

St. Joseph College of Teacher Education for Women Ernakulam



Criterion III- Research and Outreach Activities

3.3.1: Report of Each Outreach Activity Organized by the Institution In The Year 2019-2020

Submitted to

National Assessment and Accreditation Council (NAAC)

3rd Cycle of Assessment



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

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, elearning 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 recumer 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.



583

Education for Women,



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 Participants	The second secon
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 Kayler Fernandez	B.Ed. Student Mathematics Education
	THE STATE OF THE S	



Principal in Charge
Principal in Charge
St. Joseph Coders of leacher
Education for Women,



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
	Dr. Affice of Charge Principal in Charge Princ	er





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







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 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





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.



Dr. Alice Joseph

Principal in Charge

St. Joseph College of Teacher

Education for Women,

Ernakulam



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



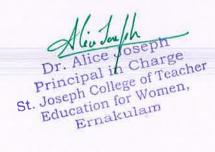
17	Anjali . K.Thankappan	Malayalam Education
18	Anntreesa J Kappen	Malayalam Education
19	Athira M M	Malayalam Education
20	Jyothi G.	Malayalam Education
21	Linet Maria K	Malayalam Education
22	Ninitha Joy V	Malayalam Education
23	Parvathy Rajeev	Malayalam Education
24	Sandhya Poulose	Malayalam Education
25	Sandra Saju	Malayalam Education
26	Shelga Jacob	Malayalam Education
27	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	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



Dr. Ance Joseph Dr. Ance Joseph Principal in Charge Principal in College of Teacher



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







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

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.

principal in Charles of Teacher Principal in College Women,

595



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 the factors.













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



Dr. Alice Joseph
Principal in Charge
St. Joseph College of To her
Education for



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

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

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

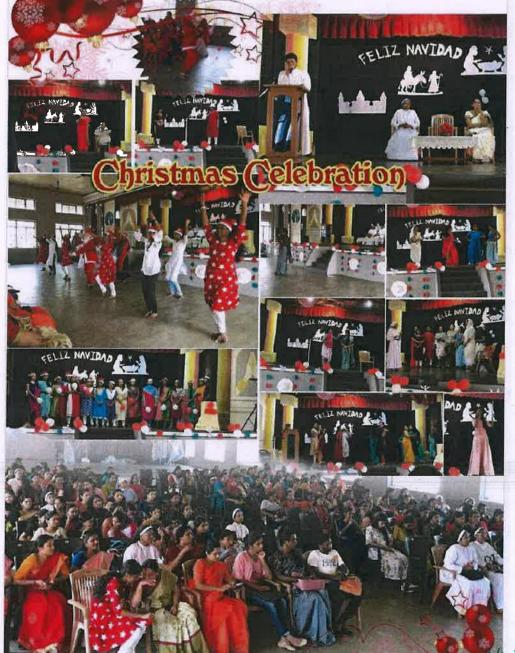
599



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.





Dr. Alice Ideeph Dr. Alice Ideeph Principal in College Women,



- 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



Www.stjosephcte.in



- 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 AB, 2nd Year B.Ed. Student Natural Science Education
- 52. Agaja PA, 2nd Year B.Ed. Student Natural Science Education
- 53. Anjitha Peter, 2nd Year B.Ed. Student Natural Science Education
- 54. Jijy MY, 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
- 58. Namitha .E.N , 2nd Year B.Ed. Student Natural Science Education
- 59. Nayana Johnson ,2nd Year B.Ed. Student Natural Science Education
- 60. Sari M S , 2nd Year B.Ed. Student Natural Science Education
- 61. Savitha Sajan, 2nd Year B.Ed. Student Natural Science Education
- 62. Sruthymol A S, 2nd Year B.Ed. Student Natural Science Education
- 63. Sweeka Elizabeth Varghese, 2nd Year B.Ed. Student Natural Science Education
- 64. Alvina Teresa Paiva, 2nd Year B.Ed. Student Social Science Education
- 65. Catherin Akhina, 2nd Year B.Ed. Student Social Science Education
- 66. Devikrishna K B ,2nd Year B.Ed. Student Social Science Education
- 67. Dhanalekshmi T D, 2nd Year B.Ed. Student Social Science Education
- 68. Greshma Rose, 2nd Year B.Ed. Student Social Science Education
- 69. Najuma K.S , 2nd Year B.Ed. Student Social Science Education
- 70. Nimisha P U, 2nd Year B.Ed. Student Social Science Education
- 71. Nimmi M D, 2nd Year B.Ed. Student Social Science Education
- 72. Praveena.K.P, 2nd Year B.Ed. Student Social Science Education
- 73. Saniya Rose K M, 2nd Year B.Ed. Student Social Science Education
- 74. Sayana Ramchandran E, 2nd Year B.Ed. Student Social Science Education
- 75. Shahana P S, 2nd Year B.Ed. Student Social Science Education
- 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



Dr. Alice Joseph
Dr. Alice Joseph
Principal in Charge
Principal in



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 1st Year B.Ed. Student Malayalam Education 96. Linet Maria K 1st Year B.Ed. Student Malayalam Education 1st Year B.Ed. Student Malayalam Education 97. Sandhva Poulose 98. Sandra Saju 1st Year B.Ed. Student Malayalam Education 99. Shelga Jacob 1st Year B.Ed. Student Malayalam Education 1st Year B.Ed. Student Malayalam Education 100. Shijila P N 101. 1st Year B.Ed. Student Malayalam Education Sinimol PT 1st Year B.Ed. Student Malayalam Education 102. Sisira S 1st Year B.Ed. Student Malayalam Education 103. Vincy P V 104. Aiswarva PT 1st Year B.Ed. Student Mathematics Education Aleena Mary 1st Year B.Ed. Student Mathematics Education 105. Anju George 1st Year B.Ed. Student Mathematics Education 106. Asha Joseph 1st Year B.Ed. Student Mathematics Education 107. 1st Year B.Ed. Student Mathematics Education 108. Chithralekha R Priyanka K T 1st Year B.Ed. Student Mathematics Education 109. Rayeena T V 1st Year B.Ed. Student Mathematics Education 110. 1st Year B.Ed. Student Mathematics Education Rita Rose John 111. Somiya Mathew 1st Year B.Ed. Student Mathematics Education 112. **Mathematics Education** Sruthy K. Shaju1st Year B.Ed. Student 113. Susan Neenu 1st Year B.Ed. Student Mathematics Education 114. Theressa Sebi 1st Year B.Ed. Student Mathematics Education 115. Annmary Jose 1st Year B.Ed. Student Physical Science Education 116. 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 Jeen Mary A J 1st Year B.Ed. Student Physical Science Education 120. 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. Maria Rose Varghese 1st Year B.Ed. Student Physical Science Education 124. Mariya Jesleena Martin 1st Year B.Ed. Student Physical Science Education 125. Mary Nivitha Bivera 1st Year B.Ed. Student Physical Science Education 126. Sneha Mol K J1st Year B.Ed. Student Physical Science Education 127. Thahira M A 1st Year B.Ed. Student Physical Science Education 128. Abhilasha K P 1st Year B.Ed. Student Natural Science Education 129. 1st Year B.Ed. Student Natural Science Education 130. Akheena Thomas Amrutha K H 1st Year B.Ed. Student Natural Science Education 131. Anu Maria K J1st Year B.Ed. Student Natural Science Education 132. Christy P P 1st Year B.Ed. Student Natural Science Education 133. Deepthi George 1st Year B.Ed. Student Natural Science Education 134.



135.

136.

137.

Principal in
Principal in
Principal in
College of Tell
St. Joseph College of Tell
Education for Women
Education for Women
603

Dhanyamol L1st Year B.Ed. Student Natural Science Education

Greetta James 1st Year B.Ed. Student Natural Science Education

Maria Sonet K G 1st Year B.Ed. Student Natural Science Education



138.	Mary Rilu Arooja, 1 st Year B.Ed. Student Natural Science Education
139.	Minumol Johnson1st Year B.Ed. Student Natural Science Education
140.	Neethu Ursala P G1st Year B.Ed. Student Natural Science Education
141.	Reshma P P 1st Year B.Ed. Student Natural Science Education
142.	Amrutha S V1 st Year B.Ed. Student Social Science Education
143.	Anjaly M B1st Year B.Ed. Student Social Science Education
144.	Anjana K M 1 st Year B.Ed. Student Social Science Education
145.	Anju P Tomy1 st Year B.Ed. Student Social Science Education
146.	Annaet O J 1 st 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 Jacob1st Year B.Ed. Student Social Science Education
150.	Dona Garvasis1st Year B.Ed. StudentSocial 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 Rajagopal1st Year B.Ed. Student Social Science Education
154.	Granes P Joshy 1st Year B.Ed. Student Social Science Education
155.	Lincy B J 1 st Year B.Ed. Student Social Science Education

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





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

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 were 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.



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.







Dr. Mice Jrseph

Dr. Mice Jrseph

Principal in Charge

Principal in Charge

Principal in Charge

St. Joseph College at Teacher

Education for Momen,

Education for Momen,

Ernakulam





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
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
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
- 5		



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
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







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

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, Ernakualm, 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-



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	
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
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.	Scotlial Xavier	B.Ed. Student Physical Science Education



St. Joseph College of Teacher



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 Educatio
64.	Agaja P A	B.Ed. Student Natural Science Educatio
65.	Anjitha Peter	B.Ed. Student Natural Science Educatio
66.	Anumol M G	B.Ed. Student Natural Science Educatio
67.	Athira Unnikrishnan	B.Ed. Student Natural Science Educatio
68.	Blessy Treasa	B.Ed. Student Natural Science Educatio
69.	Jijy M Y	B.Ed. Student Natural Science Educatio
70.	Jincy Joseph	B.Ed. Student Natural Science Educatio
71.	Jisha C Jose	B.Ed. Student Natural Science Educatio
72.	Lisinta Sivan	B.Ed. Student Natural Science Educatio
73.	Namitha .E.N	B.Ed. Student Natural Science Educatio
74.	Nayana Johnson	B.Ed. Student Natural Science Educatio
75.	Sari M S	B.Ed. Student Natural Science Educatio
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
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



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



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

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

615



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
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



Dr. Alice Joseph

Dr. Alice Joseph

Principal in Charge

Principal in Charge

St. Joseph College of Teacher

St. Joseph College of Teacher

Education for Women,



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



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



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



Dr. Alice Joseph.

Dr. Alice Joseph.

Principal in Charge of Ten.

St. Joseph College of Ten.

Education for Montes,



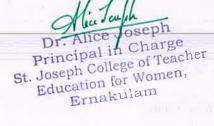
55.	Jithu Traisy Jelin	B.Ed. Student Physical Science Education
56.	Josena Joseph	B.Ed. Student Physical Science Education
57.	Kripa Maria Tomy	B.Ed. Student Physical Science Education
58.	Niya Tony	B.Ed. Student Physical Science Education
59.	Reshma Prakash	B.Ed. Student Physical Science Education
60.	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



Dr. Alice J seph
Principal in Ch
St. Joseph College,
Education halfs,



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







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

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.



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



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





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
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 Dr. Allos	B.Ed. Student Physical Science Education



St. Joseph College of Teachers
Education for Women,
Ernakulum



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
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



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