



St. Joseph College of Teacher Education for Women Ernakulam



Criterion III- Research and Outreach Activities

3.3.1: Declaration by the Principal Regarding The Details of Outreach Activities Organized by the Institution

Submitted to

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



ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

(Affiliated to Mahatma Gandhi University, Kottayam)


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DECLARATION

The Following Outreach Activities Have been 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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|-----------|---|---|--|--------------------------|
| 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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| 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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| 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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| 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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| 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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| 2021-2022 | Outreach activity at Deshbandhu School Chathamma-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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|------------------|---|--|------------|--|
| 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 Nagasaki day | Awareness Campaign to Remind the People about the Suffering and Agony of Victims of Atomic Bombing in Hiroshima and Nagasaki | 10-08-2020 | 129 |



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| 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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| 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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| 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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| 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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