



St. Joseph College of Teacher Education for Women Ernakulam



Criterion III- Research and Outreach Activities

3.3.2: Report of Each Outreach Activity Organized by the Institution

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



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(Affiliated to Mahatma Gandhi University, Kottayam)

Recognised by NCTE

DECLARATION

The number of Students participating in the outreach activities organised by the institution during the last five years is as follows

| Year | 2022-2023 | 2021-2022 | 2020-2021 | 2019-2020 | 2018-2019 | Total |
|---|-----------|-----------|-----------|-----------|-----------|-------|
| Number of Students participating in outreach activities | 218 | 218 | 212 | 206 | 214 | 1068 |



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The following were the number of students participated in the Outreach Activities organized by the College during the years 2018-19, 2019-20, 2020-21, 2021-22, 2022-23.

| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|------------------|---|---|------------|--------------------------|
| 2022-2023 | | | | |
| 2022-2023 | Grocery Kit Preparation and Distribution Outreach | Volunteering Community Service- Food Distribution Drive for Needy Families | 21-06-2022 | 96 |
| 2022-2023 | Mangrove Cultivation and Planting : A Day of Environmental Awareness | Environmental Restoration Outreach Initiative. | 22-06-2022 | 96 |
| 2022-2023 | Paper Bag Making and Distribution: A College Outreach Initiative for Plastic Reduction | Community Engagement for Sustainable Packaging | 23-06-2022 | 96 |
| 2022-2023 | Outreach Programme at Ranimatha Public School- International Day Against Drug Abuse | Awareness Campaigns for Student Teachers and School Students against Drugs | 24-06-2022 | 16 |
| 2022-2023 | Outreach Activity "Kootu" at Deshbandhu School Chathamma | Donation of Books and Setting up of Class Library, Awareness Campaign among School Students related to Good Habits, Proper Usage of Mobile Phones | 15-07-2022 | 96 |



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| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|---|---|--|--------------------------|
| 2022-2023 | Outreach Activity at Snehasadan Special School | Inclusive and Beneficial Outreach Activity under the Category of "Disability Awareness and Accessibility Outreach." | 12-08-2022 | 11 |
| 2022-2023 | An Awareness Programme on Sustainable Energy Consumption at Malayalees- Self helping Group at Arayankavu and Palarivattom and Kanjoor Panchayat | Outreach Survey on Sustainable Energy Consumption, Sustainable Energy Outreach Initiative and Survey | 04-09-2022 | 2 |
| 2022-2023 | Outreach Programme at Anganwadi, Edathala Grama Panchayat- Aluva at Anganavadi, Kadamattom at Anganwadi, Pazhanganad | Education outreach programme and Basic Hygiene Education Outreach Class-Class on basic hygiene practices among children between the age of 3 to 6 years | 05-09-2022 , 06-09-2022 06-09-2022 03-09-2022, 05-09-2022, 06-09-2022 | 3 |
| 2022-2023 | Outreach- Free Tuition for the Needy Children | Outreach- Tutoring the Needy Children | 05-09-2022 to 11-09-2022 | 1 |



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| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|---|---|---|--------------------------|
| 2022-2023 | An Awareness programme on Sustainable Energy Consumption in Homes at Kumbalangi Village and Manickamangalam Village | Outreach Survey on Sustainable Energy Consumption, Sustainable Energy Outreach Initiative and Survey | 07-09-2022, 08-09-2022, 11-09-2022 and 22-09-2022 | 2 |
| 2022-2023 | Food Distribution near General Hospital, Ernakulam | Health and Wellness Outreach-Offering Nutritious Meals to Individuals Experiencing Hunger on the Streets. | 07-09-2022 | 4 |
| 2022-2023 | Cleaning and Setting Public Library Mookkannoor. | Community Library Restoration and Cleanup Outreach Initiative | 07-09-2022 | 1 |
| 2022-2023 | Food distribution near APJ Kalam Marg, Marine Drive, Kochi | Health and Wellness Outreach-Offering Nutritious Meals to Individuals Experiencing Hunger on the Streets. | 09-09-2022 | 5 |
| 2022-2023 | Awareness Campaign on Plastic Pollution in the 7th and 9th wards of Arakkunnam Panchayath, Ernakulam | Plastic Pollution Awareness Outreach Campaign | 09-09-2022 | 1 |



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| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
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| 2022-2023 | An Awareness Programme on Sustainable Energy Consumption in Homes at Amala Bhavan Road- Kadavanthara, and at Kandanad-Udayamperoor | Outreach Survey on Sustainable Energy Consumption, Sustainable Energy Outreach Initiative and Survey | 10-09-2022 and 11-09-2022 | 2 |
| 2022-2023 | An Awareness Programme on Sustainable Energy Consumption in Homes at South Chittoor, Puthenvelikara and Kannur | Outreach Survey on Sustainable Energy Consumption, Sustainable Energy Outreach Initiative and Survey | 10-09-2022 and 11-09-2022 | 3 |
| 2022-2023 | Dengue Fever Awareness Campaign at Manjoor Panchayat- Kottayam, Adimaly, Eramam- Mupathadam, and some other localities in Ernakulam | Dengue Fever Public Awareness Outreach. | 10-09-2022, 11-09-2022, 12-09-2022 | 6 |
| 2022-2023 | Awareness Campaign for Teenage Girls and Females of Choornikara Panchayath of Ernakulam District, regarding the Use of Menstrual Cups | Health Education Outreach Programme Promoting Menstrual Cup Usage among Women and Teenagers. | 10-09-2022 | 1 |



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| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|---|---|--------------------------|-----------------------------------|
| 2022-2023 | Outreach Programme at Different Art Centre(DAC)-for Differently Abled Children at Trivandrum | Inclusive and Beneficial Outreach Activity under the Category of "Disability Awareness and Accessibility Outreach." | 14-09-2022 | 9 |
| 2022-2023 | Community Project on Socially / Educationally Relevant issue | Community and Academic Outreach Programme | 31-09-2022 to 10-10-2022 | 99 |
| 2022-2023 | Outreach Programme-Anti drug Awareness Rally as Anti-drug Campaign | Awareness Campaign for the Public, Student Teachers and School Students against Drugs | 01-10-2022 | 43 |
| 2022-2023 | Development and Donation of Learning Resource Materials for School Pupils-ICT Supported Materials, and the like | "Enhancing Education with ICT-Supported Learning Materials: School-Based Development and Donation. | 19-10-2022 to 02-02-2023 | 96 |
| 2022-2023 | Awareness Programme for Parents on Drug abuse among College Students | Awareness Campaign for the Parents against Drugs | 22-10-2022 | 56 Parents 17 Student Teachers |
| 2022-2023 | Outreach Activity: Say No to Drugs: Flash mob at Seematti, Kacheripady, Ernakulam | Awareness Campaign for the Public Against Drugs | 26-10-2022 | 31 |



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| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|--|--|------------|--------------------------|
| 2022-2023 | Outreach Activity: Addiction to Life not to Drugs: Flash Mob at Rainbow Bridge Marine Drive | Awareness Campaign for the Public Against Drugs | 26-10-2022 | 31 |
| 2022-2023 | Outreach Activity: Addiction to Life not to Drugs: Flash Mob at Lulu Mall, Edapally. | Awareness Campaign for the Public Against Drugs | 30-10-2022 | 31 |
| 2022-2023 | United and Stand Against Narcotics: A Human Chain Initiative | Community-Wide Demonstration of Unity against Narcotics | 01-11-2022 | 99 |
| 2022-2023 | Outreach Programme with the Project VENDRA- A Fourth Wave Foundation Initiative(NGO)- Seminar on Addiction among School Children | Awareness Campaigns for the Student Teachers on Tackling Problems related to Substance Abuse among School Children | 05-11-2022 | 98 |
| 2022-2023 | Outreach Programme at Chavara Special School for The Mentally Retarded | Outreach Programme for the Mentally Retarded | 10-11-2022 | 17 |
| 2022-2023 | St. Joseph College's Anti-Drug Outreach Shines at Indian Super League Football Match in Kochi | A Youth-Led Anti-Drug Advocacy and Awareness Initiative. | 13-11-2022 | 3 |



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| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|--|--|--------------------------|--------------------------|
| 2022-2023 | Outreach Programme in collaboration with Excise Department at Ranimatha Public School: Kick Addiction, Embrace Life: Football Challenge against Drug Addiction | Outreach Programme against Drug Addiction | 23-11-2022 | 98 |
| 2022-2023 | Energy Conservation Day Campaign-Outreach Programme for the Public related to Energy Conservation Day at Ernakulam South Railway Station | Environmental Research and Education Outreach - Raise Environmental Conciousness and Promote Sustainable Practices | 16-12-2022 | 16 |
| 2022-2023 | Energy Conservation Day Campaign-Outreach Programme for the Public related to Energy Conservation Day at Households in Kacheripady, Ernakulam | Community Engagement and Energy Conservation Outreach | 16-12-2022 | 34 |
| 2022-2023 | URVI-Extent-Enhance-Enlighten Community Engagement Camp in Collaboration with Tribal Extension Office and Forest Department, Peerumedu-Outreach programme for the Tribal Group- Malapandaram at Vandiperiyar, Idukki | Community Development and Educational Outreach Programme for the Tribal Group | 16-12-2022 to 19-12-2022 | 31 |
| 2022-2023 | Outreach Programme at Govt. Children's Home, Kakkanad: Xmas celebration and Distribution of X mas Gifts for the Inmates | Festive Care and Gift Giving Outreach at Govt. Children's Home, Kakkanad. | 18-12-2022 | 24 |



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| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|------------------|--|---|--------------------------|--------------------------|
| 2022-2023 | Miksha -Outreach Programme at Government Old Age Home, Thevara. | Elderly Care and Support Initiative, Senior Citizen Outreach and Well-being Programme | 19-12-2022 | 17 |
| 2022-2023 | Outreach Programme at Catholic Congregation of Blinds, Nalam Mile, Perumbavoor | Outreach Programme for the Blind | 19-12-2022 | 24 |
| 2022-2023 | Free tuition for inmates of Government Childrens Home, Kakkanad | Outreach- Tutoring the Needy Children | 20-04-2023 to 18-05-2023 | 20 |
| 2022-2023 | Donation of Bicycle for The inmates of Govt. Children's Home , Kakkanad | Empowering Youth at Govt. Children's Home, Kakkanad, through Bicycle Donation | 30-05-2023 | 9 |
| 2021-2022 | | | | |
| 2021-2022 | Developed Audio Tutorials for Visually Challenged Students | Inclusive and Beneficial Outreach Activity under the Category of "Disability Awareness and Accessibility Outreach." | 26-05-2021 to 20-10-2021 | 24 |
| 2021-2022 | Horizon 2021- International Day against Drug Abuse and Illicit Trafficking | Awareness Campaigns for Student Teachers against Drugs | 26-06-2021 | 85 |
| 2021-2022 | Navajeevanam: Empowering Tomorrow's Leaders Through Cyber Awareness | A supportive Initiative for School Students | 14-09-2021 | 101 |
| 2021-2022 | Navajeevanam: Where Are Our Adolescents | An Awareness Campaign for Understanding the Adolescents | 17-09-2021 | 97 |



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Recognised by NCTE

DECLARATION

| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|---|--|--------------------------|--------------------------|
| 2021-2022 | Outreach activity at Deshbandhu School Chathamman-Donation of Teaching -Learning aids | Outreach Programme at the Rural School | 26-10-2021 | 97 |
| 2021-2022 | Development and Donation of Learning Resource Materials for School Pupils-ICT Supported Materials, and the like | Academic Outreach Programme | 23-11-2021 to 15-02-2022 | 95 |
| 2021-2022 | End Inequalities, End AIDS- World AIDS Day Programme,2021 | Outreach activity to Raise Awareness, Provide Education, and Promote Actions to combat HIV/AIDS. | 01-12-2021 | 88 |
| 2021-2022 | Community Project on Socially / Educationally Relevant issue | Community and Academic Outreach Programme | 03-12-2021 to 13-12-2021 | 96 |
| 2021-2022 | Seminar on Yoga and Meditation for developing Multiple Intelligences - Music Therapy and Art Therapy | Health and Wellness Outreach | 14-01-2022 | 98 |
| 2021-2022 | Outreach Programme at Studium Solutions, 2022 | Outreach for the Differently Abled | 14-02-2022 | 10 |
| 2021-2022 | Outreach Programme at Devikulam Munnar | Environmental Research and Education Outreach - Raise Environmental Conciousness and Promote Sustainable Practices | 21-02-2022 | 12 |
| 2021-2022 | Free Tuition and Vacation classes, Government Childrens Home, Kakkanad | Outreach- Tutoring the Needy Children | 18-04-2022 to 30-04-2022 | 36 |
| 2021-2022 | Expanding Horizons: Empowering Women through Outreach-Mat Preparation | Community Outreach for Women's Empowerment through Sustainable Mat Preparation. | 05-03-2022 | 23 |



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DECLARATION

| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|------------------|---|---|------------|--|
| 2021-2022 | Community Cleaning Programme at District Ayurveda Hospital, Ernakulam | Community Engagement and Environmental Stewardship Outreach Activity. | 12-03-2022 | 22 |
| 2021-2022 | Community Cleaning Programme at Government Childrens Home, Kakkanad | Community Engagement and Environmental Stewardship Outreach Activity. | 12-03-2022 | 24 |
| 2021-2022 | Empowering Women of the Organisation KAIROS by providing Training in MAT Making at St. Marys Higher Secondary School, Ernakulam | Community Outreach for Women's Empowerment through Sustainable Mat Preparation. | 12-03-2022 | 26 |
| 2021-2022 | All Kerala Inter- Collegiate Poster Making Competition For Student Teachers on the theme : Yes to life, No to Drugs | Awareness Campaigns for Student Teachers against Drugs | 05-05-2022 | 30 |
| 2020-2021 | | | | |
| 2020-2021 | Addiction to Life, Not to Drugs | Awareness Campaigns for Students Teachers of other Teacher Education Colleges against Drugs | 26-06-2020 | 60 student teachers from our college and other student teachers from outside |
| 2020-2021 | Saisei 2020- Hiroshima Nagasakhi day | Awareness Campaign to Remind the People about the Suffering and Agony of Victims of Atomic Bombing in Hiroshima and Nagasakhi | 10-08-2020 | 129 |



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DECLARATION

| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|--|--|--------------------------|------------------------------------|
| 2020-2021 | Vocational Education- Nai Talim- Experiential Learning | Outreach- in Collaboration with MGNCRE, Hyderabad, subthemes being- Vocational Education, Self-Reliance, Swachtha and Health, Community Engagement | 23-10-2020 | 88 |
| 2020-2021 | Community Project on Socially / Educationally Relevant issue | Community and Academic Outreach Programme | 04-11-2020 to 14-01-2021 | 96 |
| 2020-2021 | Jagran Webinar series 1-Healthy Use of Mobile phones - Role of Parents | Outreach for Parents of Children studying in GVHSE, North Edapally and St. Joseph HSS, Konnamavu | 14-11-2020 | 10 student teachers and 84 parents |
| 2020-2021 | Jagran Webinar series 2-Healthy Use of Mobile phones - Role of Parents | Outreach for Parents of Children studying in Ranimatha Public School | 22-11-2020 | 10 student teachers and 65 parents |
| 2020-2021 | Jagran Webinar series 3-Healthy Use of Mobile phones - Role of Parents | Outreach for Parents of Children studying in Government High School, Thiruvankulam and Govt. U.P. School, Vilangu | 29-11-2020 | 14 student teachers and 56 parents |
| 2020-2021 | Jagran Webinar series 4-Healthy Use of Mobile phones - Role of Parents | Outreach for Parents of Children studying in Infant Jesus Public School, North Paravur | 13-12-2020 | 12 student teachers and 82 parents |
| 2020-2021 | Alumni-Led Educational Outreach Initiative at Government Children's Home, Kakkanad | Outreach for Students of Government Childrens Home, Kakkanad | 16-12-2020 to 30-03-2021 | 4 |



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DECLARATION

| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|------------------|--|--|---------------------------|--------------------------|
| 2020-2021 | Student-Led Outreach Initiative: Paper Bag Making and Distribution | Community Engagement for Sustainable Packaging | 08-02-2021 | 97 |
| 2020-2021 | Care for Nature' - Practice session on Organic Farming, 2021 | Outreach Promoting Experiential Learning, Sustainability, and Holistic Well-Being. | 08-02-2021 | 97 |
| 2020-2021 | Care and Share 2021- Grocery Kit Preparation and Distribution | Volunteering Community Service- Food Distribution Drive for Needy Families | 09-02-2021 | 97 |
| 2020-2021 | Organic Farming Outreach Activity by Student Teachers | Outreach Promoting Experiential Learning, Sustainability, and Holistic Well-Being. | 11-02-2021 | 97 |
| 2019-2020 | | | | |
| 2019-2020 | Development and Donation of Learning Resource Materials for School Pupils | Academic Outreach Programme | 22-07-2019 to 08-11-2019 | 95 |
| 2019-2020 | Community Project on Socially / Educationally Relevant issue | Community and Academic Outreach Programme | 02-08-2019 to 09-08-2019 | 97 |
| 2019-2020 | Extending a Helping Hand in the Time of Crisis: Outreach for those affected in Natural Calamities in Wayanad | Outreach for those affected in Natural Calamities | 13-08-2019 and 14-08-2019 | 16 |
| 2019-2020 | Outreach programme for the Transgenders: Interaction and Christmas Celebration with Transgender Community | Outreach Promoting Inclusivity and Empathy | 20-12-2019 | 155 |



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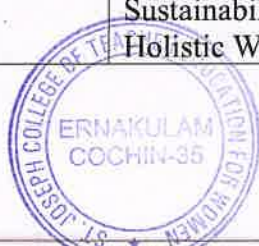
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DECLARATION

| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|------------------|---|---|--------------------------|--------------------------|
| 2019-2020 | Outreach Programme at Chavara Special School for The Mentally Retarded | Outreach Programme for the Mentally Retarded | 04-02-2020 | 95 |
| 2019-2020 | Cultivating Eco-Consciousness: The Distribution of Paper Bags in Ernakulam Market | Community Engagement for Sustainable Packaging | 05-02-2020 | 95 |
| 2019-2020 | Outreach Programme: Teacher Advocates for Mental Wellness: Josephites Enrolling as Volunteers of Mental Health | Outreach Programme: Teacher Advocates for Mental Wellness | 05-02-2020 | 95 |
| 2019-2020 | Ernakulam Market's Green Revolution: Dispensing Paper Bags for Sustainable Living | Community Engagement for Sustainable Packaging | 26-02-2020 | 95 |
| 2018-2019 | | | | |
| 2018-2019 | Outreach Activity : Development and Donation of Educational Resources to the School pupil | Academic Outreach Programme | 01-08-2018 to 16-11-2018 | 98 |
| 2018-2019 | Community Project on Socially / Educationally Relevant issue | Community and Academic Outreach Programme | 02-08-2018 to 09-08-2018 | 95 |
| 2018-2019 | 'Kaithangu' an Outreach Activity for School Children to Overcome the Accumulated Defects in using Malayalam Language | Outreach Activity for School Children to Overcome the Accumulated Defects in using Malayalam language | 06-08-2018 to 16-11-2018 | 14 |
| 2018-2019 | Outreach Activity on Rebuild Kerala- Mass Online Survey and Volunteer in various Flood Relief Activities in Kadamakudy Panchayat, Ernakulam district. | Outreach Activity in Collaboration with Ernakulam District Administration, Government of Kerala | 11-09-2018 to 14-09-2018 | 95 |
| 2018-2019 | Outreach Programme: Setting Up Herbal Garden | Outreach Promoting Experiential Learning, Sustainability, and Holistic Well-Being. | 05-10-2018 | 30 |



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DECLARATION

| Year | Name of the activity | Nature of the activity | Date/s | No. of students involved |
|-----------|---|--|--------------------------|--------------------------|
| 2018-2019 | Outreach Activity for the Flood affected People at Kuttanad:Collecting and Distributing Clothes for Flood Victims | Outreach Activity for the Flood Affected | 28-11-2018 | 98 |
| 2018-2019 | Promoting Inclusivity and Empathy: Josephites Interaction with Transgenders | Outreach Promoting Inclusivity and Empathy | 21-12-2018 | 138 |
| 2018-2019 | Outreach Activity at Deshbandhu School Chathamma-Donation of Teaching -Learning Aids in the Rural School | Academic Outreach Programme | 31-01-2019 | 97 |
| 2018-2019 | Outreach Programme at Chavara Special School for The Mentally Retarded | Outreach Programme for the Mentally Retarded | 12-02-2019 | 97 |
| 2018-2019 | Outreach Programme for Protecting Mangalavanam and Collection of Plastic Bottles from there. | Environmental Research and Education Outreach - Raise environmental Conciousness and Promote Sustainable Practices | 13-02-2019 | 33 |
| 2018-2019 | Outreach Programme : Collection of Plastic Bottles from Road side along Police Headquarters, Menaka Junction. | Environmental Research and Education Outreach - Raise environmental Conciousness and Promote Sustainable Practices | 13-02-2019 | 32 |
| 2018-2019 | Outreach Programme : Collection of Plastic Bottles from Road side along Marine Drive Kochi | Environmental Research and Education Outreach - Raise environmental Conciousness and Promote Sustainable Practices | 13-02-2019 | 33 |
| 2018-2019 | Outreach Programme at Govt. Childrens Home, Kakanad -Free Tution for the Inmates | Academic Outreach Programme | 02-04-2019 to 16-04-2019 | 67 |



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Grocery Kit Preparation and Distribution Outreach

Date: June 21, 2022

On June 21, 2022, the student teachers of St. Joseph College of Teacher Education for Women, Ernakulam, engaged in a compassionate outreach activity aimed at making a positive impact on the local community. The primary objective was to prepare and distribute grocery kits to people in need. This event was not only an act of charity but also an opportunity for the student teachers to actively participate in community service.

Grocery Kit Preparation (11:45 a.m. - 2:30 p.m.):

The day began with the allocation of time from 11:45 a.m. to 2:30 p.m. for the preparation and packaging of grocery kits. Student teachers worked diligently and efficiently to organize and package various grocery items. Each group was entrusted with the task of assembling 10 kits, resulting in a total of 50 kits.

Distribution Plan:

After the grocery kits were prepared, each group was assigned different directions to distribute the kits. This distribution strategy aimed to reach a wider section of the community, including remote and underprivileged areas.

Equal Distribution:

Care was taken to ensure that all grocery kits contained an equal and balanced assortment of items. This approach ensured that each kit was valuable and met the basic needs of the recipients.

Active Participation:

Each member of the student teacher groups actively participated in this outreach activity. Their dedication, enthusiasm, and teamwork made the entire session a wonderful experience.

Emotional Connection:

During the distribution of the grocery kits, the student teachers had the opportunity to interact with the recipients. These interactions established an emotional connection and reinforced the significance of empathy and support for those in need.

Wider Community Reach:

The decision to distribute the kits in different directions allowed for a more extensive reach, touching the lives of numerous individuals and families in various areas of need.

Positive Feedback:

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The recipients of the grocery kits expressed gratitude and appreciation for the assistance provided. The initiative not only met their immediate needs but also conveyed a sense of community care and support.

Conclusion:

The grocery kit preparation and distribution outreach activity on June 21, 2022, was a remarkable demonstration of social responsibility and community engagement by the student teachers of St. Joseph College of Teacher Education for Women, Ernakulam. This event illustrated the power of collective effort and the impact that can be achieved when individuals come together for a common cause. This outreach activity not only fulfilled immediate needs but also reinforced the values of compassion, empathy, and the importance of giving back to the community. It serves as an inspiring example of the positive impact educational institutions can have on society.



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List of Participants

| SL. NO. | Name of the student teacher | Optional Subject |
|---------|-----------------------------|------------------|
| 1 | Aagi Tom | English |
| 2 | Alina Celine Lancy | English |
| 3 | Anna Susan Jacob | English |
| 4 | Arunima K Shaji | English |
| 5 | Arya Balachandran | English |
| 6 | Arya C S | English |
| 7 | Athira C S | English |
| 8 | Dona Mariya Thomas | English |
| 9 | Josna Joy | English |
| 10 | Kavya Joseph | English |
| 11 | Mariatta D Kappan | English |
| 12 | Melvin Daniel | English |
| 13 | Parvathy V | English |
| 14 | Rinju Jolly | English |
| 15 | Sania Varghese | English |
| 16 | Sneha Joseph | English |
| 17 | Sreelekha R | English |
| 18 | Abhirami Soman | Malayalam |
| 19 | Aleena Roy | Malayalam |
| 20 | Amitha James | Malayalam |
| 21 | Anakha K S | Malayalam |
| 22 | Anjana Narayanan | Malayalam |
| 23 | Athira Babu | Malayalam |
| 24 | Athira Raju | Malayalam |
| 25 | Athira Sabu | Malayalam |
| 26 | Blessy Babu | Malayalam |
| 27 | Bobina Antony | Malayalam |
| 28 | Catherine Varghese | Malayalam |
| 29 | Mayamol Thomas | Malayalam |
| 30 | Salini K B | Malayalam |
| 31 | Shilpa Stanly | Malayalam |
| 32 | Vismaya Mohanan | Malayalam |
| 33 | Alvina Carmel | Mathematics |
| 34 | Amala Sajeev | Mathematics |



| SL. NO. | Name of the student teacher | Optional Subject |
|---------|-----------------------------|-------------------|
| 35 | Aneasha Mohan | Mathematics |
| 36 | Anitta Sunny | Mathematics |
| 37 | Cris Francis | Mathematics |
| 38 | Elizabeth Maria Babu | Mathematics |
| 39 | Fathemath Sahadiya | Mathematics |
| 40 | Jisna Mary P J | Mathematics |
| 41 | Lia Rose Tomson | Mathematics |
| 42 | Lilly Riya | Mathematics |
| 43 | Meera R | Mathematics |
| 44 | Megha T.M | Mathematics |
| 45 | Merin Johny | Mathematics |
| 46 | Nikhila Baby | Mathematics |
| 47 | Soumya Murugan | Mathematics |
| 48 | Sumayya H E | Mathematics |
| 49 | Aneetta Joy | Physical Sciences |
| 50 | Anju Abraham P | Physical Sciences |
| 51 | Aparna S | Physical Sciences |
| 52 | Arya M A | Physical Sciences |
| 53 | Athira Anil | Physical Sciences |
| 54 | Chandrika C R Sharma | Physical Sciences |
| 55 | Christeena John | Physical Sciences |
| 56 | Deniya Stanly | Physical Sciences |
| 57 | Keerthana Tomy | Physical Sciences |
| 58 | Lida Mathew | Physical Sciences |
| 59 | Mariya Deepthy | Physical Sciences |
| 60 | Neethu P D | Physical Sciences |
| 61 | Reshma S Babu | Physical Sciences |
| 62 | Stella Avirappatt | Physical Sciences |
| 63 | Anitta Sheen Theresa | Natural Sciences |
| 64 | Anjana Vijayan | Natural Sciences |
| 65 | Anju A | Natural Sciences |
| 66 | Ann Mathew | Natural Sciences |
| 67 | Evelyn Thankachan C K | Natural Sciences |
| 68 | Fathima Beevi A I | Natural Sciences |
| 69 | Jinu Anna Varghese | Natural Sciences |
| 70 | Krishna M K | Natural Sciences |
| 71 | Krishna Murali | Natural Sciences |
| 72 | Nandini Sagar | Natural Sciences |
| 73 | Nausheen N | Natural Sciences |
| 74 | Nimisha N.K | Natural Sciences |



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| SL. NO. | Name of the student teacher | Optional Subject |
|---------|-----------------------------|------------------|
| 75 | Rosaliya George | Natural Sciences |
| 76 | Shereena G | Natural Sciences |
| 77 | Shiyara K S | Natural Sciences |
| 78 | Sreelakshmi T A | Natural Sciences |
| 79 | Varsha Varghese | Natural Sciences |
| 80 | Amrutha Satheesan | Social Sciences |
| 81 | Aneeta Anson | Social Sciences |
| 82 | Ans Jose | Social Sciences |
| 83 | Aparna Raveendran | Social Sciences |
| 84 | Asha Joseph | Social Sciences |
| 85 | Aswani K Shaji | Social Sciences |
| 86 | Aswathi .P | Social Sciences |
| 87 | Lakshmy K P | Social Sciences |
| 88 | Liya Thomas | Social Sciences |
| 89 | Meenu Anna Mathai | Social Sciences |
| 90 | Meera Mathew | Social Sciences |
| 91 | Milu Hasan K.H | Social Sciences |
| 92 | Olivia Tresa A A | Social Sciences |
| 93 | Revathy N | Social Sciences |
| 94 | Rosmy Geo | Social Sciences |
| 95 | Sreejitha A K | Social Sciences |
| 96 | Tency Davis | Social Sciences |

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Mangrove Cultivation and Planting : A Day of Environmental Awareness

Date: 22-06-2022

Location: Mangalavanam

Introduction:

On 22-06-2022, the students of St. Joseph College of Teacher Education for Women, Ernakulam, had the privilege of participating in an enlightening and hands-on session on mangrove cultivation and a subsequent mangrove planting activity. The event was organized and facilitated by the esteemed resource person of the day, Mr. K.K. Reguraj, Farm Superintendent at Kerala University of Fisheries and Ocean Studies (KUFOS)

Session on Mangrove Cultivation:

The day commenced with a detailed introduction by Mr. K.K. Reguraj, who has a wealth of knowledge and experience in the field of mangrove cultivation.



Mangrove Planting Activity:

After the informative session, the practical part of the day began with the collection of mangrove saplings. A total of 50 saplings were prepared for planting.

Sapling Distribution:

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By 10:30 a.m., each group leader received 10 saplings, which they, in turn, distributed among their group members. This allowed for active participation by all students.

Group Photos:

At 10:45 a.m., students took group photos with the college principal, capturing the enthusiastic spirit of the day.

Mangalavanam Planting:

By 11:00 a.m., the students, guided by Mr. K.K. Reguraj, arrived at Mangalavanam, a significant mangrove ecosystem. Under his expert supervision, the students planted the saplings, symbolizing their commitment to environmental conservation.

Conclusion:

The students returned to the college by 2:00 p.m., having actively contributed to environmental conservation and having gained invaluable knowledge about mangroves. The day's session and activities were informative, engaging, and enjoyed by all participants.

Conclusion:

The Mangrove Cultivation and Planting Session was a day of environmental awareness and active participation. The informative session by Mr. K.K. Reguraj and the subsequent planting of mangrove saplings provided students with a holistic understanding of the importance of mangroves and their role in environmental conservation. This event served as a

powerful reminder of the significance of preserving our natural ecosystems and nurturing a sense of responsibility among the youth for a sustainable future. The session was not only educational but also an enjoyable and memorable experience for all participants.



എറണാകുളം സോൾസ് ജോയിന്റ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥിനികൾ മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടക്കുന്നു.

മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടക്കുന്നു

കൊച്ചി: എറണാകുളം നഗരത്തിലെ പച്ചതൂണുത്തറ മംഗളവനത്തിൽ വിദ്യാർത്ഥിനികൾ കണ്ടൽചെടികൾ നടക്കുന്നു. എറണാകുളം സോൾസ് ജോയിന്റ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥിനികൾ ആണ് കോളേജ് ഹിസ്റ്ററിയിൽ സമുദായം സർവ്വകലാശാലയിൽ (കുറോഡ്) ഹോസ്റ്റലിൽ കെ.കെ.റേഗുരാജിന്റെ നേതൃത്വത്തിൽ മംഗളവനത്തിൽ കണ്ടൽ ചെടികൾ നടത്ത്. കോളേജിൽ നടക്കുന്ന പച്ചപ്പുതി പഠനക്യാമ്പിന്റെ ഭാഗമായി നടന്ന കണ്ടൽപ്പുതള അറിയാൻ എന്ന് പരിപാടിയുടെ ഭാഗമായാണ് വിദ്യാർത്ഥിനികൾ മംഗളവനം സന്ദർശിച്ച് കണ്ടൽചെടികൾ നടത്ത്. കെ.കെ.റേഗുരാജ് ക്യാമ്പിൽ ക്ലോൺപ്പുത്തൂ, കോളേജ് ഹിസ്റ്ററിയിൽ സിസ്റ്റർ ഡയാനാസിസ് ജോസഫ്, ക്യാമ്പി കോർഡിനേറ്റർ ഡോ.സുബിത ജോസ്, വിദ്യാർത്ഥിനികൾക്കിടയിൽ അതിർത്തി വിഭജനം, ഹോസാലിംഗ് രോക്ക് എന്നിവർ പങ്കെടുത്തു.

Newspaper report on the activity

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Dr. Alice Joseph
Principal in Charge
St. Joseph College of Teacher
Education for Women,
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List of Student teachers Involved

| SL. NO. | Name of the student teacher | Optional Subject |
|---------|-----------------------------|------------------|
| 1 | Aagi Tom | English |
| 2 | Alina Celine Lancy | English |
| 3 | Anna Susan Jacob | English |
| 4 | Arunima K Shaji | English |
| 5 | Arya Balachandran | English |
| 6 | Arya C S | English |
| 7 | Athira C S | English |
| 8 | Dona Mariya Thomas | English |
| 9 | Josna Joy | English |
| 10 | Kavya Joseph | English |



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| SL. NO. | Name of the student teacher | Optional Subject |
|---------|-----------------------------|-------------------|
| 11 | Mariatta D Kappan | English |
| 12 | Melvin Daniel | English |
| 13 | Parvathy V | English |
| 14 | Rinju Jolly | English |
| 15 | Sania Varghese | English |
| 16 | Sneha Joseph | English |
| 17 | Sreelekha R | English |
| 18 | Abhirami Soman | Malayalam |
| 19 | Aleena Roy | Malayalam |
| 20 | Amitha James | Malayalam |
| 21 | Anakha K S | Malayalam |
| 22 | Anjana Narayanan | Malayalam |
| 23 | Athira Babu | Malayalam |
| 24 | Athira Raju | Malayalam |
| 25 | Athira Sabu | Malayalam |
| 26 | Blessy Babu | Malayalam |
| 27 | Bobina Antony | Malayalam |
| 28 | Catherine Varghese | Malayalam |
| 29 | Mayamol Thomas | Malayalam |
| 30 | Salini K B | Malayalam |
| 31 | Shilpa Stanly | Malayalam |
| 32 | Vismaya Mohanan | Malayalam |
| 33 | Alvina Carmel | Mathematics |
| 34 | Amala Sajeev | Mathematics |
| 35 | Aneesha Mohan | Mathematics |
| 36 | Anitta Sunny | Mathematics |
| 37 | Cris Francis | Mathematics |
| 38 | Elizabeth Maria Babu | Mathematics |
| 39 | Fathemath Sahadiya | Mathematics |
| 40 | Jisna Mary P J | Mathematics |
| 41 | Lia Rose Tomson | Mathematics |
| 42 | Lilly Riya | Mathematics |
| 43 | Meera R | Mathematics |
| 44 | Megha T.M | Mathematics |
| 45 | Merin Johny | Mathematics |
| 46 | Nikhila Baby | Mathematics |
| 47 | Soumya Murugan | Mathematics |
| 48 | Sumayya H E | Mathematics |
| 49 | Aneetta Joy | Physical Sciences |
| 50 | Anju Abraham P | Physical Sciences |
| 51 | Aparna S | Physical Sciences |


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

| SL. NO. | Name of the student teacher | Optional Subject |
|---------|-----------------------------|-------------------|
| 52 | Arya M A | Physical Sciences |
| 53 | Athira Anil | Physical Sciences |
| 54 | Chandrika C R Sharma | Physical Sciences |
| 55 | Christeena John | Physical Sciences |
| 56 | Deniya Stanly | Physical Sciences |
| 57 | Keerthana Tomy | Physical Sciences |
| 58 | Lida Mathew | Physical Sciences |
| 59 | Mariya Deepthy | Physical Sciences |
| 60 | Neethu P D | Physical Sciences |
| 61 | Reshma S Babu | Physical Sciences |
| 62 | Stella Avirappatt | Physical Sciences |
| 63 | Anitta Sheen Theresa | Natural Sciences |
| 64 | Anjana Vijayan | Natural Sciences |
| 65 | Anju A | Natural Sciences |
| 66 | Ann Mathew | Natural Sciences |
| 67 | Evelyn Thankachan C K | Natural Sciences |
| 68 | Fathima Beevi A I | Natural Sciences |
| 69 | Jinu Anna Varghese | Natural Sciences |
| 70 | Krishna M K | Natural Sciences |
| 71 | Krishna Murali | Natural Sciences |
| 72 | Nandini Sagar | Natural Sciences |
| 73 | Nausheen N | Natural Sciences |
| 74 | Nimisha N.K | Natural Sciences |
| 75 | Rosaliya George | Natural Sciences |
| 76 | Shereena G | Natural Sciences |
| 77 | Shiyara K S | Natural Sciences |
| 78 | Sreelakshmi T A | Natural Sciences |
| 79 | Varsha Varghese | Natural Sciences |
| 80 | Amrutha Satheesan | Social Sciences |
| 81 | Aneeta Anson | Social Sciences |
| 82 | Ans Jose | Social Sciences |
| 83 | Aparna Raveendran | Social Sciences |
| 84 | Asha Joseph | Social Sciences |
| 85 | Aswani K Shaji | Social Sciences |
| 86 | Aswathi .P | Social Sciences |
| 87 | Lakshmy K P | Social Sciences |
| 88 | Liya Thomas | Social Sciences |
| 89 | Meenu Anna Mathai | Social Sciences |
| 90 | Meera Mathew | Social Sciences |

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| SL. NO. | Name of the student teacher | Optional Subject |
|---------|-----------------------------|------------------|
| 91 | Milu Hasan K.H | Social Sciences |
| 92 | Olivia Tresa A A | Social Sciences |
| 93 | Revathy N | Social Sciences |
| 94 | Rosmy Geo | Social Sciences |
| 95 | Sreejitha A K | Social Sciences |
| 96 | Tency Davis | Social Sciences |


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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)

Paper Bag Making and Distribution:

A College Outreach Initiative for Plastic Reduction

Date: 23-06-2022

Location: St. Joseph College of Teacher Education for Women, Ernakulam

Introduction:

On 23-06-2022, students of St. Joseph College of Teacher Education for Women, Ernakulam, participated in an outreach activity aimed at addressing the issue of plastic usage by making and distributing paper bags. The initiative was organized to raise awareness about the environmental impact of plastic and promote sustainable alternatives. This outreach activity reflected the college's commitment to fostering eco-friendly practices and community engagement.

Activity Details:

Paper Bag Making (11:00 a.m. - 12:30 p.m.):

At 11:00 a.m., all students gathered to engage in a collective effort to make paper bags from newspapers. Each student took part in this creative endeavor and produced ten paper bags. The collective effort demonstrated the power of teamwork in making a significant impact on the environment.

Group Participation:

Students formed groups and worked together to maximize productivity. This collaborative approach not only made the task efficient but also encouraged bonding and a sense of shared responsibility.

Distribution Plan:

After the paper bags were ready, it was decided that different student groups would take diverse routes to distribute the paper bags to vendors in the market. This approach aimed to reach a wide array of vendors, increasing the impact of the initiative.

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Paper Bag Distribution (12:30 p.m. - 2:40 p.m.):

Following the completion of the paper bags, the student groups dispersed to different directions to distribute the eco-friendly alternatives to plastic bags. The vendors in the market welcomed this environmentally conscious initiative and appreciated the gesture.

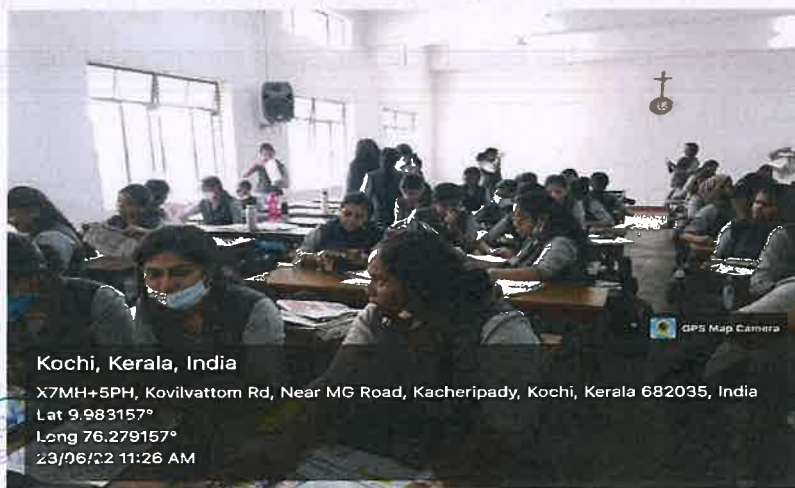
Return to College (2:40 p.m.):

By 2:40 p.m., all the student groups reconvened at the college after successfully distributing the paper bags. The sense of accomplishment and satisfaction among the students was evident, as they realized the positive impact of their efforts.

Conclusion:

The paper bag making and distribution outreach activity conducted by the students of St. Joseph College of Teacher Education For Women, Ernakulam on 23-06-2022 was a commendable effort to address the issue of plastic pollution and promote sustainable alternatives. The initiative not only resulted in the creation of eco-friendly paper bags but also raised awareness about the importance of reducing plastic usage in our daily lives. By actively engaging with the local market vendors, students conveyed a powerful message about the need for collective responsibility in environmental conservation.

This outreach activity underscored the college's commitment to fostering eco-consciousness and community engagement. It was a hands-on demonstration of how small, collective efforts can make a significant positive impact on the environment and contribute to building a more sustainable future. The success of this activity serves as an inspiring example of how educational institutions can play a pivotal role in shaping environmentally responsible citizens.



Kochi, Kerala, India

X7MH+5PH, Kovilvattom Rd, Near MG Road, Kacheripady, Kochi, Kerala 682035, India

Lat 9.983157°

Long 76.279157°

23/06/22 11:26 AM

GPS Map Camera

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Teacher Education for Women,
Ernakulam





List of Participants

| SL. NO. | Name of the Student Teacher | Optional Subject |
|---------|-----------------------------|------------------|
| 1 | Aagi Tom | English |
| 2 | Alina Celine Lancy | English |
| 3 | Anna Susan Jacob | English |
| 4 | Arunima K Shaji | English |
| 5 | Arya Balachandran | English |
| 6 | Arya C S | English |
| 7 | Athira C S | English |
| 8 | Dona Mariya Thomas | English |
| 9 | Josna Joy | English |
| 10 | Kavya Joseph | English |
| 11 | Mariatta D Kappan | English |
| 12 | Melvin Daniel | English |
| 13 | Parvathy V | English |

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| SL. NO. | Name of the Student Teacher | Optional Subject |
|---------|-----------------------------|-------------------|
| 14 | Rinju Jolly | English |
| 15 | Sania Varghese | English |
| 16 | Sneha Joseph | English |
| 17 | Sreelekha R | English |
| 18 | Abhirami Soman | Malayalam |
| 19 | Aleena Roy | Malayalam |
| 20 | Amitha James | Malayalam |
| 21 | Anakha K S | Malayalam |
| 22 | Anjana Narayanan | Malayalam |
| 23 | Athira Babu | Malayalam |
| 24 | Athira Raju | Malayalam |
| 25 | Athira Sabu | Malayalam |
| 26 | Blessy Babu | Malayalam |
| 27 | Bobina Antony | Malayalam |
| 28 | Catherine Varghese | Malayalam |
| 29 | Mayamol Thomas | Malayalam |
| 30 | Salini K B | Malayalam |
| 31 | Shilpa Stanly | Malayalam |
| 32 | Vismaya Mohanan | Malayalam |
| 33 | Alvina Carmel | Mathematics |
| 34 | Amala Sajeev | Mathematics |
| 35 | Aneesha Mohan | Mathematics |
| 36 | Anitta Sunny | Mathematics |
| 37 | Cris Francis | Mathematics |
| 38 | Elizabeth Maria Babu | Mathematics |
| 39 | Fathemath Sahadiya | Mathematics |
| 40 | Jisna Mary P J | Mathematics |
| 41 | Lia Rose Tomson | Mathematics |
| 42 | Lilly Riya | Mathematics |
| 43 | Meera R | Mathematics |
| 44 | Megha T.M | Mathematics |
| 45 | Merin Johny | Mathematics |
| 46 | Nikhila Baby | Mathematics |
| 47 | Soumya Murugan | Mathematics |
| 48 | Sumayya H E | Mathematics |
| 49 | Aneetta Joy | Physical Sciences |
| 50 | Anju Abraham P | Physical Sciences |
| 51 | Aparna S | Physical Sciences |
| 52 | Arya M A | Physical Sciences |
| 53 | Athira Anil | Physical Sciences |

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| SL. NO. | Name of the Student Teacher | Optional Subject |
|---------|-----------------------------|-------------------|
| 54 | Chandrika C R Sharma | Physical Sciences |
| 55 | Christeena John | Physical Sciences |
| 56 | Deniya Stanly | Physical Sciences |
| 57 | Keerthana Tomy | Physical Sciences |
| 58 | Lida Mathew | Physical Sciences |
| 59 | Mariya Deepthy | Physical Sciences |
| 60 | Neethu P D | Physical Sciences |
| 61 | Reshma S Babu | Physical Sciences |
| 62 | Stella Avirappatt | Physical Sciences |
| 63 | Anitta Sheen Theresa | Natural Sciences |
| 64 | Anjana Vijayan | Natural Sciences |
| 65 | Anju A | Natural Sciences |
| 66 | Ann Mathew | Natural Sciences |
| 67 | Evelyn Thankachan C K | Natural Sciences |
| 68 | Fathima Beevi A I | Natural Sciences |
| 69 | Jinu Anna Varghese | Natural Sciences |
| 70 | Krishna M K | Natural Sciences |
| 71 | Krishna Murali | Natural Sciences |
| 72 | Nandini Sagar | Natural Sciences |
| 73 | Nausheen N | Natural Sciences |
| 74 | Nimisha N.K | Natural Sciences |
| 75 | Rosaliya George | Natural Sciences |
| 76 | Shereena G | Natural Sciences |
| 77 | Shiyara K S | Natural Sciences |
| 78 | Sreelakshmi T A | Natural Sciences |
| 79 | Varsha Varghese | Natural Sciences |
| 80 | Amrutha Satheesan | Social Sciences |
| 81 | Aneeta Anson | Social Sciences |
| 82 | Ans Jose | Social Sciences |
| 83 | Aparna Raveendran | Social Sciences |
| 84 | Asha Joseph | Social Sciences |
| 85 | Aswani K Shaji | Social Sciences |
| 86 | Aswathi .P | Social Sciences |

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| SL. NO. | Name of the Student Teacher | Optional Subject |
|---------|-----------------------------|------------------|
| 87 | Lakshmy K P | Social Sciences |
| 88 | Liya Thomas | Social Sciences |
| 89 | Meenu Anna Mathai | Social Sciences |
| 90 | Meera Mathew | Social Sciences |
| 91 | Milu Hasan K.H | Social Sciences |
| 92 | Olivia Tresa A A | Social Sciences |
| 93 | Revathy N | Social Sciences |
| 94 | Rosmy Geo | Social Sciences |
| 95 | Sreejitha A K | Social Sciences |
| 96 | Tency Davis | Social Sciences |

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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)

Outreach Programme at Ranimatha Public School-

International Day Against Drug Abuse

| | |
|--------------------------|---|
| 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 consequences 2. To intensify efforts and cooperation in creating a drug-free society |
| Details of Event | Anti- Narcotic Club & IQAC Cell |
| Coordinators | 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 |


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Jagaran- International Day Against Drug Abuse, 2022

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-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.

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.

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





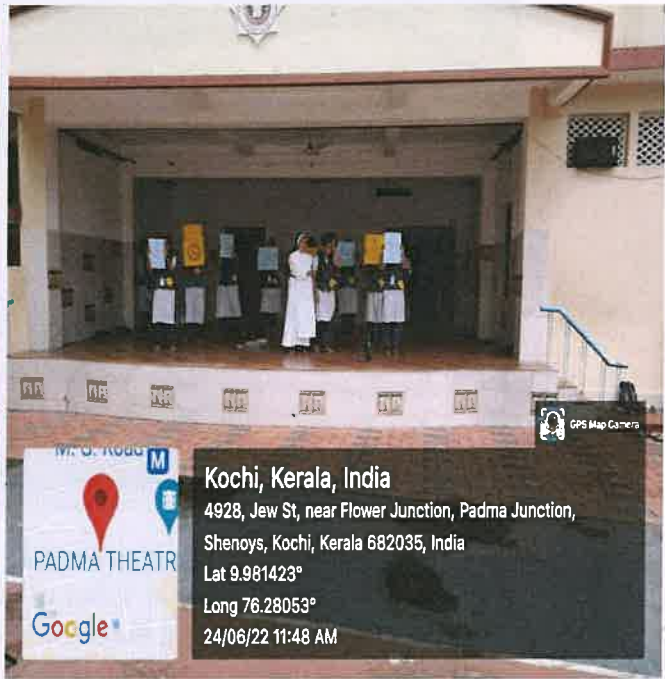
Anti-Narcotic Club members along with faculty coordinators from St. Joseph College of Teacher Education for Women, Ernakulam starting the awareness march holding the banner from the college to Rani Matha Public School, Ernakulam



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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 Ernakulam

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) |
| 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 | Celine Paul | 2021-2023 batch (B Ed. Social Science) |
| 16 | Anila Shaju | 2021-2023 batch (B Ed. Physical Science) |
| 17 | Shilpa | 2021-2023 batch (B Ed. Malayalam) |

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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OUTREACH ACTIVITY "KOOTU"

AT DESHBANDHU SCHOOL CHATHAMMA

As part of B.Ed. curriculum we have to do an extension activity in any school. We have selected Deshabandhu School at Chathamma for our activity. This was done on July 15th. We have collected library books among the college students to donate them to the school library. There were minimum 2 books from each person and we donated more than 200 books to the school. We reached the school by 10.15 A.M and started the official function by 10.50 A.M. The function started with the prayer by Sr. Rose Tom from Malayalam optional and Blessy Babu from Malayalam optional gave welcome speech. Then our college principal Dr. Sr. Alice Joseph and the school principal Sr. Karuna George talk a few words during the function. Aneesha Mohan from Mathematics optional said vote of thanks. Then we move on to the activities with the students. The Malayalam optional students have conducted a skit on good habits that we have to do daily. The skit was very informative for the students and the students enjoyed a lot. The Mathematics optional have done a skit on good habits and bad habits, this also provide students an extra information about what all things they have to do while communicating with others. The Natural Science optional taught them aerobics and the student were very energetic while dancing with the song. The Social Science optional have done a skit on the disadvantages of using mobile phones all the time and some games to show the outdoor activities are better for health than mobile games. All the activities came to an end by 12.15 P.M. Then we had our lunch from the school and we moved out to enjoy the beauty of the nature surrounding the school. Then by 1.30 we moved from school to the college.

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St. Joseph College of Teacher Education
for Women, Ernakulam

EXTENSION ACTIVITY

'കൂട്ട്'
വിദ്യാലയങ്ങളിലേക്ക്...



ON JULY 15,
2022 AT
DESA BENDHU
SCHOOL
CHEPPANAM

ACTIVITIES

- Library Book distribution
- Aerobics & Games
- Skit & Classes
- Green Classroom




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





List of Student Teachers involved in the programme

| Sl.No | Name of the Student Teacher | Optional Subject |
|-------|-----------------------------|--|
| 1 | Aagi Tom | English Optional, B.Ed (2020-22 Batch) |
| 2 | Alina Celine Lancy | English Optional, B.Ed (2020-22 Batch) |
| 3 | Anna Susan Jacob | English Optional, B.Ed (2020-22 Batch) |
| 4 | Arunima K Shaji | English Optional, B.Ed (2020-22 Batch) |
| 5 | Arya Balachandran | English Optional, B.Ed (2020-22 Batch) |
| 6 | Arya C S | English Optional, B.Ed (2020-22 Batch) |
| 7 | Athira C S | English Optional, B.Ed (2020-22 Batch) |
| 8 | Dona Mariya Thomas | English Optional, B.Ed (2020-22 Batch) |
| 9 | Josna Joy | English Optional, B.Ed (2020-22 Batch) |
| 10 | Kavya Joseph | English Optional, B.Ed (2020-22 Batch) |
| 11 | Mariatta D Kappan | English Optional, B.Ed (2020-22 Batch) |
| 12 | Melvin Daniel | English Optional, B.Ed (2020-22 Batch) |
| 13 | Parvathy V | English Optional, B.Ed (2020-22 Batch) |
| 14 | Rinju Jolly | English Optional, B.Ed (2020-22 Batch) |
| 15 | Sania Varghese | English Optional, B.Ed (2020-22 Batch) |
| 16 | Sneha Joseph | English Optional, B.Ed (2020-22 Batch) |
| 17 | Sreelekha R | English Optional, B.Ed (2020-22 Batch) |



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| | | |
|----|----------------------|---|
| 18 | Abhirami Soman | Malayalam Optional, B.Ed (2020-22 Batch) |
| 19 | Aleena Roy | Malayalam Optional, B.Ed (2020-22 Batch) |
| 20 | Amitha James | Malayalam Optional, B.Ed (2020-22 Batch) |
| 21 | Anakha K S | Malayalam Optional, B.Ed (2020-22 Batch) |
| 22 | Anjana Narayanan | Malayalam Optional, B.Ed (2020-22 Batch) |
| 23 | Athira Babu | Malayalam Optional, B.Ed (2020-22 Batch) |
| 24 | Athira Raju | Malayalam Optional, B.Ed (2020-22 Batch) |
| 25 | Athira Sabu | Malayalam Optional, B.Ed (2020-22 Batch) |
| 26 | Blessy Babu | Malayalam Optional, B.Ed (2020-22 Batch) |
| 27 | Bobina Antony | Malayalam Optional, B.Ed (2020-22 Batch) |
| 28 | Catherine Varghese | Malayalam Optional, B.Ed (2020-22 Batch) |
| 29 | Mayamol Thomas | Malayalam Optional, B.Ed (2020-22 Batch) |
| 30 | Salini K B | Malayalam Optional, B.Ed (2020-22 Batch) |
| 31 | Shilpa Stanly | Malayalam Optional, B.Ed (2020-22 Batch) |
| 32 | Vismaya Mohanan | Malayalam Optional, B.Ed (2020-22 Batch) |
| 33 | Alvina Carmel | Mathematics Optional, B.Ed (2020-22 Batch) |
| 34 | Amala Sajeev | Mathematics Optional, B.Ed (2020-22 Batch) |
| 35 | Aneesha Mohan | Mathematics Optional, B.Ed (2020-22 Batch) |
| 36 | Anitta Sunny | Mathematics Optional, B.Ed (2020-22 Batch) |
| 37 | Cris Francis | Mathematics Optional, B.Ed (2020-22 Batch) |
| 38 | Elizabeth Maria Babu | Mathematics Optional, B.Ed (2020-22 Batch) |
| 39 | Fathemath Sahadiya | Mathematics Optional, B.Ed (2020-22 Batch) |
| 40 | Jisna Mary P J | Mathematics Optional, B.Ed (2020-22 Batch) |
| 41 | Lia Rose Tomson | Mathematics Optional, B.Ed (2020-22 Batch) |
| 42 | Lilly Riya | Mathematics Optional, B.Ed (2020-22 Batch) |
| 43 | Meera R | Mathematics Optional, B.Ed (2020-22 Batch) |
| 44 | Megha T.M | Mathematics Optional, B.Ed (2020-22 Batch) |
| 45 | Merin Johny | Mathematics Optional, B.Ed (2020-22 Batch) |
| 46 | Nikhila Baby | Mathematics Optional, B.Ed (2020-22 Batch) |
| 47 | Soumya Murugan | Mathematics Optional, B.Ed (2020-22 Batch) |
| 48 | Sumayya H E | Mathematics Optional, B.Ed (2020-22 Batch) |
| 49 | Aneetta Joy | Physical Science Optional, B.Ed (2020-22 Batch) |
| 50 | Anju Abraham P | Physical Science Optional, B.Ed (2020-22 Batch) |
| 51 | Aparna S | Physical Science Optional, B.Ed (2020-22 Batch) |
| 52 | Arya M A | Physical Science Optional, B.Ed (2020-22 Batch) |
| 53 | Athira Anil | Physical Science Optional, B.Ed (2020-22 Batch) |
| 54 | Chandrika C R Sharma | Physical Science Optional, B.Ed (2020-22 Batch) |
| 55 | Christeena John | Physical Science Optional, B.Ed (2020-22 Batch) |
| 56 | Deniya Stanly | Physical Science Optional, B.Ed (2020-22 Batch) |
| 57 | Keerthana Tomy | Physical Science Optional, B.Ed (2020-22 Batch) |
| 58 | Lida Mathew | Physical Science Optional, B.Ed (2020-22 Batch) |
| 59 | Mariya Deepthy | Physical Science Optional, B.Ed (2020-22 Batch) |
| 60 | Neethu P D | Physical Science Optional, B.Ed (2020-22 Batch) |



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| | | |
|----|-----------------------|---|
| 61 | Reshma S Babu | Physical Science Optional, B.Ed (2020-22 Batch) |
| 62 | Stella Avirappatt | Physical Science Optional, B.Ed (2020-22 Batch) |
| 63 | Anitta Sheen Theresa | Natural Science Optional, B.Ed (2020-22 Batch) |
| 64 | Anjana Vijayan | Natural Science Optional, B.Ed (2020-22 Batch) |
| 65 | Anju A | Natural Science Optional, B.Ed (2020-22 Batch) |
| 66 | Ann Mathew | Natural Science Optional, B.Ed (2020-22 Batch) |
| 67 | Evelyn Thankachan C K | Natural Science Optional, B.Ed (2020-22 Batch) |
| 68 | Fathima Beevi A I | Natural Science Optional, B.Ed (2020-22 Batch) |
| 69 | Jinu Anna Varghese | Natural Science Optional, B.Ed (2020-22 Batch) |
| 70 | Krishna M K | Natural Science Optional, B.Ed (2020-22 Batch) |
| 71 | Krishna Murali | Natural Science Optional, B.Ed (2020-22 Batch) |
| 72 | Nandini Sagar | Natural Science Optional, B.Ed (2020-22 Batch) |
| 73 | Nausheen N | Natural Science Optional, B.Ed (2020-22 Batch) |
| 74 | Nimisha N.K | Natural Science Optional, B.Ed (2020-22 Batch) |
| 75 | Rosaliya George | Natural Science Optional, B.Ed (2020-22 Batch) |
| 76 | Shereena G | Natural Science Optional, B.Ed (2020-22 Batch) |
| 77 | Shiyara K S | Natural Science Optional, B.Ed (2020-22 Batch) |
| 78 | Sreelakshmi T A | Natural Science Optional, B.Ed (2020-22 Batch) |
| 79 | Varsha Varghese | Natural Science Optional, B.Ed (2020-22 Batch) |
| 80 | Amrutha Satheesan | Social Science Optional, B.Ed (2020-22 Batch) |
| 81 | Aneeta Anson | Social Science Optional, B.Ed (2020-22 Batch) |
| 82 | Ans Jose | Social Science Optional, B.Ed (2020-22 Batch) |
| 83 | Aparna Raveendran | Social Science Optional, B.Ed (2020-22 Batch) |
| 84 | Asha Joseph | Social Science Optional, B.Ed (2020-22 Batch) |
| 85 | Aswani K Shaji | Social Science Optional, B.Ed (2020-22 Batch) |
| 86 | Aswathi .P | Social Science Optional, B.Ed (2020-22 Batch) |
| 87 | Lakshmy K P | Social Science Optional, B.Ed (2020-22 Batch) |
| 88 | Liya Thomas | Social Science Optional, B.Ed (2020-22 Batch) |
| 89 | Meenu Anna Mathai | Social Science Optional, B.Ed (2020-22 Batch) |
| 90 | Meera Mathew | Social Science Optional, B.Ed (2020-22 Batch) |
| 91 | Milu Hasan K.H | Social Science Optional, B.Ed (2020-22 Batch) |
| 92 | Olivia Tresa A A | Social Science Optional, B.Ed (2020-22 Batch) |
| 93 | Revathy N | Social Science Optional, B.Ed (2020-22 Batch) |
| 94 | Rosmy Geo | Social Science Optional, B.Ed (2020-22 Batch) |
| 95 | Sreejitha A K | Social Science Optional, B.Ed (2020-22 Batch) |
| 96 | Tency Davis | Social Science Optional, B.Ed (2020-22 Batch) |

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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)

Outbreak Activity at Sneha Sadan Special School, 2022

| | |
|--------------------------|---|
| Name of the Event | Outbreak Activity at Sneha Sadan Special School, 2022 |
| Objectives | <ol style="list-style-type: none"> 1. To understand the facilities of a special school 2. To understand the programmes provided for the students in the special school 3. To identify functioning system of the educational programs for mentally challenged children in the institution |
| Details of Event | St. Joseph College of Teacher Education for Women, Ernakulam |
| Coordinators | |
| Date | 12/08/2022 |
| Time | 10.30 AM – 2.00 PM |
| Duration | 3 hours and 30 minutes |
| Beneficiaries | M Ed. Student teachers- 11 |
| Event Venue | Sneha Sadan Special School, Pothiyakkara |

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Outbreak Activity at Sneha Sadan Special School, 2022

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized an outbreak activity at Sneha Sadan Special School in Pothiyakkara on 12th August 2022 from 10.30 AM to 2.00 PM. The major aim of the programme was to understand the facilities, programmes and functioning system of educational programs for the mentally challenged children in the special school. The student teachers from M Ed programme at St. Joseph College of Teacher Education for Women, Ernakulam were the beneficiaries for the outbreak activity.

As part of the outbreak activity, the student teachers from M Ed programme at St. Joseph College of Teacher Education for Women, Ernakulam visited Sneha Sadan Special School, Pothiyakkara at 10.30 AM. Prior to the visit, the M Ed student teachers had contacted Sr. Celine, Headmistress of the Sneha Sadan Special School, Pothiyakkara. While the student teachers reached the school, the students at the special school was conducting a rally as part of the upcoming Independence Day celebration. The students were disguised as Bharat Matha and Mahatma Gandhi for the rally and it went well. The M Ed student teachers were asked to assemble at the portico of the special school. The Headmistress met the student teachers at the portico and asked the student teachers to introduce themselves. After that, the student teachers went for school tour to understand about the facilities and programmes of the school. The Sneha Sadan Special School, Pothiyakkara is recognized by the state government and also have a recognized name. There is plenty of land for the school building including a portico. The mission of the school is to mainstream children by imparting an integrated development program in a pleasant and stimulating environment. The goal of the school is to assist a physically or mentally challenged child to develop in normal living conditions and provide them with inclusive education. Their vision is the empowerment and integral development of the differently abled and socially marginalized 'The Special Children of God' creating and providing education infrastructure and other training programmes.

The staffs at the special school were very much cooperative. The student teachers could understand about the functioning of the school. There are more than 150 students and around 30 trained staff and non-teaching staffs at Sneha Sadan. The school functions in accordance with the rules of the government. The school is a residential one and the hostels for both boys and




girls are there but not in the same compound. There were staffs appointed to look after the hostel inmates. The fully fledged hostels have adequate facilities including dining room, kitchen, recreation hall, electric supply, water connection, bedrooms, furniture and latrines. The school also has a special syllabus for the students for their educational enhancement. All the students in the school is provided with individual attention and care at the school. The school follows 1:10 ratio classroom facility. The school has a great infrastructure and the facilities include library, ramp and rail facility, recreational activities, exercise room, prayer room, staff room and early intervention area. A computer lab facility is also arranged for the students to improve their technological knowledge. The school has special area for counselling and guidance and students receive counselling from trained counsellors. The counselling service is also provided for the parents of the special children. The school observes proper schedule and time for the systematic running of the institution, even though the time table is flexible. The students get proper break at proper intervals of time. The school has five class sections which includes, pre-primary, primary, secondary, pre-vocational and vocational for age groups including 3-6 years, 6-9 years, 9-12 years, 12-18 years and above 18 years respectively. Each class section follows proper time table. A specialized physiotherapist has been appointed for providing services to the students and the physiotherapist visits the school twice a week. As of now, a total of 15 students receive physiotherapy treatment and to be notable is the fact that most of the students follow the rules and are well disciplined. Speech therapy, behavioral therapy, occupational therapy, music, dance, Yoga and operational therapy are also provided for the needy students. Since the students are receiving various therapies according to their needs, the students get special training according to the depth of their disability. The school also helps students by providing training for self-helping skills. One of the major highlights of the school is that the teachers in the school follow different teaching methods and prepares activity lesson plans. The teacher employ special teaching strategy to teach the students. The teachers follow activity-oriented method and play-way method for the development and enhancement of interests of the students. Audio-visual aids have been used by the teachers for the betterment of the learning activities for students. Multi-sensory room facility is also used as a way to improve the senses of the students.

The M Ed student teachers could visit the building of the special school where vocational training is provided. The school imparts different vocational training programmes for the students. Book binding is one among the vocational training programme. The students help in



counting the pages and pasting the papers and the prepared books are sold to many schools which are under the CMC congregation. The school used to provide training for ornament making before covid-19 outbreak. The other vocational programmes provided by the school includes, soap making, candle making, mat making, card and cover making, agriculture, stitching and embroidery, and painting and drawing. After lunch break, the students in the special school were assembled at the portico and the M Ed. Student teachers conducted a few cultural activities to pep up the students. The outbreak activity at Sneha Sadan Special School, Pothiyakkara winded up at 2.00 PM.

The outbreak activity at Sneha Sadan Special School, Pothiyakkara was very productive and fruitful for the student teachers. The activity turned out to be successful in accomplishing its objectives. The student teachers could understand the facilities, programmes and functioning system of educational programs for the mentally challenged children in the special school. The activity made the student teachers to reflect on their own lives and to be grateful for what they have in their lives.


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Outbreak Activity at Sneha Sadan Special School, 2022

Photo Gallery

OUT BREAK ACTIVITY



**AT
SNEHA SADAN SPECIAL
SCHOOL, POTHYAKKARA**

AUGUST 12, 2022

M.Ed. 2021-2023

**ST. JOSEPH COLLEGE OF TEACHER
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Event poster for outbreak activity conducted by St. Joseph College of Teacher Education for Women, Ernakulam for student teachers of M Ed Programme on 12th August 2022 at Sneha Sadan Special School, Pothiyakkara

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Student teachers of M Ed Programme from St. Joseph College of Teacher Education for Women, Ernakulam at Sneha Sadan Special School in Pothiyakkara as part of outbreak activity conducted on 12th August 2022



Staff members of Sneha Sadan Special School, Pothiyakkara



Playground facility at Sneha Sadan Special School, Pothiyakkara



Classroom facility at Sneha Sadan Special School, Pothiyakkara



Shop in Sneha Sadan Special School, Pothiyakkara





Physiotherapy facility at Sneha Sadan Special School, Pothiyakkara



Computer lab facility at Sneha Sadan Special School, Pothiyakkara



Vocational training facilities including mat making, candle making and book binding facilities at Sneha Sadan Special School, Pothiyakkara



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Special classroom facility for students with disabilities at Sneha Sadan Special School, Pothiyakkara

Outbreak Activity at Sneha Sadan Special School, 2022

Programme Details

| | |
|--------------------------|---|
| Name of the Event | Outbreak Activity at Sneha Sadan Special School, 2022 |
| Date | 12/08/2022 |
| Time | 10.30 AM – 2.00 PM |
| Duration | 3 hours and 30 minutes |
| Beneficiaries | M Ed. Student teachers- 11 |
| Event Venue | Sneha Sadan Special School, Pothiyakkara |


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List of Participants

Students list:

| SL No | Name | Batch |
|-------|---------------------|------------------------|
| 1 | Akhisha Antony | 2021-2023 batch (M Ed) |
| 2 | Bilby Thomas | 2021-2023 batch (M Ed) |
| 3 | Bivya Sukumar | 2021-2023 batch (M Ed) |
| 4 | Deepa Dinesan | 2021-2023 batch (M Ed) |
| 5 | Elsa Susan Kurian | 2021-2023 batch (M Ed) |
| 6 | Krishna T.D | 2021-2023 batch (M Ed) |
| 7 | Merin J Kaniyarakam | 2021-2023 batch (M Ed) |
| 8 | Rinta V.S | 2021-2023 batch (M Ed) |
| 9 | Sayidha Meerasa B.M | 2021-2023 batch (M Ed) |
| 10 | Saniya Kurian | 2021-2023 batch (M Ed) |
| 11 | Stephy Mendez | 2021-2023 batch (M Ed) |


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EXTENSION PROJECT REPORT

Submitted To,

Mr. Rosy Tantu

Assistant Professor

St. Joseph College of
Teacher Education for
Women, Ernakulam

Submitted By,

Fathimathuzhara

Physical Science

Roll No. 08

Dated : 04/09/2022

Place : Arayankavu



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AN AWARENESS PROGRAMME ON SUSTAINABLE ENERGY CONSUMPTION IN HOME

TARGET GROUP

Families in the locality

OBJECTIVES

1. To create awareness among householders on sustainable energy consumption practices.
2. To reduce energy consumption in homes.
3. To adopt sustainable measures in reducing energy consumption.

TOOLS

Awareness package, leaflets describing sustainable energy consumption practices, forms for collecting personal information and existing energy consumption practices.



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INTRODUCTION

Think about how you use energy every day. You wake up to an alarm clock. You take a shower with water warmed by a hot water heater. You listen to music on the radio as you dress. You catch the bus to school. That's just the energy you use before you get to school. Energy use is sometimes called energy consumption.

Energy consumption refers to all the energy used to perform an action, manufacture something or simply inhabit a building. In a household, energy consumption includes electricity, gas, water and any other energy used to live comfortably.

Energy conservation can be broadly defined as the efficient use of energy. The reduction or elimination of unnecessary or unwanted energy use is referred to as energy conservation. It can be accomplished by using less energy to perform a given amount of work or by not using energy at all. Globally, energy conservation has enormous potential to boost economic growth while reducing greenhouse gas emissions (GHG).



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More than two decades ago, India began implementing energy conservation measures and has since established a clear policy architecture for promoting energy conservation.

It can be attained through efficient energy use, in which energy is reduced while achieving the same result, or through reduced consumption of energy services. It is one of the simplest ways to help the environment by reducing pollution and utilising natural energy.

BENEFITS OF ENERGY CONSUMPTION

1. Promote Health = Pollution causes or worsens a wide range of serious medical issues, including lung cancer, and asthma. By conserving fuel, people can also protect the health of their fellow humans.

2. Reduce living expenses = When the general public consumes less fuel or electricity, prices fall as a result.

3. Limited Resources = People can focus on ensuring that budget-friendly energy is available for future generations by conserving electricity.



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4. **Benefits Environment as well as product lifecycle** = It reduces direct air pollution caused by machinery, vehicles and power plants. Conservation also lowers the numbers of hazardous extraction projects and spills. It can make better environmental outcomes.
5. **Favors Power Plants** = Utilities will not need to build as many power plants if the public conserves electricity.
6. **Reduce Dependence** = Conservation makes relying on local and regional energy supplies more feasible.



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REPORT

As part of extension activity, an awareness programme on sustainable energy consumption in home was conducted on 4th September 2022 at 12.52 pm. The class was taken for members of "Nalagalees" self helping group, Aazhankavu. The venue of the programme was at one of the members of Nalagalees SHG's house. Thirteen members and their family attended the class. This class was taken as along with onam celebration.

For this class, I was prepared very well, refer some websites, journals, etc. Prepared a short note for taking class more effectively. The class began with introduction of topic energy conservation, its benefits and then some measures to conserve energy.

Measures that we must follow while using water garden, refrigerator, iron box, light, fan, etc were discussed with them. And also gave detailed idea regarding this to them.

Then collected personal details of members



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and asked to them, what all measures they took to conserve energy. Some of them turn off unnecessary lights and fans; don't use mixer grinders, iron box at low voltage time; will ironed clothes for a week; don't open doors of fridge many times, etc.

So from this I realized that, some of them are aware about energy usage and some of them are not.

So through proper awareness among common people, sustainable energy consumption in home was possible.

It was an excellent experience and this helped me to share my knowledge with society. This was an unforgettable moment that I got opportunity to interact with society and able to do something for them through my class.

Video of the class was recorded and some of the photos were taken.

Then the class was happily end.

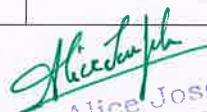


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APPENDIX

| NO. | NAME | ADDRESS | PHONE No. | SIGNATURE | INTERVIEW DETAILS |
|-----|----------|-------------------------|------------|-----------------|---|
| 1. | Shaukath | Kunnamkulathil -thel | 9446220690 | <u>Shaukath</u> | Do not operate mixer grinders, iron box at low voltage time. |
| 2. | Mabin | Kunnamkulathil | 9447871688 | <u>Mabin</u> | Turn off light and fan after use. |
| 3. | Noushad | Kunnamkulathil | 8547995070 | <u>Noushad</u> | Turn off light and fan after use. |
| 4. | Nisar | Kunnamkulathil | 9961986441 | <u>Nisar</u> | Wool ironed clothes for one week. |




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| | | | | | |
|----|--------|------------|-----------------|---------------|--|
| 5. | George | 9496849076 | Vethical | <u>George</u> | Only use television at fixed time, turn off light and fan after use. |
| 6. | Saji | 9446608203 | Mathira-kalajal | <u>Saji</u> | Turn off light and fan after use. |
| 7. | Reji | 9447307246 | Kanjara-thickal | <u>Reji</u> | Turn off TV after use, do not hold them on power off button on remote. |
| 8. | Benny | 9447608935 | Vezhapanambel | <u>Benny</u> | will crossed doors for one week and turn off light and fan after use. |
| 9. | Sabu | 9447746418 | Pathrockal | <u>Sabu</u> | Do not use mixer grinders overloaded with items. |



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| | | | | | |
|-----|--------|----------------------|------------|--------|---|
| 10. | Hybase | Adakkakula- ngara | 9656235018 | Hybase | Turn off light and fan after use. |
|-----|--------|----------------------|------------|--------|---|



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APPENDIX



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EXTENTION ACTIVITY ON SUSTAINABLE ENERGY CONSERVATION

Submitted to,
So. Thejus Paul
Asst. Professor

Submitted by,
Vinny Pappachan
No: 16
physical science

dated: 04/09/2022

Place: Kanjoor Panchayat &
Paluvattom.



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Topic : An awareness programme on sustainable energy consumption in homes.

Target groups : Families in the locality.

- Objectives - 1)** To create awareness among house holders on sustainable energy consumption.
- 2) To reduce energy consumption in homes
 - 3) To adopt sustainable measures in reducing energy consumption.
 - 4) To make the householder share their experience share and knowledge the others about sustainable energy consumption.

- Tool :**
- * Awareness package like leaflets describing sustainable energy products.
 - * Forms for collecting personal information and existing energy conservation products.

Need and Significance of the programme.

As we all know electricity has become an Integral Part of our life. without electricity, we can't imagine even a day. so it is very important to conserve the usage of



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electricity and energy along with its consumption when we limit our energy usage, we lower our impact on the environment. The longer we go without making significant changes, the greater the threat of global warming and climate change become to our daily lives. So the main significance of the programme is to make people aware of the energy conservation of a sustainable tomorrow.

Key words:

1. Sustainable energy consumption: Sustainable energy consumption which is understood that energy conservation including energy use reduction and energy efficiency.

Procedure and Report:

As a part of B.ed curriculum extension activity, I visited ten families of my locality (Pandalavattom, & Karijoor panchayath) on 04th September 2022. The main objectives of the programme was to make the families especially women of the house aware of sustainable energy consumption. The tool used for the same consists of awareness of package like leaflets describing sustainable energy products. The method I adopted is a very informal questionnaire asking about their details and about the major household equipment they used, the time they use such equipment, whether they are aware of the energy



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conservation of such equipment they use daily etc. The family visit starts from 11. Am and ends by 2: pm. I spent about 15 minutes in a house for describing the awareness package. The photos and videos of the same was recorded properly.

Methods adopted: Simple Questionnaire was chosen as the method which include an Interview schedule:

Reflection: It was indeed a wonderful and informative experience for me. For this programme I referred some internet site, and it gave me a lot of information and it gave me a energy conservation. It evoked a sense of community relationship. Some families also gave me in depth information about their mode of conservation, which gave me an insight of knowledge.

If I get more chance to do such programme, I would definitely make it some more informative and systematic.

Interview schedule

- 1) Whether you are aware of the energy conservation in our society? [YES/NO]
- 2) What all types electrical equipments are there in our House (fridge, Mixer, grinder, washing machine)



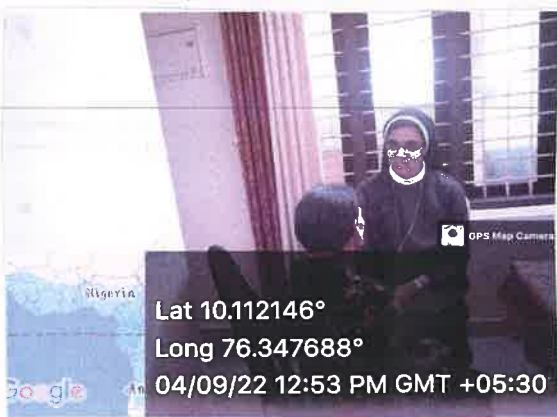
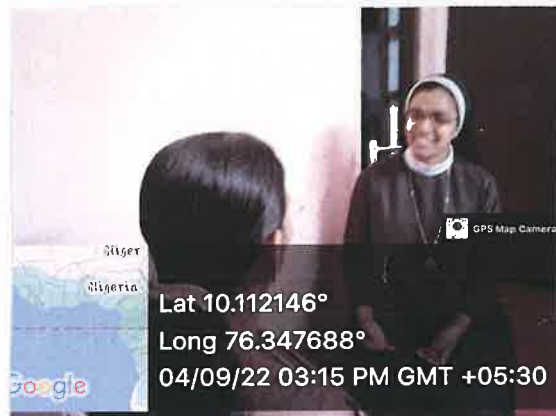
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- 3) Do you have any idea about sustainable energy conservation [Yes/No]
- 4) Are you practicing any kind of sustainable energy practices outlined in the leaflet [YES/NO]
- 5) what types of bulbs are using here [Normal bulb/ LED bulb]
- 6) Are you using iron box on daily [Basis/weekly basis]
- 7) Do you have practise of frequent closing and opening of refrigerator [YES/NO]
- 8) Is your fridge is two inches away from our wall [YES/NO]
- 9) Do you have a practise of overloading things in your washing machine and mixies [YES/NO]
- 10) what is the status of your monthly current Bill [Normal, High, very High]
- 11) Are you ready to conserve our energy from Today [YES/NO]
- 12) Are you ready to give awarness to other family members about this [YES/NO]



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Evidences



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- 3) Sustainable India retrieved from www.wikipedia.org.in.



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Outreach Programme at Anganwadi, Edathala Grama panchayat, Aluva

As part of the outreach activity, on the dates of 5/9/2022 and 6/9/2022, I conducted an event in Anganvadi number 64 in Ward 5 of the Edathala Gram Panchayat . The event took place from 10 in the morning until 1 in the afternoon. I conducted different activities for them including story telling, action songs drawing etc. I also came to understand about the running Anganvadi. Mrs Usha O. C, the anganvadi teacher helped in my activities.



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St. Joseph College of Teacher Education for Women


Ernakulam



Class on Basic Hygiene Practices at Anganavadi, Kadamattom

| | |
|----------------------------|---|
| Name of the Event | Class on basic hygiene practices at Anganavadi, Kadamattom |
| Objectives | <ol style="list-style-type: none"> 1. To give an awareness about basic hygiene practices among children in the age group of 3 to 6 years 2. To help children to develop good hygiene habits |
| Details of Resource person | Keerthana M.S, 2 year B.Ed Natural Science, St Joseph College of Teacher Education for Women Ernakulam |
| Date | 6 September 2022 |
| Time | 10.30 am to 11.30 am |
| Duration | 1 hour |
| Beneficiaries | Children in the age group of 3 to 6 years |




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Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Programme Report

Anganvadi Centre is one of the important institutions to ensure nutrition and pre-school education of the children of age group 3-6 years. It is the focal point for implementation of all the health, nutrition and early learning initiatives under ICDS. Children must be taught personal hygiene practices from their early childhood itself because most of their habit formation starts from the age of 3 years. Anganwadis has a major role in the overall development of the child especially in rural areas.

An awareness class on basic hygiene practices among children between the age of 3 to 6 years was conducted at Anganavadi center, Kadamattom as a part of extension activity. The class was organized on 6 September 2022. The resource person of the class Miss Keerthana M.S, 2 nd year B Ed student of Natural Science optional, St Joseph College of Teacher Education for Women Ernakulam. The class was organized with the permission and support of the Teacher in Charge of the Anganavadi centre Mrs Mercy.M. There are a total of 11 children attended the session. than a normal awareness class I presented the class in an informal, friendly interactive session to gather the attention of the kids. A proper awareness about personal hygiene practices, health and nutrition was given to them through small activities, stories and rhymes. The children were taught the need for developing good hygiene habits. All the children responded well and I managed them well with care, love and support. As the class was organized on the onam celebration day at Anganavadi Centre, the children, their parents, grand parents and their siblings were also be a part of the session.

The session was concluded with the individual performances of each children. They narrate well their understanding about the class. They also made the class lively by singing songs, telling stories and performing dance moves at the end. The session was over by 11.30, we all together celebrated onam and I provide them sweets. I collected feedback of the session from the teacher in charge, parents, grand parents and the children present there. All of them responded very positively and also appreciated me for handling the session well.



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Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Photo Gallery



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Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Programme Details

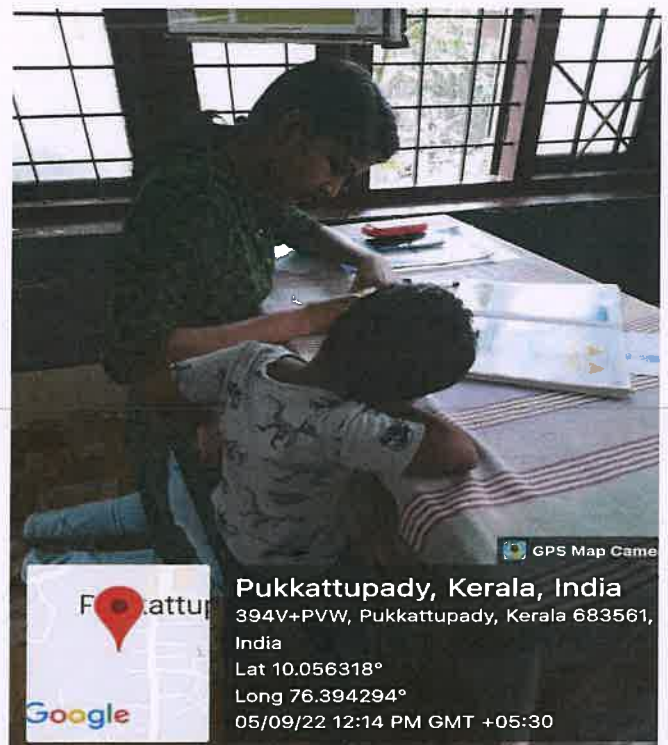
| | |
|-------------------------|--|
| Name of the Event | Class on basic hygiene practices |
| Name of Resource person | Keerthana M.S |
| Venue | Anganavadi centre, Kadamattom Ward 7 ,Ikkaranadu Grama Panchayth |
| Date | 6 September 2022 |
| Time | 10.30 am to 11.30 am |
| Duration | 1 hour |
| Beneficiaries | Children in the age group of 3 to 6 years |



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Outreach Programme at Anganwadi, Pazhanganad Submitted By Reshma Francis

As part of my B.Ed. extension activity, I had the opportunity to visit a nearby Anganwadi center and raise awareness among the local community. This activity took place during the Onam vacation. I visited the Anganwadi on the 3rd, 5th, and 6th of September. The center had around nine students and two staff members. During my visits, I assisted in managing the students and engaged them in crafting activities. Additionally, I helped with serving food to the students. On the day of the Onam celebration, I actively participated in creating a pookalam (flower arrangement) and distributing food to the children. This entire experience was truly remarkable for me. Spending time with these young students helped me gain valuable insights into managing and positively engaging with children. While extracurricular activities offer numerous benefits, it is crucial for students to strike a balance between these activities and their academic responsibilities. By prioritizing time management and ensuring that academics remain a priority, students can maximize the benefits derived from their extracurricular experiences



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Outreach- Free tuition for the needy children

During onam vacation of the year 2022 we were asked to do any extension activity in our locality. And I taught three children of my neighborhood who didn't know to read and write properly for nearly 1 week(September 5 to 11). At first I identified the weak areas of each child and then gave individual attention and care according to their needs.



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REPORT OF EXTENSION ACTIVITY

dated : 07/09/2022,
08/09/2022 &
11/09/2022

Locality : Kumbalangi Village.

Submitted by,

Agnya Cosmos MC

Physical science

Roll-no: 2

Alice Joseph

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Topic : An awareness programme on sustainable energy consumption in homes

Target Group : Families in the locality

Objectives :

- a) To create awareness among householders on sustainable energy consumption practices
- b) To reduce energy consumption in home
- c) To adopt sustainable measures in reducing energy consumption.

Tool :

- * Awareness package life leaflets describing sustainable energy practices
- * Forms for collecting personal information and energy conservation practices following in their home.



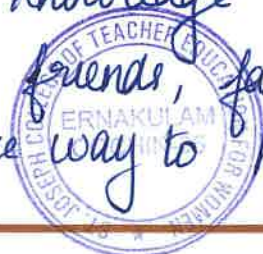
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Need And Significance Of The Programme

One of the increasing hazards in our society has been the overuse of energy. Over the past decades we have seen an increase in the amount of energy used in households due to ~~an~~ evolving technology as well as the lack of knowledge of how harmful this is becoming to the environment.

It is important to conserve energy for many reasons. A trend in the society recently has been using electricity when it is unnecessary. Not only it is wasteful, but also detrimental to the environment. Better consumption of energy has many positive consequences. A combined effort to conserve energy in our homes improves our nation's economy.

In an effort to prevent the overuse of electricity, individuals must begin to conserve the energy they use every day. Overall the best way to conserve energy is through knowledge and education. Sharing what you know amongst friends, family and the public is the most common effective way to help the cause. So the



main significance of the programme is to make people aware of the energy conservation for a better tomorrow.

Report

As a part of B.Ed curriculum, under the extension activity, I conducted an awareness class on the topic 'sustainable energy consumption in homes'. The main objective of this extension activity was to make the families especially women at the house aware of sustainable energy consumption. This program was carried out during three days - on 7th, 8th and 11th of September 2022 in my locality (Kumbalanghi village). On 7th and 11th of September I took the awareness class by visiting each home separately (3 homes in a day). And on 8th of September, I took the class for a group consisting of four families. All the men, women and children of the respective families were present. I handed over a leaflet describing some important ways to save energy for a better future to each family. I also collected their personal informations and also the details regarding the existing energy conservation practices following



at their home. I spent about 15 minutes for each class. The photos and videos of the same was recorded properly.

Method Adopted: An awareness class by interactive session.

Reflection

Description: As part of B.Ed curriculum a class on energy conservation was taken for house-wives in my locality. They were very co-operative. The class was taken on 7th, 8th and 11th of september 2022. There I carried out class for 10 families especially the women of the house.

Feelings: I was very tensed as ~~my~~ I was taking class for the ones who I know very closely. And it was my first experience of giving a class to adults. But they all made me comfortable and listened to the class very eagerly and they all were very co-operative.

Evaluation: This opportunity was very helpful for me. All the entire classes were very good and successful.



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Analysis: The objectives of this programme was attained successfully to an extent. The pupil get an awareness about the energy conservation practices and its importance.

Conclusion: This opportunity was very helpful for me. This work helped to gain confidence and to face and took a class for adults. It was also helpful for them.

Action Plan: If I get another opportunity, I will convey my information more clearly with the help of a power-point presentation.



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Ways to conserve energy in home

- Switch of the lights and fans after use.
- All electrical appliances have to be turned off at the plug.
- Use LED tubes and bulbs
- Use iron box on a weekly basis
- Refrigerators should be placed 2 inches away from the wall to get proper air supply.
- Avoid unnecessary opening and closing of refrigerators.
- Avoid overloading in washing machines and mixers as it may lead to sudden tripping of machines.
- Use biogas and solar equipments.




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APPENDIX

| Sl. no | Name | Address | Phone number | signature | Existing energy conservation practices |
|--------|-----------------|---|-----------------|---|--|
| 6. | PHILOMINA | Thottakadu, House, Kumb alanghi P.O | 98957- 22908 |  | Minimizing the use of washing machine |
| 7. | Seenia Jude | Moolamkuzhi House, Kumba langhi P.O Kochi-7 | 963378 9722 |  | Smokeless stove |
| 8 | PHINU SONY | Moolamkuzhi House, Kumb alanghi P.O. Kochi-7 | 984610 4621 |  | Smokeless stove, Biogas plants |
| 9. | LEENA ANTONY | Edapazambil House, Kumb alanghi P.O | 830489 7533 |  | Smokeless stove |
| 10 | CIYA BIBIN | Thachapally House, Kumb alanghi P.O Kochi-7 | 94478- 43904 |  | Biogas plants, Iron all clothes needed for a week in the same day |





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APPENDIX

| Sl. no | Name | Address | Phone number | signature | Existing energy conservation practices |
|--------|-----------------|------------------------------------|--------------|---|--|
| 1 | SHEEBA JACOB | CHAKYAMURI HOUSE, KUMB ALANGHI P.O | 790709-6019 |  | Solar light panel, Biogas plant, Iron clothes (all) once in a week |
| 2 | ELSY GEORGE | Chakyamuri House, Kumbalanghi P.O | 0484-2240180 |  | Solar light panel |
| 3 | SWEETY SANTIAGO | Chakyamuri House, Kumbalanghi P.O | 9349157276 |  | Biogas plants |
| 4 | SHEEJA NET | Moolamkuzhi House, Kumbalanghi P.O | 8547904458 |  | Biogas plant, smokeless stove |
| 5 | Emili Martin | Moolamkuzhi House, Kumbalanghi P.O | 0484-2240031 |  | Biogas plant, smokeless stove, |




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EXTENSION ACTIVITY ON SUSTAINABLE ENERGY CONSERVATION

Dated : 22/09/2022

Locality : Manickamangalam Village,
Kalady.

Submitted To

Sr. Thejus Paul

Assistant Professor

St. Joseph College of Teacher
Education for Women, Ernakulam



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

Apasna.S

Roll No. 7

Physical Science
Optional

Topic - An awareness Programme on Sustainable Energy Consumption in homes

Target Group - Families in the locality

- Objectives** -
- 1) To create awareness among house holders on Sustainable Energy Consumption
 - 2) To reduce Energy Consumption in homes
 - 3) To adopt Sustainable measures in reducing Energy Consumption.
 - 4) To make the householder share their experience and knowledge to others about Sustainable Energy Consumption



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- Tool** - * Awareness Package like leaflets describing Sustainable Energy Practices
- * Forms for Collecting Personal Information and Existing Energy Conservation Practices.

Need and Significance of the Programme

As we all know Electricity has become an Integral Part of Our life. Without Electricity, We can't imagine even a day. So it is Very Important to conserve the Usage of Electricity and energy along with its consumption. When we limit Our energy Usage, ~~we~~ lower Our Impact on the environment. The longer we go without making significant changes, the greater the threat of global warming and climate change become to our daily lives. So the main Significance of the Programme is to make People aware of the energy conservation of a Sustainable tomorrow.



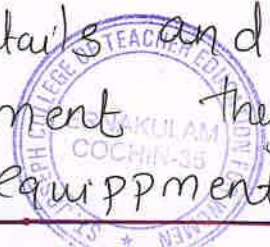
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Key Words

1. Sustainable Energy Consumption - Sustainable Energy Consumption, which is understood as energy conservation including energy use reduction and energy efficiency.

Procedure and Reports

As a part of B.Ed Curriculum Extension activity, I visited ten families of my locality (Manickamangalam Village, near Kalady Panchayat) on 22nd September 2022. The main objectives of the programme was to make the families especially, women of the house aware of sustainable energy consumption. The tool used for the same consists of awareness package like leaflets describing sustainable energy practices. The method I adopted is a very informal questionnaire asking about their details and about their major household equipment they used, the time they use such equipment, whether they



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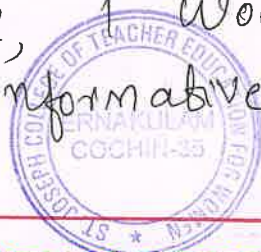
are aware of the energy conservation of such equipments they use daily etc. The family visit starts from 11: AM and ends by 2: PM. I spent about 15 minutes in a house for describing the awareness package. The photos and videos of the same was recorded properly.

Method Adopted - Simple Questionnaire was chosen as the method, which includes an interview schedule.

Reflection

It was indeed a wonderful and informative experience for me. For this programme I referred some international site, and it gave me a lot of information about the energy conservation. It evoked a sense of community relationship. Some families gave me in-depth information about their mode of conservation, which gave me an insight of knowledge.

If I get one more chance to do such programme, I would definitely make it some more informative and ~~systematic~~ ~~systematic~~



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INTERVIEW SCHEDULE

- 1) Whether you are aware of the Energy Conservation in Our Society? (Yes/No)
- 2) What all types of Electrical Equipments are there in our House. (Fridge/Mixer/Grinder/Washing machine/other)
- 3) Do you have any Idea about Sustainable Energy Conservation. (Yes/No)
- 4) Are you Practicing any kind of Sustainable Energy Practices Outlined in the leaflet. (Yes/No)
- 5) What types of Bulbs are Using here. (Normal Bulb/LED Bulb)
- 6) Are you Using Iron box on (Daily Basis/Weekly Basis)
- 7) Do you have a Practice of frequent Closing and opening of Refrigerator (Yes/No)
- 8) Is your fridge is two inches away from our wall. (Yes/No)
- 9) Do you have a Practice of Overloading things in your washing machine and Mixies (Yes/No)
- 10) What is the Status of your monthly Current Bill (Normal/HIGH/Very HIGH)
- 11) Are you ready to Conserve Our Energy from Today. (Yes/No)
- 12) Are you ready to Give awareness to other family members about this. (Yes/No)

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Signature of Householder

EVIDENCES



REFERENCES

1. 'Rules for Energy Conservation' retrieved from www.wikipedia.org.in
2. 'Energy Conservation' at Home retrieved from www.futureindia.org.in
3. 'Sustainable India' retrieved from www.wikipedia.org.in



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AWARNNESS ON ENERGY CONSERVATION

EIGHT WAYS TO SAVE ENERGY FOR OUR BRIGHT FUTURE

- ✓ REPLACE YOUR BULBS WITH LED TUBES AND BULB, AS IT DECREASES THE CONSUMPTION OF ELECTRICITY BY GIVING 70% EFFICIENCY
- ✓ USE POWER SMART STRIPS
- ✓ USE IRON BOX ON A WEEKLY BASIS, AND MAKE SURE THAT YOU ARE NOT IRONING A WET CLOTHES, SINCE IT TAKES MORE ELECTRICITY.
- ✓ SWITCH OFF THE FANS AND LIGHTS WHEN NOT IN USE
- ✓ CONTINUOUS OPENING AND CLOSING OF REFRIGERATOR SHOULD BE MINIMISED
- ✓ REFRIGERATOR SHOULD BE PLACED 2 INCHES AWAY FROM THE WALL TO GET PROPER AIR SUPPLY.
- ✓ OVERLOADING IN WASHING MACHINES AND MIXIES SHOULD BE AVOIDED BECAUSE OVERLOADING CAUSES SUDDEN TRIPPING OF MACHINES WHICH TAKES EXTRA ELECTRICITY.



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APPENDIX - II

PERSONAL DETAILS OF THE HOUSE HOLDERS

| SL NO. | NAME OF THE HOUSEHOLDER | AGE OF THE HOUSE HOLDER | OCCUPATION OF THE HOUSE HOLDER | PHONE NUMBER OF THE HOUSE HOLDER |
|--------|-------------------------|-------------------------|--------------------------------|----------------------------------|
| 1. | PRABHAMANI KG | 54 | TEACHER | 9496281354 |
| 2. | ASWATHY J PANICKER | 34 | TEACHER | 9446543582 |
| 3. | SEETHA SURESH | 56 | POSTAL AGENT | 9995286546 |
| 4. | LEELA GOPAL | 60 | HOUSE WIFE | 9497459677 |
| 5. | SANTHA G | 60 | Rtd BSNL EMPLOYEE | 9446066290 |
| 6. | SATHY K | 70 | HOUSE WIFE | 9446571677 |
| 7. | THULASI RAVI | 71 | HOUSE WIFE | 0484 2464706 |
| 8. | GAURI SURESH | 29 | ACCOUNTANT | 8281981826 |
| 9. | PARVATHY S | 36 | TEACHER | 8606018379 |
| 10. | SUJATHA SAJEEV | 48 | TAILOR | 7025207399 |
| | | | | |



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**St. Joseph College of Teacher Education for Women,
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Food distribution near Ernakulam General Hospital

| | |
|----------------------------|---|
| Name of the Event | Food distribution near Ernakulam General Hospital |
| Objectives | <ol style="list-style-type: none"> 1. To alleviate hunger and prevent malnutrition among vulnerable populations. 2. To create a sense of social support and solidarity by ensuring that individuals and communities in need are cared. 3. To foster a more inclusive society |
| Details of students | <ol style="list-style-type: none"> 1. Ms. Akhitha Sebastian 2. Ms. Merin Shajan 3. Ms. Vyshnavi N Sarma 4. Ms. Anita Abraham |
| Date | 07 September, 2022 |
| Time | 11.30 am to 1.00 pm |
| Duration | 1.5 hours |
| Beneficiaries | Needy people |




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Food Distribution near Ernakulam General Hospital

Programme Report

The issue of hunger and food insecurity affects millions of people worldwide. In many cases, homeless individuals, economically disadvantaged families, and marginalized communities face difficulties accessing nutritious meals. In response to the growing need for food assistance, a group of second students from Natural Science optional of St Joseph college of Teacher Education for Women, Ernakulam have taken the initiative to prepare and distribute meals to needy individuals.

The members of the team included Ms.Akhitha Sebastian, Ms.Merin Shajan, Mrs.Vyshnavi N Sarma and Ms.Anita Abraham.Students utilized their culinary skills to prepare nutritious and tasty meals. The food prepared was wrapped in plantain leaves and was properly packed. Each student prepared 10 meal packages. In total there were 40 food packages.

Students distributed the food packages to the needy individuals they found on the roads near Ernakulam General Hospital. The initiative was executed on 7th of September,2022.It took around one and a half hours to completely distribute the packages.Overall,the food preparation and distribution program conducted has helped to alleviate hunger of the vulnerable populations.



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Food Distribution near Ernakulam General Hospital Photo Gallery



Mic Taylor
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Food Distribution near Ernakulam General Hospital

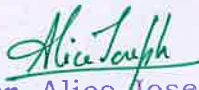
Programme Details

| | |
|--------------------------|---|
| Name of the Event | Food distribution near Ernakulam General Hospital |
| Date | 07 September, 2022 |
| Time | 11.30 am to 1.00 pm |
| Duration | 1.5 hours |
| Beneficiaries | Needy people |

Student Details

| Name | Batch |
|-------------------|------------------------------|
| Akhitha Sebastian | 2021-2023 (Second Year B.Ed) |
| Anita Abraham | 2021-2023 (Second Year B.Ed) |
| Merin Shajan | 2021-2023 (Second Year B.Ed) |
| Vyshnavi N Sarma | 2021-2023 (Second Year B.Ed) |




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Cleaning and Setting Public Library

| | |
|---------------------------------------|--|
| Name of the Event | Cleaning and setting public library |
| Objectives | <ol style="list-style-type: none"> 1. To create a clean and hygienic space for readers. 2. To prevent damage caused by improper storage. 3. To promote accessibility 4. To foster sense of respect for the learning environment and promote a positive attitude toward education. 5. To inculcate responsibility and respect for shared spaces. |
| Details of the student teacher | Allan Francis Natural Science optional 2 nd year St. Joseph College of Teacher Education for Women Ernakulam |
| Date | 07 September 2022 |
| Time | 2 pm to 3 pm |
| Duration | 1 hour |
| Beneficiaries | Public Library Mookkannoor. |




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Cleaning and Setting Public Library

Programme Report

Library cleaning refers to the process of maintaining cleanliness and organization. It involves various activities aimed at keeping the library neat and conducive for readers to access and utilize the library resources effectively. The primary objective of library cleaning is to create a clean and healthy space for library users. Cleaning activities also help to prevent damage to books, documents and multimedia materials. A clean and organized library contributes to a positive user experience.

Mookkannoor is a village in Ernakulam district, Kerala. The village has a public library. More than 2000 collection of books are there. Students of nearest schools and colleges visits the library regularly and issue books of various genres. The library cleaning was selected for extension activity. The extension activity was done on 7th September 2022. The librarian Sri. Shaiju K.P gave instructions. From 2pm to 3pm I cleaned the library. The process was started by dusting the surfaces of shelves, bookcases, tables and chairs. The exposed parts of books were also cleaned. Then the arrangement of books in the shelves checked. Return books are placed in the correct order and in the appropriate locations. The books are aligned and categorized according to their assigned systems. The old newspapers were arranged and kept inside the store room.

Volunteering for library cleaning gave some personal benefits. The organizational skills in me improved that will be useful in personal and professional life. It gave me opportunity to discover new information and expand my knowledge. While doing the activity I was able to build friendships with others gathered there for the same. Also I was able to contribute my community in a meaningful way. It provided valuable connections and potential opportunities for personal and professional growth. Library cleaning involves paying attention to small details like dusting books, arranging them in alphabetical order and arranging the shelves. So these activities helped to enhance my attention in small things. It gave me a sense of accomplishment and satisfaction.



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Photos



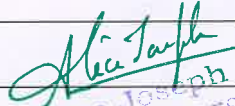
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**Food distribution near APJ Kalam Marg
(Marine Drive)**

| | |
|----------------------------|---|
| Name of the Event | Food distribution near APJ Kalam Marg (Marine Drive) |
| Objectives | <ol style="list-style-type: none"> 1. The primary objective is to provide immediate relief by offering nutritious meals to individuals experiencing hunger on the streets. 2. To treat individuals in need with dignity and respect. 3. To ensure that individuals living on the streets have access to essential nutrients, vitamins, and minerals that their bodies require for optimal health and well-being. |
| Details of students | <ol style="list-style-type: none"> 1. Ms. Theresa Thankachan 2. Ms. Angitha Ramachandran 3. Ms. Caren Grace 4. Ms. Saniya Simon 5. Ms. Jeshma Das |
| Date | 09 September, 2022 |
| Time | 11.30 am to 1.00 pm |
| Duration | 1.5 hours |
| Beneficiaries | Street dwellers |


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Food Distribution near APJ Kalam Marg

(Marine Drive) Report

This report provides an overview and evaluation of the food distribution program conducted at Marine Drive for needy people. The program aimed to address food insecurity and provide essential nourishment to individuals experiencing homelessness or facing economic hardships in the surrounding area. The students of Natural science department formed different groups to carryout the activity.

The food distribution program was organized as part of extension activity during B.Ed course at St. Joseph College Teacher Education For Women, Ernakulam. It took place at APJ Kalam Marg (Marine drive), a prominent location known for its high population of homeless individuals. The program was conducted on 09 September 2022 from 11:30 am to 1:00 pm.

The group included Ms. Theresa Thankachan, Ms. Angitha Ramachandran, Ms. Caren Grace, Ms. Jeshma Das and Ms. Saniya Simon of Natural science department of St. Joseph College of Teacher Education For Women, Ernakulam.

The schedule of program was preplanned and necessary arrangements were done which includes preparing homely nutritious food and packing it in plantain leaves or aluminum plate. On the day of distribution everyone reached the place on time and conducted the activity effectively.

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Food distribution near APJ Kalam Marg (Marine Drive)

Photo Gallery




Alice Tuffe
Dr. Alice Joseph
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Programme Details

| | |
|--------------------------|--|
| Name of the Event | Food distribution near APJ Kalam Marg (Marine Drive) |
| Date | 09 September, 2022 |
| Time | 11.30 am to 1.00 pm |
| Duration | 1.5 hours |
| Beneficiaries | Street dwellers |

Student Details

| Name | Batch |
|--------------------------|------------------------------|
| Ms. Theresa Thankachan | 2021-2023 (Second Year B.Ed) |
| Ms. Angitha Ramachandran | 2021-2023 (Second Year B.Ed) |
| Ms. Caren Grace | 2021-2023 (Second Year B.Ed) |
| Ms. Saniya Simon | 2021-2023 (Second Year B.Ed) |
| Ms. Jeshma Das | 2021-2023 (Second Year B.Ed) |



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AWARENESS CAMPAIGN ON PLASTIC POLLUTION

| | |
|---------------------------|---|
| Name of the Event | Awareness campaign on plastic pollution |
| Objectives | <ol style="list-style-type: none"> 1. Raise awareness about the environmental impact of plastic overuse. 2. Educate residents about the benefits of reducing plastic consumption. 3. Promote sustainable alternatives to single-use plastics . 4. Encourage responsible waste management practices. |
| Details Of Student | Meera Susan Kurian, Natural Science optional, 2 nd -year B.Ed. SJCTE. |
| Date | 09 September 2022 |
| Time | 10.30 am to 12.30 pm |
| Duration | 2 hours |
| Beneficiaries | Residents of 7 th and 9 th wards of Arakkunnam panchayath, Ernakulam |



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AWARENESS CAMPAIGN ON PLASTIC POLLUTION

An awareness campaign on the negative impacts of the overuse of plastic was conducted for the residents of the 7th and 9th wards of Arakkunnam panchayath in Ernakulam district as an extension activity. The campaign was carried out on 9th September 2022 for 2 hours from 10.30 am to 12.30 pm. About 15 houses were covered as a part of the campaign. Prior to the campaign, materials including a pamphlet, paper bags, and seed pens were made. The target areas and households for campaign within the panchayath were identified.

On 9th September by 10.30 am, I started door to door visits. I made the residents aware about the threats caused by plastic materials to the environment and public health when they are not properly disposed or recycled. Pamphlets containing details on how to reduce plastic use were distributed to them. I had also carried paper bags and seed pens with me. I had showed the method of making seed pens to the school going children in different houses. They were very interested to watch it. Paper carry bags were also distributed to the people. I was able to encourage the residents to use alternatives to single use plastic items such as reusable bags, bottles and containers.

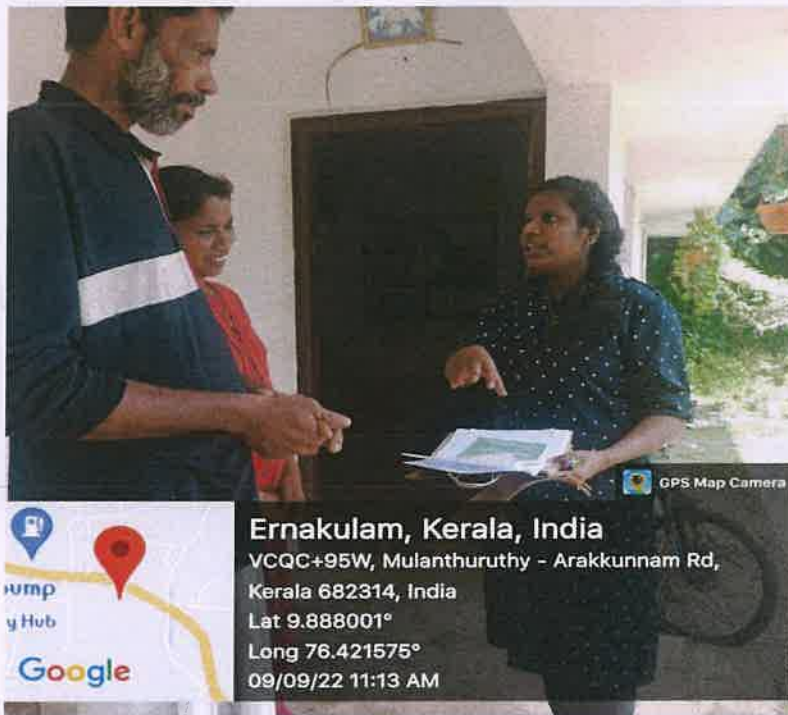
The campaign ended by 12.30 pm by covering about 15 houses and it was successful in creating a positive impact in raising awareness about negative effects of plastic use.



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AWARENESS CAMPAIGN ON PLASTIC POLLUTION

PHOTO GALLERY



Alice Joseph
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 Kerala 682314, India
 Lat 9.88854°
 Long 76.421459°
 09/09/22 11:24 AM



Ernakulam, Kerala, India
 Mulanthuruthy - Arakkunnam Rd, Kerala 682314,
 India
 Lat 9.888208°
 Long 76.421724°
 09/09/22 11:07 AM



Arakkunnam, Kerala, India
 VCQF+35M, Arakkunnam, Kerala 682313, India
 Lat 9.888204°
 Long 76.422274°
 09/09/22 10:54 AM



Arakkunnam, Kerala, India
 VCQF+35M, Arakkunnam, Kerala 682313, India
 Lat 9.888286°
 Long 76.422079°
 09/09/22 11:18 AM



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 Dr. Alice Joseph
 Principal in Charge
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 Education for Women,
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REPORT

On Survey of Energy Conservation

dated 10/09/2022
Place : Amala Bhavan Road, Kadavumbasa

Submitted by,
ANU. P. THOMAS
PHYSICAL SCIENCE
ROM NO: 6



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Submitted to,
Sr. Rosy TINTU
ASSISTANT PROFESSOR
ST. JOSEPH COLLEGE OF
TEACHER EDUCATION
FOR WOMEN, ERNAKULAM

TOPIC: An awareness Programme on sustainable energy Conception in homes

Target group: families in the locality

- Objectives :
- : To create awareness among householders on sustainable energy Conception Practices
 - : To reduce energy Conception in homes
 - : To adopt sustainable measures in reducing energy Consumption

- Tool :
- : Awareness package
 - : leaflets describing Sustainable energy Conception Practices
 - : Form for collecting personal Information and existing energy Conservation Practices.



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Introduction

Energy Conservation is the effort made to reduce the consumption of energy by using less of an energy service. This can be achieved by using energy more efficiently or by reducing the amount of service used. Energy conservation measures in buildings reduce the need for energy services and can result in increased environmental quality, national security, personal financial security and higher savings. It is at the top of the sustainable energy hierarchy. It also lowers energy costs by preventing future resource depletion. Energy can be reduced and conserved by reducing wastage and losses improving efficiency through technological upgrades and improved operations. Energy can only be transformed from one form to another such as heat energy to motor power in cars, or kinetic energy or water flow to electricity in hydroelectric power plants. However machines are required to transform energy from one form to another. The wear and function of the components of this machine while running cause losses of very high amounts of energy and very high related costs. It is possible to minimize these losses by adopting green



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 Dr. Rajeev Chugh,
 Principal in Charge
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engineering practices to improve the life cycle of the components

Significance

Now a days Governmental and Non governmental mechanisms were adopted for energy conservation. Governments at the national, regional and local level may implement policies to promote energy efficiency. It is very important that the energy conservation measure should start from home itself. Switch off the TV's, light, fans and other electronic gadgets should be switched off when not in use. Then switch to LED. An easy and simple change you can make is switching to energy efficient light bulbs such LEDs that help to reduce your bills. Incandescent bulbs uses heat instead of light to release most of their energy. The modern bulbs saves a lot of electricity and money over time as they are energy efficient. Switching to the instant water heaters is another change to reduce your bills and to save energy. The water heaters last longer than traditional tank water heaters which makes the cost efficient in a way. Insulating your home can reduce the amount of spending on



Alia Jiffy
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the working of an Air Conditioner and doing home control
 in it will help to reduce the electric charge. Most of
 women are more concerned about the use of gadgets in
 the kitchen. They are aware about the almost common
 energy conservation practices. Cooking gas and fuel is
 saved by them by using pressure cookers or by cooking
 after boiling the vegetables. Paulson and Pranya opined
 that they won't switch off fans after 6 in the
 evening. Dency opined that she used to iron all
 clothes together once in a week. Reena has shared very
 enthusiastically the methods she adopted to reduce
 energy consumption. She used to always switch off the
 unnecessary lights and fans. Pency has opined
 that by opening windows and doors in the daytime
 and letting the light and fresh air to come in
 can be used to reduce the use of lights and fans to an
 greater extent and the caution while using motors
 to avoid the spilling of water also helps to save the
 water and energy. Everyone has actually cooperated



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In the activity they were provided with additional knowledge related to energy conservation and they very enthusiastically shared the methods which is adopted by them to reduce the energy consumption. The survey was very useful to provide additional information about the importance of energy conservation to others.



Questionnaire.

1. Are you aware about the various energy conservation practices?
2. What are the common practices adopted to reduce energy conservation?
3. What all precautions you adopt while using ironboxes?
4. Do you have the habit of using reducing the frequency of using washing machine?
5. What all precautions you take while adopting the use of A/C conditioners?
6. Are you ready to practice the energy conservation activities?



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REPORT ON EXTENSION ACTIVITY

dated: 11/10/2022

Place : Kandanad, Udumalpet

Submitted To,
Sr. Thejus Paul
Assistant Professor
St. Joseph College Of
Teacher Education For
Women, Ernakulam

Submitted By
Akshaya K.S
IInd year B.Ed
Physical Science
St. Joseph College Of
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AN AWARENESS PROGRAMME ON SUSTAINABLE ENERGY CONSUMPTION IN HOMES

INTRODUCTION

Energy conservation is when you make a conscious decision to use less energy. You might be wondering, can it really be that simple? Yes, yes, it can! Not only is it simple, but it's also quite beneficial. When we lower the amount of energy we use, we slow down fossil fuel depletion and help clean up the environment. While we're at it, we end up saving ourselves money.

Currently, the primary energy sources in the United States are fossil fuels like oil, coal, and natural gas. However, fossil fuels are non-renewable resources that are created deep down within the Earth's surface over the course of millions of years. We're using them so fast that they will eventually become exhausted.

What's more, fossil fuels negatively impact the environment. Coal is the number one pollutant in the United States. Burning it leads to carbon dioxide emissions that contribute to global warming. Plus, burning coal causes acid rain, smog, and soot. It even creates toxic air emissions, which is linked to congenital disabilities, cancer, and other severe health-related conditions.

The top benefits of conserving energy:

Help the environment

Prolong the existence of fossil fuels

Save money

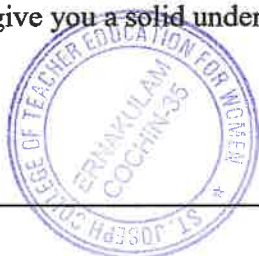
How Does Energy Conservation Help the Environment?

When you limit your energy usage, you lower your impact on the environment. The longer we go without making significant changes, the greater the threat of global warming and climate change become to our daily lives.

When we burn fossil fuels, they create an incredible amount of greenhouse gas emissions. These gasses, which include carbon dioxide, add up faster than the atmosphere can absorb them, which prevents Earth from being able to maintain a stable temperature properly.

The planet's rising temperatures are what we refer to as global warming. We classify the side effects of warming as climate change. We observe these side effects through events such as changes in sea level, cold snaps, droughts, hurricanes, melting glaciers, and wildfires. Fortunately, we can reduce greenhouse gas emissions by reducing our use of energy.

We couldn't possibly list all of the ways to conserve energy here. Still, this list of energy-saving tips will give you a solid understanding of energy conservation methods that you can use now.



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Outside the House

Drive a smaller vehicle that gets better gas mileage or purchase a hybrid or electric car. When possible, carpool or use public transportation. Or better yet, ride your bicycle or walk if you can.

Help control the temperature in your home by planting shade trees in key areas around your yard.

Inside Your Home

Turn off lights and unplug electronics, other devices, and their chargers every time they are not in use. Simplify this by installing power strips so that you can turn off multiple items with one switch.

Replace all of your halogen and other incandescent light bulbs with compact fluorescent light bulbs (CFLs), LEDs, or smart light bulbs.

Check to make sure that your attic and walls are adequately insulated.

Seal any cracks around windows and doors with caulk and weather stripping to avoid unwanted air leaks.

Keep window coverings like curtains open on cold but sunny days to allow the sun's warmth to shine in. On hot days, keep them closed to keep out thermal energy from the sun.

Repair plumbing issues like running toilets and faucets that leak.

Install water-saver shower heads to help with conserving hot water. Opt for taking shorter showers instead of baths and turning the water off while you brush your teeth or shave.

For maximum savings on your utility bills, avoid as much energy usage as possible during your provider's peak hours. Peak energy usage hours can be different depending on your provider and location. Contact your energy provider to find out their current peak hours and if they offer any incentive programs.

TARGET GROUP

Families in my locality.

OBJECTIVES

1. To create awareness among householders on sustainable energy consumption practices.
2. To reduce energy consumption in homes.
3. To adopt sustainable measures to reduce energy consumption.

TOOL

Powerpoint presentation on energy conservation methods and techniques.



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NEED AND SIGNIFICANCE OF PROGRAMME

Energy has become part and parcel of our daily lives. We use it for lighting our homes, operating machinery and industrial equipment, cooking food, playing music, powering a wide range of appliances, and so on. However, excessive consumption of energy is expensive, not to mention, harmful to our environment. Luckily, there are several ways we can reduce energy consumption while still enjoying its full benefits. Here's why conserving energy is so important:

It's good for the Environment

As the energy sector continues to thrive, a lot of waste is released to the environment. Coal and other fossil fuels are often burnt to produce energy and, in the process, different kinds of gases and residual particles are emitted to the environment. If we do not take control of the levels of these toxins, they can pollute the environment and affect our health as well. Energy conservation helps to reduce carbon footprint in the universe. Energy conservation should begin from the household level. For starters, a typical household can reduce energy consumption by up to 30% by simply installing energy-efficient appliances.

It Saves You Money

With the ever-increasing utility bills, it makes sense that everyone wants to save as much as possible. Energy conservation can help you do that. Start by investing in energy-efficient appliances, lighting bulbs, and heating systems. This will save your energy bills by you up to 25-30%. It's important to compare and switch energy tariffs. This is because most fixed energy deals last for about three years, meaning if you don't take action when they expire chances are you'll automatically be moved to the company's standard tariff, which isn't always the cheapest. Switching energy suppliers can save you up to £390 per year on your energy bills.

It Prevents Destruction of Habitats

The energy industry is often associated with land fragmentation, which can separate animals from their natural habitats. Building dams, clearing forests, and digging up coal are some ways we destroy natural habitats. We can significantly combat habitat loss through energy conservation. A good way to start is to harness natural resources and utilize them in a way that minimizes destruction to habitats. Energy conservation regulations often address these issues at the policy level for the benefit of natural habitats.

It Combats Climate Change

The biggest source of greenhouse gas emissions is the energy industry. The energy sector must, therefore, spearhead the global efforts towards combating climate change. The International Energy Agency (IEA) has carried out various assessments on the impact of energy consumption in homes, industries, transport, buildings, and many other areas and recommended energy conservation as the top strategy in achieving the world's climate goal.



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Under the Paris agreement, the global average temperature should be limited to below 2°C above preindustrial levels.

It Enhances the Quality of Life

One way to conserve energy is to optimize energy use. By doing so, you can increase comfort levels in your home, which in turn offers notable health benefits. For instance, proper ventilation in your home prevents the buildup of indoor pollutants. This lowers the risk of certain health problems, including allergies, rashes, headaches, sinusitis, and asthma.

PROCEDURE

As a part of B.Ed curriculum, we were supposed to carry out an awareness programme on 'SUSTAINABLE ENERGY CONSERVATION'. I took the awareness programme in the form of an awareness class for my neighbours. I took the class on 11th October 2022.

The main objective of the awareness class was to create a sense of alertness among families, which consist of both men and women. The class was aimed at providing some techniques and tips to successfully use energy efficiently at homes. They can be made aware that even the smallest step from the part of families can bring about change.

A powerpoint presentation was prepared with the meaning of energy conservation, what is its importance, how can we conserve energy, and how efficiently each home appliances can be used by conserving energy etc.

METHOD ADOPTED

A class was taken on energy conservation, with the help of powerpoint presentation.

REFLECTION

Description: As part of B.Ed curriculum, a class on energy conservation was taken for housewives in my locality. The audience were very cooperative. The class was taken at 2.30 and was of 45 minutes duration.

Feelings: I am very much excited and also little tensed because my audience was pupil whom I know very closely. It was my first time giving a class to adults. When I started I become more comfortable.

Evaluation: This opportunity was very helpful for me. How to face an adult community is entirely different from teaching young students. Certain terms I used become difficult for them, but I can change it by realizing that. It really went well. I can make them aware of the importance of energy conservation which will really helpful for our society.

Analysis: I can successfully attain the objectives of this programme.

Action plan: If I got an another opportunity I will convey my information more clearly by replacing scientific terms with common words

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EXTENSION

ACTIVITY

An Awareness Programme On
Sustainable Energy Consumption

At Homes

Dated: 11/09/2022

Locality: South Chittoor

Submitted to:

Sr. Rosy Linto

Assistant Professor

St. Joseph College of
Teacher Education For

Women Ernakulam

Submitted by:

Agatha Cyrae

Physical Science

Roll. no. 1



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An Awareness Programme On Sustainable Energy Consumption At Homes

Target Group: Families in the locality.

- Objectives :**
- 1) To create an awareness about energy conservation and consumption methods.
 - 2) To reduce energy consumption in homes.
 - 3) To adopt sustainable measures in reducing energy consumption.
 - 4) To promote householders to share their awareness and knowledge to others about energy conservation.

Need And Significance Of The Programme

Electricity has become an integral part of our day to day life. One of the easiest ways to save money each year is to review our use of electricity at home. Simple daily acts can help us achieve



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thes, and we will notice the results in our wallets and on the planet. When you limit your energy usage, you lower your impact on the environment. In today's world, energy is not only the future - it drives everything in the present. As a global society, we generate and use more energy than ever before, and the demand for energy is continuously increasing. While we have been able to expand energy production to keep up with demand, there are physical, geographical and economic limits to how much can be produced.

So the main significance of the programme is to make people aware of the conservation methods that can be used while consumption of energy for a better tomorrow.

Key words : Sustainable Energy Consumption : "meets the needs of the present without compromising the ability of future generations to meet their own needs."



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Report :

As a part of B.Ed curriculum extension activity I conducted an awareness class on Sustainable energy consumption at homes. The class was taken for 10 students of Standard VIIth at St. Thomas Church South Chittoor which is in my locality - South Chittoor, Ernakulam; on 11th September 2022, 10:00 am. The main objectives of the class was to make the families aware of sustainable energy consumption. The method that I used was lecture method. I described to them about how much energy is consumed by the main appliances used in the houses, about ways in which they can conserve energy and lower their electricity bill rates. I also made them aware about the drawbacks of not following a sustainable energy consumption method. At the end of the session I asked them about the ways in which they conserve energy at homes. The students answered



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pointed out the methods they follow to save energy. I also asked them to share their understandings from the session with their parents at home. The whole session was a success and the photos and video of the class was recorded as evidence.



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REFLECTIVE JOURNAL

DESCRIPTION

As part of B.Ed curriculum extension activity an awareness programme on sustainable energy consumption at homes was taken on 11th September 2022.

FEELINGS

It was a wonderful opportunity to shed light on the ways in which we can follow a sustainable way of energy usage at homes.

EVALUATION

I received good responses regarding the class from the students and their parents. Even I was able to learn more about the conservation methods while preparing for this class.

ANALYSIS

The class gave a detailed idea about the ways & advantages of sustainable energy consumption at homes. Drawbacks of not conserving energy were also discussed.










ACTION PLAN

If I get another chance to do such a programme I would try to make it more effective and informative.



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EXTENSION ACTIVITY - AWARENESS ON
ENERGY CONSERVATION

| Sl. No. | NAME | ADDRESS AND PHONE NUMBER | CONSERVATION METHODS PRACTICED | SIGNATURE |
|---------|-----------------------|----------------------------------|---|--|
| 1. | Antony Mathew | Chirayil House | 1. Switching off light and fan when not in use |  |
| 2. | Agaath Rajesh | Congola House 7306722416 | 1. Not using lights in the day time. |  |
| 3. | Nehal Lins | Purayidathil House 9497685548 | 1. Ironing uniforms together. |  <u>Joel</u> |
| 4. | Joel Johnson | Thottia thuseery (H) | Switching off light when not in use. | <u>Joel</u> |
| 5. | Maria Sona Vasquez | Komassschath 9526685247 | Doesn't put T.V in stand by mode. |  |
| 6. | Rose Alphonsa Johnson | Pallipurath 7736818975 | Not using lights in day time. |  |
| 7. | Sera John | Pathiparambil 7012888497 | Ironing clothes together that is needed for a week. |  |
| 8. | Flinta Glory | Thesakathil 9446127864 | Switching off light and fan when not in use. |  |
| 9. | Melha Joseph | Choozakuzhoyil | Not using lights in day time. |  |
| 10. | Aleena Alphonsa Job | Maramparambil 9072966922 | Switching off fan when not in use. |  |




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resources for my neighbors. The brochure design focused on being visually appealing and concise, making it easy to understand for a wide audience. It included the following sections:

- a. Introduction to Energy Conservation
- b. Tips for Saving Electricity
- c. Efficient Water Usage Techniques
- d. Benefits of Renewable Energy Sources
- e. Importance of Sustainable Transportation
- f. Recommendations for Household Energy Conservation

Extension Activity Report: Energy Conservation Awareness Campaign

dated: 11/09/2022, Locality: Puthenvelikkara.

Introduction:

During the Onam vacation in 2022, I organized an extension activity to raise awareness about energy conservation in my neighborhood. The primary objectives were to create a sense of responsibility among community members and encourage them to adopt energy-efficient practices. This report provides a detailed overview of the activity, including the creation and distribution of brochures and the conduction of an awareness class.


Brochure Creation:

To effectively convey information about energy conservation, I decided to create brochures that would serve as informative



Edit with WPS Office




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resources for my neighbors. The brochure design focused on being visually appealing and concise, making it easy to understand for a wide audience. It included the following sections:

- a. Introduction to Energy Conservation
- b. Tips for Saving Electricity
- c. Efficient Water Usage Techniques
- d. Benefits of Renewable Energy Sources
- e. Importance of Sustainable Transportation
- f. Recommendations for Household Energy Conservation

Brochure Distribution:

After the brochures were printed, I distributed them to every household in my neighborhood. I personally visited each house, explaining the importance of energy conservation and how the tips provided in the brochure could help reduce energy consumption. I encouraged residents to adopt these practices in their daily lives and spread the message to others as well.

Awareness Class:

In addition to distributing brochures, I organized an awareness class on energy conservation at a local community center. The class was open to all interested community members and aimed to provide in-depth knowledge about energy conservation, sustainability, and the environmental impact of energy wastage.

The class covered the following topics:

- a. Introduction to Energy Conservation and its Significance
- b. Understanding Different Types of Energy and their Sources

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- c. Practical Tips for Energy Conservation in Daily Life
- d. Introduction to Renewable Energy Sources
- e. Benefits of Adopting Sustainable Transportation Options

Impact and Feedback:

The extension activity received positive feedback from the community. Many residents appreciated the efforts to raise awareness about energy conservation and found the brochures to be informative and easy to understand. The awareness class was well-received, with attendees expressing a greater understanding of energy conservation practices and their role in protecting the environment.

Conclusion:

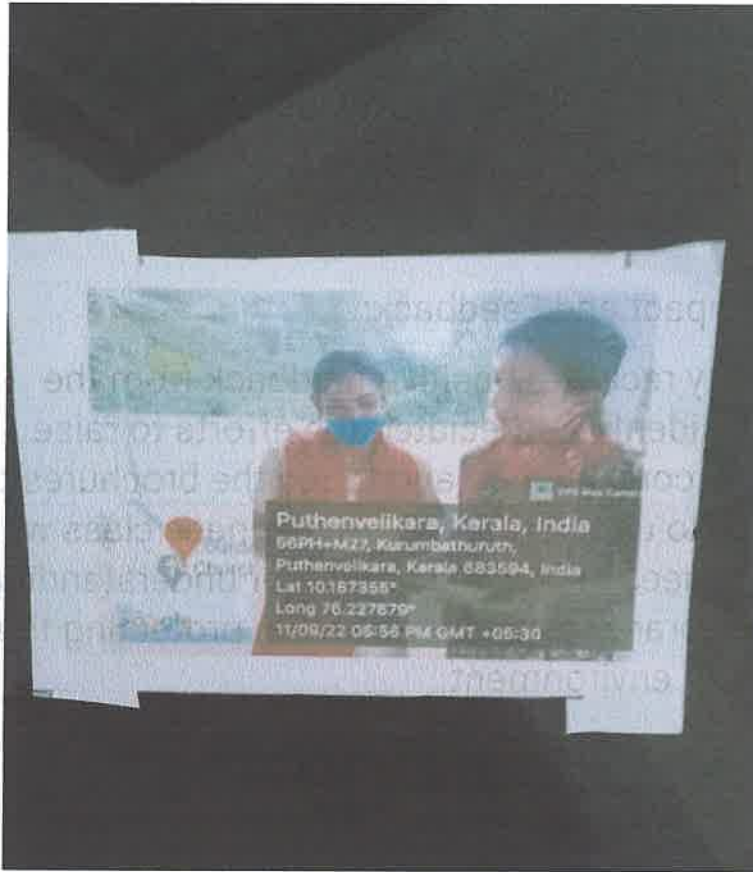
The energy conservation awareness campaign during the Onam vacation in 2022 was successful in spreading knowledge and encouraging positive action within the community. By distributing brochures and conducting an awareness class, I aimed to empower my neighbors with the knowledge and tools necessary to reduce energy consumption and promote sustainable practices. It is my hope that these efforts will contribute to a more energy-conscious community, leading to a greener and more sustainable future.


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Edit with WPS Office





The energy conservation awareness campaign during the Onam vacation in 2022 was successful in spreading knowledge and encouraging positive action within the community. By distributing brochures and conducting an awareness class, I aimed to empower my neighbors with the knowledge and tools necessary to reduce energy consumption and promote sustainable practices. It is my hope that these efforts will contribute to a more energy-conscious community, leading to a greener and more sustainable

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REPORT

dated : 10/09/2022

Place : Kannur.

Submitted by,

Jesna George

Physical Science

Roll no: 09



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Report on Extension Activity

Topic :

An awareness programme on sustainable energy consumption in home.

Target group :

Families in the locality

Objectives :

- 1) To create awareness among householders on sustainable energy consumption practices.
- 2) To reduce energy consumption in home.
- 3) To adopt sustainable measures in reducing energy consumption.

Tool :

Awareness package

- * Leaflets describing sustainable energy consumption practices.
- * Form for collecting personal information and existing energy conservation practices.

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Report

As part of B.Ed curriculum, as an extension activity, I conducted a small awareness programme on sustainable energy consumption in home. As part of this programme, I have visited 15 homes in my locality. I have collected their personal details, the equipments and devices they are commonly using in their home. I enquired them on daily energy conservation practices. I suggested them ways and means to minimize energy consumption. I suggested them some measures to conserve energy like do not use electronic devices during peak consumption time, iron clothes once all together, take out necessary things from refrigerator once, use more LED bulbs, use good quality devices, switch off fan, bulb etc when its use is over. I did this during Onam vacation. Almost all householders ~~using~~ using devices such

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as refrigerator, iron box, fan, bulb, washing machine, mixer grinder etc. Some people are aware of energy conservation practices. The leaflet given was very informative and useful to them, in which the measures given are practically possible.

This work was very interesting. As it is a useful programme to the society, householders welcomed me and the awareness programme. They all were very co-operative. So, I enjoyed the whole work.

I didn't experience any difficulty during any of the stages.

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EXTENSION ACTIVITY

Name :

Address :

Mobile No. :

Which all electronic/electrical devices are you using ?

Washing Machine

Iron Box

Refrigerator

Air Conditioner

Television

Mixer Grinder

Electric Motor

Others

. Specify :

- Are you aware of energy conservation practices?
- What are the energy conservation practices that you are adopted?

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Signature





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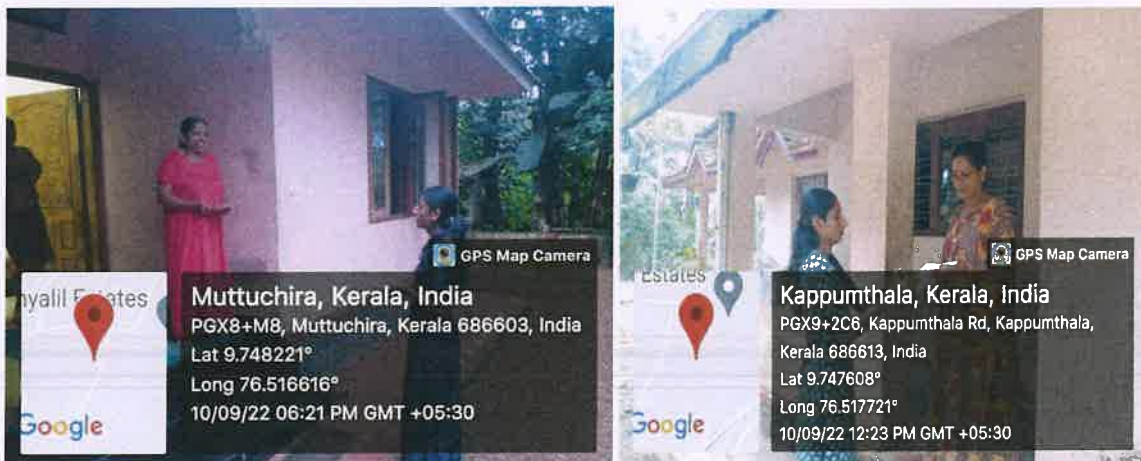


Dengue Fever Awareness Campaign at Manjoor panchayat, Kottayam

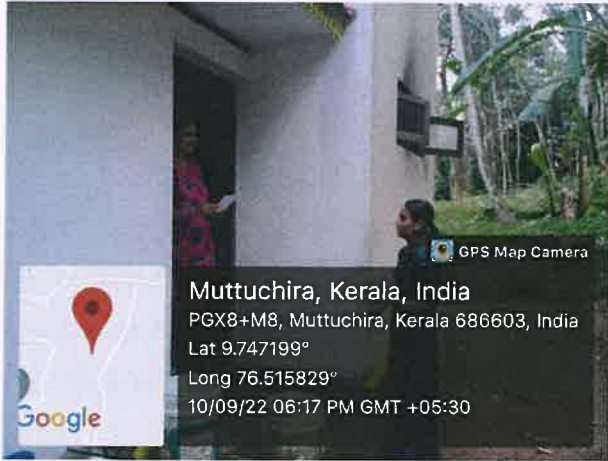
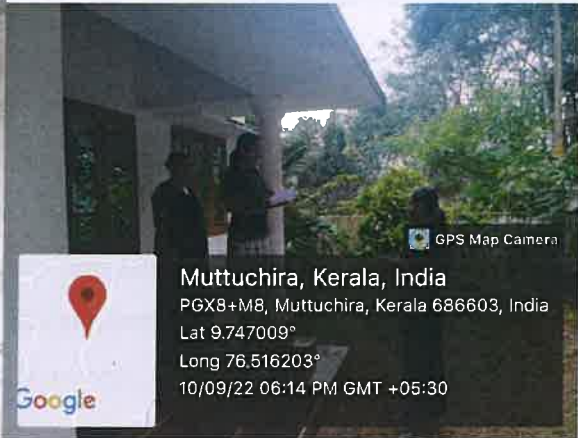
Submitted by: Rose Maria John

Extension activity is an aspect of education which emphasizes community services. These are often integrated with curricula as extended opportunities, intended to help, serve, reflect and learn. The curriculum-extension interface has an educational value, especially in rural India. Extension Activities aims at enabling our student/volunteers to develop social responsibility and learning by doing. Service attitude is essential for any professional to flourish in his/her job.

As an extension activity, I conducted a dengue fever awareness campaign in my locality. For that I choose 5 houses under the province of Manjoor Panchayat, Kottayam. I prepared a brochure to make people aware about the causes and remedial measures which can be implemented to prevent dengue fever. On 10 th September 2022 ,I visited 5 houses in my locality with the prepared awareness brochure and tried my best to make them aware of dengue fever. All of them were very welcoming and cooperated with me well. Some asked their doubts regarding the fever.It was really a great experience for me.This activity could generate a sense of social responsibility in me.As a future teacher I would definitely try to develop a sense of responsibility among my students towards the society in which they live and to contribute to the society.



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Awareness of dengue fever among residents in Adimaly- Report on extension activity

Submitted By Sona Paul

Dated: 11-09-2022

During the Onam vacation we were asked to perform an extension activity. We had two choices .Either we gave to take an awareness class in an Anganvadi or have to distribute brochures containing awareness in our neighborhood. I chose the second one. For this I decided to prepare a brochure .

The brochure dealt with providing awareness on dengue fever. Dengue fever is a mosquito-borne viral disease that affects millions of people worldwide, particularly in tropical and subtropical regions. Given its potential for rapid transmission, it is crucial to assess the level of awareness about dengue within the neighbourhood. This report aims to provide an overview of the awareness of dengue among residents in Adimaly. The brochure contained details about the causative agent , clinical features ,mode of transmission , incubation period, management , prevention and general measures on preventing mosquito- born diseases.

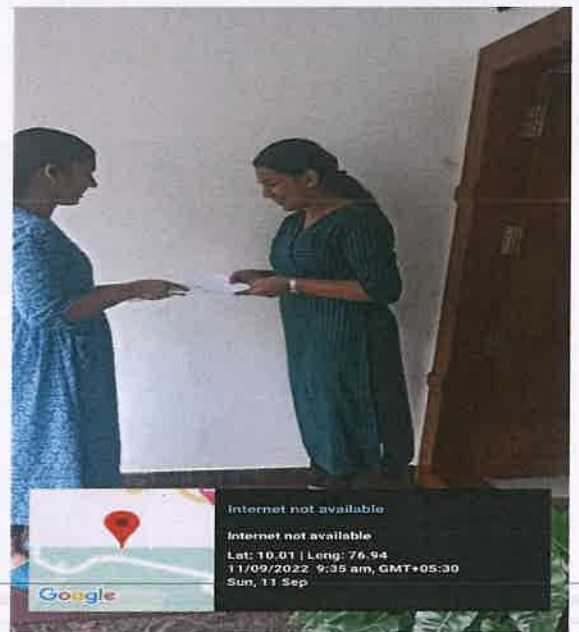


The brochure was distributed to four of my neighborhood houses .The details given in the brochure was explained out to them . They were also asked to check whether there is any spot in and around their house that promotes mosquito breeding.It is encouraging to note that a majority



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of respondents were aware of preventive measures, as these play a critical role in reducing the risk of dengue transmission.



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Outreach Programme: Awareness on Dengue fever : at Eramam, Muppathadam, Ernakulam

The extension activity that I conducted was house-to-house visits for raising awareness about dengue fever. During these visits, I provided people with information about dengue fever, its symptoms, transmission, and preventive measures. This activity was conducted on 10/09/2022 and I was able to visit five houses for making awareness. The purpose of house-to-house visits is to directly reach people in their own homes, where they feel comfortable and are more likely to pay attention to the information being shared. This extension activity enabled me to address specific concerns or misconceptions individuals may have regarding dengue fever. Dengue fever is a mosquito-borne viral disease that poses a significant public health concern in many regions of the world. It is crucial to assess the awareness levels within communities to develop effective strategies for prevention and control.



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REPORT on
Awareness programme on Dengue
Submitted by Sreeja R.

As a part of the B.Ed curriculum , we had to conduct an awareness class to the people in our neighbourhood as our extension activity. I have conducted the extension activity on 10 September 2022. I selected the topic about awareness about dengue. I have prepared pamphlet about it's awareness and distributed it by visiting the houses and speaking about the topic to them. This extension activity helped me to interact with others.



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Report On Outreach Activity on Awareness About Waterborne Diseases

Extension activities refer to opportunities or programs that go beyond the standard curriculum and provide additional learning experiences for students. These activities aim to deepen students' understanding, enhance their skills, foster their interests, and promote their overall development. Extension activities can take various forms and may be offered within or outside the regular class hours.

We had to do an extension activity during the Onam vacation. I visited some houses in our neighbourhood. My aim was to give some awareness about waterborne diseases. As my place is a village there are many people with low education level and they are not aware about water Borne diseases or how they are caused. I prepared a brochure on water borne diseases and showed them to the houses I visited. The people there were interested to listen to me and to know more about such diseases. Some of them were aware of such diseases but were not aware about how those diseases spread. The activity was very beneficial for them. For me I got an experience of speaking with confidence. Also I had the joy of sharing the knowledge that I knew with others



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EXTENSION ACTIVITY

Extension activities refer to activities or projects that extend beyond the regular curriculum or classwork and provide students with opportunities to explore new areas, develop skills, and deepen their understanding of a subject. As a part of it we had done extension activities. I had visited nearby neighbouring houses and make them aware of the epidemic diseases. The most spreading disease in our area was Dengue fever. My aim was to make them aware of the disease. I had explained about the causes, symptoms and precautions that should be made and also the importance to keep the environment neat and clean. Dengue fever is primarily spread through the bite of infected Aedes mosquitoes, primarily Aedes aegypti. The incubation period and transmission of the diseases are explained in detailed. I had explained the measures of precautions that should be made including regularly inspecting the surroundings and eliminate any standing water where mosquitoes can breed. Empty, clean, or cover containers that hold water, such as flower pots, buckets, discarded tires, and birdbaths. I had visited the homes on 12/9/2022.



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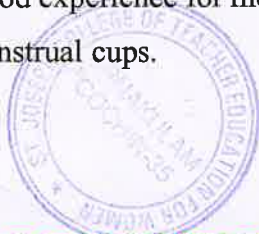


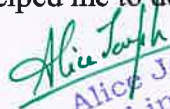
Awareness Regarding the Use of Menstrual Cup

| | |
|---------------------------|---|
| Name of the event | Awareness regarding the use of menstrual cups |
| Objectives | <ol style="list-style-type: none"> 1. To educate individuals about the benefits of menstrual cups as a safe and healthy alternative to traditional menstrual products. 2. Promote sustainable menstrual practices. 3. Addressing the menstrual stigma |
| Details of student | Dilhana Hussain |
| Date | 10/09/2022 |
| Time | 5:30 pm |
| Duration | 2 hour |
| Beneficiaries | Teenage girls and females |

An awareness regarding the use of menstrual cups were given to teenage girls and females of Choornikara Panchayath of Ernakulam district as a part of extension activity. The campaign was conducted on 10 September 2022. About 12 houses were visited as a part of the campaign. Pamphlets were prepared for the campaign as a prior step. I started a door visit to giving the awareness. The main objective of the campaign was to provide awareness regarding the use of menstrual cups highlighting their benefits and addressing any challenges that may arise. While interacting with them I got to know that most of them were aware about the menstrual cups but were feared to give it a try. I was able to explain the importance of the menstrual cups and how its usage can reduce the environmental pollution. Many sanitary pads are manufactured using materials such as super absorbent polymers, non-biodegradable plastic, glue etc. due to which they take up to 500 -800 years to decompose. The usage of pamphlets helped in explaining to them easier. Many of them were curious to know more about and promised to try the menstrual cups and make advantage of it.

The campaign was a good experience for me as well as it helped me to do my research and understand more about menstrual cups.




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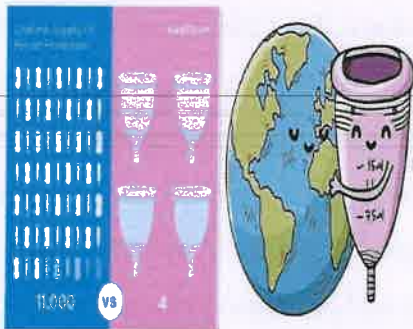
An Awareness regarding the use of menstrual cups

Photo gallery



Menstrual cup

- 1. Menstrual Cups Lessens Exposure to Toxic Chemicals
- 2. Menstrual Cups Can Help You Save Money
- 3. Menstrual Cups Help The Environment
- 4. Menstrual Cups are just so Much Better



500-800 years for decomposition



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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022

| | |
|--------------------------|--|
| Name of the Event | Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022 |
| Objectives | <ol style="list-style-type: none"> 1. To understand and learn about the intellectual development of differently abled students at Different Art Centre 2. To understand the basic functionalities of learning such as reading, writing, simple Mathematics, language development, simple matching exercises, puzzle exercises, simple sequences and attention through sound as well as behavioral coaching 3. To observe and learn how to enhance abilities of differently abled children to engage with peers and society and thereby contribute to ensure their smooth passage into the mainstream of the society |
| Details of Event | St. Joseph College of Teacher Education for Women, Ernakulam |
| Coordinators | |
| Date | 14/09/2022 |
| Time | 10.00 AM – 9.00 PM |
| Duration | 11 hours |
| Beneficiaries | Teacher Educands- 9, Teacher Educators- 2 |
| Event Venue | Different Art Centre (DAC), Trivandrum |


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Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized an outreach programme for M Ed teacher educands on 14th September 2022 from 10 AM to 9 PM at Different Art Centre, Trivandrum. The programme was coordinated and the students were guided by the M Ed Faculty members, Ms. Sheeba A.S and Ms. Aswathy D.V. The main aim of the programme was to equip the teacher educands with adequate knowledge regarding the intellectual development of differently abled children and to help them come upward into the mainstream of the society. A total of 9 teacher educands and 2 faculty members visited Different Art Centre as part of the outreach programme.

On 14th September 2022, the teacher educands and teacher educators from St. Joseph College of Teacher Education for Women, Ernakulam reached the Different Art Centre at Kazhakuttom in Trivandrum for differently abled children exactly at 10 AM. The main aim of the visit was to explore the artistic talents of the differently abled children and to analyze the overall development of the differently abled community. Initially at the Different Art Centre, one of the staff members there warmly welcomed them and gave an introductory session on the formation of the institution and its basic functioning and structure. Different Art Centre (DAC) is a division of academy of magical sciences founded by the famous magician Gopinath Muthukad jointly supported by magic academy and Kerala social security mission, government of Kerala, was established on 2019 at Kazhakuttom in Thiruvananthapuram. The center was formally inaugurated by Chief Minister Pinarayi Vijayan on 7th November 2019. The Different Art Center expands the focus of training from concentrating on magic to art forms such as dance, music, drama, painting, cinema making and skills in various musical instruments, all blended with a magical touch, and educates and empowers children with special needs who have a variety of disabilities—not just intellectual ones. The vision of the centre is to create a world-class art centre that will educate and give talented mentally handicapped children in the society the opportunity to demonstrate their newly acquired skills in front of a large audience. The mission of the Different Art Center is to enrich the mental and physical development of children with special needs through a variety of artistic mediums and a dash of magic, creating a nurturing atmosphere that will enable them to rise on their own two



feet and lead fulfilling lives. The staff did also explain in detail about the various courses and programmes which they offer to the students. The teacher educands were also introduced with their 7 art stages for the differently abled children and the functioning of each one. Before visiting each of the art stages, the staff requested the teacher educands to appreciate their talents after each performance by the special children because each appreciation from the audience increases a sense of confidence, better self-awareness and improved self-esteem among them.

After the introductory session, the teacher educands were taken to the seven different art centers. At first, the visit was to the Beethoven Bungalow. In honor of the famous musician Beethoven, the Beethoven Bungalow serves as a music venue. The legends of Indian music Smt. K S Chitra, Sri. P Sreekumaran Thampi and Sri. M Jayachandran opened the Beethoven Bungalow on August 2, 2019. Music has a unique language that can evoke strong emotional responses that is within every human hearts. When the teacher educands entered the centre, it was filled with so many beautiful talents who were extremely enthusiastic to showcase their musical performances. They performed extremely well despite all their disabilities. The students seemed to be very professional and happy after each performance. Later the differently abled students introduced their music teachers to the audience. After the musical performances by the children, the teacher educands visited to the next art stage, i.e., Jaleo Mahal. It serves as a center for dance and allied art forms. The centre wants to give mentally handicapped children who are interested in dance. Dance includes sensory stimulation, cognitive and emotional social interaction, music and motor coordination in addition to being a physical exercise. On 9th September 2019, Smt. Lakshmi Gopalswamy and Justice (Rtd.) B. Kemal Pasha opened the centre. The centre has exquisite architecture that is reminiscent of vintage performance halls. The students really put forward some mesmerizing performances in front of the audience. The teacher educands showed immense love and respect towards those talents through big round of applause and appreciations. The next visit was at Camille Cascade. It is mesmerizing with waterfall, rocks and greenery. Camille Cascade is the platform for cinema production and its allied works. It is the venue where specially abled artists work on all facets of film creation, including directing, acting, editing, composing, cinematography, coordinating, production, etc. Veteran film director Sri. Kamal and actor Sri. Madhu gave the centre its official opening. The centre received much appreciation from the audience and the film demanded the audience's involvement too. It was an amazing experience for the teacher educands to watch the differently abled children are doing the camera work, editing,





acting and all with so much professionalism and the effort of the teacher behind the efforts were indeed appreciable.

The fourth visit was at India Fort. India Fort is a space where special children can perform theatre or other dramatic arts based on the subject of harmony and unity. It serves as a platform for national integration that offers the full spectrum of dramatic feelings, from rage and aggression to pleasure and beauty. The area honors the heritage of Indian Heritage with a structure that pays homage to the magnificent Red Fort of Delhi. The Honorable Governor of Kerala, Justice (Retd) P. Sathasivam, inaugurated it on 15th July 2019 in the company of other dignitaries. The Red Fort in Delhi served as the model for the magnificent, brick-red India Fort. The children kept on surprising the audience with their performances. After visiting India fort, the teacher educands moved on to the 'Angelo's Artree and Angelo's Arcade'. The location for painting and other creative arts as well as its display was "Angelo's Artree and Angelo's Arcade". Surprisingly, most children with special needs were non-verbal and communicated through art. It improves their fine motor skills, increases their self-esteem and confidence, and sharpens their creativity and problem-solving abilities. The setting was a vibrant world of paintbrushes and canvases beneath the Tamarind Tree. Famous Sculptor, Sri. Kanayi Kunhiraman and Sri. Muralee Thummarakudy inaugurated the platform. There were hundreds of canvas paintings, handmade paintings, portraits, and other works of art were exhibited. Art enthusiasts expressed interest in buying the artworks that offer the differently abled children more support. The audience were all in awe of the images that were on exhibit.

After that, the teacher educands were guided to the next art stage, i.e., 'wonder wings'. Wonder wings is a creative space for magic presentations. The differently abled performers combine magic with their favorite form of creativity. The centre, which is designed to look like a contemporary aero plane, is where the children present daily magical parade. All of the childrens' acts were outstanding. After visiting the wonder wings, the final spot visited was 'Different Thought Centre'. Different Thought Centre is the spot where the public can be made aware of the issues that must be addressed to prevent disabilities in children from the developmental stage forwards. In order to avoid disabilities in children, the centre distributed leaflets with instructions and guidelines on the issues that needed to be addressed beginning with pregnancy. In order to integrate special category children into society, the centre also seeks to assist them by raising public awareness of the need



for compassion and care for these children. Sri. P. Sreeramakrishnan, President of the Kerala State Legislative Assembly, officially opened the centre on 7th November 2019.

All the talent shows presented by the differently abled children at the Different Art Centre in Trivandrum was extremely inspiring and pleasant. After the visits at various art stages, the teacher educands could meet with the famous magician and the founder of Different Art Centre, Mr. Gopinath Muthukad. Mr. Gopinath Muthukad gave the teacher educands an overall idea on his inspiration behind starting a challenging and beautiful venture like Different Art Centre. He also discussed about the center's formulated educational programs for the intellectual development of differently abled artists, thereby ensuring their smooth passage into the mainstream of the society. He also enunciated about the upcoming project for these children which is the Universal Empowerment Centre, which will be a space to train differently abled children to operate in an office or business environment through specially developed methods and internships. He also pointed out the main highlight of the centre which is the provision of monthly stipend for the selected specially talented students to make them financially independent and stable. Any tertiary teaching and learning strategy will be successful if it equips the students with real-world, applicable, useful skills. The Different Art Centre has created a comprehensive learning curriculum to help students learn the fundamentals of learning, including reading, simple math, writing, language development, puzzle exercises, simple matching exercises, simple sequences and attention through sound and behavioral coaching. In order to help students, relate to and possibly handle issues in real life, the Comprehensive Learning approach promotes active, authentic, flexible, and scenario-based learning. Children have been given sophisticated teaching instruments like tabs as a starting point for their education.

The entire outreach programme at Different Art Centre (DAC) at Trivandrum was indeed very informative and fruitful. The teacher educands could enhance their knowledge base and skills through the visit. The performances by the differently abled children at various art stages were extremely inspiring for the teacher educands. The teacher educands could meet with the teachers of differently abled children performing various art forms and they could identify the level of interest, talent and patience that the teachers hold themselves to bring out the maximum output from their beloved students. Observing and learning from those teachers were extremely beneficial and inspiring for the teacher educands being future teachers. The teacher educands could learn



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about the scope of their profession in the particular field. Indeed, the whole programme was a great and diverse learning experience for the teacher educands. The entire programme came to an end by 9 PM.

Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022

Photo Gallery



Event poster for the outreach programme conducted by St. Joseph College of Teacher Education for Women, Ernakulam at Different Art Centre at Trivandrum for Teacher educands of 2020-2022 batch on 14th September 2022



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Teacher educators of 2020-2022 batch along with faculty members from St. Joseph College of Teacher Education for Women, Ernakulam at Different Art Centre at Trivandrum as part of the outreach programme conducted on 14th September 2022



Teacher educators from St. Joseph College of Teacher Education for Women, Ernakulam with Mr. Gopinath Muthukad, famous Magician and founder of Different Art Centre at Trivandrum



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Inside Different Art Centre at Trivandrum



Beethoven Bungalow in Different Art Centre at Trivandrum



Jaleo Mahal in Different Art Centre at Trivandrum



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Camille Cascade in Different Art Centre at Trivandrum



India Fort in Different Art Centre at Trivandrum



Angelo's Arttree in Different Art Centre at Trivandrum



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Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022

Programme Details

| | |
|--------------------------|--|
| Name of the Event | Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022 |
| Date | 14/09/2022 |
| Time | 10.00 AM – 9.00 PM |
| Duration | 11 hours |
| Beneficiaries | Teacher Educands- 9, Teacher Educators- 2 |
| Event Venue | Different Art Centre (DAC), Trivandrum |

List of Participants

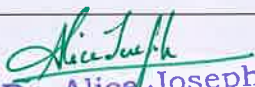
Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|-------------------------------------|
| 1 | Ms. Sheeba A.S | Assistant Professor (M Ed. Faculty) |
| 2 | Ms. Aswathy D.V | Assistant Professor (M Ed. Faculty) |

Students list:

| Sl. No | Name | Batch |
|--------|-----------------|--|
| 1 | Anju P Asokan | 2020-2022 batch (M Ed. Science) |
| 2 | Rosemol Jose | 2020-2022 batch (M Ed. Science) |
| 3 | Gimarose Mathew | 2020-2022 batch (M Ed. Science) |
| 4 | Shinu Sabu | 2020-2022 batch (M Ed. English) |
| 5 | Sini Varghese | 2020-2022 batch (M Ed. Social Science) |
| 6 | Greeshma T | 2020-2022 batch (M Ed. Mathematics) |
| 7 | Naseeha Nazeer | 2020-2022 batch (M Ed. Mathematics) |
| 8 | Saleema M | 2020-2022 batch (M Ed. Science) |
| 9 | Lini John | 2020-2022 batch (M Ed. Science) |




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Community Project on Socially / Educationally Relevant Issue

In pursuit of its commitment to fostering responsible citizenship and addressing pressing societal issues, our college embarked on a series of community projects that sought to make a meaningful impact on educationally and socially relevant concerns.

Through these initiatives, our students exhibited their dedication to creating a positive change in the community. This report serves as an overview of the various community projects undertaken by our college students during the year. The students had been given the flexibility to execute their work sometime between 31-09-2022 to 10-10-2022. The title of the works included:

Plastic Waste Management

Objective: To raise awareness about plastic pollution and promote sustainable waste management practices. The project aimed to reduce plastic waste and encourage eco-friendly alternatives.

Exam Phobia

Objective: To alleviate stress and anxiety among students during examination periods.

Lack of Public Toilets

Objective: To advocate for improved public toilet facilities.

Gender Stereotyping

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Objective: To challenge and break down stereotypes related to gender roles and expectations.

Junk Food Consumption

Objective: To promote healthier dietary choices among the youth.

Problems Faced by Women in Public Transport

Objective: To address safety and accessibility issues for women in public transport.

Waste Management

Objective: To promote responsible waste disposal and recycling.

Mobile Phone Addiction

Objective: To raise awareness about the negative impacts of excessive mobile phone use.

Social Media Addiction

Objective: To highlight the addictive nature of social media and its consequences.

Impact of Flood

Objective: To provide relief and support to those affected by floods.

Attitude Towards Transgenders

Objective: To promote inclusivity and change societal attitudes towards transgender individuals.

Outcomes and Achievements of engagement in this survey and projects

Increased awareness and participation: The projects successfully raised awareness and engaged the community in addressing these critical issues.



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Behavioral change: Many individuals demonstrated a positive shift in behavior, adopting healthier practices and challenging stereotypes.

Policy impact: Several projects led to policy changes or improvements in local infrastructure, benefiting the community.

Empowerment: Students gained valuable skills in leadership, advocacy, and community engagement, enhancing their personal and professional growth.

Strengthened community bonds: These projects fostered a sense of unity and collaboration among students and the community.

Our college's community outreach initiatives have made a significant impact on educationally and socially relevant issues. Through these projects, students have exemplified their dedication to creating a more equitable, sustainable, and inclusive society. As we move forward, we remain committed to addressing pressing societal concerns and nurturing responsible citizens who actively contribute to positive change.

List of Students who took the above listed areas and did their projects successfully were:

| Sl.No | Name of Students | Subject |
|-------|------------------|-------------------|
| 1. | Akhila M Nair | English Education |
| 2. | Akshaya T G | English Education |
| 3. | Amalu K | English Education |
| 4. | Anagha R | English Education |
| 5. | Anargha Mary | English Education |
| 6. | Dona Maria | English Education |



| | | |
|-----|---------------------------|-----------------------|
| 7. | Jeena Elsa John | English Education |
| 8. | Jesna Joseph | English Education |
| 9. | Leenu Merin Thomas | English Education |
| 10. | Margret Benitta V J | English Education |
| 11. | Megha Madhu | English Education |
| 12. | Minu Mary | English Education |
| 13. | Neha Babu | English Education |
| 14. | Nimmy Elizabeth George | English Education |
| 15. | Rachel Berkumon | English Education |
| 16. | Remya P . T | English Education |
| 17. | Swathi.M | English Education |
| 18. | Abina K | Malayalam Education |
| 19. | Akhila M George | Malayalam Education |
| 20. | Aleena Steephen | Malayalam Education |
| 21. | Anju Prathap.P | Malayalam Education |
| 22. | Aparna Jais | Malayalam Education |
| 23. | Archana V N | Malayalam Education |
| 24. | Jisa Martin | Malayalam Education |
| 25. | Kavyamol A B | Malayalam Education |
| 26. | Lakshmi T S | Malayalam Education |
| 27. | Nidhiya Joseph | Malayalam Education |
| 28. | Pavithra V | Malayalam Education |
| 29. | Shiji.T.T. | Malayalam Education |
| 30. | Snehakavya | Malayalam Education |
| 31. | Swathi.M | Malayalam Education |
| 32. | Treesa Jojan | Malayalam Education |
| 33. | Vrinda Suresh | Malayalam Education |
| 34. | Amrutha A Omanakuttan | Mathematics Education |
| 35. | Anju Paul P | Mathematics Education |



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| | | |
|-----|--------------------------|----------------------------|
| 36. | Aparna Shaji | Mathematics Education |
| 37. | Ashitha Benny | Mathematics Education |
| 38. | Dhanya Joy | Mathematics Education |
| 39. | Emilin K Thomas | Mathematics Education |
| 40. | Emiliya Merin | Mathematics Education |
| 41. | Indhu . K | Mathematics Education |
| 42. | Kabani S | Mathematics Education |
| 43. | Nanditha J | Mathematics Education |
| 44. | Rosemol V T | Mathematics Education |
| 45. | Sandra Antony | Mathematics Education |
| 46. | Sharon Achu Anish | Mathematics Education |
| 47. | Sneha Prince | Mathematics Education |
| 48. | Stella Catherine Faber | Mathematics Education |
| 49. | Vandana K P | Mathematics Education |
| 50. | Aiswarya . A .K. | Physical Science Education |
| 51. | Aiswarya Lakshmi S | Physical Science Education |
| 52. | Alkha Thomas | Physical Science Education |
| 53. | Anjumol Paul | Physical Science Education |
| 54. | Ann Sara V Alias | Physical Science Education |
| 55. | Arunima C . H | Physical Science Education |
| 56. | Ashna K . J | Physical Science Education |
| 57. | Aswathy Aji P | Physical Science Education |
| 58. | Dilna Biju | Physical Science Education |
| 59. | Dinsha M Saji | Physical Science Education |
| 60. | Diya N C | Physical Science Education |
| 61. | Karthika Raveendran | Physical Science Education |
| 62. | Muhzina Muhammed Basheer | Physical Science Education |
| 63. | Rose Mary Jose | Physical Science Education |
| 64. | Sahala Nayeem A A | Physical Science Education |
| 65. | Treesa Taniya P A | Physical Science Education |

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| | | |
|-----|-------------------------|---------------------------|
| 66. | Adeline Joseph | Natural Science Education |
| 67. | Anna Anannya K P | Natural Science Education |
| 68. | Anuradha A Pai | Natural Science Education |
| 69. | Ashna Joseph | Natural Science Education |
| 70. | Aysha Beevi C I | Natural Science Education |
| 71. | Femy Mariya Jose | Natural Science Education |
| 72. | Gopika A G | Natural Science Education |
| 73. | Jismi Mohan | Natural Science Education |
| 74. | Maneeha S M | Natural Science Education |
| 75. | Meera Sankar A | Natural Science Education |
| 76. | Merin K S | Natural Science Education |
| 77. | Mrudula Girish | Natural Science Education |
| 78. | Rajalakshmi R | Natural Science Education |
| 79. | Sandra Soosan Aby | Natural Science Education |
| 80. | Sneha P P | Natural Science Education |
| 81. | Sreelakshmi N | Natural Science Education |
| 82. | Sreeshna M | Natural Science Education |
| 83. | Anagha Mary | Social Science Education |
| 84. | Anitta Johnson | Social Science Education |
| 85. | Arya T K | Social Science Education |
| 86. | Aswathy K S | Social Science Education |
| 87. | Chinchu K H | Social Science Education |
| 88. | Devika P S | Social Science Education |
| 89. | Geethu Sivan | Social Science Education |
| 90. | Liyanta Izabel | Social Science Education |
| 91. | Nair K M Sumalakshmi | Social Science Education |
| 92. | Nandhitha C | Social Science Education |
| 93. | Raseena Naseer | Social Science Education |
| 94. | Reshma George P G | Social Science Education |

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| | | |
|-----|---------------------------|--------------------------|
| 95. | Riya James | Social Science Education |
| 96. | Sarah Maria | Social Science Education |
| 97. | Sneha M | Social Science Education |
| 98. | Sreelakshmi Sudhakaran | Social Science Education |
| 99. | Sukritha S Shenoy | Social Science Education |



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Anti- drug Awareness Rally as Anti-drug Campaign

| | |
|-----------------------------------|---|
| Name of the Event | Anti -drug Awareness Rally as Anti-drug Campaign |
| Objectives | <ol style="list-style-type: none"> 1. To develop awareness against drugs among student teachers. 2. To develop awareness against drugs among community. |
| Details of resource person | Haris |
| Date | 01-10-2022 |
| Time | 9.30 AM |
| Duration | 2 Hours |
| Beneficiaries | Community, Student Teachers -43 |
| Place | St.Joseph College of Teacher Education for Women –Banerji Road-Market Road -College |

IQAC of 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. This initiative's goal is to educate the public about the detrimental and hazardous effects of drugs and their consumption.



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Student Teachers forming word "NO" against drugs



Flagging off the rally Principal Dr. Alice Joseph



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

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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 CI 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.



In front of Albert's college

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 Principal in Charge
 St. Joseph College of Teacher
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Dignitaries addressing



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Principal in Charge
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Gandhi Jayanthi – 2022
JAGARAN Awareness Rally
"SAY NO TO DRUGS"

Date: 01-10-2022

| S. no | Name | Optional | Signature |
|-------|---------------------------|----------------|-----------|
| 1. | AKHILA M NAIR | ENGLISH | |
| 2. | MINU MARY | ENGLISH | |
| 3. | Neha Babu | English | |
| 4. | Jesna Joseph | English | |
| 5. | Liyanta Izabel | Social Science | |
| 6. | Anagha Mary | Social Science | |
| 7. | Raseena Naseer | Social Science | |
| 8. | Sreelakshmi Sudhakaran | Social Science | |
| 9. | Geetha Sivam | Social Science | |
| 10. | Amita Johnson | Social Science | |
| 11. | Devika. P.s | Social Science | |



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JAGARAN Awareness Rally
"SAY NO TO DRUGS"

01-10-2022



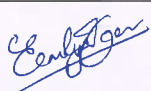
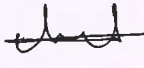





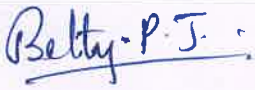


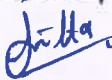

| S. no | Name & Designation | College Address | Signature |
|-------|-----------------------|-----------------|---------------------|
| 12. | Reshma George | Social Science | <u>Reshma</u> |
| 13. | Anya. T.K | Social Science | <u>Anya</u> |
| 14. | Akshaya T. G | English | <u>Akshaya</u> |
| 15 | Nidhiya Joseph | Malayalam | <u>Nidhiya</u> |
| 16 | Archana Val | Malayalam | <u>Archana</u> |
| 17 | Amrutha.A.Omanakuttan | Mathematics | <u>Amrutha</u> |
| 18 | Indhu. K | Mathematics | <u>Indhu</u> |
| 19 | Rosemar. V.T | Mathematics | <u>Rosemar</u> |
| 20 | SHARON ACHU ANISH | MATHEMATICS | <u>Sharon Achu</u> |
| 21 | VANDANA K.P | MATHEMATICS | <u>Vandana</u> |
| 22 | Anju Paul. P | MATHEMATICS | <u>Anju</u> |
| 23. | APARNA SHAJI | MATHEMATICS | <u>Aparna Shaji</u> |
| 24. | EMILIN K. THOMAS | MATEMATICS | <u>Emilin</u> |
| 25. | SANDRA ANTONY | MATHEMATICS | <u>Sandra</u> |
| 26. | Kabani. S | Mathematics | <u>Kabani</u> |



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JAGARAN Awareness Rally
"SAY NO TO DRUGS"







01-10-2022

| S. no | Name & Designation | College Address | Signature |
|-------|------------------------|---|---|
| 27 | LAKSHMI T. S | Malayalam |  |
| 28 | Stella Catherine Faber | Mathematics |  |
| 29 | Emilya Merin | " |  |
| 30 | Nanditha. J | " " |  |
| 31 | Ashitha Benny | Mathematics |  |
| 32 | Abina K | malayalam |  |
| 33 | Swathi. M | Malayalam |  |
| 34 | Painthra V | Malayalam |  |
| 35 | Dhanya Joy | Maths |  |
| 36 | Dr. Betty. P. J. | Associate Professor Maths Edn. |  |
| 37 | ANU CLEETUS | ASST PROFESSOR GENERAL EDUCATION |  |
| 38 | Dr. Joby Joy Kurian | Asst. Professor in Mathematics Education |  |
| 39 | Dr. Smitha Jose | Assistant Professor |  |
| 40 | Dr. Sreily. A. A. | Assistant Professor |  |

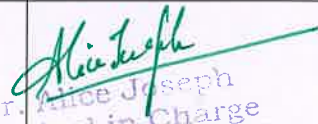
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JAGARAN Awareness Rally
 "SAY NO TO DRUGS"

01-10-2022

| S. no | Name & Designation | College Address | Signature |
|-------|---|--|--|
| 41 | Dr. Marin Jose Assistant Professor | St. Joseph College of Teacher Education for Women Ernakulam |  |
| 42 | Dr. Dinimol Jacob Assistant Professor | St. Joseph College of Teacher Education for Women, Ernakulam |  |
| 43 | Dr. Josephine Joseph Assistant Professor | St. Joseph College of Teacher Education for Women, Ernakulam |  |
| 44 | Dr. Ceby George Assistant Professor | St. Joseph College of Teacher Education for Women |  |
| 45 | Rosy Tintu M.P Assistant Professor | St. Joseph College of Teacher Education for Women |  |
| 46 | Dr. Siji John Asst. Professor | St. Joseph college of Tr. Edu for women |  |
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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Development and Donation of

Learning Resource Materials for school pupils

Our college's commitment to education and community service was manifested through an outreach activity where students developed a diverse range of educational resources and donate this to the respective teaching practise schools during their Internship period 19-10-2022 to 02-02-2023. These resources, including workbooks, handbooks, e-learning materials, and more, were created and donated to internship schools where our students practiced teaching. This report outlines the objectives, processes, outcomes, and impact of this enriching outreach initiative.

Objective: To enhance the quality of education in internship schools by providing them with well-crafted, pedagogically sound educational resources.

Resource Development

Our college students actively engaged in developing a comprehensive set of educational materials, including:

Workbooks: Tailored to specific subjects and grade levels, these workbooks offered practice exercises and activities to reinforce classroom learning.

Handbooks: These guides covered various teaching content and acts as ready recunner for school children to learn various subjects.

Worksheets: A collection of worksheets designed to supplement classroom instruction.

E-Learning Resources: Interactive digital lessons and modules to make learning more engaging.

Programmed Learning Materials: Self-paced, interactive resources that allowed students to learn independently.

Question Bank: A repository of subject-specific questions for quizzes and assessments.

Self-Learning Resources: Materials to encourage self-study and curiosity-driven learning.

Interactive Books: Digital books with multimedia elements to enhance understanding.

Integration with Teaching Practice: During their teaching practice at internship schools, our students integrated these educational resources into their lessons. They shared the materials with both fellow teachers and students, aiming to enrich the learning experience.

Donation to Internship Schools: Upon completion of their teaching practice, students donated the educational resources to their respective internship schools, leaving behind a lasting impact on the educational environment.

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Outcomes and Achievements

Improved Learning Environment

The project significantly improved the learning environment in internship schools:

Teachers benefited from innovative teaching materials, improving their pedagogical skills.

Pupils had access to a wider range of learning resources, promoting a more holistic learning experience.

Enhanced Teaching Practice

Our students reported a more enriching teaching practice experience:

They gained hands-on experience in resource development and integration.

The use of these materials enhanced their effectiveness as educators.

Sustainability

By donating the resources to the internship schools, we ensured the sustainability of the project's impact:

The materials continued to benefit students and teachers beyond the duration of the internship.

The internship schools became self-sufficient in utilizing and adapting the resources.

Community Engagement

The project fostered community engagement:

Collaboration between our college, internship schools, and local communities strengthened educational ties.

Students, teachers, and communities were mutually enriched through knowledge-sharing and cooperation.

Conclusion

The outreach initiative exemplifies our college's dedication to education and community service. By creating and donating a wide range of educational materials, our students actively contributed to enhancing the quality of education in internship schools. This initiative not only enriched the teaching practice of our students but also left a lasting legacy in the schools they served.

Looking forward, we are committed to continuing this initiative, expanding our reach to more schools, and ensuring the sustained improvement of educational resources. The project's success is a testament to the potential for positive change when educational institutions and local communities collaborate in the pursuit of excellence in education.



List of Student teachers who developed the Educational resources and the teaching practise schools where they donated the resources are given below.

| Sl. No. | Name of the Student | Subject |
|---------|-----------------------|-----------------------|
| 1 | Amala Antony | English Education |
| 2 | Anna Roshni Varghese | English Education |
| 3 | Deepa P S | English Education |
| 4 | Devika Venugopal | English Education |
| 5 | Divya Radhakrishnan | English Education |
| 6 | F.Merline Rodrigues | English Education |
| 7 | Gurumahima M V | English Education |
| 8 | Harsha Theresa Thomas | English Education |
| 9 | K A Rabia | English Education |
| 10 | Leatitia Joshy | English Education |
| 11 | Linnet John | English Education |
| 12 | Meera Joy | English Education |
| 13 | Merize Ben Alias | English Education |
| 14 | Pratibha S | English Education |
| 15 | Sandra Joy | English Education |
| 16 | Santhi M S | English Education |
| 17 | Veena C V | English Education |
| 18 | Aleena Antony | Malayalam Education |
| 19 | Anaswara. P S | Malayalam Education |
| 20 | Ance Baby | Malayalam Education |
| 21 | Divya Rajan | Malayalam Education |
| 22 | Jayalakshmi Jayakumar | Malayalam Education |
| 23 | Jobitha Joy | Malayalam Education |
| 24 | Liya Baby | Malayalam Education |
| 25 | Mary Amala R. | Malayalam Education |
| 26 | Nitha Alfred | Malayalam Education |
| 27 | Pranaya P M | Malayalam Education |
| 28 | Anisha T | Malayalam Education |
| 29 | Riya Sabu | Malayalam Education |
| 30 | Shilpa K | Malayalam Education |
| 31 | Sneha M M | Malayalam Education |
| 32 | Sreelakshmi K A | Malayalam Education |
| 33 | Teena Vincent | Malayalam Education |
| 34 | Akshaya Shaju | Mathematics Education |
| 35 | Arya K Surendran | Mathematics Education |
| 36 | Aswathi B A | Mathematics Education |
| 37 | Freeda K F | Mathematics Education |



| | | |
|----|----------------------|----------------------------|
| 38 | Jinu Joseph | Mathematics Education |
| 39 | Jomol Babu | Mathematics Education |
| 40 | Lekshmi Priya T S | Mathematics Education |
| 41 | Mariya Jessneela | Mathematics Education |
| 42 | Melissa Xavier | Mathematics Education |
| 43 | Parvathy M | Mathematics Education |
| 44 | Reshma Francis | Mathematics Education |
| 45 | Rose Maria John | Mathematics Education |
| 46 | Rosy Roy | Mathematics Education |
| 47 | Sona Paul | Mathematics Education |
| 48 | Sreeja Sreenivasan | Mathematics Education |
| 49 | Agatha Cyriac | Physical Science Education |
| 50 | Agiya Cosmos M C | Physical Science Education |
| 51 | Akshaya K S | Physical Science Education |
| 52 | Alida Saiju | Physical Science Education |
| 53 | Anila Shaju | Physical Science Education |
| 54 | Anu P. Thomas | Physical Science Education |
| 55 | Aparna S | Physical Science Education |
| 56 | Fathimathuzuhra | Physical Science Education |
| 57 | Jesna George | Physical Science Education |
| 58 | Mariya Das | Physical Science Education |
| 59 | Neethu J A | Physical Science Education |
| 60 | Raveena K Ramesh | Physical Science Education |
| 61 | Roshna Rahim | Physical Science Education |
| 62 | Vandana S | Physical Science Education |
| 63 | Vinny Pappachan | Physical Science Education |
| 64 | Akhitha Sebastian | Natural Science Education |
| 65 | Allan Francis | Natural Science Education |
| 66 | Angitha Ramachandran | Natural Science Education |
| 67 | Anita Abraham | Natural Science Education |
| 68 | Caren Grace | Natural Science Education |
| 69 | Dilhana Hussain | Natural Science Education |
| 70 | Jeshma Das V S | Natural Science Education |
| 71 | Keerthana M S | Natural Science Education |
| 72 | Meera Susan Kurian | Natural Science Education |
| 73 | Merin Shajan | Natural Science Education |
| 74 | Pooja Maria Jacob | Natural Science Education |
| 75 | Ranjima V | Natural Science Education |
| 76 | Saniya Simon | Natural Science Education |
| 77 | Shalini P S | Natural Science Education |
| 78 | Shimna K | Natural Science Education |
| 79 | Theresa Thankachan | Natural Science Education |
| 80 | Vyshnavi N Sarma | Natural Science Education |
| 81 | Akshitha Bhaskaran | Social Science Education |
| 82 | Anagha T | Social Science Education |
| 83 | Ancy Abraham | Social Science Education |
| 84 | Anjaly A C | Social Science Education |



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| | | |
|----|---------------------|--------------------------|
| 85 | Anupama Sreedhar | Social Science Education |
| 86 | Celene Paul | Social Science Education |
| 87 | Divyamol P D | Social Science Education |
| 88 | Dona K Jose | Social Science Education |
| 89 | Krishnapriya K | Social Science Education |
| 90 | Mary Rinu K F | Social Science Education |
| 91 | Mereena Joy | Social Science Education |
| 92 | Minu Joy | Social Science Education |
| 93 | Regina Teena Dcosta | Social Science Education |
| 94 | Riya Davis | Social Science Education |
| 95 | Rose Mary Paul | Social Science Education |
| 96 | Varsha K V | Social Science Education |

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Awareness programme for parents on Drug abuse among College Students

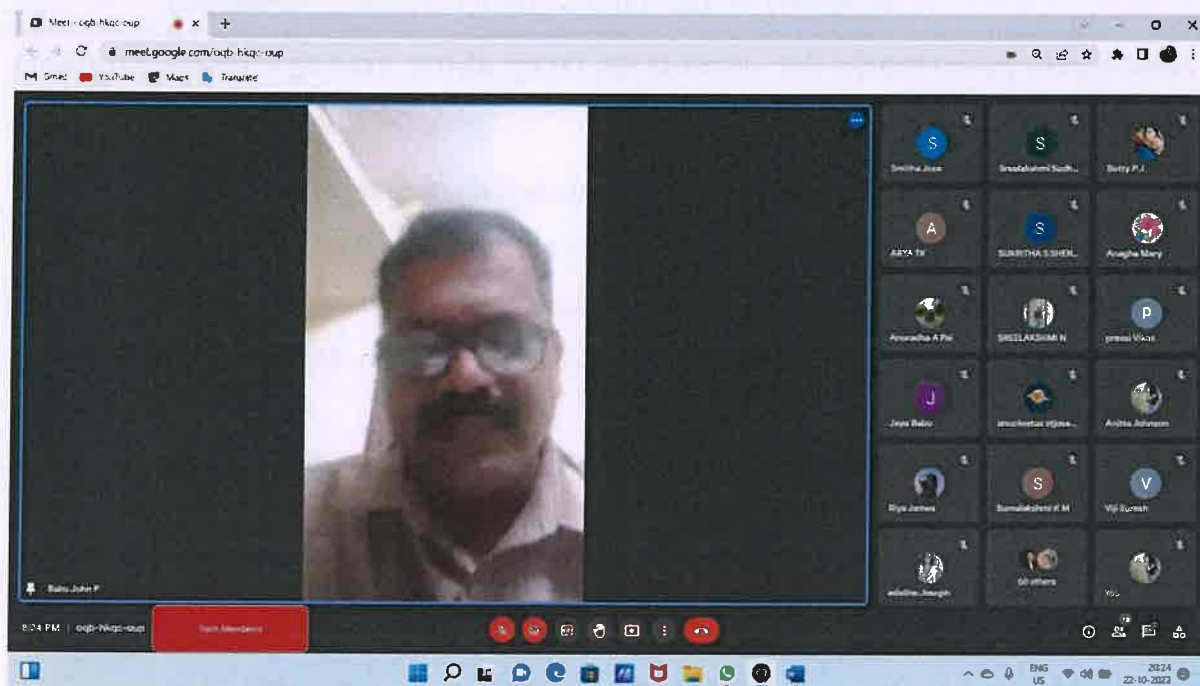
An awareness talk for parents on “Drug abuse among college students” was organised on 22nd October 2022 through online platform Google meet. Dr Smitha Jose was the staff coordinator of awareness talk and student teachers of first year Social Science optional hosted the online session. A total of 56 parents 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.




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List of Student teachers involved in hosting the session

| Sl.No | Name | Optional | Batch |
|-------|------------------------|----------------|---------------|
| 1. | Anagha Mary | Social Science | B. Ed 2022-24 |
| 2. | Anitta Johnson | Social Science | B. Ed 2022-24 |
| 3. | Arya T K | Social Science | B. Ed 2022-24 |
| 4. | Aswathy KS | Social Science | B. Ed 2022-24 |
| 5. | Chinju | Social Science | B. Ed 2022-24 |
| 6. | Devika PS | Social Science | B. Ed 2022-24 |
| 7. | Geethu Sivan | Social Science | B. Ed 2022-24 |
| 8. | Liyanta Izabel | Social Science | B. Ed 2022-24 |
| 9. | Sumalakshmi KM Nair | Social Science | B. Ed 2022-24 |
| 10. | Raseena Naseer | Social Science | B. Ed 2022-24 |
| 11. | Reshma George | Social Science | B. Ed 2022-24 |
| 12. | Riya James | Social Science | B. Ed 2022-24 |
| 13. | Sarah Maria | Social Science | B. Ed 2022-24 |
| 14. | Sneha M | Social Science | B. Ed 2022-24 |
| 15. | Sreelakshmi Sudhakaran | Social Science | B. Ed 2022-24 |
| 16. | Sukritha S Shenoy | Social Science | B. Ed 2022-24 |
| 17. | Nandhitha | Social Science | B. Ed 2022-24 |


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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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Outreach Activity: Say No to Drugs:

Flash mob at Seematti, Kacheripady, Ernakulam

Venue: Seemati Textile Centre Parking Ground, Ernakulam

Date: 26-10-2022

Time: 3.00pm- 3.30 pm

In our relentless commitment to combating drug abuse and fostering a drug-free community, our students conducted a captivating and impactful Anti-Drug Flash Mob Outreach Program. The event took place on 26-10-2022 at the Seemati Textile Centre Parking Ground in Ernakulam, Kerala. The flash mob was designed to reach a wider audience and create awareness about the perils of drug addiction, carrying the theme "Life is Worthy, Not Drugs" and "Addiction to Life, Not to Drugs." 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 This report aims to highlight the significance and impact of this outreach initiative.

Objectives

Raise Awareness: The primary goal was to raise awareness about the harmful effects of drug abuse among a wider audience, including school students, student teachers, and the community in Ernakulam.

Promote a Drug-Free Lifestyle: We aimed to inspire individuals to choose a healthy and drug-free life, emphasizing the value and potential of life itself.

Community Engagement: By conducting the flash mob in a prominent location like Seemati Textile Centre, we sought to engage with the community actively and encourage collective action against drug abuse.

The Flash Mob

The flash mob was a dynamic and engaging performance that featured our students conveying powerful anti-drug messages through dance, music, and visually compelling choreography. The themes "Life is Worthy, Not Drugs" and "Addiction to Life, Not to Drugs" were artistically incorporated into the performance, delivering a strong message of hope and resilience.

Impact

Community Involvement: The Seemati Textile Centre Parking Ground provided an ideal backdrop for our outreach program, attracting the attention of shoppers, visitors, and the general public. This allowed us to engage with a diverse and large audience, spreading our anti-drug message far and wide.



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Awareness Generation: The flash mob successfully captured the attention of passersby, leading to fruitful conversations and interactions. Spectators were inspired to consider the consequences of drug addiction and the importance of leading a drug-free life.

Educational Outreach: Our program extended to schools and student teachers, providing them with valuable resources and information to conduct their anti-drug campaigns within their respective educational institutions.

Positive Response: The response from the community was overwhelmingly positive, with many expressing their support for our efforts and pledging to join the fight against drug abuse.

Conclusion

The Anti-Drug Flash Mob Outreach Program held at the Seemati Textile Centre Parking Ground served as a powerful medium to spread awareness about the hazards of drug addiction. By choosing a central location with a high footfall, we were able to reach a broad audience, including school students, student teachers, and the local community. This initiative reinforced our commitment to creating a drug-free society and encouraging individuals to embrace the worthiness of life over drugs. We believe that initiatives like these play a pivotal role in addressing and eradicating drug abuse within our communities, and we remain dedicated to further outreach activities aimed at achieving this goal.



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Flashmob Team

1. Kavyamol A. B. Malayalam Optional
2. Pavithra V, Malayalam Optional
3. Abina K, Malayalam Optional
4. Neha Babu, English Optional
5. Anna Anannya K P, Natural Science Optional
6. Alkha Thomas, Physical Science Optional
7. Sukritha S Shenoy, Social Science Optional
8. Sneha P P, Natural Science Optional
9. Dhanya Joy, Mathematics Optional
10. Ashitha Benny, Mathematics Optional
11. Vrinda Suresh, Malayalam Optional
12. Merin K S, Natural Science Optional
13. Ann Sara V Alias, Physical Science Optional
14. Arunima C H, Physical Science Optional
15. Stella Catherine Faber, Mathematics Optional
16. Nanditha J, Mathematics Optional
17. Kabani S, Mathematics Optional
18. Karthika Raveendran, Physical Science Optional
19. Devika P S, Social Science Optional
20. Arya T K, Social Science Optional
21. Jismi Mohan, Natural Science Optional
22. Sreelakshmi N, Natural Science Optional
23. Sreeshna M, Natural Science Optional
24. Swathi M, Malayalam Optional
25. Anagha R, English Optional
26. Meera Sankar A, Natural Science Optional
27. Merin K S, Natural Science Optional
28. Sandra Soosan Aby, Natural Science Optional
29. Ashna Joseph, Natural Science Optional
30. Treesa Taniya P A, Physical Science Optional
31. Vandana K P, Mathematics Optional

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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Outreach Activity: Addiction to life not to Drugs:

Flash Mob at Rainbow Bridge Marine Drive

Date: 26-10-2022

Location: Rainbow Bridge, Marine Drive, Ernakulam

Participants: 31 student teachers, along with teaching staff and law enforcement officials

Introduction:

An impactful and well-organized flash mob event aimed at raising awareness about the perils of narcotic substances was executed at two prominent public areas within Ernakulam city. The event was organized as part of the Jaagaran awareness program, with the central theme being the prevention of narcotic abuse. The chosen venue for this event was the Rainbow Bridge, located at the picturesque Marine Drive. The Rainbow Bridge is a popular tourist attraction and a key gathering spot for the public, especially young individuals, making it an ideal location for the awareness campaign.

Event Timeline:

- **Date and Time:** The flash mob event took place on 26-10-2022 and commenced at 4:00 PM.

Event Description:

The event was a resounding success, drawing a substantial crowd of onlookers who gathered to witness the performance.

Flash Mob Performance: The flash mob featured a captivating and well-choreographed dance performance with 35 student teachers participating. The performance depicted the consequences of narcotic abuse and the challenges faced by those who fall victim to it. The powerful visuals and message delivered through dance left a lasting impact on the audience.

Pledge Against Narcotic Abuse: Following the flash mob presentation, a pledge against narcotic abuse was administered. Sub Inspector of Police and District Coordinator of Children and Police, Mr. Babu John, led this solemn commitment. Attendees were encouraged to take a pledge to resist narcotics and support the cause.

Address by Law Enforcement: Central Circle Inspector of Police, Mr. Akhil KP, addressed the gathering and shed light on the prevalent issue of youth falling prey to the networks of drug dealers. He emphasized the difficulties in rehabilitating individuals addicted to drugs and the importance of prevention. Mr. Akhil KP also provided the attendees with an Anti-Narcotic helpline number, offering a means to report complaints related to narcotics at any time.

Support from Law Enforcement Officers: Civil Police Officers Mr. Saleesh K S and Mr. Jose Praveen were also present, extending their wholehearted support throughout the flash



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mob event. Their presence reinforced the message that the fight against narcotics is a shared responsibility.

Conclusion:

The event was concluded at 4:30 PM with the singing of the National Anthem, symbolizing unity and commitment to the cause. The flash mob event succeeded in its objective of raising awareness about the threats posed by narcotic substances in our society, especially among the youth.

The event at Rainbow Bridge, Marine Drive, not only captured the attention of the public but also inspired many to pledge against narcotic abuse. It is anticipated that this flash mob will serve as a catalyst for further efforts to combat narcotics in Ernakulam, emphasizing the importance of prevention and community involvement.



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Principal in Charge
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Flashmob Team

1. Kavyamol A. B, Malayalam Optional
2. Pavithra V, Malayalam Optional
3. Abina K, Malayalam Optional
4. Neha Babu, English Optional
5. Anna Anannya K P, Natural Science Optional
6. Alkha Thomas, Physical Science Optional
7. Sukritha S Shenoy, Social Science Optional
8. Sneha P P, Natural Science Optional
9. Dhanya Joy, Mathematics Optional
10. Ashitha Benny, Mathematics Optional
11. Vrinda Suresh, Malayalam Optional
12. Merin K S, Natural Science Optional
13. Ann Sara V Alias, Physical Science Optional
14. Arunima C H, Physical Science Optional
15. Stella Catherine Faber, Mathematics Optional
16. Nanditha J, Mathematics Optional
17. Kabani S, Mathematics Optional
18. Karthika Raveendran, Physical Science Optional
19. Devika P S, Social Science Optional
20. Arya T K, Social Science Optional
21. Jismi Mohan, Natural Science Optional
22. Sreelakshmi N, Natural Science Optional
23. Sreeshna M, Natural Science Optional
24. Swathi M, Malayalam Optional
25. Anagha R, English Optional
26. Meera Sankar A, Natural Science Optional
27. Merin K S, Natural Science Optional
28. Sandra Soosan Aby, Natural Science Optional
29. Ashna Joseph, Natural Science Optional
30. Treesa Taniya P A, Physical Science Optional
31. Vandana K P, Mathematics Optional

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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)

Outreach Activity: Addiction to Life not to Drugs:

Flash Mob at Lulu Mall, Edapally

Date: October 30, 2022

Venue: Lulu International Mall, Edapally

Introduction:

On October 30, 2022, an Outreach Activity titled "Addiction to Life, not to Drugs" was organized by our student teachers at the Lulu International Mall, Edapally, Kerala. The primary objective of this event was to raise awareness about the detrimental effects of drug addiction on family and social life, emphasizing the importance of leading a healthy and drug-free lifestyle.

Event Highlights:

Excise Team Involvement:

The event commenced with the active participation of members from the excise department, who played a pivotal role in addressing the audience. Their presence served to underscore the seriousness of the issue and the government's commitment to combat drug addiction.

Folk Art Performance - Ottan Thullal:

An exemplary folk art form of Kerala, Ottan Thullal, was performed by one of the excise team members. The performance conveyed a powerful message about the adverse consequences of drug addiction on family and social life. The use of traditional art added a cultural dimension to the event, making it engaging and impactful.

Flash Mob Presentation:

Following the Ottan Thullal performance, our student teachers' flash mob team took center stage. They presented a dynamic and energetic flash mob, specifically choreographed to convey the theme of "Addiction to Life, not to Drugs." Their captivating performance garnered the attention of mall visitors and effectively delivered the anti-drug message.

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Speech by College Vice Principal:

The college's Vice Principal Dr. Betty P.J. addressed the gathering, highlighting the institution's commitment to holistic education and the importance of raising awareness about the detrimental effects of drug addiction among the youth.

Audience Response:

The event attracted a substantial crowd at Lulu International Mall, with visitors and shoppers taking a keen interest in the performances and speeches. The powerful and thought-provoking message against drug addiction resonated with the audience, resulting in a positive and enthusiastic response.

Conclusion:

The Outreach Activity "Addiction to Life, not to Drugs" was a resounding success in its mission to raise awareness about the devastating consequences of drug addiction on family and social life. The combination of Ottan Thullal, a traditional art form, the dynamic flash mob presentation, and insightful speeches from the excise team members and the college Vice Principal made for a well-rounded event that left a lasting impact on the audience.

This event is a testament to the commitment of our student teachers to address critical social issues and promote a healthier, drug-free way of life. It is our hope that through such initiatives, we can contribute to a better, drug-free society and prevent the adverse effects of drug addiction on families and communities.



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Flashmob Team

1. Kavyamol A. B. Malayalam Optional
2. Pavithra V, Malayalam Optional
3. Abina K, Malayalam Optional
4. Neha Babu, English Optional
5. Anna Anannya K P, Natural Science Optional
6. Alkha Thomas, Physical Science Optional
7. Sukritha S Shenoy, Social Science Optional
8. Sneha P P, Natural Science Optional
9. Dhanya Joy, Mathematics Optional
10. Ashitha Benny, Mathematics Optional
11. Vrinda Suresh, Malayalam Optional
12. Merin K S, Natural Science Optional
13. Ann Sara V Alias, Physical Science Optional
14. Arunima C H, Physical Science Optional
15. Stella Catherine Faber, Mathematics Optional
16. Nanditha J, Mathematics Optional
17. Kabani S, Mathematics Optional
18. Karthika Raveendran, Physical Science Optional
19. Devika P S, Social Science Optional
20. Arya T K, Social Science Optional
21. Jismi Mohan, Natural Science Optional
22. Sreelakshmi N, Natural Science Optional
23. Sreeshna M, Natural Science Optional
24. Swathi M, Malayalam Optional
25. Anagha R, English Optional
26. Meera Sankar A, Natural Science Optional
27. Merin K S, Natural Science Optional
28. Sandra Soosan Aby, Natural Science Optional
29. Ashna Joseph, Natural Science Optional
30. Treesa Taniya P A, Physical Science Optional
31. Vandana K P, Mathematics Optional

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United and Stand Against Narcotics: A Human Chain Initiative

Date: November 1, 2022

Location: Kacheripady Junction, Ernakulam, Kerala

Organizer: St. Joseph College of Teacher Education for Women, College Anti-Narcotic Club

Event Description:

As part of a broader initiative led by the Kerala Excise Department, an inspiring Human Chain formation event was organized by the College Anti-Narcotic Club of St. Joseph College of Teacher Education for Women. This event was conducted on November 1, 2022, near Kacheripady Junction, in Ernakulam. The primary aim of the event was to symbolize unity and commitment in the fight against narcotic substances and drug dealers.

Event Timeline:

- **Date and Time:** The event took place on November 1, 2022, and began at 2:30 PM, continuing until 3:30 PM.

Human Chain Formation:

- **Participants:** Student teachers from St. Joseph College of Teacher Education for Women, along with staff members, actively took part in this event.

Participants gathered at the designated location, Kacheripady Junction, and lined up in a disciplined and organized manner. By holding each other's hands, they formed a long human chain that extended through the junction. This human chain formation symbolized their determination and unity in the fight against narcotic substances and the individuals who promote them.

Conclusion:

The event concluded at 3:30 PM, with participants and staff members dispersing from Kacheripady Junction, Ernakulam. The Human Chain formation served as a powerful visual representation of the collective resolve to combat narcotic usage and its adverse effects on society.



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By participating in this statewide initiative, St. Joseph College of Teacher Education for Women contributed to the larger goal of raising awareness and fostering a united front against the perils of narcotics. The event not only demonstrated the educational institution's commitment to this cause but also encouraged similar efforts throughout Kerala. It is hoped that such initiatives will continue to have a positive impact on curbing narcotic usage and ensuring a safer, healthier society.

News report on the programme conducted on 01-11-2022 and reported on 02-11-2022.

മെട്രോ വാർത്ത



ലഹരിമുക്ത കേരളത്തിനായ്..

കേരളപ്പിറവി ദിനമായ ഇന്നലെ സംസ്ഥാന സർക്കാർ ആഘോഷിച്ച ലഹരി വിരുദ്ധ ക്യാമ്പയിന്റെ ഭാഗമായി പരമ്പരാഗത വസ്ത്രങ്ങൾ ധരിച്ചുത്തിയ എറണാകുളം സെന്റ് ജോസഫ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥികൾ ഞാനർബി റോഡിൽ ലഹരി വിരുദ്ധ ശൃംഖല തീർത്തുപോയി.

☎ മനു ഷെല്ലി

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List of Student Teachers involved in the programme

| Sl.No | Name of Students | Subject |
|-------|------------------|-------------------|
| 1. | Akhila M Nair | English Education |
| 2. | Akshaya T G | English Education |
| 3. | Amalu K | English Education |
| 4. | Anagha R | English Education |



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| | | |
|-----|------------------------|---------------------|
| 5. | Anargha Mary | English Education |
| 6. | Dona Maria | English Education |
| 7. | Jeena Elsa John | English Education |
| 8. | Jesna Joseph | English Education |
| 9. | Leenu Merin Thomas | English Education |
| 10. | Margret Benitta V J | English Education |
| 11. | Megha Madhu | English Education |
| 12. | Minu Mary | English Education |
| 13. | Neha Babu | English Education |
| 14. | Nimmy Elizabeth George | English Education |
| 15. | Rachel Berkumon | English Education |
| 16. | Remya P . T | English Education |
| 17. | Swathi.M | English Education |
| 18. | Abina K | Malayalam Education |
| 19. | Akhila M George | Malayalam Education |
| 20. | Aleena Steephen | Malayalam Education |
| 21. | Anju Prathap.P | Malayalam Education |
| 22. | Aparna Jais | Malayalam Education |
| 23. | Archana V N | Malayalam Education |
| 24. | Jisa Martin | Malayalam Education |
| 25. | Kavyamol A B | Malayalam Education |
| 26. | Lakshmi T S | Malayalam Education |
| 27. | Nidhiya Joseph | Malayalam Education |
| 28. | Pavithra V | Malayalam Education |
| 29. | Shiji.T.T. | Malayalam Education |
| 30. | Snehakavya | Malayalam Education |
| 31. | Swathi.M | Malayalam Education |
| 32. | Treesa Jojan | Malayalam Education |
| 33. | Vrinda Suresh | Malayalam Education |

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|-----|-----------------------------|----------------------------|
| 34. | Amrutha A Omanakuttan | Mathematics Education |
| 35. | Anju Paul P | Mathematics Education |
| 36. | Aparna Shaji | Mathematics Education |
| 37. | Ashitha Benny | Mathematics Education |
| 38. | Dhanya Joy | Mathematics Education |
| 39. | Emilin K Thomas | Mathematics Education |
| 40. | Emiliya Merin | Mathematics Education |
| 41. | Indhu . K | Mathematics Education |
| 42. | Kabani S | Mathematics Education |
| 43. | Nanditha J | Mathematics Education |
| 44. | Rosemol V T | Mathematics Education |
| 45. | Sandra Antony | Mathematics Education |
| 46. | Sharon Achu Anish | Mathematics Education |
| 47. | Sneha Prince | Mathematics Education |
| 48. | Stella Catherine Faber | Mathematics Education |
| 49. | Vandana K P | Mathematics Education |
| 50. | Aiswarya . A .K. | Physical Science Education |
| 51. | Aiswarya Lakshmi S | Physical Science Education |
| 52. | Alkha Thomas | Physical Science Education |
| 53. | Anjumol Paul | Physical Science Education |
| 54. | Ann Sara V Alias | Physical Science Education |
| 55. | Arunima C . H | Physical Science Education |
| 56. | Ashna K . J | Physical Science Education |
| 57. | Aswathy Aji P | Physical Science Education |
| 58. | Dilna Biju | Physical Science Education |
| 59. | Dinsha M Saji | Physical Science Education |
| 60. | Diya N C | Physical Science Education |
| 61. | Karthika Raveendran | Physical Science Education |
| 62. | Muhzina Muhammed Basheer | Physical Science Education |



| | | |
|-----|-------------------------|----------------------------|
| 63. | Rose Mary Jose | Physical Science Education |
| 64. | Sahala Nayeem A A | Physical Science Education |
| 65. | Treesa Taniya P A | Physical Science Education |
| 66. | Adeline Joseph | Natural Science Education |
| 67. | Anna Anannya K P | Natural Science Education |
| 68. | Anuradha A Pai | Natural Science Education |
| 69. | Ashna Joseph | Natural Science Education |
| 70. | Aysha Beevi C I | Natural Science Education |
| 71. | Femy Mariya Jose | Natural Science Education |
| 72. | Gopika A G | Natural Science Education |
| 73. | Jismi Mohan | Natural Science Education |
| 74. | Maneeha S M | Natural Science Education |
| 75. | Meera Sankar A | Natural Science Education |
| 76. | Merin K S | Natural Science Education |
| 77. | Mrudula Girish | Natural Science Education |
| 78. | Rajalakshmi R | Natural Science Education |
| 79. | Sandra Soosan Aby | Natural Science Education |
| 80. | Sneha P P | Natural Science Education |
| 81. | Sreelakshmi N | Natural Science Education |
| 82. | Sreeshna M | Natural Science Education |
| 83. | Anagha Mary | Social Science Education |
| 84. | Anitta Johnson | Social Science Education |
| 85. | Arya T K | Social Science Education |
| 86. | Aswathy K S | Social Science Education |
| 87. | Chinchu K H | Social Science Education |
| 88. | Devika P S | Social Science Education |
| 89. | Geethu Sivan | Social Science Education |
| 90. | Liyanta Izabel | Social Science Education |
| 91. | Nair K M Sumalakshmi | Social Science Education |
| 92. | Nandhitha C | Social Science Education |



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| | | |
|-----|---------------------------|--------------------------|
| 93. | Raseena Naseer | Social Science Education |
| 94. | Reshma George P G | Social Science Education |
| 95. | Riya James | Social Science Education |
| 96. | Sarah Maria | Social Science Education |
| 97. | Sneha M | Social Science Education |
| 98. | Sreelakshmi Sudhakaran | Social Science Education |
| 99. | Sukritha S Shenoy | Social Science Education |

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Student Teacher Empowerment Programme (STEP):

‘Project Venda’- Seminar on ‘Addiction among School Children’, 2022

| | |
|--------------------------------------|---|
| Name of the Event | Student Teacher Empowerment Programme (STEP): ‘Project Venda’- Seminar on ‘Addiction among School Children’, 2022 |
| Objectives | <ol style="list-style-type: none"> 1. To introduce student teachers with organizations working in the community to tackle problems regarding substance abuse 2. To generate awareness among students teachers on substance abuse and its consequences 3. To enhance the knowledge base of student teachers regarding substance abuse and thereby prevent them from engaging in drug use and risky behavior |
| Details of Event Coordinators | Anti-Narcotic Club St. Joseph College of Teacher Education for Women, Ernakulam |
| Details of Resource Person | The Venda catalysts, Project Venda- A Fourth Wave Foundation Initiative (NGO) Ernakulam, Kerala |
| Date | 05/11/2022 |
| Time | 9.30 AM- 3.30 PM |
| Duration | 6 hours |
| Beneficiaries | Student teachers -98, Faculty- 4 |
| Event Venue | College Auditorium, St. Joseph college of Teacher Education for Women, Ernakulam |

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Student Teacher Empowerment Programme (STEP):

'Project Venda'- Seminar on 'Addiction among School Children', 2022

Programme Report

'Project Venda' is an initiative of the Fourth Wave Foundation, an NGO (Non-Governmental Organisation) based in Ernakulam district in Kerala which works for empowering children (11-19 years) to vehemently reject or say 'NO' to substance abuse. The NGO works to identify, counsel, and rehabilitate the victims of various forms of abuse through methodical counselling, psychotherapy, and medical treatment, as necessary, in collaboration with the police, the juvenile justice board, narcotics control bureau, hospitals, doctors, psychiatrists, counsellors, heads of institutions, teachers, and parents. The NGO carries out various skill development programmes, sports camps, workshops, and vocational education programmes to aid in the participants' successful employment and reintegration into the society.

St. Joseph College of Teacher Education for Women, Ernakulam in association with 'Project Venda' initiative under the Fourth Wave Foundation, Ernakulam organized a seminar on 'Addiction among School Children' for second year B Ed. Student teachers of 2021-2023 batch on 5th November 2022 from 9.30 AM to 3.30 PM. The event was conducted as part of Student Teacher Empowerment Programme (STEP). The event was coordinated by the Anti-Narcotic club of St. Joseph College of Teacher Education for Women, Ernakulam under the leadership of Dr. Smitha Jose, Assistant Professor in Education and Dr. Betty P.J, Associate Professor in Mathematics Education who are also the faculty members in Anti-Narcotic club. Dr. Sicily A.A, Assistant Professor in Malayalam Education at St. Joseph College of Teacher Education for Women, Ernakulam was also the faculty coordinator for the event. The main aim of the programme was to generate awareness and enhance knowledge base among student teachers on substance abuse and its consequences and thereby prevent them from engaging in drug use and risky behavior. The Venda catalysts of 'Project Venda' from the Fourth Wave Foundation, Ernakulam were the spokespersons for the event who gave valuable insights to the student teachers on the ongoing battle against drugs and other addictions among adolescents in Kochi City.

The seminar commenced by 9.30 a.m. at the college auditorium. After a prayer, the gathering was welcomed by Ms. Mariya Jessneela, one among the members of the Anti-Narcotic club and student teacher from Mathematics optional of St. Joseph College of Teacher Education for Women,

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Ernakulam. Ms. Mariya Jessneela was the student coordinator for the event. The event was officially inaugurated by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. The whole seminar has been divided into three talk sessions and some ice breaking sessions by the Venda catalysts who were the spokespersons for the event. The student teachers were divided into five groups for the first ice-breaking session, they were made to play Reverse Pictionary as a team and trust building exercise. After the ice-breaking session, the first lecture on the topic “Lasting Happiness” was held. The session was handled by a Venda Catalyst who gave several introspective exercises, anecdotes and the cause that is being supported by the organization Project Venda which is to curb the use and abuse of addictive substances and habits among the children of Kochi city. The significance of their logo, as well as the details of their works and outreach programmes along with their helpline details were explained in detail. By resolving pertinent social issues that concern children (aged 6 to 18), the Fourth Wave Foundation (an NGO) aims to be the catalyst that sheds light on the collective virtue in every community they deals with. Through unwavering education, love, counselling, and rehabilitation, every child, teacher, parent and the community as a whole are given the power to make choices that will contribute to build an inclusive society that seamlessly integrates the wealthy and the poor, the strong and the weak, the abled as well as the differently abled, the healthy and the ill, the educated as well as the illiterate, the competent and the unskilled, the political and the nonpolitical, the theist and the agnostic, thereby encouraging peace and balance both within oneself and in society. The first session came to an end by 11.00 AM.

After a short tea-break, the second session started at 11.15 AM. The session started with a small ice-breaking session so that the student teachers are all active and engage in the event actively. The second session was handled by one among the Venda Catalysts, who enunciated various kinds of addictions present among teenagers and the means to help those with addictive behavior. The session was aimed at equipping the student-teacher community with adequate knowledge base, so that they can help their future-students in likely scenarios. Addictive behavior including abuse of drug and alcohol, pornography and Social-media addiction were discussed during the session, all which have adverse effects on the physical, psychological and social aspects of an individual. The session also covered the remedial and preventive measures to stop the prevalence and existence of addictive behavior among children and adults. The session came to an end by 1 PM.

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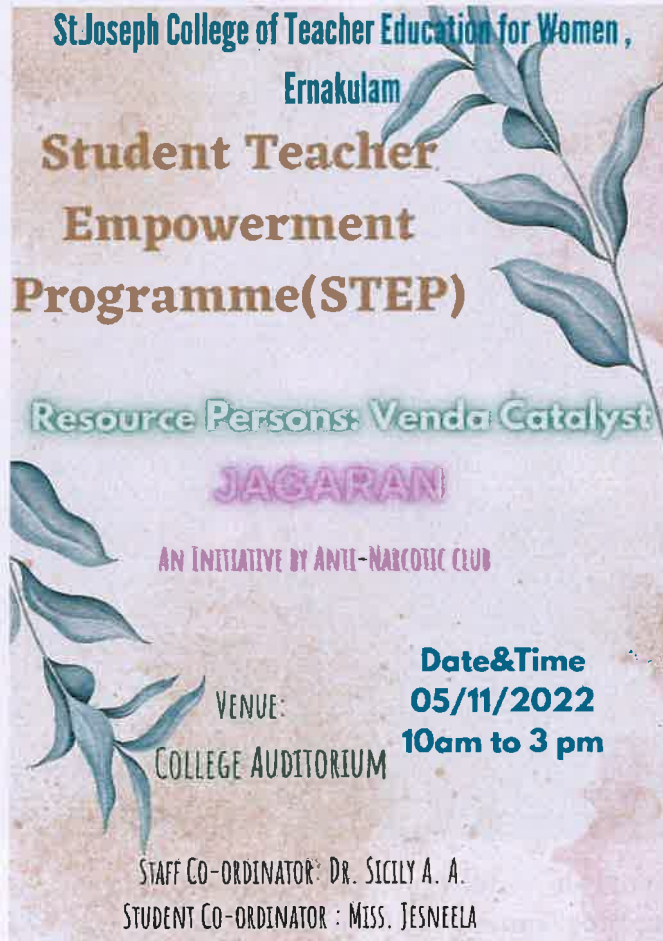


The third session of the seminar started by 2 PM after the lunch break. The third session was also handled by a Vanda Catalyst, who gave an insight on various types of drugs and their impacts on children and adults. The spokesperson for the session enunciated the cyclic nature of addiction and also the signs and symptoms expressed by individuals who have addiction– physical, psychological and social cues. The Vanda catalyst highlighted the risk and dangers posed by the synthetic drugs and explained various forms in which they are available in the society, so that as prospective teachers, the participants could identify and help prevent the disastrous outcomes of drug use and abuse among their prospective students. The third session ended by 3.30 p.m.

The seminar on ‘Addiction among School Children’ conducted in association with Project Vanda was successful in accomplishing its objectives. The session was highly informative and insightful for the student-teachers. The knowledge base the student teachers who are the prospective teachers of tomorrow had developed via the seminar would definitely help them contribute to their profession in the future. The vote of thanks for the event was delivered by Ms. Vandana S, one among the student members of the Anti-Narcotic club and student teacher from Physical Science optional at St. Joseph College of Teacher Education for Women, Ernakulam. The whole session was concluded with a National Anthem.



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Student Teacher Empowerment Programme (STEP):**'Project Venda'- Seminar on 'Addiction among School Children', 2022****Photo Gallery**

Event poster for the seminar on 'Addiction among School Children' 2022 conducted as part Student Teacher Empowerment Programme (STEP) by St. Joseph College of Teacher Education for Women, Ernakulam in association with 'Project Venda' initiative under the Fourth Wave Foundation, Ernakulam.

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Snippets from the seminar on ‘Addiction among School Children’ 2022 conducted as part Student Teacher Empowerment Programme (STEP) by St. Joseph College of Teacher Education for Women, Ernakulam in association with ‘Project Venda’ initiative under the Fourth Wave Foundation, Ernakulam.

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Student Teacher Empowerment Programme (STEP):**'Project Venda'- Seminar on 'Addiction among School Children', 2022****Programme Details**

| | |
|--------------------------|---|
| Name of the Event | Student Teacher Empowerment Programme (STEP): 'Project Venda'- Seminar on 'Addiction among School Children', 2022 |
| Date | 05/11/2022 |
| Time | 9.30 AM- 3.30 PM |
| Duration | 6 hours |
| Beneficiaries | Student teachers- 98, Faculty- 4 |
| Event Venue | College Auditorium, St. Joseph college of Teacher Education for Women, Ernakulam |

List of Participants

Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|---|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Dr. Smitha Jose | Assistant professor (Education) |
| 3 | Dr. Betty P.J | Associate Professor (Mathematics Education) |
| 4 | Dr. Sicily A.A | Assistant professor (Malayalam Education) |

Students list:

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



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| | | |
|----|-----------------------|-----------------------------------|
| 4 | Devika Venugopal | 2021-2023 Batch (B Ed. English) |
| 5 | Divya Radhakrishnan | 2021-2023 Batch (B Ed. English) |
| 6 | F.Merline Rodrigues | 2021-2023 Batch (B Ed. English) |
| 7 | Gurumahima M V | 2021-2023 Batch (B Ed. English) |
| 8 | Harsha Theresa Thomas | 2021-2023 Batch (B Ed. English) |
| 9 | K A Rabia | 2021-2023 Batch (B Ed. English) |
| 10 | Leatitia Joshy | 2021-2023 Batch (B Ed. English) |
| 11 | Linet John | 2021-2023 Batch (B Ed. English) |
| 12 | Meera Joy (Blind) | 2021-2023 Batch (B Ed. English) |
| 13 | Merize Ben Alias | 2021-2023 Batch (B Ed. English) |
| 14 | Pratibha S | 2021-2023 Batch (B Ed. English) |
| 15 | Sandra Joy | 2021-2023 Batch (B Ed. English) |
| 16 | Santhi M S | 2021-2023 Batch (B Ed. English) |
| 17 | Veena C V | 2021-2023 Batch (B Ed. English) |
| 18 | Aleena Antony | 2021-2023 Batch (B Ed. Malayalam) |
| 19 | Anaswara. P S | 2021-2023 Batch (B Ed. Malayalam) |
| 20 | Ance Baby | 2021-2023 Batch (B Ed. Malayalam) |
| 21 | Divya Rajan | 2021-2023 Batch (B Ed. Malayalam) |
| 22 | Jayalakshmi Jayakumar | 2021-2023 Batch (B Ed. Malayalam) |
| 23 | Jobitha Joy | 2021-2023 Batch (B Ed. Malayalam) |
| 24 | Liya Baby | 2021-2023 Batch (B Ed. Malayalam) |
| 25 | Mary Amala R. | 2021-2023 Batch (B Ed. Malayalam) |
| 26 | Nitha Alfred | 2021-2023 Batch (B Ed. Malayalam) |
| 27 | Pranaya P M | 2021-2023 Batch (B Ed. Malayalam) |
| 28 | Anisha T | 2021-2023 Batch (B Ed. Malayalam) |
| 29 | Riya Sabu | 2021-2023 Batch (B Ed. Malayalam) |
| 30 | Shilpa K | 2021-2023 Batch (B Ed. Malayalam) |
| 31 | Sneha M M | 2021-2023 Batch (B Ed. Malayalam) |
| 32 | Sreelakshmi K A | 2021-2023 Batch (B Ed. Malayalam) |
| 33 | Teena Vincent | 2021-2023 Batch (B Ed. Malayalam) |



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| | | |
|----|--------------------|--|
| 34 | Akshaya Shaju | 2021-2023 Batch (B Ed. Mathematics) |
| 35 | Anuja J Nair | 2021-2023 Batch (B Ed. Mathematics) |
| 36 | Arya K Surendran | 2021-2023 Batch (B Ed. Mathematics) |
| 37 | Aswathi B A | 2021-2023 Batch (B Ed. Mathematics) |
| 38 | Freeda K F | 2021-2023 Batch (B Ed. Mathematics) |
| 39 | Jinu Joseph | 2021-2023 Batch (B Ed. Mathematics) |
| 40 | Jomol Babu | 2021-2023 Batch (B Ed. Mathematics) |
| 41 | Lekshmipriya T S | 2021-2023 Batch (B Ed. Mathematics) |
| 42 | Mariya Jessneela | 2021-2023 Batch (B Ed. Mathematics) |
| 43 | Melissa Xavier | 2021-2023 Batch (B Ed. Mathematics) |
| 44 | Parvathy M | 2021-2023 Batch (B Ed. Mathematics) |
| 45 | Reshma Francis | 2021-2023 Batch (B Ed. Mathematics) |
| 46 | Rose Maria John | 2021-2023 Batch (B Ed. Mathematics) |
| 47 | Rosy Roy | 2021-2023 Batch (B Ed. Mathematics) |
| 48 | Sona Paul | 2021-2023 Batch (B Ed. Mathematics) |
| 49 | Sreeja Sreenivasan | 2021-2023 Batch (B Ed. Mathematics) |
| 50 | Agatha Cyriac | 2021-2023 Batch (B Ed. Physical Science) |
| 51 | Agiya Cosmos M C | 2021-2023 Batch (B Ed. Physical Science) |
| 52 | Akshaya K S | 2021-2023 Batch (B Ed. Physical Science) |
| 53 | Alida Saiju | 2021-2023 Batch (B Ed. Physical Science) |
| 54 | Anila Shaju | 2021-2023 Batch (B Ed. Physical Science) |
| 55 | Anu P. Thomas | 2021-2023 Batch (B Ed. Physical Science) |
| 56 | Aparna S | 2021-2023 Batch (B Ed. Physical Science) |
| 57 | Fathimathuzuhra | 2021-2023 Batch (B Ed. Physical Science) |
| 58 | Jesna George | 2021-2023 Batch (B Ed. Physical Science) |
| 59 | Mariya Das | 2021-2023 Batch (B Ed. Physical Science) |
| 60 | Neethu J A | 2021-2023 Batch (B Ed. Physical Science) |
| 61 | Raveena K Ramesh | 2021-2023 Batch (B Ed. Physical Science) |
| 62 | Roshna Rahim | 2021-2023 Batch (B Ed. Physical Science) |
| 63 | Vandana S | 2021-2023 Batch (B Ed. Physical Science) |

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| | | |
|----|----------------------|--|
| 64 | Vinny Pappachan | 2021-2023 Batch (B Ed. Physical Science) |
| 65 | Akhitha Sebastian | 2021-2023 Batch (B Ed. Natural Science) |
| 66 | Allan Francis | 2021-2023 Batch (B Ed. Natural Science) |
| 67 | Angitha Ramachandran | 2021-2023 Batch (B Ed. Natural Science) |
| 68 | Anita Abraham | 2021-2023 Batch (B Ed. Natural Science) |
| 69 | Caren Grace | 2021-2023 Batch (B Ed. Natural Science) |
| 70 | Dilhana Hussain | 2021-2023 Batch (B Ed. Natural Science) |
| 71 | Jeshma Das V S | 2021-2023 Batch (B Ed. Natural Science) |
| 72 | Keerthana M S | 2021-2023 Batch (B Ed. Natural Science) |
| 73 | Meera Susan Kurian | 2021-2023 Batch (B Ed. Natural Science) |
| 74 | Merin Shajan | 2021-2023 Batch (B Ed. Natural Science) |
| 75 | Pooja Maria Jacob | 2021-2023 Batch (B Ed. Natural Science) |
| 76 | Ranjima V | 2021-2023 Batch (B Ed. Natural Science) |
| 77 | Saniya Simon | 2021-2023 Batch (B Ed. Natural Science) |
| 78 | Shalini P S | 2021-2023 Batch (B Ed. Natural Science) |
| 79 | Shimna K | 2021-2023 Batch (B Ed. Natural Science) |
| 80 | Theresa Thankachan | 2021-2023 Batch (B Ed. Natural Science) |
| 81 | Vyshnavi N Sharma | 2021-2023 Batch (B Ed. Natural Science) |
| 82 | Akshitha Bhaskaran | 2021-2023 Batch (B Ed. Social Science) |
| 83 | Anagha T | 2021-2023 Batch (B Ed. Social Science) |
| 84 | Ancy Abraham | 2021-2023 Batch (B Ed. Social Science) |
| 85 | Anjaly A C | 2021-2023 Batch (B Ed. Social Science) |
| 86 | Anupama Sreedhar | 2021-2023 Batch (B Ed. Social Science) |
| 87 | Celene Paul | 2021-2023 Batch (B Ed. Social Science) |
| 88 | Divyamol P D | 2021-2023 Batch (B Ed. Social Science) |
| 89 | Dona K Jose | 2021-2023 Batch (B Ed. Social Science) |
| 90 | Krishnapriya K | 2021-2023 Batch (B Ed. Social Science) |
| 91 | Mary Rinu K F | 2021-2023 Batch (B Ed. Social Science) |
| 92 | Mereena Joy | 2021-2023 Batch (B Ed. Social Science) |
| 93 | Minu Joy | 2021-2023 Batch (B Ed. Social Science) |



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| | | |
|----|---------------------|--|
| 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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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Student Teachers Outreach Programme at Chavara Special School for Mentally Retarded, Koonammavu

Introduction:

On 10-11-2022, a group of 17 student teachers embarked on a meaningful and educational visit to Chavara special school for mentally retarded children at Koonammavu, Ernakulam. The purpose of this visit was to gain insights into the educational and pedagogical approaches used for students with mental disabilities. The visit involved interacting with the children, organizing games and entertainment, and engaging in discussions with the school's headmistress and teachers.

Interaction with the Children:

The student teachers engaged in interactive sessions with the students at the special school. These interactions included talking, playing games, and providing entertainment programs. It was heartwarming to witness the enthusiasm and joy with which the children participated in these activities. This experience emphasized the importance of creating an inclusive and supportive environment for students with special needs.

Games and Entertainment:

Games and entertainment programs were organized by the student teachers to provide the children with a fun and enjoyable experience. These activities not only brought smiles to the faces of the students but also highlighted the significance of utilizing creative and engaging teaching methods for children with mental disabilities.

Discussion with Headmistress and Teachers:

The student teachers had the privilege of engaging in meaningful discussions with the headmistress and teachers of the special school. The insights shared during these discussions were enlightening. It was clear that the school's approach focused on individualized education, with an emphasis on identifying and nurturing each child's unique abilities and potential. The teachers demonstrated remarkable patience, empathy, and a deep understanding of the needs of the students.



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Pedagogical Approaches:

The pedagogical approaches used at the special school were a key point of interest for the visiting student teachers. Some notable practices included: Individualized education plans tailored to each student's specific needs, Multisensory teaching methods to cater to diverse learning styles, A strong emphasis on developing life skills and independence, Regular assessments to track progress and make necessary adjustments, Collaborative efforts involving parents and other professionals to ensure holistic development.

Conclusion:


The visit to the special school for mentally retarded children on 10-11-2022, was a valuable experience for our student teachers. It served as a reminder of the importance of inclusive education and the dedication required to support students with special needs. The interactions with the children, the games, and the enlightening discussions with the school staff left a profound impact on the participants. This outreach programme reinforced the idea that every child, regardless of their abilities, deserves a supportive and nurturing learning environment. The student teachers left the school with a deeper understanding of effective pedagogical approaches for mentally retarded children and a commitment to promoting inclusive education in their future careers.



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List of Participants

| Sl.No. | Name of Student Teacher | Optional Subject |
|--------|-------------------------|----------------------------------|
| 1. | Akhila M Nair | B.Ed. Student, English Education |
| 2. | Akshaya T G | B.Ed. Student, English Education |
| 3. | Amalu K | B.Ed. Student, English Education |
| 4. | Anagha R | B.Ed. Student, English Education |
| 5. | Anargha Mary | B.Ed. Student, English Education |
| 6. | Dona Maria | B.Ed. Student, English Education |
| 7. | Jeena Elsa John | B.Ed. Student, English Education |
| 8. | Jesna Joseph | B.Ed. Student, English Education |
| 9. | Leenu Merin Thomas | B.Ed. Student, English Education |
| 10. | Margret Benitta V J | B.Ed. Student, English Education |
| 11. | Megha Madhu | B.Ed. Student, English Education |
| 12. | Minu Mary | B.Ed. Student, English Education |
| 13. | Neha Babu | B.Ed. Student, English Education |
| 14. | Nimmy Elizabeth George | B.Ed. Student, English Education |
| 15. | Rachel Berkumon | B.Ed. Student, English Education |
| 16. | Remya P . T | B.Ed. Student, English Education |
| 17. | Swathi.M | B.Ed. Student, English Education |


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St. Joseph College's Anti-Drug Outreach

Shines at Indian Super League Football Match in Kochi

Sukritha S Shenoy, Anagha R, and Kavyamol A B, student teachers from St. Joseph College of Teacher Education for Women, had the honor of performing at the Indian Super League football match, which took place at Kochi International Stadium, Kaloor.

These students were part of a dynamic flash mob team that had previously showcased their talents at various venues, spreading the crucial message that life is meant to be embraced, not marred by drug addiction.

This extraordinary opportunity to perform at a high-profile event like the Indian Super League was a rare chance, both for the college and the students. The privilege was extended by the excise team, further solidifying the commitment of educational institutions and government bodies to work together in the fight against drug addiction.

The students' captivating performance not only entertained the football fans but also reinforced the message that there are healthier and more fulfilling ways to enjoy life, free from the clutches of substance abuse. This experience was a testament to the power of collaboration and youth engagement in creating positive social change.

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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 , Dated 13-11-2022 .

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Outreach Programme at Ranimatha Public School

Kick Addiction, Embrace Life: Football Challenge against Drug Addiction

Date: 23-11-2022

Location: Ranimatha Public School

Introduction:

In the ongoing battle against drug addiction among school children, an innovative and engaging initiative was launched by a collaborative effort between the student teachers of St. Joseph College of Teacher Education for Women, Ernakulam and the Excise team. The event, titled Kick Addiction, Embrace Life: Football Challenge against Drug Addiction, aimed to harness the power of sports, specifically football, to inspire a positive shift in the mindset of young students. The program not only encouraged physical fitness but also aimed to reduce the allure of drug addiction and promote a healthy and drug-free lifestyle.

Event Details:

Organizers:

The event was organized by the student teachers of St. Joseph College of Teacher Education for Women, Ernakulam in collaboration with the local excise team. This joint effort aimed to create a meaningful outreach program and foster a sense of community responsibility.

Participants:

Both student teachers from our college and students from Ranimatha Public School actively participated in the football challenge. The enthusiastic response from the students demonstrated their willingness to engage in healthy and productive activities.

Objective:

The primary objective of the "Kick Addiction, Embrace Life" challenge was to create awareness among school children about the perils of drug addiction. By channeling their



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energy into sports, specifically football, the program aimed to inspire them to lead a drug-free life and stay away from harmful substances.

Activities:

Football Challenge:

The heart of the event was the football challenge, where each individual from both the student teachers and Ranimatha Public School in a friendly but competitive manner got a chance to kick the ball. This provided an excellent platform for fostering teamwork, physical fitness, and a sense of achievement.

Awareness Sessions:

Alongside the football challenge, awareness sessions were conducted by experts from the excise team. These sessions addressed the dangers of drug addiction, its impact on one's life and future, and the importance of making informed choices.

Outcome:

The "Kick Addiction, Embrace Life" challenge yielded several positive outcomes:

Increased Awareness: The program successfully increased awareness among school children about the hazards of drug addiction and the importance of making responsible choices.

Encouraged Sports and Physical Activity: The football challenge ignited interest in sports, especially football, which can serve as a healthy and engaging alternative to drug addiction.

Strengthened Community Bonds: The interaction between student teachers and school students fostered a sense of community and encouraged mentorship.

Positive Role Modeling: Student teachers served as positive role models, demonstrating the significance of education, sports, and a drug-free lifestyle.

Conclusion:

The "Kick Addiction, Embrace Life" football challenge proved to be an effective outreach program against drug addiction among school children. By promoting physical activity and raising awareness about the consequences of drug addiction, it has set the foundation for healthier and more informed life choices. The success of this program underscores the importance of collaborative efforts in addressing critical societal issues and empowering the youth to embrace life with positivity and vigor.



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 Principal in Charge
 St. Joseph College of Teacher
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List of Participants


| Sl. No | Name | Batch |
|--------|-----------------------|-----------------------------------|
| 1 | Amala Antony | 2021-2023 Batch (B Ed. English) |
| 2 | Anna Roshni Varghese | 2021-2023 Batch (B Ed. English) |
| 3 | Deepa P S | 2021-2023 Batch (B Ed. English) |
| 4 | Devika Venugopal | 2021-2023 Batch (B Ed. English) |
| 5 | Divya Radhakrishnan | 2021-2023 Batch (B Ed. English) |
| 6 | F.Merline Rodrigues | 2021-2023 Batch (B Ed. English) |
| 7 | Gurumahima M V | 2021-2023 Batch (B Ed. English) |
| 8 | Harsha Theresa Thomas | 2021-2023 Batch (B Ed. English) |
| 9 | K A Rabia | 2021-2023 Batch (B Ed. English) |
| 10 | Leatitia Joshy | 2021-2023 Batch (B Ed. English) |
| 11 | Linnet John | 2021-2023 Batch (B Ed. English) |
| 12 | Meera Joy (Blind) | 2021-2023 Batch (B Ed. English) |
| 13 | Merize Ben Alias | 2021-2023 Batch (B Ed. English) |
| 14 | Pratibha S | 2021-2023 Batch (B Ed. English) |
| 15 | Sandra Joy | 2021-2023 Batch (B Ed. English) |
| 16 | Santhi M S | 2021-2023 Batch (B Ed. English) |
| 17 | Veena C V | 2021-2023 Batch (B Ed. English) |
| 18 | Aleena Antony | 2021-2023 Batch (B Ed. Malayalam) |
| 19 | Anaswara. P S | 2021-2023 Batch (B Ed. Malayalam) |
| 20 | Ance Baby | 2021-2023 Batch (B Ed. Malayalam) |
| 21 | Divya Rajan | 2021-2023 Batch (B Ed. Malayalam) |
| 22 | Jayalakshmi Jayakumar | 2021-2023 Batch (B Ed. Malayalam) |
| 23 | Jobitha Joy | 2021-2023 Batch (B Ed. Malayalam) |
| 24 | Liya Baby | 2021-2023 Batch (B Ed. Malayalam) |
| 25 | Mary Amala R. | 2021-2023 Batch (B Ed. Malayalam) |

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| Sl. No | Name | Batch |
|--------|--------------------|--|
| 26 | Nitha Alfred | 2021-2023 Batch (B Ed. Malayalam) |
| 27 | Pranaya P M | 2021-2023 Batch (B Ed. Malayalam) |
| 28 | Anisha T | 2021-2023 Batch (B Ed. Malayalam) |
| 29 | Riya Sabu | 2021-2023 Batch (B Ed. Malayalam) |
| 30 | Shilpa K | 2021-2023 Batch (B Ed. Malayalam) |
| 31 | Sneha M M | 2021-2023 Batch (B Ed. Malayalam) |
| 32 | Sreelakshmi K A | 2021-2023 Batch (B Ed. Malayalam) |
| 33 | Teena Vincent | 2021-2023 Batch (B Ed. Malayalam) |
| 34 | Akshaya Shaju | 2021-2023 Batch (B Ed. Mathematics) |
| 35 | Anuja J Nair | 2021-2023 Batch (B Ed. Mathematics) |
| 36 | Arya K Surendran | 2021-2023 Batch (B Ed. Mathematics) |
| 37 | Aswathi B A | 2021-2023 Batch (B Ed. Mathematics) |
| 38 | Freeda K F | 2021-2023 Batch (B Ed. Mathematics) |
| 39 | Jinu Joseph | 2021-2023 Batch (B Ed. Mathematics) |
| 40 | Jomol Babu | 2021-2023 Batch (B Ed. Mathematics) |
| 41 | Lekshmi Priya T S | 2021-2023 Batch (B Ed. Mathematics) |
| 42 | Mariya Jessneela | 2021-2023 Batch (B Ed. Mathematics) |
| 43 | Melissa Xavier | 2021-2023 Batch (B Ed. Mathematics) |
| 44 | Parvathy M | 2021-2023 Batch (B Ed. Mathematics) |
| 45 | Reshma Francis | 2021-2023 Batch (B Ed. Mathematics) |
| 46 | Rose Maria John | 2021-2023 Batch (B Ed. Mathematics) |
| 47 | Rosy Roy | 2021-2023 Batch (B Ed. Mathematics) |
| 48 | Sona Paul | 2021-2023 Batch (B Ed. Mathematics) |
| 49 | Sreeja Sreenivasan | 2021-2023 Batch (B Ed. Mathematics) |
| 50 | Agatha Cyriac | 2021-2023 Batch (B Ed. Physical Science) |





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| Sl. No | Name | Batch |
|--------|----------------------|--|
| 51 | Agiya Cosmos M C | 2021-2023 Batch (B Ed. Physical Science) |
| 52 | Akshaya K S | 2021-2023 Batch (B Ed. Physical Science) |
| 53 | Alida Saiju | 2021-2023 Batch (B Ed. Physical Science) |
| 54 | Anila Shaju | 2021-2023 Batch (B Ed. Physical Science) |
| 55 | Anu P.Thomas | 2021-2023 Batch (B Ed. Physical Science) |
| 56 | Aparna S | 2021-2023 Batch (B Ed. Physical Science) |
| 57 | Fathimathuzuhra | 2021-2023 Batch (B Ed. Physical Science) |
| 58 | Jesna George | 2021-2023 Batch (B Ed. Physical Science) |
| 59 | Mariya Das | 2021-2023 Batch (B Ed. Physical Science) |
| 60 | Neethu J A | 2021-2023 Batch (B Ed. Physical Science) |
| 61 | Raveena K Ramesh | 2021-2023 Batch (B Ed. Physical Science) |
| 62 | Roshna Rahim | 2021-2023 Batch (B Ed. Physical Science) |
| 63 | Vandana S | 2021-2023 Batch (B Ed. Physical Science) |
| 64 | Vinny Pappachan | 2021-2023 Batch (B Ed. Physical Science) |
| 65 | Akhitha Sebastian | 2021-2023 Batch (B Ed. Natural Science) |
| 66 | Allan Francis | 2021-2023 Batch (B Ed. Natural Science) |
| 67 | Angitha Ramachandran | 2021-2023 Batch (B Ed. Natural Science) |
| 68 | Anita Abraham | 2021-2023 Batch (B Ed. Natural Science) |
| 69 | Caren Grace | 2021-2023 Batch (B Ed. Natural Science) |
| 70 | Dilhana Hussain | 2021-2023 Batch (B Ed. Natural Science) |
| 71 | Jeshma Das V S | 2021-2023 Batch (B Ed. Natural Science) |
| 72 | Keerthana M S | 2021-2023 Batch (B Ed. Natural Science) |
| 73 | Meera Susan Kurian | 2021-2023 Batch (B Ed. Natural Science) |
| 74 | Merin Shajan | 2021-2023 Batch (B Ed. Natural Science) |
| 75 | Pooja Maria Jacob | 2021-2023 Batch (B Ed. Natural Science) |


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| Sl. No | Name | Batch |
|--------|---------------------|---|
| 76 | Ranjima V | 2021-2023 Batch (B Ed. Natural Science) |
| 77 | Saniya Simon | 2021-2023 Batch (B Ed. Natural Science) |
| 78 | Shalini P S | 2021-2023 Batch (B Ed. Natural Science) |
| 79 | Shimna K | 2021-2023 Batch (B Ed. Natural Science) |
| 80 | Theresa Thankachan | 2021-2023 Batch (B Ed. Natural Science) |
| 81 | Vyshnavi N Sharma | 2021-2023 Batch (B Ed. Natural Science) |
| 82 | Akshitha Bhaskaran | 2021-2023 Batch (B Ed. Social Science) |
| 83 | Anagha T | 2021-2023 Batch (B Ed. Social Science) |
| 84 | Ancy Abraham | 2021-2023 Batch (B Ed. Social Science) |
| 85 | Anjaly A C | 2021-2023 Batch (B Ed. Social Science) |
| 86 | Anupama Sreedhar | 2021-2023 Batch (B Ed. Social Science) |
| 87 | Celene Paul | 2021-2023 Batch (B Ed. Social Science) |
| 88 | Divyamol P D | 2021-2023 Batch (B Ed. Social Science) |
| 89 | Dona K Jose | 2021-2023 Batch (B Ed. Social Science) |
| 90 | Krishnapriya K | 2021-2023 Batch (B Ed. Social Science) |
| 91 | Mary Rinu K F | 2021-2023 Batch (B Ed. Social Science) |
| 92 | Mereena Joy | 2021-2023 Batch (B Ed. Social Science) |
| 93 | Minu Joy | 2021-2023 Batch (B Ed. Social Science) |
| 94 | Regina Teena 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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Energy Conservation Day Campaign-Outreach Programme for the Public related to Energy Conservation Day at Ernakulam South Railway Station

| | |
|-------------------|--|
| Name of the event | Energy Conservation Day Campaign-Outreach Programme for the Public related to Energy Conservation Day at Ernakulam South Railway Station |
| Objectives | <ul style="list-style-type: none"> • To provide awareness on energy conservation. • To minimise energy costs / waste without affecting production & quality. • To adopt sustainable and renewable sources of energy |
| Date | 16/12/2022 |
| Time | 10:30 AM |
| Duration | 1 hour |
| Venue | ERNAKULAM SOUTH RAILWAY STATION |

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Programme Report

A campaign on 'Energy Conservation' as part of National energy conservation day was conducted on 16th December 2022 by the students of physical science optional from St Joseph College of Teacher education for women, Ernakulam. The programme was coordinated by Dr. Sr Josephine Joseph along with Sr.Rosy Tintu MP, Dr Ceby George, Dr.Dinimol Jacob and Mrs.Reshmi Sreejith. A total of sixteen students took part in the programme. Students addressed the passengers of South Railway station, Ernakulam and conveyed the message of energy conservation. Passengers actively cooperated in the programme.

Energy conservation is the decision and practice of using less energy. Turning off the light when you leave the room, unplugging appliances when they're not in use and walking instead of driving are all examples of energy conservation. The two main reasons people conserve energy are to gain more control over their energy bill and reduce the demand on the earth's natural resources.

The students also distributed brochures that conveyed simple means of energy conservation at home. Chart works that convey the same message were also displayed during the programme. The programme extended for about 1 hour and the session concluded by receiving appraisal of the Station Master.

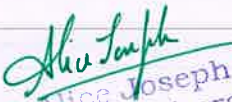

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PHOTO GALLERY



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List of participants

| Sl.No. | Name of Student Teacher | Optional Subject |
|--------|--------------------------|------------------------|
| 1. | Aiswarya . A .K. | B.Ed. Physical Science |
| 2. | Aiswarya Lakshmi S | B.Ed. Physical Science |
| 3. | Alkha Thomas | B.Ed. Physical Science |
| 4. | Anjumol Paul | B.Ed. Physical Science |
| 5. | Ann Sara V Alias | B.Ed. Physical Science |
| 6. | Arunima C . H | B.Ed. Physical Science |
| 7. | Ashna K . J | B.Ed. Physical Science |
| 8. | Aswathy Aji P | B.Ed. Physical Science |
| 9. | Dilna Biju | B.Ed. Physical Science |
| 10. | Dinsha M Saji | B.Ed. Physical Science |
| 11. | Diya N C | B.Ed. Physical Science |
| 12. | Karthika Raveendran | B.Ed. Physical Science |
| 13. | Muhzina Muhammed Basheer | B.Ed. Physical Science |
| 14. | Rose Mary Jose | B.Ed. Physical Science |
| 15. | Sahala Nayeem A A | B.Ed. Physical Science |
| 16. | Treesa Taniya P A | B.Ed. Physical Science |


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Energy Conservation Campaign, 2022

| | |
|--|--|
| Name of the Event | Energy Conservation Campaign, 2022 |
| Objectives | <ol style="list-style-type: none"> 1. To spread awareness among people in the community on the importance of energy conservation 2. To provide student teachers with an opportunity to engage with the community |
| Details of Event Coordinators | Social Science Optional & Natural Science optional St. Joseph College of Teacher Education for Women, Ernakulam |
| Date | 16/12/2022 |
| Time | 10.30 AM – 11.30 AM |
| Duration | 1 hour |
| Beneficiaries | Student teachers- 34, Faculty- 2, households in community- 30 |
| Event Venue | Households in Kacheripady, Ernakulam |

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Energy Conservation Campaign, 2022

Programme Report

Energy conservation can be generally described as the efficient use of energy. Energy conservation is the reduction or elimination of unnecessary or unwanted energy use. It can be achieved by using less energy to complete a given quantity of work or by using no energy at all. Energy conservation has enormous potential to boost economic development while lowering greenhouse gas emissions globally. India started implementing energy conservation measures more than two decades ago and has since created a clear policy architecture for promoting energy conservation. It can be achieved through efficient energy use, which reduces energy consumption while getting the same outcome, or through reduced consumption of energy services. It is one of the simplest methods of helping the ecosystem by reducing pollution and utilizing natural energy.


St. Joseph College of Teacher Education for Women, Ernakulam organized an energy conservation campaign on 16th December 2022 from 10.30 AM to 11.30 AM at the households in Kacheripady, Ernakulam near to the college premises. The entire campaign was coordinated and organized by the student teachers from Natural Science optional and Social Science optional of St. Joseph College of Teacher Education for Women, Ernakulam under the guidance of faculty members, Dr. Dinimol Jacob, Assistant Professor in Natural Science Education and Ms. Rosy Tintu M.P, Assistant Professor in Social Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The purpose of the campaign was to spread awareness among people in the community on the importance of energy conservation. A total of 34 student teachers and 2 faculty members were part of the programme and a total 30 households have been covered by the student teachers as part of the campaign.

A day prior to the programme, i.e., on 15th December 2022, a meeting was conducted as part of planning the entire campaign and how to create awareness among people about energy conservation in households in their everyday lives. All of the student teachers and the guiding faculty members participated in the meeting. Leaflets with information regarding energy conservation were prepared by the student teachers to distribute among different households as part of the campaign. The leaflet had an introductory note on the importance and benefits of energy



conservation and also the measures to save energy of various household equipments like lighting system, fan, refrigerator, television, mixer grinder, iron box, oven, induction cooker, washing machine, water pump, air conditioner etc. The material was prepared with the reference from the book 'Urjakiran' published by Energy Management Centre Kerala and Centre for Environment and Development. On 16th December 2022, the student teachers from Natural Science and Social Science optionals assembled at the college at 10.30 AM and were divided into two groups. Each group moved onto different lanes in Kacheripady, Ernakulam including St. Alberts College Lane, Kacheripady, Ernakulam near to the St. Joseph College of Teacher Education for Women, Ernakulam and visited the households in the lane. The student teachers distributed the leaflets in the households they have prepared as part of the campaign and gave a short description on how to save energy while using different household equipments were delivered. Majority of the household members were welcoming and patiently listened to the knowledge shared by the student teachers. The student teachers spent an hour for the campaign in various households. The entire energy conservation campaign winded up at 11.30 AM and the student teachers returned back to college.

The energy conservation campaign, 2022 was really productive and fruitful. The campaign was successful in accomplishing its objectives. The campaign could spread awareness regarding energy conservation in the community. The entire campaign was beneficial and informative for the people in the community. The student teachers enthusiastically coordinated the programme. The household visit provided the student teachers with an opportunity to interact with the community and they had a really great experience. The entire campaign was a socially relevant and productive one.


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Energy Conservation Campaign, 2022

Photo Gallery



Student teachers from St. Joseph College of Teacher Education for Women, Ernakulam visiting various household in Kacheripady Ernakulam as part of energy conservation campaign, 2022



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| | |
|----------------------|--|
| 1. Shetty Augustina | |
| 2. Mohan Kumar | |
| 3. Mary Anila Kalyan | |
| 4. Shanika | |
| 5. Dharmini | |
| 6. Lashama Sunalal | |
| 7. East Silaha | |
| 8. Annu Vethi | |
| 9. Gayathri | |
| 10. Vijayakumari | |
| 11. Jyothi P.J | |
| 12. Latha | |
| 13. Sindhu | |
| 14. Parvathi | |

| | |
|---------------|-----|
| Deena Saranya | |
| ... | ... |
| Rajeeva Mohan | |
| Murugan | |
| Big Tom T.T | |
| Aley Rajappan | |
| Geetha | |
| Eloy | |
| Kochukhosa MU | |
| Mini Thomas | |
| Rajashan S | |

| Name | Sign |
|--------------------|------|
| 1) Krishnaveni | |
| 2) Shiny Kaniakose | |
| 3) Madhu K.S | |
| 4) Priyanka Sankar | |
| 5) ... | |

Signatures of household members in Kacheripady, Ernakulam who were the beneficiaries of the energy conservation campaign, 2022 organised by St. Joseph College of Teacher Education for Women, Ernakulam

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Energy Conservation Campaign, 2022

Programme Details

| | |
|--------------------------|--|
| Name of the Event | Energy Conservation Campaign, 2022 |
| Date | 16/12/2022 |
| Time | 10.30 AM – 11.30 AM |
| Duration | 1 hour |
| Beneficiaries | Student teachers- 34, Faculty- 2, households in community- 30 |
| Event Venue | Households in Kacheripady, Ernakulam |

List of Participants


Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|--|
| 1 | Dr. Dinimol Jacob | Assistant Professor (Natural Science Education) |
| 2 | Ms. Rosy Tintu M.P | Assistant Professor (Physical Science Education) |

Students list:

| Sl. No | Name | Batch |
|--------|------------------|---|
| 1 | Adeline Joseph | 2022-2024 batch (B Ed. Natural Science) |
| 2 | Anna Anannya K P | 2022-2024 batch (B Ed. Natural Science) |
| 3 | Anuradha A Pai | 2022-2024 batch (B Ed. Natural Science) |
| 4 | Ashna Joseph | 2022-2024 batch (B Ed. Natural Science) |
| 5 | Aysha Beevi C I | 2022-2024 batch (B Ed. Natural Science) |
| 6 | Femy Mariya Jose | 2022-2024 batch (B Ed. Natural Science) |
| 7 | Gopika A G | 2022-2024 batch (B Ed. Natural Science) |
| 8 | Jismi Mohan | 2022-2024 batch (B Ed. Natural Science) |




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| | | |
|----|------------------------|---|
| 9 | Maneeha S M | 2022-2024 batch (B Ed. Natural Science) |
| 10 | Meera Sankar A | 2022-2024 batch (B Ed. Natural Science) |
| 11 | Merin K S | 2022-2024 batch (B Ed. Natural Science) |
| 12 | Mrudula Girish | 2022-2024 batch (B Ed. Natural Science) |
| 13 | Rajalakshmi R | 2022-2024 batch (B Ed. Natural Science) |
| 14 | Sandra Soosan Aby | 2022-2024 batch (B Ed. Natural Science) |
| 15 | Sneha P P | 2022-2024 batch (B Ed. Natural Science) |
| 16 | Sreelakshmi N | 2022-2024 batch (B Ed. Natural Science) |
| 17 | Sreeshna . M | 2022-2024 batch (B Ed. Natural Science) |
| 18 | Anagha Mary | 2022-2024 batch (B Ed. Social Science) |
| 19 | Anitta Johnson | 2022-2024 batch (B Ed. Social Science) |
| 20 | Arya .T .K | 2022-2024 batch (B Ed. Social Science) |
| 21 | Aswathy K S | 2022-2024 batch (B Ed. Social Science) |
| 22 | Chinchu K H | 2022-2024 batch (B Ed. Social Science) |
| 23 | Devika P S | 2022-2024 batch (B Ed. Social Science) |
| 24 | Geethu Sivan | 2022-2024 batch (B Ed. Social Science) |
| 25 | Liyanta Izabel | 2022-2024 batch (B Ed. Social Science) |
| 26 | Nair K M Sumalakshmi | 2022-2024 batch (B Ed. Social Science) |
| 27 | Nandhitha C | 2022-2024 batch (B Ed. Social Science) |
| 28 | Raseena Naseer | 2022-2024 batch (B Ed. Social Science) |
| 29 | Reshma George P G | 2022-2024 batch (B Ed. Social Science) |
| 30 | Riya James | 2022-2024 batch (B Ed. Social Science) |
| 31 | Sarah Maria | 2022-2024 batch (B Ed. Social Science) |
| 32 | Sneha M | 2022-2024 batch (B Ed. Social Science) |
| 33 | Sreelakshmi Sudhakaran | 2022-2024 batch (B Ed. Social Science) |
| 34 | Sukritha S Shenoy | 2022-2024 batch (B Ed. Social Science) |


Beneficiary household member's list:

| Sl. No | Name |
|--------|-------------------|
| 1 | Sherley Augustine |
| 2 | Mohan Kumar |



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| | |
|----|----------------------|
| 3 | Mary Anfen Rodriguez |
| 4 | Sunandha |
| 5 | Dharmini |
| 6 | Sushama Premlal |
| 7 | Sulaba |
| 8 | Ammu Lidhi |
| 9 | Gayathri |
| 10 | Vijayakumari |
| 11 | Jyothi P. J |
| 12 | Latha |
| 13 | Sindhu |
| 14 | Prabavathi |
| 15 | Thankamma Joseph |
| 16 | Vimala Devi |
| 17 | Regeena Michael |
| 18 | Narayani |
| 19 | Liz Tresa J.J |
| 20 | Alley Rajappan |
| 21 | Lonappan |
| 22 | Elsy |
| 23 | Kochuthresia M.U |
| 24 | Mini Thomas |
| 25 | Rajmohan B |
| 26 | Krishnavenni |
| 27 | Shiny Kuriakose |
| 28 | Madhu K.S |
| 29 | Reetha Manuel |
| 30 | Sabitha Samad |


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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)

URVI-EXTENT-ENHANCE-ENLIGHTEN

Community Engagement Camp in Collaboration with Tribal Extension Office and Forest Department, Peerumedu

Community engagement camps are a significant means of bringing people together and create a sense of community among them. It provides a chance to a group of people to collaborate on initiatives that enhance the quality of a particular community. These camps in a way provide a platform for people to learn about each other, build relationships, and create a sense of unity. Furthermore, by providing a forum for discussion about the community problems and to work on their solutions, it creates a sense of understanding and empathy among different groups.

COMMUNITY ENGAGEMENT CAMP

Place: Vandiperiyar, Idukki

Date: 16/12/22 to 19/12/22

No. of Participants: 26 B. Ed Students & 2 Teachers

Organised by: St. Joseph College of Teacher Education for Women, Ernakulam.

Facilitators: Mr. Tony & Mrs. Jeena Tony

St. Joseph College of Teacher Education for Women, Ernakulam organised a four-day camp at vandiperiyar in the Idukki district from December 16 to December 19 as a part of its community engagement programme. The camp included twenty participants and two teachers. The camp members attended several meetings where the guidelines for the camps were discussed. To improve communication among the members, Dr. Sr. Betty P J started a Whatsapp group on November 11th, 2022. As part of the safety measure, participants and their parents were requested to submit a consent letter.

On the sixth day of December 2022, a camp orientation was scheduled at 2 PM. Mr. Tony, an assistant professor at Bharath Matha College, served as the camp's instructor and provided all pertinent details and instructions. He broke the ice with the attendees at the beginning of the session using a variety of exercises. Then he discussed the significance of holding a camp within the tribal area and all the considerations we should make before



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visiting. He continued by highlighting the necessity of many committees and groups, along with the leader. Immediately following that meeting, various committees were formed, the leader was chosen, and the participants were divided into groups. The leader was chosen to be Sneha Kavya of the Malayalam optional. There were about nine committees and four groups constituted. It was also decided who would lead each of the four groups. There were a number of committees, including the programme committee, the food and travel committee, the finance committee, the purchase committee, the medicine committee, the cultural committee, the discipline committee, the tools committee, and the documentation committee. The meeting adjourned at 4:15 p.m. Later that day, there were numerous camp-related discussions. On the foundation of the idea of community engagement, we were requested to propose a title for the camp. Names like Karma, Urvi, Unarv, Aaranyayanam, Kadakam, Jeevanam, etc. were among the many names that were suggested. Finally, Urvi was decided upon as the camp's name. The four groups were given the names Kuruji, Marutham, Neythal, and Paalai, respectively.

During the lunch hour on December 7th, a meeting of the programme committee members took place. The student coordinator and five other members of the programme committee gathered to discuss and arrange the events that must take place over the camp days. On December 8, 2022, the programme committee and student coordinator assembled once more. To get everyone's input on the events and to hold meetings to discuss ideas, meetings were also held with all the participants. Everyone took part fully and enthusiastically contributed their ideas and opinions. For the four days of camp, different responsibilities were assigned to each group. Programs on the first day included an inaugural address, a discussion forum, a cultural event, and a news reading. Day two was scheduled with group one cleaning, group two assisting with construction of Vaalyamapura (a place where girls and women stay during their menstrual period, somewhat away from the house they are staying in), group three being tasked with engaging with children, and group four being tasked with instructing. On the third day, group one will complete the construction of Vaalyamapura, group two will interact with the children, group three will carry out the teaching duties, and group four will complete the cleaning. On day four, the last day, a school visit was scheduled, along with an interaction session and a craft-making activity. According to their responsibilities, each group was obliged to plan engaging activities for the relevant days and to consider the necessary supplies needed to carry out activities at the campsite. To plan the activities and cultural programmes that will take place at the campsite, several meetings were organised.

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On November 11th, 2022, Kavyamol A. B. from Malayalam Optional created a banner for the camp. It was the outcome of persistence, perseverance, patience, and time. Again, on December 12 at 2:00 PM, a meeting was held with the teachers and participants to discuss what has to be purchased, what materials are needed for first aid, what teaching aids are required, what activities we should undertake, and what supplies we ought to have on hand. The goods that needed to be bought were listed out. Teachers also gave us a list of everything we needed to bring on a camping trip and reminded us to take protective measures when we were travelling on long journeys or in forest areas. Thereafter the meeting ended. The Rotary Club would fund some of the necessary goods for the indigenous children, Sr. Betty announced the following day, on December 13, 2022.

On Thursday, December 14 at 12:55 PM, a meeting was yet again conducted in the auditorium to consider the subjects we would be teaching the children there. It was determined that we may educate the children about personal hygiene, little poetry, paper crafts, and alphabets. The leader jotted down a list of who will handle the various tasks. Additionally, a list of the cultural programmes put on by each group for each day was taken down. Following that, members' parents' names and contact information was gathered out of concern.

Since pupils were not permitted to bring their phones to class, parents were also given the phone number of the concerned teachers. By compiling a list of items that needed to be purchased for the camp from the various committees' needs and making all of the purchases on December 14, 2022, the Purchase Committee and Finance Committee began their work. A final list of items to take for the camp and a schedule of the daily cultural activities were posted in the WhatsApp group by the leader on December 15th, 2022. After that, at 1:15 PM, the campers were instructed to gather in the multipurpose hall. It was time to prepare the educational resources for the children.

The members created charts for the English and Malayalam alphabets, numerals, colour cards, and flashcards for different sensory organs, among other things. The next day's preparations were completed, including packing. The campers did not forget to seek the principal, teachers, and office staff for their blessings in order for the camp to be a success. Later that day, Sr. Betty reminded us of other preparations we needed to make before departing, such as hanging the banner and packing and organising things in the bus. All of these were part of the camp's preparation and planning. Everyone was delighted and eager for an exciting and unique experience the very following day.

DAY ONE - 16/12/2022

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On December 16, 2022, the 26 campers assembled at St. Joseph College of Teacher Education for Women at 6:45 AM. The necessary supplies that were bought for the tribe members were sorted and packed. To get to the destination, which was Vandiperiyar in the Idukki District, a minibus was chosen as the mode of transportation. Following everyone's arrival, the luggage and other supplies were loaded onto the bus. We had a short prayer session led by Principal Dr. Sr. Alice Joseph. Furthermore, we received a blessing for the camp from Provincial Sister Little Flower CMC and a few other sisters.



Everyone boarded the bus at 7:45 AM, and the entire group headed to the campsite. Rachel Ma'am joined us intermittently over the lengthy drive. The food committee had prepared bread and jam for breakfast, which we ate at 8:30 a.m. Mrs. Jeena and the local ST promoter PG Prema joined us on the way. We reached our first destination, a tribal settlement at Peerumedu at 2:00 PM. The settlement consisted of roughly six families. The majority of the family members were unemployed, and their primary source of income is from government rations and other assistance. Their living spaces amply demonstrated how disorganised and unhygienic they all seemed to be. We distributed mats, lungies, night wear dresses of women and children, bath towels, buckets, cups, steel rice pots, steel glasses, steel spoons, and pots for water were given to each family.

A unique tree was one of the location's attractions. Mrs. Prema explained the history of the tree, indicating that it was once used to store weapons. However, the tree had grown roots that were deep and massive that expanded outward and had one side that was concreted.

The tree's roots created a canopy. It was such a striking scene, a lovely illustration of how nature and human civilization coexist. We left Peerumedu at 2:30 and arrived in Vandiperiyar around 3:10. We stopped at a store that rents out tools because we had to gather tools along

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the route. But regrettably, we were unable to obtain the necessary tools there. We continued our journey after that. In spite of the fact that the trip from Ernakulam to Idukki was lengthy, music was being played in the bus throughout the breaks, and everyone in the vehicle danced and enjoyed themselves. The members were able to adjust and work along well by switching seats, taking turns sitting in steps, and other corporate behaviours because there were only limited seats in the bus that was not enough for all the members. With the assistance of a forest ranger who had accompanied us from the checkpoint, we eventually arrived at the location for our stay around 3:10 PM. We were accommodated in a hostel run by the Periyar Tiger Reserve's forest department, called Vanaparvam. Upon seeing the surroundings and weather where we are residing, everyone was pleased. They had prepared an incredibly delicious lunch for us. We unloaded the baggage, other supplies, and teaching aids from the bus into the dorm after lunch. We received two dorm rooms. Rachel Ma'am and Mrs. Jeena Tony joined the members of the first dormitory, and Sr. Betty accompanied us on the second. The dorm had enough space, as well as enough fans and lighting. Bunk beds were there for sleeping which was a new experience for many of the members. In accordance with their interests, they select the beds on the upper or lower level.

Everyone was then instructed to gather at 4:00 PM to visit the "Malapandaram" community's settlement and the Malapandaram people in order to get a sense of the area and the locals and make plans for the activities that needed to be done the very next day, which included cleaning, building "Valyamapura," and interacting with the locals.

The settlement contained roughly five families. There were four buildings there, but only the tribal members used the remaining two as the two of them were demolished. It appears from the surroundings that they use firewood to prepare food outside the home. There was a severe lack of neatness and cleanliness in the area. These people in concern were residing inside the forest, but when Kerala experienced flooding in 2018, they were forced to leave and relocate in nearby villages by the forest department. This was revealed by Mrs. Prema to us in a way to give some brief information about their situation and condition. These individuals initially hid and fled from the villagers. These people developed social skills through frequent interactions. Mrs. Jeena informed us that these folks frequently wander into the forest and stay inside the forest, consuming forest products, and refrain from going to hospitals despite having medical issues. Even deliveries take place in the forest or in the settlement area. And they refuse to visit hospitals. They accept death as part of their beliefs no matter what happens. The tribal people do not maintain personal cleanliness, which is evident in their look. They were dressed in tattered, filthy clothing that was heavily muddied. Their hair was



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completely matted with dirt. They don't appear to wash their bodies or take baths. Some of the damaged solar energy equipment were visible to us. Upon returning to the dormitory and observing the circumstances in the village, we revised our schedule and activities. After that, we had a shower and prepared for the class that was being held in the conference room. At 6:00 PM, when everyone was gathered in the conference room, a forest department officer named Mr. Manikuttan gave a lovely lecture on the following subjects: the necessity for tiger reserves, the characteristics of tigers, Project Tiger, the east and west division, the location of Periyar Tiger Reserve, how it operates, the history of the Wildlife Protection Act, conflicts between people and animals, the two temples in the forest—Sabarimala and Mangaladevi temples, bamboo drafting, etc. The lesson covered a lot of new content, including the fact that dragonflies are carnivorous and several other things. There was also a discussion session to clarify our doubts. Members asked questions like, "Do we have access to the Core Zone of the forest?". Sir then responded that ecotourism was only permitted in the buffer zone and that only the officers and the relevant tribal communities connected to the forest were granted authorization to enter the core zone.

We were then split up into three groups. The members of Group 1 chose Anuradha A Pai to serve as its leader, giving the group the name Neelakurunji. The members of Group 2 voted Kavyamol A. B. to head the group under the name Aruvi, and the members of Group 3 elected Rosemary Jose to lead Group 3 under the name Kaduva. The members were split up into groups to complete an assignment. Topics for the assignment were assigned to each group. The topics for Groups 1, 2, and 3 were respectively plastic, water, and global warming. We were free to use any format we wanted for the presentation, such as narrating a story, writing a poem, performing a play, or using mime. Following that, two video documentaries about Periyar Tiger Reserve's Task Force and Sniffer Dog Squad were screened. The time to prepare for the assignment was then provided to us after dinner. We were instructed to return to the dorm room by 10:00 PM so we could get some sleep.

Everyone returned to their dorm room and fell asleep. Day one ends there.

DAY TWO - 17/11/2022

On the second day, some of the participants awoke at 6:00 AM, while the rest awoke at 7:00 AM. We had breakfast at precisely 8:30 AM and left for the settlement right away after getting ready in our job attire for the cleaning task. There was a female forest ranger named Mrs. Rejini who provided us with guidance and extensive details about the Malapandaram community that lived there. As soon as we arrived, we began cleaning the settlement's premises. We gathered plastic, used clothing, numerous batteries, glass shards,



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numerous iron materials, and all else. These garbage were divided into three different piles. After that, we were instructed to work in groups. there, in each of the four designated locations. Grass and other trash blanketed the entire area. Each group began their job by removing the grass and other invasive plants from the area.



While clearing out the place, they collected the waste and differentiated them as plastic, paper, cloth, iron scrap, broken glass pieces etc. One of the drawbacks was that there were n't sufficient tools available for the work. Consequently, cleaning required a lot of time. One of the nicest aspects of the cleaning procedure that ought to be highlighted was the teamwork, tenacity, and diligent mindset of the other members. In the scorching heat of the glaring sun, they worked ceaselessly without even taking a break. After that, at 10:30 AM, there was a formal inauguration ceremony. Several notable individuals, including the president of Azhutha Block Mr. Naushad Sir, Idukki Project Officer Mr. Anil Kumar, Range Officer Mr. Ajaygosh Sir, Tribal Extension Officer of Peerumedu Mrs. Manju Ma'am, Periyar Village Officer Mrs. Celin T George, Facilitator Mrs. Premakumari, Forest officer Mrs. Rejini, Coordinators of the camp Mrs. Jeena, and Mr. Tony M Tom, were present. Additionally, the Rotary Club president, Adv. Jolly John Sir, and some of the other club members with families who sponsored some of the materials arrived there and expressed their gratitude for carrying out such a wonderful deed. Some of them delivered brief messages, and after the inauguration the cleaning process proceeded. The members of the Rotary Club joined us for a while during the construction of "Valyamapura" as well as the cleaning procedure. Tea and treats were given out. We carried on with the cleaning. Some of them suffered leech bites. The medicine committee reacted swiftly and provided them with the necessary first aid assistance. In accordance with Tony Sir's directions, the groups cleared the ground before beginning to build "Valyamapura" by drawing out a rectangular plot and



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laying bricks for a sturdy foundation. With the assistance of Tony sir and others, we created a platform and levelled it before inserting four sturdy woods into each of the four corners to completely cover the bricks. Later, the sides and roof were covered with a sheet. Two of the construction works were still unfinished when one was finished that day. At 2:30 PM we went back to have lunch and rested for half an hour and returned to the settlement for an interaction session with the people living there, especially the children.

At first they were very reluctant to interact with us but we were able to attract the attention of them. Slowly one by one they merged with us to play games. We created a rapport and then the bonding was easy thereafter. They joined us in playing the game of ball passing and took pleasure in it. As two of the players sang in the centre of the game, we moved around in a circle while alternately putting the kids in between us as we stood in the circle. To the beat of the music, we danced and passed the ball forward and paused whenever the music stopped. Each time the ball randomly reached a member, the music would stop. However, we made sure it wasn't them because they could have fun and become involved with us. The game was made more enjoyable by our sister's participation. Finally, they finished as the winners. Next, we requested some of them to sing a song. They sang Malayalam nursery songs for us after initially being hesitant to do so. For the winners, the rewards were prepared. To do that, we requested Betty Sr. to give them their gifts. Sister encouraged each youngster who took part in the game to mention their name. It absolutely astounded everyone how loudly and boldly they all called out their names. Sister then displayed the prize—a pouch—to them and inquired about its function. She urged the pupils to attend class by advising them to bring these pouches with them to school the very next day. They stated they will take the pouch to school the following day as promised. Later, Mrs. Jeena stated that she had never heard or seen them speak in such a way, which was truly astonishing to her. After our cordial approaches, we realised that they had significantly changed. We were delighted by that.

After that, we were instructed to assemble in the conference room later, so we went to the dorm by 5:45 PM to freshen ourselves. At 7:30 PM, everyone had gathered in the meeting room. Then Mr. Tony and Mrs. Jeena provided us with some important details on the community, the work we are doing, and the strategy for the upcoming task. In which Group 1 asked to visit the "Padanamuri" in Vallakadavu and to prepare a skit on the subject of drug misuse that they must perform there. Group 2 was given the responsibility of interacting with the kids and instructing them on the essentials of basic hygiene. Resuming the construction and cleaning work was advised of Groups 3 and 4. After that, Manikuttan Sir took charge of



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the class and held a quiz competition. After being instructed to sit in groups of three, we had thirty seconds to discuss the question being asked, and after the discussion with group members only the group leader may respond to the question. The right response received two points, while the question that was passed over received one point and five seconds of discussion. The quiz featured wildlife sanctuaries, reserves, and other general knowledge questions, and it was incredibly interesting and fascinating. Although it was a close race, all three teams gave it their all, showing no signs of pain or fatigue after their early-morning work. Finally, the competition came to an end, with Team Kaduva taking first place, Team Aruvi coming in second, and Team Neelakuruji coming in third. This marks the end of the second day.

DAY THREE - 18/12/2022

We got up early on the third day and started gearing up for breakfast. We ate breakfast at 8:20 AM and began the tasks that had been assigned to us yesterday. According to the instructions, group 1 was required to go to the "padanamuri" in Vanchivayal to interact with the pupils there and conduct a skit on the subject of the dangers of drug use. The task of instructing the pupils, encouraging them to study, and forming positive study habits was given to Group 2.

The construction of "Valaymapura" and the last day's remaining cleaning process were assigned to Groups 3 and 4, respectively. Group 1 got started on the skit performance preparations after the meal itself. Both the storyline and the dialogue were developed by the group members itself. However, several of the other group members were tasked with packing a variety of goods that needed to be organised.

Then, aside from group 1, the other group members left at exactly 9:05 AM for cleaning and student interaction, and they began working in the intended site at precisely 9:20 AM. Group 2 was in charge of the children. In the settlement, there were eight children. Four of them were school children. Others included elders and infants. In order to establish a rapport with them, Group 2 went towards them and engaged in conversation with the children present. The group members sparked a desire in them to learn new things and to maintain their cleanliness. The group members also took charge of bathing the kids and changing them into new outfits that had been purchased for them. The children were initially given an oil bath in order to detangle their heavily knotted hair and apply oil to their bodies and hair while being monitored by Rachel Ma'am. The group members highlighted the necessity of


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maintaining personal cleanliness to the children as they were giving them a bath. The group members returned around 11:00 AM and began instructing the school children.

Groups 3 and 4 resumed their cleaning and construction work on "Valaymapura" in the meantime. One of the construction projects was completed on the 17th, and the remaining work, which included building two additional "Valaymapura," was scheduled to be finished on the 18th. It is necessary to sort and segregate the plastic waste that was gathered during the cleaning activity the other day. The two groups were divided once more and began their individual tasks. Four sacks containing the segregated plastic wastes were filled. Later, the panchayat would collect them for recycling. Other biodegradable and compostable debris was dumped in a sizable pit.

Concurrently, the construction of the second "Valaymapura" resumed by the base being levelled and a platform was built. The children's school's headmaster paid a visit to the settlement in the meantime. He arrived to find out the cause of the student's several-day absence from class. He took some photographs of the children with him and went back. The construction and cleaning of "Valaymapura" was finished by 12:30 PM. The effort was aided by Tony Sir and two additional like-minded people. For everyone, the "Valaymapura" construction was extremely fulfilling. Three of the "Valaymapura" are now well enclosed, spacious, and neat. They are built in a nice and organised manner.

The team was quite pleased with the behavioural changes, learning attitudes, and learning behaviours we saw in the tribal youngsters. Along with writing their names and learning the alphabet, they started playing games with us like word and spelling games. They also got along well with the student teachers.

They began conversing with the team members and had some understanding of the value of good personal hygiene. Following the completion of their tasks, several of the participants returned to the dorm to have lunch. A couple of them lingered behind since there was still a little construction to be done on the third "Valaymapura," and they arrived at the dorm around 1:00 PM to have lunch.

The members of Group 1 on the other hand left the camp with Sr. Betty for "Vanjivayal" and arrived there around 10:15 AM. The members paid a visit to the "Padanamuri" of the tribal children. Anyone, regardless of age, is invited to study in the "Padanamuri," a community learning centre.

The person in charge of the "Padanamuri" is a person by the name of Aswathy, who obtained her B. Ed. She assists the pupils, helps to resolve their questions, and monitors the lesson. In "Padanamuri," there were tables and benches, three bookshelves for the reference



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books, maps, facility of drinking water, a computer, and an internet connection. However, the internet facility was malfunctioning, and the restoration may take some time. Students have access to a small area outside the "Padanamuri" where they can play games and use other playthings. The "Padanamuri" is visited by about fourteen children. According to Mrs. Aswathy, the Padanamuri was managed by the forest department and was established since the students' residences lacked adequate study spaces. The Padanamuri was initially built for students which was attached to their actual home. But eventually, the proposal was abandoned because so many of them were lonely and frequently abused. So they built a common Padanamuri where all the community's children could learn.

The Padanamuri works all day on weekends and in the evenings throughout the week. Some pupils are unable to attend on weekdays due to the risk of attacks by wild animals, particularly elephants, when they travel to Padanamuri in the evening.

The members first intended to do a skit about drug abuse in Anganwadi. Then, however, the plan was altered so that it would be performed in front of the villagers and youngsters. We saw the elephant footprints that arrived yesterday night in that particular area as we headed to the villagers. A total of six or seven families attended to watch the performance. The performance was warmly welcomed. Following the show, as a prelude to the forthcoming Christmas celebration, the members cut a cake with the families. Then the members returned to the Anganwadi, where some of the students stopped by to meet us. The members interacted with the students and played the game of passing the ball. Prizes were given for the winners. Later the members distributed sweets among the students and their parents who came along with them. They asked the members to visit them again as they can show a playground they have in which they organise their programmes and games. All were happy and the team with Sr. Betty left the place by 12:00 PM and had lunch.

The members engaged in conversation and ball-passing games with the students. The winners received rewards. Later, the members gave out treats to the students and their accompanying parents. They urged the members to come back so they could show them the playground where they arrange their activities and programmes. All were content, and by 12:00 PM the team, including Sr. Betty, had departed the location and gone to have lunch. The next thing that we had to do was to visit "Sathram" in Vandiperiyar as some of the Malapandaram community reside in Sathram. We get into the bus to Sathram from our dormitories at 1:50 PM. The distance between the Sathram and the dorm was roughly 45 M.

We reached Sathram at 3:00 PM. The Kanana Patha, which goes to Sabarimala, is close to where the Sathram was located. To get to the settlement, we had to mount upon a





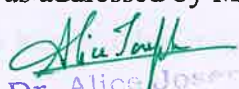
long hilly way. Along with the clothing, we also delivered some other supplies that were purchased for them. In Sathram, there were two families. They possessed two residences, each with all the facilities. We got the chance to interact with all of them. Everyone greeted us warmly and appeared pleased to see us. After having a quick talk with them, we learned that wild creatures frequently visit their location. They took us to a restroom area where there is evidence of an elephant attack. They offered us Franchise (Kunthirikkam), which was processed at their residence after being directly collected from the forest. and our Sr. Betty offered them the price for it and they accepted it. At 3:30 PM, we also delivered them the supplies that were prepared for them before leaving the settlement.

We made a halt at a tea plantation on the way home to admire its beauty. We strolled around the plantation, which was too organised and soothing for our eyes and minds. It was a serene setting. After spending approximately ten minutes there and snapping a few pictures, we continued on our way.

At 4: 10 PM we dropped by a restaurant near to have tea and coffee. When we returned to the dorm at 5:15 PM, the mess hall had served payasam. As it was the day for delivering our assignments in groups, everyone afterwards got ready and gathered in the conference room at 5:30 PM. Following some time for preparation, we began the presentation of the assignments at 6:00 PM. First up were the assignments from Group 1 - Neelakurunji. Plastic was the subject assigned for Group 1's presentation. They performed a street play which titled as "പ്ലാസ്റ്റിക്: അവൻ വീരനോ ശൂരനോ?". Both the presentation and performance of the play were fantastic. Reuse, Reduce, and Recycle was the message that was successfully communicated. All the members of the group participated and they did really well.

Group 2 - Aruvi made a visual presentation of a poem titled "ARUVI" written by Kavyamol A B and all the group members enacted the respective roles in respect of the poem. "Water" was the assigned topic for them. Through the poem and its visual presentation, they successfully convey the concepts of water contamination and the necessity for water conservation. For the topic of "Global Warming," Group 3's Kaduva performed a mime. They are also successful in spreading the word to lessen idly used CFC emitting equipment, deforestation, etc. that contribute to ozone depletion and global warming.

Manikuttan Sir offered his thoughts on the presentation and the subject after each presentation. By 6:45 PM, the assignment presentations were finished. After the presentation, the team was addressed by Mr. Shaji, the deputy forest officer, who provided us with some


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background information on the forest and its resources. Following that, there was the awarding of prizes for the Saturday-night quiz contest. First, second, and third place winners each received a prize. The rewards for the winners included some educational publications about the forest's biodiversity and fauna.

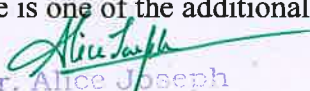
Since everyone may access the books, use them as references, and learn information from them, we made the decision to donate the books to the campus library. After that, we were requested to give our impressions of the dorm and any criticisms of the accommodation and staff during a review session. A few pupils voiced their opinions about the visit and the camp. From the teacher's part, Rachel Ma'am shared her experience and Mr. Tony also made a comment about his experience. Manikuttan Sir finally shared his thoughts on the members and our camp in general. After that we began our cultural programmes. It featured the Chain group song, two members performing cinematic dances individually, two members performing solo cinematic songs, a semi-classical dance performance, and campers singing the Naadan Pattu group song. Additionally, Mr. Tony and Mrs. Jeena Tony sang for us. Our Sr. Betty's song was the program's standout moment. Everyone was in awe of our Sister's sense of humour while she was singing the song. The performance was enjoyable for all of us, and we all contributed to its lasting memory.

We were sent to our rooms about 7:30 PM. Additionally, the forest officials allowed us to watch the 2022 World Cup Final which was broadcasted in the conference room.

Those who weren't interested ate dinner and then went to pack and organise the supplies for Monday's distribution. Along with the forest officers, the interested members watched the football match between France and Argentina. The majority of them were Argentina fans who were both thrilled and curious about the game. After the game, everyone was pleased that Argentina had triumphed and went back to bed to rest. Thus, the third day also comes to an end.

DAY FOUR - 19/12/22

Once again, a hornbill's lovely voice woke us up to a new day. The majority of us prepared for the first activity, which was to visit the nearby campsite. We had a guide to help us understand everything. We were joined by Mrs. Jeena as well. The guide showed the tents which are very spacious and all set up. Along with that, restroom facilities are also close by. The campsite has pathways set up. It offers the impression of being in the woods. There is a campfire area with a furnace within. According to the guide, they no longer use it since it attracts a lot of tiny insects, butterflies, and other things that could catch fire. The view of the lake from there is one of the additional features. We noticed a tribe member heading out to


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fish. He rode using a tree branch while using tyres as his mode of transportation through the water, which also contained the equipments he needed for fishing. Then, a sizable cluster of bamboos came into view. They are enormous in both height and size. We took a few pictures and then returned to the dorm to gather our belongings as we were departing the location. Everyone gathered for breakfast around 8:00 PM and started packing up. We bid goodbye to the aunts who had cooked for us and the officers present after loading the supplies and luggage onto the bus. After we left the area and reached at the checkpoint, we turned in the hard copy of the groupwork assignment that we performed the previous day. There we got the opportunity to visit the Mini Wildlife Museum and Pugmark Eco Shop in Vallakadavu. We observed specimens of various wild species there, including snakes, birds, squirrels, monkeys, insects, and butterflies. There was a massive skeleton of a Gaur, also known as a large wild cow, which is the largest member of the Bovidae family and the largest species of wild cattle. The skulls of tigers, cheetahs, and other creatures were also present. We then said goodbye to that location and took some photos with the forest rangers before continuing on to the next stop. It is the school in Vallakadavu, which is situated in a steep and rural place. We got off the bus, pulled out the supplies we had bought for their education, and climbed a steep to get to the school, which was actually situated on a high. When we arrived at the school, the principal and the teachers gave us a warm welcome. After that, they accepted our delivery of the educational materials and promised to distribute them to the youngsters in need. They are incredibly grateful for our visit and are appreciative. We were allowed to interact with students in classes 5, 6, and 7. By interacting with the students, we developed a rapport. In addition to the rhyming song about colours that Kavyamol A B published, she also taught students short rhymes and poetry. Anuradha A Pai then introduced the pupils how to make paper crafts, including cards and boats. To make one on their own, the children were handed craft paper. They followed the directions, and there were members there to assist them and allay their questions. The outcomes turned out wonderfully thanks to the pupils' intense curiosity. Later a skit was performed on the topic of drug abuse and a small dance performance was there too. Then we invited a few of them to perform anything they wanted on stage, and three of the students sang a song. We then bid our goodbyes because they had a test that evening. The school gave us some black tea to drink. We said the students farewell and then get on the the bus to go from that location. We took a break for lunch along the way at a roadside restaurant. The meal might be chosen by each person based on their preferences. We resumed our journey after lunch. As we travelled, we witnessed Argentina fans celebrating on the road. We were also eager to join them. However, because we were not



permitted, we cheered them on from the bus with great zeal and spirit. Then we had a thorough review portion during which several of them discussed their experience at camp. In their final thoughts on us and the camp, the teacher and Mr. and Mrs. Tony express their appreciation for our passion, liveliness, teamwork, and dedication. A vote of thanks session was also there. While listening to music and taking in the scenery, the journey continues. Mr. & Mrs. Tony bid us farewell at the pala bus stop. We continued travelling, and when Rachel ma'am's stop on Tripunithura came, she too got off the bus. As it was late, the parents of the members had already arrived at the college by the time we arrived there at 9:30. Others organised and maintained the camp's items in the managers' room before going to the hostel to rest. Consequently, the camp's final day comes to an end as well.



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ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

KOVELVATTOM ROAD, ERNAKULAM, KOCHI, PIN - 682 035, KERALA, S. INDIA
(Affiliated to Mahatma Gandhi University, Kottayam)

Recognised by NCTE

From
The Principal in Charge

To
The Deputy Director,
Periyar Tiger Reserve
Thekkady
Respected Sir,

St Joseph College of Teacher Education for Women established in 1957 is a Women's only Teacher Education Institution with 65 Years of legacy and we strive for the upliftment of women and children. This college is the first college of teacher education in Kochi. It is a minority institution, owned and run by Vimala Province of the Congregation of Mother of Carmel (CMC), affiliated to Mahatma Gandhi university, Kottayam, Kerala and included in the list of colleges maintained under section 2 (f) & 12 (B) of the UGC Act, 1956, offering B.Ed & M.Ed Programme as per the NCTE guideline.

The college is known for its social commitment and has been working for the upliftment of the less fortunate brethren. It has expressed its social commitment by engaging in the field of checking Drug abuse and organizing summer camps for the students at Govt. Children's Home Kakanad.

We are planning to conduct a camp in collaboration with Tribal Department Vallakkadavu in the second or third week of December 2022 ie. Either from 09/12/2022 to 12/12/2022 or from 16/12/2022 to 19/12/2022 and work among the children and women there. So we request you to grant food and accommodation facility in Periyar Tiger Reserve. If so we can combine our camp with nature camp conducted by Periyar Tiger Reserve Vallakkadavu.

The camp will focus on the following matters:

1. Cleaning of the surroundings of the tribal's shelter
2. Awareness programmes on health and hygiene
3. Basic education to children
4. Awareness programmes on good parenting
5. Intervention programmes in tribal schools
6. Motivational classes for school going children
7. Recreational activities for children

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Kindly grant us permission for the same and give us the necessary guidance and help for the same. Thanking You.

Yours Sincerely

Alice Joseph

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LIST OF TEACHERS ATTENDING THE CAMP

- (1) Dr. Betty P.J, Associate Professor ,St. Joseph College of Teacher Education for Women ,Ernakulam 682035 , Ph.No. 8281950569, santicheladwhite@gmail.com
- (2) Dr. Bindu Joseph ,Associate Professor ,St. Joseph College of Teacher Education for Women ,Ernakulam 682035
- (3) Dr. Marin Jose ,Assistant Professor ,St. Joseph College of Teacher Education for Women ,Ernakulam 682035
- (4) Dr. Soya Mathew ,Assistant Professor ,St. Joseph College of Teacher Education for Women ,Ernakulam 682035

LIST OF STUDENTS ATTENDING THE CAMP

| Sl.No | Name of Students | Sl.No | Name of Students |
|-------|-------------------|-------|--------------------|
| 1 | Kavyamol A B | 17 | Abina K |
| 2 | Anuradha A Pai | 18 | Nimmi Elezabeth |
| 3 | Aswathy K S | 19 | Rose Mary |
| 4 | Swathi M | 20 | Sukritha S Shenoy |
| 5 | Mekha Madhu | 21 | Riya James |
| 6 | Pavithra Vikas | 22 | Treesa Jojan |
| 7 | Jisa Martin | 23 | Mrudula Girish |
| 8 | Vrinda Suresh | 24 | Leenu Merin Thomas |
| 9 | Anju Prathap P | 25 | Dhanya joy |
| 10 | Devika PS | 26 | Neha Babu |
| 11 | Sreeshna M | 27 | Dona Maria |
| 12 | Sreelakshmi N | 28 | Nanditha C |
| 13 | Maneesha S M | 29 | Arya T K |
| 14 | Sneha P P | 30 | Archana V N |
| 15 | Sandra Soosan Aby | 31 | Chinchu K.H |
| 16 | Swathi M | | |

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(Affiliated to Mahatma Gandhi University, Kottayam)

Outreach Programme at Govt. Children's Home, Kakkanad:

X'mas celebration and Distribution of X' mas gifts for the inmates

Introduction:

On 18th December 2022, a heartwarming and joyous Christmas celebration took place at the Government Children's Home, organized by our dedicated team of 24 student teachers and some faculty members. The event was a resounding success, spreading the spirit of Christmas to the underprivileged children residing at the facility.

Event Highlights:

Christmas Programmes:

The day began with a series of Christmas programmes that brought cheer and happiness to the children's faces. The student teachers, along with some of the older children from the home, put on a delightful Christmas Celebration. This was followed by carol singing, in which everyone enthusiastically participated. The atmosphere was filled with the melodious sounds of Christmas hymns.

Our student teachers transformed the Government Children's Home ,decorating the common areas with colorful ornaments, tinsel, and a beautifully adorned Christmas tree. The children were thrilled to see their home so festively decorated, and it created a warm and inviting atmosphere.

One of the most touching moments of the day was the distribution of Christmas gifts. Our student teachers, with the support of generous donors, provided each child with a



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carefully chosen gift. The excitement on the children's faces as they unwrapped their presents was truly priceless.

To keep the children engaged and entertained, various games and activities were organized throughout the day. These activities fostered a sense of camaraderie and fun among the children and our student teachers. Prizes were given to the winners.

The Christmas celebration had a profound impact on both the student teachers and the children at the Government Children's Home. It served as a reminder of the importance of spreading love and kindness during the holiday season and throughout the year. The event also provided an opportunity for our student teachers to learn valuable lessons in empathy, compassion, and community service.

We would like to extend our heartfelt gratitude to all the student teachers who dedicated their time and efforts to make this event possible. Special thanks go to our generous donors who contributed gifts and resources to ensure the children had a memorable Christmas. Additionally, we appreciate the cooperation and support of the staff at the Government Children's Home for allowing us to organize this event.

Conclusion:

The Christmas celebration with the inmates of the Government Children's Home was a remarkable success, bringing happiness and hope to those who need it most. It reinforced the values of giving and sharing, reminding us all of the true spirit of Christmas. We look forward to continuing our efforts to support and uplift the lives of these wonderful children in the future.



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24 student teachers were involved in this outreach programme

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Miksha 2022- Outreach at Government Old Age Home, Thevara

| | |
|--------------------------------------|--|
| Name of the Event | Miksha 2022- Outreach at Government Old Age Home, Thevara |
| Objectives | <ol style="list-style-type: none"> 1. To educate and generate awareness in student teachers regarding the problems faced by elderly 2. To provide student teachers with an opportunity to learn to care for, respect and listen to the experiences and suggestions of the elderly 3. To enhance moral values in students and to foster critical and reflective thinking in them |
| Details of Event Coordinators | St. Joseph College of Teacher Education for Women, Ernakulam |
| Date | 19/12/2022 |
| Time | 10.30 AM – 12.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Student teachers- 17, Faculty- 3 |
| Event Venue | Government Old Age Home Thevara, Ernakulam |

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Miksha 2022- Visit to Government Old Age Home, Thevara

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized a visit to an old age home as part 'Miksha', an extension programme for student teachers of B Ed. programme on 19th December 2022 from 10.30 AM to 12.00 PM at Government Old Age Home at Thevara in Ernakulam. The faculty coordinators of the extension programme who accompanied the student teachers to old age home were Dr. Siji John, Assistant Professor in Social Science Education, Dr. Dinimol Jacob, Assistant Professor in Natural Science Education and Dr. Smitha Jose, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. A total of 17 student teachers from various optionals including Mathematics, Social Science, Natural Science and English participated in the programme.

The student teachers and faculty members from St. Joseph College of Teacher Education for Women, Ernakulam reached the old age home in Thevara at 10.00 AM and all of them were warmly welcomed by Ms. Savitha, the instructor in charge of the old age home. The extension programme started exactly at 10.30 AM. The programme started with a prayer song by the student teachers from Mathematics optional from St. Joseph College of Teacher Education for Women, Ernakulam. The student teachers sang the prayer song, 'Our God is an Awesome God' with the accompaniment of rhythmic steps. The prayer was succeeded by a short Christmas message delivered by Ms. Emiliya Merin, student teacher from Mathematics optional at St. Joseph College of Teacher Education for Women, Ernakulam. Ms. Emiliya Merin concluded the message by wishing all of the elderly inmates at the old age home a warm Christmas greetings. The Christmas message was succeeded by a Christmas carol in Malayalam language by all the student teachers. The inmates of the old age home sang the carol along with the student teachers and immersed them in Christmas spirit. The Christmas carol was followed by a game session. All of the elderly members at the old age home participated in the game session. The game conducted was ball passing. A music will be played throughout the game. When the music starts, the players must start passing the balls one by one and at a particular point of time, the music will be stopped by the one who is handling the game session. The player with the ball in hand when the music stops will be winner for the game. And it goes on like a cycle unless no player is left. About 10-12 elderly actively participated in the game and were seated in a semi-circle pattern on chairs facing



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the audience. The winners for the game were given opportunities to sing their favorite songs or perform dances. Many of the elderly members sang their favorite songs while one member danced happily. At the end of the game, all of the elderly members were given small gifts. After the game session, a cutting session was conducted for the elderly members at the old age home. The cakes were evenly distributed to the inmates by the student teachers. The cake cutting was succeeded by another Christmas carol in English language by the student teachers. After the carol, student teachers interacted with the inmates at the old age home. The elderly members also shared their experiences with the students. They shared their life before they came to the old age home and also shared about their life in the old age home. They also shared that they are very happy to see students visiting them and engaging with them. The programme came to an end by 12.00 PM with a warm farewell from the inmates at old age home and exchanged Christmas greetings with each other.

The extension programme, 'Miksha, 2022' was extremely fruitful for the student teachers. The programme turned out to be successful in accomplishing its objectives. The student teachers were sensitized about the problems faced by the elderly people. The visit to the old age home provided student teachers with opportunity to learn to care for, respect and listen to the experiences of the elderly. The programme could contribute to enhance moral values in students and to foster critical and reflective thinking in them. The entire programme was a great experience for the student teachers.



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Miksha 2022- Visit to Government Old Age Home, Thevara

Photo Gallery



Event poster for the extension programme, 'Miksha, 2022'- Visit to Government Old Age Home in Thevara, Ernakulam organized by St. Joseph College of Teacher Education for Women, Ernakulam



Student teachers from St. Joseph College of Teacher Education for Women, Ernakulam at Government Old Age Home in Thevara as part of the extension programme, 'Miksha, 2022'



Student teachers from St. Joseph College of Teacher Education for Women, Ernakulam singing the prayer song, 'Our God is an Awesome God' at Government Old Age Home in Thevara as part of the extension programme, 'Miksha, 2022'



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Snippets from the game session conducted for the inmates of Govt. Old Age Home, Thevara during the extension programme, 'Miksha, 2022'



Cake cutting session conducted for the inmates of Govt. Old Age Home, Thevara during the extension programme, 'Miksha, 2022'

Christmas Carol performance by student teachers from St. Joseph College of Teacher Education for Women, Ernakulam during extension programme, 'Miksha, 2022'



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Miksha 2022- Visit to Government Old Age Home, Thevara

Programme Details

| | |
|--------------------------|--|
| Name of the Event | Miksha 2022- Visit to Government Old Age Home, Thevara |
| Date | 19/12/2022 |
| Time | 10.30 AM – 12.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Student teachers- 17, Faculty- 3 |
| Event Venue | Government Old Age Home Thevara, Ernakulam |

List of Participants

Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|---|
| 1 | Dr. Dinimol Jacob | Assistant Professor (Natural Science Education) |
| 2 | Dr. Smitha Jose | Assistant Professor (Education) |
| 3 | Dr. Siji John | Assistant Professor (Social Science Education) |

Students list:

| SL No | Name | Batch |
|-------|----------------------|--|
| 1 | Anna Anannya K.P | 2022-2024 batch (B Ed. Natural Science optional) |
| 2 | Adeline Joseph | 2022-2024 batch (B Ed. Natural Science optional) |
| 3 | Meera Sankar A | 2022-2024 batch (B Ed. Natural Science optional) |
| 4 | Vandana K.P | 2022-2024 batch (B Ed. Mathematics optional) |
| 5 | Anitta Johnson | 2022-2024 batch (B Ed. Social Science optional) |
| 6 | Sumalakshmi K.M Nair | 2022-2024 batch (B Ed. Social Science optional) |
| 7 | Sarah Maria | 2022-2024 batch (B Ed. Social Science optional) |



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| | | |
|----|------------------------|---|
| 8 | Rachel Berkumon | 2022-2024 batch (B Ed. English optional) |
| 9 | Nanditha J | 2022-2024 batch (B Ed. Mathematics optional) |
| 10 | Rosemol V.T | 2022-2024 batch (B Ed. Mathematics optional) |
| 11 | Stella Catherine Faber | 2022-2024 batch (B Ed. Mathematics optional) |
| 12 | Sneha M | 2022-2024 batch (B Ed. Social Science optional) |
| 13 | Emiliya Merin | 2022-2024 batch (B Ed. Mathematics optional) |
| 14 | Amrutha A Omanakuttan | 2022-2024 batch (B Ed. Mathematics optional) |
| 15 | Indhu K | 2022-2024 batch (B Ed. Mathematics optional) |
| 16 | Liyanta Izabel | 2022-2024 batch (B Ed. Social Science optional) |
| 17 | Dhanya Joy | 2022-2024 batch (B Ed. Mathematics optional) |

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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)

Visit to Catholic Congregation of Blinds, Nalam Mile, Perumbavoor

| Name of the Event | Field Visit |
|---|---|
| Objective | <ul style="list-style-type: none"> To visit CCB and to know about the different abilities of blind people To understand the necessity of accepting differently-abled people To help the people in CCB as a part of the Christmas celebration |
| Details of: Teacher Coordinators Student Coordinators | Dr. Alice Joseph Rosy Tintu M P Sahala Nayeem A A Femy Maria Jose |
| Date | 19-12-2022 |
| Time | 10.00 AM – 12.00 PM |
| Duration | 2 hours |
| Destination | Catholic Congregation of Blinds, Nalam Mile, Perumbavoor |
| Beneficiaries | Student Teacher Educators – 2 |
| | Student Teachers - 24 |



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Visit to Catholic Congregation of Blinds, Nalam Mile, Perumbavoor

Programme Report

The programme as a part of communicating with persons of different disabilities was conducted on 19th of December 2022 in three organizations. Around 24 student teachers of St. Joseph College of teacher Education for Women, Ernakulam visited Catholic Congregation of Blinds (CCB), Nalam mile, Perumbavoor. The Teacher Coordinators of the programme were Dr. Sr. Alice Joseph and Sr. Rosy Tintu M P. The Student Coordinators of the programme were Sahala Nayeem A A of Physical Science and Femy Maria Jose of Natural Science.

We reached the organization around 9.45 AM and the programme commenced at 10.00 AM. There were 13 student teachers from Physical Science, 2 student teachers each from English, Maths, Malayalam and Natural Science optional and 4 student teachers from Social Science optional. Catholic Congregation of Blinds is an organization that helps the blind and visually challenged people. The organization provides education, food, shelter and all the necessities they require. The blind people of CCB are the winners of various competitions held in state level. There were total of 15 blind females along with 2 Sisters to help them. They welcomed us with a beautiful song and we played the game called "Anthakshari". Winners were gifted with pencil boxes. We had a beautiful interaction session where we share our experiences, memories etc. They showed us how to write and read braille script. We were really blessed to witness their talents. Fruits and some of the necessities were provided to them from the college. Refreshments were provided by them. We had a photo session and we dispersed around 12 PM. The extension programme was a beautiful experience for all of us. It taught us the big lesson about how to excel in midst of the disabilities. Their will power and enthusiasm taught and inspired us a lot.

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Brochure of the event



Photos of the event



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Outreach Programme at Govt. Childrens Home, Kakkanad

Under CWC, Govt. of Kerala.

Free tuition and Summer Course for the Inmates

Introduction:

In furtherance of our commitment to community engagement and social responsibility, St. Joseph College of Teacher Education for Women organized a summer course for the inmates of the Government Children's Home in Kakkanad. This initiative was aimed at extending educational and developmental opportunities to underprivileged children and fostering a sense of empathy among our student teachers.

Dates and Participants:

The summer course took place from 20-04-2023 to 18-05-2023. A total of student teachers and faculty members from our college actively participated in this outreach activity.

Curriculum:

The curriculum of the summer course was thoughtfully designed to provide holistic development for the children. It included the following components:

Communicative English: A comprehensive course in English language skills to improve the children's communication abilities, ensuring they have a valuable skill for the future.

Value Education Classes: Lessons in ethics, morals, and values to instill a strong sense of character and responsibility in the young minds.

Yoga Practice: Yoga sessions were conducted to promote physical fitness, mental well-being, and stress management.

Personality Development Classes: These classes aimed to enhance the children's confidence, self-esteem, and interpersonal skills.



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Cultural Activities: Creative and cultural activities, including arts and crafts, music, and dance, were organized to stimulate the children's creativity and provide a platform for self-expression.

Basic School Subjects: Fundamental lessons in various school subjects were provided to support their academic growth.

Value-Integrated Lessons: To ensure that values and ethics were ingrained in every aspect of their learning experience.

Games and Recreation: Organized games and recreational activities were incorporated to encourage physical fitness and teamwork.

Impact:

This outreach activity had a profound impact, not only on the children at the Government Children's Home but also on our student teachers. It facilitated the development of empathetic skills among our student teachers as they actively engaged with and supported the needs of these neglected children.

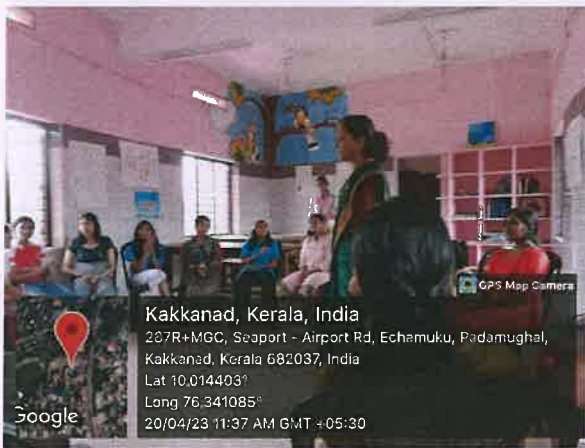
The children at the Government Children's Home, Kakkanad, had the opportunity to learn and grow in a nurturing environment, gaining valuable life skills and knowledge. Our student teachers, in turn, were motivated to reach out to the underprivileged and discovered the importance of empathy and compassion in the teaching profession.

Conclusion:

The summer course organized by St. Joseph College of Teacher Education for Women at the Government Children's Home, Kakkanad, was a resounding success. It not only enriched the lives of the underprivileged children but also served as a profound learning experience for our student teachers, reinforcing our commitment to community outreach and fostering empathy in the teaching profession. We look forward to more such initiatives in the future as we continue to make a positive impact on society through education.



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List of students Involved in the outreach programme

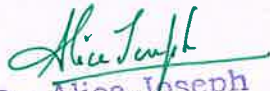
1. Nitha Alfred
2. Aleena Antony
3. Sneha M.M
4. Liya Baby
5. Lakshmi T.S
6. Aleena Stephan



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7. Jisa Martin
8. Vrinda Suresh
9. Kavyamol A.B
10. Jomol Babu
11. Sreeja Sreenivasan
12. Parvathy M.
13. Mariya Jesneela
14. Jinu Joseph
15. Vandana K.P.
16. Anju Paul P
17. Dhanya Joy
18. Melissa Xavier
19. Emiliya Merin
20. Lekshmipriya T.S.


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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Outreach Activity: Donation of Bicycle to Govt. Children's Home for Girls

Date: 30-05-2023

Venue: Govt. Children's Home for Girls, Under CWC, Kakkanad

Organized by: St. Joseph College of Teacher Education for Women, Ernakulam

The primary objective of this outreach activity was to enhance the physical and mental well-being of the residents at the Govt. Children's Home for Girls while promoting the spirit of community and outreach. This year, a special focus was placed on the donation of a bicycle as a means of recreation and physical exercise for the children.

Background:

St. Joseph College of Teacher Education for Women, Ernakulam, has a longstanding commitment to support the underprivileged and marginalized sections of society, including the residents of the Govt. Children's Home for Girls. The college has been providing free tuition, academic support, and various outreach activities to benefit the children for several years. This year, a new initiative was added to further improve the children's well-being and recreation.

Activities Conducted:

Bicycle Donation: The highlight of this year's outreach activity was the donation of a bicycle to the children's home. This bicycle was intended to serve as a means of recreation and physical exercise, providing the girls with an opportunity for outdoor activities and fun.

Ceremony: A valedictory ceremony was organized, as part of the extension programme HOPE, Chief Guest was Shri N.S.K. Umesh, IAS, the District Collector, Ernakulam, Dr. Alice Joseph, The Principal of College, College faculty, students, and the officials and residents of the children's home. The bicycle was formally presented to the home by Honourable District Collector in the presence of the delighted children.

Recreational Activities: Following the inauguration, the children had the opportunity to enjoy a fun and interactive session where they learned how to ride the bicycle, play outdoor games, and engage in recreational activities.

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Mentorship and Support: The college students and faculty members continued to provide academic support, mentorship, and counseling to the girls, reinforcing the commitment to their holistic development.

Impact and Conclusion:

The donation of the bicycle to the Govt. Children's Home for Girls has had a significant impact on the physical and mental well-being of the residents. It not only serves as a tool for physical exercise and recreation but also symbolizes the care and support provided by the college.

This initiative is a testament to the college's dedication to the betterment of the community and the well-being of underprivileged children. By fostering a sense of joy, inclusion, and a healthy lifestyle, the college is actively contributing to the girls' overall development.

We express our appreciation to the college faculty, students, and all those involved in making this outreach activity a reality. The bicycle donation, in particular, serves as a reminder of the power of simple acts of kindness in transforming the lives of children in need. We remain committed to continuing our support and outreach efforts to make a positive difference in the lives of these young girls, shaping them into responsible and confident individuals.



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| | |
|-------------------------------------|---|
| Name of the Activity | Developing Audio Tutorials for Visually Challenged Students |
| Objectives | <ol style="list-style-type: none"> 1. To create an awareness in teacher trainees to extend their service in developing pedagogy of the visually challenged students. 2. To comprehend why we need to develop a habit of extension services and outreach activities 3. To develop social skills in student teachers. 4. To help the visually challenged students in their learning process especially during this covid time when they struggle a lot. 5. To help the teachers of the school who are struggling to develop ICT resource materials for their visually challenged students. |
| Details of Beneficiaries | Govt. School for Blind, Olassa, Kottayam. |
| Details of Audio Tutorials prepared | Chapter 1, Chapter 2, Chapter 3 of Std X. Text Book of SSLC syllabus, Kerala, of the following subjects: English, Malayalam, Hindi, Mathematics, Biology, Physics, Social Science. |
| Date | 26 June 2021 to 20 October 2021(4 months) |



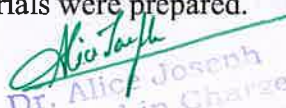
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| | |
|--------------|--|
| Participants | 24 members of social service club initiated Audio tutorials were contributed by all students of the college. |
| Venue | Telegram group including the following members: Dr. Joby joy Kurian(Teacher in Charge) Dr. Siji John(Teacher in Charge) Social service Club members who initiated the activity Student teachers who contributed the audio tutorials Ms Sreelatha Satheesh(Teacher in charge, Govt. School for the Blind, Olassa, Kottayam) |

This thought of helping the Visually challenged students, aroused as a result of a news report that came in a reputed channel, the report said that the physically challenged students of the blind schools were really in a chaos situation when the schools were shut as a result of the covid. The Teachers also were struggling to help these students with ICT supported materials.

Here St. Joseph College of Teacher Education For Women, Ernakulam , under initiative of the social service club of the year 2021, thought of helping the visually challenged students of the Govt. School of the Blind, Olassa, Kottayam through their outreach activities and extension services.

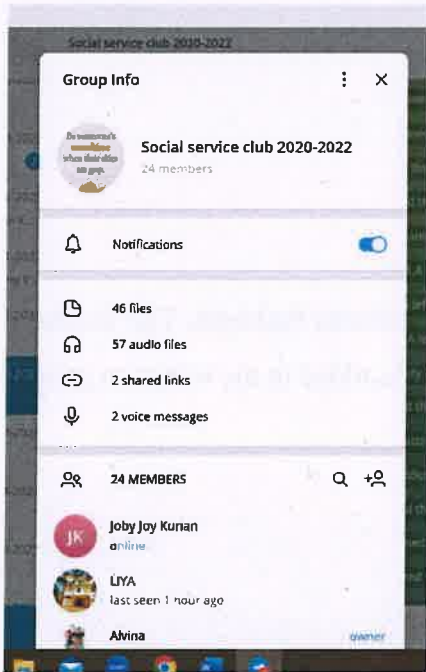
Immediately after the formation of the club, the students were divided into small groups that can contribute audio tutorials in specific subject areas. Like English, Malayalam, Mathematics, Natural Sciences, Physical Sciences, Social Science and Hindi. After the first set tutorials were prepared they were send to the school teacher in charge to get approval from the school. On receiving the necessary suggestions and approval of the school authority the audio tutorials were prepared.


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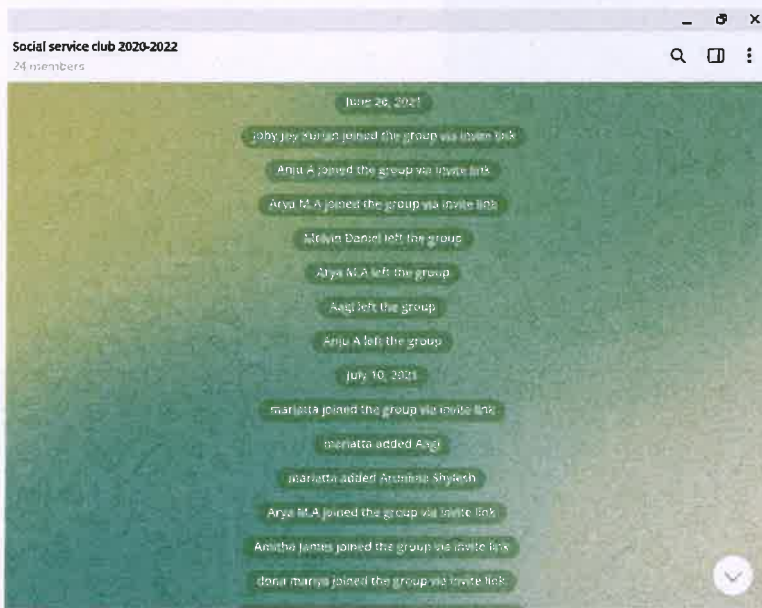


57 audio files were uploaded and shared via a telegram group in which the school representatives also were included, the school teacher in charge Ms. Sreeletha Satheesh has given very positive feedbacks via the telegram messages and also she had appreciated the team in a live meeting also.

Photo Evidences



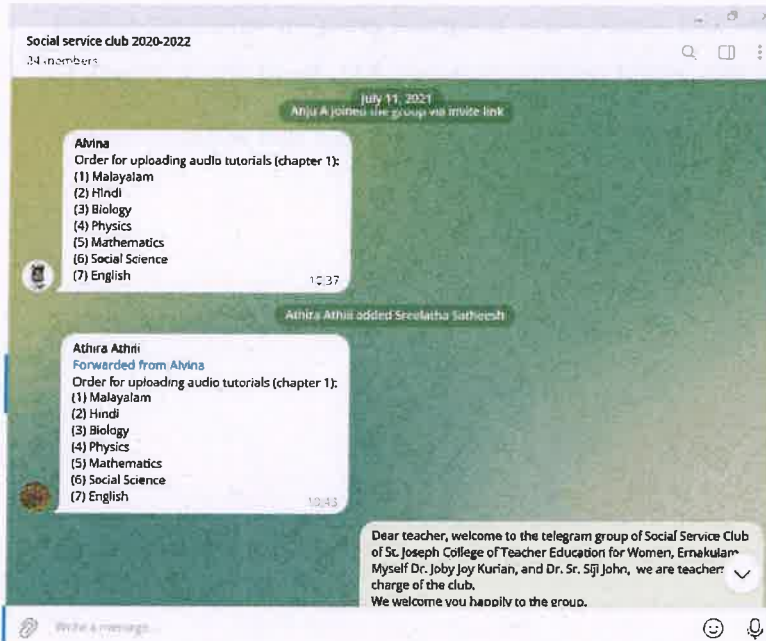
Created telegram group for uploading and sharing the audio tutorials with the students of Govt. School of Blind, Olassa, Kottayam.



The students began to prepare the materials in the month of June.

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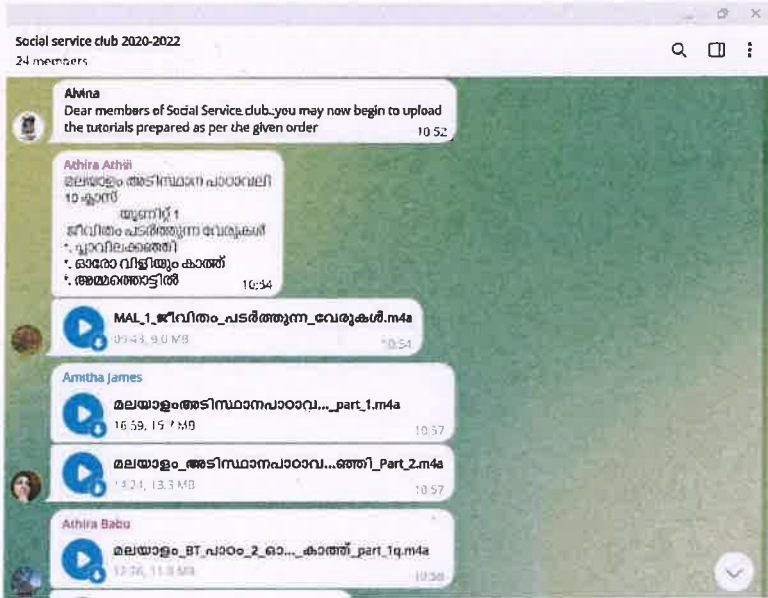
Sreelatha Satheesh, The Teacher in Charge of Govt. School for The Blind, Olassa, Kottayam was added to the telegram group.



The leader of the club giving instructions to the team members to upload the audio tutorials in the order as instructed to them.

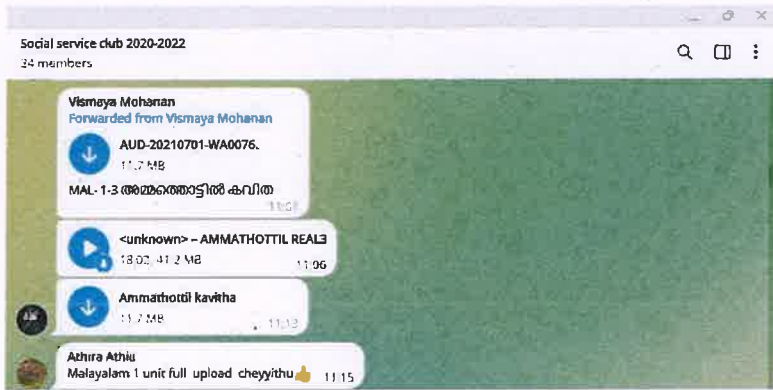


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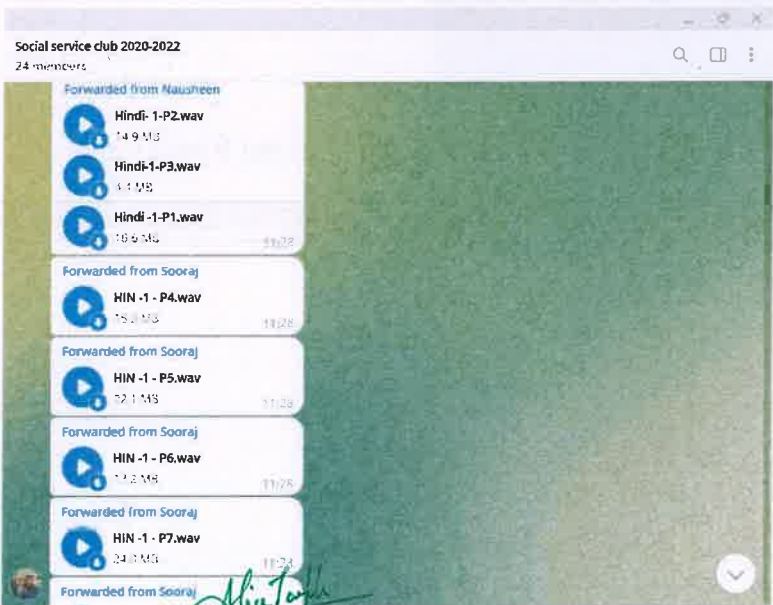
Audio tutorials-Malayalam

chapter 1



Audio Tutorials – Malayalam

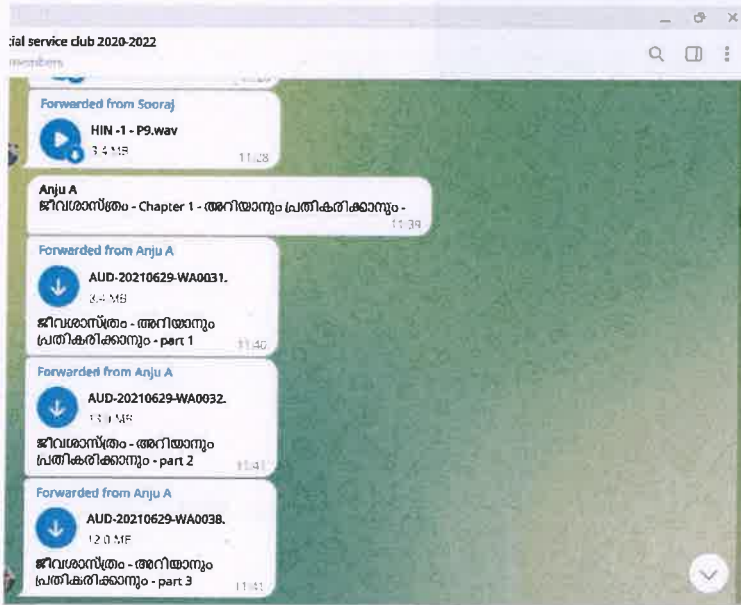
Chapter 1



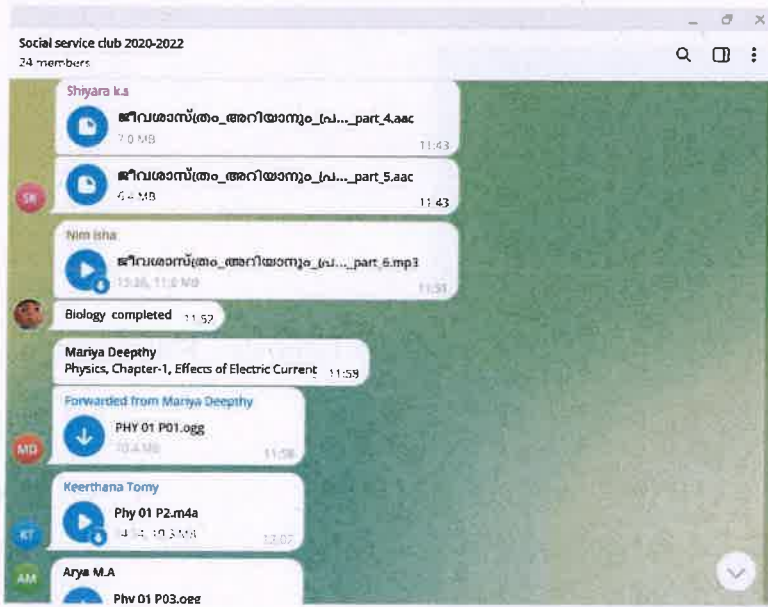
Audio Tutorials Hindi Chapter 1



Athira Athu
 Dr. Ance John
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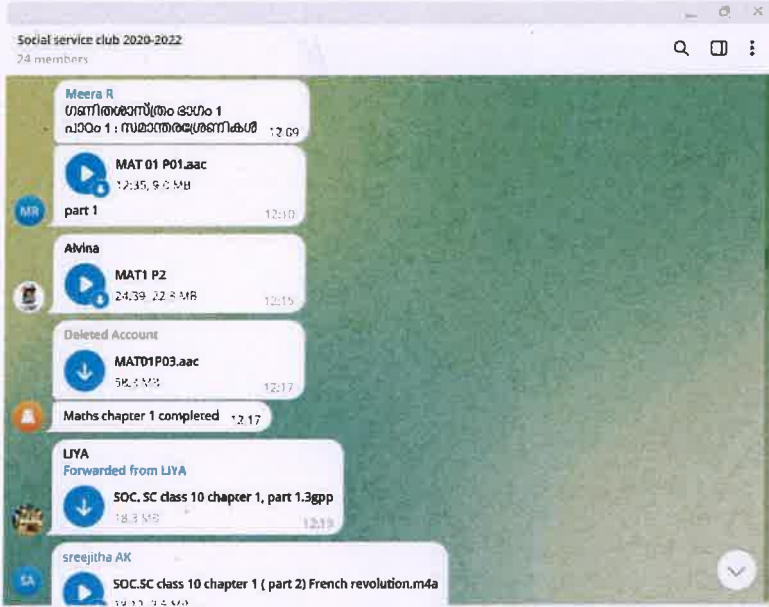
Audio Tutorial Biology chapter 1



Audio Tutorial Biology and physics chapter 1

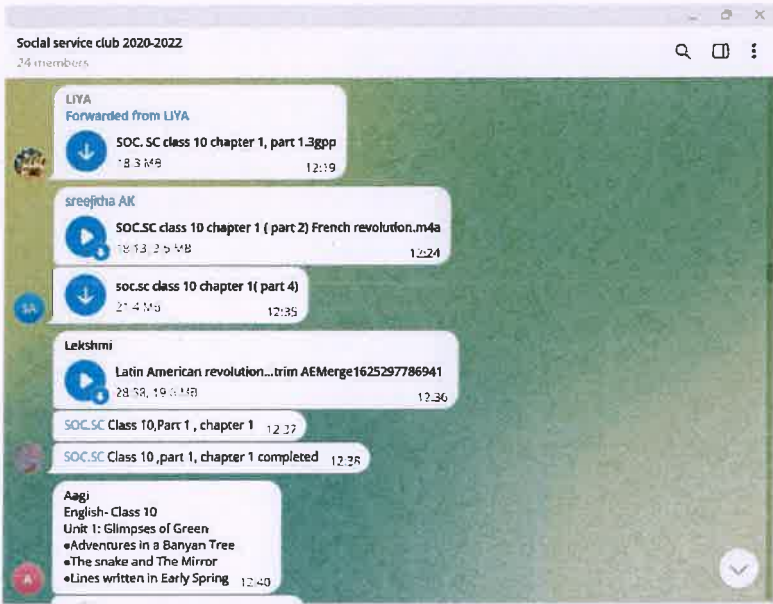


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Audio Tutorials Mathematics

Chapter 1 and Social Science Chapter 1

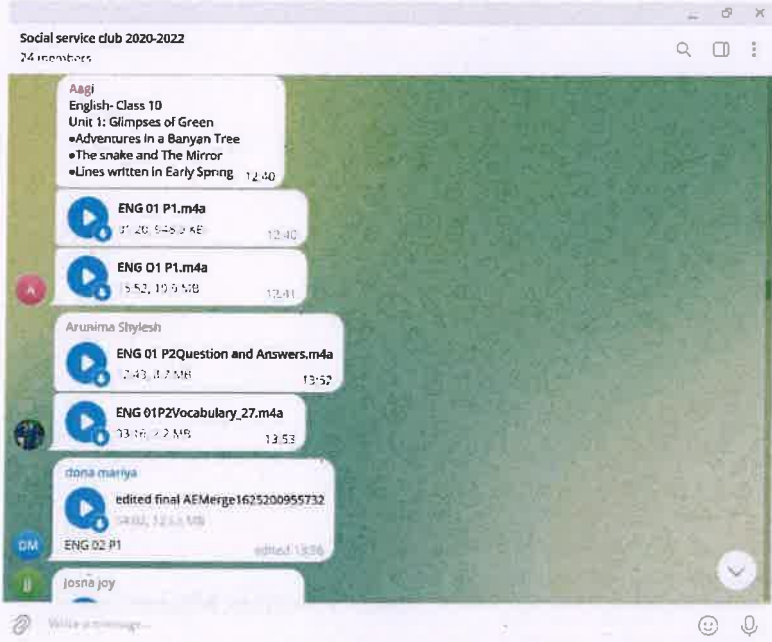


Audio Tutorials Social Science

Chapter 1 and English Chapter 1

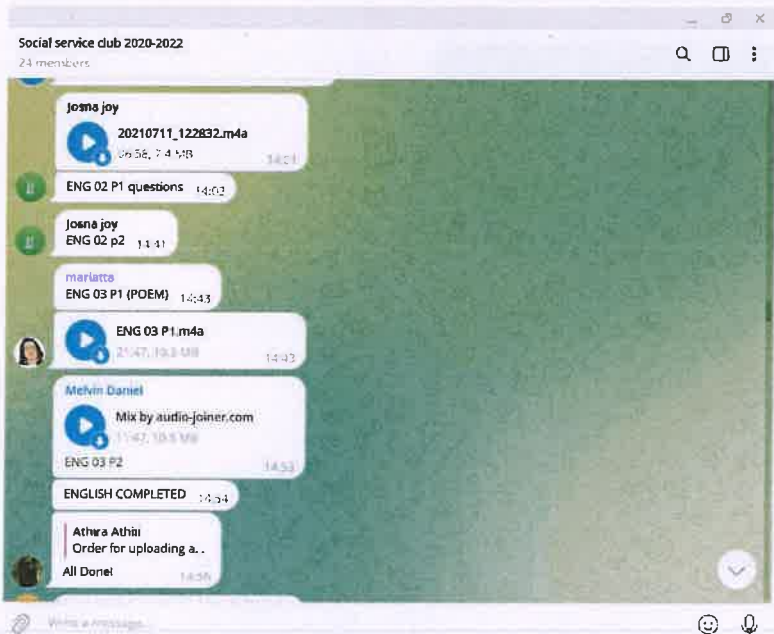


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Audio Tutorials English Chapter

1

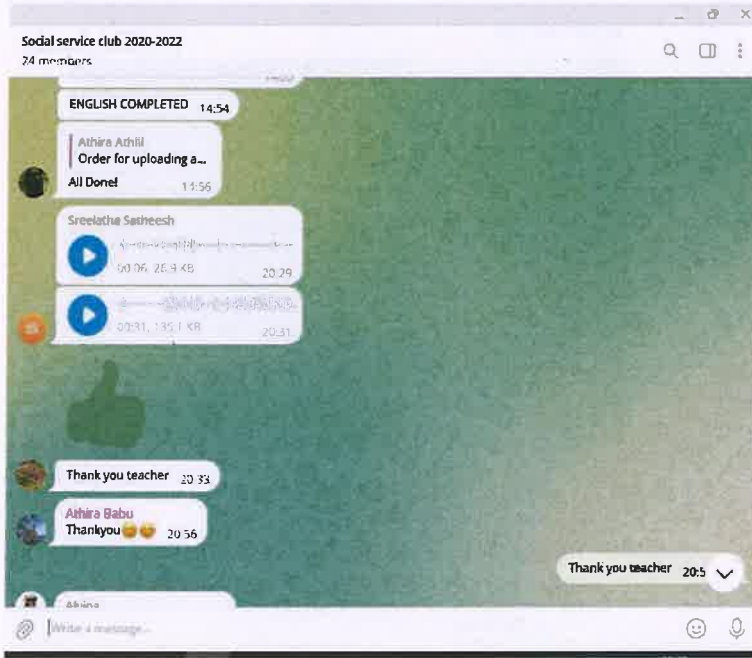


Audio Tutorials Chapter 1 of all

subjects uploading Completed.

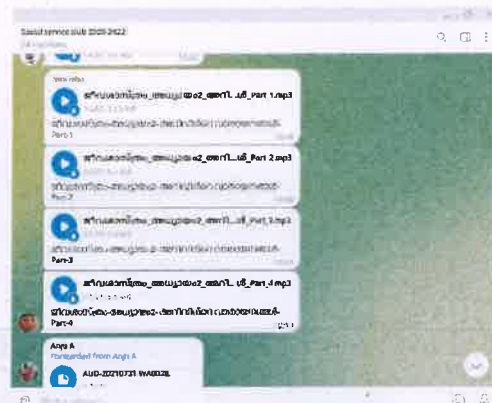
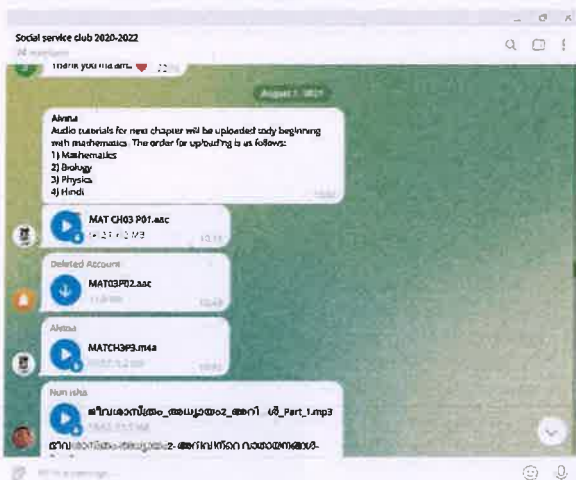


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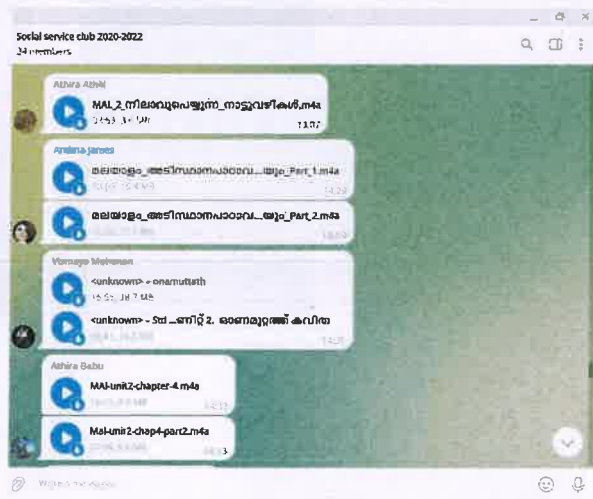
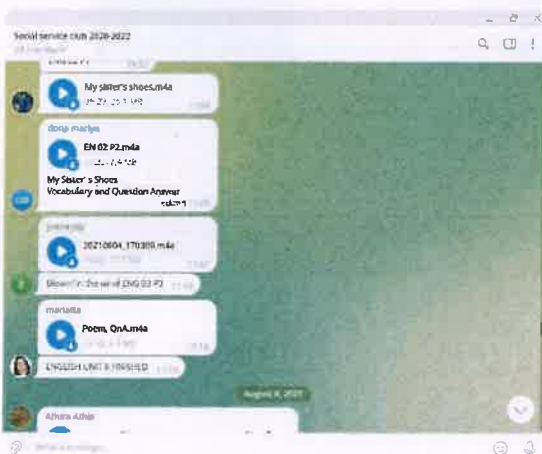
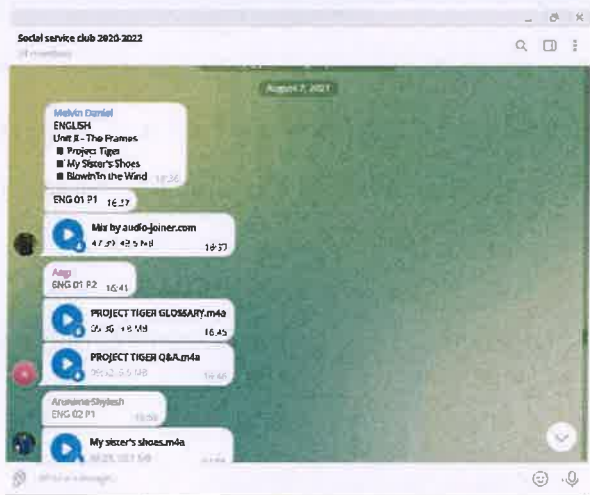
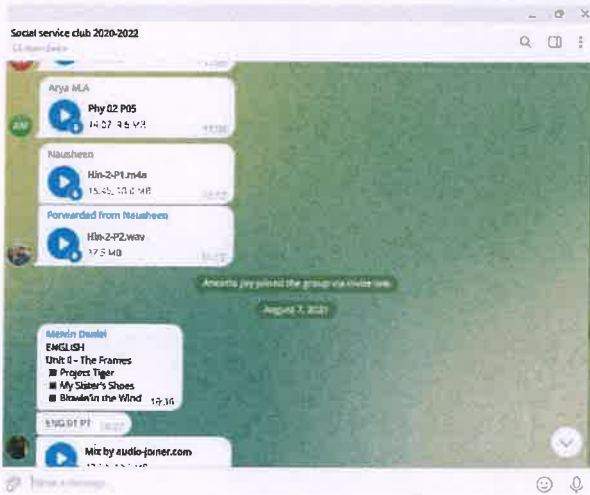
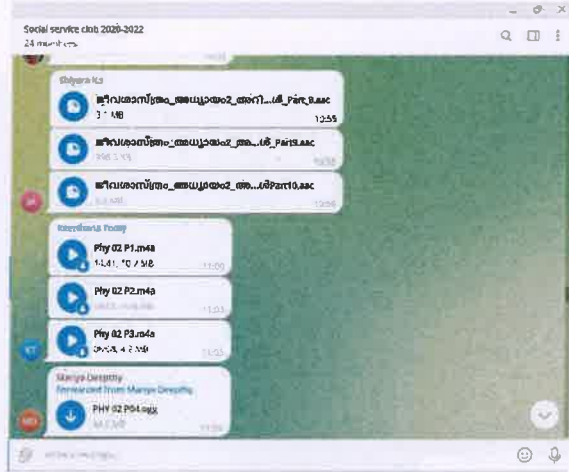
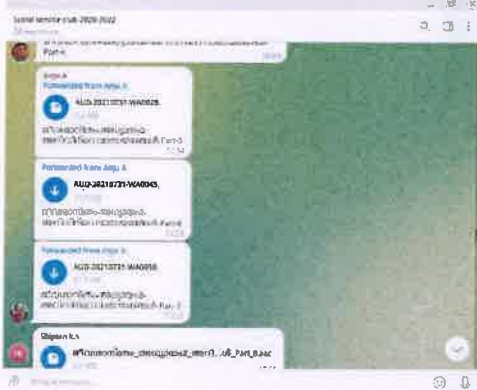


Ms. Sreeletha Satheesh, Teacher- in -Charge, Govt. School for the Blind, Appreciating the team members for the uploading of chapter 1 tutorials for all the subjects.

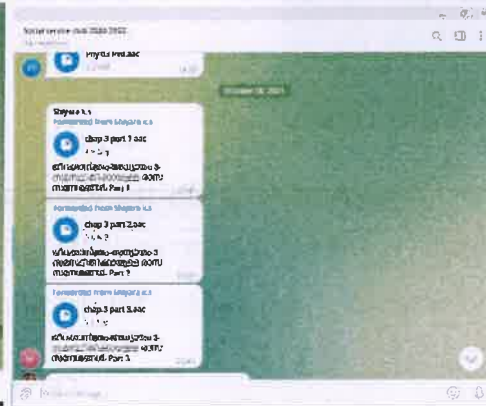
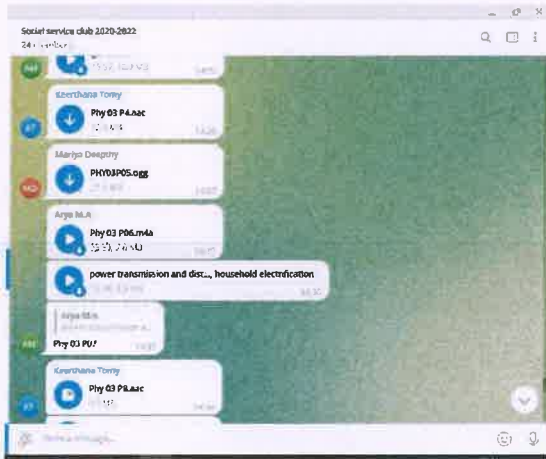
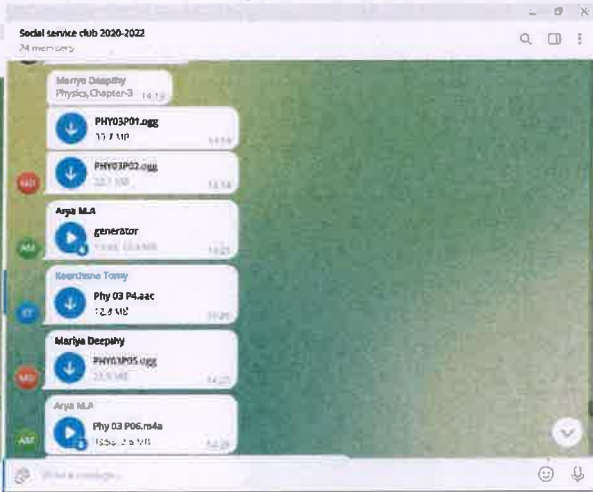
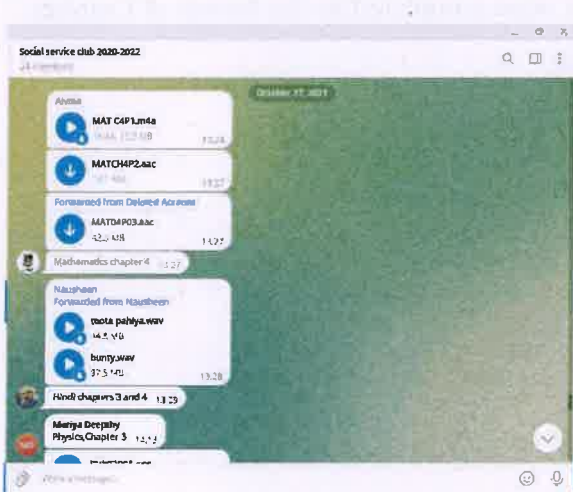
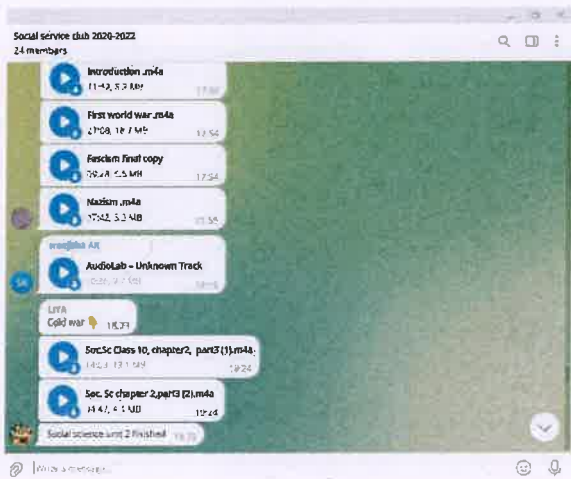
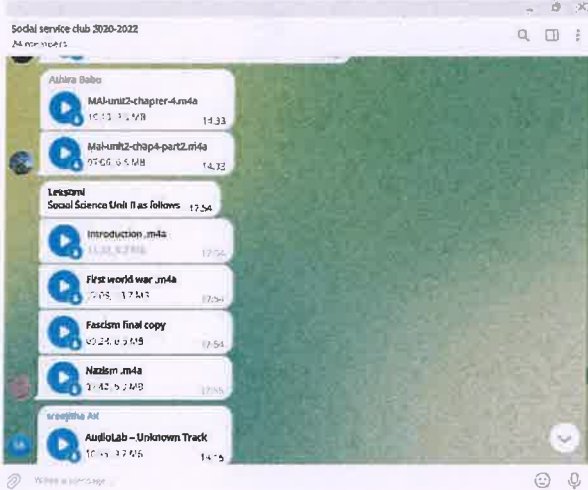
The uploading of next set of audio tutorials chapter 2 and Chapter 3 of various subjects .



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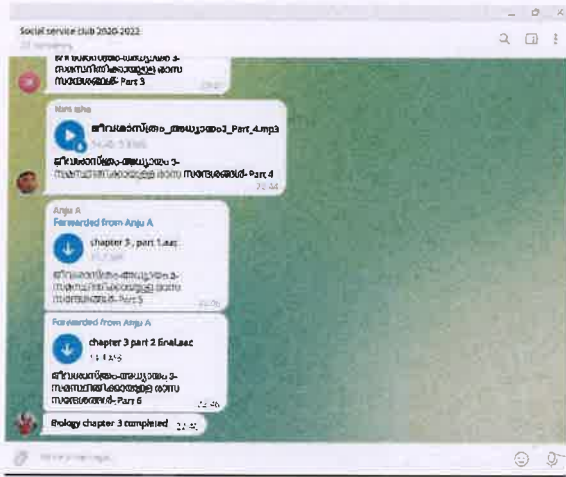


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Here the uploading of the prepared audio tutorials were completed by the month of October. Nearly 57 audio files were prepared and uploaded.



The college was appreciated by the school authority for the effort our student teachers and the club members have took to prepare and upload the audio tutorials for the visually challenged students of the Govt. School for the Blind, Olassa, Kottayam.



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Horizon 2021

International Day against Drug Abuse and Illicit Trafficking

| | |
|-----------------------------------|--|
| Name of the Event | Horizon 2021- International Day against Drug Abuse and Illicit Trafficking |
| Objectives | <ol style="list-style-type: none"> 1. To spread awareness regarding drug abuse and its consequences 2. To indicate the challenges faced by adolescents and youth in the nation as a result of drug abuse 3. To motivate student teachers to take action against drug abuse and illicit trafficking 4. To intensify efforts and collaboration in order to fulfil the vision of a drug-free global society |
| Details of Event | Anti-Narcotic club |
| Coordinators | St. Joseph College of Teacher Education for Women Ernakulam St. Joseph College of Teacher Education for Women, Ernakulam |
| Details of Resource Person | Mr. Ashok Kumar T.A Deputy Excise Commissioner Ernakulam |
| Date | 26/06/2021 |
| Time | 12.00 PM – 1.00 PM |
| Duration | 1 hour |
| Beneficiaries | Students-85, Faculty-15, |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/bay-hzav-maz |

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Horizon 2021

International Day against Drug Abuse and Illicit Trafficking

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam observed the International day against drug abuse and illicit trafficking via Google Meet on 26th June 2021 from 12.00 PM to 1.00 PM. The Anti-Narcotic club of the college organized and coordinated the virtual programme, 'Horizon 2021'. The resource person for the programme, 'Horizon 2021' was Mr. Ashok Kumar T.A, Deputy Excise Commissioner in Ernakulam. A total of 100 participants took part in the virtual programme. Apart from the faculty members and student teachers of St. Joseph College of Teacher Education for Women, Ernakulam, the programme had the esteemed presence of Ms. Noel Rose, headmistress and other faculty members of St. Ann's Public School in Cherthala, Mr. Naveen Joseph Pudussery and Ms. Annie, the faculty members of Vocational Higher Secondary School in North Edappally and Dr. Reshmi G, faculty member from GHSS in North Edappally.

The programme started exactly at 12.00 PM with a prayer song by Ms. Megha T.M, student teacher from Mathematics optional at St. Joseph College of Teacher Education for Women, Ernakulam. Ms. Olivia Teresa A.A, leader of anti-narcotic club and student teacher from Social Science optional delivered the official welcome address for the programme. The welcome address was succeeded by the presidential address for the programme delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph emphasized on the importance and need of generating awareness on drug abuse in the present scenario which is witnessing the increased rate drug abuse and crimes related with it among children and the youth of the nation who are the building blocks of the nation. She enunciated that such social evils which affect the young minds of the country is adversely affecting the health and economic status of the nation. Awareness must be generated and developed further for the young ones to take action against drug abuse and to help those who are trapped in the web of drugs and addiction to recover, rebuild and relive their lives. She emphasized that awareness should be ensured among not only young ones but to everyone so that they all have a bright and successful future and can contribute effectively to the society in which they live in.

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 Dr. Alice Joseph
 Principal in Charge
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The presidential address was followed by the brief introductory speech by Mrs. Smitha Jose, Assistant Professor in Education and the Faculty Coordinator of anti-narcotic club of St. Joseph College of Teacher Education for Women, Ernakulam. Mrs. Smitha Jose introduced the participants with the resource person for the day, Mr. Ashok Kumar T. A, Deputy Excise Commissioner, Ernakulam. After the introductory session, Mr. Ashok Kumar, being the Deputy Excise Commissioner of Ernakulam district and with his legitimate real life experiences gave an informative and knowledge generating session for the participants. The session revolved around the topic 'Adolescence- challenges and opportunities- vigilance and protection'. Mr. Ashok Kumar T.A indicated the major issues and exploitation the younger generation of the nation is suffering from as a result of drug use and abuse. Young ones are heading to gambling, crimes, assault and many more undesirable behaviors and actions which affects negatively themselves, their family, their community and the nation as a whole. Mr. Ashok Kumar highlighted the critical role and responsibility of the teachers have in guiding children toward the right path for a brighter and successful future. After the keynote address delivery by the resource person for the day, a video of anti-narcotic club members taking a pledge against drug abuse was presented with an aim of instilling motivation in the participants gathered for the virtual meeting. The video presentation was succeeded by the recitation of an inspiring poem, 'LAHARI' (Intoxication) by Ms. Athira Raju, student teacher from Malayalam optional at St. Joseph College of Teacher Education for Women, Ernakulam. As part of 'Horizon 2021', an online quiz competition was also conducted via Google form on 24th June 2021 from 4.00 PM to 5.00 PM based on the theme 'Share facts on drugs, save lives'.

The whole programme 'Horizon 2021' turned out to be successful in accomplishing its objectives. It generated awareness among the participant regarding the challenges as a result of drug abuse and its adverse effects on the nation as a whole. The session could provide a clear understanding on the role and responsibilities that teachers have on throwing light upon the life of their students and to ensure a better and fuller future life for them. The programme, 'Horizon 2021' came to an end at 1.00 PM with the vote of thanks delivered by Ms. Milu Hasan K.H, student teacher from the Social Science optional at St. Joseph College of Teacher Education for Women, Ernakulam.



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Horizon 2021

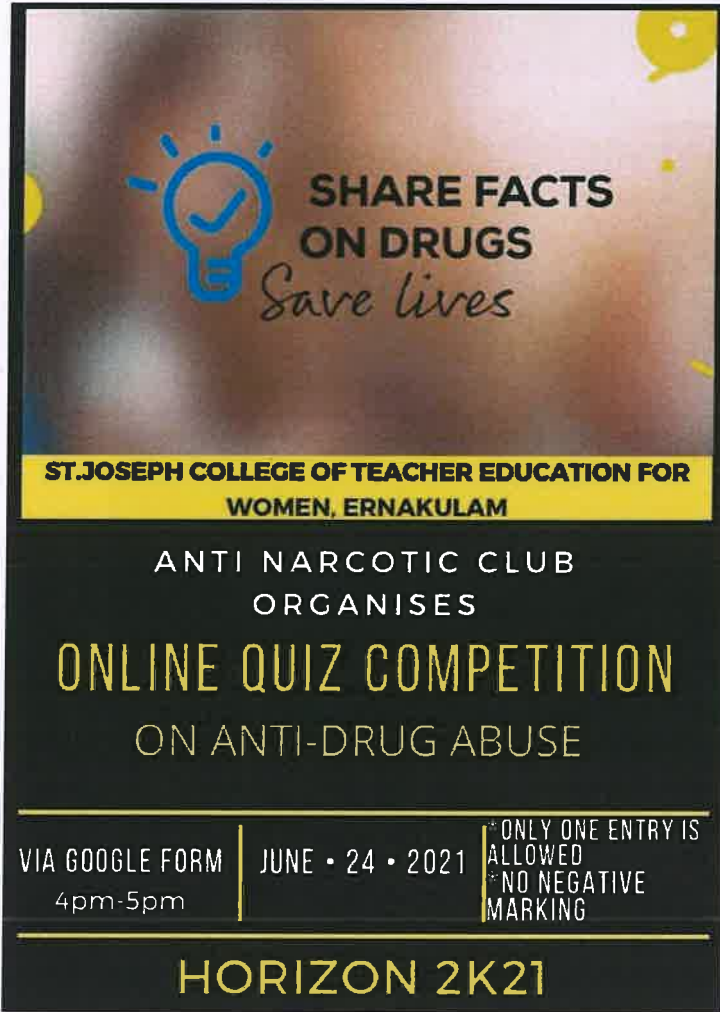
International Day against Drug Abuse and Illicit Trafficking

Photo Gallery

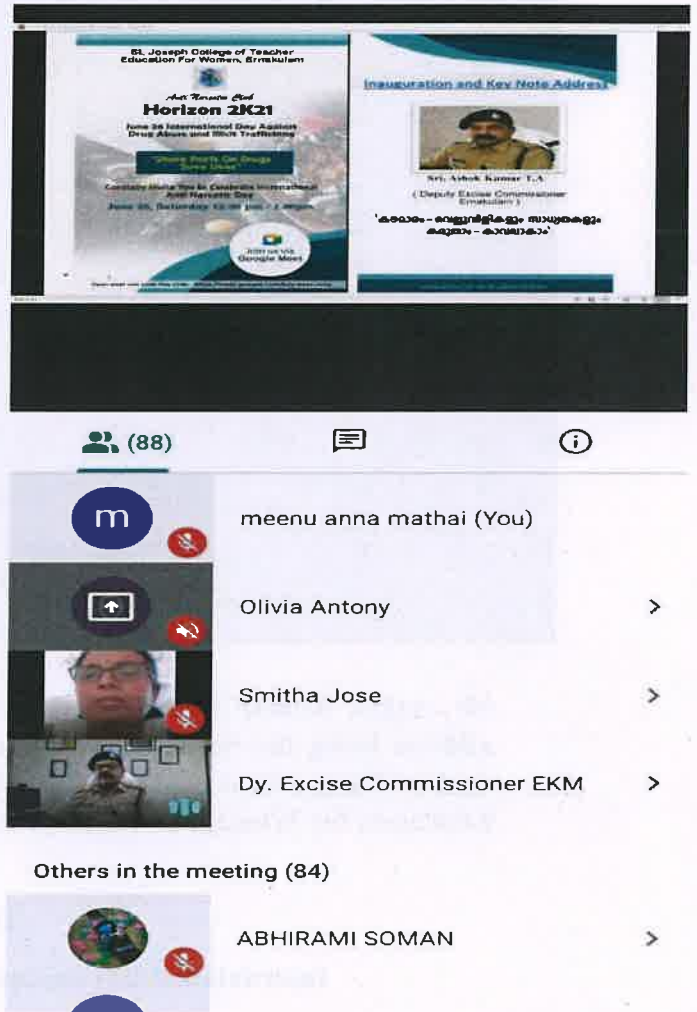
Brochure for 'Horizon 2021', International Day against Drug Abuse and Illicit Trafficking organized by the Anti-Narcotic club of St. Joseph College of Teacher Education for Women, Ernakulam



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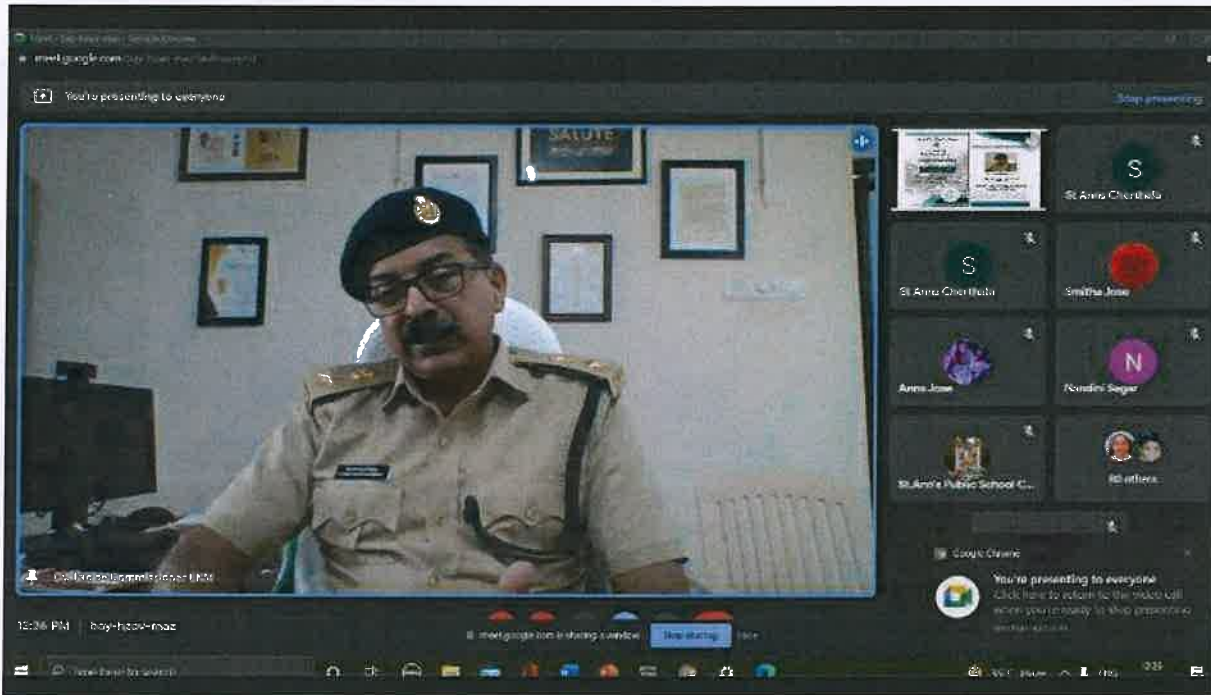
Event Poster for the online quiz competition conducted by St. Joseph College of Teacher Education for Women, Ernakulam as part of 'Horizon 2021', International Day against Drug Abuse and Illicit Trafficking



St. Joseph College of Teacher Education for Women, Ernakulam observing International Day against Drug Abuse and Illicit Trafficking via Google Meet



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Mr. Ashok Kumar T.A, Deputy Excise Commissioner, Ernakulam delivering the keynote address being the resource person for the programme, 'Horizon 2021', International Day against Drug Abuse and Illicit Trafficking organized by St. Joseph College of Teacher Education for Women, Ernakulam via Google Meet

Horizon 2021

International Day against Drug Abuse and Illicit Trafficking

Programme Details

| | |
|--------------------------|---|
| Name of the Event | Horizon 2021- International Day against Drug Abuse and Illicit Trafficking |
| Date | 26/06/2021 |
| Time | 12.00 PM- 1.00 PM |
| Duration | 1 hour |
| Beneficiaries | Students- 85, Faculty-15, |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/bay-hzav-maz |



Mia Joseph
Dr. Alice Joseph
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List of Participants

Faculty members list (St. Joseph College of Teacher Education for Women, Ernakulam):

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

Faculty members list (from other institutions participated in the virtual programme):

| SL.NO. | NAME OF THE FACULTY | NAME OF THE INSTITUTION |
|--------|-----------------------------|---|
| 1 | Ms. Noel Rose | St. Ann's Public School, Cherthala |
| 2 | Mr. Naveen Joseph Pudussery | Vocational Higher Secondary School, North Edappally |
| 3 | Ms. Annie | Vocational Higher Secondary School, North Edappally |
| 4 | Dr. Reshma G | GHSS, North Edappally |



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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 | Melvin Daniel | 2020-2022 batch (B Ed. English) |
| 9 | Parvathy V | 2020-2022 batch (B Ed. English) |
| 10 | Rinju Jolly | 2020-2022 batch (B Ed. English) |
| 11 | Sania Varghese | 2020-2022 batch (B Ed. English) |
| 12 | Sneha Joseph | 2020-2022 batch (B Ed. English) |
| 13 | Sreelekha R | 2020-2022 batch (B Ed. English) |
| 14 | Abhirami Soman | 2020-2022 batch (B Ed. Malayalam) |
| 15 | Aleena Roy | 2020-2022 batch (B Ed. Malayalam) |
| 16 | Amitha James | 2020-2022 batch (B Ed. Malayalam) |
| 17 | Anakha K S | 2020-2022 batch (B Ed. Malayalam) |
| 18 | Anjana Narayanan | 2020-2022 batch (B Ed. Malayalam) |
| 19 | Athira Babu | 2020-2022 batch (B Ed. Malayalam) |
| 20 | Athira Raju | 2020-2022 batch (B Ed. Malayalam) |
| 21 | Athira Sabu | 2020-2022 batch (B Ed. Malayalam) |
| 22 | Blessy Babu | 2020-2022 batch (B Ed. Malayalam) |
| 23 | Bobina Antony | 2020-2022 batch (B Ed. Malayalam) |
| 24 | Catherine Varghese | 2020-2022 batch (B Ed. Malayalam) |
| 25 | Mayamol Thomas | 2020-2022 batch (B Ed. Malayalam) |
| 26 | Salini K B | 2020-2022 batch (B Ed. Malayalam) |
| 27 | Shilpa Stanly | 2020-2022 batch (B Ed. Malayalam) |



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| | | |
|----|-----------------------|--|
| 28 | Vismaya Mohanan | 2020-2022 batch (B Ed. Malayalam) |
| 29 | Alvina Carmel | 2020-2022 batch (B Ed. Mathematics) |
| 30 | Amala Sajeev | 2020-2022 batch (B Ed. Mathematics) |
| 31 | Aneesha Mohan | 2020-2022 batch (B Ed. Mathematics) |
| 32 | Anitta Sunny | 2020-2022 batch (B Ed. Mathematics) |
| 33 | Lia Rose Tomson | 2020-2022 batch (B Ed. Mathematics) |
| 34 | Lilly Riya | 2020-2022 batch (B Ed. Mathematics) |
| 35 | Meera R | 2020-2022 batch (B Ed. Mathematics) |
| 36 | Megha T.M | 2020-2022 batch (B Ed. Mathematics) |
| 37 | Merin Johny | 2020-2022 batch (B Ed. Mathematics) |
| 38 | Nikhila Baby | 2020-2022 batch (B Ed. Mathematics) |
| 39 | Soumya Murugan | 2020-2022 batch (B Ed. Mathematics) |
| 40 | Sumayya H E | 2020-2022 batch (B Ed. Mathematics) |
| 41 | Aneetta Joy | 2020-2022 batch (B Ed. Physical Science) |
| 42 | Anju Abraham P | 2020-2022 batch (B Ed. Physical Science) |
| 43 | Aparna S | 2020-2022 batch (B Ed. Physical Science) |
| 44 | Arya M A | 2020-2022 batch (B Ed. Physical Science) |
| 45 | Athira Anil | 2020-2022 batch (B Ed. Physical Science) |
| 46 | Chandrika C R Sharma | 2020-2022 batch (B Ed. Physical Science) |
| 47 | Lida Mathew | 2020-2022 batch (B Ed. Physical Science) |
| 48 | Mariya Deepthy | 2020-2022 batch (B Ed. Physical Science) |
| 49 | Neethu P D | 2020-2022 batch (B Ed. Physical Science) |
| 50 | Reshma S Babu | 2020-2022 batch (B Ed. Physical Science) |
| 51 | Stella Avirappatt | 2020-2022 batch (B Ed. Physical Science) |
| 52 | Anitta Sheen Theresa | 2020-2022 batch (B Ed. Natural Science) |
| 53 | Anjana Vijayan | 2020-2022 batch (B Ed. Natural Science) |
| 54 | Anju A | 2020-2022 batch (B Ed. Natural Science) |
| 55 | Ann Mathew | 2020-2022 batch (B Ed. Natural Science) |
| 56 | Evelyn Thankachan C K | 2020-2022 batch (B Ed. Natural Science) |
| 57 | Fathima Beevi A I | 2020-2022 batch (B Ed. Natural Science) |




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| | | |
|----|--------------------|---|
| 58 | Jinu Anna Varghese | 2020-2022 batch (B Ed. Natural Science) |
| 59 | Krishna M K | 2020-2022 batch (B Ed. Natural Science) |
| 60 | Krishna Murali | 2020-2022 batch (B Ed. Natural Science) |
| 61 | Nandini Sagar | 2020-2022 batch (B Ed. Natural Science) |
| 62 | Nausheen N | 2020-2022 batch (B Ed. Natural Science) |
| 63 | Nimisha N.K | 2020-2022 batch (B Ed. Natural Science) |
| 64 | Rosaliya George | 2020-2022 batch (B Ed. Natural Science) |
| 65 | Shereena G | 2020-2022 batch (B Ed. Natural Science) |
| 66 | Shiyara K S | 2020-2022 batch (B Ed. Natural Science) |
| 67 | Sreelakshmi T A | 2020-2022 batch (B Ed. Natural Science) |
| 68 | Varsha Varghese | 2020-2022 batch (B Ed. Natural Science) |
| 69 | Amrutha Satheesan | 2020-2022 batch (B Ed. Social Science) |
| 70 | Aneeta Anson | 2020-2022 batch (B Ed. Social Science) |
| 71 | Ans Jose | 2020-2022 batch (B Ed. Social Science) |
| 72 | Aparna Raveendran | 2020-2022 batch (B Ed. Social Science) |
| 73 | Asha Joseph | 2020-2022 batch (B Ed. Social Science) |
| 74 | Aswani K Shaji | 2020-2022 batch (B Ed. Social Science) |
| 75 | Aswathi .P | 2020-2022 batch (B Ed. Social Science) |
| 76 | Lakshmy K P | 2020-2022 batch (B Ed. Social Science) |
| 77 | Liya Thomas | 2020-2022 batch (B Ed. Social Science) |
| 78 | Meenu Anna Mathai | 2020-2022 batch (B Ed. Social Science) |
| 79 | Meera Mathew | 2020-2022 batch (B Ed. Social Science) |
| 80 | Milu Hasan K.H | 2020-2022 batch (B Ed. Social Science) |
| 81 | Olivia Tresa A A | 2020-2022 batch (B Ed. Social Science) |
| 82 | Revathy N | 2020-2022 batch (B Ed. Social Science) |
| 83 | Rosmy Geo | 2020-2022 batch (B Ed. Social Science) |
| 84 | Sreejitha A K | 2020-2022 batch (B Ed. Social Science) |
| 85 | Tency Davis | 2020-2022 batch (B Ed. Social Science) |




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(Affiliated to Mahatma Gandhi University, Kottayam)

Navajeevanam:

Empowering Tomorrow's Leaders Through Cyber Awareness

Date: September 14, 2021

Introduction

On September 14, 2021, our college organized a program titled "Navajeevanam," a supportive initiative designed to empower school students with essential knowledge about the cyber world. The event featured a compelling talk on "Cyber World Facts and Traps," which was attended by both our esteemed alumni, now teachers at various schools, and our present student teachers. The primary objective of this event was to equip our alumni and student teachers with the necessary tools and knowledge to guide and support school students in navigating the complexities of the digital world. This report aims to highlight the significant benefits of this outreach activity for our alumni, current student teachers, and the broader school student community.

Benefits for Alumni

Professional Development: The alumni who attended the talk gained valuable insights into the ever-evolving cyber world. They learned about the latest threats, trends, and technologies.

This knowledge is instrumental in enhancing their professional development as teachers, enabling them to stay ahead in their field.

Practical Guidance: Our alumni now possess practical knowledge about online safety and digital literacy. This equips them with the skills needed to guide and educate their students effectively. As role models, they can impart crucial lessons on responsible online behavior.



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Networking Opportunities: "Navajeevanam" provided a platform for alumni to network with other educators and experts in the field. This collaboration can lead to future initiatives and partnerships that benefit both teachers and students.

Benefits for Present Student Teachers

Pedagogical Enrichment: Current student teachers had the opportunity to learn from experienced educators who are alumni of our college. The insights gained from the talk will help them integrate cyber awareness into their teaching methodologies, making them more effective educators.

Practical Experience: Attending "Navajeevanam" exposed student teachers to real-world challenges and solutions related to online safety. This experience will prove invaluable when they enter the teaching profession, as they will already possess the tools to address cyber-related concerns.

Inspiration and Mentorship: Interacting with alumni who have successfully transitioned into teaching roles serves as an inspiration for our student teachers. They now have mentor figures to turn to for guidance and support as they embark on their teaching careers.

Benefits for the School Student Community

Empowered Students: The ultimate beneficiaries of "Navajeevanam" are the school students who will receive guidance from our alumni and student teachers. With the knowledge gained from this event, teachers can empower their students to navigate the cyber world safely, promoting responsible online behavior and digital citizenship.

Reduced Cyber Risks: By educating school students about cyber threats and traps, we contribute to a safer online environment. Students are less likely to fall victim to

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cyberbullying, scams, or online predators, leading to a more secure digital space for young minds.

Holistic Education: Integrating cyber awareness into the curriculum helps provide a well-rounded education. It equips students with 21st-century skills, including critical thinking, problem-solving, and digital literacy, which are crucial for success in today's world.

Conclusion

"Navajeevanam" was not just an event but a significant outreach activity of our college that has far-reaching benefits. It has empowered our alumni with the knowledge and skills to be effective educators and mentors. Our current student teachers have been enriched with practical insights, and the school student community will benefit from a safer and more informed digital experience. This initiative aligns with our college's commitment to nurturing responsible, knowledgeable, and socially conscious individuals who can positively impact society. We look forward to further initiatives that continue to bridge the gap between education and the rapidly changing world.

NAVAJEEVANAM
A Supportive Initiative for School Students

- Mentoring
- Consultation
- Accompaniment
- Interaction
- Innovation
- Guidance
- Academic Growth
- Relaxation

St. Joseph College of Teacher Education for Women Ernakulam

Talk on
Cyber World: Facts and Traps

By
Mr. Binoy Joseph
(Cybercrime Investigator,
Cyber crime Investigation Cell
Kochi City Police)

Google meet :kub-rutz-yrk
2021 September 14, Tuesday
Time: 10.30 am

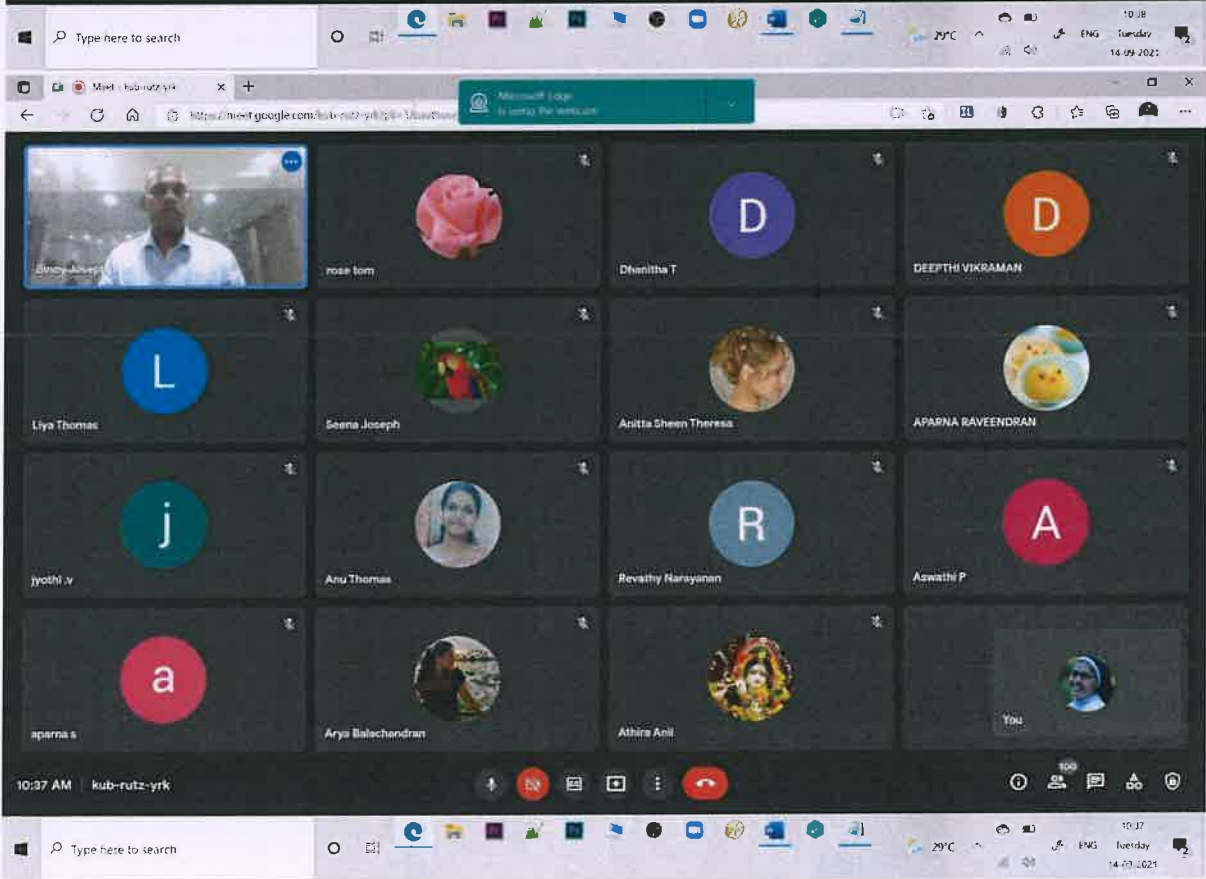
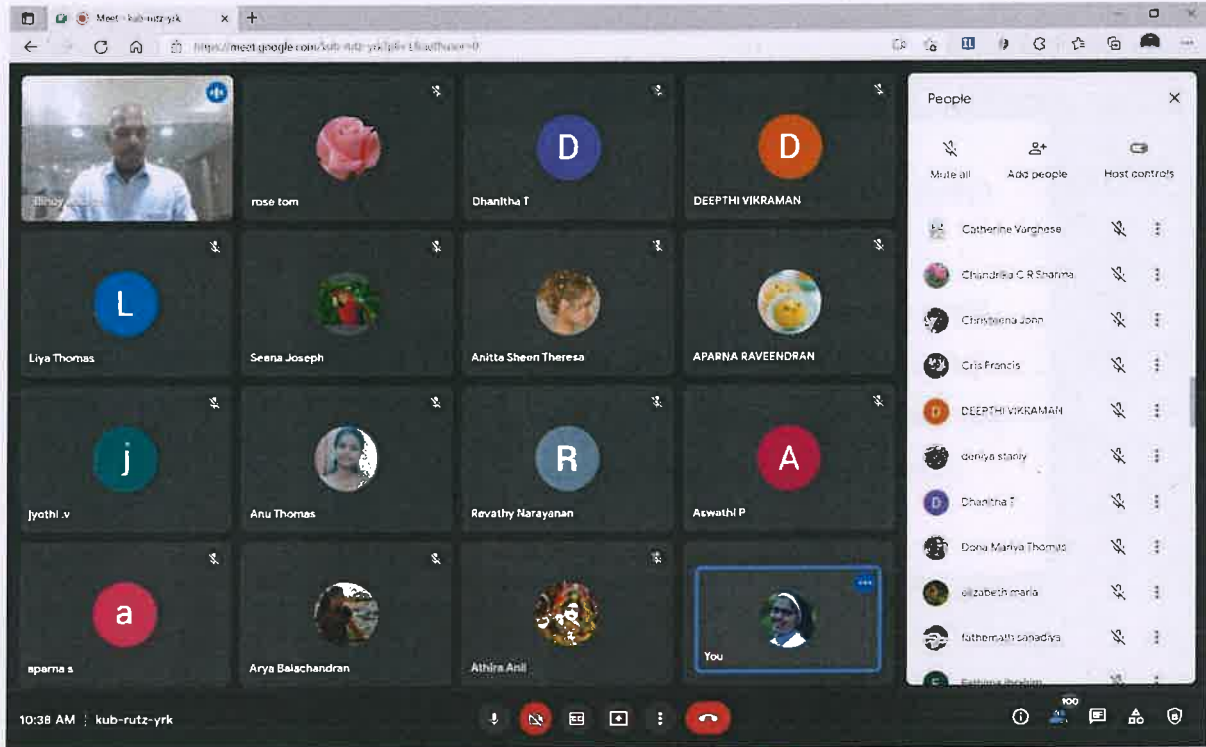


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Dr. Alice Joseph
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Cybercrime is one of the fastest growing areas of crime.

More and more criminals are exploiting **the speed, convenience and anonymity** that modern technologies offer in order to commit a diverse range of criminal activities.

People list: Dr. Rachel George, elizabeth maria, fathemath sahadiya, Fathima Ibrahim, Jaimol Joseph, J'sna Mary, jyothi v, Krishna M K, krishna murair, Lakshmy KP, Lia Rose Tomson

Windows taskbar showing search bar, task icons, system tray with 29°C, ENG, and date 14/09/2021.

What is a Digital Footprint?

- Simply put, it is everything on the internet about you including:
 - Social media profiles
 - Images/ photos of you
 - Any information or content posted by you on blogs and sites

Visual: A footprint graphic filled with logos of various social media and search engines like Facebook, Instagram, Twitter, LinkedIn, Google, and YouTube.

People list: rose tom, Dhanitha T, DEEPTHI VIKRAMAN, Liya Thomas, Seena Joseph, Anitta Shreea Theresa, APARNA KAVEENDRAN, 91 others, You

Windows taskbar showing search bar, task icons, system tray with 29°C, ENG, and date 14/09/2021.

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How Many Hours Online ?

- This is all incredibly important, because screens could be **changing the way our brains work**.
- **In one study**, researchers found evidence that when we become addicted to tablets or smartphones, it could impede our **ability to focus, concentrate...**

101 participants were there, our student teachers were present and the following Alumini also were present

1. Timy Thambi
2. Namitha Sethukumar
3. Mary Anjaly Vaz
4. Najeena N
5. Nithara Jose
6. Syama N B
7. Blessy Baby
8. Sr. Akhila Baby M
9. Ajna M A
10. Reshmi Ravindran
11. Anumol.C.A
12. Jyothi Viswanathan
13. Anmol.C.A
14. Anumol Ca
15. Anumol Ca
16. Anumol Ca
17. Sreekutty Mp
18. Christeena Sara Abraham
19. Jomol Jose
20. Mary Riluu Arooja
21. Mafitha
22. Manju Mohanan

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23. Sughatha S
24. Misha Mol. K. M
25. Neeha P.S
26. Mosmi Mohan
27. Mosmi Mohan
28. Maneesha P R
29. Minikutty George
30. Ans Maria Dominic
31. Raji V B
32. Simy C M
33. Dhanitha.T
34. Manu Mol A M
35. Sushya
36. Mareena George
37. Anu Thomas
38. Sreepoorna Ps
39. Angel Xavier
40. Ancy Augustine
41. Susan Raju
42. Jaimol Joseph
43. Remya C J
44. Sreevidya Radhakrishnan
45. Deepthi Vikraman
46. Deepthi Suresh
47. Donna Pinheiro
48. Mary Anjaly Vaz
49. Vismaya George
50. Aparna K Babu
51. Alvina Teresa Paiva
52. Greshma Rose
53. Jaimol O.B
54. Roshni Celin
55. Josena Joseph
56. Jinu Jose
57. Jithiya Babu K.G
58. Neethu Mohanan T
59. Jinu Jose
60. Christeena A.J
61. Seena Joseph

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Navajeevanam: Where Are Our Adolescents

Date: September 17, 2021

Introduction

On September 17, 2021, our college organized a thought-provoking program titled "Navajeevanam: Where Are Our Adolescents?" as part of our ongoing commitment to holistic education and community outreach. This event aimed to address the unique challenges and concerns faced by adolescents today. The program brought together alumni who are now teachers at various schools, as well as our current student teachers, to explore the theme and its implications for education and society. This report aims to highlight the significant benefits of this outreach activity for our alumni, current student teachers, and the broader community.

Benefits for Alumni

Relevant Insights: The alumni who participated in the program gained deep insights into the current state of adolescence, including the challenges and opportunities it presents. This knowledge is crucial for teachers to understand the needs of their adolescent students better.

Professional Growth: The program fostered professional growth among our alumni, helping them become more empathetic and effective educators. Understanding the unique developmental stage of adolescence allows them to tailor their teaching methods and support systems accordingly.

Community Engagement: Alumni had the opportunity to engage with their alma mater and fellow educators, fostering a sense of community and collaboration. This connection can lead to future projects and initiatives that benefit the educational landscape.



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Benefits for Present Student Teachers

Enhanced Pedagogy: Current student teachers gained valuable insights into adolescent psychology and behavior. This knowledge will enable them to design curriculum and teaching strategies that resonate with adolescents, fostering better learning outcomes.

Awareness of Contemporary Issues: The program exposed student teachers to the pressing issues that adolescents face in today's world, such as mental health, peer pressure, and digital literacy. This awareness equips them to address these challenges in their future classrooms effectively.

Networking and Mentorship: Interaction with experienced alumni who have tackled similar issues provides student teachers with mentorship and guidance. They now have role models to turn to for support as they prepare to embark on their teaching careers.

Benefits for the Community

Informed Educators: By equipping educators with a deeper understanding of adolescence, we contribute to the holistic development of our students. Informed teachers can provide the necessary support and guidance to adolescents, helping them navigate this critical stage of life.

Supportive Ecosystem: The event fosters a supportive ecosystem where schools, teachers, and the community work together to address the needs of adolescents. This collaboration can lead to more effective interventions and support systems for adolescents.

Community Engagement: "Navajeevanam" serves as a bridge between our college and the wider community. It reinforces our commitment to being a positive influence on the education landscape, extending our reach beyond the college campus.



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Principal in Charge
St. Joseph College of Teacher
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Conclusion

"Navajeevanam: Where Are Our Adolescents?" was a thought-provoking and impactful outreach activity that addressed the unique challenges faced by adolescents today. It provided valuable insights and resources to our alumni, current student teachers, and the broader community. By focusing on the critical theme of adolescence, we continue to fulfill our mission of nurturing well-rounded individuals and contributing positively to society. We look forward to future initiatives that promote holistic education and community engagement.

NAVAJEEVANAM
A Supportive Initiative for School Students

Mentoring
Consultation
Accompaniment
Interaction
Innovation
Guidance
Academic Growth
Relaxation

St. Joseph College of Teacher Education for Women Ernakulam

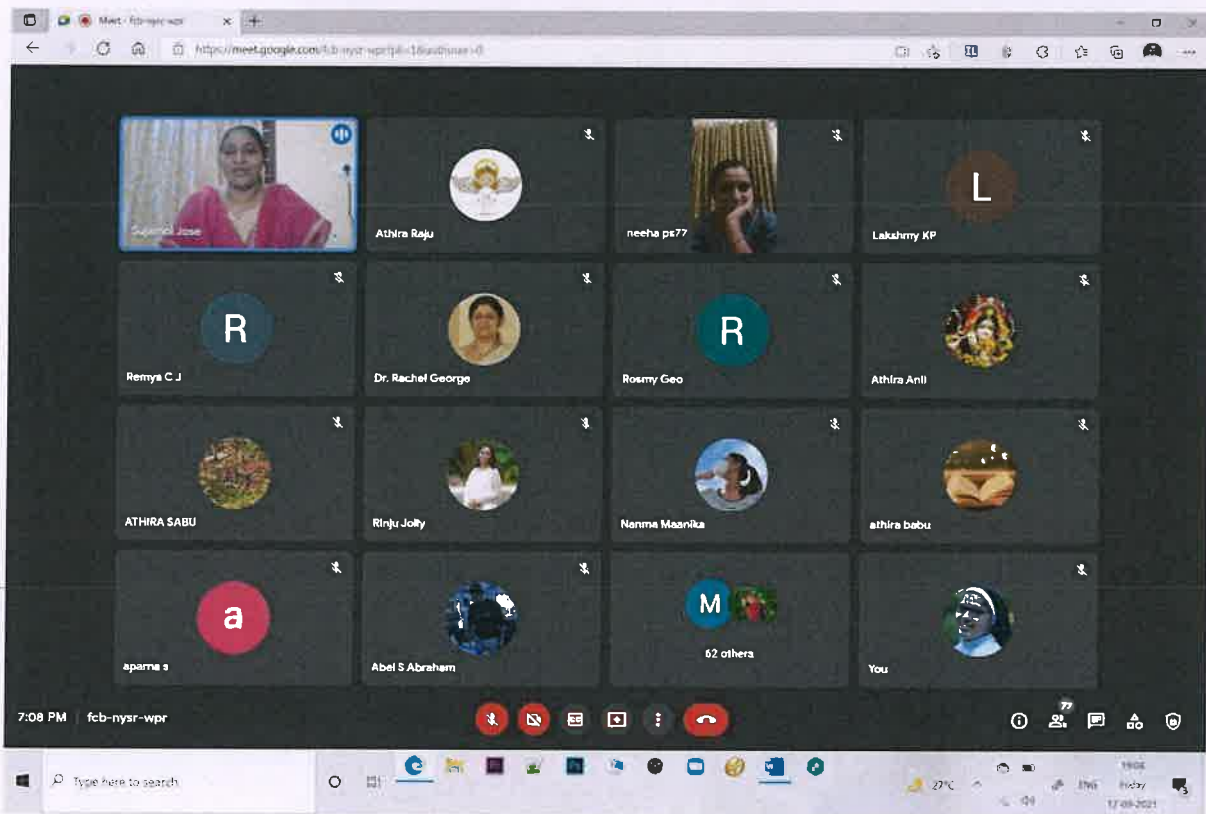
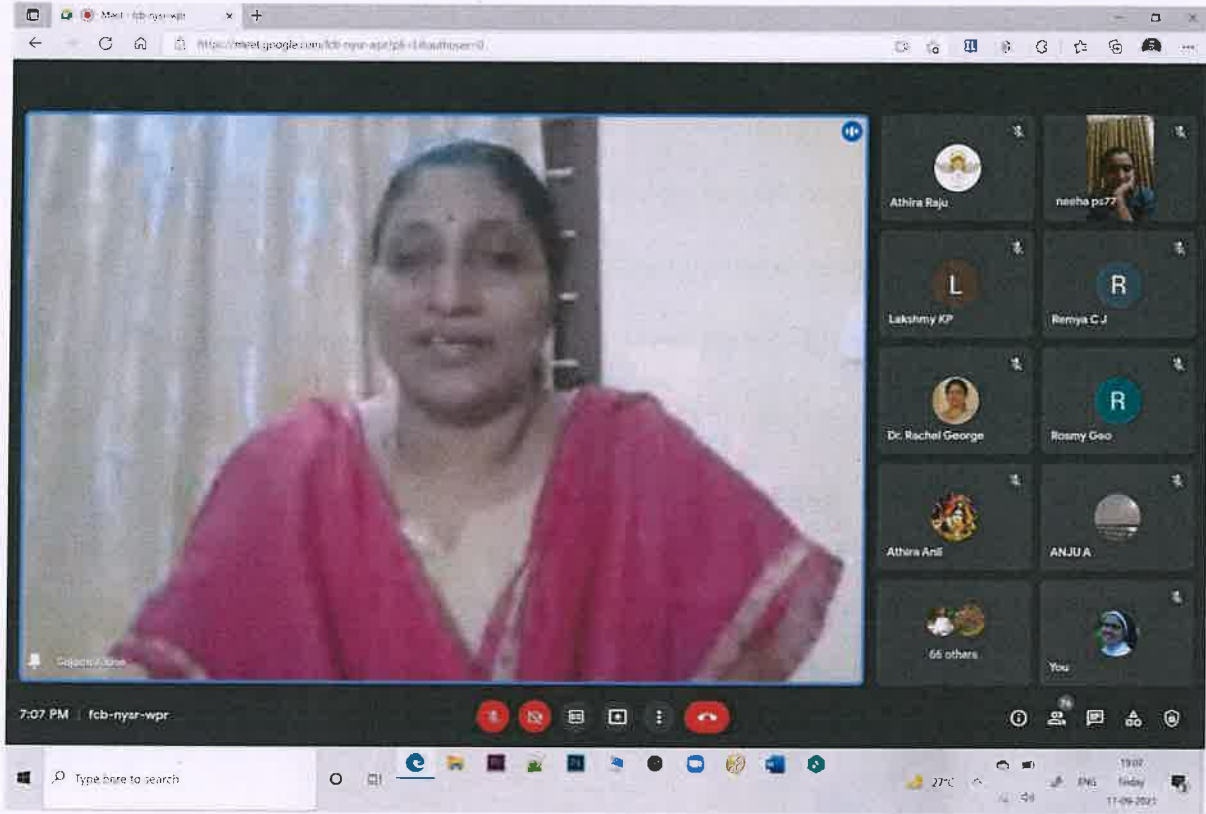
Talk on
"Where are our Adolescents?"

By
Smt. Suja Jose
(Columnist and Writer)

Google meet : fcb-nysr-wpr
2021 September 17, Friday
Time: 7.00 pm

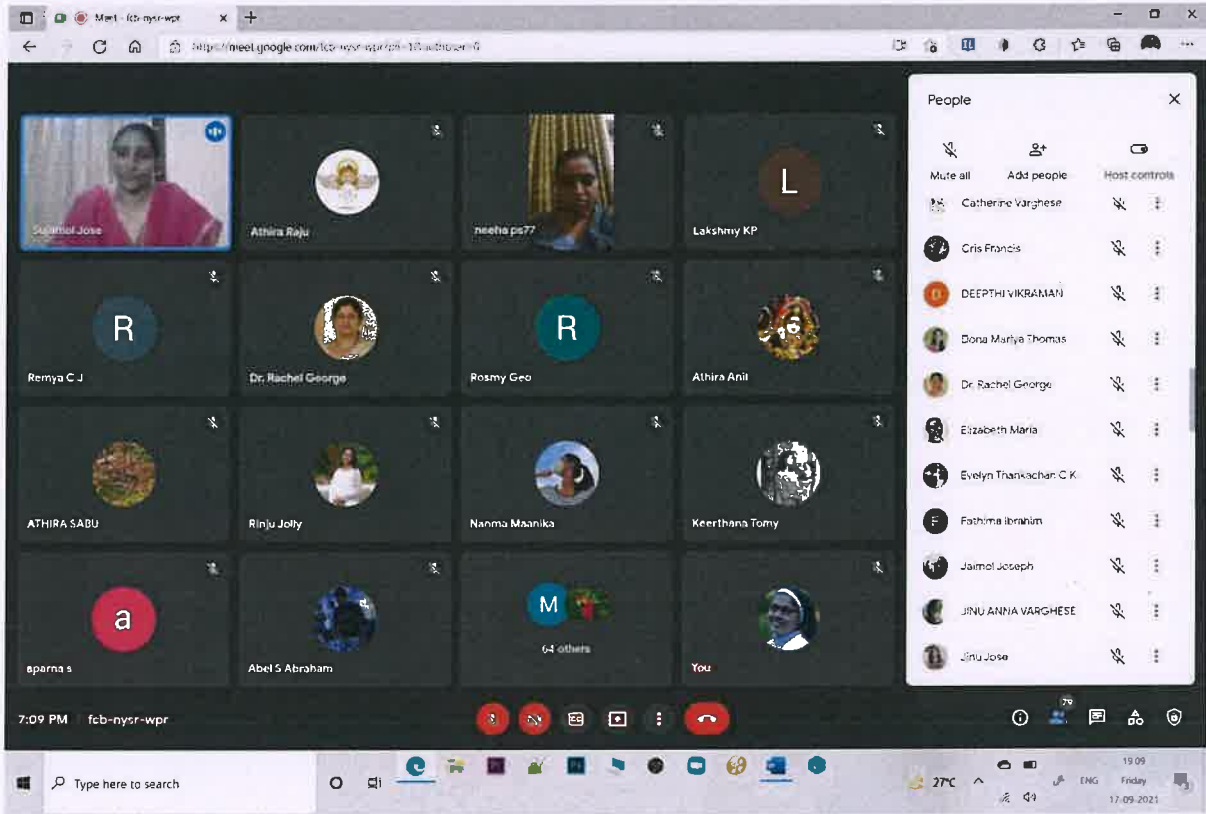
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Dr. Alice Joseph
Principal in Charge
St. Joseph College of Teacher
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 Dr. Alice Joseph
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97 student teachers participated. Evidence: Photo

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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)

Outreach Activity at Deshbandhu School Chathamma: Donation of Teaching -Learning Aids in the Rural School

Date: February 26-10-2021

Venue: Deshbandhu School, Chathamma, Ernakulam

Organized by: St. Joseph College of Teacher Education for Women, Ernakulam

Objective:

The primary objective of the outreach activity was to enhance the social commitment of second-year B. Ed student teachers by instilling in them an attitude of sharing learning resources with those in need in the community. This initiative aimed to provide teaching-learning aids to the rural school, Deshbandhu School, located in the remote village of Chathamma, Ernakulam.

Participants:

A total of 95 second-year B. Ed. student teachers and faculty members from St. Joseph College of Teacher Education for Women, Ernakulam, actively participated in this outreach activity.

Activity Overview:

On 26-10 -2021, the participants gathered at St. Joseph College of Teacher Education for Women, Ernakulam, in the early morning hours. They were organized into groups to distribute teaching-learning aids to Deshbandhu School, Chathamma.

Activities Conducted:



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Preparation Phase: The organizing committee had previously collected and sorted the teaching-learning aids based on the specific needs of Deshbandhu School.

Transportation: A fleet of vehicles was arranged to transport the teaching-learning aids and the participants to Chathamma.

Welcome and Interaction: Upon arrival at Deshbandhu School, the student teachers and faculty members were warmly welcomed by the school staff and students. There was an initial interaction session where participants got to know the students and teachers of the school.


Distribution of Aids: The teaching-learning aids were distributed to the school. Each participant actively engaged in the distribution process, ensuring that every student had access to the necessary materials for their education.

Interactive Learning Sessions: Some participants conducted short interactive learning sessions with the students, sharing their knowledge and providing a glimpse of innovative teaching methods.

Feedback and Reflection: After the distribution and interaction sessions, the participants and school staff gathered for a feedback and reflection session. This allowed them to discuss their experiences and learnings from the day's activities.

Impact and Conclusion:

The outreach activity for teaching-learning aids distribution in Deshbandhu School, Chathamma, Ernakulam, was a resounding success. It not only provided essential resources to a rural school in need but also fostered a sense of social commitment and responsibility among the second-year


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B. Ed. student teachers. The interactive sessions helped bridge the gap between the urban college and the rural school, promoting the exchange of knowledge and ideas.

This initiative is a testament to the college's commitment to nurturing compassionate and socially responsible educators. The positive impact of such activities extends beyond the classroom and contributes to the holistic development of future educators.

We express our gratitude to all the participants, faculty members, and the staff of Deshbandhu School for their enthusiasm and cooperation in making this outreach activity a meaningful and memorable experience. We look forward to more such initiatives in the future, as we continue to prepare our student teachers for their vital role in shaping the future of education.



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List of Students Participants

| Sl. No | Name | Batch |
|--------|----------------------|--|
| 1 | Amala Anna Thomas | 2019-2021 batch (B Ed. English) |
| 2 | Amreetha S James | 2019-2021 batch (B Ed. English) |
| 3 | Annu Jose | 2019-2021 batch (B Ed. English) |
| 4 | Anjali K Thankappan | 2019-2021 batch (B Ed. Malayalam) |
| 5 | Anntreesa J Kappen | 2019-2021 batch (B Ed. Malayalam) |
| 6 | Athira M.M | 2019-2021 batch (B Ed. Malayalam) |
| 7 | Chithralekha R | 2019-2021 batch (B Ed. Mathematics) |
| 8 | Geethu Xavier A | 2019-2021 batch (B Ed. Mathematics) |
| 9 | Somiya Mathew | 2019-2021 batch (B Ed. Mathematics) |
| 10 | Metty P J | 2019-2021 batch (B Ed. Physical Science) |
| 11 | Minnu Maria Wilson | 2019-2021 batch (B Ed. Physical Science) |
| 12 | Rose Mary Sebastian | 2019-2021 batch (B Ed. Physical Science) |
| 13 | Sneha Mol K J | 2019-2021 batch (B Ed. Physical Science) |
| 14 | Mary Rilul Arooja | 2019-2021 batch (B Ed. Natural Science) |
| 15 | Minumol Johnson | 2019-2021 batch (B Ed. Natural Science) |
| 16 | Shelja Philomina C A | 2019-2021 batch (B Ed. Natural Science) |
| 17 | Granes P Joshy | 2019-2021 batch (B Ed. Social science) |
| 18 | Lincy B.J | 2019-2021 batch (B Ed. Social science) |
| 19 | Blessy Jacob | 2019-2021 batch (B Ed. Social science) |
| 20 | Sujitha Jose | 2019-2021 batch (B Ed. Social science) |
| 21 | Anu Thomas | 2019-2021 batch (B Ed. English) |
| 22 | Anusree Venu | 2019-2021 batch (B Ed. English) |
| 23 | Devika S | 2019-2021 batch (B Ed. English) |
| 24 | Jyothi G. | 2019-2021 batch (B Ed. Malayalam) |
| 25 | Linet Maria K | 2019-2021 batch (B Ed. Malayalam) |
| 26 | Ninitha Joy V | 2019-2021 batch (B Ed. Malayalam) |
| 27 | Joseme Joseph | 2019-2021 batch (B Ed. Mathematics) |

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|----|------------------------|--|
| 28 | Lismy Thomas | 2019-2021 batch (B Ed. Mathematics) |
| 29 | Theressa Sebi | 2019-2021 batch (B Ed. Mathematics) |
| 30 | Maria Rose Varghese | 2019-2021 batch (B Ed. Physical Science) |
| 31 | Mariya Jesleena Martin | 2019-2021 batch (B Ed. Physical Science) |
| 32 | Mary Nivitha Bivera | 2019-2021 batch (B Ed. Physical Science) |
| 33 | Abhilasha K P | 2019-2021 batch (B Ed. Natural Science) |
| 34 | Akheena Thomas | 2019-2021 batch (B Ed. Natural Science) |
| 35 | Amrutha K H | 2019-2021 batch (B Ed. Natural Science) |
| 36 | Sithara Joshy | 2019-2021 batch (B Ed. Natural Science) |
| 37 | Faseela U.S | 2019-2021 batch (B Ed. Social science) |
| 38 | Fousiya K N | 2019-2021 batch (B Ed. Social science) |
| 39 | Gopika Rajagopal | 2019-2021 batch (B Ed. Social science) |
| 40 | Hridya Joly | 2019-2021 batch (B Ed. English) |
| 41 | Jefin Job | 2019-2021 batch (B Ed. English) |
| 42 | Jyothis K Devasia | 2019-2021 batch (B Ed. English) |
| 43 | Preetha T P | 2019-2021 batch (B Ed. English) |
| 44 | Parvathy Rajeev | 2019-2021 batch (B Ed. Malayalam) |
| 45 | Sandhya Poulose | 2019-2021 batch (B Ed. Malayalam) |
| 46 | Sandra Saju | 2019-2021 batch (B Ed. Malayalam) |
| 47 | Maria Ancy M J | 2019-2021 batch (B Ed. Mathematics) |
| 48 | Sruthy K. Shaju | 2019-2021 batch (B Ed. Mathematics) |
| 49 | Susan Neenu | 2019-2021 batch (B Ed. Mathematics) |
| 50 | Ishida K B | 2019-2021 batch (B Ed. Physical Science) |
| 51 | Jeen Mary A J | 2019-2021 batch (B Ed. Physical Science) |
| 52 | Anu Maria K J | 2019-2021 batch (B Ed. Natural Science) |
| 53 | Christy P P | 2019-2021 batch (B Ed. Natural Science) |
| 54 | Deepthi George | 2019-2021 batch (B Ed. Natural Science) |
| 55 | Sony George | 2019-2021 batch (B Ed. Natural Science) |
| 56 | Bilby Babu | 2019-2021 batch (B Ed. Social science) |
| 57 | M Renuka | 2019-2021 batch (B Ed. Social science) |



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|----|--------------------|--|
| 58 | Naina N T | 2019-2021 batch (B Ed. Social science) |
| 59 | Dona Garvavis | 2019-2021 batch (B Ed. Social science) |
| 60 | Keerthana Krishnan | 2019-2021 batch (B Ed. English) |
| 61 | Nandita B Shenoy | 2019-2021 batch (B Ed. English) |
| 62 | Neethu Peter | 2019-2021 batch (B Ed. English) |
| 63 | Shelga Jacob | 2019-2021 batch (B Ed. Malayalam) |
| 64 | Shijila P N | 2019-2021 batch (B Ed. Malayalam) |
| 65 | Sinimol P T | 2019-2021 batch (B Ed. Malayalam) |
| 66 | Anju George | 2019-2021 batch (B Ed. Mathematics) |
| 67 | Asha Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 68 | Rita Rose John | 2019-2021 batch (B Ed. Mathematics) |
| 69 | Annmary Jose | 2019-2021 batch (B Ed. Physical Science) |
| 70 | Christina Louis | 2019-2021 batch (B Ed. Physical Science) |
| 71 | Deena Mathew | 2019-2021 batch (B Ed. Physical Science) |
| 72 | Dhanyamol L | 2019-2021 batch (B Ed. Natural Science) |
| 73 | Greetta James | 2019-2021 batch (B Ed. Natural Science) |
| 74 | Maria Sonet K G | 2019-2021 batch (B Ed. Natural Science) |
| 75 | Swanila N S | 2019-2021 batch (B Ed. Natural Science) |
| 76 | Anju P Tomy | 2019-2021 batch (B Ed. Social science) |
| 77 | Annaet O J | 2019-2021 batch (B Ed. Social science) |
| 78 | Aswathy Peter | 2019-2021 batch (B Ed. Social science) |
| 79 | Reshma C Ratheesh | 2019-2021 batch (B Ed. English) |
| 80 | Sandra P K | 2019-2021 batch (B Ed. English) |
| 81 | Sara Stephen | 2019-2021 batch (B Ed. English) |
| 82 | Sisira S | 2019-2021 batch (B Ed. Malayalam) |
| 83 | Vincy P V | 2019-2021 batch (B Ed. Malayalam) |
| 84 | Aiswarya P T | 2019-2021 batch (B Ed. Mathematics) |
| 85 | Aleena Mary | 2019-2021 batch (B Ed. Mathematics) |
| 86 | Priyanka K T | 2019-2021 batch (B Ed. Mathematics) |
| 87 | Raveena T V | 2019-2021 batch (B Ed. Mathematics) |



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|----|-------------------|--|
| 88 | Livi George | 2019-2021 batch (B Ed. Physical Science) |
| 89 | Liya Joseph | 2019-2021 batch (B Ed. Physical Science) |
| 90 | Liya Rose | 2019-2021 batch (B Ed. Physical Science) |
| 91 | Neethu Ursala P G | 2019-2021 batch (B Ed. Natural Science) |
| 92 | Reshma P P | 2019-2021 batch (B Ed. Natural Science) |
| 93 | Thahira M A | 2019-2021 batch (B Ed. Physical Science) |
| 94 | Amrutha S V | 2019-2021 batch (B Ed. Social science) |
| 95 | Anjaly M B | 2019-2021 batch (B Ed. Social science) |
| 96 | Anjana K M | 2019-2021 batch (B Ed. Social science) |
| 97 | Salma Shereef | 2019-2021 batch (B Ed. Social science) |


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Development and Donation of

Learning Resource Materials for School Pupils

Our college's commitment to education and community service was manifested through an outreach activity where students developed a diverse range of educational resources and donate this to the respective teaching practise schools during their internship period 23-11-2021 to 15-02-2022. These resources, including workbooks, handbooks, e-learning materials, and more, were created and donated to internship schools where our students practiced teaching. This report outlines the objectives, processes, outcomes, and impact of this enriching outreach initiative.

Objective: To enhance the quality of education in internship schools by providing them with well-crafted, pedagogically sound educational resources.

Resource Development

Our college students actively engaged in developing a comprehensive set of educational materials, including:

Workbooks: Tailored to specific subjects and grade levels, these workbooks offered practice exercises and activities to reinforce classroom learning.

Handbooks: These guides covered various teaching content and acts as ready recunner for school children to learn various subjects.

Worksheets: A collection of worksheets designed to supplement classroom instruction.

E-Learning Resources: Interactive digital lessons and modules to make learning more engaging.

Programmed Learning Materials: Self-paced, interactive resources that allowed students to learn independently.

Question Bank: A repository of subject-specific questions for quizzes and assessments.

Self-Learning Resources: Materials to encourage self-study and curiosity-driven learning.

Interactive Books: Digital books with multimedia elements to enhance understanding.

Integration with Teaching Practice: During their teaching practice at internship schools, our students integrated these educational resources into their lessons. They shared the materials with both fellow teachers and students, aiming to enrich the learning experience.

Donation to Internship Schools: Upon completion of their teaching practice, students donated the educational resources to their respective internship schools, leaving behind a lasting impact on the educational environment.



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Outcomes and Achievements

Improved Learning Environment

The project significantly improved the learning environment in internship schools:

Teachers benefited from innovative teaching materials, improving their pedagogical skills.

Pupils had access to a wider range of learning resources, promoting a more holistic learning experience.

Enhanced Teaching Practice

Our students reported a more enriching teaching practice experience:

They gained hands-on experience in resource development and integration.

The use of these materials enhanced their effectiveness as educators.

Sustainability

By donating the resources to the internship schools, we ensured the sustainability of the project's impact:

The materials continued to benefit students and teachers beyond the duration of the internship.

The internship schools became self-sufficient in utilizing and adapting the resources.

Community Engagement

The project fostered community engagement:

Collaboration between our college, internship schools, and local communities strengthened educational ties.

Students, teachers, and communities were mutually enriched through knowledge-sharing and cooperation.

Conclusion

The outreach initiative exemplifies our college's dedication to education and community service. By creating and donating a wide range of educational materials, our students actively contributed to enhancing the quality of education in internship schools. This initiative not only enriched the teaching practice of our students but also left a lasting legacy in the schools they served.

Looking forward, we are committed to continuing this initiative, expanding our reach to more schools, and ensuring the sustained improvement of educational resources. The project's success is a testament to the potential for positive change when educational institutions and local communities collaborate in the pursuit of excellence in education.

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List of Student teachers who developed the Educational resources and the teaching practise schools where they donated the resources are given below.

| Sl. No. | Name of Participants | |
|---------|------------------------|-------------------------------------|
| 1. | AARYA XAVIER | B.Ed. Student English Education |
| 2. | AASHYA ANTONY | B.Ed. Student English Education |
| 3. | ANJANA SURESH | B.Ed. Student English Education |
| 4. | CHANDNI BABU | B.Ed. Student English Education |
| 5. | CHRISTEENA A J | B.Ed. Student English Education |
| 6. | GAYATHRI S THERROTH | B.Ed. Student English Education |
| 7. | GREESHMA V | B.Ed. Student English Education |
| 8. | JINU JOSE | B.Ed. Student English Education |
| 9. | MINNU GEORGE | B.Ed. Student English Education |
| 10. | NEETHIMA K N | B.Ed. Student English Education |
| 11. | NIVEDITHA U M | B.Ed. Student English Education |
| 12. | RITU JOSE | B.Ed. Student English Education |
| 13. | ROSHNI CELIN | B.Ed. Student English Education |
| 14. | SANDRA JOHNY | B.Ed. Student English Education |
| 15. | SANDRA MARIA KURIAKOSE | B.Ed. Student English Education |
| 16. | SARANYA M S | B.Ed. Student English Education |
| 17. | SRUTHY SABU | B.Ed. Student English Education |
| 18. | ANJALA SHERIN | B.Ed. Student Malayalam Education |
| 19. | ANU JOSEPH | B.Ed. Student Malayalam Education |
| 20. | ARYA JANARDHANAN | B.Ed. Student Malayalam Education |
| 21. | ASHMI THOMES | B.Ed. Student Malayalam Education |
| 22. | ASHNA FINLAY | B.Ed. Student Malayalam Education |
| 23. | ATHIRA SIVAPRASAD | B.Ed. Student Malayalam Education |
| 24. | BINCY ELDOSE | B.Ed. Student Malayalam Education |
| 25. | BIYAMOL AUGUSTINE | B.Ed. Student Malayalam Education |
| 26. | BLESSY BABY | B.Ed. Student Malayalam Education |
| 27. | GREESHMA CHERIAN | B.Ed. Student Malayalam Education |
| 28. | LINTA RANI GEORGE | B.Ed. Student Malayalam Education |
| 29. | NEENU SARA | B.Ed. Student Malayalam Education |
| 30. | NEERAJA PS | B.Ed. Student Malayalam Education |
| 31. | SELNA JOSEPH | B.Ed. Student Malayalam Education |
| 32. | ANJALY I M | B.Ed. Student Mathematics Education |
| 33. | ANJITHA RAMESAN | B.Ed. Student Mathematics Education |
| 34. | ANSINA P A | B.Ed. Student Mathematics Education |
| 35. | ANUSHA BABU | B.Ed. Student Mathematics Education |
| 36. | APARNA SANJAY | B.Ed. Student Mathematics Education |
| 37. | DEYANA K E | B.Ed. Student Mathematics Education |



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| 38. | ELIZABETH XAVIER FERNANDEZ | B.Ed. Student Mathematics Education |
| 39. | ELSA JOY | B.Ed. Student Mathematics Education |
| 40. | HARIYAT N L | B.Ed. Student Mathematics Education |
| 41. | JEAN ROCHA | B.Ed. Student Mathematics Education |
| 42. | KAVYA V SATHYAN | B.Ed. Student Mathematics Education |
| 43. | MERIN J KANIYARAKAM | B.Ed. Student Mathematics Education |
| 44. | ROSMIN JOSEPH | B.Ed. Student Mathematics Education |
| 45. | SAJANA JAISON | B.Ed. Student Mathematics Education |
| 46. | SHANTY ROSE SEBASTIAN | B.Ed. Student Mathematics Education |
| 47. | SONA VARGHESE | B.Ed. Student Mathematics Education |
| 48. | VITHYA.A | B.Ed. Student Mathematics Education |
| 49. | ANJALY DAVIS | B.Ed. Student Physical Science Education |
| 50. | ANNA FRANCIS | B.Ed. Student Physical Science Education |
| 51. | ANNA PETER | B.Ed. Student Physical Science Education |
| 52. | BEAULA JOHNSON | B.Ed. Student Physical Science Education |
| 53. | HYNA V EDWIN | B.Ed. Student Physical Science Education |
| 54. | JITHIYA BABU KG | B.Ed. Student Physical Science Education |
| 55. | JITHU TRAISSY JELIN | B.Ed. Student Physical Science Education |
| 56. | JOSENA JOSEPH | B.Ed. Student Physical Science Education |
| 57. | KRIPA MARIA TOMY | B.Ed. Student Physical Science Education |
| 58. | NIYA TONY | B.Ed. Student Physical Science Education |
| 59. | RESHMA PRAKASH | B.Ed. Student Physical Science Education |
| 60. | SEETHAL XAVIER | B.Ed. Student Physical Science Education |
| 61. | SHILPA C BALJU | B.Ed. Student Physical Science Education |
| 62. | TOMSY THOMAS | B.Ed. Student Physical Science Education |
| 63. | AFEEFA IHSANA A B | B.Ed. Student Natural Science Education |
| 64. | AGAJA P A | B.Ed. Student Natural Science Education |
| 65. | ANJITHA PETER | B.Ed. Student Natural Science Education |
| 66. | ANUMOL M G | B.Ed. Student Natural Science Education |
| 67. | ATHIRA UNNIKRISHNAN | B.Ed. Student Natural Science Education |
| 68. | BLESSY TREASA | B.Ed. Student Natural Science Education |
| 69. | JIJY M Y | B.Ed. Student Natural Science Education |
| 70. | JINCY JOSEPH | B.Ed. Student Natural Science Education |
| 71. | JISHA C JOSE | B.Ed. Student Natural Science Education |
| 72. | LISINTA SIVAN | B.Ed. Student Natural Science Education |
| 73. | NAMITHA .E.N | B.Ed. Student Natural Science Education |
| 74. | NAYANA JOHNSON | B.Ed. Student Natural Science Education |
| 75. | SARI M S | B.Ed. Student Natural Science Education |
| 76. | SAVITHA SAJAN | B.Ed. Student Natural Science Education |
| 77. | SRUTHYMOL A S | B.Ed. Student Natural Science Education |
| 78. | SWEEKA ELIZABETH VARGHESE | B.Ed. Student Natural Science Education |
| 79. | ALVINA TERESA PAIVA | B.Ed. Student Social Science Education |



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|-----|----------------------|--|
| 80. | CATHERIN AKHINA | B.Ed. Student Social Science Education |
| 81. | DEVIKRISHNA K B | B.Ed. Student Social Science Education |
| 82. | DHANALEKSHMI T D | B.Ed. Student Social Science Education |
| 83. | GRESHMA ROSE | B.Ed. Student Social Science Education |
| 84. | JAIMOL O B | B.Ed. Student Social Science Education |
| 85. | KAVYA .K.M | B.Ed. Student Social Science Education |
| 86. | MARIA CARMEL M.F | B.Ed. Student Social Science Education |
| 87. | NAJUMA K.S | B.Ed. Student Social Science Education |
| 88. | NIMISHA P U | B.Ed. Student Social Science Education |
| 89. | NIMMI M D | B.Ed. Student Social Science Education |
| 90. | PRAVEENA.K.P | B.Ed. Student Social Science Education |
| 91. | SANIYA ROSE K M | B.Ed. Student Social Science Education |
| 92. | SAYANA RAMCHANDRAN E | B.Ed. Student Social Science Education |
| 93. | SHAHANA P S | B.Ed. Student Social Science Education |
| 94. | SIBIL PRASAD | B.Ed. Student Social Science Education |
| 95. | TREESA BABU | B.Ed. Student Social Science Education |

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

| | |
|--------------------------|---|
| Name of the Event | Observation of World AIDS Day, 2021 |
| Objectives | <ol style="list-style-type: none"> 1. To commemorate world AIDS day 2. To raise awareness on HIV/AIDS among people and elucidate the relevance of observing world AIDS day 3. To fight against the social stigma that is prevailing in the society against people affected by HIV/AIDS |
| Details of Event | Anti-Narcotics club, |
| Coordinators | St. Joseph College of Teacher Education for Women, Ernakulam |
| Date | 01/12/2021 |
| Time | 8.45 am- 10.00 AM |
| Duration | 1 hour and 15 minutes |
| Beneficiaries | Student teachers-88, Faculty- 12 |
| Programme Venue | St. Joseph College of Teacher Education for Women, Ernakulam St. Mary's Convent Girls' Higher Secondary School, Ernakulam. |

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

Programme Report

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

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

After the inauguration and felicitation of the programme, Ms. Vyshnavi N Sharma, student teacher from Natural Science optional carried out a detailed presentation on the topic 'Drugs and Aids'. The presentation attempted to disseminate information regarding HIV/AIDS, its primary prevention and control services. The topic was covered in the light of impact of drugs in causing AIDS. An introduction was given about HIV/AIDS and various causal factors for AIDS. AIDS or



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Acquired Immune Deficiency Syndrome is a chronic, perhaps fatal condition brought on by the Human Immunodeficiency Virus (HIV). The HIV weakens the capacity of our body to fight disease and infection by weakening the immune system. The HIV virus attacks and badly damages the immune system of the body of an individual and if not treated on time, could lead to the development AIDS which has no cure until now. It was mentioned in the presentation that the AIDS causing HIV is transmitted mainly via two means, firstly, through anal or vaginal sex, or when people share syringes, needles, or other drug injection tools. Secondly, via unprotected or risky sexual practices with someone who has been identified as HIV- positive. Only direct contact with specific bodily fluids, including blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids and breast milk from an HIV-positive person with a detectable viral load can result in HIV infection.

A poster making competition was also held on the same day with the theme, 'End Inequalities, End AIDS'. An E-brochure regarding the competition was circulated among the student teachers in the college which was well coordinated by Ms. Dona K Jose, student teacher from Social Science optional, who is one among the Anti-Narcotic club members. Many student teachers from various optional actively participated in the poster making competition. All of the student teachers from Malayalam optional contributed in the competition who received special attention via their active participation and contribution. The competition results were announced on the same day based on the judgment of Dr. Soya Mathew, Assistant Professor at St. Joseph College of Teacher Education for Women, Ernakulam. The first and second prize for the competition was secured by Ms. Akhitha Sebastian from Natural Science optional and Ms. Jayalakshmi Jayakumar from Malayalam optional respectively. The third prize for the poster making competition was shared by Ms. Shalini from Natural Science optional and Ms. Rose Mary Paul from Social Science optional.

With an overt aim of raising awareness about HIV/AIDS, its causes and prevention. The Anti-Narcotics club of St. Joseph College of Teacher Education for Women, Ernakulam also organized and carried out a street play with the title 'JAGARAN'. The Anti-Narcotic club student members performed the street play in the college itself with the aim of conveying message using various posters and banner regarding the importance of observing world AIDS day to the students and teachers in the college. All of the 15 members of the Anti-Narcotics club took part in the street



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play and the play was coordinated by Ms. Liya Baby and Ms. Pranaya P.M, students teachers from Malayalam optional. After the performance at the college, the student did performed the street play at St. Mary's Convent Girls' Higher Secondary School, Ernakulam. The students and teachers at the school were indeed cooperative and appreciable of the street play enacted before them.

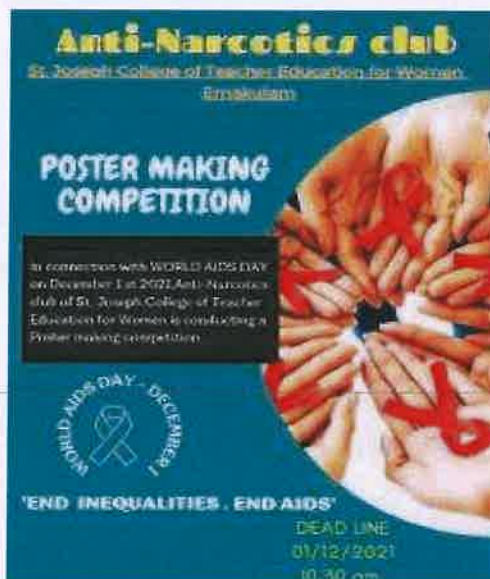
The World AIDS day programme conducted by St. Joseph College of Teacher Education for Women, Ernakulam possessed with the following advantages:

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

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

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

Photo Gallery



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



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



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

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



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



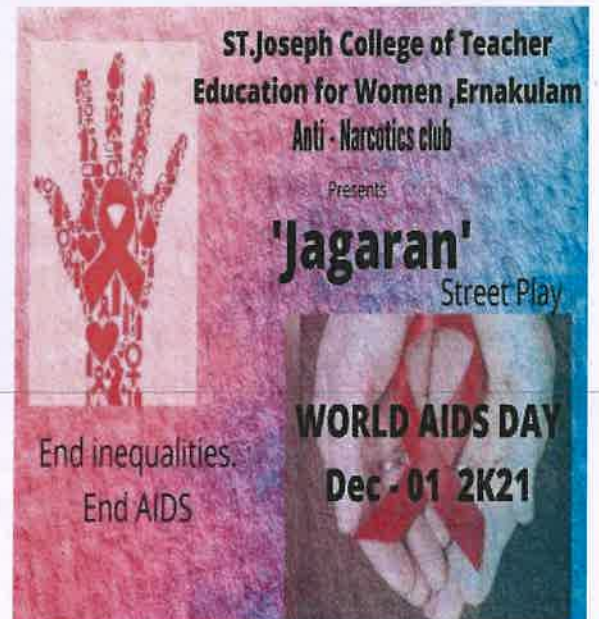
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St. Joseph College of Teacher
Education for Women,
Ernakulam. www.stjosephcte.in



Ms. Vyshnavi N Sharma, student teacher from Natural Science optional carrying out a detailed presentation on the topic 'Drugs and Aids' during World AIDS Day programme, 2021



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



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

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

Programme Details

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

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List of Participants

Faculty members list:

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

Students' list:


| Sl. No | Name | Batch |
|--------|--------------------|--|
| 1 | Akshitha Bhaskaran | 2021-2023 batch (B Ed. Social Science) |
| 2 | Anagha T | 2021-2023 batch (B Ed. Social Science) |
| 3 | Ancy Abraham | 2021-2023 batch (B Ed. Social Science) |
| 4 | Anjaly A C | 2021-2023 batch (B Ed. Social Science) |
| 5 | Anupama Sreedhar | 2021-2023 batch (B Ed. Social Science) |
| 6 | Celene Paul | 2021-2023 batch (B Ed. Social Science) |
| 7 | Divyamol P D | 2021-2023 batch (B Ed. Social Science) |
| 8 | Dona K Jose | 2021-2023 batch (B Ed. Social Science) |
| 9 | Krishnapriya K | 2021-2023 batch (B Ed. Social Science) |

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| | | |
|----|----------------------|--|
| 10 | Mary Rinu K F | 2021-2023 batch (B Ed. Social Science) |
| 11 | Mereena Joy | 2021-2023 batch (B Ed. Social Science) |
| 12 | Minu Joy | 2021-2023 batch (B Ed. Social Science) |
| 13 | Regina Teena Dcosta | 2021-2023 batch (B Ed. Social Science) |
| 14 | Riya Davis | 2021-2023 batch (B Ed. Social Science) |
| 15 | Rose Mary Paul | 2021-2023 batch (B Ed. Social Science) |
| 16 | Thasni M B | 2021-2023 batch (B Ed. Social Science) |
| 17 | Varsha K V | 2021-2023 batch (B Ed. Social Science) |
| 18 | Akhitha Sebastian | 2021-2023 batch (B Ed. Natural Science) |
| 19 | Allan Francis | 2021-2023 batch (B Ed. Natural Science) |
| 20 | Angitha Ramachandran | 2021-2023 batch (B Ed. Natural Science) |
| 21 | Anita Abraham | 2021-2023 batch (B Ed. Natural Science) |
| 22 | Caren Grace | 2021-2023 batch (B Ed. Natural Science) |
| 23 | Dilhana Hussain | 2021-2023 batch (B Ed. Natural Science) |
| 24 | Jeshma Das V S | 2021-2023 batch (B Ed. Natural Science) |
| 25 | Keerthana M S | 2021-2023 batch (B Ed. Natural Science) |
| 26 | Meera Susan Kurian | 2021-2023 batch (B Ed. Natural Science) |
| 27 | Merin Shajan | 2021-2023 batch (B Ed. Natural Science) |
| 28 | Pooja Maria Jacob | 2021-2023 batch (B Ed. Natural Science) |
| 29 | Ranjima V | 2021-2023 batch (B Ed. Natural Science) |
| 30 | Saniya Simon | 2021-2023 batch (B Ed. Natural Science) |
| 31 | Shalini P S | 2021-2023 batch (B Ed. Natural Science) |
| 32 | Shimna K | 2021-2023 batch (B Ed. Natural Science) |
| 33 | Theresa Thankachan | 2021-2023 batch (B Ed. Natural Science) |
| 34 | Vyshnavi N Sharma | 2021-2023 batch (B Ed. Natural Science) |
| 35 | Agatha Cyriac | 2021-2023 batch (B Ed. Physical Science) |
| 36 | Alida Saiju | 2021-2023 batch (B Ed. Physical Science) |
| 37 | Anila Shaju | 2021-2023 batch (B Ed. Physical Science) |
| 38 | Anu P. Thomas | 2021-2023 batch (B Ed. Physical Science) |
| 39 | Aparna S | 2021-2023 batch (B Ed. Physical Science) |


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| | | |
|----|-----------------------|--|
| 40 | Fathimathuzuhra | 2021-2023 batch (B Ed. Physical Science) |
| 41 | Jesna George | 2021-2023 batch (B Ed. Physical Science) |
| 42 | Mariya Das | 2021-2023 batch (B Ed. Physical Science) |
| 43 | Raveena K Ramesh | 2021-2023 batch (B Ed. Physical Science) |
| 44 | Roshna Rahim | 2021-2023 batch (B Ed. Physical Science) |
| 45 | Vandana S | 2021-2023 batch (B Ed. Physical Science) |
| 46 | Vinny Pappachan | 2021-2023 batch (B Ed. Physical Science) |
| 47 | Aleena Antony | 2021-2023 batch (B Ed. Malayalam) |
| 48 | Anaswara. P S | 2021-2023 batch (B Ed. Malayalam) |
| 49 | Divya Rajan | 2021-2023 batch (B Ed. Malayalam) |
| 50 | Jayalakshmi Jayakumar | 2021-2023 batch (B Ed. Malayalam) |
| 51 | Jobitha Joy | 2021-2023 batch (B Ed. Malayalam) |
| 52 | Liya Baby | 2021-2023 batch (B Ed. Malayalam) |
| 53 | Mary Amala R. | 2021-2023 batch (B Ed. Malayalam) |
| 54 | Nitha Alfred | 2021-2023 batch (B Ed. Malayalam) |
| 55 | Pranaya P M | 2021-2023 batch (B Ed. Malayalam) |
| 56 | Anisha T | 2021-2023 batch (B Ed. Malayalam) |
| 57 | Riya Sabu | 2021-2023 batch (B Ed. Malayalam) |
| 58 | Shilpa K | 2021-2023 batch (B Ed. Malayalam) |
| 59 | Sneha M M | 2021-2023 batch (B Ed. Malayalam) |
| 60 | Teena Vincent | 2021-2023 batch (B Ed. Malayalam) |
| 61 | Amala Antony | 2021-2023 batch (B Ed. English) |
| 62 | Anna Roshni Varghese | 2021-2023 batch (B Ed. English) |
| 63 | Deepa P S | 2021-2023 batch (B Ed. English) |
| 64 | Devika Venugopal | 2021-2023 batch (B Ed. English) |
| 65 | Divya Radhakrishnan | 2021-2023 batch (B Ed. English) |
| 66 | F.Merline Rodrigues | 2021-2023 batch (B Ed. English) |
| 67 | Gurumahima M V | 2021-2023 batch (B Ed. English) |
| 68 | Harsha Theresa Thomas | 2021-2023 batch (B Ed. English) |
| 69 | Linnet John | 2021-2023 batch (B Ed. English) |



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| | | |
|----|------------------------|-------------------------------------|
| 70 | Meera Joy | 2021-2023 batch (B Ed. English) |
| 71 | Merize Ben Alias | 2021-2023 batch (B Ed. English) |
| 72 | Pratibha S | 2021-2023 batch (B Ed. English) |
| 73 | Sandra Joy | 2021-2023 batch (B Ed. English) |
| 74 | Santhi M S | 2021-2023 batch (B Ed. English) |
| 75 | Veena C V | 2021-2023 batch (B Ed. English) |
| 76 | Akshaya Shaju | 2021-2023 batch (B Ed. Mathematics) |
| 77 | Anuja J Nair | 2021-2023 batch (B Ed. Mathematics) |
| 78 | Aswathi B A | 2021-2023 batch (B Ed. Mathematics) |
| 79 | Freedra K F | 2021-2023 batch (B Ed. Mathematics) |
| 80 | Jinu Joseph | 2021-2023 batch (B Ed. Mathematics) |
| 81 | Jomol Babu | 2021-2023 batch (B Ed. Mathematics) |
| 82 | Lekshmipriya T S | 2021-2023 batch (B Ed. Mathematics) |
| 83 | Mariya Jesleena Martin | 2021-2023 batch (B Ed. Mathematics) |
| 84 | Reshma Francis | 2021-2023 batch (B Ed. Mathematics) |
| 85 | Rose Maria John | 2021-2023 batch (B Ed. Mathematics) |
| 86 | Rosy Roy | 2021-2023 batch (B Ed. Mathematics) |
| 87 | Sona Paul | 2021-2023 batch (B Ed. Mathematics) |
| 88 | Sreeja Sreenivasan | 2021-2023 batch (B Ed. Mathematics) |

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Community Project on Socially / Educationally Relevant Issue

In pursuit of its commitment to fostering responsible citizenship and addressing pressing societal issues, our college embarked on a series of community projects that sought to make a meaningful impact on educationally and socially relevant concerns.

Through these initiatives, our students exhibited their dedication to creating a positive change in the community. This report serves as an overview of the various community projects undertaken by our college students during the year.

The time allotted was 03-12-2021 to 13-12-2021.

The title of the works included:

Plastic Waste Management

Objective: To raise awareness about plastic pollution and promote sustainable waste management practices. The project aimed to reduce plastic waste and encourage eco-friendly alternatives.

Exam Phobia

Objective: To alleviate stress and anxiety among students during examination periods.

Lack of Public Toilets

Objective: To advocate for improved public toilet facilities.

Gender Stereotyping

Objective: To challenge and break down stereotypes related to gender roles and expectations.

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Junk Food Consumption

Objective: To promote healthier dietary choices among the youth.

Problems Faced by Women in Public Transport

Objective: To address safety and accessibility issues for women in public transport.

Waste Management

Objective: To promote responsible waste disposal and recycling.

Mobile Phone Addiction

Objective: To raise awareness about the negative impacts of excessive mobile phone use.

Social Media Addiction

Objective: To highlight the addictive nature of social media and its consequences.

Impact of Flood

Objective: To provide relief and support to those affected by floods.

Attitude Towards Transgenders

Objective: To promote inclusivity and change societal attitudes towards transgender individuals.

Outcomes and Achievements of engagement in this survey and projects

Increased awareness and participation: The projects successfully raised awareness and engaged the community in addressing these critical issues.

Behavioral change: Many individuals demonstrated a positive shift in behavior, adopting healthier practices and challenging stereotypes.



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Policy impact: Several projects led to policy changes or improvements in local infrastructure, benefiting the community.

Empowerment: Students gained valuable skills in leadership, advocacy, and community engagement, enhancing their personal and professional growth.

Strengthened community bonds: These projects fostered a sense of unity and collaboration among students and the community.

Our college's community outreach initiatives have made a significant impact on educationally and socially relevant issues. Through these projects, students have exemplified their dedication to creating a more equitable, sustainable, and inclusive society. As we move forward, we remain committed to addressing pressing societal concerns and nurturing responsible citizens who actively contribute to positive change.

List of Students who took the above listed areas and did their projects successfully were:

| Sl.No. | Name of the student teacher | Subject of Study |
|--------|-----------------------------|-------------------|
| 1 | AMALA ANNA THOMAS | English Education |
| 2 | AMREETHA S JAMES | English Education |
| 3 | ANNU JOSE | English Education |
| 4 | ANU THOMAS | English Education |
| 5 | ANUSREE VENU | English Education |
| 6 | DEVIKA S | English Education |
| 7 | HRIDYA JOLY | English Education |
| 8 | JEFIN JOB | English Education |
| 9 | JYOTHIS K DEVASIA | English Education |
| 10 | KEERTHANA KRISHNAN | English Education |
| 11 | NANDITA B SHENOY | English Education |
| 12 | NEETHU PETER | English Education |
| 13 | PREETHA T P (BLIND) | English Education |
| 14 | RESHMA C RATHEESH | English Education |
| 15 | SANDRA P K | English Education |
| 16 | SARA STEPHEN | English Education |



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| | | |
|----|------------------------|----------------------------|
| 17 | ANJALI . K.THANKAPPAN | Malayalam Education |
| 18 | ANNTREESA J KAPPEN | Malayalam Education |
| 19 | ATHIRA M M | Malayalam Education |
| 20 | JYOTHI G. | Malayalam Education |
| 21 | LINET MARIA K | Malayalam Education |
| 22 | NINITHA JOY V | Malayalam Education |
| 23 | PARVATHY RAJEEV | Malayalam Education |
| 24 | SANDHYA POULOSE | Malayalam Education |
| 25 | SANDRA SAJU | Malayalam Education |
| 26 | SHELGA JACOB | Malayalam Education |
| 27 | SHIJLA P N | Malayalam Education |
| 28 | SINIMOL P T | Malayalam Education |
| 29 | SISIRA S | Malayalam Education |
| 30 | VINCY P V | Malayalam Education |
| 31 | AISWARYA P T | Mathematics Education |
| 32 | ALEENA MARY | Mathematics Education |
| 33 | ANJU GEORGE | Mathematics Education |
| 34 | ASHA JOSEPH | Mathematics Education |
| 35 | CHITHRALEKHA R | Mathematics Education |
| 36 | GEETHU XAVIER A | Mathematics Education |
| 37 | JOSEME JOSEPH | Mathematics Education |
| 38 | LISMY THOMAS | Mathematics Education |
| 39 | MARIA ANCY M J | Mathematics Education |
| 40 | PRIYANKA K T | Mathematics Education |
| 41 | RAVEENA T V | Mathematics Education |
| 42 | RITA ROSE JOHN | Mathematics Education |
| 43 | SOMIYA MATHEW | Mathematics Education |
| 44 | SRUTHY K. SHAJU | Mathematics Education |
| 45 | SUSAN NEENU | Mathematics Education |
| 46 | THERESSA SEBI | Mathematics Education |
| 47 | ANNMARY JOSE | Physical Science Education |
| 48 | CHRISTINA LOUIS | Physical Science Education |
| 49 | DEENA MATHEW | Physical Science Education |
| 50 | ISHIDA K B | Physical Science Education |
| 51 | JEEN MARY A J | Physical Science Education |
| 52 | LIVI GEORGE | Physical Science Education |
| 53 | LIYA JOSEPH | Physical Science Education |
| 54 | LIYA ROSE | Physical Science Education |
| 55 | MARIA ROSE VARGHESE | Physical Science Education |
| 56 | MARIYA JESLEENA MARTIN | Physical Science Education |
| 57 | MARY NIVITHA BIVERA | Physical Science Education |
| 58 | METTY PJ | Physical Science Education |
| 59 | MINNU MARIA WILSON | Physical Science Education |
| 60 | ROSE MARY SEBASTIAN | Physical Science Education |
| 61 | SNEHA MOL K J | Physical Science Education |
| 62 | THAHIRA M A | Physical Science Education |
| 63 | ABHILASHA K P | Natural Science Education |
| 64 | AKHEENA THOMAS | Natural Science Education |

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| | | |
|----|----------------------|---------------------------|
| 65 | AMRUTHA K H | Natural Science Education |
| 66 | ANU MARIA K J | Natural Science Education |
| 67 | CHRISTY P P | Natural Science Education |
| 68 | DEEPTHI GEORGE | Natural Science Education |
| 69 | DHANYAMOL L | Natural Science Education |
| 70 | GREETTA JAMES | Natural Science Education |
| 71 | MARIA SONET K G | Natural Science Education |
| 72 | MARY RILU AROOJA | Natural Science Education |
| 73 | MINUMOL JOHNSON | Natural Science Education |
| 74 | NEETHU URSALA P G | Natural Science Education |
| 75 | RESHMA P P | Natural Science Education |
| 76 | SHELJA PHILOMINA C A | Natural Science Education |
| 77 | SITHARA JOSHY | Natural Science Education |
| 78 | SONY GEORGE | Natural Science Education |
| 79 | SWANILA N S | Natural Science Education |
| 80 | AMRUTHA S V | Social Science Education |
| 81 | ANJALY M B | Social Science Education |
| 82 | ANJANA K M | Social Science Education |
| 83 | ANJU P TOMY | Social Science Education |
| 84 | ANNAET O J | Social Science Education |
| 85 | ASWATHY PETER | Social Science Education |
| 86 | BILBY BABU | Social Science Education |
| 87 | BLESSY JACOB | Social Science Education |
| 88 | DONA GARVASIS | Social Science Education |
| 89 | FASEELA U S | Social Science Education |
| 90 | FOUSIYA K N | Social Science Education |
| 91 | GOPIKA RAJAGOPAL | Social Science Education |
| 92 | GRANES P JOSHY | Social Science Education |
| 93 | LINCY B J | Social Science Education |
| 94 | M RENUKA | Social Science Education |
| 95 | NAINA N T | Social Science Education |
| 96 | SALMA SHEREEF | Social Science Education |
| 97 | SUJITHA JOSE | Social Science Education |

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

| | |
|--------------------------------------|--|
| Name of the Event | Seminar on ‘Yoga & Meditation for Developing Multiple Intelligences- Music Therapy & Art Therapy’ |
| Objectives | <ol style="list-style-type: none"> 1. To generate awareness regarding the significance of practicing Meditation and Yoga in daily life 2. To teach the student teachers the basics of Yoga and Meditation 3. To develop student teachers’ multiple intelligence through Yoga and Meditation |
| Details of Event Coordinators | Youth Red Cross Wing and Health Club St. Joseph College of Teacher Education for Women, Ernakulam |
| Details of Resource Person | Dr. Sajeev Jos Head of the Department Department of Physical Education St. Albert’s College (Autonomous), Kochi |
| Date | 14/01/2022 |
| Time | 10.00 AM- 1.00 PM |
| Duration | 3 hours |
| Beneficiaries | Student teachers-98, Faculty-4 |
| Event Venue | College Auditorium St. Joseph College of Teacher Education for Women, Ernakulam |


 Dr. Alice Joseph
 Principal in Charge
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Seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam conducted a seminar on 'Yoga & Meditation for Developing Multiple Intelligences- Music Therapy & Art Therapy' on 14th January 2022 from 10.00 AM to 1.00 PM at the College Auditorium. The entire seminar has been organized by the Youth Red Cross Wing and the Health Club of the College under the guidance and supervision of the faculty members, Dr. Josephine Joseph, Assistant Professor in Physical Science Education, Dr. Marin Jose, Assistant Professor in English Education and Dr. Mary Varghese Kundukulam, Guest Faculty in Physical Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The resource person for the seminar was Dr. Sajeev Jos, Head of the Department of Physical Education at St. Albert's College (Autonomous) in Kochi. All the student teachers of first year B Ed programme participated in the seminar.

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

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



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Principal in Charge
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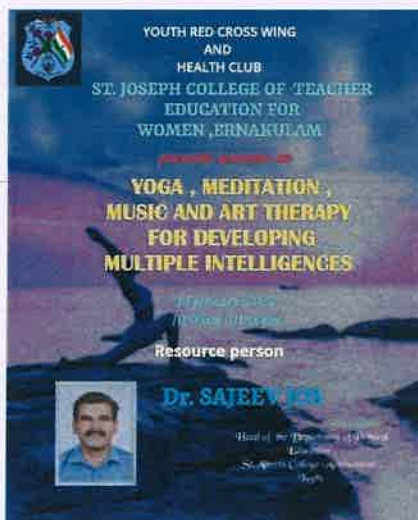


especially helpful in reducing stress and increasing heart health. It promotes relaxation and better sleep, enhance energy and reduce mood swings. Helping in healing and building resiliency is also the benefits if Yoga. It also helps in developing discipline, focus, concentration and increases self-awareness.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

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

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

Photo Gallery



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

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Principal in Charge
St. Joseph College of Teacher
Education for Women,
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Seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022

Programme Details

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

List of Participants

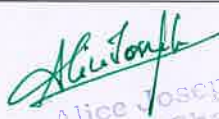
Faculty members list:

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

Students list:

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




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| | | |
|----|-----------------------|-------------------------------------|
| 8 | Harsha Theresa Thomas | 2021-2023 batch (B Ed. English) |
| 9 | K A Rabia | 2021-2023 batch (B Ed. English) |
| 10 | Leatitia Joshy | 2021-2023 batch (B Ed. English) |
| 11 | Linet John | 2021-2023 batch (B Ed. English) |
| 12 | Meera Joy (Blind) | 2021-2023 batch (B Ed. English) |
| 13 | Merize Ben Alias | 2021-2023 batch (B Ed. English) |
| 14 | Pratibha S | 2021-2023 batch (B Ed. English) |
| 15 | Sandra Joy | 2021-2023 batch (B Ed. English) |
| 16 | Santhi M S | 2021-2023 batch (B Ed. English) |
| 17 | Veena C V | 2021-2023 batch (B Ed. English) |
| 18 | Aleena Antony | 2021-2023 batch (B Ed. Malayalam) |
| 19 | Anaswara. P S | 2021-2023 batch (B Ed. Malayalam) |
| 20 | Ance Baby | 2021-2023 batch (B Ed. Malayalam) |
| 21 | Divya Rajan | 2021-2023 batch (B Ed. Malayalam) |
| 22 | Jayalakshmi Jayakumar | 2021-2023 batch (B Ed. Malayalam) |
| 23 | Jobitha Joy | 2021-2023 batch (B Ed. Malayalam) |
| 24 | Liya Baby | 2021-2023 batch (B Ed. Malayalam) |
| 25 | Mary Amala R. | 2021-2023 batch (B Ed. Malayalam) |
| 26 | Nitha Alfred | 2021-2023 batch (B Ed. Malayalam) |
| 27 | Pranaya P M | 2021-2023 batch (B Ed. Malayalam) |
| 28 | Anisha T | 2021-2023 batch (B Ed. Malayalam) |
| 29 | Riya Sabu | 2021-2023 batch (B Ed. Malayalam) |
| 30 | Shilpa K | 2021-2023 batch (B Ed. Malayalam) |
| 31 | Sneha M M | 2021-2023 batch (B Ed. Malayalam) |
| 32 | Sreelakshmi K A | 2021-2023 batch (B Ed. Malayalam) |
| 33 | Teena Vincent | 2021-2023 batch (B Ed. Malayalam) |
| 34 | Akshaya Shaju | 2021-2023 batch (B Ed. Mathematics) |
| 35 | Anuja J Nair | 2021-2023 batch (B Ed. Mathematics) |



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| | | |
|-----|--------------------|--|
| 36. | Arya K Surendran | 2021-2023 batch (B Ed. Mathematics) |
| 37 | Aswathi B A | 2021-2023 batch (B Ed. Mathematics) |
| 38 | Freeda K F | 2021-2023 batch (B Ed. Mathematics) |
| 39 | Jinu Joseph | 2021-2023 batch (B Ed. Mathematics) |
| 40 | Jomol Babu | 2021-2023 batch (B Ed. Mathematics) |
| 41 | Lekshmi Priya T S | 2021-2023 batch (B Ed. Mathematics) |
| 42 | Mariya Jessneela | 2021-2023 batch (B Ed. Mathematics) |
| 43 | Melissa Xavier | 2021-2023 batch (B Ed. Mathematics) |
| 44 | Parvathy M | 2021-2023 batch (B Ed. Mathematics) |
| 45 | Reshma Francis | 2021-2023 batch (B Ed. Mathematics) |
| 46 | Rose Maria John | 2021-2023 batch (B Ed. Mathematics) |
| 47 | Rosy Roy | 2021-2023 batch (B Ed. Mathematics) |
| 48 | Sona Paul | 2021-2023 batch (B Ed. Mathematics) |
| 49 | Sreeja Sreenivasan | 2021-2023 batch (B Ed. Mathematics) |
| 50 | Agatha Cyriac | 2021-2023 batch (B Ed. Physical Science) |
| 51 | Agiya Cosmos M C | 2021-2023 batch (B Ed. Physical Science) |
| 52 | Akshaya K S | 2021-2023 batch (B Ed. Physical Science) |
| 53 | Alida Saiju | 2021-2023 batch (B Ed. Physical Science) |
| 54 | Anila Shaju | 2021-2023 batch (B Ed. Physical Science) |
| 55 | Anu P. Thomas | 2021-2023 batch (B Ed. Physical Science) |
| 56 | Aparna S | 2021-2023 batch (B Ed. Physical Science) |
| 57 | Fathimathuzuhra | 2021-2023 batch (B Ed. Physical Science) |
| 58 | Jesna George | 2021-2023 batch (B Ed. Physical Science) |
| 59 | Mariya Das | 2021-2023 batch (B Ed. Physical Science) |
| 60 | Neethu J A | 2021-2023 batch (B Ed. Physical Science) |
| 61 | Raveena K Ramesh | 2021-2023 batch (B Ed. Physical Science) |
| 62 | Roshna Rahim | 2021-2023 batch (B Ed. Physical Science) |
| 63 | Vandana S | 2021-2023 batch (B Ed. Physical Science) |




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| | | |
|----|----------------------|--|
| 64 | Vinny Pappachan | 2021-2023 batch (B Ed. Physical Science) |
| 65 | Akhitha Sebastian | 2021-2023 batch (B Ed. Natural Science) |
| 66 | Allan Francis | 2021-2023 batch (B Ed. Natural Science) |
| 67 | Angitha Ramachandran | 2021-2023 batch (B Ed. Natural Science) |
| 68 | Anita Abraham | 2021-2023 batch (B Ed. Natural Science) |
| 69 | Caren Grace | 2021-2023 batch (B Ed. Natural Science) |
| 70 | Dilhana Hussain | 2021-2023 batch (B Ed. Natural Science) |
| 71 | Jeshma Das V S | 2021-2023 batch (B Ed. Natural Science) |
| 72 | Keerthana M S | 2021-2023 batch (B Ed. Natural Science) |
| 73 | Meera Susan Kurian | 2021-2023 batch (B Ed. Natural Science) |
| 74 | Merin Shajan | 2021-2023 batch (B Ed. Natural Science) |
| 75 | Pooja Maria Jacob | 2021-2023 batch (B Ed. Natural Science) |
| 76 | Ranjima V | 2021-2023 batch (B Ed. Natural Science) |
| 77 | Saniya Simon | 2021-2023 batch (B Ed. Natural Science) |
| 78 | Shalini P S | 2021-2023 batch (B Ed. Natural Science) |
| 79 | Shimna K | 2021-2023 batch (B Ed. Natural Science) |
| 80 | Theresa Thankachan | 2021-2023 batch (B Ed. Natural Science) |
| 81 | Vyshnavi N Sarma | 2021-2023 batch (B Ed. Natural Science) |
| 82 | Akshitha Bhaskaran | 2021-2023 batch (B Ed. Social Science) |
| 83 | Anagha T | 2021-2023 batch (B Ed. Social Science) |
| 84 | Ancy Abraham | 2021-2023 batch (B Ed. Social Science) |
| 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) |


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| | | |
|----|---------------------|--|
| 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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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(Affiliated to Mahatma Gandhi University, Kottayam)

Outreach Programme at Studium Learning Solutions, 2022

| | |
|--------------------------------------|--|
| Name of the Event | Outreach Programme at Studium Learning Solutions, 2022 |
| Objectives | <ol style="list-style-type: none"> 1. To understand and learn about different learning and behavioral disorders among differently abled students 2. To learn about various teaching methodologies employed for the education of differently abled students 3. To identify and learn about the scope and different career opportunities of the teaching profession 4. To improve the employability skills |
| Details of Event Coordinators | St. Joseph College of Teacher Education for Women, Ernakulam |
| Details of Resource Person | <p>Mr. Jaleel M.S Career Counsellor, Teachers' Trainer & Media Presenter Career Guru Studium Learning Solutions, Kalamassery Kochi</p> <p>Ms. Naseeha Nazeer Managing Director & Counselling Psychologist Studium Learning Solutions, Kalamassery Kochi</p> |
| Date | 14/02/2022 |
| Time | 2 PM – 4PM |
| Duration | 2 hours |
| Beneficiaries | Teacher Educands- 10, Faculty- 2 |
| Event Venue | <p>Studium Learning Solutions Kalamassery Kochi, India</p> |



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Outreach Programme at Studium Learning Solutions, 2022

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized an outreach programme at Studium Learning Solutions in Kalamassery on 14th February 2022 from 2 PM to 4 PM. The teacher educands (student teachers from M Ed programme) of 2020-2022 batch from St. Joseph College of Teacher Education for Women, Ernakulam were the beneficiaries for the outreach programme. The programme aimed at helping the teacher educands understand and learn about different learning and behavioral disorders among differently abled students, to learn about various teaching methodologies employed for the education of differently abled students and also to identify and learn about the scope and different career opportunities of the teaching profession and to improve employability skills. The resource persons for the programme were Mr. Jaleel M.S, Career Guru and Ms. Naseeha Nazeer, Managing Director and Counselling Psychologist at Studium Learning Solutions, Kalamassery. A total of 10 teacher educands and two M Ed faculty members participated in the outreach programme.

As part of the outreach programme, the teacher educands and educators from St. Joseph College of Teacher Education for Women, Ernakulam visited Studium Learning Solutions in Kalamassery at 2.00 PM on 14th February 2022 with an attempt to understand different educational assessments and evaluations carried out in the institution. First, the teacher educands had an introductory session on Studium Learning Solutions and Career Guru. The session was handled by Ms. Naseeha Nazeer and the session covered the structure, functioning and service provided by the Organization. Studium Learning Solutions, Kalamassery is a Kochi-based education welfare center. The organization strives for the overall development of children who have learning and behavioural difficulties. The organization works on the ideology that if children are examined and their developmental requirements are met early on, they could well be managed and integrated into the mainstream with other children. Every child should be handled as per their developmental capabilities and must be fostered in a favorable environment. The mission of the Organization is to deal with children who have learning and behavioural issues in a systematic manner and to train individuals to deal with children who have special needs. The vision of the organization is to raise awareness among schools, families and society about the necessity of early and appropriate intervention for Specific Learning Disorders (SLD) or Attention Deficit Hyperactivity Disorder

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(ADHD). Ms. Naseeha Nazeer also introduced the teacher educands about Career Guru which is an initiative by Studium Learning Solutions, Kalamassery. Career Guru guides students' careers through various career mentorship programmes, counselling and aptitude testing. As the name implies, Career Guru advise students on the best course to take in order to learn to tackle challenges and live in a competitive environment. Career Guru motivated children who are lacking in self-esteem and confidence through various types of counselling programmes and other activities. The Career Guru also develops productive and innovative ideas to stimulate pupils by thinking outside the box. The main goal of Career Guru is to assist students shape their future in a positive way, especially because many students wander from their intended career route due to a significant lack of awareness of rapidly changing demands and tendencies of the current world order. The mission of Career Guru is to make quality and affordable career counselling services available digitally across the globe in all languages. Their vision is to become the first choice in career guidance and counselling by providing the finest career solutions and developing future leaders who really are goal-oriented and valuable to society. Ms. Naseeha Nazeer also explained about the different types of evaluations and assessments carried out in the institution. After the session by Ms. Naseeha Nazeer, another session on the career opportunities and scope for teaching profession in working with children who are differently abled or with special needs was carried out by Mr. Jaleel M S. Mr. Jaleel M S enunciated that there are a number of opportunities for teachers to work with children with specific disorders. He also explained about various short term courses provided by many overseas universities which would be an add-on and benefits the teacher educands in their teaching profession. Mr. Jaleel M S also explained about the scope and opportunities provided by these short term courses.

The outreach programme at Studium Learning Solutions in Kalamassery conducted for teacher educands from St. Joseph College of Teacher Education for Women, Ernakulam was indeed fruitful and productive. It could enhance the knowledge base of teacher educands and helped them understand various career opportunities for their profession. The student teachers could understand the functioning and major services provided by Studium Learning Solutions and also could learn about various learning and behavioral disorders among differently abled students. The teacher educands could also raise their awareness about various teaching methodologies employed for the education of differently abled students. Overall, the outreach programme was highly informative and beneficial for teacher educands. The programme wined up at 4.00 PM.



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Principal in Charge
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Outreach Programme at Studium Learning Solutions, 2022

Photo Gallery



Teacher educands (2020-2022 batch) from St. Joseph College of Teacher Education for Women, Ernakulam at Studium Learning Solutions in Kalamassery as part of outreach programme organized for them by St. Joseph College of Teacher Education for Women, Ernakulam

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 Principal in Charge
 St. Joseph College of Teacher
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Outreach Programme at Studium Learning Solutions, 2022 : Programme Details

| | |
|--------------------------|---|
| Name of the Event | Outreach Programme at Studium Learning Solutions, 2022 |
| Date | 14/02/2022 |
| Time | 2 PM – 4PM |
| Duration | 2 hours |
| Beneficiaries | Teacher Educands- 10, Faculty- 2 |
| Event Venue | Studium Learning Solutions Kalamassery Kochi, India |

List of Participants

Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|-------------------------------------|
| 1 | Ms. Sheeba A.S | Assistant Professor (M Ed. Faculty) |
| 2 | Ms. Aswathy D.V | Assistant Professor (M Ed. Faculty) |

Students list:

| Sl. No | Name | Batch |
|--------|------------------------|--|
| 1 | Anju Babu | 2020-2022 batch (M Ed. Science) |
| 2 | Anju P Asokan | 2020-2022 batch (M Ed. Science) |
| 3 | Greeshma T | 2020-2022 batch (M Ed. Mathematics) |
| 4 | Josephine Sharel Lopez | 2020-2022 batch (M Ed. Social Science) |
| 5 | Lini John | 2020-2022 batch (M Ed. Science) |
| 6 | Naseeha Nazeer | 2020-2022 batch (M Ed. Mathematics) |
| 7 | Saleema M | 2020-2022 batch (M Ed. Science) |
| 8 | Shinu Sabu | 2020-2022 batch (M Ed. English) |
| 9 | Sini Varghese | 2020-2022 batch (M Ed. Social Science) |
| 10 | Sruthimol A R | 2020-2022 batch (M Ed. Mathematics) |



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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Outreach Programme at Devikulam in Munnar, 2022

| | |
|--------------------------------------|--|
| Name of the Event | Outreach Programme at Devikulam in Munnar, 2022 |
| Objectives | <ol style="list-style-type: none"> 1. To learn about the geographical features of Devikulam Gram Panchayath in Munnar 2. To identify and learn about the causes of landslides in Devikulam 3. To understand and learn about the consequences of natural disasters on the residents of Devikulam 4. To study about the impact of human intervention on nature |
| Details of Event Coordinators | St. Joseph College of Teacher Education for Women, Ernakulam |
| Details of Resource Person | Mr. Biju S.L Divisional Forest Officer Devikulam, Munnar |
| Date | 21/02/2022 |
| Time | 10.30 AM – 4.00 PM |
| Duration | 5 hours and 30 minutes |
| Beneficiaries | Teacher Educands- 12, Faculty- 2 |
| Event Venue | Devikulam, Munnar |

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Ernakulam



Outreach Programme at Devikulam in Munnar, 2022

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized an outreach programme at Devikulam in Munnar on 21st February 2022 from 10.30 AM to 4 PM for teacher educands as part of the M Ed programme curriculum. The teacher educands (student teachers from M Ed programme) of 2020-2022 batch from St. Joseph College of Teacher Education for Women, Ernakulam were the beneficiaries for the outreach programme. Ms. Sheeba A.S and Ms. Aswathy D.V, M Ed Faculty members also accompanied the teacher educands for the outreach programme. The programme aimed at helping the teacher educands understand and learn about the geographical features of Devikulam Gram Panchayath in Munnar and to identify and learn about the causes of landslides in Devikulam. The programme also aimed at helping teacher educands to understand and study about the impact of human intervention on nature and the consequences of natural disasters on the residents of Devikulam. The resource persons for the programme was Mr. Biju S.L, Divisional Forest Officer at Devikulam, Munnar. A total of 12 teacher educands and two M Ed faculty members participated in the outreach programme.

As part of the outreach programme, the teacher educands and educators from St. Joseph College of Teacher Education for Women, Ernakulam visited Devikulam in Munnar at 10.30 AM on 21st February 2022 as part of field experience. Field experience is a dynamic method in teaching methodology because it helps the individual to get vibrant and real time knowledge about the event. Field visit develops the problem solving ability and creative thinking of the educands. In order to study the natural disasters occurred in Devikulam, teacher educands and educators from St. Joseph College of Teacher Education for Women, Ernakulam visited Devikulam. Devikulam is a mountain range located near to Munnar. It is known for its pine tree-lined roads, the spectacular Sita Devi Mountains wrapped in dense forests, the Sita Devi temple, the Devikulam Lake, modest elegant residences in classic European architecture, trees in full bloom with vivid yellow flowers and picturesque villages. The name 'Devikulam' denotes 'the lake of the Goddess'. Despite its breathtaking views and natural splendor, Devikulam residents have some tragic tales to share with others. The major issue faced by the inhabitants in Devikulam were landslides. According to the inhabitants, the major cause for the natural disruption issues occurring in the place is due to the unscientific human intervention and exploitation. Along with the causal factors like heavy rainfall,



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flood, earthquakes etc., human activities like clear cutting, mining, building structures and roads without adequate planning and grading becomes a contributing factor in causing landslides. In order to learn more and gather realistic information regarding Devikulam and the natural disasters occurred there, the teacher educands and educators from St. Joseph College of Teacher Education for Women, Ernakulam visited the Divisional Forest Office and Met Mr. Biju S.L, Divisional Forest Officer at Devikulam. Mr. Biju S.L explained about the major features of Devikulam. He also pointed out that landslides are one among the major issues faced by the residents of Devikulam. He enunciated that unscientific human intervention like illegal mining and unscientific building and widening of roads etc. causes land sliding. Mr. Biju S.L, also provided the teacher educands with the information regarding the features of Devikulam including the climate, structure of soil, building construction, land encroachment etc. From the talk with Mr. Biju S.L, student teachers got an overall idea about Devikulam and its features.

The outreach programme at Devikulam in Munnar conducted for teacher educands from St. Joseph College of Teacher Education for Women, Ernakulam turned out to be successful in accomplishing its objectives. The programme helped the teacher educands in understanding the geographical features and effects of natural disasters on the residents of Devikulam. The programme also helped them in identifying the major causal factors for land sliding in Devikulam and also understood about the impact of human activities on nature. The programme was extremely productive and fruitful for the teacher educands. It promoted reflective thinking among the teacher educands. The entire outreach programme winded up at 4 PM.

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Outreach Programme at Devikulam in Munnar, 2022

Photo Gallery



Teacher educands (2020-2022 batch) and teacher educators from St. Joseph College of Teacher Education for Women, Ernakulam at Devikulam in Munnar as part of outreach programme organized for the teacher educands by St. Joseph College of Teacher Education for Women, Ernakulam

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Teacher educands (2020-2022 batch) and teacher educators from St. Joseph College of Teacher Education for Women, Ernakulam at the office of Divisional Forest Officer at Devikulam in Munnar as part of outreach programme organized for the teacher educands by St. Joseph College of Teacher Education for Women, Ernakulam

Outreach Programme at Devikulam in Munnar, 2022

Programme Details

| | |
|--------------------------|---|
| Name of the Event | Outreach Programme at Devikulam in Munnar, 2022 |
| Date | 21/02/2022 |
| Time | 10.30 AM – 4.00 PM |
| Duration | 5 hours and 30 minutes |
| Beneficiaries | Teacher Educands- 12, Faculty- 2 |
| Event Venue | Devikulam, Munnar |



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 Education for Women,
 Ernakulam

List of Participants

Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|-------------------------------------|
| 1 | Ms. Sheeba A.S | Assistant Professor (M Ed. Faculty) |
| 2 | Ms. Aswathy D.V | Assistant Professor (M Ed. Faculty) |

Students list:

| Sl. No | Name | Batch |
|--------|------------------------|--|
| 1 | Anju Babu | 2020-2022 batch (M Ed. Science) |
| 2 | Anju P Asokan | 2020-2022 batch (M Ed. Science) |
| 3 | Greeshma T | 2020-2022 batch (M Ed. Mathematics) |
| 4 | Josephine Sharel Lopez | 2020-2022 batch (M Ed. Social Science) |
| 5 | Lini John | 2020-2022 batch (M Ed. Science) |
| 6 | Naseeha Nazeer | 2020-2022 batch (M Ed. Mathematics) |
| 7 | Saleema M | 2020-2022 batch (M Ed. Science) |
| 8 | Shinu Sabu | 2020-2022 batch (M Ed. English) |
| 9 | Sini Varghese | 2020-2022 batch (M Ed. Social Science) |
| 10 | Sruthimol A R | 2020-2022 batch (M Ed. Mathematics) |
| 11 | Gimarose Mathew | 2020-2022 batch (M Ed. Science) |
| 12 | Rosemol Jose | 2020-2022 batch (M Ed. Science) |

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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)

Outreach Programme at Govt. Childrens Home, Kakkanad

Under CWC, Govt. of Kerala.

Free tuition and Summer Course for the Inmates

Introduction:

In furtherance of our commitment to community engagement and social responsibility, St. Joseph College of Teacher Education for Women organized a summer course for the inmates of the Government Children's Home in Kakkanad. This initiative was aimed at extending educational and developmental opportunities to underprivileged children and fostering a sense of empathy among our student teachers.

Dates and Participants:

The summer course took place from 18-04-2022 to 30-04-2022. A total of 36 student teachers and faculty members from our college actively participated in this outreach activity.

Curriculum:

The curriculum of the summer course was thoughtfully designed to provide holistic development for the children. It included the following components:

Communicative English: A comprehensive course in English language skills to improve the children's communication abilities, ensuring they have a valuable skill for the future.

Value Education Classes: Lessons in ethics, morals, and values to instill a strong sense of character and responsibility in the young minds.

Yoga Practice: Yoga sessions were conducted to promote physical fitness, mental well-being, and stress management.

Personality Development Classes: These classes aimed to enhance the children's confidence, self-esteem, and interpersonal skills.



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Cultural Activities: Creative and cultural activities, including arts and crafts, music, and dance, were organized to stimulate the children's creativity and provide a platform for self-expression.

Basic School Subjects: Fundamental lessons in various school subjects were provided to support their academic growth.

Value-Integrated Lessons: To ensure that values and ethics were ingrained in every aspect of their learning experience.

Games and Recreation: Organized games and recreational activities were incorporated to encourage physical fitness and teamwork.

Impact:

This outreach activity had a profound impact, not only on the children at the Government Children's Home but also on our student teachers. It facilitated the development of empathetic skills among our student teachers as they actively engaged with and supported the needs of these neglected children.

The children at the Government Children's Home, Kakkanad, had the opportunity to learn and grow in a nurturing environment, gaining valuable life skills and knowledge. Our student teachers, in turn, were motivated to reach out to the underprivileged and discovered the importance of empathy and compassion in the teaching profession.

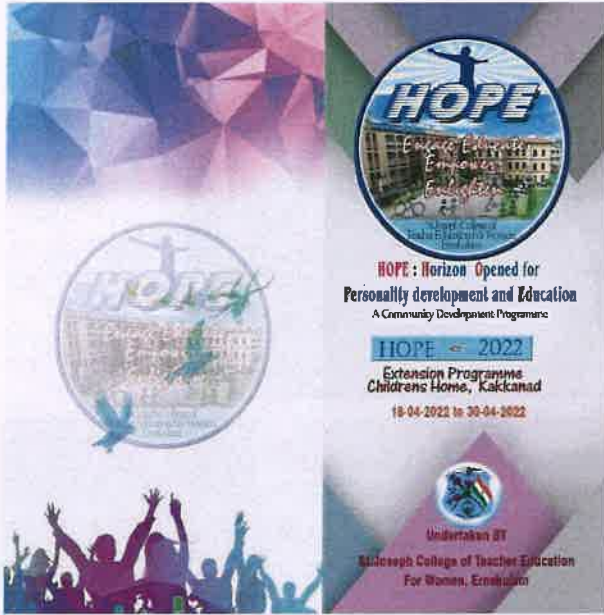
Conclusion:

The summer course organized by St. Joseph College of Teacher Education for Women at the Government Children's Home, Kakkanad, was a resounding success. It not only enriched the lives of the underprivileged children but also served as a profound learning experience for our student teachers, reinforcing our commitment to community outreach and fostering empathy in the teaching profession. We look forward to more such initiatives in the future as we continue to make a positive impact on society through education.

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Brochure



Mathematics Class in a musical way and a general orientation to the summer camp and class



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Origami, craft and vocational training

Evidence of student teachers who participated in the outreach programme.

Date: 18/1/20

| No. | Name of the student teacher | Purpose | Signature |
|-----|-----------------------------|---|-------------|
| 1. | ANAKHA K.S | HOPE EXTENSION PROGRAMME ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM | [Signature] |
| 2. | ANJANA NARAYANAN | " | [Signature] |
| 3. | ANITHA BABU | " | [Signature] |
| 4. | ANITHA RAJU | " | [Signature] |
| 5. | BLESSY BABU | " | [Signature] |
| 6. | BOBINA ANTONY | " | [Signature] |
| 7. | CATHERINE VARGHESE | " | [Signature] |
| 8. | SHELIA STANLY | " | [Signature] |
| 9. | DEEPIKA MOHANAN | " | [Signature] |

Teacher in Charge: Dr. Alice Joseph

Date: 20/1/20

| No. | Name of the student teacher | Purpose | Signature |
|-----|-----------------------------|---|-------------|
| 1. | ANAKHA K.S | HOPE EXTENSION PROGRAMME ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM | [Signature] |
| 2. | ANJANA NARAYANAN | " | [Signature] |
| 3. | ANITHA BABU | " | [Signature] |
| 4. | ANITHA RAJU | " | [Signature] |
| 5. | BLESSY BABU | " | [Signature] |
| 6. | BOBINA ANTONY | " | [Signature] |
| 7. | CATHERINE VARGHESE | " | [Signature] |
| 8. | SHELIA STANLY | " | [Signature] |
| 9. | DEEPIKA MOHANAN | " | [Signature] |

Teacher in Charge: Dr. Alice Joseph

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 Principal in Charge
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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)

Expanding Horizons: Empowering Women through Outreach Mat Preparation

Venue: Ranimatha Public School

Date: 05-03-2022

Initiated by: Tagore House, St. Joseph College of Teacher Education for Women, Ernakulam

Introduction:

The Tagore House at our college, has taken a significant stride towards empowering women through an innovative mat-making program. Following the resounding success of the initial project, an empowering outreach initiative was organized. This report offers a fresh perspective on the program, outlining its distinctive features, objectives, and the impact it has had on women in the new community.

Objective:

The primary objective of this extended outreach program remained empower women through skill development, thereby enhancing their economic independence. It aimed to impart the skill of mat preparation from waste clothes, providing the women with a sustainable source of income and contributing to environmental sustainability.

Training Process:

The training program at the Ranimatha Public School was executed by a dedicated team of student teachers from the Tagore House. These enthusiastic individuals shared their knowledge and skills, covering every aspect of mat preparation, from material selection to cutting and stitching techniques. Like the first program, these sessions were conducted in an inclusive and supportive atmosphere, promoting learning through practical experience. The women participating in the outreach initiative were encouraged to hone their mat-making skills through hands-on practice and guidance.

Impact:

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The impact of this extended outreach initiative has been both heartening and transformative. The women from the community, have discovered a newfound source of income through mat preparation. This financial independence has not only improved their self-confidence but has also given them the agency to make significant decisions for themselves and their families. Moreover, the environmental dimension of the project has fostered a sense of responsibility for sustainable living among the participants, influencing them to make eco-conscious choices in their daily lives.

Conclusion:

As witnessed in through the programme, empowering women through mat preparation from waste clothes is a powerful tool for promoting gender equality, financial independence, and environmental sustainability. These initiatives highlight the potential of education and community engagement to create a more equitable and eco-conscious society. It is a testament to the enduring impact of outreach initiatives that inspire positive change in the lives of women and contribute to a greener, more sustainable world. The success of this programme stands as a shining example for future outreach endeavors.



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List of student teachers of the Tagore house who were involved in the outreach activity

| | |
|--------------------------|------------------|
| 1. Teena Vincent | Malayalam |
| 2. Anaswara | Malayalam |
| 3. Aleena Antony | Malayalam |
| 4. Jayalakshmi Jayakumar | Malayalam |
| 5. Aparna. S | Physical Science |
| 6. Anila Shaju | Physical Science |
| 7. Agatha Cyriac | Physical Science |
| 8. Jesna George | Physical Science |
| 9. F. Merline Rodriguez | English |

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| | |
|------------------------|-----------------|
| 10.HarshaTheresaThomas | English |
| 11.Linet John | English |
| 12.Devika Venugopal | English |
| 13.Regina Teena Dcosta | Social Science |
| 14.Anupama Sreedhar | Social Science |
| 15.Mereena | Social Science |
| 16.Anagha. T | Social Science |
| 17.Vyshnavi N Sarma | Natural Science |
| 18.Pooja Maria Jacob | Natural Science |
| 19.Merin Shajan | Natural Science |
| 20.Allan Francis | Natural Science |
| 21.Rosy Roy | Mathematics |
| 22.Mariya Jessneela | Mathematics |
| 23.Reshma Francis | Mathematics |



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Community Cleaning Programme at District Ayurveda Hospital, Ernakulam

Date: March 12, 2022

Introduction:

On March 12, 2022, a community cleaning program was organized at the District Ayurveda Hospital in Ernakulam. This initiative aimed to promote cleanliness, raise awareness about sanitation, and engage the community in maintaining a clean and hygienic environment around the hospital premises.

Objectives:

The primary objectives of the Community Cleaning Programme at District Ayurveda Hospital, Ernakulam, were as follows:

1. **Promote Cleanliness:** To foster a sense of responsibility among the community members to keep the hospital and its surroundings clean.
2. **Raise Awareness:** To educate the community about the importance of cleanliness, sanitation, and hygiene in healthcare settings.
3. **Community Engagement:** To encourage active participation of local residents and volunteers in cleaning and maintaining the hospital premises.

Key Highlights:

1. **Community Participation:** Local residents, volunteers, and hospital staff actively participated in the cleaning drive. They joined hands to remove litter, clear debris, and clean the hospital surroundings.
2. **Cleaning Activities:** The cleaning activities included sweeping, trash collection, and clearing of overgrown vegetation in the hospital vicinity.
3. **Awareness Campaign:** Informational sessions were conducted to educate the community about the significance of cleanliness in healthcare institutions. The campaign emphasized proper waste disposal and hygiene practices.
4. **Community Bonding:** The event provided an opportunity for community members to come together, bond, and work towards a common goal of a cleaner and healthier hospital environment.

Conclusion:

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The Community Cleaning Programme at District Ayurveda Hospital, Ernakulam, on March 12, 2022, was a successful endeavor in promoting cleanliness and community engagement. It not only contributed to the cleanliness of the hospital premises but also raised awareness about the importance of hygiene in healthcare settings.

Acknowledgment:

We extend our appreciation to all the participants, volunteers, and hospital staff who actively contributed to the success of this community cleaning initiative. Their dedication to the cause of cleanliness and healthcare is commendable.



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List of students Involved

1. Agiya Cosmos M C-Physical science
2. Mariya Das-Physical science
3. Neethu J A -Physical Science
4. Deepa P S-English
5. Divya Radhakrishnan-English
6. Veena C V-English
7. Amala Antony-English
8. Anjaly A.C-Social Science
9. Krishnapriya K-Social Science
10. Rose Mary Paul-Social Science
11. Careen Grace-Natural Science
12. Keerthana M.S-Natural Science
13. Meera Susan Kurian -Natural Science
14. Shalini P S -Natural Science
15. Jinu Joseph-Mathematics
16. Jomol Baby-Mathematics
17. Lekshmipriya T.S-Mathematics
18. Sreeja Sreenivasan-Mathematics
19. Liya Baby-Malayalam
20. Pranaya P.M-Malayalam
21. Riya Sabu-Malayalam
22. Sreelakshmi K.A-Malayalam

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Community Cleaning Programme at Government Childrens Home for Girls, Kakkanad

Date: 12-03-2022

Introduction: On 12-03-2022, a group of student teachers from St. Joseph College of Teacher Education for Women, Ernakulam participated in a community cleaning program at the Government Children's Home for Girls, Under CWC, Government of Kerala. This initiative aimed to engage with the children residing at the home, assist in cleaning their rooms and inner premises, and help relocate unused furniture. Additionally, the student teachers conducted a class on personal health and hygiene practices for the children.

Activities:

1. Interaction with the Children: Upon arrival at the Government Children's Home, our student teachers engaged in meaningful interactions with the children living there. These interactions were designed to build rapport and create a friendly atmosphere.
2. Cleaning Rooms and Inner Premises: The student teachers, under the guidance of the home's authorities and with the participation of the children, actively participated in cleaning the rooms and inner premises of the facility. The cleaning process included sweeping, mopping, dusting, and disinfecting various areas to maintain a clean and healthy environment.
3. Relocating Unused Furniture: One of the primary objectives of this initiative was to address the issue of unused and old furniture dumped in certain areas of the facility. Our student teachers, along with the children from the home, worked together to shift these unused pieces of furniture to a designated room as per the instructions of the authorities. This not only created a safer environment but also organized the space more effectively.
4. Class on Personal Health and Hygiene: After completing the cleaning activities, our student teachers conducted an educational session on personal health and hygiene for the children of the Children's Home. Topics included the importance of handwashing,

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dental care, regular bathing, and maintaining cleanliness in their living spaces. The interactive class aimed to empower the children with essential knowledge for leading healthy lives.

Conclusion: The community cleaning program at the Government Children's Home was a collaborative effort involving our student teachers, the children residing at the home, and the home's authorities. By actively engaging in cleaning and reorganizing the premises, our student teachers contributed to creating a healthier and more pleasant living environment for the children. Additionally, the educational session on personal health and hygiene provided the children with valuable knowledge that will benefit their overall well-being.

This initiative exemplifies the commitment of St. Joseph College of Teacher Education for Women to instilling a sense of social responsibility in its students and fostering positive interactions with the local community. It is our hope that this programme has not only left a cleaner and more organized space but also made a positive impact on the lives of the children at the Government Children's Home.



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List of Students Involved in the activity

1. Angitha Ramachandran – Natural Science
2. Jeshma Das – Natural Science
3. Shimna K – Natural Science
4. Anita Abraham– Natural Science
5. Arya K Surendran - Mathematics
6. Aswathi B A- Mathematics
7. Freeda K F- Mathematics
8. Mellisa Xavier- Mathematics
9. Varsha K V – Social Science
10. Celene Paul -Social Science
11. Dona K Jose - Social Science
12. Riya Davis- Social Science
13. Shilpa K - Malayalam
14. Nitha Alfred- Malayalam
15. Ance Baby - Malayalam


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16. Anisha T - Malayalam
17. Alida Saiju – Physical Science
18. Vinny Grace – Physical Science
19. Vandana S – Physical Science
20. Roshna Rahim – Physical Science
21. K A Rabia - English
22. Gurumahima M V - English
23. Santhi M S - English
24. Prathiba S- English


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Empowering Women of the Organisation KAIROS by providing Training in MAT Making at St. Marys Higher Secondary School, Ernakulam

Venue: St. Marys Higher Secondary School, Ernakulam

Date: 12-03-2022

Introduction:

Kairos, a remarkable organization initiated by the college management, stands as a beacon of hope and empowerment for women. As part of its noble mission, St. Joseph College of Teacher Education for Women, Ernakulam, recently organized a training program aimed at empowering ordinary women to create mats from waste clothes. The training was conducted by dedicated student teachers from the Mahatma House, who generously shared their knowledge and skills with these women. This report provides an overview of the initiative, its objectives, and the impact it has had on the women involved.

Objective:

The primary objective of this initiative was to empower women by providing them with a sustainable skill, thereby increasing their economic independence. By teaching them the art of mat preparation from waste clothes, the initiative sought to address both environmental concerns and women's economic empowerment. This creative and eco-friendly approach not only promised a source of income for the women but also contributed to reducing textile waste and promoting sustainability.

Training Process:

The training program was executed by a group of student teachers who are part of the Mahatma House, demonstrating a strong commitment to giving back to the community. They imparted essential skills related to mat preparation, such as selecting appropriate materials, cutting, and stitching techniques. The training sessions were conducted in a conducive and supportive environment, fostering a sense of camaraderie and shared learning. Through

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hands-on practice and guidance, the women were encouraged to develop their mat-making skills progressively.

Impact:

Many of these women, who previously had limited economic opportunities, can now generate income by selling the mats they produce. This new found financial independence has not only enhanced their self-esteem but has also empowered them to make important decisions for themselves and their families. Moreover, the eco-friendly aspect of this endeavor has created a sense of responsibility towards environmental sustainability among the participants.

Conclusion:

By teaching them the skill of mat preparation from waste clothes, this initiative has not only improved the lives of these women but has also contributed to a more sustainable and eco-conscious society. It is a testament to the power of education and community engagement in promoting gender equality and environmental responsibility. This initiative serves as an inspiration for further projects aimed at empowering women and protecting our planet.



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List of Students from Mahatma House who were involved in the programme

1. Sneha M.M. - Malayalam
2. Sr. Jobitha Joy- Malayalam
3. Divya Rajan- Malayalam
4. Mary Amala R.- Malayalam
5. Akshaya Shaju- Mathematics
6. Parvathy M- Mathematics
7. Rose Maria John - Mathematics
8. Sona Paul- Mathematics
9. Anu P Thomas - Physical Science
10. Fathimathuzuhara - Physical Science
11. Raveena K. Ramesh- Physical Science
12. Akshaya K.S.- Physical Science
13. Saniya Simon - Natural Science
14. Akhitha Sebastian - Natural Science
15. Dilhana Hussain - Natural Science
16. Theresa Thankachan - Natural Science
17. Ancy Abraham - Social Science
18. Akshitha Baskaran - Social Science
19. Minu Joy - Social Science
20. Mary Rinu K.F. - Social Science
21. Divyamol P.D. - Social Science
22. Meera Joy - English
23. Sandra Joy - English
24. Anna Roshmi Varghese- English
25. Merize Ben Alias- English
26. Merline - English

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All Kerala Inter- Collegiate Poster Making Competition for Student Teachers on the theme: Yes to life, No to Drugs

Dated: 05-05-2022

The Anti-Narcotic Club of St. Joseph College of Teacher Education for Women Ernakulam organised an All Kerala inter collegiate poster making competition for student teachers on theme “say no to drugs and yes to life”. Cash prize of worth Rs. 6000 were given to the winners. A meeting was conducted via google meet to discuss and to plan the competition. the program was organised by the final year B.Ed. students. Dr.Sr. Betty P.J, Dr.Sr. Sicily A.A and Dr. Smitha Jose who are the teacher coordinators of the club gave directions and required assistance on planning and implementation as well as constant support through out the event. Duties were divided among the club members starting from preparing the brochure, preparing rules and regulations as well as to ensure participation from students across Kerala. Brochures were sent out via mails and WhatsApp to the different colleges. The last date of submitting the entries were on May 5th , 2022. A total of 32 entries were submitted via email. All the entries were filed and given register numbers using the registration link which was provided to the participants at the time of registration.

The winners were selected based on creativity and originality of the work as well as adherence to the rules and regulations given for the competition. The judging of the poster competition was done by the club members along with the valuable feedback from the teacher coordinators. Cash prize of Rs.6000 were given to the winners along with certificates.

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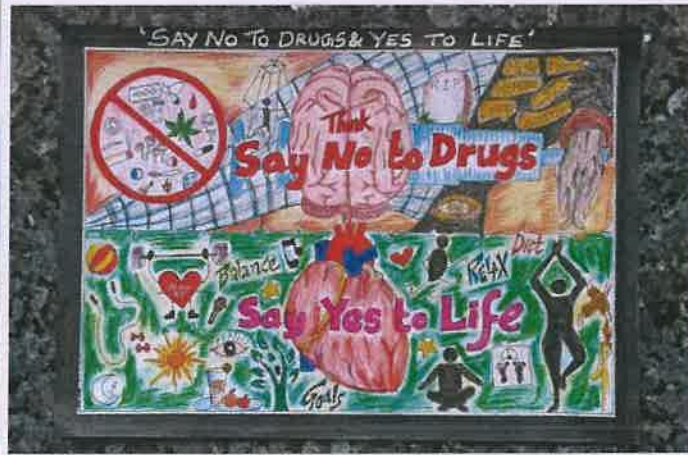


First prize was given to Binet C. Benny of St. Peter's training College, Kolencherry, she was awarded cash prize of Rs 3000 and Certificate. Second prize was given to C. B. Aravind, Victory college of Teachers Training, Olathanniii, Neyyattinkara, Trivandrum, he was awarded cash prize of Rs 2000 and Certificate. Third prize was given to Nandini Shaji, A. W. H College of Education, Cheruvannur, Kozhikode, She was awarded cash prize of Rs 1000 and Certificate. The winners were awarded the prize at the event Mukti organised by Anti-Narcotic Club of St. Joseph College of Teacher Education for Women, Ernakulam. The competition was a huge success and it helped to spread the message of saying yes to life and no to drugs among the student community.

Photos of the entries



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Webinar on 'Addiction to Life, Not to Drugs', 2020

| | |
|--------------------------------------|---|
| Name of the Event | 'Addiction to Life, Not to Drugs', 2020 |
| Objectives | <ol style="list-style-type: none"> 1. To spread social awareness regarding the harmful use of drugs 2. To prevent students from using a variety of drugs including legal and illegal ones 3. To help students get equipped with knowledge which will help them prevent drug abuse in their community |
| Details of event coordinators | Anti-narcotic club St. Joseph College of Teacher Education for Women Ernakulam |
| Details of Resource Person | Shri. K. Ganeshan Resource person, 'Vimukthi', Excise Department, Ponnani |
| Date | 26/06/2020 |
| Time | 7.00 PM to 8.30 PM |
| Duration | 1 hour |
| Beneficiaries | Student teachers (St. Joseph College of Teacher Education for Women, Ernakulam)- 60, Faculty (St. Joseph College of Teacher Education for Women, Ernakulam)- 3, student teachers (from other educational Institutions)- 37 |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/hut-soyw-wum |

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Webinar on 'Addiction to Life, Not to Drugs', 2020

Programme Report

The Anti-Narcotic club of St Joseph College of Teacher Education for Women, Ernakulam under their initiative 'Jagaran', conducted a webinar on 'Addiction to Life, Not to Drugs' on 26th June 2020 from 7.00 PM to 8.30 PM, as part of observing the International Day against Drug Abuse and Illicit Trafficking. The resource person for the webinar was Shri. K Ganeshan, resource person associated with 'Vimukthi' mission, Excise department, Ponnani. The welcome address for the programme was given by Dr. Alice Joseph, the Principal of St Joseph College of Teacher Education for Women. The programme was coordinated by Mrs. Smitha Jose, assistant professor and Ms. Anju P Tomy, Anti-Narcotic club member at St Joseph College of Teacher Education for Women. The Anti-Narcotic club members, Ms. Naina N. T, Ms. M. Renuka and Ms. Salma Shereef were also the coordinators of the one day webinar programme. The webinar was attended by a total of 100 participants who included representatives from different colleges, including, School of Pedagogical Sciences, Kannur University; College of Teacher Education, Muvattupuzha; St. Thomas College of Teacher Education, Pala along with student teachers from St Joseph College of Teacher Education for Women, Ernakulam. The session was conducted via Google meet, an online platform. The whole session turned out to be informative.

Content of the webinar:

- ✚ Evil effects of drugs and motivational session for students in preventing drug abuse
- ✚ Impact of drug abuse on individuals and society at large
- ✚ Real life experiences

Shri. K Ganeshan, being a resource person associated with 'Vimukthi' (Anti-Narcotics campaign launched by the Government of Kerala to create awareness among the people especially youth and aims at eradicating all sorts of narcotic drugs from Kerala), shared



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real life experiences regarding drug abuse which he had encountered in his work life which were real eye openers for the students. The resource person also provided the students with knowledge eliciting information regarding the evil effects of drugs and the impact of drug and its abuse on individuals, families and society at large. The negative consequences of drug abuse not only affects the individuals who abuse drugs, but also their families and friends and the society in which they live in. The detrimental consequences of drug abuse can be mild to severe and can be both physical and mental. Drugs can affect a person's mind and body and can cause impairments in an individuals' personal, occupational, marital and other important areas of functioning. When an individual's functioning is impaired, it leads to reduced productivity and thereby negatively affecting the nation's economy and health status. The resource person actively encouraged the students to pursue their ambitions and embrace life rather than drugs while encouraging them to abstain from drugs to have a brighter future and lead a successful and fuller life.

The online webinar on 'Addiction to Life, Not to Drugs' conducted as part of International Day against Drug Abuse and Illicit Trafficking helped the student teachers to have following key take aways:

- Knowledge regarding drugs and its ill effects
- Increased prevention-related drug knowledge and resistance skills
- Sensitization on drug abuse and equipping students to prevent substance in their own community
- Importance of leading a drug free life and to have a brighter and successful future

The webinar winded up at 8.30 pm with the vote of thanks proposed by Ms. Granes P Joshy, one of the Anti-Narcotics club Members at St Joseph College of Teacher Education for Women, Ernakulam.



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Webinar on 'Addiction to Life, Not to Drugs', 2020

Photo Gallery

JAGARAN (ANTI-NARCOTIC CLUB)
ANTI-NARCOTIC CLUB OF ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM is organizing a Webinar on **"ADDICTION TO LIFE, NOT TO DRUGS"**

Resource Person
Shri. K. Ganeshan
'VIMUKTHI' Resource Person
Excise Department, Ponnani

Date - 26/06/2020
7.00 PM - 8.30 PM

| | | | |
|-----------------------------------|--|---------------------------------|------------------------------------|
| Welcome Address | Program Co-ordinator & Co-Host | Program Host | Vote of Thanks |
| Dr. Sr. Alice Joseph Principal | Mrs. Smitha Jose Assistant Professor Teacher-in-charge | Ms. Anju P. Tomy Club Member | Ms. Granes P. Joshy Club Member |

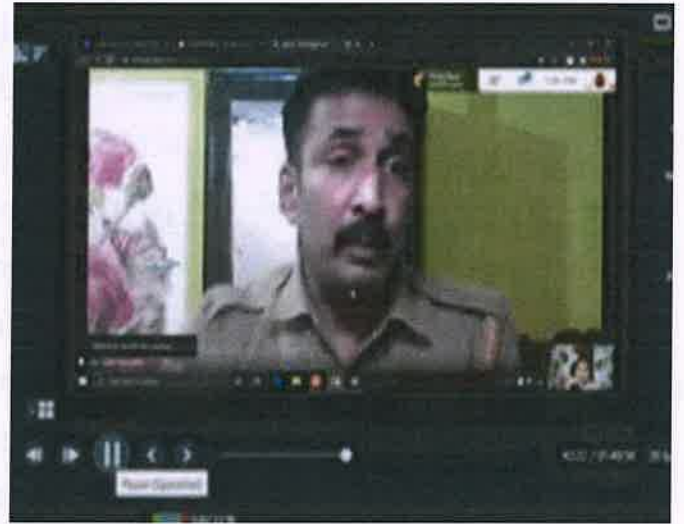
PROGRAM CO-ORDINATORS

| | | |
|--------------------------------|-----------------------------|----------------------------------|
| Ms. Naina N. T. Club Leader | Ms. M Renuka Club Member | Ms. Selma Shereef Club Member |
|--------------------------------|-----------------------------|----------------------------------|

For more details contact:
94959 21362, 77368 29671
80690 62571
stopdrugsvivife@gmail.com

Join us on

Google Meet



Shri. K Ganeshan resource person associated with 'Vimukthi' mission, Excise department, Ponnani carrying out the webinar session on 'Addiction to life, not to drugs' conducted as part of International Day against Drug Abuse and Illicit Trafficking, 2020 by St. Joseph College of Teacher Education for Women, Ernakulam

Brochure for the webinar on 'Addiction to life, not to drugs' conducted as part of International Day against Drug Abuse and Illicit Trafficking, 2020 by St. Joseph College of Teacher Education for Women, Ernakulam



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Webinar on 'Addiction to Life, Not to Drugs', 2020

Programme Details

| | |
|--------------------------|--|
| Name of the Event | Webinar on 'Addiction to Life, Not to Drugs', 2020 |
| Date | 26/06/2020 |
| Time | 7.00 PM to 8.30 PM |
| Duration | 1 hour |
| Beneficiaries | Student teachers (St. Joseph College of Teacher Education for Women, Ernakulam)- 60, Faculty (St. Joseph College of Teacher Education for Women, Ernakulam)- 3, student teachers (from other educational Institutions)- 37 |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/hut-soyw-wum |

List of Participants


Faculty members' list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|----------------------|--|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Dr. Josephine Joseph | Assistant Professor (Physical Science Education) |
| 3 | Mrs. Smitha Jose | Assistant Professor (Education) |

Students' list:

| Sl. No | Name | Batch |
|--------|-------------|--|
| 1 | Amrutha S V | 2019-2021 batch (B Ed. Social Science) |
| 2 | Anjaly M B | 2019-2021 batch (B Ed. Social Science) |
| 3 | Anjana K M | 2019-2021 batch (B Ed. Social Science) |
| 4 | Anju P Tomy | 2019-2021 batch (B Ed. Social Science) |




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| | | |
|----|---------------------|--|
| 5 | Annaet O J | 2019-2021 batch (B Ed. Social Science) |
| 6 | Aswathy Peter | 2019-2021 batch (B Ed. Social Science) |
| 7 | Bilby Babu | 2019-2021 batch (B Ed. Social Science) |
| 8 | Blessy Jacob | 2019-2021 batch (B Ed. Social Science) |
| 9 | Dona Garvasis | 2019-2021 batch (B Ed. Social Science) |
| 10 | Faseela U S | 2019-2021 batch (B Ed. Social Science) |
| 11 | Fousiya K N | 2019-2021 batch (B Ed. Social Science) |
| 12 | Gopika Rajagopal | 2019-2021 batch (B Ed. Social Science) |
| 13 | Granes P Joshy | 2019-2021 batch (B Ed. Social Science) |
| 14 | Lincy B J | 2019-2021 batch (B Ed. Social Science) |
| 15 | M Renuka | 2019-2021 batch (B Ed. Social Science) |
| 16 | Naina N T | 2019-2021 batch (B Ed. Social Science) |
| 17 | Salma Shereef | 2019-2021 batch (B Ed. Social Science) |
| 18 | Sujitha Jose | 2019-2021 batch (B Ed. Social Science) |
| 19 | Amala Anna Thomas | 2019-2021 batch (B Ed. English) |
| 20 | Amreetha S James | 2019-2021 batch (B Ed. English) |
| 21 | Annu Jose | 2019-2021 batch (B Ed. English) |
| 22 | Anu Thomas | 2019-2021 batch (B Ed. English) |
| 23 | Anusree Venu | 2019-2021 batch (B Ed. English) |
| 24 | Devika S | 2019-2021 batch (B Ed. English) |
| 25 | Hridya Joly | 2019-2021 batch (B Ed. English) |
| 26 | Jefin Job | 2019-2021 batch (B Ed. English) |
| 27 | Jyothis K Devasia | 2019-2021 batch (B Ed. English) |
| 28 | Keerthana Krishnan | 2019-2021 batch (B Ed. English) |
| 29 | Nandita B Shenoy | 2019-2021 batch (B Ed. English) |
| 30 | Neethu Peter | 2019-2021 batch (B Ed. English) |
| 31 | Preetha T P (Blind) | 2019-2021 batch (B Ed. English) |
| 32 | Reshma C Ratheesh | 2019-2021 batch (B Ed. English) |



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| | | |
|----|-----------------------|---|
| 33 | Sandra P K | 2019-2021 batch (B Ed. English) |
| 34 | Sara Stephen | 2019-2021 batch (B Ed. English) |
| 35 | Abhilasha K P | 2019-2021 batch (B Ed. Natural Science) |
| 36 | Akheena Thomas | 2019-2021 batch (B Ed. Natural Science) |
| 37 | Amrutha K H | 2019-2021 batch (B Ed. Natural Science) |
| 38 | Anu Maria K J | 2019-2021 batch (B Ed. Natural Science) |
| 39 | Christy P P | 2019-2021 batch (B Ed. Natural Science) |
| 40 | Deepthi George | 2019-2021 batch (B Ed. Natural Science) |
| 41 | Dhanyamol L | 2019-2021 batch (B Ed. Natural Science) |
| 42 | Gretta James | 2019-2021 batch (B Ed. Natural Science) |
| 43 | Maria Sonet K G | 2019-2021 batch (B Ed. Natural Science) |
| 44 | Mary Rilul Arooja | 2019-2021 batch (B Ed. Natural Science) |
| 45 | Minumol Johnson | 2019-2021 batch (B Ed. Natural Science) |
| 46 | Neethu Ursala P G | 2019-2021 batch (B Ed. Natural Science) |
| 47 | Reshma P P | 2019-2021 batch (B Ed. Natural Science) |
| 48 | Dhanalekshmi T D | 2019-2021 batch (B Ed. Social Science) |
| 49 | Greshma Rose | 2019-2021 batch (B Ed. Social Science) |
| 50 | Jaimol O B | 2019-2021 batch (B Ed. Social Science) |
| 51 | Kavya .K.M | 2018-2020 batch (B Ed. Social Science) |
| 52 | Maria Carmel M.F | 2018-2020 batch (B Ed. Social Science) |
| 53 | Najuma K.S | 2018-2020 batch (B Ed. Social Science) |
| 54 | Nimisha P U | 2018-2020 batch (B Ed. Social Science) |
| 55 | Nimmi M D | 2018-2020 batch (B Ed. Social Science) |
| 56 | Praveena.K.P | 2018-2020 batch (B Ed. Social Science) |
| 57 | Saniya Rose K M | 2018-2020 batch (B Ed. Social Science) |
| 58 | Sayana Ramachandran E | 2018-2020 batch (B Ed. Social Science) |
| 59 | Shahana P S | 2018-2020 batch (B Ed. Social Science) |
| 60 | Sibil Prasad | 2018-2020 batch (B Ed. Social Science) |




 Dr. Alice Joseph
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List of other education institutions participated:

| SL.NO. | NAME OF THE INSTITUTION | TOTAL NUMBER OF STUDENTS PARTICIPATED |
|--------|---|---------------------------------------|
| 1 | School of Pedagogical Sciences, Kannur University | 37 |
| 2 | College of Teacher Education, Muvattupuzha | |
| 3 | St. Thomas College of Teacher Education, Pala | |

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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)

'Saisei 2020' - Hiroshima-Nagasaki Day

| | |
|--------------------------------------|--|
| Name of the Event | 'Saisei 2020'- Hiroshima-Nagasaki Day |
| Objectives | <ol style="list-style-type: none"> 1. To commemorate the atomic bombing incident took place in Hiroshima and Nagasaki in Japan in 1945 2. To remind the world about the suffering and agony of the victims of the atomic bombing incidents took place in Japan in 1945 3. To honour the victims who lost their lives as a result of the atomic bombing in Hiroshima and Nagasaki 4. To generate awareness regarding the deadly and devastating impacts of nuclear bombs 5. To promote student teachers' talents and enhance their knowledge and skills through various competitions based on the theme of Hiroshima-Nagasaki incident |
| Details of Event Coordinators | Student teachers and Faculty members Physical Science optional St. Joseph College of Teacher Education for Women, Ernakulam |
| Date | 10/08/2020 |
| Time | 3.00 PM - 3.30 PM |
| Duration | 30 minutes |
| Beneficiaries | Student teachers- 129, Faculty- 11 |
| Platforms | Google Meet, YouTube |
| Meet Link | https://meet.google.com/jyh-opdg-txn https://youtu.be/bSDIY1uZqSY |


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'Saisei 2020' - Hiroshima-Nagasaki Day

Programme Report

Every year, it is commemorated as Hiroshima day and Nagasaki day on 6th and 9th of August respectively across the world. These days reminds people of the atomic bombing tragedy took place in Hiroshima and Nagasaki in Japan in 1945 during Second World War. The atomic bombs dropped both at Hiroshima and Nagasaki killed many people and lead many others to suffer from cancers and other sicknesses due to the high nuclear radiation and some population were left with fatal injuries. The Hiroshima and Nagasaki day are observed with an aim to raise awareness regarding the devastating impact of nuclear weapons and to prevent further tragedy and deaths caused by nuclear weapons. The Hiroshima and Nagasaki days is also observed as an opportunity to pay tribute to and honour the victims and the survivors of the atomic bombing tragedy. The year 2020 marked the 75th anniversary of the tragic incident that shook Japan in 1945.

St. Joseph College of Teacher Education for Women, Ernakulam observed Hiroshima-Nagasaki Day, 'Saisei 2020' On 10th August 2020 from 3.00 PM to 3.30 PM via online platforms including Google meet and YouTube. The whole event was organized and coordinated by faculty members and student teachers of Physical Science optional. The event aimed at generating awareness regarding the deadly and devastating impacts of nuclear bombs and to commemorate the Hiroshima and Nagasaki atomic bomb incidents took place in 1945 and to honour the survivors and the victims of the bombing. Even though, St. Joseph College of Teacher Education for Women, Ernakulam observed the Hiroshima-Nagasaki Day on 10th of August 2020, the observatory activities and competitions were conducted on 8th and 9th of August 2020. All student teachers and faculty members participated in the event.

The event, 'Saisei 2020' started exactly at 3.00 PM via Google Meet and live on YouTube. The emcee for the event was performed by Ms. Rosemary Sebastian, student teacher from Physical Science optional. Ms. Rosemary Sebastian officially welcomed all of the participants to the event. The event started with a small video presentation on the journey of St. Joseph College of Teacher Education for Women, Ernakulam in observing Hiroshima-Nagasaki Remembrance day prepared by Ms. Livi George, student teacher from Physical Science optional. The video also covered the competitions conducted as a predecessor to the event 'Saisei 2020'. The competitions were conducted at intercollegiate level. The key competitions conducted as part of Hiroshima- Nagasaki day were:

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St. Joseph College of Teacher
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- ✦ Memoir writing competition
- ✦ Caption writing competition
- ✦ Poster making competition
- ✦ Cartoon making competition

Memoir writing and caption writing competitions were conducted on 8th August 2020 and poster making and cartoon making competitions were conducted at 9th August 2020. The 'Phoenix of Hiroshima' was the theme for memoir writing competition. The theme for poster making competition was 'Peace on Earth'. 'Upon the Wings of Peace' was the theme set for cartoon making competition. Student teachers from various colleges and universities actively participated in the competitions. All the information regarding the competitions were shared via whatsapp, an online platform.

The video presentation was succeeded by the presidential address. 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 elucidated that an individual's talent is unique and is set apart from knowledge. She added that every talent is a gift coming down from the almighty, the father of heavenly lights. She enunciated that the holy Bible spells out that all individuals are born with distinct talents that set each individual unique one from the other. And when one discovers his talents that god has gifted him with and use them to glorify him, he or she experiences a fuller life. She reminded all of the student teachers who participated in the event to stand up for the peace and goodness of the community. Dr. Alice Joseph congratulated all the student teachers who took part in various competitions as part of 'Sasei 2020'. After the main address, she announced the winners for the competitions conducted as part of Hiroshima-Nagasaki day, 2020.

The first prize for the caption writing competition was secured by Ms. Gopika K Nair, student teacher from Auxilium College of Education, Angamaly. The second prize for the competition was secured by Ms. Reshma Surendran, student teacher from Hill Valley College of Education, Thrikkakara and the third prize was secured by Ms. Soumya Simon, student teacher from Mangalam College of Education, Ettumanoor. For poster making competition, the first prize was secured by Ms. Suresh Kumar K, student teacher from St. Joseph's Training College, Mannanam. The second prize for the competition was secured by Ms. Kavyapriya B, student teacher from Mount Carmel College of Teacher Education for Women, Kottayam and the third prize was secured by Ms. Aneeja Antony, student teacher from SNM Training College, Moothakunnam. The first prize for memoir writing competition was secured by Ms. Anusree Venu, student teacher from St. Joseph College of Teacher Education for Women, Ernakulam. The second prize for the memoir writing competition was secured by Ms. Sheeba S Rosemary, student teacher from College of Teacher Education, Paipad and the third



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prize was secured by Ms. Krishnapriya K.P, student teacher from Hill Valley College of Education, Thrikkakara. For cartoon making competition, the first prize was secured by Ms. Kavyapriya B, student

teacher from Mount Carmel College of Teacher Education for Women, Kottayam. The second prize for the competition was secured by Ms. Meenu Paul, student teacher from Auxilium College of Education, Angamaly and the third prize was secured by Ms. Hiba Shamili, National College for Teacher Education, Perumbavoor in Ernakulam. Dr. Alice Joseph appreciated all the student teachers who participated and won the competitions and also appreciated Dr. Josephine Joseph, Assistant Professor in Physical Science Education at St. Joseph College of Teacher Education for Women, Ernakulam for organizing and coordinating the event successfully. All of the participants were provided with e-certificates.

The presidential address by the Principal was succeeded by a video presentation by Ms. Livi George, student teacher from Physical Science optional which took all the participants to have a glimpse into the historical moments of Hiroshima-Nagasaki incidents. The video briefly reminded all of the viewers about the black days of 1945 in Hiroshima and Nagasaki that shook the humanity of the world. It was on 6th August 1945, the world's first atomic bomb namely 'Little Boy' was dropped in Hiroshima. Three days apart the 'Little Boy' attack, America dropped more powerful and complex atomic bomb 'Fat Man' on 9th August 1945 in the Japanese city, Nagasaki. Both the atomic bombings instantly killed a large population of these Japanese cities and left many of them to suffer from fatal injuries and other chronic illnesses due to the high radiation energy. And with that, Japan officially surrendered the war and thus the Second World War came to an end. The United States Government programme, the 'Manhattan Project' built these atomic bombs during World War II.

After the video presentation, a quiz competition was conducted as part of the event, 'Saisei 2020' via the app 'Kahoot!'. The link for the quiz competition was shared among the participants via Google Meet and YouTube chat boxes. The total duration of the quiz competition was 5 minutes. The first prize for the quiz competition was secured by Ms. Krishnapriya K.P, student teacher from Hill Valley College of Education, Thrikkakara. The second prize for the competition was secured by Ms. Divya K.G, student teacher from Mount Carmel College of Teacher Education for Women, Kottayam and the third prize was secured by Ms. Soumya Simon, student teacher from Mangalam College of Education, Kottayam.

The vote of thanks for the event was delivered by Dr. Josephine Joseph, Assistant Professor in Physical Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Josephine Joseph officially expressed gratitude to all of the participants including Principals, teachers and student teachers from various colleges.


Dr. Alice Joseph
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She also appreciated student teachers of Physical Science optional at St. Joseph College of Teacher Education for Women, Ernakulam for their hard work and outstanding teamwork in organizing and coordinating the programme successfully. With that, 'Saisei 2020' winded up at 3.30 PM.

'Saisei 2020' - Hiroshima-Nagasaki Day

Photo Gallery

Saisei 2020
(Rebirth)

In relation with Hiroshima- Nagasaki day

Organized by
Physical Science Department of St. Joseph
College of Teacher Education for Women,
Ernakulam

Competitions : 8, 9 August 2020
Prize announcement via Google meet
on 10 August 2020
(Exclusively for BEd Students)

Registration
link: <https://forms.gle/mALrx4C7km933QW6>

E-Certificate will be provided to all the participants

Principal
Dr. St Alice Joseph
Program in Charge
Dr. St Josephine Joseph
Organiser
Physical Science Department

Friends,

The Physical Science Department
of St. Joseph College of Teacher
Education for Women Ernakulam is
organising an All Kerala B.Ed
Intercollegiate competition entitled
"Saisei 2020" in relation with
Hiroshima-Nagasaki day. Competitions
will be held on Aug 8 & 9 and Winner
will be announced via Google meet held
on 10th Aug 2020

We wholeheartedly invite all our dear
friends to this event.

**A fun game is awaiting you on live
meet... don't miss it... remember to**

General Instructions

- ❖ Participants are required to register through the link provided and join whatsapp group through the 'invite link' given in registration form.
- ❖ Detailed instructions regarding each item will be provided in the whatsapp group.
- ❖ Format for mailing the entries
Subject: (Name of competition)
Body of e-mail:
a. Name of participant
b. Name of institution
Attachment: (in prescribed format)
- ❖ All participants will be provided with e-certificate.
 - ❖ Entries must be provided before deadline. Late submissions won't be considered.
- ❖ Give your entries (Poster, Cartoon, Memoir) on A4 size paper.
 - ❖ Plagiarism must be avoided.

*You know how creative
you are!!*

*Here comes the Golden chance to
showcase your creativity*

The Competitions include:

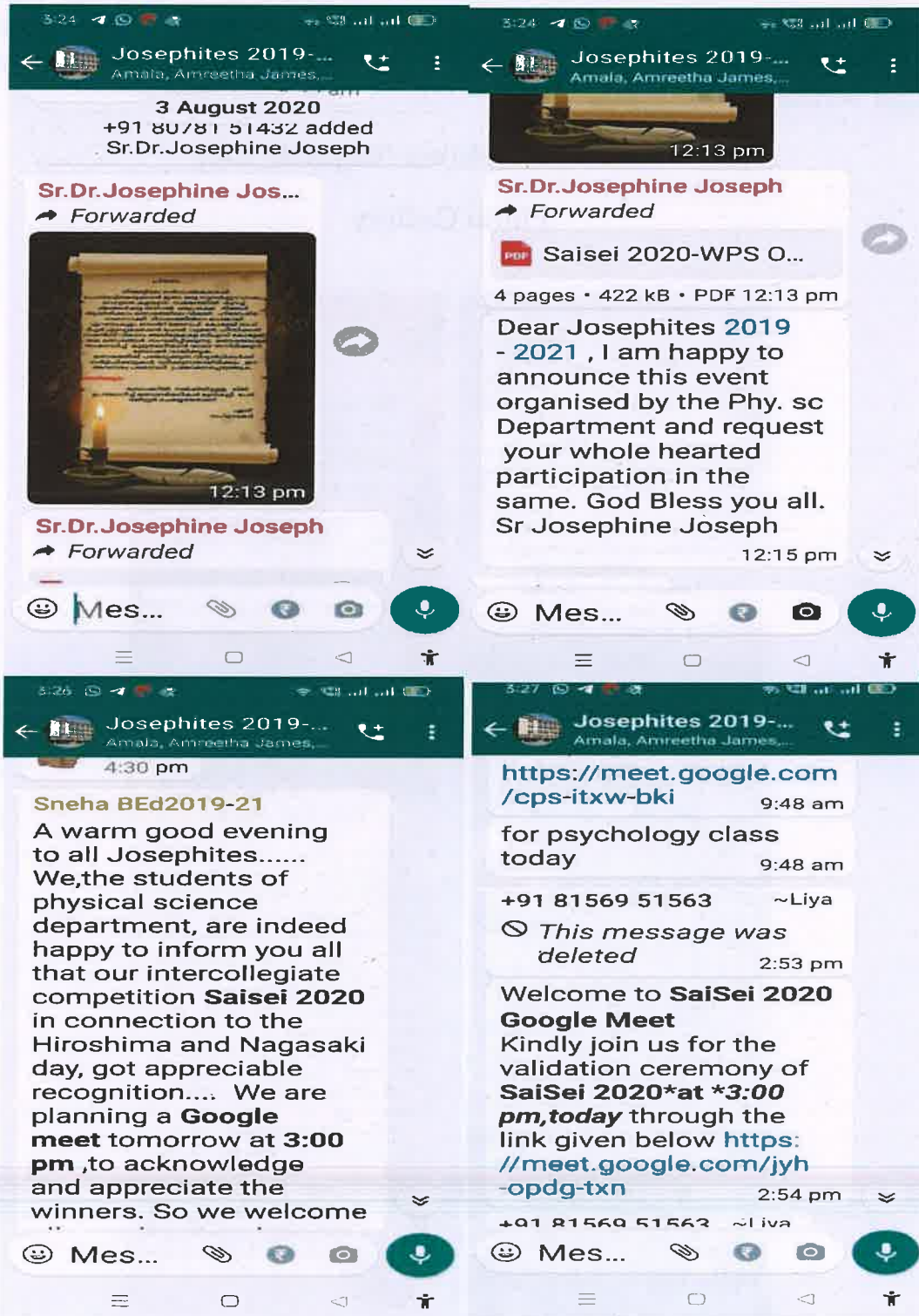
- ★ Memoir (An Imaginative writing)
 - ★ Caption contest
 - ★ Poster making
 - ★ Cartoon making

Do participate & have fun...

Brochures for 'Saisei 2020'- Hiroshima- Nagasaki Day

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Snippets from invitations of 'Saisei 2020' shared via Whatsapp



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'Saisei 2020' - Hiroshima-Nagasaki Day

Programme Details

| | |
|--------------------------|--|
| Name of the Event | 'Saisei 2020' - Hiroshima-Nagasaki Day |
| Date | 10/08/2020 |
| Time | 3.00 PM- 3.30 PM |
| Duration | 30 minutes |
| Beneficiaries | Student teachers- 129, Faculty- 11 |
| Platform | Google Meet, YouTube |
| Meet Link | https://meet.google.com/jyh-opdg-txn https://youtu.be/bSDIY1uZqSY |

List of Participants

Faculty members list (St. Joseph College of Teacher Education for Women, Ernakulam):

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

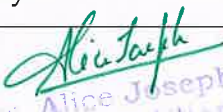
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Students list (St. Joseph College of Teacher Education for Women, Ernakulam):

| Sl. No | Name | Batch |
|--------|----------------------|---|
| 1 | Annu Jose | 2019-2021 batch (B Ed. English) |
| 2 | Amala Anna Thomas | 2019-2021 batch (B Ed. English) |
| 3 | Anu Thomas | 2019-2021 batch (B Ed. English) |
| 4 | Anusree Venu | 2019-2021 batch (B Ed. English) |
| 5 | Hridya Joly | 2019-2021 batch (B Ed. English) |
| 6 | Devika S | 2019-2021 batch (B Ed. English) |
| 7 | Jefin Job | 2019-2021 batch (B Ed. English) |
| 8 | Keerthana Krishnan | 2019-2021 batch (B Ed. English) |
| 9 | Nandita B Shenoy | 2019-2021 batch (B Ed. English) |
| 10 | Neethu Peter | 2019-2021 batch (B Ed. English) |
| 11 | Amrutha K H | 2019-2021 batch (B Ed. Natural Science) |
| 12 | Christy P.P | 2019-2021 batch (B Ed. Natural Science) |
| 13 | Abhilasha K P | 2019-2021 batch (B Ed. Natural Science) |
| 14 | Greetta James | 2019-2021 batch (B Ed. Natural Science) |
| 15 | Sithara Joshy | 2019-2021 batch (B Ed. Natural Science) |
| 16 | Blessy Jacob | 2019-2021 batch (B Ed. Social science) |
| 17 | Dona Garvasis | 2019-2021 batch (B Ed. Social science) |
| 18 | Granes P Joshy | 2019-2021 batch (B Ed. Social science) |
| 19 | M Renuka | 2019-2021 batch (B Ed. Social science) |
| 20 | Salma Shereef | 2019-2021 batch (B Ed. Social science) |
| 21 | Naina N.T | 2019-2021 batch (B Ed. Social science) |
| 22 | Anjali K. Thankappan | 2019-2021 batch (B Ed. Malayalam) |
| 23 | Jyothi G. | 2019-2021 batch (B Ed. Malayalam) |
| 24 | Dhanyamol L | 2019-2021 batch (B Ed. Natural Science) |
| 25 | Shelga Jacob | 2019-2021 batch (B Ed. Malayalam) |
| 26 | Ninitha Joy V | 2019-2021 batch (B Ed. Malayalam) |




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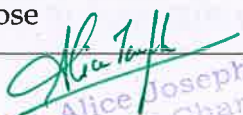
| | | |
|----|------------------------|--|
| 27 | Somiya Mathew | 2019-2021 batch (B Ed. Mathematics) |
| 28 | Sruthy K. Shaju | 2019-2021 batch (B Ed. Mathematics) |
| 29 | Reshma P.P | 2019-2021 batch (B Ed. Natural Science) |
| 30 | Swanila N.S | 2019-2021 batch (B Ed. Natural Science) |
| 31 | Minnu Maria Wilson | 2019-2021 batch (B Ed. Physical Science) |
| 32 | Mariya Jesleena Martin | 2019-2021 batch (B Ed. Physical Science) |
| 33 | Metty P.J | 2019-2021 batch (B Ed. Physical Science) |
| 34 | Jeen Mary A J | 2019-2021 batch (B Ed. Physical Science) |
| 35 | Liya Rose | 2019-2021 batch (B Ed. Physical Science) |
| 36 | Jyothis K Devasia | 2019-2021 batch (B Ed. English) |
| 37 | Reshma C Ratheesh | 2019-2021 batch (B Ed. English) |
| 38 | Sara Stephen | 2019-2021 batch (B Ed. English) |
| 39 | Anntreesa J Kappen | 2019-2021 batch (B Ed. Malayalam) |
| 40 | Athira M.M | 2019-2021 batch (B Ed. Malayalam) |
| 41 | Linet Maria K | 2019-2021 batch (B Ed. Malayalam) |
| 42 | Parvathy Rajeev | 2019-2021 batch (B Ed. Malayalam) |
| 43 | Sandhya Poulouse | 2019-2021 batch (B Ed. Malayalam) |
| 44 | Sandra Saju | 2019-2021 batch (B Ed. Malayalam) |
| 45 | Shijila P N | 2019-2021 batch (B Ed. Malayalam) |
| 46 | Sinimol P T | 2019-2021 batch (B Ed. Malayalam) |
| 47 | Sisira S | 2019-2021 batch (B Ed. Malayalam) |
| 48 | Vincy P V | 2019-2021 batch (B Ed. Malayalam) |
| 49 | Asha Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 50 | Joseme Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 51 | Lismy Thomas | 2019-2021 batch (B Ed. Mathematics) |
| 52 | Priyanka K.T | 2019-2021 batch (B Ed. Mathematics) |
| 53 | Theressa Sebi | 2019-2021 batch (B Ed. Mathematics) |
| 54 | Aleena Mary | 2019-2021 batch (B Ed. Mathematics) |



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| | | |
|----|---------------------|--|
| 55 | Raveena T V | 2019-2021 batch (B Ed. Mathematics) |
| 56 | Maria Ancy M.J | 2019-2021 batch (B Ed. Mathematics) |
| 57 | Maria Sonet K G | 2019-2021 batch (B Ed. Natural Science) |
| 58 | Sony George | 2019-2021 batch (B Ed. Natural Science) |
| 59 | Minumol Johnson | 2019-2021 batch (B Ed. Natural Science) |
| 60 | Mary Rilu Arooja | 2019-2021 batch (B Ed. Natural Science) |
| 61 | Neethu Ursala P G | 2019-2021 batch (B Ed. Natural Science) |
| 62 | Akheena Thomas | 2019-2021 batch (B Ed. Natural Science) |
| 63 | Christina Louis | 2019-2021 batch (B Ed. Physical Science) |
| 64 | Annmary Jose | 2019-2021 batch (B Ed. Physical Science) |
| 65 | Ishida K B | 2019-2021 batch (B Ed. Physical Science) |
| 66 | Thahira M A | 2019-2021 batch (B Ed. Physical Science) |
| 67 | Sneha Mol K J | 2019-2021 batch (B Ed. Physical Science) |
| 68 | Maria Rose Varghese | 2019-2021 batch (B Ed. Physical Science) |
| 69 | Livi George | 2019-2021 batch (B Ed. Physical Science) |
| 70 | Liya Joseph | 2019-2021 batch (B Ed. Physical Science) |
| 71 | Liya Rose | 2019-2021 batch (B Ed. Physical Science) |
| 72 | Mary Nivitha Bivera | 2019-2021 batch (B Ed. Physical Science) |
| 73 | Rose Mary Sebastian | 2019-2021 batch (B Ed. Physical Science) |
| 74 | Amrutha S V | 2019-2021 batch (B Ed. Social science) |
| 75 | Anjaly M B | 2019-2021 batch (B Ed. Social science) |
| 76 | Anjana K M | 2019-2021 batch (B Ed. Social science) |
| 77 | Annaet O J | 2019-2021 batch (B Ed. Social science) |
| 78 | Aswathy Peter | 2019-2021 batch (B Ed. Social science) |
| 79 | Bilby Babu | 2019-2021 batch (B Ed. Social science) |
| 80 | Gopika Rajagopal | 2019-2021 batch (B Ed. Social science) |
| 81 | Lincy Jude | 2019-2021 batch (B Ed. Social science) |
| 82 | Sujitha Jose | 2019-2021 batch (B Ed. Social science) |




 Dr. Alice Joseph
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 Education for Women,
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List of participants of 'Saisei 2020' from various colleges:

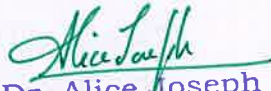
| Sl. No | Name | Institution |
|--------|-------------------|--|
| 1 | Sheethal V Biju | College of Teacher Education, Erattupetta |
| 2 | Jiby K.P | SNDP Yogam B Ed. Training College, Adimaly |
| 3 | Athira Pradeep | Auxilium College of Education, Angamaly |
| 4 | Bincy M Wilson | SNDP Yogam B Ed. Training College, Adimaly |
| 5 | Meenu Paul | Auxilium College of Education, Angamaly |
| 6 | Blesslyn Chackson | St. Thomas College of Teacher Education, Pala |
| 7 | Saraswathy P.R | SNM Training College, Moothakunnam |
| 8 | Sivachhaya J | SNM Training College, Moothakunnam |
| 9 | Krishnapriya K.P | Hill Valley College of Education, Thrikkakara |
| 10 | Divya K.G | Mount Carmel College of Teacher Education for Women, Kottayam |
| 11 | Geethu Augustine | CPAS College of Teacher Education, Kumily |
| 12 | Haritha P Nair | Auxilium College of Education, Angamaly |
| 13 | Nayana P.B | SNM Training College, Moothakunnam |
| 14 | Athira C.S | St. Xavier's Training College For Women, Thottakkattukara, Aluva |
| 15 | Anaida Babu | Auxilium College of Education, Angamaly |
| 16 | Sureshkumar K | St. Joseph's Training College, Mannanam |
| 17 | Arjun Prakash | S.A.M College of Education, Poothotta |
| 18 | Sruthy P S | St. Joseph's Training College, Mannanam |
| 19 | Soumya Simon | Mangalam College of Education, Kottayam |
| 20 | Ashwani N.H | SNM Training College, Moothakunnam |
| 21 | Reshma V.Y | College of Teacher Education, Vaikom, Kottayam |
| 22 | Kavyapriya B | Mount Carmel College of Teacher Education for Women, Kottayam |
| 23 | Gopika K Nair | Auxilium College of Education, Angamaly |



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| | | |
|----|--------------------|---|
| 24 | Nicy Varghese | College of Teacher Education, Vaikom, Kottayam |
| 25 | Saranya K.V | S.A.M College of Education, Poothotta |
| 26 | Abin Antony | College of Teacher Education, Paippad |
| 27 | Vishnu M.R | College of Teacher Education, Vaikom, Kottayam |
| 28 | Anjana Thomas | College of Teacher Education, Paippad |
| 29 | Liya Francis | Auxilium College of Education, Angamaly |
| 30 | Fejy Francis | Auxilium College of Education, Angamaly |
| 31 | Sheeba Rose Mary | College of Teacher Education, Paippad |
| 32 | Jeni Jenson | Avila College of Education, Edakochi |
| 33 | Fathima Sherin T | National College for Teacher Education, Vengola |
| 34 | Latha P | National College for Teacher Education, Vengola |
| 35 | Hiba Shamli A | National College for Teacher Education, Vengola |
| 36 | Riya Elizabeth P.A | St. Xavier's Training College For Women, Thottakkattukara, Aluva |
| 37 | Reshma Surendran | Hill Valley College of Education, Thrikkakara |
| 38 | Snehamol V.I | Auxilium College of Education, Angamaly |
| 39 | Nancy George | Hill Valley College of Education, Thrikkakara |
| 40 | Neelanjana G | SNM Training College, Moothakunnam |
| 41 | Aneeja Antony | SNM Training College, Moothakunnam |
| 42 | Silsha P.P | College of Teacher Education, Paippad |
| 43 | Ann Mary Joseph | Auxilium College of Education, Angamaly |
| 44 | Nikitha Benny | Auxilium College of Education, Angamaly |
| 45 | Thomas Babu | College of Teacher Education, Kudamaloor |
| 47 | Anjana Retnakaran | CPAS College of Teacher Education, Kumily |


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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)

One Day Workshop on VENTEL (Vocational Education-Nai Talim- Experiential Learning) Action Plan

| | |
|-----------------------------------|---|
| Name of the Event | Workshop on VENTEL (Vocational Education- Nai Talim- Experiential Learning) Action Plan |
| Objectives | <ol style="list-style-type: none"> 1. To understand the importance of vocational education as a source of economically valuable labor and its integration with the four disciplines of science, social studies, mathematics, and language 2. Create an action plan for initiatives in the four categories of the VENTEL Action Plan that have been identified: self-reliance, Swachhta & health, community/field engagement, and vocational education. 3. Learn about/discuss some of the finest practices in the four categories of VENTEL, which includes vocational education, Swachhta & health, self-reliance, and community/field engagement. 4. Implement the listed exercises at/from home and present online to the faculty and peer group. 5. Clearly understand the student reporting format for VENTEL activities for submission and presentation at competitions at the institutional, regional, and national levels. 6. Understand the standards for submitting student VENTEL activities for competitions at the institutional, regional, and national levels. |
| Details of Resource Person | Ms. Anu Cleetus Coordinator & Nodal Officer MGNCRE, Hyderabad Ministry of Education Government of India |
| Date | 23/10/2020 |
| Time | 10.00AM- 12.00 PM |
| Duration | 2 hours |



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| | |
|----------------------|---|
| Beneficiaries | Student teachers-88, Faculty-12 |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/ccb-fjcd-pyb |

One Day Workshop on VENTEL (Vocational Education-Nai Talim- Experiential Learning) Action Plan

Programme Report


A one day virtual workshop on VENTEL (Vocational Education-Nai Talim- Experiential Learning) Action plan was organized for the student teachers at the St Joseph College of Teacher Education for Women, Ernakulam in collaboration with MGNCRE (Mahatma Gandhi National Council of Rural Education, Hyderabad) on 23rd October 2020 from 10.00AM to 12.00 PM. The workshop was conducted virtually via Google Meet with a total of 100 participants. The Workshop was dealt with the expertise of Ms. Anu Cleetus, Coordinator and Nodal Officer, MGNCRE (Mahatma Gandhi National Council of Rural Education), Hyderabad under the Ministry of Education, Government of India. Dr. Alice Joseph, the Principal of St Joseph College of Teacher Education for Women, Ernakulam welcomed all of the participants to the one day virtual action plan workshop. The whole workshop was coordinated by Mrs. Smitha Jose, Assistant Professor in Education at St Joseph College of Teacher Education for Women, Ernakulam.

Key contents of the workshop:

- 📌 VENTEL Action Plan – introduction, integrating vocational education into science, mathematics, social and language methodology
- 📌 Format of the timelines, competition and documentation
- 📌 VENTEL Action Plan form: Activities by student teacher online form content
- 📌 Presentation and discussion on VENTEL activities in the four areas of Vocational Education, Self-reliance, Swachhta & Health and Community/Field Engagement
- 📌 VENTEL best practices across India

The workshop focused on the lessons of Mahatma Gandhi which are extremely relevant in the modern world. At a conference in Wardha, Maharashtra, in 1937, Mahatma Gandhi sowed a crucial




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concept to reform the educational system through Nai Talim. The Nai Talim principle, or basic education, holds that work and knowledge are not mutually exclusive. The four areas of VENTEL action plan including vocational education, self-reliance, Swachhta & health, and community/field engagement were discussed along with some of the best practices across India in these four categories. The workshop also equipped the students with adequate knowledge in creating action plan to initiate activities in the four categories. The students were divided in to different groups and each group were made to propose action plans. There were a total of four groups and the actions proposed and taken by the groups of students under the guidance of respective faculty members included vegetable gardening, mask making, pickle making and basket making.

Vegetable Gardening was coordinated by Group 4 under the guidance of faculty in charge, Sicily A. A, Assistant Professor in Malayalam Education. The student coordinator of Group 4 was Ms. Livi George from Physical Science optional. The students did vegetable gardening at their own homes as well as the in the college premises. Variety of vegetables like bitter gourd, chilly, tomato, etc., were cultivated. Since the year was bearing with Covid-19 pandemic, the students started gardening at their own homes, it was started in college premises after the lockdown has been lifted. Food wastes were used as organic composts for the vegetable farming. Mask making was coordinated by Group 1 under the supervision of faculty in charge, Dr. Joby Joy Kurian, Assistant Professor in Mathematics Education. The student coordinator for Group 1 was Ms. Anju P Tomy from Social Science optional. A visual presentation on mask making was carried out by Ms. Sandra P.K, student teacher from English optional. The mask was prepared using fabrics available at home. The pickle making and the basket making activities were also coordinated by Group 1 students under the guidance of faculty in charge, Dr. Joby Joy Kurian, Assistant Professor in Mathematics Education and the student coordinator, Ms. Anju P Tomy from Social Science optional. A virtual visual presentation was carried out by Ms. Jyothi G, student teacher from Malayalam optional. Food items available at home such as mango, lemon, garlic etc. were used for making pickle. For basket making, the video presentation was done by Ms. Rita Rose John, student teacher from Mathematics optional. The basket making focused on using eco-friendly products and therefore the baskets were made of newspapers. The activity, talk and discussion forum was coordinated by Group 3 under the guidance of faculty in charge, Dr. Hemalettha P.K, Assistant professor in Social Science Education. The student coordinator for Group 3 was Ms. M Renuka from Social Science optional. The topic for the talk and discussion activity was 'Healthy



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Use of Mobile Phones- Role of Parents'. The session was conducted in two schools in Ernakulam district. The schools chosen for the activity were Infant Jesus Public School, Paravoor and St. Joseph's HSS, Koonammavu.

The VENTEL workshop helped the student teachers to shift to a healthy lifestyle through the organic vegetable farming, thus promoting intake of pesticide free vegetables and thereby preventing number of diseases. The workshop also paved way for student teachers to earn money by selling the vegetables, masks, baskets and pickles they have prepared at their own homes to the nearby shops, neighboring homes and hostels. The workshop also equipped students with the skills to conduct discussion sessions via the talk and discussion forum conducted on the topic 'Healthy Use of Mobile Phones- Role of Parents' at Infant Jesus Public School, Paravoor and St. Joseph's HSS, Koonammavu. The following were the key takeaways the students had through the workshop,

- ✦ Acquired knowledge and skills in vegetable gardening, mask making, pickle making and basket making.
- ✦ The student teachers understood the importance of having one's own vegetable garden and promoting pesticide free vegetables for healthy lifestyle.
- ✦ The students could realize and promote the importance of eco-friendly products thereby protecting the environment and sustaining it for the future generation.
- ✦ Equipped them with adequate skills to conduct talk and discussion forums and critically think and reflect on particular topic of relevance in the present era.

The workshop was very much engaging since it was practice-based. The whole workshop emphasized on the importance of vocational education as an economically valuable labor. The student teachers had benefitted from the workshop and indeed it helped them in upgrading their knowledge and skills which would contribute positively to their successful practice in their profession.



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One Day Workshop on VENTEL (Vocational Education-Nai Talim-Experiential Learning) Action Plan

Photo Gallery



RESOURCE PERSON
Ms. Anu Cleetus
Coordinator and Nodal Officer
MGNCRE, Hyderabad
Ministry of Education
Govt. of India

ABOUT US

St. Joseph College of Teacher Education for Women, Ernakulam, which is established in 1957, strives for the integral liberation of women through life-oriented education, transforming them to responsible citizens who respond proactively to the global challenges with courage and commitment, build a just social order. College takes various initiatives to provide EXPERIENTIAL LEARNING to our students. One of such initiative is JIC. Josephites in the Community': Parallel to the intellectual pursuits, the creation of a just society respecting the individual dignity, nurturing secular values and religious harmony and reaching out to the needy without any discrimination predicate our institutional ethos. The Extension Service Unit organizes various activities of JIC (JOSEPHITES IN THE COMMUNITY) like outreach programmes, visits to special schools, blood donation camps, free eye camps, distribution of dress and food packets to the needy. Students are engaged in a number of socially productive activities which will help inculcate in them dignity of labour.



VENTEL action plan Sub themes

1. Vocational Education
2. Self-Reliance
3. Swachatha and Health
4. Community Engagement



ST. JOSEPH COLLEGE OF
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FOR WOMEN,
ERNAKULAM

In Collaboration With



MAHATMA GANDHI
NATIONAL COUNCIL OF
RURAL EDUCATION,
HYDERABAD

Organises

VIRTUAL WORKSHOP ON
VENTEL ACTN PLAN

St. Joseph College of Teacher Education for
Women, Ernakulam
Affiliated to Mahatma Gandhi University,
Kottayam, (Recognized by NCTE)
Phone: 0484-2331695, 2371325
stjosephcollege@hotnail.com
website: stjosephcte.in

VENTEL
ACTION
PLAN

Virtual Workshop
23rd October 2020
Time: 10am to 12pm



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



Mrs. Smitha Jose
Coordinator
St. Joseph College of Teacher
Education for Women,
Ernakulam

Brochure for workshop on VENTEL action plan

Dr. Sr. Alice Joseph
Principal in Charge
St. Joseph College of Teacher
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One Day Workshop on VENTEL (Vocational Education-Nai Talim- Experiential Learning) Action Plan

Programme details

| | |
|--------------------------|--|
| Name of the Event | Workshop on VENTEL (Vocational Education- Nai Talim- Experiential Learning) Action Plan |
| Date | 23/10/2020 |
| Time | 10.00 AM – 12.00 PM |
| Duration | 2 hours |
| Beneficiaries | Student teachers-88, Faculty-12 |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/ccb-fjcd-pyb |

List of Participants

Faculty members list:

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


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Students list:


| Sl. No | Name | Batch |
|--------|-------------------|--|
| 1 | Abilasha K P | 2019-2021 batch (B Ed. Natural Science) |
| 2 | Amrutha K.H | 2019-2021 batch (B Ed. Natural Science) |
| 3 | Thahira M.A | 2019-2021 batch (B Ed. Physical Science) |
| 4 | Sisira S | 2019-2021 batch (B Ed. Malayalam) |
| 5 | Christy PP | 2019-2021 batch (B Ed. Natural Science) |
| 6 | Chithralekha | 2019-2021 batch (B Ed. Mathematics) |
| 7 | Geethu Xavier A | 2019-2021 batch (B Ed. Mathematics) |
| 8 | Jeslina Maria | 2019-2021 batch(B Ed. Physical Science) |
| 9 | Maria Ancy | 2019-2021 batch (B Ed. Mathematics) |
| 10 | Christina Louis | 2019-2021 batch(B Ed. Physical Science) |
| 11 | Sujitha Jose | 2019-2021 batch(B Ed. Social Science) |
| 12 | Bilby Babu | 2019-2021 batch(B Ed. Social Science) |
| 13 | Jyothis K Devasia | 2019-2021 batch(B Ed. English) |
| 14 | Metty P.J | 2019-2021 batch(B Ed. Physical Science) |
| 15 | Jyothe G | 2019-2021 batch(B Ed. Malayalam) |
| 16 | Dona Garvasis | 2019-2021 batch (B Ed. Social Science) |
| 17 | Anju George | 2019-2021 batch (B Ed. Mathematics) |
| 18 | Liya Rose | 2019-2021 batch (B Ed. Physical Science) |
| 19 | Gopika Rajagopal | 2019-2021 batch (B Ed. Social Science) |
| 20 | Amreetha S James | 2019-2021 batch(B Ed. English) |
| 21 | Jefin Job | 2019-2021 batch(B Ed. English) |
| 22 | Rita Rose John | 2019-2021 batch (B Ed. Mathematics) |
| 23 | Greetta James | 2019-2021 batch(B Ed. Natural Science) |
| 24 | Hridya Joly | 2019-2021 batch(B Ed. English) |
| 25 | Annu Jose | 2019-2021 batch(B Ed. English) |
| 26 | Blessy Jacob | 2019-2021 batch (B Ed. Social Science) |
| 27 | M Renuka | 2019-2021 batch (B Ed. Social Science) |
| 28 | Asha Joseph | 2019-2021 batch(B Ed. Mathematics) |
| 29 | Granes P. Joshy | 2019-2021 batch(B Ed. Social Science) |
| 30 | Lincy B.J | 2019-2021 batch(B Ed. Social Science) |
| 31 | Joseme Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 32 | Ninitha Joy | 2019-2021 batch(B Ed. Malayalam) |
| 33 | Lincy Jude | 2019-2021 batch(B Ed. Social Science) |
| 34 | Anjali K | 2019-2021 batch(B Ed. Malayalam) |
| 35 | Deepthi George | 2019-2021 batch (B Ed. Natural Science) |



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|----|---------------------|--|
| 36 | Devika S | 2019-2021 batch(B Ed. English) |
| 37 | Priyanka K.T | 2019-2021 batch (B Ed. Mathematics) |
| 38 | Anntreesa J Kappen | 2019-2021 batch(B Ed. Malayalam) |
| 39 | Keerthana Krishnan | 2019-2021 batch(B Ed. English) |
| 40 | Fousiya K N | 2019-2021 batch(B Ed. Social Science) |
| 41 | Snehamol Johnson | 2019-2021 batch (B Ed. Physical Science) |
| 42 | Anjana K M | 2019-2021 batch(B Ed. Social Science) |
| 43 | Anjaly M B | 2019-2021 batch(B Ed. Social Science) |
| 44 | Nayana Maria | 2019-2021 batch(B Ed. Social Science) |
| 45 | Linet Maria K | 2019-2021 batch(B Ed. Malayalam) |
| 46 | Aleena Mary | 2019-2021 batch (B Ed. Mathematics) |
| 47 | Somiya Mathew | 2019-2021 batch (B Ed. Mathematics) |
| 48 | Sini Mol P.T | 2019-2021 batch(B Ed. Malayalam) |
| 49 | Susan Neenu | 2019-2021 batch(B Ed. Mathematics) |
| 50 | Annaet O.J | 2019-2021 batch(B Ed. Social Science) |
| 51 | Neethu Peter | 2019-2021 batch(B Ed. English) |
| 52 | Sandra P.K | 2019-2021 batch(B Ed. English) |
| 53 | Shelga Jacob | 2019-2021 batch(B Ed. Malayalam) |
| 54 | Parvathy Rajeev | 2019-2021 batch(B Ed. Malayalam) |
| 55 | Therese Rani | 2019-2021 batch (B Ed. Physical Science) |
| 56 | Reshma C Ratheesh | 2019-2021 batch(B Ed. English) |
| 57 | Faseela U S | 2019-2021 batch (B Ed. Social Science) |
| 58 | Sandra Saju | 2019-2021 batch(B Ed. Malayalam) |
| 59 | Aswathy Peter | 2019-2021 batch(B Ed. Social Science) |
| 60 | Theressa Sebi | 2019-2021 batch (B Ed. Mathematics) |
| 61 | Sithara Joshy | 2019-2021 batch(B Ed. Natural Science) |
| 62 | Sruthy K Shaju | 2019-2021 batch(B Ed. Mathematics) |
| 63 | Nandita B Shenoy | 2019-2021 batch(B Ed. English) |
| 64 | Salma Shereef | 2019-2021 batch(B Ed. Social Science) |
| 65 | Maria Sonet K G | 2019-2021 batch (B Ed. Natural Science) |
| 66 | Sara Stephen | 2019-2021 batch (B Ed. English) |
| 67 | Amrutha SV | 2019-2021 batch(B Ed. Social Science) |
| 68 | Naina N T | 2019-2021 batch(B Ed. Social Science) |
| 69 | Preetha T.P | 2019-2021 batch(B Ed. English) |
| 70 | Aiswarya Thomas | 2019-2021 batch (B Ed. Mathematics) |
| 71 | Sandhya Poulose | 2019-2021 batch (B Ed. Malayalam) |
| 72 | Anu Thomas | 2019-2021 batch(B Ed. English) |
| 73 | Mary Riluu Arooja | 2019-2021 batch(B Ed. Natural Science) |
| 74 | Maria Rose Varghese | 2019-2021 batch(B Ed. Physical Science) |




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| | | |
|----|-----------------------|--|
| 75 | Lismy Thomas | 2019-2021 batch (B Ed. Mathematics) |
| 76 | Livi George | 2019-2021 batch (B Ed. Physical Science) |
| 77 | Anju P Tomy | 2019-2021 batch(B Ed. Social Science) |
| 78 | Raveena T.V | 2019-2021 batch (B Ed. Mathematics) |
| 79 | Vincy P.V | 2019-2021 batch(B Ed. Malayalam) |
| 80 | Anusree Venu | 2019-2021 batch(B Ed. English) |
| 81 | Parvathy Rajeev | 2019-2021 batch(B Ed. Malayalam) |
| 82 | Athira M.M | 2019-2021 batch (B Ed. Malayalam) |
| 83 | Shelja Philomina C A | 2019-2021 batch (B Ed. Natural Science) |
| 84 | Amala Anna Thomas | 2019-2021 batch(B Ed. English) |
| 85 | Anjali K Thankappan | 2019-2021 batch(B Ed. Malayalam) |
| 86 | Amreetha S James | 2019-2021 batch(B Ed. English) |
| 87 | Maria Jesleena Martin | 2019-2021 batch (B Ed. Physical Science) |
| 88 | Shijila P N | 2019-2021 batch(B Ed. Malayalam) |

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(Affiliated to Mahatma Gandhi University, Kottayam)

Community Project on Socially / Educationally Relevant Issue

In pursuit of its commitment to fostering responsible citizenship and addressing pressing societal issues, our college embarked on a series of community projects that sought to make a meaningful impact on educationally and socially relevant concerns.

Through these initiatives, our students exhibited their dedication to creating a positive change in the community. This report serves as an overview of the various community projects undertaken by our college students during the year.

The time allotted was 04-11-2020 to 14-01-2021. The title of the works included:

Plastic Waste Management

Objective: To raise awareness about plastic pollution and promote sustainable waste management practices. The project aimed to reduce plastic waste and encourage eco-friendly alternatives.

Exam Phobia

Objective: To alleviate stress and anxiety among students during examination periods.

Lack of Public Toilets

Objective: To advocate for improved public toilet facilities.

Gender Stereotyping

Objective: To challenge and break down stereotypes related to gender roles and expectations.

Junk Food Consumption

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Objective: To promote healthier dietary choices among the youth.

Problems Faced by Women in Public Transport

Objective: To address safety and accessibility issues for women in public transport.

Waste Management

Objective: To promote responsible waste disposal and recycling.

Mobile Phone Addiction

Objective: To raise awareness about the negative impacts of excessive mobile phone use.

Social Media Addiction

Objective: To highlight the addictive nature of social media and its consequences.

Impact of Flood

Objective: To provide relief and support to those affected by floods.

Attitude Towards Transgenders

Objective: To promote inclusivity and change societal attitudes towards transgender individuals.

Outcomes and Achievements of engagement in this survey and projects

Increased awareness and participation: The projects successfully raised awareness and engaged the community in addressing these critical issues.

Behavioral change: Many individuals demonstrated a positive shift in behavior, adopting healthier practices and challenging stereotypes.



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Policy impact: Several projects led to policy changes or improvements in local infrastructure, benefiting the community.

Empowerment: Students gained valuable skills in leadership, advocacy, and community engagement, enhancing their personal and professional growth.

Strengthened community bonds: These projects fostered a sense of unity and collaboration among students and the community.

Our college's community outreach initiatives have made a significant impact on educationally and socially relevant issues. Through these projects, students have exemplified their dedication to creating a more equitable, sustainable, and inclusive society. As we move forward, we remain committed to addressing pressing societal concerns and nurturing responsible citizens who actively contribute to positive change.

List of Students who took the above listed areas and did their projects successfully were:

| SL NO | Name of the student | Sub. |
|-------|---------------------|-------------------|
| 1 | Aagi Tom | English Education |
| 2 | Alina Celine Lancy | English Education |
| 3 | Anna Susan Jacob | English Education |
| 4 | Arunima K Shaji | English Education |
| 5 | Arya Balachandran | English Education |
| 6 | Arya C S | English Education |
| 7 | Athira C S | English Education |
| 8 | Dona Mariya Thomas | English Education |
| 9 | Josna Joy | English Education |
| 10 | Kavya Joseph | English Education |
| 11 | Mariatta D Kappan | English Education |
| 12 | Melvin Daniel | English Education |
| 13 | Parvathy V | English Education |



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| | | |
|----|----------------------|----------------------------|
| 14 | Rinju Jolly | English Education |
| 15 | Sania Varghese | English Education |
| 16 | Sneha Joseph | English Education |
| 17 | Sreelekha R | English Education |
| 18 | Abhirami Soman | Malayalam Education |
| 19 | Aleena Roy | Malayalam Education |
| 20 | Amitha James | Malayalam Education |
| 21 | Anakha K S | Malayalam Education |
| 22 | Anjana Narayanan | Malayalam Education |
| 23 | Athira Babu | Malayalam Education |
| 24 | Athira Raju | Malayalam Education |
| 25 | Athira Sabu | Malayalam Education |
| 26 | Blessy Babu | Malayalam Education |
| 27 | Bobina Antony | Malayalam Education |
| 28 | Catherine Varghese | Malayalam Education |
| 29 | Mayamol Thomas | Malayalam Education |
| 30 | Salini K B | Malayalam Education |
| 31 | Shilpa Stanly | Malayalam Education |
| 32 | Vismaya Mohanan | Malayalam Education |
| 33 | Alvina Carmel | Mathematics Education |
| 34 | Amala Sajeev | Mathematics Education |
| 35 | Aneesha Mohan | Mathematics Education |
| 36 | Anitta Sunny | Mathematics Education |
| 37 | Cris Francis | Mathematics Education |
| 38 | Elizabeth Maria Babu | Mathematics Education |
| 39 | Fathemath Sahadiya | Mathematics Education |
| 40 | Jisna Mary P J | Mathematics Education |
| 41 | Lia Rose Tomson | Mathematics Education |
| 42 | Lilly Riya | Mathematics Education |
| 43 | Meera R | Mathematics Education |
| 44 | Megha T.M | Mathematics Education |
| 45 | Merin Johny | Mathematics Education |
| 46 | Nikhila Baby | Mathematics Education |
| 47 | Soumya Murugan | Mathematics Education |
| 48 | Sumayya H E | Mathematics Education |
| 49 | Aneetta Joy | Physical Science Education |
| 50 | Anju Abraham P | Physical Science Education |
| 51 | Aparna S | Physical Science Education |
| 52 | Arya M A | Physical Science Education |
| 53 | Athira Anil | Physical Science Education |
| 54 | Chandrika C R Sharma | Physical Science Education |
| 55 | Christeena John | Physical Science Education |
| 56 | Deniya Stanly | Physical Science Education |



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|----|-----------------------|----------------------------|
| 57 | Keerthana Tomy | Physical Science Education |
| 58 | Lida Mathew | Physical Science Education |
| 59 | Mariya Deepthy | Physical Science Education |
| 60 | Neethu P D | Physical Science Education |
| 61 | Reshma S Babu | Physical Science Education |
| 62 | Stella Avirappatt | Physical Science Education |
| 63 | Anitta Sheen Theresa | Natural Science Education |
| 64 | Anjana Vijayan | Natural Science Education |
| 65 | Anju A | Natural Science Education |
| 66 | Ann Mathew | Natural Science Education |
| 67 | Evelyn Thankachan C K | Natural Science Education |
| 68 | Fathima Beevi A I | Natural Science Education |
| 69 | Jinu Anna Varghese | Natural Science Education |
| 70 | Krishna M K | Natural Science Education |
| 71 | Krishna Murali | Natural Science Education |
| 72 | Nandini Sagar | Natural Science Education |
| 73 | Nausheen N | Natural Science Education |
| 74 | Nimisha N.K | Natural Science Education |
| 75 | Rosaliya George | Natural Science Education |
| 76 | Shereena G | Natural Science Education |
| 77 | Shiyara K S | Natural Science Education |
| 78 | Sreelakshmi T A | Natural Science Education |
| 79 | Varsha Varghese | Natural Science Education |
| 80 | Amrutha Satheesan | Social Science Education |
| 81 | Aneeta Anson | Social Science Education |
| 82 | Ans Jose | Social Science Education |
| 83 | Aparna Raveendran | Social Science Education |
| 84 | Asha Joseph | Social Science Education |
| 85 | Aswani K Shaji | Social Science Education |
| 86 | Aswathi .P | Social Science Education |
| 87 | Lakshmy K P | Social Science Education |
| 88 | Liya Thomas | Social Science Education |
| 89 | Meenu Anna Mathai | Social Science Education |
| 90 | Meera Mathew | Social Science Education |
| 91 | Milu Hasan K.H | Social Science Education |
| 92 | Olivia Tresa A A | Social Science Education |
| 93 | Revathy N | Social Science Education |
| 94 | Rosmy Geo | Social Science Education |
| 95 | Sreejitha A K | Social Science Education |
| 96 | Tency Davis | Social Science Education |

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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)

Jagaran Webinar Series-1

‘Healthy Use of Mobile Phones- Role of Parents’

| | |
|--|---|
| Name of the Event | Jagaran Webinar Series on ‘Healthy Use of Mobile Phones- Role of Parents ‘ |
| Objectives | <ol style="list-style-type: none"> 1. To generate awareness among parents regarding the problems like drug abuse related to unhealthy use of mobile phones in their children 2. To generate awareness among parents regarding healthy use of mobile phones 3. To help parents understand their role in promoting their children’s responsible and vigilant use of mobile phones over unhealthy usage 4. To help parents acquire adequate technical knowledge and skills so as to prevent negative impacts of mobile usage in their children |
| Details of Programme Coordinators | Anti-Narcotic Club in association with IQAC Cell St. Joseph College of Teacher Education for Women Ernakulam |
| Details of Resource Persons | Shri. Ashok Kumar T.A (Chief Guest) Deputy Excise Commissioner Ernakulam Shri. Jayaraj P.K Excise Circle Inspector Kollam |
| Date | 14/11/2020 |
| Time | 7.30 PM to 9.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Parents of students in GVHSE, North Edappally, Ernakulam and St. Joseph HSS, Koonammavu, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/iym-rmzs-qxo |



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Jagaran Webinar Series-1

‘Healthy Use of Mobile Phones: Role of Parents ‘

Programme Report

The Anti-Narcotic club in association with the IQAC cell of St Joseph College of Teacher Education for Women, Ernakulam under their initiative ‘Jagaran’, organized a webinar series on ‘Healthy Use of Mobile Phones: Role of Parents’ in four different sessions for parents of students studying in various high schools in Ernakulam. The schools for which the webinar series are conducted are the practice teaching schools of St. Joseph College of Teacher Education for Women, Ernakulam. The first session of the webinar series was conducted for parents of students in GVHSE, North Edappally, Ernakulam and St. Joseph HSS, Koonammavu in Ernakulam. Dr. Alice Joseph, principal at St Joseph College of Teacher Education for Women, Ernakulam delivered the official welcome address for the event. The webinar series was inaugurated by Shri. Ashok Kumar T.A, Deputy Excise Commissioner, Ernakulam. The webinar session was conducted via Google Meet from 7.30 PM to 9.00 PM on 14th November 2020. The resource person for the webinar was Shri. Jayaraj P.K, Excise Circle Inspector, Kollam. A total of 84 parents participated in the webinar.

Content of the webinar:

- ✦ Effects of unhealthy usage of mobile phones among children
- ✦ Significance of healthy usage of mobile phones
- ✦ Guidance to parents on monitoring their child’s mobile phone usage
- ✦ Role of parents in protecting children from potential dangers posed by unhealthy usage of mobile phones

Shri. Jayaraj P.K, the resource person for the webinar emphasized the role that parents have on children’s healthy usage of mobile phones. In the present era, mobile phones and internet has become a part and parcel of an individual’s life. Everything turning into digitalized mode including communication, work even education, mobile phones has got its own importance. Due to the Covid-19 pandemic and shifting from physical learning from schools to online learning at home, children have high access to mobile phones. The usage of mobile phone among children are seemed to be increased more than ever in the recent years. The mobile phone usage among children



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

has its own advantages and possible harms. A healthy usage of mobile phones among children are to be promoted. Otherwise, it could lead to many social evils like drug abuse, cybercrimes etc. Shri. Jayaraj enunciated that unhealthy usage of mobile phones among children can have many negative impacts in them including declined academic performances, game addictions, drug abuse and lack of communication with others etc. Shri. Jayaraj emphasized, it is one of the critical roles of a parent to ensure healthy usage of mobile phones among their children. Healthy usage of mobile phones can ensure children positive physical, social, emotional and mental health. Proper monitoring, usage of parental control to prevent children from using inappropriate apps and contents on mobile phones, healthy and good communication between parent and child are some of the important factors that can prevent children from being trapped in the evil side of the mobile phones and can instill a healthy mobile phone usage among children. Shri. Jayaraj also reminded all of the parents that they should be very careful in terms of usage of mobile phones. For guiding their child, they need to become a healthy user of mobile phones first. Sometimes, the parents themselves are responsible for their child's problems.

The whole session turned out to be successful in accomplishing its objectives. The session could generate awareness among the parents regarding the healthy usage of mobile phones. The key takeaways of parents who participated in the webinar were as follows:



- ✚ Equipped with adequate technical knowledge and skills so as to prevent unhealthy mobile phone usage among their children
- ✚ Got informed about various negative impacts of unhealthy mobile phone usage
- ✚ Role clarity in helping their children by promoting healthy mobile phone usage behavior

The webinar was an informative and fruitful one which had its own relevance in the current digitalized world. The webinar winded up at 9.00 PM with the vote of thanks delivered by Mrs. Smitha Jose, Assistant Professor, St Joseph College of Teacher Education for Women, Ernakulam.



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



 **St. Joseph College of Teacher Education for Women, Ernakulam**
 In Association with IQAC & Anti-Narcotic Club organizes
'Jagaran'
 Webinar series - 'Healthy Use of Mobile Phones: Role of Parents'
 Chief Guest:
 Shri. Ashok Kumar T.A
 Deputy Excise Commissioner
 Ernakulam

 14th November 2020
 7.30 PM
 <https://meet.google.com/xcx-qazx-qkp>

 **St. Joseph College of Teacher Education for Women, Ernakulam**
 In Association with IQAC & Anti-Narcotic Club organizes
'Jagaran'
 Webinar series 1- 'Healthy Use of Mobile Phones: Role of Parents'
 Resource Person:
 Shri. Jayaraj P.K
 Excise Circle Inspector
 Kollam


 14th November 2020
 7.30 PM
 <https://meet.google.com/xcx-qazx-qkp>

Event posters for Jagaran Webinar Series-1

Jagaran Webinar Series-1

'Healthy Use of Mobile Phones: Role of Parents'

Photo Gallery


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



Jaganan Webinar Series-1**‘Healthy Use of Mobile Phones: Role of Parents ‘****Programme Details**

| | |
|--------------------------|--|
| Name of the Event | Jaganan Webinar Series on ‘Healthy Use of Mobile Phones: Role of Parents ‘ |
| Date | 14/11/2020 |
| Time | 7.30 PM – 9.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Parents of students in GVHSS, North Edappally, Ernakulam and St. Joseph HSS, Koonammavu, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/xcx-qazx-qkp |

List of Participants

| Participant category | School in which the participant’s child is studying | Total Number of participants |
|-----------------------------|--|-------------------------------------|
| Parents | GVHSE, North Edappally, Ernakulam | 28 |
| | St. Joseph HSS, Koonammavu, Ernakulam | 56 |

Faculty members list: (St. Joseph College of Teacher Education for Women, Ernakulam)

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|---------------|----------------------------|--|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Mrs. Smitha Jose | Assistant Professor |
| 3 | Dr. Josephine Joseph | Assistant Professor (Physical Science Education) |
| 4 | Sicily A.A | Assistant Professor (Malayalam Education) |




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



List of participants from Anti-Narcotic club:

| Sl. No | Name |
|--------|----------------|
| 1 | Amrutha S V |
| 2 | Anjaly M B |
| 3 | Bilby Babu |
| 4 | Blessy Jacob |
| 5 | Fousiya K N |
| 6 | Granes P Joshy |
| 7 | Lincy B J |
| 8 | M Renuka |
| 9 | Salma Shereef |
| 10 | Sujitha Jose |


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

Jagaran Webinar Series-2

‘Healthy Use of Mobile Phones: Role of Parents ‘

| | |
|--|---|
| Name of the Event | Jagaran Webinar Series on ‘Healthy Use of Mobile Phones: Role of Parents ‘ |
| Objectives | <ol style="list-style-type: none"> 1. To generate awareness among parents regarding the problems like drug abuse related to unhealthy use of mobile phones in their children 2. To generate awareness among parents regarding healthy use of mobile phones 3. To help parents understand their role in promoting their children’s responsible and vigilant use of mobile phones over unhealthy usage 4. To help parents acquire adequate technical knowledge and skills so as to prevent negative impacts of mobile usage in their children |
| Details of Programme Coordinators | Anti-Narcotic Club in association with IQAC Cell St. Joseph College of Teacher Education for Women Ernakulam |
| Details of Resource Person | Shri. Jayaraj P.K Excise Circle Inspector Kollam |
| Date | 22/11/2020 |
| Time | 7.30 PM to 9.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Parents of students in Rani Matha Public School, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/iym-rmzs-qxo |

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





Jagaran Webinar Series-2

'Role of Parents in the Healthy Use of Mobile Phones'

Programme Report

The Anti-Narcotic club in association with the IQAC cell of St Joseph College of Teacher Education for Women, Ernakulam under their initiative 'Jagaran', organized a webinar series on 'Healthy Use of Mobile Phones: Role of Parents' in four different sessions for parents of students studying in various high schools in Ernakulam. The schools for which the webinar series are conducted are the practice teaching schools of St. Joseph College of Teacher Education for Women, Ernakulam. The second session of the webinar series was conducted for parents of students in Rani Matha Public School in Ernakulam. The webinar session was conducted via Google Meet from 7.30 PM to 9.00 PM on 22nd November 2020. Dr. Hemaletha P.K, Assistant Professor in Social Science Education at St Joseph College of Teacher Education for Women, Ernakulam delivered the welcome speech for the programme. The resource person for the webinar was Shri. Jayaraj P.K, Excise Circle Inspector, Kollam. A total of 65 parents participated in the online webinar.

Content of the webinar:

- ✦ Effects of unhealthy usage of mobile phones among children
- ✦ Significance of healthy usage of mobile phones
- ✦ Guidance to parents on monitoring their child's mobile phone usage
- ✦ Role of parents in protecting children from potential dangers posed by unhealthy usage of mobile phones

Shri. Jayaraj P.K, the resource person for the webinar emphasized the role that parents have on children's healthy usage of mobile phones. In the present era, mobile phones and internet has become a part and parcel of an individual's life. Everything turning into digitalized mode including communication, work even education, mobile phones has got its own importance. Due to the Covid-19 pandemic and shifting from physical learning from schools to online learning at home, children have high access to mobile phones. The usage of mobile phone among children are seemed to be increased more than ever in the recent years. The mobile phone usage among children



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



has its own advantages and possible harms. A healthy usage of mobile phones among children are to be promoted. Otherwise, it could lead to many social evils like drug abuse, cybercrimes etc. Shri. Jayaraj enunciated that unhealthy usage of mobile phones among children can have many negative impacts in them including declined academic performances, game addictions, drug abuse and lack of communication with others etc. Shri. Jayaraj emphasized, it is one of the critical roles of a parent to ensure healthy usage of mobile phones among their children. Healthy usage of mobile phones can ensure children positive physical, social, emotional and mental health. Proper monitoring, usage of parental control to prevent children from using inappropriate apps and contents on mobile phones, healthy and good communication between parent and child are some of the important factors that can prevent children from being trapped in the evil side of the mobile phones and can instill a healthy mobile phone usage among children. Shri. Jayaraj also reminded all of the parents that they should be very careful in terms of usage of mobile phones. For guiding their child, they need to become a healthy user of mobile phones first. Sometimes, the parents themselves are responsible for their child's problems.

The whole session turned out to be successful in accomplishing its objectives. The session could generate awareness among the parents regarding the healthy usage of mobile phones. The key takeaways of parents who participated in the webinar were as follows:

- ✦ Equipped with adequate technical knowledge and skills so as to prevent unhealthy mobile phone usage among their children
- ✦ Got informed about various negative impacts of unhealthy mobile phone usage
- ✦ Role clarity in helping their children by promoting healthy mobile phone usage behavior

The webinar was an informative and fruitful one which had its own relevance in the current digitalized world. The webinar wined up at 9.00 PM with the vote of thanks delivered by Sicily A.A, Assistant Professor in Malayalam Education St Joseph College of Teacher Education for Women, Ernakulam.



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



Jagaran Webinar Series-2

'Healthy Use of Mobile Phones: Role of Parents'

Photo Gallery



St. Joseph College of Teacher Education for Women, Ernakulam

In Association with IQAC & Anti-Narcotic Club organizes

'Jagaran'

Webinar series 2- 'Healthy Use of Mobile Phones: Role of Parents'

Resource Person:

Shri. Jayaraj P.K
Excise Circle Inspector
Kollam



 22nd November 2020

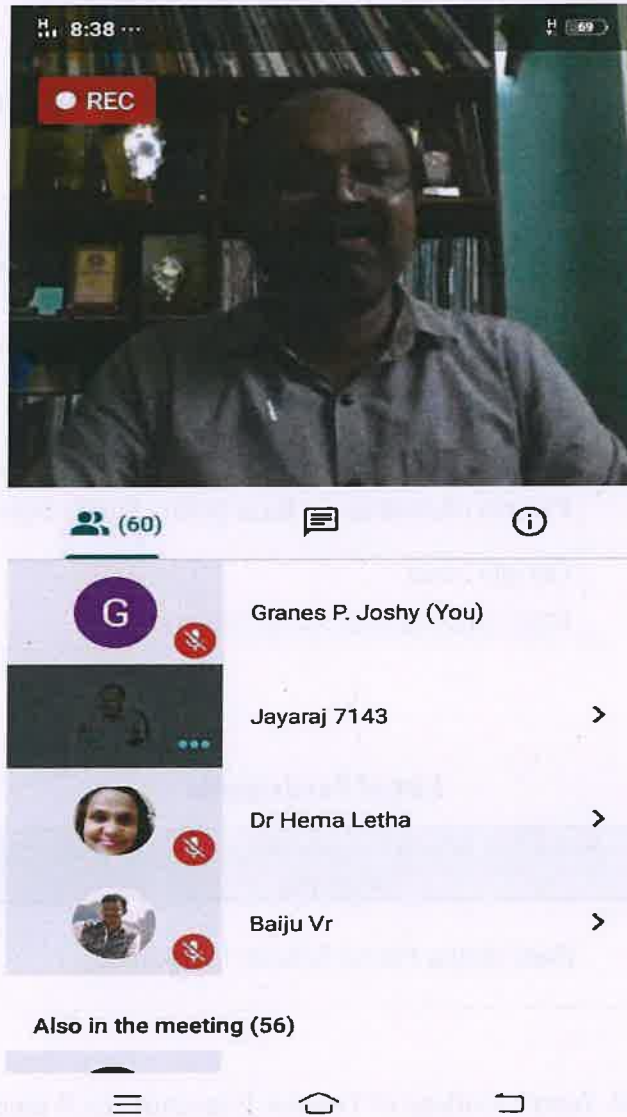
 7.30 PM

 <https://meet.google.com/iym-rmzs-qxo>

Event poster for Jagaran Webinar Series- 2

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





The resource person for the Jagaran Webinar Series programme, Shri. Jayaraj P.K, Excise Circle Inspector at Kollam carrying out the second webinar series on role of parents in the healthy usage of mobile phones for parents of students studying in Rani Matha Public School, Ernakulam via Google Meet.



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



Jagaran Webinar Series-2

'Healthy Use of Mobile Phones: Role of Parents '

Programme Details

| | |
|--------------------------|---|
| Name of the Event | Jagaran Webinar Series on 'Healthy Use of Mobile Phones: Role of Parents ' |
| Date | 22/11/2020 |
| Time | 7.30 PM to 9.00 PM |
| Duration | 1 hour |
| Beneficiaries | Parents of students in Rani Matha Public School, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/iym-rmzs-qxo |

List of Participants

| Participant category | School in which the participant's child is studying | Total Number of participants |
|----------------------|---|------------------------------|
| Parents | Rani Matha Public School, Ernakulam | 65 |

Faculty members list: (St. Joseph College of Teacher Education for Women, Ernakulam)

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|--|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Dr. Hemalettha P.K | Assistant Professor (Social Science Education) |
| 3 | Sicily A.A | Assistant Professor (Malayalam Education) |
| 4 | Mrs. Smitha Jose | Assistant Professor |

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



List of participants from Anti-Narcotic club:

| Sl. No | Name |
|--------|----------------|
| 1 | Anjana K M |
| 2 | Anjaly M B |
| 3 | Aswathy Peter |
| 4 | Blessy Jacob |
| 5 | Fousiya K N |
| 6 | Granes P Joshy |
| 7 | Lincy B J |
| 8 | M Renuka |
| 9 | Salma Shereef |
| 10 | Dona Garvasis |

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(Affiliated to Mahatma Gandhi University, Kottayam)

Jagaran Webinar Series-3

‘Healthy Use of Mobile Phones: Role of Parents ‘

| | |
|--|---|
| Name of the Event | Jagaran Webinar Series on ‘Healthy Use of Mobile Phones: Role of Parents’ |
| Objectives | <ol style="list-style-type: none"> 1. To generate awareness among parents regarding the problems like drug abuse related to unhealthy use of mobile phones in their children 2. To generate awareness among parents regarding healthy use of mobile phones 3. To help parents understand their role in promoting their children’s responsible and vigilant use of mobile phones over unhealthy usage 4. To help parents acquire adequate technical knowledge and skills so as to prevent negative impacts of mobile usage in their children |
| Details of Programme Coordinators | Anti-Narcotic Club in association with IQAC Cell St. Joseph College of Teacher Education for Women Ernakulam |
| Details of Resource Person | Shri. Jayaraj P.K Excise Circle Inspector Kollam |
| Date | 29/11/2020 |
| Time | 2.30 PM to 4.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Parents of students in Government High School, Thiruvankulam, Ernakulam and Government UP School, Vilangu, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/doc-gdqx-ajv |

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



Jagaran Webinar Series- 3

‘Healthy Use of Mobile Phones: Role of Parents ‘

Programme Report

The Anti-Narcotic club in association with the IQAC cell of St Joseph College of Teacher Education for Women, Ernakulam under their initiative ‘Jagaran’, organized a webinar series on ‘Healthy Use of Mobile Phones: Role of Parents’ in four different sessions for parents of students studying in various high schools in Ernakulam. The schools for which the webinar series are conducted are the practice teaching schools of St. Joseph College of Teacher Education for Women, Ernakulam. The third session of the webinar series was conducted for parents of students in Rani Matha Public School in Ernakulam. The webinar session was conducted via Google Meet from 2.30 PM to 4.00 PM on 29th November 2020. The welcome speech for the event was delivered by Sicily A.A, Assistant Professor in Malayalam Education at St Joseph College of Teacher Education for Women, Ernakulam. The resource person for the webinar was Shri. Jayaraj P.K, Excise Circle Inspector, Kollam. A total of 56 parents participated in the online webinar.

Content of the webinar:

- ✦ Effects of unhealthy usage of mobile phones among children
- ✦ Significance of healthy usage of mobile phones
- ✦ Guidance to parents on monitoring their child’s mobile phone usage
- ✦ Role of parents in protecting children from potential dangers posed by unhealthy usage of mobile phones

Shri. Jayaraj P.K, the resource person for the webinar emphasized the role that parents have on children’s healthy usage of mobile phones. In the present era, mobile phones and internet has become a part and parcel of an individual’s life. Everything turning into digitalized mode including communication, work even education, mobile phones has got its own importance. Due to the Covid-19 pandemic and shifting from physical learning from schools to online learning at home, children have high access to mobile phones. The usage of mobile phone among children are seemed to be increased more than ever in the recent years. The mobile phone usage among children has its own advantages and possible harms. A healthy usage of mobile phones among children are



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

to be promoted. Otherwise, it could lead to many social evils like drug abuse, cybercrimes etc. Shri. Jayaraj enunciated that unhealthy usage of mobile phones among children can have many negative impacts in them including declined academic performances, game addictions, drug abuse and lack of communication with others etc. Shri. Jayaraj emphasized, it is one of the critical roles of a parent to ensure healthy usage of mobile phones among their children. Healthy usage of mobile phones can ensure children positive physical, social, emotional and mental health. Proper monitoring, usage of parental control to prevent children from using inappropriate apps and contents on mobile phones, healthy and good communication between parent and child are some of the important factors that can prevent children from being trapped in the evil side of the mobile phones and can instill a healthy mobile phone usage among children. Shri. Jayaraj also reminded all of the parents that they should be very careful in terms of usage of mobile phones. For guiding their child, they need to become a healthy user of mobile phones first. Sometimes, the parents themselves are responsible for their child's problems.

The whole session turned out to be successful in accomplishing its objectives. The session could generate awareness among the parents regarding the healthy usage of mobile phones. The key takeaways of parents who participated in the webinar were as follows:

- ✦ Equipped with adequate technical knowledge and skills so as to prevent unhealthy mobile phone usage among their children
- ✦ Got informed about various negative impacts of unhealthy mobile phone usage
- ✦ Role clarity in helping their children by promoting healthy mobile phone usage behavior

The webinar was an informative and fruitful one which had its own relevance in the current digitalized world. The webinar wined up at 4.00 PM with the vote of thanks delivered by Mrs. Smitha Jose, Assistant Professor in Education at St Joseph College of Teacher Education for Women, Ernakulam.

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

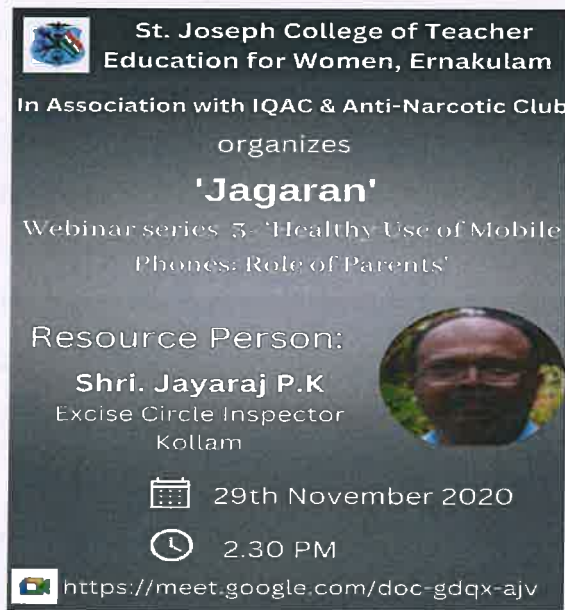




Jagaran Webinar Series-3

‘Healthy Use of Mobile Phones: Role of Parents ‘

Photo Gallery



Event poster for Jagaran Webinar Series-3

Jagaran Webinar Series

Session -3: ‘Healthy Use of Mobile Phones: Role of Parents ‘

Programme Details

| | |
|--------------------------|--|
| Name of the Event | Jagaran Webinar Series on ‘Healthy Use of Mobile Phones: Role of Parents‘ |
| Date | 29/11/2020 |
| Time | 2.30 PM to 4.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Parents of students in Government High School, Thiruvankulam, Ernakulam and Government UP School, Vilangu, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/doc-gdqx-ajv |



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



List of Participants

| Participant category | School in which the participant's child is studying | Total Number of participants |
|----------------------|---|------------------------------|
| Parents | Government High School, Thiruvankulam, Ernakulam | 26 |
| | Government UP School, Vilangu, Ernakulam | 30 |

Faculty members list: (St. Joseph College of Teacher Education for Women, Ernakulam)

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|--|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Mrs. Smitha Jose | Assistant Professor |
| 3 | Dr. Hemaletha P.K | Assistant Professor (Social Science Education) |
| 4 | Sicily A.A | Assistant Professor (Malayalam Education) |

List of participants from Anti-Narcotic club:

| Sl. No | Name |
|--------|------------------|
| 1 | Anju P Tomy |
| 2 | Annaet O J |
| 3 | Anjaly M B |
| 4 | Blessy Jacob |
| 5 | Dona Garvasis |
| 6 | Faseela U S |
| 7 | Fousiya K N |
| 8 | Gopika Rajagopal |
| 9 | Granes P Joshy |
| 10 | Lincy B J |
| 11 | M Renuka |
| 12 | Naina N T |
| 13 | Salma Shereef |
| 14 | Sujitha Jose |

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





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Jagaran Webinar Series-4

‘Healthy Use of Mobile Phones: Role of Parents ‘

| | |
|--|---|
| Name of the Event | Jagaran Webinar Series on ‘Healthy Use of Mobile Phones: Role of Parents ‘ |
| Objectives | <ol style="list-style-type: none"> 1. To generate awareness among parents regarding the problems like drug abuse related to unhealthy use of mobile phones in their children 2. To generate awareness among parents regarding healthy use of mobile phones 3. To help parents understand their role in promoting their children’s responsible and vigilant use of mobile phones over unhealthy usage 4. To help parents acquire adequate technical knowledge and skills so as to prevent negative impacts of mobile usage in their children |
| Details of Programme Coordinators | Anti-Narcotic Club in association with IQAC cell St. Joseph College of Teacher Education for Women Ernakulam |
| Details of Resource Person | Shri. Jayaraj P.K Excise Circle Inspector Kollam |
| Date | 13/12/2020 |
| Time | 2.30 PM to 4.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Parents of students in Infant Jesus Public School, North Paravoor, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/uyx-xyyu-fuf |



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



vJagaran Webinar Series-4

‘Healthy Use of Mobile Phones: Role of Parents ‘

Programme Report

The Anti-Narcotic club in association with the IQAC cell of St Joseph College of Teacher Education for Women, Ernakulam under their initiative ‘Jagaran’, organized a webinar series on ‘Healthy Use of Mobile Phones: Role of Parents’ in four different sessions for parents of students studying in various high schools in Ernakulam. The schools for which the webinar series are conducted are the practice teaching schools of St. Joseph College of Teacher Education for Women, Ernakulam. The fourth session of the webinar series was conducted for parents of students in Rani Matha Public School in Ernakulam. The webinar session was conducted via Google Meet from 2.30 PM to 4.00 PM on 13th December 2020. Mrs. Smitha Jose, Assistant Professor in Education at of St. Joseph College of Teacher Education for Women, Ernakulam. The resource person for the webinar was Shri. Jayaraj P.K, Excise Circle Inspector, Kollam. A total of 82 parents participated in the online webinar.

Content of the webinar:

- ✿ Effects of unhealthy usage of mobile phones among children
- ✿ Significance of healthy usage of mobile phones
- ✿ Guidance to parents on monitoring their child’s mobile phone usage
- ✿ Role of parents in protecting children from potential dangers posed by unhealthy usage of mobile phones

Shri. Jayaraj P.K, the resource person for the webinar emphasized the role that parents have on children’s healthy usage of mobile phones. In the present era, mobile phones and internet has become a part and parcel of an individual’s life. Everything turning into digitalized mode including communication, work even education, mobile phones has got its own importance. Due to the Covid-19 pandemic and shifting from physical learning from schools to online learning at home, children have high access to mobile phones. The usage of mobile phone among children are seemed to be increased more than ever in the recent years. The mobile phone usage among children has its own advantages and possible harms. A healthy usage of mobile phones among children are to be promoted. Otherwise, it could lead to many social evils like drug abuse, cybercrimes etc.

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





Shri. Jayaraj enunciated that unhealthy usage of mobile phones among children can have many negative impacts in them including declined academic performances, game addictions, drug abuse and lack of communication with others etc. Shri. Jayaraj emphasized, it is one of the critical roles of a parent to ensure healthy usage of mobile phones among their children. Healthy usage of mobile phones can ensure children positive physical, social, emotional and mental health. Proper monitoring, usage of parental control to prevent children from using inappropriate apps and contents on mobile phones, healthy and good communication between parent and child are some of the important factors that can prevent children from being trapped in the evil side of the mobile phones and can instill a healthy mobile phone usage among children. Shri. Jayaraj also reminded all of the parents that they should be very careful in terms of usage of mobile phones. For guiding their child, they need to become a healthy user of mobile phones first. Sometimes, the parents themselves are responsible for their child's problems.

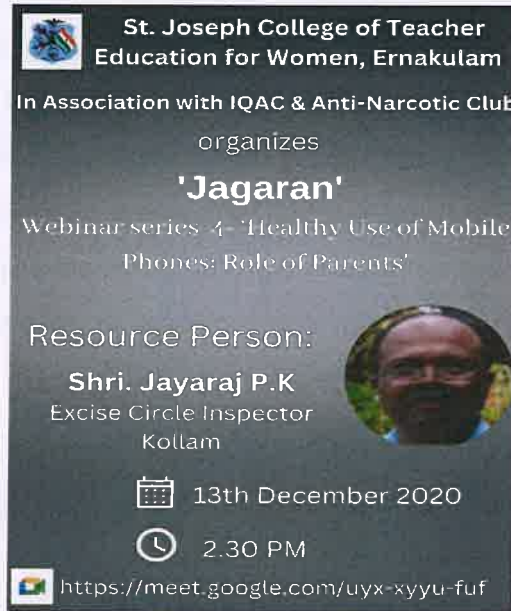
The whole session turned out to be successful in accomplishing its objectives. The session could generate awareness among the parents regarding the healthy usage of mobile phones. The key takeaways of parents who participated in the webinar were as follows:

- ✚ Equipped with adequate technical knowledge and skills so as to prevent unhealthy mobile phone usage among their children
- ✚ Got informed about various negative impacts of unhealthy mobile phone usage
- ✚ Role clarity in helping their children by promoting healthy mobile phone usage behavior

The webinar was an informative and fruitful one which had its own relevance in the current digitalized world. The webinar winded up at 4.00 PM with the vote of thanks delivered by Sicily A.A, Assistant Professor in Malayalam Education St Joseph College of Teacher Education for Women, Ernakulam.

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



Jagaran Webinar Series-4**‘Healthy Use of Mobile Phones: Role of Parents ‘****Photo Gallery**


St. Joseph College of Teacher Education for Women, Ernakulam
In Association with IQAC & Anti-Narcotic Club
organizes
'Jagaran'
Webinar series -4- 'Healthy Use of Mobile Phones: Role of Parents'
Resource Person:
Shri. Jayaraj P.K
Excise Circle Inspector
Kollam
13th December 2020
2.30 PM
<https://meet.google.com/uyx-xyyu-fuf>

Event poster for Jagaran Webinar**Jagaran Webinar Series-4****‘Healthy Use of Mobile Phones: Role of Parents ‘****Programme Details**

| | |
|--------------------------|---|
| Name of the Event | Jagaran Webinar Series on ‘Healthy Use of Mobile Phones: Role of Parents ‘ |
| Date | 13/12/2020 |
| Time | 2.30 PM to 4.00 PM |
| Duration | 1 hour and 30 minutes |
| Beneficiaries | Parents of students in Infant Jesus Public School, North Paravoor, Ernakulam |
| Platform | Google Meet |
| Meet Link | https://meet.google.com/uyx-xyyu-fuf |



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Education for Women,
Ernakulam



List of Participants


| Participant category | School in which the participant's child is studying | Total Number of participants |
|----------------------|---|------------------------------|
| Parents | Infant Jesus Public School, North Paravoor, Ernakulam | 82 |

Faculty members list: (St. Joseph College of Teacher Education for Women, Ernakulam)

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|--|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Mrs. Smitha Jose | Assistant Professor |
| 3 | Dr. Hemaletha P.K | Assistant Professor (Social Science Education) |
| 4 | Sicily A.A | Assistant Professor (Malayalam Education) |

List of participants from Anti-Narcotic club:

| SL No | Name |
|-------|------------------|
| 1 | Amrutha S V |
| 2 | Anjaly M B |
| 3 | Anjana K M |
| 4 | Anju P Tomy |
| 5 | Annaet O J |
| 6 | Aswathy Peter |
| 7 | Dona Garvasis |
| 8 | Faseela U S |
| 9 | Fousiya K N |
| 10 | Gopika Rajagopal |
| 11 | Granes P Joshy |
| 12 | M Renuka |


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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(Affiliated to Mahatma Gandhi University, Kottayam)

Alumni-Led Educational Initiative at Government Children's Home, Kakkanad

Introduction:

In an exemplary demonstration of our commitment to giving back to the community and nurturing the spirit of education, the alumni of St. Joseph College of Teacher Education for Women undertook a noteworthy initiative. From December 16, 2020, to March 30, 2021, our esteemed alumni conducted educational classes at the Government Children's Home in Kakkanad. This contract-based engagement not only provided invaluable teaching experience to our alumni but also proved to be a significant source of assistance and support for the young residents of the institution.

Alumni-Led Educational Initiative:

During the aforementioned period, a dedicated group of our alumni, who are experienced educators themselves, collaborated to offer educational classes at the Government Children's Home, Kakkanad. These classes were designed to cover a range of subjects and educational activities tailored to the needs and interests of the children.

Benefits of the Initiative:

Teaching Experience for Alumni: For our alumni, this initiative presented a unique opportunity to apply their teaching skills and pedagogical knowledge in a real-world setting. It allowed them to gain hands-on teaching experience and interact with students from diverse backgrounds.

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Experience Certificates: As a token of appreciation for their valuable contribution, the alumni received experience certificates from the Government Children's Home. These certificates are a testament to their dedication and commitment to the cause of education.

Support for Inmates: The initiative was a real boon for the inmates of the Government Children's Home. It provided them with access to qualified educators who not only imparted knowledge but also served as mentors and role models. The children benefited academically and personally from this engagement.

Human Resource Contribution: Our alumni's involvement as educational resources reinforced the institution's efforts to provide holistic education and guidance to the children under their care. This partnership showcased the positive impact of collaborative efforts between educational institutions and social organizations.

Conclusion:

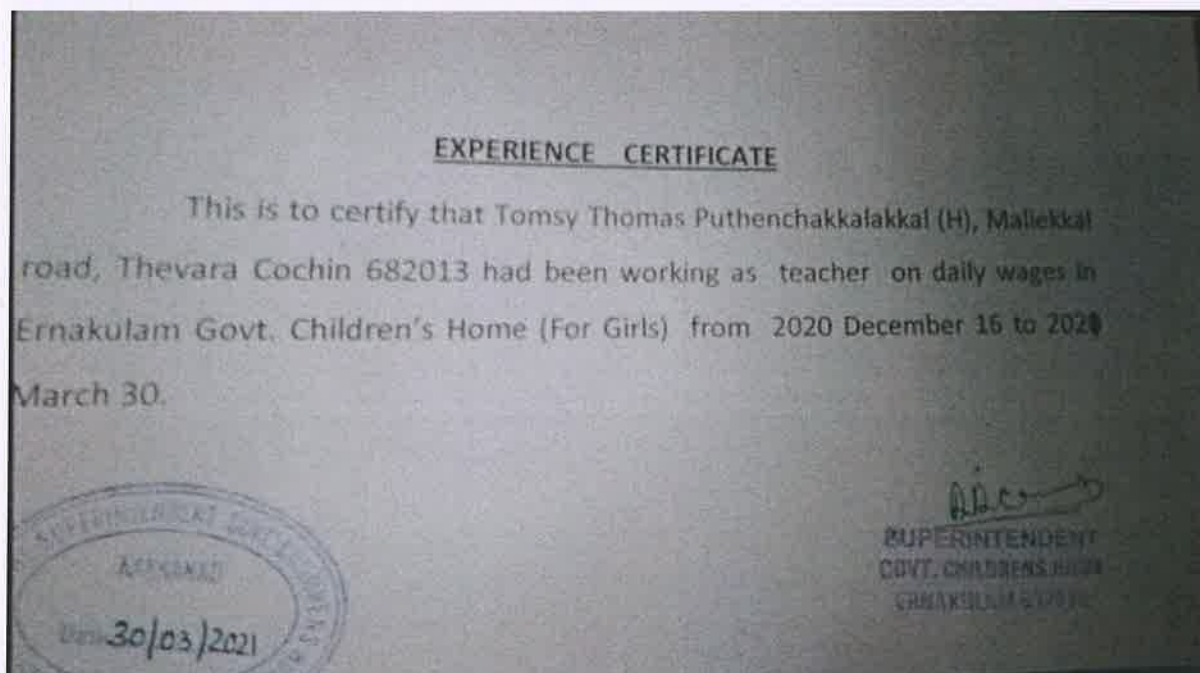
The alumni-led educational initiative at the Government Children's Home, Kakkanad, stands as a shining example of how the alumni of St. Joseph College of Teacher Education for Women are dedicated to making a meaningful difference in society. This endeavor not only enriched the lives of the young residents but also provided valuable teaching experience to our alumni, helping them grow as educators.

We take pride in the continued commitment of our alumni to education and community service. This initiative exemplifies the strong bond between our college and its graduates, emphasizing the importance of sharing knowledge and expertise for the betterment of society. We look forward to more such collaborations in the future, which will undoubtedly contribute to the holistic development of our students and the welfare of the community at large.


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Photo of Sample Certificate issued to them by Govt. Childrens Home.



List of Alumini

1. Anusree - English
2. Jaimol O.B. - Social Science
3. Tomsy Thomas - Chemistry
4. Reshma P.P. - Biology

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Student-Led Outreach Initiative: Paper Bag Making and Distribution A Remarkable Display of Care for Nature

In an impactful outreach program on February 8, 2021, our dedicated student teachers from St. Joseph College of Teacher Education for Women, Ernakulam showcased their unwavering commitment to environmental conservation by crafting and distributing over 2000 paper bags to the local vendors of Ernakulam market. This commendable effort not only reflects the deep-rooted care our children hold for the environment but also exemplifies their determination to raise awareness about the detrimental effects of plastic. Each student participated actively, contributing a minimum of 20 paper bags, collectively emphasizing the importance of eco-friendly alternatives in our daily lives. This initiative is a testament to the proactive role our students are playing in fostering a greener, more sustainable future.

The event not only served as a hands-on lesson in environmental responsibility but also left a lasting impact on the community. Through this outreach program, our students effectively conscientized local vendors and patrons about the imperative need to reduce plastic usage. Their commitment and dedication in promoting the use of paper bags as a more sustainable option contribute significantly to the ongoing global efforts to protect our environment. This outreach program underscores the power of collective action and reaffirms the pivotal role of our students in driving positive change towards a more eco-conscious and nature-friendly world.



Manj
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Principal in Charge
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B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam preparing paper bags during the 'Care for Nature' session, 2021



Distributing the paper bags prepared by the B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam to the local vendors in marketplace in Ernakulam

List of Student Teachers Involved in the outreach programme

| Sl. No | Name | Batch |
|--------|---------------------|--|
| 1 | Amala Anna Thomas | 2019-2021 batch (B Ed. English) |
| 2 | Amreetha S James | 2019-2021 batch (B Ed. English) |
| 3 | Annu Jose | 2019-2021 batch (B Ed. English) |
| 4 | Anjali K Thankappan | 2019-2021 batch (B Ed. Malayalam) |
| 5 | Anntreesa J Kappen | 2019-2021 batch (B Ed. Malayalam) |
| 6 | Athira M.M | 2019-2021 batch (B Ed. Malayalam) |
| 7 | Chithralekha R | 2019-2021 batch (B Ed. Mathematics) |
| 8 | Geethu Xavier A | 2019-2021 batch (B Ed. Mathematics) |
| 9 | Somiya Mathew | 2019-2021 batch (B Ed. Mathematics) |
| 10 | Metty P J | 2019-2021 batch (B Ed. Physical Science) |
| 11 | Minnu Maria Wilson | 2019-2021 batch (B Ed. Physical Science) |
| 12 | Rose Mary Sebastian | 2019-2021 batch (B Ed. Physical Science) |
| 13 | Sneha Mol K J | 2019-2021 batch (B Ed. Physical Science) |
| 14 | Mary Rilu Ardoja | 2019-2021 batch (B Ed. Natural Science) |



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| | | |
|----|------------------------|--|
| 15 | Minumol Johnson | 2019-2021 batch (B Ed. Natural Science) |
| 16 | Shelja Philomina C A | 2019-2021 batch (B Ed. Natural Science) |
| 17 | Granes P Joshy | 2019-2021 batch (B Ed. Social science) |
| 18 | Lincy B.J | 2019-2021 batch (B Ed. Social science) |
| 19 | Blessy Jacob | 2019-2021 batch (B Ed. Social science) |
| 20 | Sujitha Jose | 2019-2021 batch (B Ed. Social science) |
| 21 | Anu Thomas | 2019-2021 batch (B Ed. English) |
| 22 | Anusree Venu | 2019-2021 batch (B Ed. English) |
| 23 | Devika S | 2019-2021 batch (B Ed. English) |
| 24 | Jyothi G. | 2019-2021 batch (B Ed. Malayalam) |
| 25 | Linnet Maria K | 2019-2021 batch (B Ed. Malayalam) |
| 26 | Ninitha Joy V | 2019-2021 batch (B Ed. Malayalam) |
| 27 | Joseme Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 28 | Lismy Thomas | 2019-2021 batch (B Ed. Mathematics) |
| 29 | Theressa Sebi | 2019-2021 batch (B Ed. Mathematics) |
| 30 | Maria Rose Varghese | 2019-2021 batch (B Ed. Physical Science) |
| 31 | Mariya Jesleena Martin | 2019-2021 batch (B Ed. Physical Science) |
| 32 | Mary Nivitha Bivera | 2019-2021 batch (B Ed. Physical Science) |
| 33 | Abhilasha K P | 2019-2021 batch (B Ed. Natural Science) |
| 34 | Akheena Thomas | 2019-2021 batch (B Ed. Natural Science) |
| 35 | Amrutha K H | 2019-2021 batch (B Ed. Natural Science) |
| 36 | Sithara Joshy | 2019-2021 batch (B Ed. Natural Science) |
| 37 | Faseela U.S | 2019-2021 batch (B Ed. Social science) |
| 38 | Fousiya K N | 2019-2021 batch (B Ed. Social science) |
| 39 | Gopika Rajagopal | 2019-2021 batch (B Ed. Social science) |
| 40 | Hridya Joly | 2019-2021 batch (B Ed. English) |
| 41 | Jefin Job | 2019-2021 batch (B Ed. English) |
| 42 | Jyothis K Devasia | 2019-2021 batch (B Ed. English) |
| 43 | Preetha T P | 2019-2021 batch (B Ed. English) |
| 44 | Parvathy Rajeev | 2019-2021 batch (B Ed. Malayalam) |



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| | | |
|----|--------------------|--|
| 45 | Sandhya Poullose | 2019-2021 batch (B Ed. Malayalam) |
| 46 | Sandra Saju | 2019-2021 batch (B Ed. Malayalam) |
| 47 | Maria Ancy M J | 2019-2021 batch (B Ed. Mathematics) |
| 48 | Sruthy K. Shaju | 2019-2021 batch (B Ed. Mathematics) |
| 49 | Susan Neenu | 2019-2021 batch (B Ed. Mathematics) |
| 50 | Ishida K B | 2019-2021 batch (B Ed. Physical Science) |
| 51 | Jeen Mary A J | 2019-2021 batch (B Ed. Physical Science) |
| 52 | Anu Maria K J | 2019-2021 batch (B Ed. Natural Science) |
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| 54 | Deepthi George | 2019-2021 batch (B Ed. Natural Science) |
| 55 | Sony George | 2019-2021 batch (B Ed. Natural Science) |
| 56 | Bilby Babu | 2019-2021 batch (B Ed. Social science) |
| 57 | M Renuka | 2019-2021 batch (B Ed. Social science) |
| 58 | Naina N T | 2019-2021 batch (B Ed. Social science) |
| 59 | Dona Garvasis | 2019-2021 batch (B Ed. Social science) |
| 60 | Keerthana Krishnan | 2019-2021 batch (B Ed. English) |
| 61 | Nandita B Shenoy | 2019-2021 batch (B Ed. English) |
| 62 | Neethu Peter | 2019-2021 batch (B Ed. English) |
| 63 | Shelga Jacob | 2019-2021 batch (B Ed. Malayalam) |
| 64 | Shijila P N | 2019-2021 batch (B Ed. Malayalam) |
| 65 | Sinimol P T | 2019-2021 batch (B Ed. Malayalam) |
| 66 | Anju George | 2019-2021 batch (B Ed. Mathematics) |
| 67 | Asha Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 68 | Rita Rose John | 2019-2021 batch (B Ed. Mathematics) |
| 69 | Annmary Jose | 2019-2021 batch (B Ed. Physical Science) |
| 70 | Christina Louis | 2019-2021 batch (B Ed. Physical Science) |
| 71 | Deena Mathew | 2019-2021 batch (B Ed. Physical Science) |
| 72 | Dhanyamol L | 2019-2021 batch (B Ed. Natural Science) |
| 73 | Gretta James | 2019-2021 batch (B Ed. Natural Science) |
| 74 | Maria Sonet K G | 2019-2021 batch (B Ed. Natural Science) |



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| | | |
|----|-------------------|--|
| 75 | Swanila N S | 2019-2021 batch (B Ed. Natural Science) |
| 76 | Anju P Tomy | 2019-2021 batch (B Ed. Social science) |
| 77 | Annaet O J | 2019-2021 batch (B Ed. Social science) |
| 78 | Aswathy Peter | 2019-2021 batch (B Ed. Social science) |
| 79 | Reshma C Ratheesh | 2019-2021 batch (B Ed. English) |
| 80 | Sandra P K | 2019-2021 batch (B Ed. English) |
| 81 | Sara Stephen | 2019-2021 batch (B Ed. English) |
| 82 | Sisira S | 2019-2021 batch (B Ed. Malayalam) |
| 83 | Vincy P V | 2019-2021 batch (B Ed. Malayalam) |
| 84 | Aiswarya P T | 2019-2021 batch (B Ed. Mathematics) |
| 85 | Aleena Mary | 2019-2021 batch (B Ed. Mathematics) |
| 86 | Priyanka K T | 2019-2021 batch (B Ed. Mathematics) |
| 87 | Raveena T V | 2019-2021 batch (B Ed. Mathematics) |
| 88 | Livi George | 2019-2021 batch (B Ed. Physical Science) |
| 89 | Liya Joseph | 2019-2021 batch (B Ed. Physical Science) |
| 90 | Liya Rose | 2019-2021 batch (B Ed. Physical Science) |
| 91 | Neethu Ursala P G | 2019-2021 batch (B Ed. Natural Science) |
| 92 | Reshma P P | 2019-2021 batch (B Ed. Natural Science) |
| 93 | Thahira M A | 2019-2021 batch (B Ed. Physical Science) |
| 94 | Amrutha S V | 2019-2021 batch (B Ed. Social science) |
| 95 | Anjaly M B | 2019-2021 batch (B Ed. Social science) |
| 96 | Anjana K M | 2019-2021 batch (B Ed. Social science) |
| 97 | Salma Shereef | 2019-2021 batch (B Ed. Social science) |

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'Care for Nature'- Practice session on Organic Farming, 2021

| | |
|-----------------------------------|---|
| Name of the Event | 'Care for Nature'- Practice session on Organic Farming, 2021 |
| Objectives | <ol style="list-style-type: none"> 1. To develop awareness on the need and importance of organic farming in student teachers 2. To help student teachers identify and utilize the economic, health and environmental benefits of organic farming 3. To develop social responsibility in student teachers 4. To promote eco-friendly and sustainable development |
| Details of Resource Person | Mr. Prince Mathew Farmer Mulanthuruthy Panchayath, Ernakulam, Kerala |
| Date | 08/02/2021 |
| Time | 10.00AM- 1.30 PM |
| Duration | 3 hours and 30 minutes |
| Beneficiaries | Student teachers-97, Faculty- 3 |
| Event Venue | St. Joseph college of Teacher Education for Women, Ernakulam |

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'Care for Nature'- Practice session on Organic Farming, 2021

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized a practice session on 'Organic Farming' for B Ed. Student teachers of 2019-2021 batch on 8th February 2021 from 10.00 AM to 1.30 PM. The main aim of the programme was to generate awareness among student teachers regarding the need and importance of organic farming and to promote eco-friendly and sustainable development practices. Mrs. Smitha Jose, Assistant Professor in Education and Dr. Betty P.J, Assistant Professor in Mathematics Education at St. Joseph College of Teacher Education for Women, Ernakulam were the teachers-in-charge for the programme. The resource person for the programme was Mr. Prince Mathew, a farmer from Mulanthuruthy Panchayath in Ernakulam district in Kerala.

The practice session on 'Organic Farming' started exactly at 10.00 AM with a prayer song by Ms. Anntreesa J Kappen, student teacher from Malayalam Optional. The prayer song was succeeded by the official welcome speech delivered by Mrs. Smitha Jose, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. The programme was officially inaugurated by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. After the inaugural ceremony, Dr. Alice Joseph proceeded with presidential address for the event. Dr. Alice Joseph enunciated that it is the need of the hour to move on to organic farming especially in the present era where all the food crops and vegetables are grown with chemical pesticides and fertilizers leading to various diseases among the population. Dr. Alice Joseph emphasized that every household should have their own vegetable garden and also should switch to organic farming focusing producing food by their own and thereby lead a healthy lifestyle and prevent diseases. After the inaugural address by the Principal, Mr. Prince Mathew, the resource person for the day started the session on organic farming. The session was all about organic farming, its importance and the types of organic farming. Organic farming is an agricultural practice that makes use of biological



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pesticides and fertilizers derived from plant or animal waste. Organic farming involves excluding usage of chemical pesticides which are not environment friendly. By lowering the pollution, organic farming contributes to environmental health. By minimizing the amount of contaminants in the product, it lowers the risks to human and animal health. It aids in maintaining agricultural yields at a level that is sustainable. Both the soil health and the expense of agriculture are improved. Integrated organic farming and pure organic farming were the two types of organic farming which were discussed in the session. The resource person, a farmer by profession, encouraged all the student teachers to do organic farming and thereby promote healthy lifestyle. He provided the student teachers with seeds and grow bags and encouraged them to turn to organic farming and to go back to nature.

The programme, 'Care for Nature' turned out to be successful in accomplishing its objectives. The student teachers had the following key takeaways from the programme:

- ✦ Enhanced knowledge regarding organic farming
- ✦ Improved awareness regarding the need and importance of organic farming
- ✦ Equipped with the practical skills for organic farming
- ✦ Identified the economic, health and environmental benefits of organic farming
- ✦ Learned the importance of promoting eco-friendly and sustainable development practices

The vote of thanks for the programme was delivered by Dr. Betty P.J, Assistant Professor in Mathematics Education at St. Joseph College of Teacher Education for Women, Ernakulam. With all the informative and productive takeaways which contributed to the knowledge base of the student teachers and also contributed positively to the community as well, the programme winded up at 1.30 PM.

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 Ernakulam




Care for Nature'- Practice session on Organic Farming, 2021

Photo Gallery



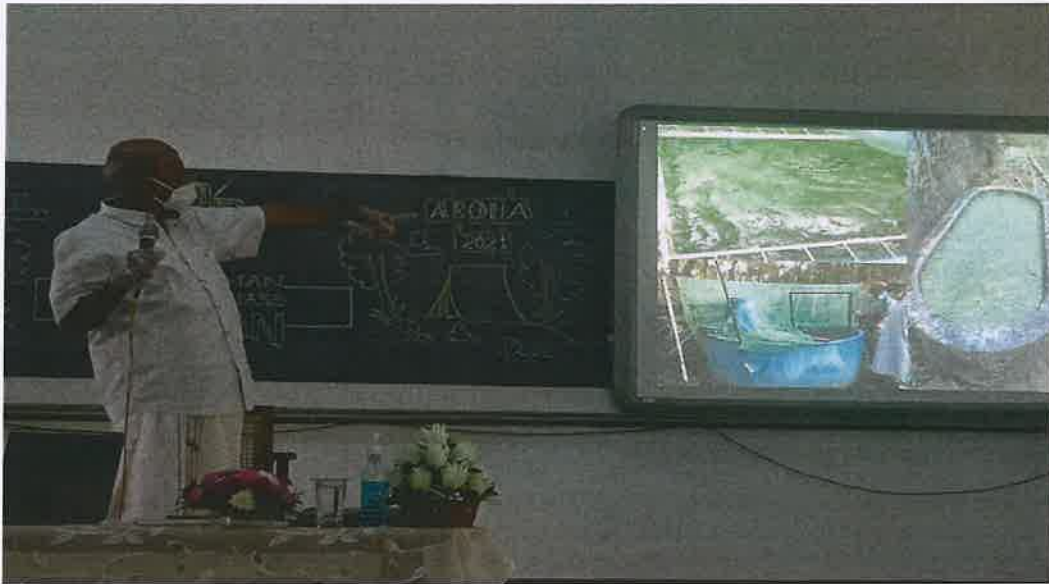
St. Joseph College of Teacher
Education for Women, Ernakulam
Organizes
'Care for Nature'
Practice session
on
Organic Farming
Speaker- Mr. Prince Mathew
(Farmer)
08/02/2021 | 10.00 AM -
1.30 PM



Poster for 'Care for Nature', practice session on organic farming, 2021 conducted for B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam



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Mr. Prince Mathew, Farmer from Mulanthuruthy Panchayath in Ernakulam, Kerala carrying out the practice session on 'Organic Farming' for the B Ed. student teachers of St. Joseph College of Teacher Education for Women, Ernakulam as part of the programme, 'Care for Nature', 2021



B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam engaged in organic farming with grow bags during the 'Care for Nature' session, 2021

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'Care for Nature'- Practice session on Organic Farming, 2021

Programme Details

| | |
|-------------------|--|
| Name of the Event | 'Care for Nature'- Practice session on Organic Farming, 2021 |
| Date | 08/02/2021 |
| Time | 10.00AM- 1.30 PM |
| Duration | 3 hours and 30 minutes |
| Beneficiaries | Student teachers- 97, Faculty- 3 |
| Event Venue | St. Joseph college of Teacher Education for Women, Ernakulam |

List of Participants

Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|---|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Dr. Betty P.J | Assistant Professor (Mathematics Education) |
| 3 | Mrs. Smitha Jose | Assistant Professor (Education) |

Students list:


| Sl. No | Name | Batch |
|--------|---------------------|-------------------------------------|
| 1 | Amala Anna Thomas | 2019-2021 batch (B Ed. English) |
| 2 | Amreetha S James | 2019-2021 batch (B Ed. English) |
| 3 | Annu Jose | 2019-2021 batch (B Ed. English) |
| 4 | Anjali K Thankappan | 2019-2021 batch (B Ed. Malayalam) |
| 5 | Anntreesa J Kappen | 2019-2021 batch (B Ed. Malayalam) |
| 6 | Athira M.M | 2019-2021 batch (B Ed. Malayalam) |
| 7 | Chithralekha R | 2019-2021 batch (B Ed. Mathematics) |
| 8 | Geethu Xavier A | 2019-2021 batch (B Ed. Mathematics) |
| 9 | Somiya Mathew | 2019-2021 batch (B Ed. Mathematics) |



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



| | | |
|----|------------------------|--|
| 10 | Metty P J | 2019-2021 batch (B Ed. Physical Science) |
| 11 | Minnu Maria Wilson | 2019-2021 batch (B Ed. Physical Science) |
| 12 | Rose Mary Sebastian | 2019-2021 batch (B Ed. Physical Science) |
| 13 | Sneha Mol K J | 2019-2021 batch (B Ed. Physical Science) |
| 14 | Mary Rilu Arooja | 2019-2021 batch (B Ed. Natural Science) |
| 15 | Minumol Johnson | 2019-2021 batch (B Ed. Natural Science) |
| 16 | Shelja Philomina C A | 2019-2021 batch (B Ed. Natural Science) |
| 17 | Granes P Joshy | 2019-2021 batch (B Ed. Social science) |
| 18 | Lincy B.J | 2019-2021 batch (B Ed. Social science) |
| 19 | Blessy Jacob | 2019-2021 batch (B Ed. Social science) |
| 20 | Sujitha Jose | 2019-2021 batch (B Ed. Social science) |
| 21 | Anu Thomas | 2019-2021 batch (B Ed. English) |
| 22 | Anusree Venu | 2019-2021 batch (B Ed. English) |
| 23 | Devika S | 2019-2021 batch (B Ed. English) |
| 24 | Jyothi G. | 2019-2021 batch (B Ed. Malayalam) |
| 25 | Linnet Maria K | 2019-2021 batch (B Ed. Malayalam) |
| 26 | Ninitha Joy V | 2019-2021 batch (B Ed. Malayalam) |
| 27 | Joseme Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 28 | Lismy Thomas | 2019-2021 batch (B Ed. Mathematics) |
| 29 | Theressa Sebi | 2019-2021 batch (B Ed. Mathematics) |
| 30 | Maria Rose Varghese | 2019-2021 batch (B Ed. Physical Science) |
| 31 | Mariya Jesleena Martin | 2019-2021 batch (B Ed. Physical Science) |
| 32 | Mary Nivitha Bivera | 2019-2021 batch (B Ed. Physical Science) |
| 33 | Abhilasha K P | 2019-2021 batch (B Ed. Natural Science) |
| 34 | Akheena Thomas | 2019-2021 batch (B Ed. Natural Science) |
| 35 | Amrutha K H | 2019-2021 batch (B Ed. Natural Science) |
| 36 | Sithara Joshy | 2019-2021 batch (B Ed. Natural Science) |
| 37 | Faseela U S | 2019-2021 batch (B Ed. Social science) |


 Dr. Alice Joseph
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 St. Joseph College of Teacher
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 Ernakulam



| | | |
|----|--------------------|--|
| 38 | Fousiya K N | 2019-2021 batch (B Ed. Social science) |
| 39 | Gopika Rajagopal | 2019-2021 batch (B Ed. Social science) |
| 40 | Hridya Joly | 2019-2021 batch (B Ed. English) |
| 41 | Jefin Job | 2019-2021 batch (B Ed. English) |
| 42 | Jyothis K Devasia | 2019-2021 batch (B Ed. English) |
| 43 | Preetha T P | 2019-2021 batch (B Ed. English) |
| 44 | Parvathy Rajeev | 2019-2021 batch (B Ed. Malayalam) |
| 45 | Sandhya Poulose | 2019-2021 batch (B Ed. Malayalam) |
| 46 | Sandra Saju | 2019-2021 batch (B Ed. Malayalam) |
| 47 | Maria Ancy M J | 2019-2021 batch (B Ed. Mathematics) |
| 48 | Sruthy K. Shaju | 2019-2021 batch (B Ed. Mathematics) |
| 49 | Susan Neenu | 2019-2021 batch (B Ed. Mathematics) |
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| 51 | Jeen Mary A J | 2019-2021 batch (B Ed. Physical Science) |
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| 53 | Christy P P | 2019-2021 batch (B Ed. Natural Science) |
| 54 | Deepthi George | 2019-2021 batch (B Ed. Natural Science) |
| 55 | Sony George | 2019-2021 batch (B Ed. Natural Science) |
| 56 | Bilby Babu | 2019-2021 batch (B Ed. Social science) |
| 57 | M Renuka | 2019-2021 batch (B Ed. Social science) |
| 58 | Naina N T | 2019-2021 batch (B Ed. Social science) |
| 59 | Dona Garvasis | 2019-2021 batch (B Ed. Social science) |
| 60 | Keerthana Krishnan | 2019-2021 batch (B Ed. English) |
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| 62 | Neethu Peter | 2019-2021 batch (B Ed. English) |
| 63 | Shelga Jacob | 2019-2021 batch (B Ed. Malayalam) |
| 64 | Shijila P N | 2019-2021 batch (B Ed. Malayalam) |
| 65 | Sinimol P T | 2019-2021 batch (B Ed. Malayalam) |



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


| | | |
|----|-------------------|--|
| 66 | Anju George | 2019-2021 batch (B Ed. Mathematics) |
| 67 | Asha Joseph | 2019-2021 batch (B Ed. Mathematics) |
| 68 | Rita Rose John | 2019-2021 batch (B Ed. Mathematics) |
| 69 | Annmary Jose | 2019-2021 batch (B Ed. Physical Science) |
| 70 | Christina Louis | 2019-2021 batch (B Ed. Physical Science) |
| 71 | Deena Mathew | 2019-2021 batch (B Ed. Physical Science) |
| 72 | Dhanyamol L | 2019-2021 batch (B Ed. Natural Science) |
| 73 | Gretta James | 2019-2021 batch (B Ed. Natural Science) |
| 74 | Maria Sonet K G | 2019-2021 batch (B Ed. Natural Science) |
| 75 | Swanila N S | 2019-2021 batch (B Ed. Natural Science) |
| 76 | Anju P Tomy | 2019-2021 batch (B Ed. Social science) |
| 77 | Annaet O J | 2019-2021 batch (B Ed. Social science) |
| 78 | Aswathy Peter | 2019-2021 batch (B Ed. Social science) |
| 79 | Reshma C Ratheesh | 2019-2021 batch (B Ed. English) |
| 80 | Sandra P K | 2019-2021 batch (B Ed. English) |
| 81 | Sara Stephen | 2019-2021 batch (B Ed. English) |
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| | | |
|----|---------------|--|
| 94 | Amrutha S V | 2019-2021 batch (B Ed. Social science) |
| 95 | Anjaly M B | 2019-2021 batch (B Ed. Social science) |
| 96 | Anjana K M | 2019-2021 batch (B Ed. Social science) |
| 97 | Salma Shereef | 2019-2021 batch (B Ed. Social science) |


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'Care and Share', 2021- Grocery Kit Preparation and Distribution

| | |
|--------------------------|---|
| Name of the Event | 'Care and Share', 2021- Grocery Kit Preparation and Distribution |
| Objectives | <ol style="list-style-type: none"> 1. To help student teachers develop love and compassion towards fellow beings 2. To develop social responsibility in student teachers 3. To help the needy and poor people in the society and thereby strengthen the society as a whole |
| Details of Event | Student teachers |
| Coordinators | 2019-2021 batch St. Joseph College of Teacher Education for Women, Ernakulam |
| Date | 09/02/2021 |
| Time | 11.45 AM- 1.30 PM |
| Duration | 1 hour and 45 minutes |
| Beneficiaries | Student teachers-97, Faculty- 3 |
| Event Venue | St. Joseph college of Teacher Education for Women, Ernakulam |



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'Care and Share', 2021- Grocery Kit Preparation and Distribution

Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized 'Care and Share', Grocery Kit Preparation and Distribution programme with B Ed. Student teachers of 2019-2021 batch on 9th February 2021 from 11.45 AM to 1.30 PM. The main aim of the programme was to help student teachers develop love and compassion towards fellow beings and to develop social responsibility in them. Dr. Siji John, Assistant Professor in Social Science Education and Ms. Soya Mathew, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam were the teachers-in-charge for the programme. All the student teachers of the 2019-2021 batch engaged in the activity.

The programme started exactly at 11.45 AM with a prayer song by Ms. Joseme Joseph, student teacher from Mathematics optional. The prayer song was succeeded by the official welcome speech delivered by Dr. Siji John, Assistant Professor in Social Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The programme was officially inaugurated by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. After the inaugural ceremony, Dr. Alice Joseph proceeded with presidential address for the event. Dr. Alice Joseph enunciated that activities that aims at instilling humane and moral values among student teachers is necessary during their course so that they are equipped with theoretical knowledge as well as molded into great personalities. She added that it is always important to help others since it enhances empathy, improve self-confidence and self-esteem and the provider can experience high level of life satisfaction.

After the inaugural ceremony by the Principal, the student teachers of 2019-2021 batch engaged in grocery kit preparing. The grocery kit were prepared to distribute it among the needy families. Each grocery kit prepared included food items like rice, oil, salt, tea powder, sugar and pulses, which are necessary items for daily living. A total of 30 grocery kits were packed and were distributed among the needy families residing in Chittoor in Cheranallor Panchayath in Ernakulam District in Kerala. The main aim of the activity was to develop empathy, love and compassion to fellow beings. Such activities can help student teachers to boost their self-esteem, confidence and life satisfaction. It enable them to understand the feelings and problems of the poor and needy from their perspective and take appropriate actions for the resolution of identified


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problems. Engaging in such activities gives the student teachers a sense of identity. In addition, such activities not only help student teachers to help an individual family or a community but are also equipped with helping the society as a whole. Programmes like 'Care and Share' is important to be organized for student teachers as they are the future teachers who need to transmit such valuable and humane knowledge for the future generations. For a noble profession like teaching, activities that evoke compassion and love towards fellow beings is essential so that such knowledge can be transmitted to children since schools and education have an important role in molding the personality of the child and to enhance their socialization. The student teachers of St. Joseph College of Teacher Education has the following benefits from the programme, 'Care and Share':

- ✦ Identify the problems faced by people living around them
- ✦ Enhance empathy, compassion and love towards fellow beings
- ✦ Learned the importance of developing the attitude of caring and sharing towards the needy people living in the society
- ✦ To develop a sense of responsibility towards the society in which they live
- ✦ To be able to contribute positively to the society as a whole via providing service to the people in the community

The programme, 'Care and Share' turned out to be productive and fruitful in accomplishing its purpose. The programme winded up at 1.30 PM with the vote of thanks delivered by Ms. Soya Mathew, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam.

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'Care and Share', 2021- Grocery Kit Preparation and Distribution

Photo Gallery



B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam preparing grocery kits to be distributed among the needy families residing in Chittoor in Cheranalloor Panchayath in Ernakulam District in Kerala, as part of 'Care and Share' programme.

'Care and Share', 2021- Grocery Kit Preparation and Distribution

Programme Details

| | |
|--------------------------|--|
| Name of the Event | 'Care and Share', 2021- Grocery Kit Preparation and Distribution |
| Date | 09/02/2021 |
| Time | 11.45AM- 1.30 PM |
| Duration | 1 hour and 45 minutes |
| Beneficiaries | Student teachers- 97, Faculty- 3 |
| Event Venue | St. Joseph college of Teacher Education for Women, Ernakulam |

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List of Participants

Faculty members list:

| SL.NO. | NAME OF THE FACULTY | DESIGNATION |
|--------|---------------------|--|
| 1 | Dr. Alice Joseph | Principal |
| 2 | Dr. Siji John | Assistant Professor (Social Science Education) |
| 3 | Soya Mathew | Assistant Professor (Education) |

Students list:

| Sl. No | Name | Batch |
|--------|----------------------|--|
| 1 | Amala Anna Thomas | 2019-2021 batch (B Ed. English) |
| 2 | Amreetha S James | 2019-2021 batch (B Ed. English) |
| 3 | Annu Jose | 2019-2021 batch (B Ed. English) |
| 4 | Anjali K Thankappan | 2019-2021 batch (B Ed. Malayalam) |
| 5 | Anntreesa J Kappen | 2019-2021 batch (B Ed. Malayalam) |
| 6 | Athira M.M | 2019-2021 batch (B Ed. Malayalam) |
| 7 | Chithralekha R | 2019-2021 batch (B Ed. Mathematics) |
| 8 | Geethu Xavier A | 2019-2021 batch (B Ed. Mathematics) |
| 9 | Somiya Mathew | 2019-2021 batch (B Ed. Mathematics) |
| 10 | Metty P J | 2019-2021 batch (B Ed. Physical Science) |
| 11 | Minnu Maria Wilson | 2019-2021 batch (B Ed. Physical Science) |
| 12 | Rose Mary Sebastian | 2019-2021 batch (B Ed. Physical Science) |
| 13 | Sneha Mol K J | 2019-2021 batch (B Ed. Physical Science) |
| 14 | Mary Rilu Arooja | 2019-2021 batch (B Ed. Natural Science) |
| 15 | Minumol Johnson | 2019-2021 batch (B Ed. Natural Science) |
| 16 | Shelja Philomina C A | 2019-2021 batch (B Ed. Natural Science) |
| 17 | Granes P Joshy | 2019-2021 batch (B Ed. Social science) |
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|----|------------------------|--|
| 20 | Sujitha Jose | 2019-2021 batch (B Ed. Social science) |
| 21 | Anu Thomas | 2019-2021 batch (B Ed. English) |
| 22 | Anusree Venu | 2019-2021 batch (B Ed. English) |
| 23 | Devika S | 2019-2021 batch (B Ed. English) |
| 24 | Jyothi G. | 2019-2021 batch (B Ed. Malayalam) |
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| 35 | Amrutha K H | 2019-2021 batch (B Ed. Natural Science) |
| 36 | Sithara Joshy | 2019-2021 batch (B Ed. Natural Science) |
| 37 | Faseela U.S | 2019-2021 batch (B Ed. Social science) |
| 38 | Fousiya K N | 2019-2021 batch (B Ed. Social science) |
| 39 | Gopika Rajagopal | 2019-2021 batch (B Ed. Social science) |
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| 41 | Jefin Job | 2019-2021 batch (B Ed. English) |
| 42 | Jyothis K Devasia | 2019-2021 batch (B Ed. English) |
| 43 | Preetha T P | 2019-2021 batch (B Ed. English) |
| 44 | Parvathy Rajeev | 2019-2021 batch (B Ed. Malayalam) |
| 45 | Sandhya Poullose | 2019-2021 batch (B Ed. Malayalam) |
| 46 | Sandra Saju | 2019-2021 batch (B Ed. Malayalam) |
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| | | |
|----|--------------------|--|
| 50 | Ishida K B | 2019-2021 batch (B Ed. Physical Science) |
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| 71 | Deena Mathew | 2019-2021 batch (B Ed. Physical Science) |
| 72 | Dhanyamol L | 2019-2021 batch (B Ed. Natural Science) |
| 73 | Greetta James | 2019-2021 batch (B Ed. Natural Science) |
| 74 | Maria Sonet K G | 2019-2021 batch (B Ed. Natural Science) |
| 75 | Swanila N S | 2019-2021 batch (B Ed. Natural Science) |
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Organic Farming Outreach Activity by Student Teachers

On 11-02-2021, student teachers from our college embarked on a meaningful outreach activity centered around organic farming. This activity was organized with the aim of promoting sustainable and eco-friendly agricultural practices while actively involving our student community. The students, in collaboration with the District Agriculture Office in Kakkanad, enthusiastically participated in this initiative.

Objective:

The primary objective of this outreach activity was to create awareness among student teachers about the importance of organic farming and its positive impact on the environment, health, and the community. By actively engaging in the process, students were not only educated but also empowered to adopt organic farming practices in their daily lives.

Activity Details:

Preparation and Planning: Prior to the event, a planning committee was formed comprising students and faculty members. The committee liaised with the District Agriculture Office in Kakkanad to arrange for the necessary resources, including grow bags and seeds.

Resource Procurement: Grow bags and seeds were procured from the District Agriculture Office. These resources were carefully selected to ensure that they were suitable for organic farming practices.

Demonstration and Training: On the day of the activity, students gathered at the designated farming area within the college premises. A representative conducted a brief but



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comprehensive demonstration on organic farming techniques. Students were taught about the importance of using organic fertilizers, maintaining soil health, and the benefits of chemical-free farming.

Hands-on Experience: Following the demonstration, students actively engaged in the process of setting up their own organic farming plots using the provided grow bags and seeds. This hands-on experience allowed them to put their newly acquired knowledge into practice.

Collaborative Effort: The activity promoted teamwork and collaboration among student teachers. They worked together in groups, ensuring that each participant had a role to play in the farming process.

Knowledge Sharing: Throughout the activity, participants engaged in discussions and shared their insights about organic farming. This facilitated a rich exchange of ideas and experiences.

Impact:

The outreach activity on organic farming had several positive outcomes:

Increased Awareness: Participants gained a deeper understanding of the benefits of organic farming and its relevance in today's world.

Skill Development: Student teachers developed practical skills related to organic farming, which they can apply in their personal lives and future teaching careers.

Environmental Consciousness: The activity reinforced the importance of sustainable agriculture and its positive impact on the environment.

Community Engagement: The initiative strengthened the bond between the college and the local agricultural community, fostering a sense of partnership and collaboration.



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Conclusion:

The organic farming outreach activity conducted by student teachers. It not only educated participants about the merits of organic farming but also encouraged them to become advocates for sustainable agricultural practices. This activity serves as a testament to our commitment to holistic education and environmental responsibility.

**List of Participants**

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Development and Donation of Learning Resource Materials for school pupils

Our college's commitment to education and community service was manifested through an outreach activity where students developed a diverse range of educational resources and donate this to the respective teaching practise schools during their Internship period 22-07-2019 to 08-11-2019 . These resources, including workbooks, handbooks, e-learning materials, and more, were created and donated to internship schools where our students practiced teaching. This report outlines the objectives, processes, outcomes, and impact of this enriching outreach initiative.

Objective: To enhance the quality of education in internship schools by providing them with well-crafted, pedagogically sound educational resources.

Resource Development

Our college students actively engaged in developing a comprehensive set of educational materials, including:

Workbooks: Tailored to specific subjects and grade levels, these workbooks offered practice exercises and activities to reinforce classroom learning.

Handbooks: These guides covered various teaching content and acts as ready recunner for school children to learn various subjects.

Worksheets: A collection of worksheets designed to supplement classroom instruction.

E-Learning Resources: Interactive digital lessons and modules to make learning more engaging.

Programmed Learning Materials: Self-paced, interactive resources that allowed students to learn independently.

Question Bank: A repository of subject-specific questions for quizzes and assessments.

Self-Learning Resources: Materials to encourage self-study and curiosity-driven learning.

Interactive Books: Digital books with multimedia elements to enhance understanding.

Integration with Teaching Practice: During their teaching practice at internship schools, our students integrated these educational resources into their lessons. They shared the materials with both fellow teachers and students, aiming to enrich the learning experience.

Donation to Internship Schools: Upon completion of their teaching practice, students donated the educational resources to their respective internship schools, leaving behind a lasting impact on the educational environment.

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Outcomes and Achievements

Improved Learning Environment

The project significantly improved the learning environment in internship schools:

Teachers benefited from innovative teaching materials, improving their pedagogical skills.

Pupils had access to a wider range of learning resources, promoting a more holistic learning experience.

Enhanced Teaching Practice

Our students reported a more enriching teaching practice experience:

They gained hands-on experience in resource development and integration.

The use of these materials enhanced their effectiveness as educators

Sustainability

By donating the resources to the internship schools, we ensured the sustainability of the project's impact:

The materials continued to benefit students and teachers beyond the duration of the internship.

The internship schools became self-sufficient in utilizing and adapting the resources.

Community Engagement

The project fostered community engagement:

Collaboration between our college, internship schools, and local communities strengthened educational ties.

Students, teachers, and communities were mutually enriched through knowledge-sharing and cooperation.

Conclusion

The outreach initiative exemplifies our college's dedication to education and community service. By creating and donating a wide range of educational materials, our students actively contributed to enhancing the quality of education in internship schools. This initiative not only enriched the teaching practice of our students but also left a lasting legacy in the schools they served.

Looking forward, we are committed to continuing this initiative, expanding our reach to more schools, and ensuring the sustained improvement of educational resources. The project's success is a testament to the potential for positive change when educational institutions and local communities collaborate in the pursuit of excellence in education.

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List of Student teachers who developed the Educational resources and the teaching practise schools where they donated the resources are given below.

| Sl. No. | Name Of Participants | |
|---------|----------------------------|-------------------------------------|
| 1. | Aarya Xavier | B.Ed. Student English Education |
| 2. | Aashya Antony | B.Ed. Student English Education |
| 3. | Anjana Suresh | B.Ed. Student English Education |
| 4. | Chandni Babu | B.Ed. Student English Education |
| 5. | Christeena A J | B.Ed. Student English Education |
| 6. | Gayathri S Therroth | B.Ed. Student English Education |
| 7. | Greeshma V | B.Ed. Student English Education |
| 8. | Jinu Jose | B.Ed. Student English Education |
| 9. | Minnu George | B.Ed. Student English Education |
| 10. | Neethima K N | B.Ed. Student English Education |
| 11. | Niveditha U M | B.Ed. Student English Education |
| 12. | Ritu Jose | B.Ed. Student English Education |
| 13. | Roshni Celin | B.Ed. Student English Education |
| 14. | Sandra Johny | B.Ed. Student English Education |
| 15. | Sandra Maria Kuriakose | B.Ed. Student English Education |
| 16. | Saranya M S | B.Ed. Student English Education |
| 17. | Sruthy Sabu | B.Ed. Student English Education |
| 18. | Anjala Sherin | B.Ed. Student Malayalam Education |
| 19. | Anu Joseph | B.Ed. Student Malayalam Education |
| 20. | Arya Janardhanan | B.Ed. Student Malayalam Education |
| 21. | Ashmi Thomes | B.Ed. Student Malayalam Education |
| 22. | Ashna Finlay | B.Ed. Student Malayalam Education |
| 23. | Athira Sivaprasad | B.Ed. Student Malayalam Education |
| 24. | Bincy Eldose | B.Ed. Student Malayalam Education |
| 25. | Biyamol Augustine | B.Ed. Student Malayalam Education |
| 26. | Blessy Baby | B.Ed. Student Malayalam Education |
| 27. | Greeshma Cherian | B.Ed. Student Malayalam Education |
| 28. | Linta Rani George | B.Ed. Student Malayalam Education |
| 29. | Neenu Sara | B.Ed. Student Malayalam Education |
| 30. | Neeraja Ps | B.Ed. Student Malayalam Education |
| 31. | Selna Joseph | B.Ed. Student Malayalam Education |
| 32. | Anjaly I M | B.Ed. Student Mathematics Education |
| 33. | Anjitha Ramesan | B.Ed. Student Mathematics Education |
| 34. | Ansina P A | B.Ed. Student Mathematics Education |
| 35. | Anusha Babu | B.Ed. Student Mathematics Education |
| 36. | Aparna Sanjay | B.Ed. Student Mathematics Education |
| 37. | Deyana K E | B.Ed. Student Mathematics Education |
| 38. | Elizabeth Xavier Fernandez | B.Ed. Student Mathematics Education |



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| | | |
|-----|---------------------------|--|
| 39. | Elsa Joy | B.Ed. Student Mathematics Education |
| 40. | Hariyat N L | B.Ed. Student Mathematics Education |
| 41. | Jean Rocha | B.Ed. Student Mathematics Education |
| 42. | Kavya V Sathyan | B.Ed. Student Mathematics Education |
| 43. | Merin J Kaniyarakam | B.Ed. Student Mathematics Education |
| 44. | Rosmin Joseph | B.Ed. Student Mathematics Education |
| 45. | Sajana Jaison | B.Ed. Student Mathematics Education |
| 46. | Shanty Rose Sebastian | B.Ed. Student Mathematics Education |
| 47. | Sona Varghese | B.Ed. Student Mathematics Education |
| 48. | Vithya.A | B.Ed. Student Mathematics Education |
| 49. | Anjaly Davis | B.Ed. Student Physical Science Education |
| 50. | Anna Francis | B.Ed. Student Physical Science Education |
| 51. | Anna Peter | B.Ed. Student Physical Science Education |
| 52. | Beaula Johnson | B.Ed. Student Physical Science Education |
| 53. | Hyna V Edwin | B.Ed. Student Physical Science Education |
| 54. | Jithiya Babu Kg | B.Ed. Student Physical Science Education |
| 55. | Jithu Traisy Jelin | B.Ed. Student Physical Science Education |
| 56. | Josena Joseph | B.Ed. Student Physical Science Education |
| 57. | Kripa Maria Tomy | B.Ed. Student Physical Science Education |
| 58. | Niya Tony | B.Ed. Student Physical Science Education |
| 59. | Reshma Prakash | B.Ed. Student Physical Science Education |
| 60. | Seethal Xavier | B.Ed. Student Physical Science Education |
| 61. | Shilpa C Baiju | B.Ed. Student Physical Science Education |
| 62. | Tomsy Thomas | B.Ed. Student Physical Science Education |
| 63. | Afeefa Ihsana A B | B.Ed. Student Natural Science Education |
| 64. | Agaja P A | B.Ed. Student Natural Science Education |
| 65. | Anjitha Peter | B.Ed. Student Natural Science Education |
| 66. | Anumol M G | B.Ed. Student Natural Science Education |
| 67. | Athira Unnikrishnan | B.Ed. Student Natural Science Education |
| 68. | Blessy Treasa | B.Ed. Student Natural Science Education |
| 69. | Jijy M Y | B.Ed. Student Natural Science Education |
| 70. | Jincy Joseph | B.Ed. Student Natural Science Education |
| 71. | Jisha C Jose | B.Ed. Student Natural Science Education |
| 72. | Lisinta Sivan | B.Ed. Student Natural Science Education |
| 73. | Namitha .E.N | B.Ed. Student Natural Science Education |
| 74. | Nayana Johnson | B.Ed. Student Natural Science Education |
| 75. | Sari M S | B.Ed. Student Natural Science Education |
| 76. | Savitha Sajan | B.Ed. Student Natural Science Education |
| 77. | Sruthymol A S | B.Ed. Student Natural Science Education |
| 78. | Sweeka Elizabeth Varghese | B.Ed. Student Natural Science Education |
| 79. | Alvina Teresa Paiva | B.Ed. Student Social Science Education |
| 80. | Catherin Akhina | B.Ed. Student Social Science Education |
| 81. | Devikrishna K B | B.Ed. Student Social Science Education |

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| | | |
|-----|----------------------|--|
| 82. | Dhanalekshmi T D | B.Ed. Student Social Science Education |
| 83. | Greshma Rose | B.Ed. Student Social Science Education |
| 84. | Jaimol O B | B.Ed. Student Social Science Education |
| 85. | Kavya .K.M | B.Ed. Student Social Science Education |
| 86. | Maria Carmel M.F | B.Ed. Student Social Science Education |
| 87. | Najuma K.S | B.Ed. Student Social Science Education |
| 88. | Nimisha P U | B.Ed. Student Social Science Education |
| 89. | Nimmi M D | B.Ed. Student Social Science Education |
| 90. | Praveena.K.P | B.Ed. Student Social Science Education |
| 91. | Saniya Rose K M | B.Ed. Student Social Science Education |
| 92. | Sayana Ramchandran E | B.Ed. Student Social Science Education |
| 93. | Shahana P S | B.Ed. Student Social Science Education |
| 94. | Sibil Prasad | B.Ed. Student Social Science Education |
| 95. | Treesa Babu | B.Ed. Student Social Science Education |

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Community Project on Socially / Educationally Relevant Issue

In pursuit of its commitment to fostering responsible citizenship and addressing pressing societal issues, our college embarked on a series of community projects that sought to make a meaningful impact on educationally and socially relevant concerns.

Through these initiatives, our students exhibited their dedication to creating a positive change in the community. This report serves as an overview of the various community projects undertaken by our college students during the period 02-08-2019 to 09-08-2019. The title of the works included:

Plastic Waste Management

Objective: To raise awareness about plastic pollution and promote sustainable waste management practices. The project aimed to reduce plastic waste and encourage eco-friendly alternatives.

Exam Phobia

Objective: To alleviate stress and anxiety among students during examination periods.

Lack of Public Toilets

Objective: To advocate for improved public toilet facilities.

Gender Stereotyping

Objective: To challenge and break down stereotypes related to gender roles and expectations.

Junk Food Consumption

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Objective: To promote healthier dietary choices among the youth.

Problems Faced by Women in Public Transport

Objective: To address safety and accessibility issues for women in public transport.

Waste Management

Objective: To promote responsible waste disposal and recycling.

Mobile Phone Addiction

Objective: To raise awareness about the negative impacts of excessive mobile phone use.

Social Media Addiction

Objective: To highlight the addictive nature of social media and its consequences.

Impact of Flood

Objective: To provide relief and support to those affected by floods.

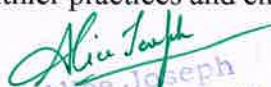
Attitude Towards Transgenders

Objective: To promote inclusivity and change societal attitudes towards transgender individuals.

Outcomes and Achievements of engagement in this survey and projects

Increased awareness and participation: The projects successfully raised awareness and engaged the community in addressing these critical issues.

Behavioral change: Many individuals demonstrated a positive shift in behavior, adopting healthier practices and challenging stereotypes.


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Policy impact: Several projects led to policy changes or improvements in local infrastructure, benefiting the community.

Empowerment: Students gained valuable skills in leadership, advocacy, and community engagement, enhancing their personal and professional growth.

Strengthened community bonds: These projects fostered a sense of unity and collaboration among students and the community.

Our college's community outreach initiatives have made a significant impact on educationally and socially relevant issues. Through these projects, students have exemplified their dedication to creating a more equitable, sustainable, and inclusive society. As we move forward, we remain committed to addressing pressing societal concerns and nurturing responsible citizens who actively contribute to positive change.

List of Students who took the above listed areas and did their projects successfully were:

| Sl.No. | Name Of The Student Teacher | Subject of Study |
|--------|-----------------------------|-------------------|
| 1 | Amala Anna Thomas | English Education |
| 2 | Amreetha S James | English Education |
| 3 | Annu Jose | English Education |
| 4 | Anu Thomas | English Education |
| 5 | Anusree Venu | English Education |
| 6 | Devika S | English Education |
| 7 | Hridya Joly | English Education |
| 8 | Jefin Job | English Education |
| 9 | Jyothis K Devasia | English Education |
| 10 | Keerthana Krishnan | English Education |
| 11 | Nandita B Shenoy | English Education |
| 12 | Neethu Peter | English Education |
| 13 | Preetha T P (Blind) | English Education |
| 14 | Reshma C Ratheesh | English Education |
| 15 | Sandra K | English Education |
| 16 | Sara Stephen | English Education |



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| | | |
|----|------------------------|----------------------------|
| 17 | Anjali . K.Thankappan | Malayalam Education |
| 18 | Anntreesa J Kappen | Malayalam Education |
| 19 | Athira M M | Malayalam Education |
| 20 | Jyothi G. | Malayalam Education |
| 21 | Linet Maria K | Malayalam Education |
| 22 | Ninitha Joy V | Malayalam Education |
| 23 | Parvathy Rajeev | Malayalam Education |
| 24 | Sandhya Poulouse | Malayalam Education |
| 25 | Sandra Saju | Malayalam Education |
| 26 | Shelga Jacob | Malayalam Education |
| 27 | Shijila P N | Malayalam Education |
| 28 | Sinimol P T | Malayalam Education |
| 29 | Sisira S | Malayalam Education |
| 30 | Vincy P V | Malayalam Education |
| 31 | Aiswarya P T | Mathematics Education |
| 32 | Aleena Mary | Mathematics Education |
| 33 | Anju George | Mathematics Education |
| 34 | Asha Joseph | Mathematics Education |
| 35 | Chithralekha R | Mathematics Education |
| 36 | Geethu Xavier A | Mathematics Education |
| 37 | Joseme Joseph | Mathematics Education |
| 38 | Lismy Thomas | Mathematics Education |
| 39 | Maria Ancy M J | Mathematics Education |
| 40 | Priyanka K T | Mathematics Education |
| 41 | Raveena T V | Mathematics Education |
| 42 | Rita Rose John | Mathematics Education |
| 43 | Somiya Mathew | Mathematics Education |
| 44 | Sruthy K. Shaju | Mathematics Education |
| 45 | Susan Neenu | Mathematics Education |
| 46 | Theressa Sebi | Mathematics Education |
| 47 | Annmmary Jose | Physical Science Education |
| 48 | Christina Louis | Physical Science Education |
| 49 | Deena Mathew | Physical Science Education |
| 50 | Ishida K B | Physical Science Education |
| 51 | Jeen Mary A J | Physical Science Education |
| 52 | Livi George | Physical Science Education |
| 53 | Liya Joseph | Physical Science Education |
| 54 | Liya Rose | Physical Science Education |
| 55 | Maria Rose Varghese | Physical Science Education |
| 56 | Mariya Jesleena Martin | Physical Science Education |
| 57 | Mary Nivitha Bivera | Physical Science Education |
| 58 | Metty Pj | Physical Science Education |
| 59 | Minnu Maria Wilson | Physical Science Education |
| 60 | Rose Mary Sebastian | Physical Science Education |
| 61 | Sneha Mol K J | Physical Science Education |
| 62 | Thahira M A | Physical Science Education |
| 63 | Abhilasha K P | Natural Science Education |
| 64 | Akheena Thomas | Natural Science Education |



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| | | |
|----|----------------------|---------------------------|
| 65 | Amrutha K H | Natural Science Education |
| 66 | Anu Maria K J | Natural Science Education |
| 67 | Christy P P | Natural Science Education |
| 68 | Deepthi George | Natural Science Education |
| 69 | Dhanyamol L | Natural Science Education |
| 70 | Greetta James | Natural Science Education |
| 71 | Maria Sonet K G | Natural Science Education |
| 72 | Mary Rilu Arooja | Natural Science Education |
| 73 | Minumol Johnson | Natural Science Education |
| 74 | Neethu Ursala P G | Natural Science Education |
| 75 | Reshma P P | Natural Science Education |
| 76 | Shelja Philomina C A | Natural Science Education |
| 77 | Sithara Joshy | Natural Science Education |
| 78 | Sony George | Natural Science Education |
| 79 | Swanila N S | Natural Science Education |
| 80 | Amrutha S V | Social Science Education |
| 81 | Anjaly M B | Social Science Education |
| 82 | Anjana K M | Social Science Education |
| 83 | Anju P Tomy | Social Science Education |
| 84 | Annaet O J | Social Science Education |
| 85 | Aswathy Peter | Social Science Education |
| 86 | Bilby Babu | Social Science Education |
| 87 | Blessy Jacob | Social Science Education |
| 88 | Dona Garvasis | Social Science Education |
| 89 | Faseela U S | Social Science Education |
| 90 | Fousiya K N | Social Science Education |
| 91 | Gopika Rajagopal | Social Science Education |
| 92 | Granes P Joshy | Social Science Education |
| 93 | Lincy B J | Social Science Education |
| 94 | M Renuka | Social Science Education |
| 95 | Naina N T | Social Science Education |
| 96 | Salma Shereef | Social Science Education |
| 97 | Sujitha Jose | Social Science Education |

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Extending a Helping Hand in the Time of Crisis: Outreach for those affected in Natural Calamities in Wayanad

A catastrophic flood disaster brought unprecedented challenges to the state of Kerala and affected nearly one sixth of its total population. The people of Wayanad, in particular, bore the brunt of this calamity, enduring landslides that resulted in significant loss of life, property, and infrastructure. In this dire situation, a group of dedicated individuals, comprising both teachers and student teachers from St. Joseph College of Teacher Education for Women, Ernakulam, stepped forward to provide essential assistance to those affected by these devastating landslides.

With people struggling for their very survival, the situation called for immediate humanitarian action to alleviate the suffering of those affected. Wayanad, a district significantly affected by landslides, faced the destruction of roads, homes, and critical infrastructure. Families were displaced, and the need for basic necessities became more pressing than ever.

The Outreach Initiative:

Responding to the distressing situation in Wayanad, the student teachers and dedicated educators from St. Joseph College of Teacher Education for Women, Ernakulam, embarked on an outreach initiative aimed at extending a helping hand to the affected communities. Their initiative was multifaceted and included the collection and distribution of a wide range of essential items.

Items Collected: The list of items collected for distribution to the landslide-affected people in Wayanad included:

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Clothes: A variety of clothing items to cater to the diverse needs of individuals and families. Grocery Items: Non-perishable food items to sustain the nutritional needs of the affected families. Blankets: Providing warmth and comfort during the challenging days and nights. Nighties and Undergarments: Ensuring the dignity and comfort of those who lost their homes. Soaps: Basic hygiene items to maintain cleanliness and prevent disease. Medicines: Essential medications to address immediate health concerns.

Participation:

A total of 16 student teachers, alongside their teachers, actively participated in this outreach activity. Their dedication, enthusiasm, and willingness to make a difference in the lives of those suffering in Wayanad were commendable. They took two days 13-08-2019 and 14-08-2019 to collect and give it to an NGO which gave the items to the people at Wayanad.

Conclusion:

In the face of adversity, the student teachers and educators of St. Joseph College of Teacher Education for Women, Ernakulam, exemplified the true spirit of compassion and community. Their selfless efforts to provide essential aid to the landslide-affected victims in Wayanad serve as a shining example of humanity coming together to support those in need, transcending barriers of caste, creed, colour, and gender. This outreach activity not only offered immediate relief but also symbolized the resilience and strength of communities in times of crisis.

The memory of their benevolent gesture will forever remain a testament to the power of compassion and solidarity in the face of adversity.

Teachers and a total of 16 student teachers took part in the activity and stretched out their helping hands for them.

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List of students who initiated for the outreach programme

| SL NO | Name of the student | Subject |
|-------|---------------------|-------------------|
| 1 | Amala Anna Thomas | English Education |
| 2 | Amreetha S James | English Education |
| 3 | Annu Jose | English Education |
| 4 | Anu Thomas | English Education |
| 5 | Anusree Venu | English Education |
| 6 | Devika S | English Education |
| 7 | Hridya Joly | English Education |
| 8 | Jefin Job | English Education |
| 9 | Jyothis K Devasia | English Education |
| 10 | Keerthana Krishnan | English Education |
| 11 | Nandita B Shenoy | English Education |
| 12 | Neethu Peter | English Education |
| 13 | Preetha T P | English Education |
| 14 | Reshma C Ratheesh | English Education |
| 15 | Sandra P K | English Education |
| 16 | Sara Stephen | English Education |

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Interaction and Christmas Celebration with Transgender Community

Objective:

The primary objective of this event was to promote inclusivity, sensitivity, and a sense of belonging among the student teachers. It aimed to facilitate an interaction with the transgender community and celebrate the spirit of Christmas together as a gesture of unity and compassion.

Participants:

Student teachers, faculty members, and members of the transgender community actively participated in this event.

Activity Overview:

On December 20, 2019, the student teachers of St. Joseph College of Teacher Education for Women, Ernakulam, had the privilege of interacting with members of the transgender community. Additionally, a Christmas celebration was organized to foster a sense of togetherness and goodwill.

Activities Conducted:

Invitation and Welcome: Members of the transgender community were invited to the college to participate in the event. They were warmly welcomed by the student teachers and faculty members.

Interactive Session: An interactive session was organized, allowing the student teachers and transgender community members to engage in open and candid discussions. This session aimed to break down barriers, dispel stereotypes, and promote understanding and empathy.

Sharing of Stories: During the interaction, members of the transgender community shared their personal stories, challenges, and aspirations. This sharing of experiences helped humanize their struggles and provided valuable insights to the student teachers.

Christmas Celebration: After the interactive session, a festive Christmas celebration was held. Student teachers and transgender community members came together to sing carols, exchange gifts, and enjoy a meal. The atmosphere was filled with warmth and joy as everyone embraced the spirit of the season.

Feedback and Reflection: Following the celebration, there was a feedback and reflection session where participants shared their thoughts and feelings about the event. Many expressed a deeper understanding of the issues faced by the transgender community and a commitment to promoting inclusivity in their future roles as educators.

Impact and Conclusion: The interaction and Christmas celebration with the transgender community were a significant step towards promoting social inclusivity and empathy among

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St. Joseph College of Teacher
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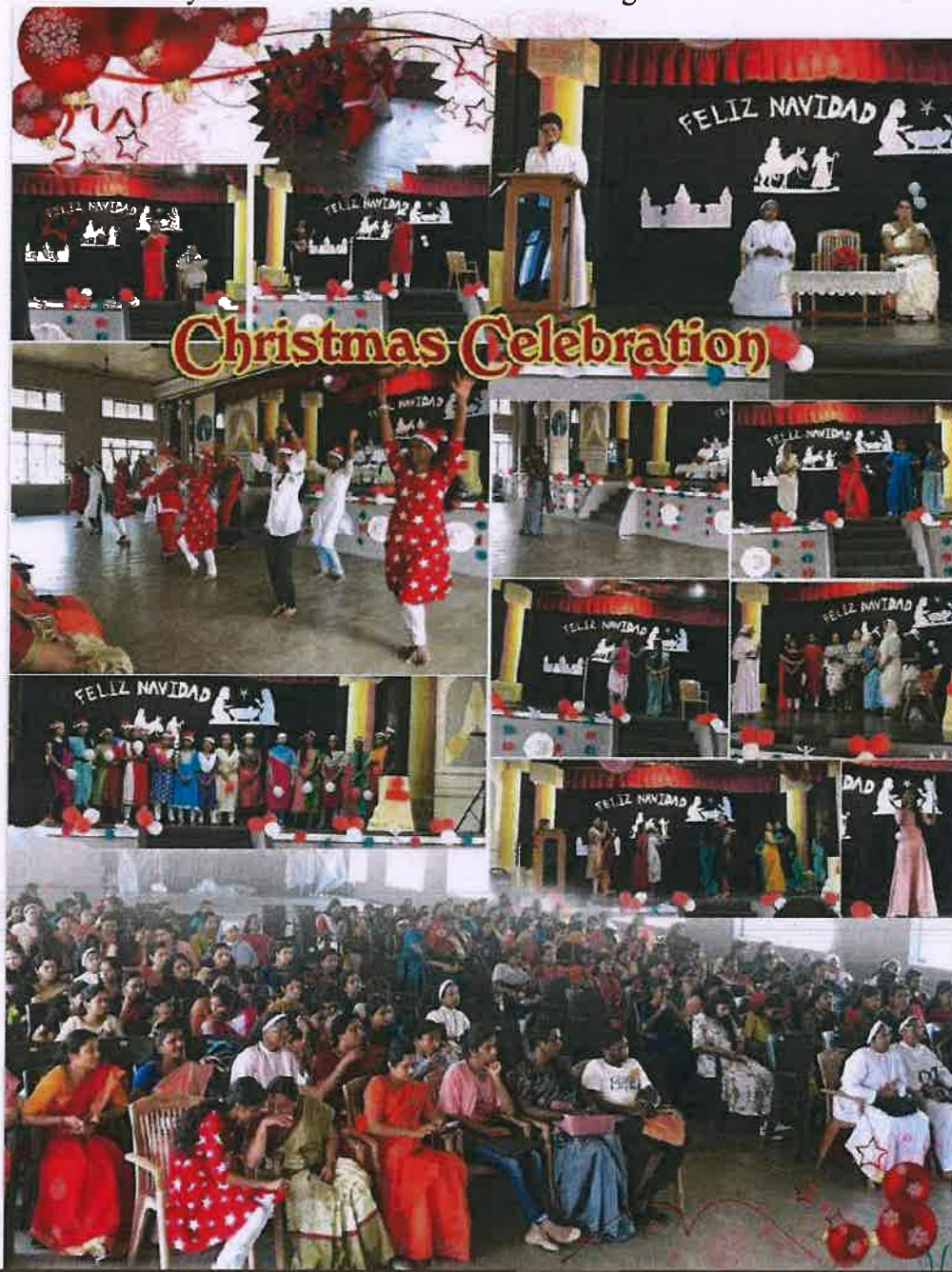




the student teachers. It allowed them to see beyond stereotypes and appreciate the humanity in everyone.

This event exemplifies the college's commitment to nurturing compassionate and socially responsible educators who are sensitive to the diverse needs of their future students. It was a heartwarming and enlightening experience for all involved, fostering bonds of friendship and understanding.

We express our gratitude to the members of the transgender community for their openness and willingness to engage with our student teachers. This event serves as a reminder of the importance of creating inclusive educational environments where every student feels valued and accepted. We look forward to further initiatives that promote diversity and inclusion in education, and we hope that this experience will leave a lasting impact on our student teachers as they embark on their careers in teaching.



Christmas Celebration



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1. Aarya Xavier, 2nd Year, B.Ed. Student English Education
2. Aashya Antony, 2nd Year B.Ed. Student English Education
3. Anjana Suresh, 2nd Year B.Ed. Student English Education
4. Chandni Babu, 2nd Year B.Ed. Student English Education
5. Christeena A J, 2nd Year B.Ed. Student English Education
6. Gayathri S Therroth, 2nd Year B.Ed. Student English Education
7. Greeshma V, 2nd Year B.Ed. Student English Education
8. Jinu Jose, 2nd Year B.Ed. Student English Education
9. Minnu George, 2nd Year B.Ed. Student English Education
10. Neethima K N, 2nd Year B.Ed. Student English Education
11. Niveditha U M , 2nd Year B.Ed. Student English Education
12. Ritu Jose, 2nd Year B.Ed. Student English Education
13. Roshni Celin, 2nd Year B.Ed. Student English Education
14. Sandra Johny, 2nd Year B.Ed. Student English Education
15. Sandra Maria Kuriakose, 2nd Year B.Ed. Student English Education
16. Saranya M S, 2nd Year B.Ed. Student English Education
17. Arya Janardhanan, 2nd Year B.Ed. Student Malayalam Education
18. Bincy Eldose, 2nd Year B.Ed. Student Malayalam Education
19. Biyamol Augustine, 2nd Year B.Ed. Student Malayalam Education
20. Blessy Baby, 2nd Year B.Ed. Student Malayalam Education
21. Greeshma Cherian, 2nd Year B.Ed. Student Malayalam Education
22. Linta Rani George, 2nd Year B.Ed. Student Malayalam Education
23. Neenu Sara, 2nd Year B.Ed. Student Malayalam Education
24. Neeraja Ps. 2nd Year B.Ed. Student Malayalam Education
25. Selna Joseph, 2nd Year B.Ed. Student Malayalam Education
26. Anjaly I M, 2nd Year B.Ed. Student Mathematics Education
27. Aparna Sanjay, 2nd Year B.Ed. Student Mathematics Education
28. Deyana K E , 2nd Year B.Ed. Student Mathematics Education
29. Elizabeth Xavier Fernandez, 2nd Year B.Ed. Student Mathematics Education
30. Elsa Joy, 2nd Year B.Ed. Student Mathematics Education
31. Hariyat N L, 2nd Year B.Ed. Student Mathematics Education
32. Jean Rocha, 2nd Year B.Ed. Student Mathematics Education
33. Kavya V Sathyan, 2nd Year B.Ed. Student Mathematics Education
34. Merin J Kaniyarakam, 2nd Year B.Ed. Student Mathematics Education
35. Sona Varghese, 2nd Year B.Ed. Student Mathematics Education
36. Vithya.A , 2nd Year B.Ed. Student Mathematics Education
37. Anjaly Davis, 2nd Year B.Ed. Student Physical Science Education
38. Anna Francis, 2nd Year B.Ed. Student Physical Science Education
39. Anna Peter, 2nd Year B.Ed. Student Physical Science Education
40. Beaula Johnson, 2nd Year B.Ed. Student Physical Science Education
41. Hyna V Edwin, 2nd Year B.Ed. Student Physical Science Education
42. Jithiya Babu Kg, 2nd Year B.Ed. Student Physical Science Education
43. Jithu Traisy Jelin, 2nd Year B.Ed. Student Physical Science Education
44. Josena Joseph, 2nd Year B.Ed. Student Physical Science Education
45. Kripa Maria Tomy, 2nd Year B.Ed. Student Physical Science Education



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46. Niya Tony, 2nd Year B.Ed. Student Physical Science Education
47. Reshma Prakash , 2nd Year B.Ed. Student Physical Science Education
48. Seethal Xavier, 2nd Year B.Ed. Student Physical Science Education
49. Shilpa C Baiju , 2nd Year B.Ed. Student Physical Science Education
50. Tomsy Thomas, 2nd Year B.Ed. Student Physical Science Education
51. Afeefa Ihsana A B, 2nd Year B.Ed. Student Natural Science Education
52. Agaja P A , 2nd Year B.Ed. Student Natural Science Education
53. Anjitha Peter, 2nd Year B.Ed. Student Natural Science Education
54. Jijy M Y, 2nd Year B.Ed. Student Natural Science Education
55. Jincy Joseph, 2nd Year B.Ed. Student Natural Science Education
56. Jisha C Jose, 2nd Year B.Ed. Student Natural Science Education
57. Lisinta Sivan , 2nd Year B.Ed. Student Natural Science Education
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76. Sibil Prasad , 2nd Year B.Ed. Student Social Science Education
77. Treesa Babu, 2nd Year B.Ed. Student Social Science Education
78. Amala Anna Thomas , 1st Year B.Ed. Student English Education
79. Amreetha S James , 1st Year B.Ed. Student Year English Education
80. Anusree Venu, 1st Year B.Ed. Student English Education
81. Devika S, 1st Year B.Ed. Student English Education
82. Hridya Joly, 1st Year B.Ed. Student English Education
83. Jefin Job, 1st Year B.Ed. Student English Education
84. Jyothis K Devasia, 1st Year B.Ed. Student English Education
85. Keerthana Krishnan, 1st Year B.Ed. Student English Education
86. Nandita B Shenoy, 1st Year B.Ed. Student English Education
87. Neethu Peter, 1st Year B.Ed. Student English Education
88. Preetha T P , 1st Year B.Ed. Student English Education
89. Reshma C Ratheesh 1st Year B.Ed. Student English Education
90. Sandra P K 1st Year B.Ed. Student English Education
91. Sara Stephen 1st Year B.Ed. Student English Education



92. Anjali . K.Thankappan 1st Year B.Ed. Student Malayalam Education
93. Anntreesa J Kappen 1st Year B.Ed. Student Malayalam Education
94. Athira M M 1st Year B.Ed. Student Malayalam Education
95. Jyothi G. 1st Year B.Ed. Student Malayalam Education
96. Linet Maria K 1st Year B.Ed. Student Malayalam Education
97. Sandhya Poullose 1st Year B.Ed. Student Malayalam Education
98. Sandra Saju 1st Year B.Ed. Student Malayalam Education
99. Shelga Jacob 1st Year B.Ed. Student Malayalam Education
100. Shijila P N 1st Year B.Ed. Student Malayalam Education
101. Sinimol P T 1st Year B.Ed. Student Malayalam Education
102. Sisira S 1st Year B.Ed. Student Malayalam Education
103. Vincy P V 1st Year B.Ed. Student Malayalam Education
104. Aiswarya P T 1st Year B.Ed. Student Mathematics Education
105. Aleena Mary 1st Year B.Ed. Student Mathematics Education
106. Anju George 1st Year B.Ed. Student Mathematics Education
107. Asha Joseph 1st Year B.Ed. Student Mathematics Education
108. Chithralekha R 1st Year B.Ed. Student Mathematics Education
109. Priyanka K T 1st Year B.Ed. Student Mathematics Education
110. Raveena T V 1st Year B.Ed. Student Mathematics Education
111. Rita Rose John 1st Year B.Ed. Student Mathematics Education
112. Somiya Mathew 1st Year B.Ed. Student Mathematics Education
113. Sruthy K. Shaju 1st Year B.Ed. Student Mathematics Education
114. Susan Neenu 1st Year B.Ed. Student Mathematics Education
115. Theresa Sebi 1st Year B.Ed. Student Mathematics Education
116. Annmary Jose 1st Year B.Ed. Student Physical Science Education
117. Christina Louis 1st Year B.Ed. Student Physical Science Education
118. Deena Mathew 1st Year B.Ed. Student Physical Science Education
119. Ishida K B 1st Year B.Ed. Student Physical Science Education
120. Jeen Mary A J 1st Year B.Ed. Student Physical Science Education
121. Livi George 1st Year B.Ed. Student Physical Science Education
122. Liya Joseph 1st Year B.Ed. Student Physical Science Education
123. Liya Rose 1st Year B.Ed. Student Physical Science Education
124. Maria Rose Varghese 1st Year B.Ed. Student Physical Science Education
125. Mariya Jesleena Martin 1st Year B.Ed. Student Physical Science Education
126. Mary Nivitha Bivera 1st Year B.Ed. Student Physical Science Education
127. Sneha Mol K J 1st Year B.Ed. Student Physical Science Education
128. Thahira M A 1st Year B.Ed. Student Physical Science Education
129. Abhilasha K P 1st Year B.Ed. Student Natural Science Education
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131. Amrutha K H 1st Year B.Ed. Student Natural Science Education
132. Anu Maria K J 1st Year B.Ed. Student Natural Science Education
133. Christy P P 1st Year B.Ed. Student Natural Science Education
134. Deepthi George 1st Year B.Ed. Student Natural Science Education
135. Dhanyamol L 1st Year B.Ed. Student Natural Science Education
136. Greetta James 1st Year B.Ed. Student Natural Science Education
137. Maria Sonet K G 1st Year B.Ed. Student Natural Science Education



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138. Mary Rilü Arooja, 1st Year B.Ed. Student Natural Science Education
 139. Minumol Johnson 1st Year B.Ed. Student Natural Science Education
 140. Neethu Ursala P G 1st Year B.Ed. Student Natural Science Education
 141. Reshma P P 1st Year B.Ed. Student Natural Science Education
 142. Amrutha S V 1st Year B.Ed. Student Social Science Education
 143. Anjaly M B 1st Year B.Ed. Student Social Science Education
 144. Anjana K M 1st Year B.Ed. Student Social Science Education
 145. Anju P Tomy 1st Year B.Ed. Student Social Science Education
 146. Annaet O J 1st Year B.Ed. Student Social Science Education
 147. Aswathy Peter 1st Year B.Ed. Student Social Science Education
 148. Bilby Babu 1st Year B.Ed. Student Social Science Education
 149. Blessy Jacob 1st Year B.Ed. Student Social Science Education
 150. Dona Garvasis 1st Year B.Ed. Student Social Science Education
 151. Faseela U S 1st Year B.Ed. Student Social Science Education
 152. Fousiya K N 1st Year B.Ed. Student Social Science Education
 153. Gopika Rajagopal 1st Year B.Ed. Student Social Science Education
 154. Granes P Joshy 1st Year B.Ed. Student Social Science Education
 155. Lincy B J 1st Year B.Ed. Student Social Science Education

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Outreach Programme at Chavara Special School, Konnamavu

The Team reached Chavara Special School at 9.15 am. There was the morning assembly going on when we reached. Students at Chavara Special School were very happy to see the student teachers From The college. After the assembly the headmistress of the school welcomed the College team. We were then asked to gather in the headmistress office where she explained about the school, the objectives of its establishment and its history. They gave us a brief awareness about the children with special needs.

Then we were taken to the auditorium where the students of the school gathered. As per what we had planned we gave an introduction about ourselves and the happiness we have in spending a day with and for them.

The main aim of the programme was to be with the children for one day entertaining and making them feel that we are also with them to help them in their teaching learning needs.

As planned earlier each optional classes were given 20 minutes each to organise variety of programmes for the kids, some informative and some for their mental wellbeing and happiness. When the English optional students taught them an English poem in a really interesting way with actions and music, Malayalam optional student taught them a Malayalam folk song. The Special School children were also involved in these programmes. The Mathematics optional students used the technique of origami to educate the students, they taught the students basic geometric shapes in mathematics with the help of making an origami mathematical fish shape using an ordinary piece of paper. Then followed by an action song of sense organs by the Natural Science optional students.

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It was followed by variety entertainment programmes like mimicry and all. The students of the school were actively engaged with us in all these activities. 95 student teachers and 5 teacher educators of the college participated in the outreach programme.



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List of Participants

| Sl. No. | Name Of Participants | |
|---------|------------------------|-----------------------------------|
| 1. | Aarya Xavier | B.Ed. Student English Education |
| 2. | Aashya Antony | B.Ed. Student English Education |
| 3. | Anjana Suresh | B.Ed. Student English Education |
| 4. | Chandni Babu | B.Ed. Student English Education |
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| 25. | Biyamol Augustine | B.Ed. Student Malayalam Education |



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|-----|----------------------------|--|
| 26. | Blessy Baby | B.Ed. Student Malayalam Education |
| 27. | Greeshma Cherian | B.Ed. Student Malayalam Education |
| 28. | Linta Rani George | B.Ed. Student Malayalam Education |
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| 30. | Neeraja Ps | B.Ed. Student Malayalam Education |
| 31. | Selna Joseph | B.Ed. Student Malayalam Education |
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Cultivating Eco-Consciousness:

The Distribution of Paper Bags in Ernakulam Market

In a dedicated effort to promote eco-consciousness and environmental sustainability, the 2nd-year B.Ed students of St. Joseph College of Teacher Education for Women, Ernakulam, initiated a noteworthy outreach program. On February 5, 2020, they undertook the task of creating and distributing 950 paper bags in the neighbouring Ernakulam Market.

The Outreach Program:

The paper bag distribution initiative was more than just an environmentally friendly gesture; it was an act of community engagement and awareness-building. The 2nd-year B.Ed students demonstrated their commitment to making a positive impact beyond the classroom.

Benefits for the Community:

Eco-Consciousness: By distributing paper bags as an alternative to single-use plastic bags, the students played a pivotal role in raising awareness about the detrimental effects of plastic pollution on the environment. This action encouraged sustainable practices within the community.

Reducing Plastic Pollution: The distribution of 950 paper bags contributed significantly to the reduction of plastic waste in Ernakulam Market. This had a direct and positive effect on the local environment, as it curbed the use of non-biodegradable plastic bags.

Benefits for Student Teachers:

Hands-On Learning: Engaging in the creation and distribution of paper bags provided the student teachers with a practical learning experience. They acquired skills related to eco-



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friendly practices and community outreach, which will be valuable in their future careers as educators.

Community Engagement: This initiative allowed the student teachers to connect with the community, fostering a sense of responsibility and empathy for societal and environmental issues. These experiences can help shape them into more socially conscious educators.

Conclusion:

The distribution of 950 paper bags on February 5, 2020, by the 2nd-year B.Ed students was an exemplary outreach program. It not only contributed to eco-consciousness in the community but also provided valuable experiential learning opportunities for the student teachers involved. This initiative underscores the college's commitment to nurturing responsible and socially aware educators who are equipped to make a positive impact on both their students and the environment.

List of Participants

| Sl. No. | Name Of Participants | |
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| 1. | Aarya Xavier | B.Ed. Student English Education |
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| 18. | Anjala Sherin | B.Ed. Student Malayalam Education |
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Outreach Programme: Teacher Advocates for Mental Wellness

Josephite Enrolling as Volunteers of Mental Health

The Programme started by a welcome speech by Rosmin Joseph, the student representative. The programme was inaugurated by Dr Alice Joseph, Principal of St. Joseph College of Teacher Education for Women, Ernakulam. Dr Sethulekshmi (Clinical Psychologist) and Mr. Vigil (NHM, Ernakulam) were the special guests and resource persons of the programme.

Dr. Sethulekshmi addressed the student teachers and talked about the importance of being mentally healthy. She said mental health is the condition of psychological well being and an absence of any mental illness. She also discussed about mood disorders. Volunteering in mental health settings allows student teachers to develop a deeper understanding of mental health issues. This firsthand experience can lead to increased empathy and a more compassionate approach when working with students who may be struggling with mental health challenges. Mental health volunteering provides practical experience in dealing with individuals facing mental health issues. This experience can be invaluable for future educators as they will likely encounter students with mental health concerns in their classrooms.

Mr Vigil said that use of drugs and substance abuse can lead to both short and long terms changes in the brain which can lead to mental health issues. Volunteering as a mental health volunteer can help student teachers develop essential skills such as active listening, communication, problem-solving, and conflict resolution. These skills are transferable and can be applied to classroom management and student support. Volunteering in mental health organizations allows student teachers to connect with professionals in the field, including



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counselors, psychologists, and social workers. These connections can provide valuable insights and resources for supporting students in the future. Mental health volunteering can be a transformative experience. It can lead to personal growth, increased self-awareness, and a broader perspective on the challenges individuals face in their mental health journeys. By volunteering in mental health, student teachers contribute to the overall well-being of their communities. Promoting mental health awareness and offering support can have a positive ripple effect on society.

Josephites called this day as the day of hope enrolling themselves as the volunteers of mental health.

Enrolling as mental health volunteers offers student teachers a unique opportunity to develop essential skills, gain practical experience, and make a positive impact on the mental well-being of individuals and communities. By understanding and addressing mental health issues, student teachers can become more effective educators and advocates for their students' holistic development.

The student teachers who attended the class and enrolled them as the volunteers of mental health.


| Sl. No. | Name of Participants | Optional Subject |
|---------|----------------------|---------------------------------|
| 1. | Aarya Xavier | B.Ed. Student English Education |
| 2. | Aashya Antony | B.Ed. Student English Education |
| 3. | Anjana Suresh | B.Ed. Student English Education |
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| 7. | Greeshma V | B.Ed. Student English Education |
| 8. | Jinu Jose | B.Ed. Student English Education |
| 9. | Minnu George | B.Ed. Student English Education |
| 10. | Neethima K N | B.Ed. Student English Education |
| 11. | Niveditha U M | B.Ed. Student English Education |
| 12. | Ritu Jose | B.Ed. Student English Education |
| 13. | Roshni Celin | B.Ed. Student English Education |
| 14. | Sandra Johny | B.Ed. Student English Education |
| 15. | Sandra Maria Kuriakose | B.Ed. Student English Education |
| 16. | Saranya M S | B.Ed. Student English Education |
| 17. | Sruthy Sabu | B.Ed. Student English Education |
| 18. | Anjala Sherin | B.Ed. Student Malayalam Education |
| 19. | Anu Joseph | B.Ed. Student Malayalam Education |
| 20. | Arya Janardhanan | B.Ed. Student Malayalam Education |
| 21. | Ashmi Thomes | B.Ed. Student Malayalam Education |
| 22. | Ashna Finlay | B.Ed. Student Malayalam Education |
| 23. | Athira Sivaprasad | B.Ed. Student Malayalam Education |
| 24. | Bincy Eldose | B.Ed. Student Malayalam Education |
| 25. | Biyamol Augustine | B.Ed. Student Malayalam Education |
| 26. | Blessy Baby | B.Ed. Student Malayalam Education |
| 27. | Greeshma Cherian | B.Ed. Student Malayalam Education |
| 28. | Linta Rani George | B.Ed. Student Malayalam Education |
| 29. | Neenu Sara | B.Ed. Student Malayalam Education |
| 30. | Neeraja PS | B.Ed. Student Malayalam Education |


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| 31. | Selna Joseph | B.Ed. Student Malayalam Education |
| 32. | Anjaly I M | B.Ed. Student Mathematics Education |
| 33. | Anjitha Ramesan | B.Ed. Student Mathematics Education |
| 34. | Ansina P A | B.Ed. Student Mathematics Education |
| 35. | Anusha Babu | B.Ed. Student Mathematics Education |
| 36. | Aparna Sanjay | B.Ed. Student Mathematics Education |
| 37. | Deyana K E | B.Ed. Student Mathematics Education |
| 38. | Elizabeth Xavier Fernandez | B.Ed. Student Mathematics Education |
| 39. | Elsa Joy | B.Ed. Student Mathematics Education |
| 40. | Hariyat N L | B.Ed. Student Mathematics Education |
| 41. | Jean Rocha | B.Ed. Student Mathematics Education |
| 42. | Kavya V Sathyan | B.Ed. Student Mathematics Education |
| 43. | Merin J Kaniyarakam | B.Ed. Student Mathematics Education |
| 44. | Rosmin Joseph | B.Ed. Student Mathematics Education |
| 45. | Sajana Jaison | B.Ed. Student Mathematics Education |
| 46. | Shanty Rose Sebastian | B.Ed. Student Mathematics Education |
| 47. | Sona Varghese | B.Ed. Student Mathematics Education |
| 48. | Vithya.A | B.Ed. Student Mathematics Education |
| 49. | Anjaly Davis | B.Ed. Student Physical Science Education |
| 50. | Anna Francis | B.Ed. Student Physical Science Education |
| 51. | Anna Peter | B.Ed. Student Physical Science Education |
| 52. | Beaula Johnson | B.Ed. Student Physical Science Education |
| 53. | Hyna V Edwin | B.Ed. Student Physical Science Education |
| 54. | Jithiya Babu KG | B.Ed. Student Physical Science Education |



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| 55. | Jithu Traisy Jelin | B.Ed. Student Physical Science Education |
| 56. | Josena Joseph | B.Ed. Student Physical Science Education |
| 57. | Kripa Maria Tomy | B.Ed. Student Physical Science Education |
| 58. | Niya Tony | B.Ed. Student Physical Science Education |
| 59. | Reshma Prakash | B.Ed. Student Physical Science Education |
| 60. | Seethal Xavier | B.Ed. Student Physical Science Education |
| 61. | Shilpa C Baiju | B.Ed. Student Physical Science Education |
| 62. | Tomsy Thomas | B.Ed. Student Physical Science Education |
| 63. | Afeefa Ihsana A B | B.Ed. Student Natural Science Education |
| 64. | Agaja P A | B.Ed. Student Natural Science Education |
| 65. | Anjitha Peter | B.Ed. Student Natural Science Education |
| 66. | Anumol M G | B.Ed. Student Natural Science Education |
| 67. | Athira Unnikrishnan | B.Ed. Student Natural Science Education |
| 68. | Blessy Treasa | B.Ed. Student Natural Science Education |
| 69. | Jijy M Y | B.Ed. Student Natural Science Education |
| 70. | Jincy Joseph | B.Ed. Student Natural Science Education |
| 71. | Jisha C Jose | B.Ed. Student Natural Science Education |
| 72. | Lisinta Sivan | B.Ed. Student Natural Science Education |
| 73. | Namitha .E.N | B.Ed. Student Natural Science Education |
| 74. | Nayana Johnson | B.Ed. Student Natural Science Education |
| 75. | Sari M S | B.Ed. Student Natural Science Education |
| 76. | Savitha Sajan | B.Ed. Student Natural Science Education |
| 77. | Sruthymol A S | B.Ed. Student Natural Science Education |
| 78. | Sweeka Elizabeth Varghese | B.Ed. Student Natural Science Education |



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|-----|----------------------|--|
| 79. | Alvina Teresa Paiva | B.Ed. Student Social Science Education |
| 80. | Catherin Akhina | B.Ed. Student Social Science Education |
| 81. | Devikrishna K B | B.Ed. Student Social Science Education |
| 82. | Dhanalekshmi T D | B.Ed. Student Social Science Education |
| 83. | Greshma Rose | B.Ed. Student Social Science Education |
| 84. | Jaimol O B | B.Ed. Student Social Science Education |
| 85. | Kavya .K.M | B.Ed. Student Social Science Education |
| 86. | Maria Carmel M.F | B.Ed. Student Social Science Education |
| 87. | Najuma K.S | B.Ed. Student Social Science Education |
| 88. | Nimisha P U | B.Ed. Student Social Science Education |
| 89. | Nimmi M D | B.Ed. Student Social Science Education |
| 90. | Praveena.K.P | B.Ed. Student Social Science Education |
| 91. | Saniya Rose K M | B.Ed. Student Social Science Education |
| 92. | Sayana Ramchandran E | B.Ed. Student Social Science Education |
| 93. | Shahana P S | B.Ed. Student Social Science Education |
| 94. | Sibil Prasad | B.Ed. Student Social Science Education |
| 95. | Treesa Babu | B.Ed. Student Social Science Education |

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Ernakulam Market's Green Revolution: Dispensing Paper Bags for Sustainable Living

Date: February 26, 2020

Introduction:

Continuing their mission to promote environmental sustainability and community engagement, the 2nd-year B.Ed students embarked on a second phase of their outreach program. On February 26, 2020, they crafted and distributed an additional 1000 paper bags in Ernakulam Market. This report highlights the significance of this extended initiative and its benefits for both the community and the student teachers involved.

The Extended Outreach Program:

The decision to expand their outreach initiative by distributing another 1000 paper bags demonstrated the student teachers' unwavering commitment to creating a lasting impact on their community and the environment.

Benefits for the Community:

Sustainable Practices: The distribution of 1000 paper bags reinforced sustainable practices within the Ernakulam Market community. It encouraged shoppers to opt for eco-friendly alternatives to single-use plastic bags, contributing to the reduction of plastic waste.

Environmental Awareness: This initiative continued to raise environmental awareness among the local population, fostering a sense of responsibility towards the planet and its well-being.

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Benefits for Student Teachers:

Enhanced Outreach Skills: Engaging in an extended outreach activity allowed the student teachers to further develop their community engagement and communication skills. They gained practical experience in organizing and executing large-scale initiatives.

Continued Community Connection: By continuing their outreach efforts, the student teachers deepened their connection with the local community, strengthening their understanding of societal and environmental issues.

Conclusion:

The distribution of an additional 1000 paper bags on February 26, 2020, by the 2nd-year B.Ed students exemplified their unwavering dedication to sustainability and community engagement. This extended outreach program not only promoted eco-consciousness in Ernakulam Market but also provided invaluable experiential learning opportunities for the student teachers involved. It is a testament to their commitment to becoming responsible and socially conscious educators, capable of effecting positive change in their communities and beyond.

List of Student Teachers who took part in this outreach activity

| Sl. No. | Name Of Participants | |
|---------|----------------------|---------------------------------|
| 1. | Aarya Xavier | B.Ed. Student English Education |
| 2. | Aashya Antony | B.Ed. Student English Education |
| 3. | Anjana Suresh | B.Ed. Student English Education |
| 4. | Chandni Babu | B.Ed. Student English Education |
| 5. | Christeena A J | B.Ed. Student English Education |
| 6. | Gayathri S Therroth | B.Ed. Student English Education |
| 7. | Greeshma V | B.Ed. Student English Education |
| 8. | Jinu Jose | B.Ed. Student English Education |
| 9. | Minnu George | B.Ed. Student English Education |
| 10. | Neethima K N | B.Ed. Student English Education |
| 11. | Niveditha U M | B.Ed. Student English Education |

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| 12. | Ritu Jose | B.Ed. Student English Education |
| 13. | Roshni Celin | B.Ed. Student English Education |
| 14. | Sandra Johny | B.Ed. Student English Education |
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Outreach Activity: Development and Donation of Educational Resources

Our college's commitment to education and community service was manifested through an outreach activity where students developed a diverse range of educational resources and donate this to the respective teaching practise schools during their Internship period 01-08-2018 to 16-11-2018. These resources, including workbooks, handbooks, e-learning materials, and more, were created and donated to internship schools where our students practiced teaching. This report outlines the objectives, processes, outcomes, and impact of this enriching outreach initiative.

Objective: To enhance the quality of education in internship schools by providing them with well-crafted, pedagogically sound educational resources.

Resource Development

Our college students actively engaged in developing a comprehensive set of educational materials, including:

Workbooks: Tailored to specific subjects and grade levels, these workbooks offered practice exercises and activities to reinforce classroom learning.

Handbooks: These guides covered various teaching content and acts as ready recunner for school children to learn various subjects.

Worksheets: A collection of worksheets designed to supplement classroom instruction.

E-Learning Resources: Interactive digital lessons and modules to make learning more engaging.

Programmed Learning Materials: Self-paced, interactive resources that allowed students to learn independently.

Question Bank: A repository of subject-specific questions for quizzes and assessments.

Self-Learning Resources: Materials to encourage self-study and curiosity-driven learning.

Interactive Books: Digital books with multimedia elements to enhance understanding.

Integration with Teaching Practice: During their teaching practice at internship schools, our students integrated these educational resources into their lessons. They shared the materials with both fellow teachers and students, aiming to enrich the learning experience.

Donation to Internship Schools: Upon completion of their teaching practice, students donated the educational resources to their respective internship schools, leaving behind a lasting impact on the educational environment.

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Outcomes and Achievements

Improved Learning Environment

The project significantly improved the learning environment in internship schools:
 Teachers benefited from innovative teaching materials, improving their pedagogical skills.
 Pupils had access to a wider range of learning resources, promoting a more holistic learning experience.

Enhanced Teaching Practice

Our students reported a more enriching teaching practice experience:
 They gained hands-on experience in resource development and integration.
 The use of these materials enhanced their effectiveness as educators.

Sustainability

By donating the resources to the internship schools, we ensured the sustainability of the project's impact:
 The materials continued to benefit students and teachers beyond the duration of the internship.
 The internship schools became self-sufficient in utilizing and adapting the resources.

Community Engagement

The project fostered community engagement:
 Collaboration between our college, internship schools, and local communities strengthened educational ties.
 Students, teachers, and communities were mutually enriched through knowledge-sharing and cooperation.

Conclusion

The outreach initiative exemplifies our college's dedication to education and community service. By creating and donating a wide range of educational materials, our students actively contributed to enhancing the quality of education in internship schools. This initiative not only enriched the teaching practice of our students but also left a lasting legacy in the schools they served.


Looking forward, we are committed to continuing this initiative, expanding our reach to more schools, and ensuring the sustained improvement of educational resources. The project's success is a testament to the potential for positive change when educational institutions and local communities collaborate in the pursuit of excellence in education.

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List of Student teachers who developed the Educational resources and the teaching practise schools where they donated the resources are given below.

1. Amrutha Joy, B.Ed Student, English Optional
2. Aneeta James, B.Ed Student, English Optional
3. Anju John, B.Ed Student, English Optional
4. Arya S P, B.Ed Student, English Optional
5. Bilby Thomas, B.Ed Student, English Optional
6. Della. C.S, B.Ed Student, English Optional
7. Ema Maria Mannaly, B.Ed Student, English Optional
8. Geethu Elias, B.Ed Student, English Optional
9. Harsha. R, B.Ed Student, English Optional
10. Jinu Rose E V, B.Ed Student, English Optional
11. M R Rekha Lakshmi, B.Ed Student, English Optional
12. Maria Jeena Sebastian, B.Ed Student, English Optional
13. Merin C T, B.Ed Student, English Optional
14. Minu Basil, B.Ed Student, English Optional
15. Neena Antony, B.Ed Student, English Optional
16. Princy K.P., B.Ed Student, English Optional
17. Rose Mary Mathew, B.Ed Student, English Optional
18. Swathi O A, B.Ed Student, English Optional
19. Akhila Baby M, B.Ed Student, Malayalam Optional
20. Anu George, B.Ed Student, Malayalam Optional
21. Athira P N, B.Ed Student, Malayalam Optional
22. Dilshana M Ismail, B.Ed Student, Malayalam Optional
23. Jefeena Grace.T.J, B.Ed Student, Malayalam Optional


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24. Jomol Jose, B.Ed Student, Malayalam Optional
25. Mary Anjaly Vaz, B.Ed Student, Malayalam Optional
26. Meenu M S, B.Ed Student, Malayalam Optional
27. Najeena N., B.Ed Student, Malayalam Optional
28. Neethu Babu, B.Ed Student, Malayalam Optional
29. Sagara S, B.Ed Student, Malayalam Optional
30. Sreekutty M P, B.Ed Student, Malayalam Optional
31. Veena Thampy, B.Ed Student, Malayalam Optional
32. Vidhya.P.B, B.Ed Student, Malayalam Optional
33. Anjali Lis George, B.Ed Student, Mathematics Optional
34. Anjaly Rajan, B.Ed Student, Mathematics Optional
35. Ann Mary Jacob, B.Ed Student, Mathematics Optional
36. Anusha S., B.Ed Student, Mathematics Optional
37. Blessy K B, B.Ed Student, Mathematics Optional
38. Diya Sabu Malayil, B.Ed Student, Mathematics Optional
39. Donna Pinheiro, B.Ed Student, Mathematics Optional
40. Jincy George, B.Ed Student, Mathematics Optional
41. Lincy Joseph, B.Ed Student, Mathematics Optional
42. Reetha Jesma C G, B B.Ed Student, Mathematics Optional
43. Rinsana V Y, B.Ed Student, Mathematics Optional
44. Ruqzana Hakkim, B.Ed Student, Mathematics Optional
45. Sanjuna Peter, B.Ed Student, Mathematics Optional
46. Sharon Sebastian, B.Ed Student, Mathematics Optional
47. Sruthi G Pillai, B.Ed Student, Mathematics Optional
48. Varsha.M.A, B.Ed Student, Mathematics Optional


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49. Adreenee Vimala M X, B.Ed Student, Natural Science Optional
50. Ancy V A, B.Ed Student, Natural Science Optional
51. Anju Sasidharan, B.Ed Student, Natural Science Optional
52. Annet Stephen, B.Ed Student, Natural Science Optional
53. Arandha. K.M., B.Ed Student, Natural Science Optional
54. Ciya Charly, B.Ed Student, Natural Science Optional
55. Deepthi Suresh, B.Ed Student, Natural Science Optional
56. Dincy.G.D, B.Ed Student, Natural Science Optional
57. Meenu Henry, B.Ed Student, Natural Science Optional
58. Nazli S, B.Ed Student, Natural Science Optional
59. Reshma Mary Zachariah, B.Ed Student, Natural Science Optional
60. Riby Baby, B.Ed Student, Natural Science Optional
61. Sneha Shajan, B.Ed Student, Natural Science Optional
62. Sreeshma J. Bose, B.Ed Student, Natural Science Optional
63. Thedies E J, B.Ed Student, Natural Science Optional
64. Vismaya George, B.Ed Student, Natural Science Optional
65. Sumitha Simon , B.Ed Student, Natural Science Optional
66. Amrutha Kuriappan, B.Ed Student, Physical Science Optional
67. Anila Mariya K Joy, B.Ed Student, Physical Science Optional
68. Anjaly Raphel, B.Ed Student, Physical Science Optional
69. Anju Sebastian, B.Ed Student, Physical Science Optional
70. Aparna K Babu, B.Ed Student, Physical Science Optional
71. Asha Maria Jose, B.Ed Student, Physical Science Optional
72. Bini Maria Baby, B.Ed Student, Physical Science Optional
73. Jeeshma K.J. B.Ed Student, Physical Science Optional



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74. Maria Wilson, B.Ed Student, Physical Science Optional
75. Mariya Rose Johny, B.Ed Student, Physical Science Optional
76. Mariyanjaly Joseph, B.Ed Student, Physical Science Optional
77. Mary Maya Alexander, B.Ed Student, Physical Science Optional
78. Meenu R S, B.Ed Student, Physical Science Optional
79. Stephy Vaz, B.Ed Student, Physical Science Optional
80. Zeneeta Ann D'rose, B.Ed Student, Physical Science Optional
81. Sivapriya T M, B.Ed Student, Physical Science Optional
82. Aleesha Antony, B.Ed Student, Social Science Optional
83. Amrutha U S, B.Ed Student, Social Science Optional
84. Anciamma Antony, B.Ed Student, Social Science Optional
85. Anjaly A. K., B.Ed Student, Social Science Optional
86. Arya Thyagarajan, B.Ed Student, Social Science Optional
87. Chris Monic Xavier, B.Ed Student, Social Science Optional
88. Greeshma K M, B.Ed Student, Social Science Optional
89. Jasmine.P.P, B.Ed Student, Social Science Optional
90. Lancy Lazar, B.Ed Student, Social Science Optional
91. Maria Theresa, B.Ed Student, Social Science Optional
92. Neethu Jose, B.Ed Student, Social Science Optional
93. Renjana Thampy, B.Ed Student, Social Science Optional
94. Rincy K A, B.Ed Student, Social Science Optional
95. Rubitha Basheer, B.Ed Student, Social Science Optional
96. Sherin Samuel, B.Ed Student, Social Science Optional
97. Sona Sain, B.Ed Student, Social Science Optional
98. Stella Mary, B.Ed Student, Social Science Optional

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Community Project on Socially / Educationally Relevant Issue

In pursuit of its commitment to fostering responsible citizenship and addressing pressing societal issues, our college embarked on a series of community projects that sought to make a meaningful impact on educationally and socially relevant concerns.

Through these initiatives, our students exhibited their dedication to creating a positive change in the community. This report serves as an overview of the various community projects undertaken by our college students during 02-08-2018 to 09-08-2018.

Plastic Waste Management

Objective: To raise awareness about plastic pollution and promote sustainable waste management practices. The project aimed to reduce plastic waste and encourage eco-friendly alternatives.

Exam Phobia

Objective: To alleviate stress and anxiety among students during examination periods.

Lack of Public Toilets

Objective: To advocate for improved public toilet facilities.

Gender Stereotyping

Objective: To challenge and break down stereotypes related to gender roles and expectations.

Junk Food Consumption

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Objective: To promote healthier dietary choices among the youth.

Problems Faced by Women in Public Transport

Objective: To address safety and accessibility issues for women in public transport.

Waste Management

Objective: To promote responsible waste disposal and recycling.

Mobile Phone Addiction

Objective: To raise awareness about the negative impacts of excessive mobile phone use.

Social Media Addiction

Objective: To highlight the addictive nature of social media and its consequences.

Impact of Flood

Objective: To provide relief and support to those affected by floods.

Attitude Towards Transgenders

Objective: To promote inclusivity and change societal attitudes towards transgender individuals.

Outcomes and Achievements of engagement in this survey and projects

Increased awareness and participation: The projects successfully raised awareness and engaged the community in addressing these critical issues.

Behavioral change: Many individuals demonstrated a positive shift in behavior, adopting healthier practices and challenging stereotypes.

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Policy impact: Several projects led to policy changes or improvements in local infrastructure, benefiting the community.

Empowerment: Students gained valuable skills in leadership, advocacy, and community engagement, enhancing their personal and professional growth.

Strengthened community bonds: These projects fostered a sense of unity and collaboration among students and the community.

Our college's community outreach initiatives have made a significant impact on educationally and socially relevant issues. Through these projects, students have exemplified their dedication to creating a more equitable, sustainable, and inclusive society. As we move forward, we remain committed to addressing pressing societal concerns and nurturing responsible citizens who actively contribute to positive change.

List of Students who took the above listed areas and did their projects successfully were:

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|-----|------------------------|-----------------------------------|
| 1. | Aarya Xavier | B.Ed. Student English Education |
| 2. | Aashya Antony | B.Ed. Student English Education |
| 3. | Anjana Suresh(Blind) | B.Ed. Student English Education |
| 4. | Chandni Babu | B.Ed. Student English Education |
| 5. | Christeena A J | B.Ed. Student English Education |
| 6. | Gayathri S Therroth | B.Ed. Student English Education |
| 7. | Greeshma V | B.Ed. Student English Education |
| 8. | Jinu Jose | B.Ed. Student English Education |
| 9. | Minnu George | B.Ed. Student English Education |
| 10. | Neethima K N | B.Ed. Student English Education |
| 11. | Niveditha U M | B.Ed. Student English Education |
| 12. | Ritu Jose | B.Ed. Student English Education |
| 13. | Roshni Celin | B.Ed. Student English Education |
| 14. | Sandra Johny | B.Ed. Student English Education |
| 15. | Sandra Maria Kuriakose | B.Ed. Student English Education |
| 16. | Saranya M S | B.Ed. Student English Education |
| 17. | Sruthy Sabu | B.Ed. Student English Education |
| 18. | Anjala Sherin | B.Ed. Student Malayalam Education |

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| | | |
|-----|----------------------------|--|
| 19. | Anu Joseph | B.Ed. Student Malayalam Education |
| 20. | Arya Janardhanan | B.Ed. Student Malayalam Education |
| 21. | Ashmi Thomes | B.Ed. Student Malayalam Education |
| 22. | Ashna Finlay | B.Ed. Student Malayalam Education |
| 23. | Athira Sivaprasad | B.Ed. Student Malayalam Education |
| 24. | Bincy Eldose | B.Ed. Student Malayalam Education |
| 25. | Biyamol Augustine | B.Ed. Student Malayalam Education |
| 26. | Blessy Baby | B.Ed. Student Malayalam Education |
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| 28. | Linta Rani George | B.Ed. Student Malayalam Education |
| 29. | Neenu Sara | B.Ed. Student Malayalam Education |
| 30. | Neeraja Ps | B.Ed. Student Malayalam Education |
| 31. | Selna Joseph | B.Ed. Student Malayalam Education |
| 32. | Anjaly I M | B.Ed. Student Mathematics Education |
| 33. | Anjitha Ramesan | B.Ed. Student Mathematics Education |
| 34. | Ansina P A | B.Ed. Student Mathematics Education |
| 35. | Anusha Babu | B.Ed. Student Mathematics Education |
| 36. | Aparna Sanjay | B.Ed. Student Mathematics Education |
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| 38. | Elizabeth Xavier Fernandez | B.Ed. Student Mathematics Education |
| 39. | Elsa Joy | B.Ed. Student Mathematics Education |
| 40. | Hariyat N L | B.Ed. Student Mathematics Education |
| 41. | Jean Rocha | B.Ed. Student Mathematics Education |
| 42. | Kavya V Sathyan | B.Ed. Student Mathematics Education |
| 43. | Merin J Kaniyarakam | B.Ed. Student Mathematics Education |
| 44. | Rosmin Joseph | B.Ed. Student Mathematics Education |
| 45. | Sajana Jaison | B.Ed. Student Mathematics Education |
| 46. | Shanty Rose Sebastian | B.Ed. Student Mathematics Education |
| 47. | Sona Varghese | B.Ed. Student Mathematics Education |
| 48. | Vithya.A | B.Ed. Student Mathematics Education |
| 49. | Anjaly Davis | B.Ed. Student Physical Science Education |
| 50. | Anna Francis | B.Ed. Student Physical Science Education |
| 51. | Anna Peter | B.Ed. Student Physical Science Education |
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| 55. | Jithu Traisy Jelin | B.Ed. Student Physical Science Education |
| 56. | Josena Joseph | B.Ed. Student Physical Science Education |
| 57. | Kripa Maria Tomy | B.Ed. Student Physical Science Education |
| 58. | Niya Tony | B.Ed. Student Physical Science Education |
| 59. | Reshma Prakash | B.Ed. Student Physical Science Education |
| 60. | Seethal Xavier | B.Ed. Student Physical Science Education |
| 61. | Shilpa C Baiju | B.Ed. Student Physical Science Education |

Dr. Alice Joseph
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|-----|---------------------------|--|
| 62. | Tomsy Thomas | B.Ed. Student Physical Science Education |
| 63. | Afeefa Ihsana A B | B.Ed. Student Natural Science Education |
| 64. | Agaja P A | B.Ed. Student Natural Science Education |
| 65. | Anjitha Peter | B.Ed. Student Natural Science Education |
| 66. | Anumol M G | B.Ed. Student Natural Science Education |
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| 81. | Devikrishna K B | B.Ed. Student Social Science Education |
| 82. | Dhanalekshmi T D | B.Ed. Student Social Science Education |
| 83. | Greshma Rose | B.Ed. Student Social Science Education |
| 84. | Jaimol O B | B.Ed. Student Social Science Education |
| 85. | Kavya .K.M | B.Ed. Student Social Science Education |
| 86. | Maria Carmel M.F | B.Ed. Student Social Science Education |
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| 89. | Nimmi M D | B.Ed. Student Social Science Education |
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| 94. | Sibil Prasad | B.Ed. Student Social Science Education |
| 95. | Treesa Babu | B.Ed. Student Social Science Education |

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(Affiliated to Mahatma Gandhi University, Kottayam)

Kaithangu

An Outreach Activity for School Children to overcome the accumulated defects in using Malayalam Language

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values.

The extension wing of the college organizes various significant activities to stretch out a helping hand to the needy brethren irrespective of caste, creed, color or gender. 'KAITHANGU' is an Outreach activity undertaken by the staff members and student teachers of Department of Malayalam Education, St. Joseph College of Teacher Education for Women, Ernakulam. The activity is implemented with an aim of helping school children to overcome the accumulated defects in using Malayalam language.

The student teachers and staff members of Malayalam Education (2018-2020 batch) at St. Joseph College of Teacher Education for Women, Ernakulam organized 'KAITHANGU, 2018' from 6th August 2018 to 16th November 2018 as part of extension activity for poor learners to overcome defects in using Malayalam language. A total amount of 5000 rupees was spent for implementing 'KAITHANGU' activity. The activity did help the student teachers in identifying and understanding the learning needs of slow learners or under achievers. The activity facilitated empathetic skills among the student teachers. A total of 14 student teachers participated in the activity.

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St. Joseph College of teacher education for women, Ernakulam

EXTENSION ACTIVITY

'KAITHANGU' 2018

MALAYALAM OPTIONAL (2018-2020)

Date: 6 August 2018 -
16 November 2018



List of Participants

Teacher Educators:

1. Dr. Bindu Joseph
2. Dr. Sicily A.A.

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**Student Teachers**

1. Akhila Baby M.
2. Anu George
3. Athira P.N
4. Dilshana M. Ismail
5. Jefeena Grace T.J.
6. Jomol Jose
7. Mary Anjaly Vaz
8. Meenu M.S.
9. Najeena N.
10. Neethu Babu
11. Sagara S.
12. Sreekutty M.P.
13. Veena Thampy
14. Vidhya P.B.

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Rebuild Kerala- 2018

**Outreach activity in Collaboration with Ernakulam District Administration,
Government of Kerala: Mass Survey and Volunteer in various Flood Relief activities in
Kadamakudy Panchayat, Ernakulam district.**

The magnitude of Disaster caused in the recent floods of August 2018 was unprecedented in the History of Kerala. The disaster crippled the lives and livelihoods of people. Rebuild Kerala was an initiative of the Government of Kerala to rebuild the state after the disaster. The aim of the initiative was to bring about a perceptible change in the lives and livelihoods of its citizens by adopting higher standards of infrastructure for recovery and reconstruction, and to build ecological and technical safeguards.

The first challenge before the Government was to collect information from the local people about their loses during the flood. St. Joseph College was intended for smooth and efficient fulfilment of this task that our state Kerala much needed in the aftermath of flood that affected the lives of hundreds of thousands of people in our neighborhood. Josephites helped the Government to identify the people and their needs after the flood disaster, by conducting a mass survey at Kadamakudy Panchayat in Kanayannur Taluk.

In response to the flood disaster that hit our state, the students from our college volunteered for a Mass Online Survey named Rebuild Kerala, of the Government of Kerala. The volunteers visited the houses in Kadamakudy Panchayat on 11th, 12th, 13th and 14th September 2018, and collected information regarding the damage caused by flood. Each volunteer received a certificate of appreciation from the District collector, Ernakulam and from the Kadamakudy Panchayath.

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St Joseph College of Teacher Education for Women, Ernakulam

18 September 2018

Josephites in the community !

We are intended for smooth and efficient fulfillment of a task that our state Kerala much needed in the aftermath of flood that affected the lives of hundreds of thousands of people in our neighborhood....

Josephites during Survey at Kadamakudy Panchayat in Kanayannur Taluk !

Email or phone

Password

Josephites during Survey at Kadamakudy Panchayat in Kanayannur Taluk !



Alice Joseph

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St. Joseph College of Teacher
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List of Students Participants

| Sl. No. | Name Of Participants | |
|---------|----------------------------|-------------------------------------|
| 1. | Aarya Xavier | B.Ed. Student English Education |
| 2. | Aashya Antony | B.Ed. Student English Education |
| 3. | Anjana Suresh(Blind) | B.Ed. Student English Education |
| 4. | Chandni Babu | B.Ed. Student English Education |
| 5. | Christeena A J | B.Ed. Student English Education |
| 6. | Gayathri S Therroth | B.Ed. Student English Education |
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|-----|---------------------------|--|
| 41. | Jean Rocha | B.Ed. Student Mathematics Education |
| 42. | Kavya V Sathyan | B.Ed. Student Mathematics Education |
| 43. | Merin J Kaniyarakam | B.Ed. Student Mathematics Education |
| 44. | Rosmin Joseph | B.Ed. Student Mathematics Education |
| 45. | Sajana Jaison | B.Ed. Student Mathematics Education |
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 Joseph College of Teacher Education
 Ernakulam

| | | |
|-----|----------------------|--|
| 84. | Jaimol O B | B.Ed. Student Social Science Education |
| 85. | Kavya .K.M | B.Ed. Student Social Science Education |
| 86. | Maria Carmel M.F | B.Ed. Student Social Science Education |
| 87. | Najuma K.S | B.Ed. Student Social Science Education |
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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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Outreach Programme: Setting Up Herbal Garden

Involvement in setting up a herbal garden can help student teachers build relationships with the local community. They can collaborate with community members, educators, and experts to enhance the garden and its educational offerings.

First year B. Ed student teachers at St. Joseph College of Teacher Education for Women, Ernakulam engaged in planting ayurvedic plants to setup an herbal garden in the campus on 5th October 2018. The activity was organized to instill in the importance of protecting the environment and having a healthy lifestyle. To educate students on the need to protect the earth's abundant biodiversity and the role that medicinal plants play in both conventional and modern medical systems' holistic delivery of treatment and health care.

The student teachers planted various varieties of herbal plants with various benefits. A total of 30 first year B.Ed. students from Natural Science optional and Physical Science optional engaged in setting up the herbal garden.

Setting up a herbal garden was highly beneficial for student teachers of the science back ground and by doing so, the student teachers of English Optional, Malayalam Optional, Mathematics Optional and the Social Science optional were benefitted for several reasons:

Hands-on Learning: Herbal gardening provides an excellent opportunity for student teachers to engage in experiential, hands-on learning. They can apply classroom knowledge in a practical setting, which can enhance their understanding of botany, ecology, and horticulture.



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Interdisciplinary Learning: Herbal gardens encompass various subjects, including biology, chemistry, environmental science, and even cultural studies. Student teachers can explore interdisciplinary connections and gain a more holistic view of education.

Teaching Resource: Herbal gardens can serve as valuable teaching resources. Student teachers can use the garden to design and deliver lessons related to plant biology, ecology, sustainable agriculture, and traditional herbal knowledge.

Environmental Education: Herbal gardens promote environmental awareness and sustainable practices. Student teachers can integrate environmental education into their curriculum, teaching students about the importance of biodiversity, conservation, and eco-friendly gardening techniques.

Holistic Health Education: Depending on the herbs grown, the garden can be used to educate students about the health benefits of herbs and traditional remedies. This aligns with the holistic approach to health and well-being.

Experiential Education: Student teachers can engage their students in gardening activities, fostering skills like teamwork, responsibility, and problem-solving. These skills are valuable for both personal and academic development.

Community Engagement: Involvement in setting up a herbal garden can help student teachers build relationships with the local community. They can collaborate with community members, educators, and experts to enhance the garden and its educational offerings.

Cultural Awareness: If the herbal garden includes culturally significant plants, student teachers can use it as a platform to teach cultural diversity and the importance of preserving cultural heritage.

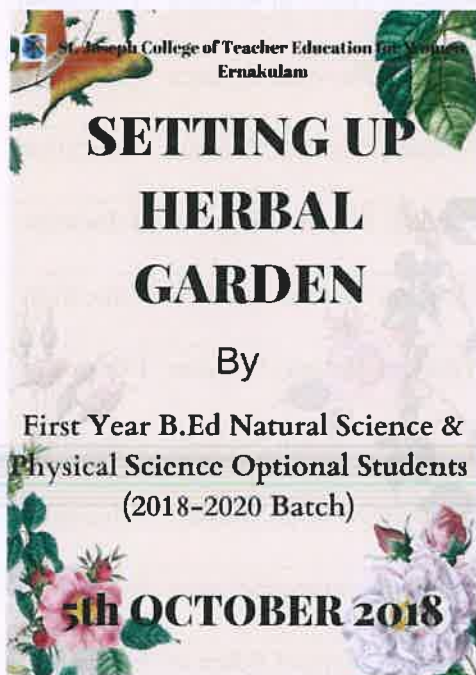


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Professional Development: Experience in planning, setting up, and maintaining a herbal garden can be a valuable addition to a student teacher's professional development portfolio. It showcases their ability to design and implement hands-on, engaging educational activities.

Personal Growth: Gardening can be personally rewarding and therapeutic. Student teachers may find that working in the herbal garden helps reduce stress, promotes well-being, and enhances their overall quality of life.

Incorporating a herbal garden into their teaching practice allows student teachers to cultivate a wide range of skills and knowledge that can enrich their future careers as educators. It also aligns with the broader goals of education, promoting experiential learning, sustainability, and holistic well-being.



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List of participants


| Sl.NO | Name | Optional Subject |
|-------|---------------------|--|
| 1. | Anjaly Davis | B.Ed. Student Physical Science Education |
| 2. | Anna Francis | B.Ed. Student Physical Science Education |
| 3. | Anna Peter | B.Ed. Student Physical Science Education |
| 4. | Beaula Johnson | B.Ed. Student Physical Science Education |
| 5. | Hyna V Edwin | B.Ed. Student Physical Science Education |
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| 20. | Blessy Treasa | B.Ed. Student Natural Science Education |



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Outreach Activity for the Flood Affected People at Kuttanad-2018

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. The extension wing of the college organizes various significant activities to stretch out a helping hand to the needy brethren irrespective of caste, creed, color or gender.

The year 2018 became the unforgettable year for Keralites because of the Kerala flood disaster that affected almost one sixth of the total population in Kerala. People were striving hard for their own and their close ones' survival.

St. Joseph College of Teacher Education for Women, Ernakulam strived hard to help flood victims to survive through their hard time. The staff and students (2018-2020) batch of St. Joseph College of Teacher Education for Women, Ernakulam extended helping hands to the flood victims. The staff and students of the college sincerely contributed in helping the victims.


One such activity in helping the flood victims organized by the college was collecting clothes and distributing it to the flood victims particularly in the Kuttanad area in Alappuzha district in Kerala on 28th November 2018. Kuttanad was one of the places where the flood affected the people very badly. Apart from cloth collection and from contributing to and cooperating with the governmental activities for flood relief, staff and student members of St. Joseph College of Teacher Education for Women, Ernakulam collected a total of 80000 rupees and provided materials required for the flood victims as per their needs.

The activity did help the student teachers in enhancing social commitment and develop in them a sense of sharing and responsibility. Teachers and a total of 98 student teachers took part in the activity and stretched out their helping hands for flood relief.

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**St. Joseph College of Teacher Education for women,
Ernakulam**
 organising
Flood Relief Initiative:
**Collecting clothes for flood Victims in
Kuttanad**
 Staff and Student Teachers (2018-2020)
 Batch of St. Joseph College of Teacher
 Education for Women, Ernakulam is
 extending their helping hands to the flood
 affected people in Kuttanad where flood
 has caused havoc
Date: 28th November 2018

List of Student Participants

1. Amrutha Joy, B.Ed Student, English Optional
2. Aneeta James, B.Ed Student, English Optional
3. Anju John, B.Ed Student, English Optional
4. Arya S P, B.Ed Student, English Optional
5. Bilby Thomas, B.Ed Student, English Optional
6. Della. C.S, B.Ed Student, English Optional
7. Ema Maria Mannaly, B.Ed Student, English Optional
8. Geethu Elias, B.Ed Student, English Optional
9. Harsha. R, B.Ed Student, English Optional
10. Jinu Rose E V, B.Ed Student, English Optional
11. M R Rekha Lakshmi, B.Ed Student, English Optional
12. Maria Jeena Sebastian, B.Ed Student, English Optional
13. Merin C T, B.Ed Student, English Optional


 Dr. Alice Joseph
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 Ernakulam
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14. Minu Basil, B.Ed Student, English Optional
15. Neena Antony, B.Ed Student, English Optional
16. Princy K.P., B.Ed Student, English Optional
17. Rose Mary Mathew, B.Ed Student, English Optional
18. Swathi O A, B.Ed Student, English Optional
19. Akhila Baby M, B.Ed Student, Malayalam Optional
20. Anu George, B.Ed Student, Malayalam Optional
21. Athira P N, B.Ed Student, Malayalam Optional
22. Dilshana M Ismail, B.Ed Student, Malayalam Optional
23. Jaffeena Grace.T.J, B.Ed Student, Malayalam Optional
24. Jomol Jose, B.Ed Student, Malayalam Optional
25. Mary Anjaly Vaz, B.Ed Student, Malayalam Optional
26. Meenu M S, B.Ed Student, Malayalam Optional
27. Najeena N., B.Ed Student, Malayalam Optional
28. Neethu Babu, B.Ed Student, Malayalam Optional
29. Sagara S, B.Ed Student, Malayalam Optional
30. Sreekutty M P, B.Ed Student, Malayalam Optional
31. Veena Thampy, B.Ed Student, Malayalam Optional
32. Vidhya.P.B, B.Ed Student, Malayalam Optional
33. Anjali Lis George, B.Ed Student, Mathematics Optional
34. Anjaly Rajan, B.Ed Student, Mathematics Optional
35. Ann Mary Jacob, B.Ed Student, Mathematics Optional
36. Anusha S., B.Ed Student, Mathematics Optional
37. Blessy K B, B.Ed Student, Mathematics Optional
38. Diya Sabu Malayil, B.Ed Student, Mathematics Optional
39. Donna Pinheiro, B.Ed Student, Mathematics Optional
40. Jincy George, B.Ed Student, Mathematics Optional
41. Lincy Joseph, B.Ed Student, Mathematics Optional
42. Reetha Jesma C G, B B.Ed Student, Mathematics Optional
43. Rinsana V Y, B.Ed Student, Mathematics Optional
44. Ruqzana Hakkim, B.Ed Student, Mathematics Optional
45. Sanjuna Peter, B.Ed Student, Mathematics Optional
46. Sharon Sebastian, B.Ed Student, Mathematics Optional
47. Sruthi G Pillai, B.Ed Student, Mathematics Optional
48. Varsha.M.A, B.Ed Student, Mathematics Optional
49. Adreence Vimala M X, B.Ed Student, Natural Science Optional
50. Ancy V A, B.Ed Student, Natural Science Optional
51. Anju Sasidharan, B.Ed Student, Natural Science Optional
52. Annet Stephen, B.Ed Student, Natural Science Optional
53. Arandha. K.M., B.Ed Student, Natural Science Optional
54. Ciya Charly, B.Ed Student, Natural Science Optional
55. Deepthi Suresh, B.Ed Student, Natural Science Optional
56. Dincy.G.D, B.Ed Student, Natural Science Optional





57. Meenu Henry, B.Ed Student, Natural Science Optional
58. Nazli S, B.Ed Student, Natural Science Optional
59. Reshma Mary Zachariah, B.Ed Student, Natural Science Optional
60. Riby Baby, B.Ed Student, Natural Science Optional
61. Sneha Shajan, B.Ed Student, Natural Science Optional
62. Sreeshma J. Bose, B.Ed Student, Natural Science Optional
63. Thedies E J, B.Ed Student, Natural Science Optional
64. Vismaya George, B.Ed Student, Natural Science Optional
65. Sumitha Simon , B.Ed Student, Natural Science Optional
66. Amrutha Kuriappan, B.Ed Student, Physical Science Optional
67. Anila Mariya K Joy, B.Ed Student, Physical Science Optional
68. Anjaly Raphel, B.Ed Student, Physical Science Optional
69. Anju Sebastian, B.Ed Student, Physical Science Optional
70. Aparna K Babu, B.Ed Student, Physical Science Optional
71. Asha Maria Jose, B.Ed Student, Physical Science Optional
72. Bini Maria Baby, B.Ed Student, Physical Science Optional
73. Jeeshma K.J. B.Ed Student, Physical Science Optional
74. Maria Wilson, B.Ed Student, Physical Science Optional
75. Mariya Rose Johny, B.Ed Student, Physical Science Optional
76. Mariyanjaly Joseph, B.Ed Student, Physical Science Optional
77. Mary Maya Alexander, B.Ed Student, Physical Science Optional
78. Meenu R S, B.Ed Student, Physical Science Optional
79. Stephy Vaz, B.Ed Student, Physical Science Optional
80. Zeneeta Ann D'rose, B.Ed Student, Physical Science Optional
81. Sivapriya T M, B.Ed Student, Physical Science Optional
82. Aleesha Antony, B.Ed Student, Social Science Optional
83. Amrutha U S, B.Ed Student, Social Science Optional
84. Anciamma Antony, B.Ed Student, Social Science Optional
85. Anjaly A. K., B.Ed Student, Social Science Optional
86. Arya Thyagarajan, B.Ed Student, Social Science Optional
87. Chris Monic Xavier, B.Ed Student, Social Science Optional
88. Greeshma K M, B.Ed Student, Social Science Optional
89. Jasmine.P.P, B.Ed Student, Social Science Optional
90. Lancy Lazar, B.Ed Student, Social Science Optional
91. Maria Theresa, B.Ed Student, Social Science Optional
92. Neethu Jose, B.Ed Student, Social Science Optional
93. Renjana Thampy, B.Ed Student, Social Science Optional
94. Rincy K A, B.Ed Student, Social Science Optional
95. Rubitha Basheer, B.Ed Student, Social Science Optional
96. Sherin Samuel, B.Ed Student, Social Science Optional
97. Sona Sain, B.Ed Student, Social Science Optional
98. Stella Mary, B.Ed Student, Social Science Optional

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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Promoting Inclusivity and Empathy: Josephites Interaction with Transgenders

Date: December 21, 2018

Introduction:

On December 21, 2018, St. Joseph College of Teacher Education for Women, Ernakulam, organized a unique outreach program that aimed to bridge gaps in understanding and foster empathy among its B.Ed. student teachers. The event involved an interaction with members of the transgender community, with the primary goal of helping students appreciate and respect individual differences while nurturing a more empathetic outlook towards marginalized individuals. This report provides insights into the significance of the activity and its impact on the participating student teachers.

The Outreach Program:

The interaction with transgenders was a deliberate effort by the college to create an inclusive environment and promote diversity and acceptance within the student body. The objectives of the program were:

Understanding Differences: To encourage students to understand and appreciate the diverse backgrounds, identities, and life experiences that individuals bring to society.

Fostering Empathy: To nurture empathy and compassion, particularly towards marginalized and stigmatized groups like the transgender community.

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Benefits for Student Teachers: The interaction with transgenders yielded several significant benefits for the participating student teachers:

Enhanced Empathy: Engaging in open and candid discussions with transgender individuals allowed the students to gain deeper insights into the challenges and discrimination they face daily. This experience enhanced the students' capacity for empathy and understanding, which is essential for their future roles as educators.

Promoting Inclusivity: The activity encouraged the student teachers to embrace diversity and promote inclusivity in their classrooms. It provided them with valuable tools to create a safe and accepting learning environment for all students.

Community Engagement:

A total of 138 student teachers, including both first-year and second-year B.Ed. students, actively participated in this interaction with the transgender community. This substantial turnout underscored the college's commitment to nurturing socially responsible educators.

Conclusion:

The interaction with transgenders organized by St. Joseph College of Teacher Education for Women, Ernakulam, on December 21, 2018, was a commendable outreach program that successfully achieved its objectives. It played a pivotal role in promoting inclusivity, empathy, and a deeper understanding of individual differences among the participating student teachers. This activity serves as a shining example of how educational institutions can contribute to a more inclusive and empathetic society by fostering awareness and acceptance of marginalized communities.

List of Students Participants from 1st years and 2nd years

1. Aashya Antony, 1st Year B.Ed. Student, English Education

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2. Anjana Suresh, 1st Year B.Ed. Student, English Education
3. Chandni Babu, 1st Year B.Ed. Student, English Education
4. Gayathri S Therroth, 1st Year B.Ed. Student, English Education
5. Greeshma V, 1st Year B.Ed. Student, English Education
6. Jinu Jose, 1st Year B.Ed. Student, English Education
7. Minnu George, 1st Year B.Ed. Student, English Education
8. Neethima K N, 1st Year B.Ed. Student, English Education
9. Niveditha U M , 1st Year B.Ed. Student, English Education
10. Roshni Celin, 1st Year B.Ed. Student, English Education
11. Sandra Johny, 1st Year B.Ed. Student, English Education
12. Sandra Maria Kuriakose, 1st Year B.Ed. Student, English Education
13. Saranya M S, 1st Year B.Ed. Student, English Education
14. Sruthy Sabu, 1st Year B.Ed. Student, English Education
15. Anjala Sherin, 1st Year B.Ed. Student, Malayalam Education
16. Arya Janardhanan, 1st Year B.Ed. Student, Malayalam Education
17. Ashna Finlay, 1st Year B.Ed. Student, Malayalam Education
18. Athira Sivaprasad, 1st Year B.Ed. Student, Malayalam Education
19. Bincy Eldose, 1st Year B.Ed. Student, Malayalam Education
20. Biyamol Augustine, 1st Year B.Ed. Student, Malayalam Education
21. Blessy Baby, 1st Year B.Ed. Student, Malayalam Education
22. Greeshma Cherian, 1st Year B.Ed. Student, Malayalam Education
23. Linta Rani George, 1st Year B.Ed. Student, Malayalam Education
24. Neenu Sara, 1st Year B.Ed. Student, Malayalam Education
25. Neeraja P.S , 1st Year B.Ed. Student, Malayalam Education
26. Selna Joseph, 1st Year B.Ed. Student, Malayalam Education



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27. Anjaly I M, 1st Year B.Ed. Student, Mathematics Education
28. Ansina P A, 1st Year B.Ed. Student, Mathematics Education
29. Aparna Sanjay, 1st Year B.Ed. Student, Mathematics Education
30. Deyana K E, 1st Year B.Ed. Student, Mathematics Education
31. Elsa Joy, 1st Year B.Ed. Student, Mathematics Education
32. Hariyat N L, 1st Year B.Ed. Student, Mathematics Education
33. Jean Rocha, 1st Year B.Ed. Student, Mathematics Education
34. Kavya V Sathyan, 1st Year B.Ed. Student, Mathematics Education
35. Merin J Kaniyarakam, 1st Year B.Ed. Student, Mathematics Education
36. Rosmin Joseph, 1st Year B.Ed. Student, Mathematics Education
37. Sajana Jaison, 1st Year B.Ed. Student, Mathematics Education
38. Shanty Rose Sebastian, 1st Year B.Ed. Student, Mathematics Education
39. Sona Varghese, 1st Year B.Ed. Student, Mathematics Education
40. Anjaly Davis, 1st Year B.Ed. Student, Physical Science Education
41. Anna Peter, 1st Year B.Ed. Student, Physical Science Education
42. Beaula Johnson, 1st Year B.Ed. Student, Physical Science Education
43. Hyna V Edwin, 1st Year B.Ed. Student, Physical Science Education
44. Jithiya Babu KG, 1st Year B.Ed. Student, Physical Science Education
45. Josena Joseph, 1st Year B.Ed. Student, Physical Science Education
46. Kripa Maria Tomy, 1st Year B.Ed. Student, Physical Science Education
47. Niya Tony, 1st Year B.Ed. Student, Physical Science Education
48. Reshma Prakash, 1st Year B.Ed. Student, Physical Science Education
49. Seethal Xavier, 1st Year B.Ed. Student, Physical Science Education
50. Tomsy Thomas, 1st Year B.Ed. Student, Physical Science Education
51. Agaja P A , 1st Year B.Ed. Student, Natural Science Education



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52. Anjitha Peter, 1st Year B.Ed. Student, Natural Science Education
53. Athira Unnikrishnan, 1st Year B.Ed. Student, Natural Science Education
54. Jijy M Y, 1st Year B.Ed. Student, Natural Science Education
55. Jincy Joseph, 1st Year B.Ed. Student, Natural Science Education
56. Jisha C Jose, 1st Year B.Ed. Student, Natural Science Education
57. Nayana Johnson, 1st Year B.Ed. Student, Natural Science Education
58. Sari M S, 1st Year B.Ed. Student, Natural Science Education
59. Savitha Sajan, 1st Year B.Ed. Student, Natural Science Education
60. Alvina Teresa Paiva, 1st Year B.Ed. Student, Social Science Education
61. Devikrishna K B , 1st Year B.Ed. Student, Social Science Education
62. Jaimol O B, 1st Year B.Ed. Student Social Science Education
63. Kavya .K.M, 1st Year B.Ed. Student Social Science Education
64. Maria Carmel M.F, 1st Year B.Ed Student Social Science Education
65. Najuma K.S, 1st Year B.Ed. Student Social Science Education
66. Nimisha P U, 1st Year B.Ed. Student Social Science Education
67. Nimmi M D, 1st Year B.Ed. Student Social Science Education
68. Praveena.K.P , 1st Year B.Ed. Student Social Science Education
69. Saniya Rose K M, 1st Year Student Social Science Education
70. Sibil Prasad , 1st Year B.Ed. Student Social Science Education
71. Treesa Babu, 1st Year B.Ed. Student Social Science Education
72. Aneeta James, 2nd Year B.Ed Student, English Optional
73. Arya S P, 2nd Year B.Ed Student, English Optional
74. Bilby Thomas, 2nd Year B.Ed Student, English Optional
75. Ema Maria Mannaly, 2nd Year B.Ed Student, English Optional
76. Geethu Elias, 2nd Year B.Ed Student, English Optional

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77. Harsha. R, 2nd Year B.Ed Student, English Optional
78. M R Rekha Lakshmi, 2nd Year B.Ed Student, English Optional
79. Merin C T, 2nd Year B.Ed Student, English Optional
80. Minu Basil, 2nd Year B.Ed Student, English Optional
81. Neena Antony, 2nd Year B.Ed Student, English Optional
82. Princy K.P., 2nd Year B.Ed Student, English Optional
83. Swathi O A, 2nd Year B.Ed Student, English Optional
84. Akhila Baby M, 2nd Year B.Ed Student, Malayalam Optional
85. Athira P N, 2nd Year B.Ed Student, Malayalam Optional
86. Dilshana M Ismail, 2nd Year B.Ed Student, Malayalam Optional
87. Jaffeena Grace.T.J, 2nd Year B.Ed Student, Malayalam Optional
88. Jomol Jose, 2nd Year B.Ed Student, Malayalam Optional
89. Meenu M S, 2nd Year B.Ed Student, Malayalam Optional
90. Najeena N., 2nd Year B.Ed Student, Malayalam Optional
91. Neethu Babu, 2nd Year B.Ed Student, Malayalam Optional
92. Sreekutty M P, 2nd Year B.Ed Student, Malayalam Optional
93. Vidhya.P.B, 2nd Year B.Ed Student, Malayalam Optional
94. Anjali Lis George, 2nd Year B.Ed Student, Mathematics Optional
95. Ann Mary Jacob, 2nd Year B.Ed Student, Mathematics Optional
96. Blessy K B, 2nd Year B.Ed Student, Mathematics Optional
97. Diya Sabu Malayil, 2nd Year B.Ed Student, Mathematics Optional
98. Jincy George, 2nd Year B.Ed Student, Mathematics Optional
99. Lincy Joseph, 2nd Year B.Ed Student, Mathematics Optional
100. Reetha Jesma C G, 2nd Year B.Ed Student, Mathematics Optional
101. Rinsana V Y, 2nd Year B.Ed Student, Mathematics Optional



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102. Sruthi G Pillai, 2nd Year B.Ed Student, Mathematics Optional
103. Varsha.M.A, 2nd Year B.Ed Student, Mathematics Optional
104. Ancy V A, 2nd Year B.Ed Student, Natural Science Optional
105. Anju Sasidharan, 2nd Year B.Ed Student, Natural Science Optional
106. Arandha. K.M., 2nd Year B.Ed Student, Natural Science Optional
107. Ciya Charly, 2nd Year B.Ed Student, Natural Science Optional
108. Meenu Henry, 2nd Year B.Ed Student, Natural Science Optional
109. Nazli S, 2nd Year B.Ed Student, Natural Science Optional
110. Riby Baby, 2nd Year B.Ed Student, Natural Science Optional
111. Sneha Shajan, 2nd Year B.Ed Student, Natural Science Optional
112. Sreeshma J. Bose, 2nd Year B.Ed Student, Natural Science Optional
113. Thedies E J, 2nd Year B.Ed Student, Natural Science Optional
114. Vismaya George, 2nd Year B.Ed Student, Natural Science Optional
115. Sumitha Simon , 2nd Year B.Ed Student, Natural Science Optional
116. Anila Mariya K Joy, 2nd Year B.Ed Student, Physical Science Optional
117. Anju Sebastian, 2nd Year B.Ed Student, Physical Science Optional
118. Aparna K Babu, 2nd Year B.Ed Student, Physical Science Optional
119. Bini Maria Baby, 2nd Year B.Ed Student, Physical Science Optional
120. Jeeshma K.J. 2nd Year B.Ed Student, Physical Science Optional
121. Maria Wilson, 2nd Year B.Ed Student, Physical Science Optional
122. Mariya Rose Johny, 2nd Year B.Ed Student, Physical Science Optional
123. Mariyanjaly Joseph, 2nd Year B.Ed Student, Physical Science Optional
124. Meenu R S, 2nd Year B.Ed Student, Physical Science Optional
125. Stephy Vaz, 2nd Year B.Ed Student, Physical Science Optional
126. Sivapriya T M, 2nd Year B.Ed Student, Physical Science Optional



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127. Aleesha Antony, 2nd Year B.Ed Student, Social Science Optional
128. Amrutha U S, 2nd Year B.Ed Student, Social Science Optional
129. Anciamma Antony, 2nd Year B.Ed Student, Social Science Optional
130. Anjaly A. K., 2nd Year B.Ed Student, Social Science Optional
131. Arya Thyagarajan, 2nd Year B.Ed Student, Social Science Optional
132. Greeshma K M, 2nd Year B.Ed Student, Social Science Optional
133. Jasmine.P.P, 2nd Year B.Ed Student, Social Science Optional
134. Lancy Lazar, 2nd Year B.Ed Student, Social Science Optional
135. Maria Theresa, 2nd Year B.Ed Student, Social Science Optional
136. Neethu Jose, 2nd Year B.Ed Student, Social Science Optional
137. Renjana Thampy, 2nd Year B.Ed Student, Social Science Optional
138. Rubitha Basheer, 2nd Year B.Ed Student, Social Science Optional

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Outreach Activity at Deshbandhu School Chathamma: Donation of Teaching -Learning Aids in the Rural School

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. The talents, skills and abilities of students are identified, nurtured, and encouraged and are provided with a platform to think, express, and exhibit their skills.

The college provides many activities including extension activities, student enrichment programmes and many more activities and programmes for the personality development and enhancing the social commitment of students.


As part of enhancing the social commitment of students, the college organized an activity for teaching aid distribution in rural schools on 31st January 2019. The activity was organized for second year B. Ed student teachers at St. Joseph College of Teacher Education for Women, Ernakulam. The activity was organized for developed among students an attitude of sharing learning resources among others and thereby supporting people in need in the community.

A total of 97 second year B Ed. student teachers and faculty members from St. Joseph College of Teacher Education for Women, Ernakulam took part in the activity.



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

**Second Year B.Ed Students
(2018-2020 Batch)**

organising

**TEACHING AID
DISTRIBUTION
IN RURAL
SCHOOL**

31ST January 2019

List Of Students Participants

1. Amrutha Joy, B.Ed Student, English Optional
2. Aneeta James, B.Ed Student, English Optional
3. Anju John, B.Ed Student, English Optional
4. Arya S P, B.Ed Student, English Optional
5. Bilby Thomas, B.Ed Student, English Optional
6. Della. C.S, B.Ed Student, English Optional
7. Ema Maria Mannaly, B.Ed Student, English Optional





8. Geethu Elias, B.Ed Student, English Optional
9. Harsha. R, B.Ed Student, English Optional
10. Jinu Rose E V, B.Ed Student, English Optional
11. M R Rekha Lakshmi, B.Ed Student, English Optional
12. Maria Jeena Sebastian, B.Ed Student, English Optional
13. Merin C T, B.Ed Student, English Optional
14. Minu Basil, B.Ed Student, English Optional
15. Neena Antony, B.Ed Student, English Optional
16. Princy K.P., B.Ed Student, English Optional
17. Rose Mary Mathew, B.Ed Student, English Optional
18. Swathi O A, B.Ed Student, English Optional
19. Akhila Baby M, B.Ed Student, Malayalam Optional
20. Anu George, B.Ed Student, Malayalam Optional
21. Athira P N, B.Ed Student, Malayalam Optional
22. Dilshana M Ismail, B.Ed Student, Malayalam Optional
23. Jaffeena Grace.T.J, B.Ed Student, Malayalam Optional
24. Jomol Jose, B.Ed Student, Malayalam Optional
25. Mary Anjaly Vaz, B.Ed Student, Malayalam Optional
26. Meenu M S, B.Ed Student, Malayalam Optional
27. Najeena N., B.Ed Student, Malayalam Optional
28. Neethu Babu, B.Ed Student, Malayalam Optional
29. Sagara S, B.Ed Student, Malayalam Optional
30. Sreekutty M P, B.Ed Student, Malayalam Optional



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31. Veena Thampy, B.Ed Student, Malayalam Optional
32. Vidhya.P.B, B.Ed Student, Malayalam Optional
33. Anjali Lis George, B.Ed Student, Mathematics Optional
34. Anjaly Rajan, B.Ed Student, Mathematics Optional
35. Ann Mary Jacob, B.Ed Student, Mathematics Optional
36. Anusha S., B.Ed Student, Mathematics Optional
37. Blessy K B, B.Ed Student, Mathematics Optional
38. Diya Sabu Malayil, B.Ed Student, Mathematics Optional
39. Donna Pinheiro, B.Ed Student, Mathematics Optional
40. Jincy George, B.Ed Student, Mathematics Optional
41. Lincy Joseph, B.Ed Student, Mathematics Optional
42. Reetha Jesma C G, B B.Ed Student, Mathematics Optional
43. Rinsana V Y, B.Ed Student, Mathematics Optional
44. Ruqzana Hakkim, B.Ed Student, Mathematics Optional
45. Sanjuna Peter, B.Ed Student, Mathematics Optional
46. Sharon Sebastian, B.Ed Student, Mathematics Optional
47. Sruthi G Pillai, B.Ed Student, Mathematics Optional
48. Varsha.M.A, B.Ed Student, Mathematics Optional
49. Adreenee Vimala M X, B.Ed Student, Natural Science Optional
50. Ancy V A, B.Ed Student, Natural Science Optional
51. Anju Sasidharan, B.Ed Student, Natural Science Optional
52. Annet Stephen, B.Ed Student, Natural Science Optional
53. Arandha. K.M., B.Ed Student, Natural Science Optional

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54. Ciya Charly, B.Ed Student, Natural Science Optional
55. Deepthi Suresh, B.Ed Student, Natural Science Optional
56. Dincy.G.D, B.Ed Student, Natural Science Optional
57. Meenu Henry, B.Ed Student, Natural Science Optional
58. Nazli S, B.Ed Student, Natural Science Optional
59. Reshma Mary Zachariah, B.Ed Student, Natural Science Optional
60. Riby Baby, B.Ed Student, Natural Science Optional
61. Sneha Shajan, B.Ed Student, Natural Science Optional
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64. Vismaya George, B.Ed Student, Natural Science Optional
65. Sumitha Simon , B.Ed Student, Natural Science Optional
66. Amrutha Kuriappan, B.Ed Student, Physical Science Optional
67. Anila Mariya K Joy, B.Ed Student, Physical Science Optional
68. Anjaly Raphel, B.Ed Student, Physical Science Optional
69. Anju Sebastian, B.Ed Student, Physical Science Optional
70. Aparna K Babu, B.Ed Student, Physical Science Optional
71. Asha Maria Jose, B.Ed Student, Physical Science Optional
72. Bini Maria Baby, B.Ed Student, Physical Science Optional
73. Jeeshma K.J. B.Ed Student, Physical Science Optional
74. Maria Wilson, B.Ed Student, Physical Science Optional
75. Mariya Rose Johny, B.Ed Student, Physical Science Optional
76. Mariyanjaly Joseph, B.Ed Student, Physical Science Optional


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77. Mary Maya Alexander, B.Ed Student, Physical Science Optional
78. Meenu R S, B.Ed Student, Physical Science Optional
79. Stephy Vaz, B.Ed Student, Physical Science Optional
80. Zeneeta Ann D'rose, B.Ed Student, Physical Science Optional
81. Sivapriya T M, B.Ed Student, Physical Science Optional
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83. Amrutha U S, B.Ed Student, Social Science Optional
84. Anciamma Antony, B.Ed Student, Social Science Optional
85. Anjaly A. K., B.Ed Student, Social Science Optional
86. Arya Thyagarajan, B.Ed Student, Social Science Optional
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88. Greeshma K M, B.Ed Student, Social Science Optional
89. Jasmine.P.P, B.Ed Student, Social Science Optional
90. Lancy Lazar, B.Ed Student, Social Science Optional
91. Maria Theresa, B.Ed Student, Social Science Optional
92. Neethu Jose, B.Ed Student, Social Science Optional
93. Renjana Thampy, B.Ed Student, Social Science Optional
94. Rincy K A, B.Ed Student, Social Science Optional
95. Rubitha Basheer, B.Ed Student, Social Science Optional
96. Sherin Samuel, B.Ed Student, Social Science Optional
97. Sona Sain, B.Ed Student, Social Science Optional

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(Affiliated to Mahatma Gandhi University, Kottayam)

Outreach Programme at Chavara Special School for The Mentally Retarded

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. The talents, skills and abilities of students are identified, nurtured, and encouraged and are provided with a platform to think, express, and exhibit their skills.

The college provides many activities including extension activities, student enrichment programmes and many more activities and programmes for the personality development and enhancing the social commitment of students.

As part of enhancing the social commitment of students, the college organized an outreach activity at Chavara Special School for Mentally Retarded in Koonammavu in Ernakulam. The activity was organized on 12th February 2019 for second year B. Ed students at St. Joseph College of Teacher Education for Women, Ernakulam.

The programme helped the students in understanding and learning about the psychological services, special education services, physiotherapy services, awareness, and vocational training programmes and all the other services provided by the school for the betterment of the children with special needs. The learnings would help the student teachers in expanding their knowledge and thereby helps in their professional growth. The entire programme helped the student teachers in developing a sense of gratitude and inclusiveness.

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A total of 97 second year B Ed. student teachers and faculty members from St. Joseph College of Teacher Education for Women, Ernakulam participated in the various programmes organized for the children of the special school.



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List of Students Participants

1. Amrutha Joy, B.Ed Student, English Optional
2. Aneeta James, B.Ed Student, English Optional
3. Anju John, B.Ed Student, English Optional
4. Arya S P, B.Ed Student, English Optional
5. Bilby Thomas, B.Ed Student, English Optional
6. Della. C.S, B.Ed Student, English Optional
7. Ema Maria Mannaly, B.Ed Student, English Optional
8. Geethu Elias, B.Ed Student, English Optional
9. Harsha. R, B.Ed Student, English Optional
10. Jinu Rose E V, B.Ed Student, English Optional
11. M R Rekha Lakshmi, B.Ed Student, English Optional
12. Maria Jeena Sebastian, B.Ed Student, English Optional
13. Merin C T, B.Ed Student, English Optional
14. Minu Basil, B.Ed Student, English Optional
15. Neena Antony, B.Ed Student, English Optional
16. Princy K.P., B.Ed Student, English Optional
17. Rose Mary Mathew, B.Ed Student, English Optional
18. Swathi O A, B.Ed Student, English Optional
19. Akhila Baby M, B.Ed Student, Malayalam Optional
20. Anu George, B.Ed Student, Malayalam Optional
21. Athira P N, B.Ed Student, Malayalam Optional
22. Dilshana M Ismail, B.Ed Student, Malayalam Optional

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23. Jeffeena Grace.T.J, B.Ed Student, Malayalam Optional
24. Jomol Jose, B.Ed Student, Malayalam Optional
25. Mary Anjaly Vaz, B.Ed Student, Malayalam Optional
26. Meenu M S, B.Ed Student, Malayalam Optional
27. Najeena N., B.Ed Student, Malayalam Optional
28. Neethu Babu, B.Ed Student, Malayalam Optional
29. Sagara S, B.Ed Student, Malayalam Optional
30. Sreekutty M P, B.Ed Student, Malayalam Optional
31. Veena Thampy, B.Ed Student, Malayalam Optional
32. Vidhya.P.B, B.Ed Student, Malayalam Optional
33. Anjali Lis George, B.Ed Student, Mathematics Optional
34. Anjaly Rajan, B.Ed Student, Mathematics Optional
35. Ann Mary Jacob, B.Ed Student, Mathematics Optional
36. Anusha S., B.Ed Student, Mathematics Optional
37. Blessy K B, B.Ed Student, Mathematics Optional
38. Diya Sabu Malayil, B.Ed Student, Mathematics Optional
39. Donna Pinheiro, B.Ed Student, Mathematics Optional
40. Jincy George, B.Ed Student, Mathematics Optional
41. Lincy Joseph, B.Ed Student, Mathematics Optional
42. Reetha Jesma C G, B B.Ed Student, Mathematics Optional
43. Rinsana V Y, B.Ed Student, Mathematics Optional
44. Ruqzana Hakkim, B.Ed Student, Mathematics Optional
45. Sanjuna Peter, B.Ed Student, Mathematics Optional



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46. Sharon Sebastian, B.Ed Student, Mathematics Optional
47. Sruthi G Pillai, B.Ed Student, Mathematics Optional
48. Varsha.M.A, B.Ed Student, Mathematics Optional
49. Adreenee Vimala M X, B.Ed Student, Natural Science Optional
50. Ancy V A, B.Ed Student, Natural Science Optional
51. Anju Sasidharan, B.Ed Student, Natural Science Optional
52. Annet Stephen, B.Ed Student, Natural Science Optional
53. Arandha. K.M., B.Ed Student, Natural Science Optional
54. Ciya Charly, B.Ed Student, Natural Science Optional
55. Deepthi Suresh, B.Ed Student, Natural Science Optional
56. Dincy.G.D, B.Ed Student, Natural Science Optional
57. Meenu Henry, B.Ed Student, Natural Science Optional
58. Nazli S, B.Ed Student, Natural Science Optional
59. Reshma Mary Zachariah, B.Ed Student, Natural Science Optional
60. Riby Baby, B.Ed Student, Natural Science Optional
61. Sneha Shajan, B.Ed Student, Natural Science Optional
62. Sreeshma J. Bose, B.Ed Student, Natural Science Optional
63. Thedies E J, B.Ed Student, Natural Science Optional
64. Vismaya George, B.Ed Student, Natural Science Optional
65. Sumitha Simon , B.Ed Student, Natural Science Optional
66. Amrutha Kuriappan, B.Ed Student, Physical Science Optional
67. Anila Mariya K Joy, B.Ed Student, Physical Science Optional
68. Anjaly Raphel, B.Ed Student, Physical Science Optional



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69. Anju Sebastian, B.Ed Student, Physical Science Optional
70. Aparna K Babu, B.Ed Student, Physical Science Optional
71. Asha Maria Jose, B.Ed Student, Physical Science Optional
72. Bini Maria Baby, B.Ed Student, Physical Science Optional
73. Jeeshma K.J. B.Ed Student, Physical Science Optional
74. Maria Wilson, B.Ed Student, Physical Science Optional
75. Mariya Rose Johny, B.Ed Student, Physical Science Optional
76. Mariyanjaly Joseph, B.Ed Student, Physical Science Optional
77. Mary Maya Alexander, B.Ed Student, Physical Science Optional
78. Meenu R S, B.Ed Student, Physical Science Optional
79. Stephy Vaz, B.Ed Student, Physical Science Optional
80. Zeneeta Ann D'rose, B.Ed Student, Physical Science Optional
81. Sivapriya T M, B.Ed Student, Physical Science Optional
82. Aleesha Antony, B.Ed Student, Social Science Optional
83. Amrutha U S, B.Ed Student, Social Science Optional
84. Anciamma Antony, B.Ed Student, Social Science Optional
85. Anjaly A. K., B.Ed Student, Social Science Optional
86. Arya Thyagarajan, B.Ed Student, Social Science Optional
87. Chris Monic Xavier, B.Ed Student, Social Science Optional
88. Greeshma K M, B.Ed Student, Social Science Optional
89. Jasmine.P.P, B.Ed Student, Social Science Optional
90. Lancy Lazar, B.Ed Student, Social Science Optional
91. Maria Theresa, B.Ed Student, Social Science Optional

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92. Neethu Jose, B.Ed Student, Social Science Optional
93. Renjana Thampy, B.Ed Student, Social Science Optional
94. Rincy K A, B.Ed Student, Social Science Optional
95. Rubitha Basheer, B.Ed Student, Social Science Optional
96. Sherin Samuel, B.Ed Student, Social Science Optional
97. Sona Sain, B.Ed Student, Social Science Optional

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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)

Outreach Programme for Protecting Mangalavanam and Collection of Plastic Bottles from there

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. Bridge courses, tutorial sessions and reflective practices were incorporated into the normal schedule of the curriculum.

The college conducts various programmes and activities that promote eco-friendly practices. As part of promoting eco-friendly practices among student teachers, St. Joseph College of Teacher Education for Women, Ernakulam organized a visit to Mangalavanam Bird Sanctuary which is an ecologically sensitive area that is located at the centre of the city of Kochi in Kerala. The visit was organized by the college for the second year B. Ed student teachers on 13th February 2019. The visit could enhance the knowledge of student teachers regarding ecology. The students also collected plastic bottles dumped on the roadsides as part of protecting the environment and keeping the environment clean. The activity helped the students in developing eco consciousness and a sense of responsibility to guard nature. A total of 33, second year B.Ed. student teachers (2017-2019 batch) of St. Joseph College of Teacher Education for Women, Ernakulam participated in the activity.

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**VISIT TO MANGALAVANAM,
KOCHI AND
COLLECTION OF PLASTIC
BOTTLES FROM ROADSIDE**



Second Year B. Ed Students
(2017-2019 Batch)

Date: 13th February 2019



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List of Students Participants


1. Adreenee Vimala M X, B.Ed Student, Natural Science Optional
2. Ancy V A, B.Ed Student, Natural Science Optional
3. Anju Sasidharan, B.Ed Student, Natural Science Optional
4. Annet Stephen, B.Ed Student, Natural Science Optional
5. Arandha. K.M., B.Ed Student, Natural Science Optional
6. Ciya Charly, B.Ed Student, Natural Science Optional
7. Deepthi Suresh, B.Ed Student, Natural Science Optional
8. Dincy.G.D, B.Ed Student, Natural Science Optional
9. Meenu Henry, B.Ed Student, Natural Science Optional
10. Nazli S, B.Ed Student, Natural Science Optional
11. Reshma Mary Zachariah, B.Ed Student, Natural Science Optional
12. Riby Baby, B.Ed Student, Natural Science Optional
13. Sneha Shajan, B.Ed Student, Natural Science Optional
14. Sreeshma J. Bose, B.Ed Student, Natural Science Optional
15. Thedies E J, B.Ed Student, Natural Science Optional
16. Vismaya George, B.Ed Student, Natural Science Optional
17. Sumitha Simon , B.Ed Student, Natural Science Optional
18. Amrutha Kuriappan, B.Ed Student, Physical Science Optional
19. Anila Mariya K Joy, B.Ed Student, Physical Science Optional
20. Anjaly Raphel, B.Ed Student, Physical Science Optional
21. Anju Sebastian, B.Ed Student, Physical Science Optional
22. Aparna K Babu, B.Ed Student, Physical Science Optional



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23. Asha Maria Jose, B.Ed Student, Physical Science Optional
24. Bini Maria Baby, B.Ed Student, Physical Science Optional
25. Jeeshma K.J. B.Ed Student, Physical Science Optional
26. Maria Wilson, B.Ed Student, Physical Science Optional
27. Mariya Rose Johny, B.Ed Student, Physical Science Optional
28. Mariyanjaly Joseph, B.Ed Student, Physical Science Optional
29. Mary Maya Alexander, B.Ed Student, Physical Science Optional
30. Meenu R S, B.Ed Student, Physical Science Optional
31. Stephy Vaz, B.Ed Student, Physical Science Optional
32. Zeneeta Ann D'rose, B.Ed Student, Physical Science Optional
33. Sivapriya T M, B.Ed Student, Physical Science Optional


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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)

Outreach Programme : Collection of Plastic Bottles from Road side along Police Headquarters, Menaka Junction.

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. Bridge courses, tutorial sessions and reflective practices were incorporated into the normal schedule of the curriculum.

The college conducts various programmes and activities that promote eco-friendly practices. As part of promoting eco-friendly practices among student teachers, St. Joseph College of Teacher Education for Women, Ernakulam organized a visit to different areas at the centre of the city of Kochi in Kerala. The visit was organized by the college for the second year B. Ed student teachers on 13th February 2019. The visit could enhance the knowledge of student teachers regarding ecology. The students also collected plastic bottles dumped on the roadsides as part of protecting the environment and keeping the environment clean. They then brought these to the campus and gave them for recycling. The activity helped the students in developing eco consciousness and a sense of responsibility to guard nature. A total of 32, second year B.Ed. student teachers (2017-2019 batch) of St. Joseph College of Teacher Education for Women, Ernakulam participated in the activity.

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List of Students Participants


1. Amrutha Joy, B.Ed Student, English Optional
2. Aneeta James, B.Ed Student, English Optional
3. Anju John, B.Ed Student, English Optional
4. Arya S P, B.Ed Student, English Optional
5. Bilby Thomas, B.Ed Student, English Optional
6. Della. C.S, B.Ed Student, English Optional
7. Ema Maria Mannaly, B.Ed Student, English Optional
8. Geethu Elias, B.Ed Student, English Optional
9. Harsha. R, B.Ed Student, English Optional
10. Jinu Rose E V, B.Ed Student, English Optional
11. M R Rekha Lakshmi, B.Ed Student, English Optional
12. Maria Jeena Sebastian, B.Ed Student, English Optional
13. Merin C T, B.Ed Student, English Optional
14. Minu Basil, B.Ed Student, English Optional
15. Neena Antony, B.Ed Student, English Optional
16. Princy K.P., B.Ed Student, English Optional
17. Rose Mary Mathew, B.Ed Student, English Optional

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18. Swathi O A, B.Ed Student, English Optional
19. Akhila Baby M, B.Ed Student, Malayalam Optional
20. Anu George, B.Ed Student, Malayalam Optional
21. Athira P N, B.Ed Student, Malayalam Optional
22. Dilshana M Ismail, B.Ed Student, Malayalam Optional
23. Jeffeena Grace.T.J, B.Ed Student, Malayalam Optional
24. Jomol Jose, B.Ed Student, Malayalam Optional
25. Mary Anjaly Vaz, B.Ed Student, Malayalam Optional
26. Meenu M S, B.Ed Student, Malayalam Optional
27. Najeena N., B.Ed Student, Malayalam Optional
28. Neethu Babu, B.Ed Student, Malayalam Optional
29. Sagara S, B.Ed Student, Malayalam Optional
30. Sreekutty M P, B.Ed Student, Malayalam Optional
31. Veena Thampy, B.Ed Student, Malayalam Optional
32. Vidhya.P.B, B.Ed Student, Malayalam Optional


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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)

Outreach Programme : Collection of Plastic Bottles from Road side along Marine Drive Kochi

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. Bridge courses, tutorial sessions and reflective practices were incorporated into the normal schedule of the curriculum.

The college conducts various programmes and activities that promote eco-friendly practices. As part of promoting eco-friendly practices among student teachers, St. Joseph College of Teacher Education for Women, Ernakulam organized a visit to different areas at the centre of the city of Kochi in Kerala. The visit was organized by the college for the second year B. Ed student teachers on 13th February 2019. The visit could enhance the knowledge of student teachers regarding ecology. The students also collected plastic bottles dumped on the roadsides of Marine Drive, Kochi, as part of protecting the environment and keeping the environment clean. They then brought these to the campus and gave them for recycling. The activity helped the students in developing eco consciousness and a sense of responsibility to guard nature. A total of 33, second year B.Ed. student teachers (2017-2019 batch) of St. Joseph College of Teacher Education for Women, Ernakulam participated in the activity.

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List of Student teachers who participated in the outreach programme at Marine Drive Kochi.

1. Anjali Lis George, B.Ed Student, Mathematics Optional
2. Anjaly Rajan, B.Ed Student, Mathematics Optional
3. Ann Mary Jacob, B.Ed Student, Mathematics Optional
4. Anusha S., B.Ed Student, Mathematics Optional
5. Blessy K B, B.Ed Student, Mathematics Optional
6. Diya Sabu Malayil, B.Ed Student, Mathematics Optional
7. Donna Pinheiro, B.Ed Student, Mathematics Optional
8. Jincy George, B.Ed Student, Mathematics Optional
9. Lincy Joseph, B.Ed Student, Mathematics Optional
10. Reetha Jesma C G, B B.Ed Student, Mathematics Optional
11. Rinsana V Y, B.Ed Student, Mathematics Optional
12. Ruqzana Hakkim, B.Ed Student, Mathematics Optional

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13. Sanjuna Peter, B.Ed Student, Mathematics Optional
14. Sharon Sebastian, B.Ed Student, Mathematics Optional
15. Sruthi G Pillai, B.Ed Student, Mathematics Optional
16. Varsha.M.A, B.Ed Student, Mathematics Optional
17. Aleesha Antony, B.Ed Student, Social Science Optional
18. Amrutha U S, B.Ed Student, Social Science Optional
19. Anciamma Antony, B.Ed Student, Social Science Optional
20. Anjaly A. K., B.Ed Student, Social Science Optional
21. Arya Thyagarajan, B.Ed Student, Social Science Optional
22. Chris Monic Xavier, B.Ed Student, Social Science Optional
23. Greeshma K M, B.Ed Student, Social Science Optional
24. Jasmine.P.P, B.Ed Student, Social Science Optional
25. Lancy Lazar, B.Ed Student, Social Science Optional
26. Maria Theresa, B.Ed Student, Social Science Optional
27. Neethu Jose, B.Ed Student, Social Science Optional
28. Renjana Thampy, B.Ed Student, Social Science Optional
29. Rincy K A, B.Ed Student, Social Science Optional
30. Rubitha Basheer, B.Ed Student, Social Science Optional
31. Sherin Samuel, B.Ed Student, Social Science Optional
32. Sona Sain, B.Ed Student, Social Science Optional
33. Stella Mary, B.Ed Student, Social Science Optional

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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)

Outreach Programme at Govt. Childrens Home, Kakkanad

Under CWC, Govt. of Kerala.

Free tuition and Summer Course for the Inmates

Introduction:

In furtherance of our commitment to community engagement and social responsibility, St. Joseph College of Teacher Education for Women organized a summer course for the inmates of the Government Children's Home in Kakkanad. This initiative was aimed at extending educational and developmental opportunities to underprivileged children and fostering a sense of empathy among our student teachers.

Dates and Participants:

The summer course took place from 2nd April 2019 to 16th April 2019. A total of 67 student teachers and 11 faculty members from our college actively participated in this outreach activity.

Curriculum:

The curriculum of the summer course was thoughtfully designed to provide holistic development for the children. It included the following components:

Communicative English: A comprehensive course in English language skills to improve the children's communication abilities, ensuring they have a valuable skill for the future.

Value Education Classes: Lessons in ethics, morals, and values to instill a strong sense of character and responsibility in the young minds.

Yoga Practice: Yoga sessions were conducted to promote physical fitness, mental well-being, and stress management.

Personality Development Classes: These classes aimed to enhance the children's confidence, self-esteem, and interpersonal skills.



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Cultural Activities: Creative and cultural activities, including arts and crafts, music, and dance, were organized to stimulate the children's creativity and provide a platform for self-expression.

Basic School Subjects: Fundamental lessons in various school subjects were provided to support their academic growth.

Value-Integrated Lessons: To ensure that values and ethics were ingrained in every aspect of their learning experience.

Games and Recreation: Organized games and recreational activities were incorporated to encourage physical fitness and teamwork.


Impact:

This outreach activity had a profound impact, not only on the children at the Government Children's Home but also on our student teachers. It facilitated the development of empathetic skills among our student teachers as they actively engaged with and supported the needs of these neglected children.

The children at the Government Children's Home, Kakkanad, had the opportunity to learn and grow in a nurturing environment, gaining valuable life skills and knowledge. Our student teachers, in turn, were motivated to reach out to the underprivileged and discovered the importance of empathy and compassion in the teaching profession.

Conclusion:

The summer course organized by St. Joseph College of Teacher Education for Women at the Government Children's Home, Kakkanad, was a resounding success. It not only enriched the lives of the underprivileged children but also served as a profound learning experience for our student teachers, reinforcing our commitment to community outreach and fostering empathy in the teaching profession. We look forward to more such initiatives in the future as we continue to make a positive impact on society through education.


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St. Joseph College of Teacher Education for Women, Ernakulam

EXTENSION ACTIVITY

HOPE 2019

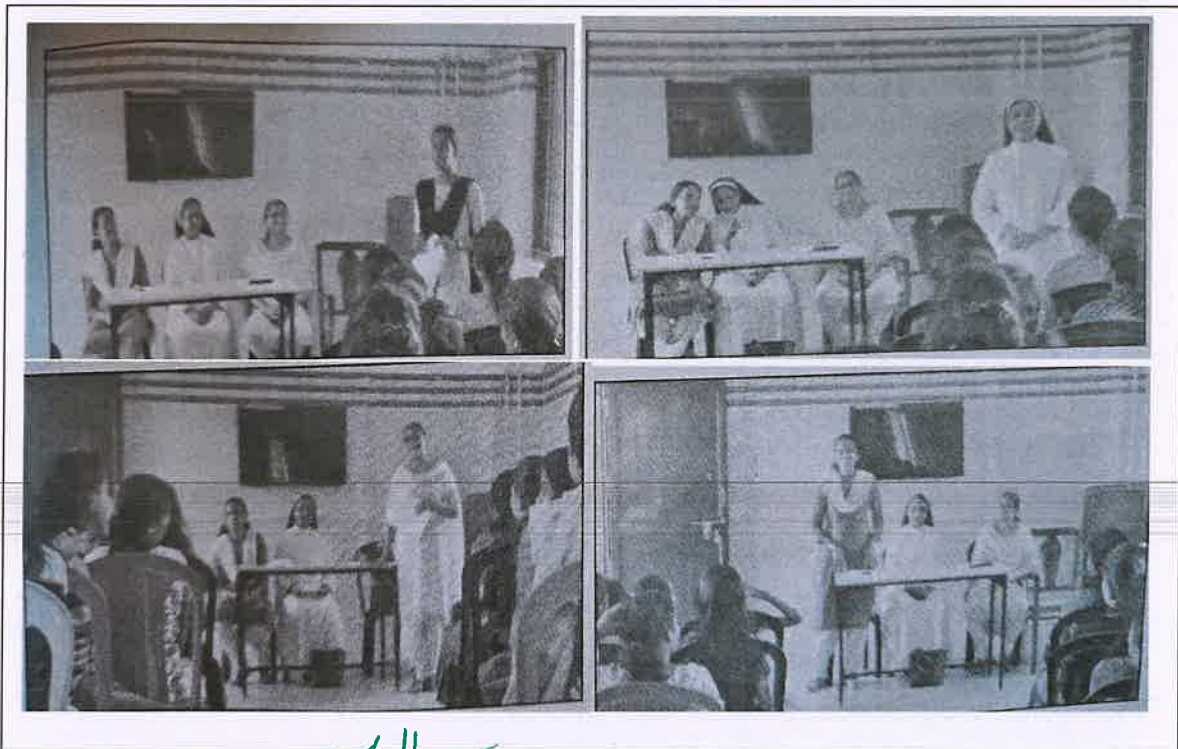
A Summer Course initiative for the inmates of Government Children's Home, Kakkannad

Course content:

- Communicative English
- Value Education Classes
- Yoga Practice
- Personality Development Classes
- Cultural Activities

Date: 2nd April 2019 - 16th April 2019

Appendix- Photos



Alicia Joseph
 Dr. Alicia Joseph
 Principal in Charge
 St. Joseph College of Teacher
 Education for Women,
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List of student teachers who participated in the outreach programme

1. Anjala Sherin, B.Ed. Student, Malayalam Optional
2. Anu Joseph , B.Ed. Student, Malayalam Optional
3. Ashna Finlay, B.Ed. Student, Malayalam Optional
4. Athira Sivaprasad , B.Ed. Student, Malayalam Optional
5. Bincy Eldose, B.Ed. Student, Malayalam Optional
6. Blessy Baby, B.Ed. Student, Malayalam Optional
7. Neenu Sara, B.Ed. Student, Malayalam Optional
8. Neeraja Ps, B.Ed. Student, Malayalam Optional
9. Selna Joseph, B.Ed. Student, Malayalam Optional
10. Lisinta Sivan, B.Ed. Student, Natural Science Optional
11. Blessy Treasa, B.Ed. Student, Natural Science Optional
12. Sruthymol A.S. , B.Ed. Student, Natural Science Optional
13. Anumol M.G. , B.Ed. Student, Natural Science Optional
14. Jiji M.Y. , B.Ed. Student, Natural Science Optional
15. Jincy Joseph, B.Ed. Student, Natural Science Optional
16. Anjitha Peter, B.Ed. Student, Natural Science Optional
17. Savitha Sajjan, B.Ed. Student, Natural Science Optional
18. Sari M.S. , B.Ed. Student, Natural Science Optional
19. Nayana Johnson, B.Ed. Student, Natural Science Optional
20. Catherine Akhina, B.Ed. Student, Social Science Optional
21. Alvina, B.Ed. Student, Social Science Optional
22. Shahana, B.Ed. Student, Social Science Optional
23. Jaimol, B.Ed. Student, Social Science Optional
24. Greshma, B.Ed. Student, Social Science Optional
25. Dhanalakshmi, B.Ed. Student, Social Science Optional
26. Praveena, B.Ed. Student, Social Science Optional
27. Nimisha, B.Ed. Student, Social Science Optional
28. Najuma, B.Ed. Student, Social Science Optional
29. Anjaly Davis, B.Ed. Student, Physical Science Optional



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30. Anna Francis, B.Ed. Student, Physical Science Optional
31. Anna Peter, B.Ed. Student, Physical Science Optional
32. Beaula Johnson, B.Ed. Student, Physical Science Optional
33. Josena Joseph, B.Ed. Student, Physical Science Optional
34. Kripa Maria Tomy, B.Ed. Student, Physical Science Optional
35. Seethal Xavier, B.Ed. Student, Physical Science Optional
36. Shilpa C Baiju, B.Ed. Student, Physical Science Optional
37. Hyna V Edwin, B.Ed. Student, Physical Science Optional
38. Jithu Traisy Jelin, B.Ed. Student, Physical Science Optional
39. Jithiya Sabu K.G. , B.Ed. Student, Physical Science Optional
40. Prabhitha K.B, B.Ed. Student, Physical Science Optional
41. Tomsy Thomas, B.Ed. Student, Physical Science Optional
42. Anjaly I M, B.Ed. Student, Mathematics Optional
43. Anjitha Ramesan, B.Ed. Student, Mathematics Optional
44. Ansina P A, B.Ed. Student, Mathematics Optional
45. Anusha Babu, B.Ed. Student, Mathematics Optional
46. Aparna Sanjay, B.Ed. Student, Mathematics Optional
47. Deyana K E, B.Ed. Student, Mathematics Optional
48. Elizabeth Xavier Fernandez, B.Ed. Student, Mathematics Optional
49. Elsa Joy, B.Ed. Student, Mathematics Optional
50. Hariyat N L, B.Ed. Student, Mathematics Optional
51. Jean Rocha, B.Ed. Student, Mathematics Optional
52. Kavya V Sathyan, B.Ed. Student, Mathematics Optional
53. Merin J Kaniyarakam, B.Ed. Student, Mathematics Optional
54. Rosmin Joseph, B.Ed. Student, Mathematics Optional
55. Sajana Jaison, B.Ed. Student, Mathematics Optional
56. Shanty Rose Sebastian, B.Ed. Student, Mathematics Optional
57. Sona Varghese, B.Ed. Student, Mathematics Optional
58. Vithya.A, B.Ed. Student, Mathematics Optional
59. Aarya Xavier, B.Ed. Student, English Optional
60. Chandni Babu, B.Ed. Student, English Optional

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61. Christeena A J, B.Ed. Student, English Optional Jinu Jose
62. Minnu George ,B.Ed. Student, English Optional
63. Neethima K N, B.Ed. Student, English Optional
64. Niveditha U M, B.Ed. Student, English Optional
65. Ritu Jose, B.Ed. Student, English Optional
66. Roshni Celin, B.Ed. Student, English Optional
67. Sandra Johny, B.Ed. Student, English Optional

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