. The atmosphere was filled with excitement as teachers and students graced the occasion dressed in elegant Kerala sarees, adding a traditional touch to the entire celebration.

The event featured a diverse range of Onam programs that aimed to engage both students and teachers. Notably, the students from the Physical Science department showcased their talents with a captivating Thiruvathira dance performance, contributing to the cultural vibrancy of the celebration. This performance not only highlighted the artistic skills of the students but also added a traditional and festive element to the overall program.

A special and heartwarming aspect of the celebration was the participation of sisters from Africa. Their presence not only added an international dimension to the event but also showcased the inclusivity of the college community. The sisters actively participated in the various programs, sharing in the joy and spirit of Onam with the rest of the college.

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The culmination of the celebration involved a post-program feast, where an elaborate Onam Sadya was arranged for all participants at the Multi-Purpose Hall. This communal meal not only provided a gastronomic delight with traditional Onam dishes but also fostered a sense of unity and camaraderie among the college community. The Onam Sadya served as a symbolic representation of togetherness, reflecting the spirit of the festival that transcends cultural boundaries.

In conclusion, the Onam celebration at St Joseph College of Teacher Education for Women was a resounding success, blending tradition, talent, and unity. It not only showcased the rich cultural heritage associated with Onam but also exemplified the college's commitment to fostering a diverse and inclusive community.

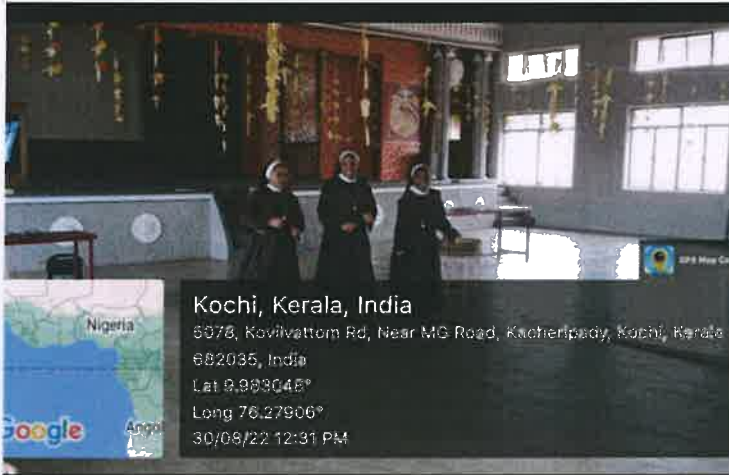
Evidence



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Kochi, Kerala, India
6076, Kovilvattom Rd, Near MG Road, Kacheripady, Kochi, Kerala
682035, India
Lat 9.909045°
Long 76.27906°
30/08/22 12:31 PM

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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ST. EUPHRASIA FEST, 2022

Name of the Event	St. Euphrasia Fest, 2022
Objectives	<ol style="list-style-type: none">1. To understand the life and values of St. Euphrasia Eluvathingal2. To commemorate and honour the contributions of blessed St. Euphrasia Eluvathingal3. To develop moral values among student teachers
Details of Event Coordinators	Physical Science Optional St. Joseph College of Teacher Education for Women, Ernakulam
Date	29/08/2022
Time	9.00 AM- 11.00 AM
Duration	2 hours
Beneficiaries	Student teachers- 98, Faculty- 12
Event Venue	College Auditorium St. Joseph College of Teacher Education for Women, Ernakulam

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam celebrated St. Euphrasia day on 29th August 2022 from 9.00 AM to 11.00 AM at the college auditorium. The entire event was organized and coordinated by the Physical Science optional at St. Joseph College of Teacher Education for Women, Ernakulam. The main aim of the event was to understand the life and values of St. Euphrasia Eluvathingal, to commemorate and honour the contributions of St. Euphrasia Eluvathingal and also to develop moral values among student teachers. All faculty members and student teachers participated in the event.

The programme started exactly at 9.00 AM with a prayer song by Ms. Vinny Pappachan, student teacher from Physical Science optional. Ms. Vinny Pappachan performed a prayer song which portrayed the life history of St. Euphrasia. The prayer song was

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succeeded by the welcome speech. The welcome speech for the programme was delivered by Ms. Anu P Thomas, student teacher from Physical Science optional. Ms. Anu P Thomas warmly welcomed all of the participants to the programme. The welcome speech was followed by an introductory speech delivered by Ms. Fathimathuzuhra, student teacher from Physical Science optional. The introductory speech enunciated the life of St. Euphrasia. St. Euphrasia Eluvathingal was a humble and devoted nun who personalized Carmel's prayer legacy, lived according to the spiritual inspirations, and ascended to the peaks of sanctity. The spirit-filled life of Blessed Euphrasia can be taken as an example by all the saints. The holy life of St. Euphrasia and putting in efforts to adopt her holy life values and inspirations can be highly useful and appropriate. The introductory video was succeeded by the presidential address. The presidential address for the programme was delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph enunciated that the holy life and values of St. Euphrasia are indeed inspirational and can lead light into the lives of every individual in the society. St. Euphrasia's life not only reflects spiritual inspirations, but also inspirations for every individuals to contribute to the society in which they live. Dr. Alice Joseph reminded her student teachers to always hold onto human values and to treat people especially the poor with kindness. The presidential address was followed by few programmes conducted by the student teachers as part of the St. Euphrasia Fest. 2022 and the programmes included,

- ✚ Quiz competition
- ✚ Skit competition
- ✚ Group song

A quiz competition was conducted on the topic, 'Life of St. Euphrasia' via Google forms and the form contained twenty questions regarding the topic. A total of eight minutes were provided to the participants to compete for the quiz competition. After eight minutes, the Google form for the competition was closed. Ms. Akhitha Sebastian, student teacher from Natural Science optional and Ms. Regina Teena Dcosta, student teacher from Social Science optional shared the first prize for the quiz competition. The second prize for the competition was shared between Ms. Caren Grace, student teacher from Natural Science optional and Ms. Anna Roshni Varghese, student teacher from English optional. The quiz competition was succeeded by the skit competition based on the theme, 'Life and Values of St. Euphrasia'. The criteria set down for the skit competition included the time limit of 5 minutes for the skit

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performance and a minimum of 3 and a maximum of 10 students per group was allowed. The costume and appearance and the overall presentation of the theme were among the evaluation criteria for the skit competition. Student teachers representing all the optionals including English, Malayalam, Mathematics, Physical Science, Natural Science and Social Science actively participated in the competition. For each skit performance, a total of two minutes were provided for the student teachers to arrange the stage and at the 4 minutes and 30th second of the skit, a warning bell is rung so that the student teachers can keep track of their progress. All the optional students presented creative skits. The Mathematics optional secured the first prize for the competition. The second prize for the competition was secured by the Social Science optional and the third prize was secured by the Malayalam optional. After the skit performance, student teachers from Physical Science optional came up with a song performance relating to St. Euphrasia. After the song performance, the vote of thanks for the programme was delivered by Ms. Agatha Cyriac, student teacher from Physical Science optional.

The event of St. Euphrasia Fest, 2022 turned out to be successful in accomplishing its objectives. The programme was beneficial and productive for the student teachers. The event provided a platform for the student teachers to showcase their talents. The entire programme winded up at 11.00 AM with the National Anthem.

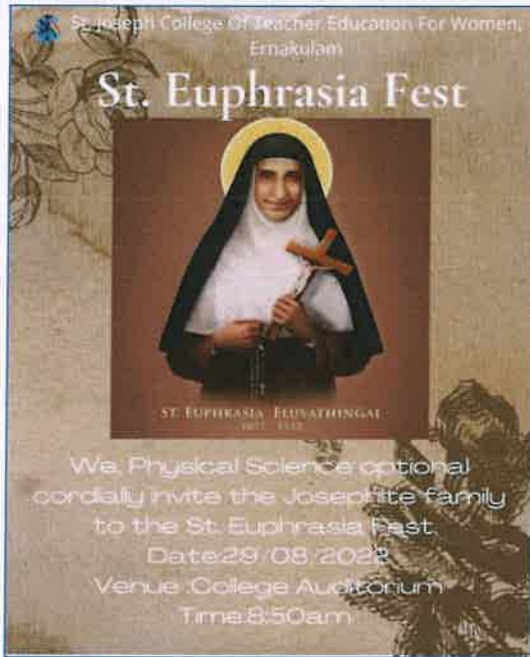
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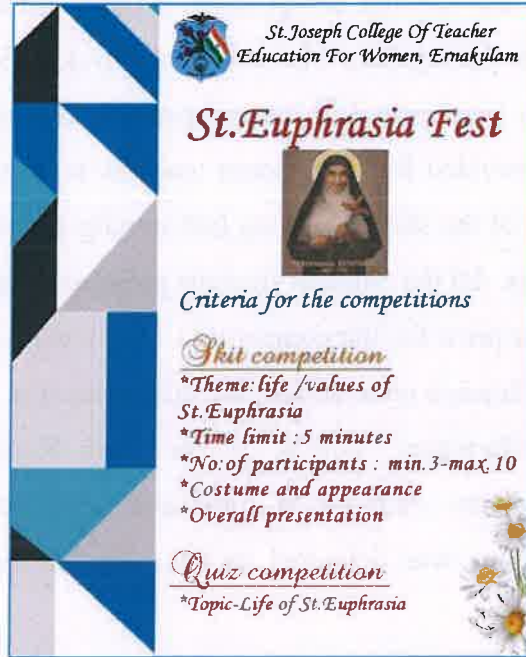


St. Euphrasia Fest, 2022

Photo Gallery



Event Poster for St. Euphrasia Fest, 2022 conducted at St. Joseph College of Teacher Education for Women, Ernakulam



Event Poster for the competitions conducted as part of St. Euphrasia Fest, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam



Josephite Family celebrating St. Euphrasia Fest, 2022 at St. Joseph College of Teacher Education for Women, Ernakulam

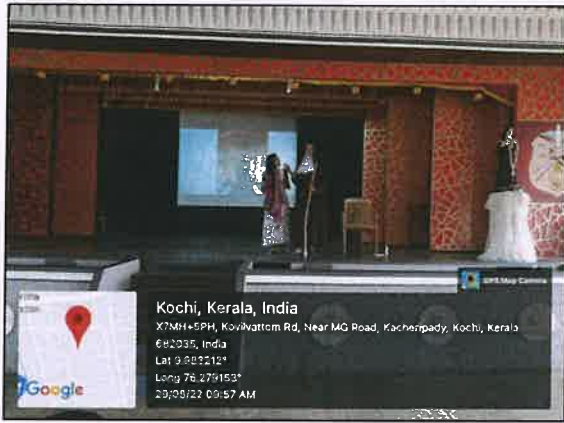


Song performance by student teachers from Physical Science optional during St. Euphrasia Fest, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam



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Snippets from the skit competition conducted as part of St. Euphrasia Fest, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam

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St. Euphrasia Fest, 2022

Programme Details

Name of the Event	St. Euphrasia Fest, 2022
Date	29/08/2022
Time	9.00 AM- 11.00 AM
Duration	2 hours
Beneficiaries	Student teachers- 98, Faculty- 12
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	Ms. 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	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
9	Dr. Soya Mathew	Assistant Professor (Education)
10	Dr. Marin Jose	Assistant Professor (English Education)
11	Dr. Siji John	Assistant Professor (Social Science Education)
12	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)



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Students list:

Sl. No	Name	Batch
1	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
2	Allan Francis	2021-2023 batch (B Ed. Natural Science)
3	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
4	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
5	Caren Grace	2021-2023 batch (B Ed. Natural Science)
6	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
7	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
8	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
9	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
10	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
11	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
12	Ranjima V	2021-2023 batch (B Ed. Natural Science)
13	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
14	Shalini P S	2021-2023 batch (B Ed. Natural Science)
15	Shimna K	2021-2023 batch (B Ed. Natural Science)
16	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
17	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)
18	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
19	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
20	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
21	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
22	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
23	Anu P. Thomas	2021-2023 batch (B Ed. Physical Science)
24	Aparna S	2021-2023 batch (B Ed. Physical Science)

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25	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
26	Jesna George	2021-2023 batch (B Ed. Physical Science)
27	Jismin K Antony	2021-2023 batch (B Ed. Physical Science)
28	Mariya Das	2021-2023 batch (B Ed. Physical Science)
29	Neethu J A	2021-2023 batch (B Ed. Physical Science)
30	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
31	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
32	Vandana S	2021-2023 batch (B Ed. Physical Science)
33	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
34	Amala Antony	2021-2023 batch (B Ed. English)
35	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
36	Deepa P S	2021-2023 batch (B Ed. English)
37	Devika Venugopal	2021-2023 batch (B Ed. English)
38	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
39	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
40	Gurumahima M V	2021-2023 batch (B Ed. English)
41	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
42	K A Rabia	2021-2023 batch (B Ed. English)
43	Leatitia Joshy	2021-2023 batch (B Ed. English)
44	Linnet John	2021-2023 batch (B Ed. English)
45	Meera Joy (Blind)	2021-2023 batch (B Ed. English)
46	Merize Ben Alias	2021-2023 batch (B Ed. English)
47	Pratibha S	2021-2023 batch (B Ed. English)
48	Sandra Joy	2021-2023 batch (B Ed. English)
49	Santhi M S	2021-2023 batch (B Ed. English)
50	Veena C V	2021-2023 batch (B Ed. English)

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51	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
52	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
53	Ance Baby	2021-2023 batch (B Ed. Malayalam)
54	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
55	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
56	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
57	Liya Baby	2021-2023 batch (B Ed. Malayalam)
58	Mary Amala R	2021-2023 batch (B Ed. Malayalam)
59	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
60	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
61	Anisha T	2021-2023 batch (B Ed. Malayalam)
62	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
63	Shilpa K	2021-2023 batch (B Ed. Malayalam)
64	Sneha M M	2021-2023 batch (B Ed. Malayalam)
65	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
66	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
67	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
68	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
69	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
70	Freeda K F	2021-2023 batch (B Ed. Mathematics)
71	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
72	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
73	Lekshmi Priya T S	2021-2023 batch (B Ed. Mathematics)
74	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
75	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
76	Parvathy M	2021-2023 batch (B Ed. Mathematics)

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77	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
78	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
79	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
80	Sona Paul	2021-2023 batch (B Ed. Mathematics)
81	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
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 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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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

EVENT: Annual Sports Day

OBJECTIVE: Conducting and participating in the sports events

DATE: 24 March 2023

TIME: 8:45 am -1:15 pm

DURATION: 4 ½ hours

VENUE: College ground



ST. JOSEPH COLLEGE OF TEACHER EDUCATION
FOR WOMEN, ERNAKULAM

GET... SET... GO.....



Sports Day Celebration 2k23

24th March - 8.30 am

PROGRAMME

Prayer

Welcome Speech - Vrinda Suresh (Sports secretary)

Inauguration - Dr. Sr. Alice Joseph (College Principal)

Oath Taking

Vote of thanks - Nimmy Elizabeth George (Chairperson)

Valedictory Function

EVENTS

March past

100 mts

Long jump

Shot put

Discus throw

4x100 mts relay



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EVENT REPORT

The annual sports day of St. Joseph College of Teacher Education for Women, Ernakulam was held on 24th March 2023. Under the guidance of Dr. Ceby George, various competitions were held for the first- and second-year students which were based on the houses Radhakrishna, Mahatma, Tagore, and Nehru.

The inaugural ceremony, which was presided by principal Dr.Sr Alice Joseph and other Staff, started at 8:45 am with a march past of the four houses. The official program began with a prayer. There was an oath-taking ceremony given by the sports captain followed by sports secretary Vrinda Suresh delivering the welcome speech. The programme was inaugurated by the principal, revealing the name of the sports day 'Get... Set. Go...' By 9:00 am the competitions began.

The first competition was a 100m race which began at 9:15 am, there were a total of 125 participants. 18 rounds were conducted with 6 participants and the winner of each round was selected for the semi-finals and then followed by the finals. The winner was Vrinda Suresh of Malayalam optional. Second and third place was secured by Nimmy Elizabeth of English and Merin Shajan of natural science optional respectively.

The next event was a long jump, it began by 10:15 am and lasted till 12:15. There were two rounds where participants with high scores proceeded to the second round. 2.30m were required to be covered in order to be selected for the third round. Among them Anju Pratap from Malayalam optional, Arya TK from Social Science optional, and Nimmy Elizabeth George from English optional scored first, second, and third place respectively.

The third event was shotput which began at 10:00 am and till 12:00 pm and consisted of two rounds.

Second-year students participated followed by the first years. 11 competitors were selected for the finals among which 4 students secured the first, second, and third positions.

Anila Shaju of physical science optional secured the first position and Shreeshna M of Natural Science optional Secured Second position. The third position was shared by Minu Mary of English optional and Nanditha J of Maths optional.

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The fourth event was Discus Throw, it began at 12:10 pm. The opening round was played by the second-year students followed by the first years. The winners were Merin Shajan of natural science optional, Jayalakshmi Jayakumar of Malayalam optional, and Shreeshna M of Natural science optional respectively.

The last event to be conducted was a Relay race between the four houses which commenced by 12:50 pm. The first runners were Rosemary, Vandana, Agatha, and Anju and the race concluded with the anchors Anju, and Merize. Vrinda and Nimmy. The match was won by Radhakrishna House followed by Nehru, Tagore, and Mahatma House.

By 1:15 pm the competitions came to an end. The winners of the individual competitions were awarded and the winners of the march past were also announced. Radhakrishna secured the first position followed by Mahatma and Tagore house. Individual champions were Shreeshna M and Nimmy Elizabeth. Total marks were counted and the Winning house was announced.

Tagore House secured the position of overall championship followed by Radhakrishna, Nehru, and Tagore House. After the photography session, Chairperson Nimmy Elizabeth gave a vote of thanks and the



program concluded by 1:50 pm.

March Past

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Inauguration of the Ceremony



Oath Taking Ceremony



Alice Joseph

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





100m Race



Long Jump



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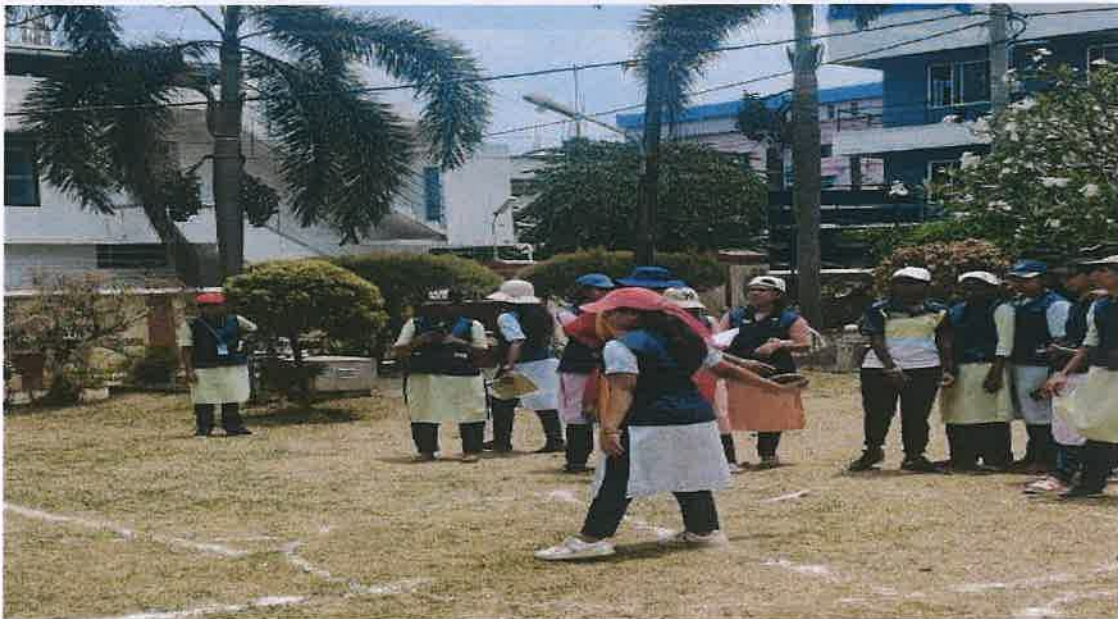




Shot Put



Discus Throw



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Relay Race



Individual Champions – Shreeshna M and Nimmy Elizabeth



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Overall, Champions – Tagore House



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

Celebration of Azadi ka Amrit Mahotsav, 2022

Name of the Event	Celebration of Azadi ka Amrit Mahotsav, 2022
Objectives	<ol style="list-style-type: none">1. To honor India's independence struggle and freedom fighters2. To commemorate and celebrate India's 75 years of Independence and its remarkable history3. To boost people's movements by concentrating on critical areas of social and cultural development
Details of Event Coordinators	Dr. Siji John Assistant Professor (Social Science Education) St. Joseph College of Teacher Education for Women, Ernakulam
Date	16/08/2022
Time	9.00 AM – 1.00 PM
Duration	4 hours
Beneficiaries	Student teachers- 23, Faculty- 1
Event Venue	St. Joseph College of Teacher Education for Women, Ernakulam

Programme Report

The Independence is celebrated nationwide every year in order to make the citizens to commemorate the struggles, courage and the bravery exhibited by the tenacious patriots and freedom fighters of India. The day serves to remind people of all the values, colorful history, pride, diversity, cultural richness and landscapes of which citizens of India should all be very proud to call mother country. Independence Day is also the day on which people remember and honor the selfless sacrifices made by our freedom fighters who fought vigilantly and with a high sense of patriotism to free the nation from the British rule. The Azadi Ka Amrit Mahotsav is a sequence of events organized by the Government of India to honor India's 75th year of independence and its legendary history. This grand celebration is dedicated to those

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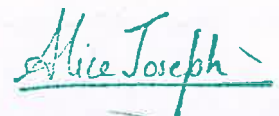


people who have contributed significantly for the evolutionary progress of India. The phrase "Azadi ka Amrit Mahotsav" alludes to the pinnacle of India's political, economic and sociocultural progress. The Azadi Ka Amrit Mahotsav was launched in the year 2021 and it will end post a year on 15th August 2023.

St. Joseph College of Teacher Education for Women, Ernakulam organized celebration of Azadi ka Amrit Mahotsav on 16th August 2022 from 9.00 AM to 1.00 PM in the college. The event was celebrated with the aim of commemorating India's 75 years of independence and to honor the nation's independence struggle and freedom fighters. The celebratory event was coordinated by Dr. Siji John, Assistant professor in Social Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The beneficiaries of the celebration were B. Ed and M. Ed student teachers from 2021-2023 batch and 2020-2022 batch respectively.

The celebration of Azadi ka Amrit Mahotsav, 2022 started exactly at 9.00 AM at St. Joseph College of Teacher Education for Women, Ernakulam. The celebration was planned and organized as per the instructions received by the college from the Higher Education Department. The college has received a letter from the Higher Education Department with reference to the celebration of Azadi ka Amrit Mahotsav for which the college was requested to conduct events or programmes by focusing on the themes as per the schedule. As per the instructions, St. Joseph College of Teacher Education for Women, Ernakulam organized and carried out wall painting based on the theme of independence. Student teachers and student educators from various optionals participated in the wall painting event and made it vibrant and fruitful. A tribute to the freedom struggle and freedom fighters were the theme focused by the college for the wall painting. The painting was completed by 1.00 PM with the mesmerizing depiction of fighting soldiers and the rich culture of India.

The entire celebration of Azadi ka Amrit Mahotsav, 2022 was indeed a fruitful and productive celebration for the student teachers. It could enhance their creative and artistic skills and also helped develop a sense of patriotism in them. It could enhance the knowledge of student teachers regarding the legendary history of their nation.



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**ST. JOSEPH COLLEGE OF TEACHER
EDUCATION FOR WOMEN ERNAKULAM**

**INDEPENDENCE DAY
CELEBRATION 2022**

**AUGUST 16
PROGRAMME SCHEDULE**

**PRAYERS
(STUDENTS)**

**WELCOME
(DR. SMITHA JOSE)**

**INAUGURATION AND TALK
(MR. JUSTICE KURIAN JOSEPH
FORMER JUDGE OF SUPREME COURT OF INDIA)**

**PRIZE DISTRIBUTION
(AZADI KA AMRUTH MAHOLSAV)**

**VOTE OF THANKS
(CHAIR PERSON)**

NATIONAL ANTHEM



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Celebration of Azadi ka Amrit Mahotsav, 2022

Photo Gallery



Student teachers from St. Joseph College of Teacher Education for Women, Ernakulam engaged in wall painting as part of celebrating Azadi ka Amrit Mahotsav, 2022

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Celebration of Azadi ka Amrit Mahotsav, 2022

Programme Details

Name of the Event	Celebration of Azadi ka Amrit Mahotsav, 2022
Date	16/08/2022
Time	9.00 AM – 1.00 PM
Duration	4 hours
Beneficiaries	Student teachers- 23, Faculty- 1
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. Siji John	Assistant Professor (Social Science Education)

Students list:

Sl. No	Name	Batch
1	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
2	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
3	Liya Baby	2021-2023 batch (B Ed. Malayalam)
4	Pranaya P.M	2021-2023 batch (B Ed. Malayalam)
5	Sneha M.M	2021-2023 batch (B Ed. Malayalam)
6	Gurumahima M V	2021-2023 batch (B Ed. English)
7	Sandra Joy	2021-2023 batch (B Ed. English)
8	Pratibha S	2021-2023 batch (B Ed. English)
9	Parvathy M	2021-2023 batch (B Ed. Mathematics)
10	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)



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11	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
12	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
13	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
14	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
15	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
16	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
17	Shalini P S	2021-2023 batch (B Ed. Natural Science)
18	Mary Rinu K.F	2021-2023 batch (B Ed. Social Science)
19	Minu Joy	2021-2023 batch (B Ed. Social Science)
20	Josephine Sharel Lopez	2020-2022 batch (M Ed. Social Science)
21	Naseeha Nazeer	2020-2022 batch (M Ed. Mathematics)
22	Lini John	2020-2022 batch (M Ed. Science)
23	Sharel Jazrael Alwin	2020-2022 batch (M Ed.)

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Workshop on Yoga

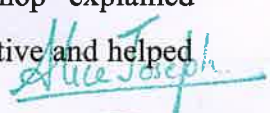
Name of the Event	Workshop on Yoga
Objectives	<ol style="list-style-type: none">1) To understand the basics of yoga.2) To enable the student teachers to know the benefits of yoga in schools.3) To help student teachers to keep themselves calm from stress and anxiety
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Dates	13/10/2022 – 14/10/2022; 17/10/2022-18/10/2022
Time	9.00 AM- 12.00 PM
Duration	2 days (Batch A), 2 days (Batch B)
Beneficiaries	Student Teachers (Total No.98)
Event Venue	St. Joseph College of Teacher Education for Women, Ernakulam

Programme Report

Yoga - the art of healthy living brings harmony between mind and body. On the 13th, 14th, 17th, and 18th of October 2022, St. Joseph College of Teacher Education for Women, Ernakulam conducted a yoga workshop. Fr. Peter Thiruthanathil was the resource person. The workshop was a half-day programme from 9.00 AM to 12 noon.

The six optional subject student teachers were divided into batches A and B. Both batches had two days of yoga workshops. For batch A, the workshop was scheduled from 13/10/2022-14/10/2022 and, for B batch, it was from 17/10/2022-18/10/2022.

Yoga Workshop was not just the training of yoga poses and practices but a deep knowledge about the philosophy of yoga, and its benefits, and all the theoretical aspects were explained by the resource person. The resource person of the workshop explained various 'asanas' or postures with their benefits. The session was very informative and helped the student teachers to understand the concept of yoga.


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The student teachers practiced various postures individually under the guidance of the resource person. Corrections on accuracy, precision, and methods of various yoga postures like *shalabhasana*, *sooryanamasakara*, *kukudasana*, *dhanurasana*, *padmasana*, and *trikonasana* were given by the resource person.

People practicing yoga are likely to enjoy various physical and mental health benefits. It was a relishing and energizing experience for all the participants. The student teachers were active and happy to take part in the programme.



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

'Mizhivu'- Arts Day, 2022

Name of the Event	'Mizhivu'- Arts Day, 2022
Objectives	<ol style="list-style-type: none">1. To instill in student teachers the spirit and diversity of creativity and culture2. To provide a platform for students to showcase and hone their talents and skills3. To help student teachers eliminate stage fear and inhibitions and thereby boost self-esteem and confidence
Details of Event Coordinators	Ms. Anu Cleetus Assistant Professor (Education) St. Joseph College of Teacher Education for Women, Ernakulam Dr. Ceby George Assistant Professor (Physical Education) St. Joseph College of Teacher Education for Women, Ernakulam
Details of Chief-Guest	Krishnakumar K.S Associate Professor SNM Training College Moothakunnam
Date	21/06/2022 & 25/06/2022
Time	3.00 PM – 4.00 PM (21/06/2022) 10.00 AM – 4.00 PM (25/06/2022)
Duration	7 hours
Beneficiaries	Student Teachers- 96 , faculty-15
Event Venue	Multipurpose Hall, St. Joseph College of Teacher Education for Women Ernakulam

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'Mizhivu'- Arts Day, 2022

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam celebrated arts day, 'Mizhivu 2022' for the 2020-2022 batch on 21st June 2022 and 25th June 2022 at the college multipurpose hall. Ms. Anu Cleetus, Assistant Professor in Education and Dr. Ceby George, Assistant Professor in Physical Education at St. Joseph College of Teacher Education for Women, Ernakulam were the faculty programme coordinators for the arts day. The student coordinators for the arts day programme were Ms. Athira Sabu, student teacher from Malayalam optional and Ms. Olivia Tresa A.A, student teacher from Social Science optional at St. Joseph College of Teacher Education for Women, Ernakulam. The arts day is celebrated every academic year with an aim of instilling in the spirit and diversity of creativity and culture in students, to provide them with platform to showcase and hone their talents and skills and also to help student teachers eliminate stage fear and inhibitions and thereby boost self-esteem and confidence. All student teachers (2020-2022 batch) and faculty members actively participated in the arts day celebration.

Even though, the official inauguration and commencement of on-stage programme for arts day were scheduled on 25th June 2022, the planning and off-stage competitions started prior to the official inauguration. The programme was conducted after thorough planning and discussion and it was decided to conduct off-stage and on-stage programmes. On 20th June 2022, a common meeting was held at college multipurpose hall under the leadership of the student and faculty coordinators of the arts day programme for the purpose of discussing about the event. The competitions and other details of the event were planned and discussed on the day. The off-stage programme was scheduled to be conducted on 21st June 2022 and on-stage event was scheduled on 25th June 2022. It was also decided during the meeting that participation in competitions will be based on house wise and the student teachers were divided into four Houses namely Mahatma House, Tagore House, Radhakrishnan House and Nehru House. The decision raised the spirit of the students and it was instructed that the House which secures the highest point will be the winners for the arts day, 'Mizhivu 2022'. The following were the 4 Houses and its members:

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SL.NO.	HOUSE	STUDENT MEMBERS
1	Mahatma House	Deniya Stanly (B Ed. Physical Science) Athira Anil (B Ed. Physical Science) Arya C.S (B Ed. English) Nandini Sagar (B Ed. Natural Science) Catherine Varghese (B Ed. Malayalam) Amala Sajeev (B Ed. Mathematics) Anjana Vijayan (B Ed. Natural Science) Shereena G (B Ed. Natural Science) Neethu P D (B Ed. Physical Science) Aparna Raveendran (B Ed. Social Science) Sumayya H E (B Ed. Mathematics) Soumya Murugan (B Ed. Mathematics) Asha Joseph (B Ed. Social Science) Olivia Tresa A.A (B Ed. Social Science) Fathima Beevi A I (B Ed. Natural Science) Meenu Anna Mathai (B Ed. Social Science) Rosmy Geo (B Ed. Social Science) Athira Sabu (B Ed. Malayalam) Kavya Joseph (B Ed. English) Alina Celine Lancy (B Ed. English) Melvin Daniel (B Ed. English) Amitha James (B Ed. Malayalam) Athira C.S (B Ed. English)
2	Tagore House	Meera R (B Ed. Mathematics) Athira Raju (B Ed. Malayalam) Sreelakshmi T.A (B Ed. Natural Science) Krishna M.K (B Ed. Natural Science) Merin Johny (B Ed. Mathematics) Chandrika C R Sharma (B Ed. Physical Science) Anjana Narayanan (B Ed. Malayalam) Fathemath Sahadiya (B Ed. Mathematics) Nimisha N.K (B Ed. Natural Science) Aswani K. Shaji (B Ed. Social Science)



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		<p>Ans Jose (B Ed. Social Science) Salini K B (B Ed. Malayalam) Christeena John (B Ed. Physical Science) Aneeta Anson (B Ed. Social Science) Rinju Jolly (B Ed. English) Milu Hasan K H (B Ed. Social Science) Dona Mariya Thomas (B Ed. English) Ann Mathew (B Ed. Natural Science) Arunima K Shaji (B Ed. English) Mariatta D Kappan (B Ed. English) Nikhila Baby (B Ed. Mathematics) Parvathy V (B Ed. English) Aagi Tom (B Ed. English)</p>
3	Radhakrishnan House	<p>Revathy N (B Ed. Social Science) Arya Balachandran (B Ed. English) Josna Joy (B Ed. English) Elizabeth Maria Babu (B Ed. Mathematics) Anju A (B Ed. Natural Science) Nausheen N (B Ed. Natural Science) Megha T M (B Ed. Mathematics) Mayamol Thomas (B Ed. Malayalam) Shiyara K.S (B Ed. Natural Science) Jinu Anna Varghese (B Ed. Natural Science) Cris Francis (B Ed. Mathematics) Jisna Mary P J (B Ed. Mathematics) Anakha K S (B Ed. Malayalam) Athira Babu (B Ed. Malayalam) Abhirami Soman (B Ed. Malayalam) Aparna S (B Ed. Physical Science) Stella Avirappatt (B Ed. Physical Science) Keerthana Tomy (B Ed. Physical Science) Aswathi P (B Ed. Social Science) Lida Mathew (B Ed. Physical Science) Amrutha Satheesan (B Ed. Social Science)</p>

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		Tency Davis (B Ed. Social Science) Saniya Varghese (B Ed. English)
4	Nehru House	Sreejitha A K (B Ed. Social Science) Meera Mathew (B Ed. Social Science) Vismaya Mohanan (B Ed. Malayalam) Aleena Roy (B Ed. Malayalam) Krishna Murali (B Ed. Natural Science) Rosaliya George (B Ed. Natural Science) Evelyn Thankachan C K (B Ed. Natural Science) Anju Abraham P (B Ed. Physical Science) Aneesha Mohan (B Ed. Mathematics) Liya Thomas (B Ed. Social Science) Alvina Carmel (B Ed. Mathematics) Lilly Riya (B Ed. Mathematics) Lia Rose Tomson (B Ed. Mathematics) Aneeta Joy (B Ed. Physical Science) Shilpa Stanly (B Ed. Malayalam) Varsha Varghese (B Ed. Natural Science) Lakshmy K P (B Ed. Social Science) Mariya Deepthy (B Ed. Physical Science) Arya M A (B Ed. Physical Science) Anna Susan Jacob (B Ed. English) Sneha Joseph (B Ed. English) Blessy Babu (B Ed. Malayalam) Sreelekha R (B Ed. English) Anitta Sunny (B Ed. Mathematics) Anitta Sheen Theresa (B Ed. Natural Science) Bobina Antony (B Ed. Malayalam) Reshma S Babu (B Ed. Physical Science)

The funding source for the entire programme was St. Joseph College of Teacher Education for Women, Ernakulam itself. During the meeting held on 20th June 2022, different committees were formed for the effective Organisation and functioning of arts day. Registration committee, stage arrangement committee, time management committee,



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discipline committee, certification committee were the major committees formed for the arts day programme. Each committee were entrusted with particular duties and responsibilities.

The off-stage competitions as part arts day celebration was conducted on 21st June 2022 at 3 PM. Key off-stage competitions included:

- ✚ Poem writing (Malayalam)
- ✚ Hindi Poetry
- ✚ Poem writing (English)
- ✚ Story writing (Malayalam)
- ✚ Story writing (English)
- ✚ Essay writing (Malayalam)
- ✚ Essay writing (English)
- ✚ Drawing Competition

Student teachers participated in all of the competitions enthusiastically and the active participation made the programme successful.

On 25th June 2022, the official inauguration event of arts day and the commencement of on-stage competitions were held. The event was held at college multipurpose hall. The programme started at 10.00 AM with a prayer song by Ms. Blessy Babu, student teacher from Malayalam optional. The prayer was followed by the welcome speech delivered by Ms. Olivia Tresa A.A, student teacher from Social Science optional who was the Assistant Student Coordinator for the arts day programme. Ms. Olivia officially welcomed everyone to the programme. The welcome speech was succeeded by a poem recitation by Ms. Athira Raju, student teacher from Malayalam optional. The welcome speech was followed by the presidential address for the programme. The presidential address for the event was delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph reminded all students to utilize platforms like arts day celebrations to come out of their comfort zone and showcase their hidden talents and thereby boost self-confidence. The inauguration ceremony of the arts day was at 10.00 AM. The chief guest for the inaugural ceremony was Dr. Krishnakumar K.S, Assistant Professor at SNM Training College in Moothakunnam. After inauguration, Dr. Krishnakumar K.S delivered the inaugural address emphasizing on the significance of conducting arts day in educational

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institutions. He also enunciated that unity is an essential component which accelerates the success of an event especially arts day event. Dr. Krishnakumar K.S enunciated that arts day allows student teachers to express their ideas and talent to others through various art forms. When utilized appropriately, arts day becomes a platform for students to showcase their creativity and talent and enhance their confidence and self-esteem. The inaugural address was followed by a song performance by Ms. Aparna S, student teacher from Physical Science optional. After the song performance, the on-stage competitions started. The key competitions conducted were:

- ✦ Recitation (Malayalam)
- ✦ Recitation (English)
- ✦ Mono act
- ✦ Light music
- ✦ Patriotic song competition
- ✦ Folk song competition
- ✦ Thiruvathira competition

All of the houses, i.e., Mahatma House, Tagore House, Radhakrishnan House and Nehru House participated in all of the competitions actively. After all of the competitions winded up, the winners were announced. The winners for both off-stage and on-stage competitions were announced. Poem writing competition was conducted in Malayalam, English and Hindi languages. For poem writing in Malayalam language, the first prize was secured by Ms. Aparna S, student teacher from Physical Science optional (Radhakrishnan House member). The second prize for the competition was secured by Ms. Sreelekha R, student teacher from English optional (Tagore House member) and the third prize was secured by Ms. Meera Mathew, student teacher from Social Science optional (Nehru House member). For Hindi poetry competition, the first position was secured by Ms. Sreelekha R, student teacher from English optional (Tagore House member). The second and third prizes were secured by Ms. Nikhila Baby, student teacher from Mathematics optional (Mahatma House member) and Ms. Aswani K Shaji, student teacher from Social Science optional (Tagore House member) respectively. For poem writing competition in English language, the first prize was secured by Ms. Nikhila Baby, student teacher from Mathematics optional (Mahatma House member). The second prize for the competition was secured by Ms. Arya



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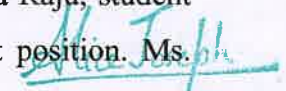


Balachandran, student teacher from English optional (Radhakrishnan House member). The third prize was secured by Ms. Stella Avirappatt, student teacher from Physical Science optional (Radhakrishnan House member).

Story writing competition was conducted in Malayalam and English languages. For story writing competition in Malayalam language, the first prize was secured by Ms. Athira Babu, student teacher from Malayalam optional (Radhakrishnan House member). The second and third prizes were secured by Ms. Anjana Vijayan, student teacher from Natural Science optional (Mahatma House member) and Ms. Anjana Narayanan, student teacher from Malayalam optional (Tagore House member) respectively. For story writing competition in English language, the first prize was secured by Ms. Lia Rose Tomson, student teacher from Mathematics optional (Nehru House member). The second and third prizes were secured by Ms. Shereena G, student teacher from Natural Science optional (Mahatma House member) and Ms. Melvin Daniel, student teacher from English optional (Nehru House member) respectively.

The essay writing competition was conducted in Malayalam and English languages. For essay writing competition in Malayalam language, the first prize was secured by Ms. Anjana Vijayan, student teacher from Natural Science optional (Mahatma House member). The second and third prizes were secured by Ms. Shiyara K.S, student teacher from Natural Science optional (Radhakrishnan House member) and Ms. Abhirami Soman, student teacher from Malayalam optional (Radhakrishnan House member) respectively. For essay writing competition in English language, the first prize was secured by Ms. Olivia Tresa A.A, student teacher from Social Science optional (Mahatma House member). The second prize for the competition was secured by Ms. Neethu P.D, student teacher from Physical Science optional (Mahatma House member). The third prize for the essay writing competition in English language was secured by Ms. Anna Susan Jacob, student teacher from English optional (Tagore House member). For drawing competition, the first prize was secured by Ms. Nikhila Baby, student teacher from Mathematics optional (Mahatma House member). The second and third prizes for the competition were secured by Ms. Sreejitha A.K, student teacher from Social Science optional (Nehru House member) and Ms. Krishna M.K, student teacher from Natural Science optional (Tagore House member) respectively.

Recitation competition was conducted in Malayalam and English languages in on-stage category. For recitation competition in Malayalam language, Ms. Athira Raju, student teacher from Malayalam optional (Tagore House member) secured the first position. Ms.


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Vismaya Mohanan, student teacher from Malayalam optional (Nehru House member) and Ms. Aparna S, student teacher from Physical Science optional (Radhakrishnan House member) secured the second and third positions for the competition respectively. For recitation competition in English language, the first position was secured by Ms. Anns Jose, student teacher from Social Science optional (Tagore House member). Ms. Ms. Lia Rose Tomson, student teacher from Mathematics optional (Nehru House member) secured the second position and Ms. Saniya Varghese, student teacher from English optional (Radhakrishnan House member) secured third position for the competition.

For mono act competition, Ms. Meenu Anna Mathai, student teacher from Social Science optional (Mahatma House member) secured the first prize. The second and third prizes were secured by Ms. Anns Jose, student teacher from Social Science optional (Tagore House member) and Ms. Arya C.S, student teacher from English optional (Mahatma House member) respectively. For light music competition, Ms. Anitta Sheen Teresa, student teacher from Natural Science optional (Nehru House member) secured the first prize. The second and third prizes for the light music competition was secured by Ms. Aparna S, student teacher from Physical Science optional (Radhakrishnan House member) and Ms. Rosaliya George, student teacher from Natural Science optional (Nehru House member).

There were group competition items conducted during the arts day including patriotic song, folk song and Thiruvathira. For patriotic song competition, the first prize was secured by Radhakrishnan House. The second and third prizes were secured by Nehru and Tagore Houses respectively. For folk song competition, the first prize was secured by Mahatma House. The second and third prize were secured by Radhakrishnan and Tagore Houses respectively. The third prize for the competition was secured by Tagore House. For Thiruvathira competition, the first prize was secured by Radhakrishnan House. The second and third prizes were secured by Tagore and Nehru Houses respectively. After the announcement of winners, Ms. Athira Sabu, student teacher from Malayalam optional who was also the student coordinator for the arts day programme delivered the vote of thanks for the event.

All of the student teachers participated with great enthusiasm and faculty members' cooperation contributed to the success of the programme. The whole arts day programme turned out to be a platform where students could bring in their hidden talents and showcase their skills. The arts day celebration, 'Mizhivu 2022' winded up at 4.00 PM with National Anthem.

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'Mizhivu'- Arts Day, 2022

Photo Gallery



Brochure for 'Mizhivu 2022', arts day celebration of 2020-2022 batch held at St. Joseph College of Teacher Education for Women, Ernakulam



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Inaugural Ceremony of 'Mizhivu 2022', arts day celebration of 2020-2022 batch held at St. Joseph College of Teacher Education for Women, Ernakulam



Dr. Krishnakumar K.S, chief guest of 'Mizhivu 2022', arts day celebration of 2020-2022 batch held at St. Joseph College of Teacher Education for Women, Ernakulam delivering inaugural address for the event



Student teachers (2020-2022 batch) of St. Joseph College of Teacher Education for Women, Ernakulam participating in off-stage competitions conducted as part of 'Mizhivu 2022', arts day celebration held at St. Joseph College of Teacher Education for Women, Ernakulam



Student teachers and faculty members of St. Joseph College of Teacher Education for Women, Ernakulam with the chief guest, Dr. Krishnakumar K.S during the Inaugural Ceremony of 'Mizhivu 2022', arts day celebration of 2020-2022 batch held at St. Joseph College of Teacher Education for Women, Ernakulam



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Snippets from the performances of student teachers for various competitions during 'Mizhivu 2022', arts day celebration of 2020-2022 batch held at St. Joseph College of Teacher Education for Women, Ernakulam

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'Mizhivu'- Arts Day, 2022

Programme Details

Name of the Event	'Mizhivu'- Arts Day, 2022
Date	21/06/2022 & 25/06/2022
Time	3.00 PM – 4.00 PM (21/06/2022) 10.00 AM – 4.00 PM (25/06/2022)
Duration	7 hours
Beneficiaries	Student Teachers- 96 , faculty-15
Event Venue	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	Ms. Anu Cleetus	Assistant professor (Education)
3	Dr. Ceby George	Assistant Professor (Physical Education)
4	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
5	Dr. Smitha Jose	Assistant Professor (Education)
6	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
7	Dr. Betty P.J	Assistant Professor (Mathematics Education)
8	Dr. Joby Joy Kurian	Assistant Professor(Mathematics Education)
9	Dr. Rachel George M	Associate Professor (Natural Science Education)
10	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
11	Dr. Soya Mathew	Assistant Professor (Education)
12	Dr. Marin Jose	Assistant Professor (English Education)



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13	Dr. Siji John	Assistant Professor (Social Science Education)
14	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)
15	Ms. Rosy Tintu M.P	Assistant Professor (Physical Science Education)

Students list:

Sl. 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	Dona Mariya Thomas	2020-2022 batch (B Ed. English)
9	Josna Joy	2020-2022 batch (B Ed. English)
10	Kavya Joseph	2020-2022 batch (B Ed. English)
11	Mariatta D Kappan	2020-2022 batch (B Ed. English)
12	Melvin Daniel	2020-2022 batch (B Ed. English)
13	Parvathy V	2020-2022 batch (B Ed. English)
14	Rinju Jolly	2020-2022 batch (B Ed. English)
15	Sania Varghese	2020-2022 batch (B Ed. English)
16	Sneha Joseph	2020-2022 batch (B Ed. English)
17	Sreelekha R	2020-2022 batch (B Ed. English)
18	Abhirami Soman	2020-2022 batch (B Ed. Malayalam)
19	Aleena Roy	2020-2022 batch (B Ed. Malayalam)
20	Amitha James	2020-2022 batch (B Ed. Malayalam)

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21	Anakha K S	2020-2022 batch (B Ed. Malayalam)
22	Anjana Narayanan	2020-2022 batch (B Ed. Malayalam)
23	Athira Babu	2020-2022 batch (B Ed. Malayalam)
24	Athira Raju	2020-2022 batch (B Ed. Malayalam)
25	Athira Sabu	2020-2022 batch (B Ed. Malayalam)
26	Blessy Babu	2020-2022 batch (B Ed. Malayalam)
27	Bobina Antony	2020-2022 batch (B Ed. Malayalam)
28	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)
29	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
30	Salini K B	2020-2022 batch (B Ed. Malayalam)
31	Shilpa Stanly	2020-2022 batch (B Ed. Malayalam)
32	Vismaya Mohanan	2020-2022 batch (B Ed. Malayalam)
33	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
34	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
35	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
36	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
37	Cris Francis	2020-2022 batch (B Ed. Mathematics)
38	Elizabeth Maria Babu	2020-2022 batch (B Ed. Mathematics)
39	Fathemath Sahadiya	2020-2022 batch (B Ed. Mathematics)
40	Jisna Mary P J	2020-2022 batch (B Ed. Mathematics)
41	Lia Rose Tomson	2020-2022 batch (B Ed. Mathematics)
42	Lilly Riya	2020-2022 batch (B Ed. Mathematics)
43	Meera R	2020-2022 batch (B Ed. Mathematics)
44	Megha T.M	2020-2022 batch (B Ed. Mathematics)
45	Merin Johny	2020-2022 batch (B Ed. Mathematics)
46	Nikhila Baby	2020-2022 batch (B Ed. Mathematics)



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47	Soumya Murugan	2020-2022 batch (B Ed. Mathematics)
48	Sumayya H E	2020-2022 batch (B Ed. Mathematics)
49	Aneetta Joy	2020-2022 batch (B Ed. Physical Science)
50	Anju Abraham P	2020-2022 batch (B Ed. Physical Science)
51	Aparna S	2020-2022 batch (B Ed. Physical Science)
52	Arya M A	2020-2022 batch (B Ed. Physical Science)
53	Athira Anil	2020-2022 batch (B Ed. Physical Science)
54	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science)
55	Christeena John	2020-2022 batch (B Ed. Physical Science)
56	Deniya Stanly	2020-2022 batch (B Ed. Physical Science)
57	Keerthana Tomy	2020-2022 batch (B Ed. Physical Science)
58	Lida Mathew	2020-2022 batch (B Ed. Physical Science)
59	Mariya Deepthy	2020-2022 batch (B Ed. Physical Science)
60	Neethu P D	2020-2022 batch (B Ed. Physical Science)
61	Reshma S Babu	2020-2022 batch (B Ed. Physical Science)
62	Stella Avirappatt	2020-2022 batch (B Ed. Physical Science)
63	Anitta Sheen Theresa	2020-2022 batch (B Ed. Natural Science)
64	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
65	Anju A	2020-2022 batch (B Ed. Natural Science)
66	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
67	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
68	Fathima Beevi A I	2020-2022 batch (B Ed. Natural Science)
69	Jinu Anna Varghese	2020-2022 batch (B Ed. Natural Science)
70	Krishna M K	2020-2022 batch (B Ed. Natural Science)
71	Krishna Murali	2020-2022 batch (B Ed. Natural Science)
72	Nandini Sagar	2020-2022 batch (B Ed. Natural Science)





73	Nausheen N	2020-2022 batch (B Ed. Natural Science)
74	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
75	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
76	Shereena G	2020-2022 batch (B Ed. Natural Science)
77	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
78	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
79	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
80	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
81	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
82	Ans Jose	2020-2022 batch (B Ed. Social Science)
83	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
84	Asha Joseph	2020-2022 batch (B Ed. Social Science)
85	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
86	Aswathi .P	2020-2022 batch (B Ed. Social Science)
87	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
88	Liya Thomas	2020-2022 batch (B Ed. Social Science)
89	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
90	Meera Mathew	2020-2022 batch (B Ed. Social Science)
91	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
92	Olivia Tresa A.A	2020-2022 batch (B Ed. Social Science)
93	Revathy N	2020-2022 batch (B Ed. Social Science)
94	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
95	Sreejitha A K	2020-2022 batch (B Ed. Social Science)
96	Tency Davis	2020-2022 batch (B Ed. Social Science)

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