



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 2021-2022

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 – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

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 activities3. 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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Dr. Alice Joseph
Principal in Charge
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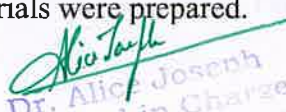


Participants	24 members of social service club initiated Audio tutorials were contributed by all students of the college.
Venue	Telegram group including the following members: Dr. Joby joy Kurian(Teacher in Charge) Dr. Siji John(Teacher in Charge) Social service Club members who initiated the activity 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.

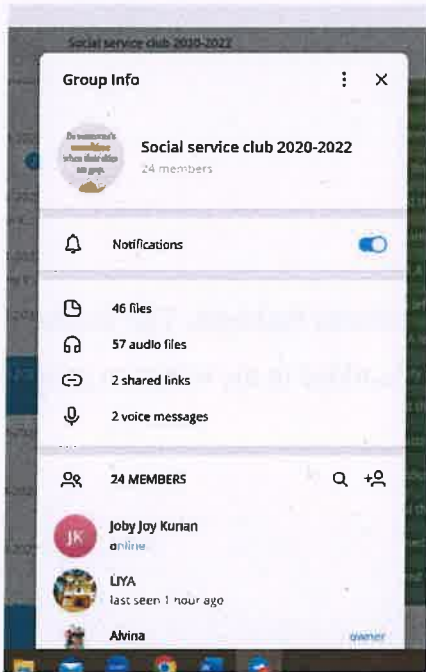

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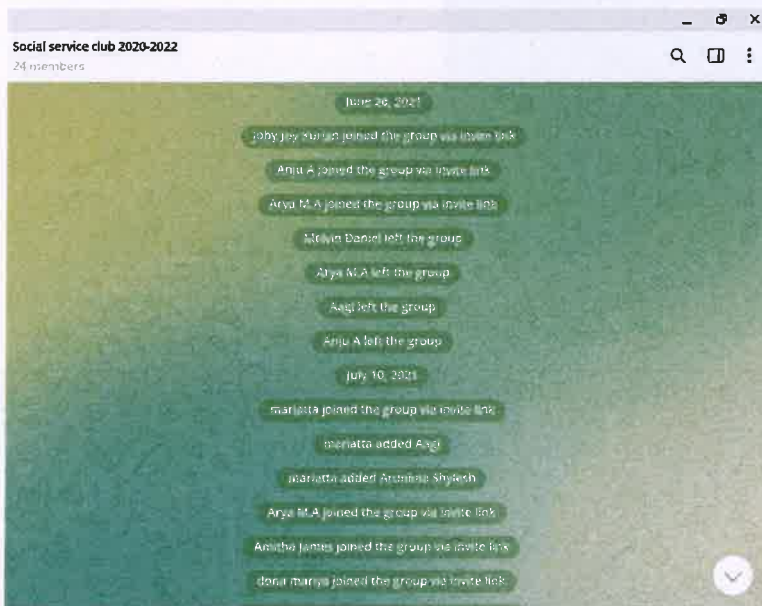


57 audio files were uploaded and shared via a telegram group in which the school representatives also were included, the school teacher in charge Ms. Sreeletha Satheesh has given very positive feedbacks via the telegram messages and also she had appreciated the team in a live meeting also.

Photo Evidences



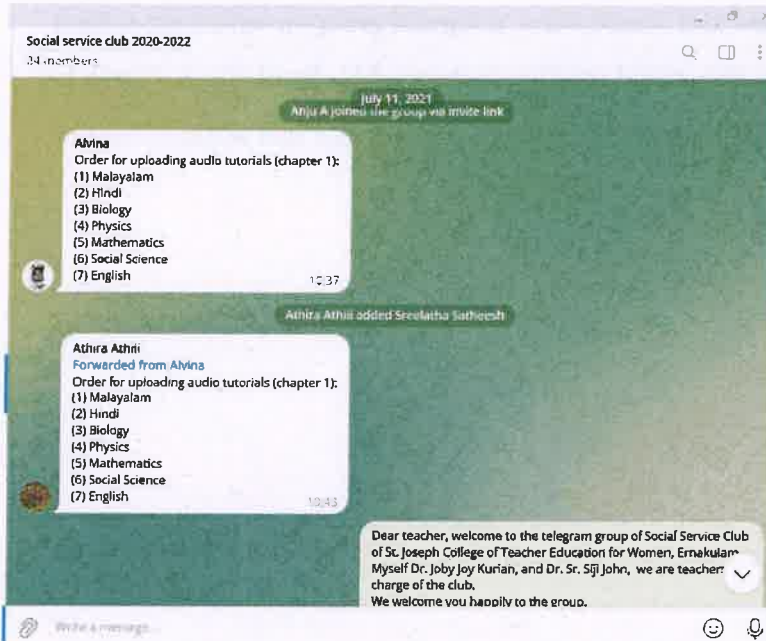
Created telegram group for uploading and sharing the audio tutorials with the students of Govt. School of Blind, Olassa, Kottayam.



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

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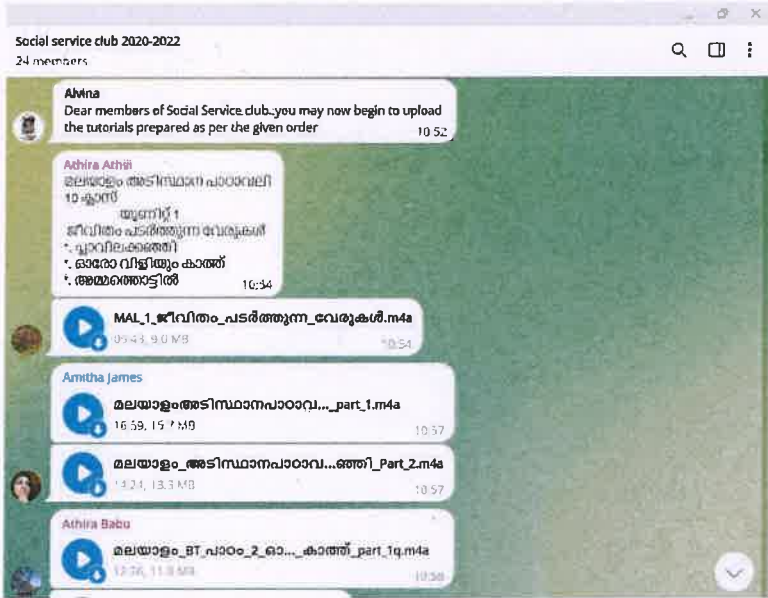
Sreelatha Satheesh, The Teacher in Charge of Govt. School for The Blind, Olassa, Kottayam was added to the telegram group.



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

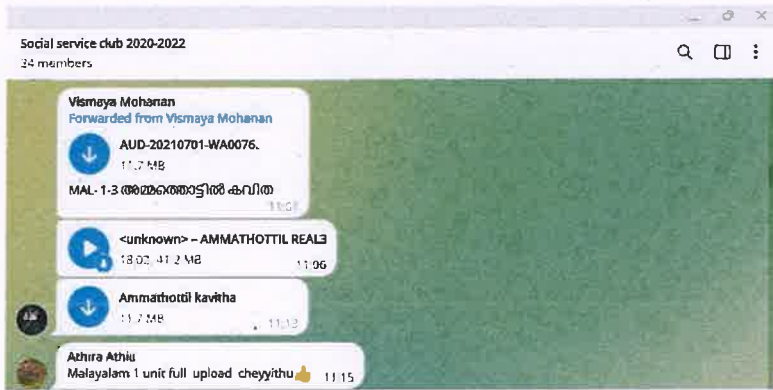


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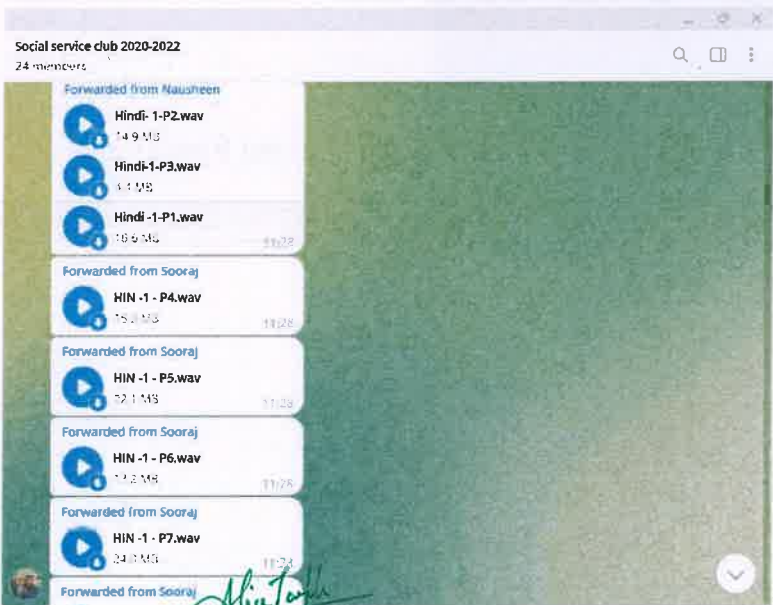
Audio tutorials-Malayalam

chapter 1



Audio Tutorials – Malayalam

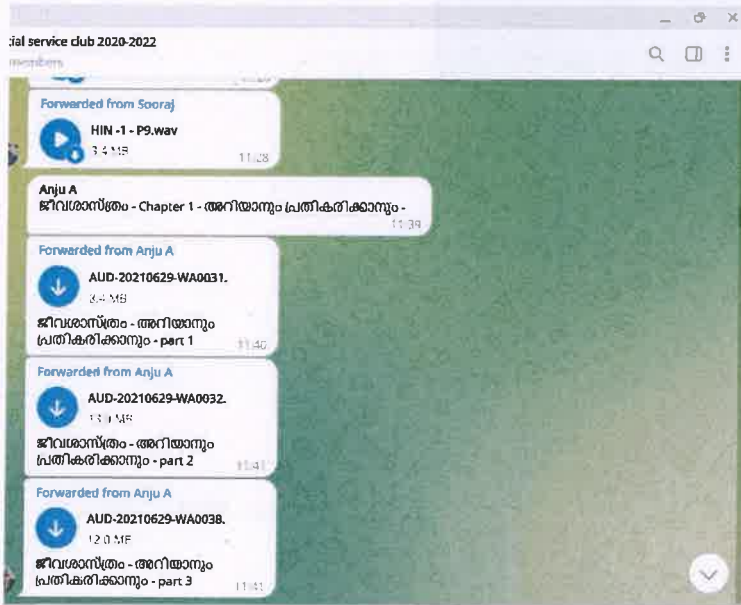
Chapter 1



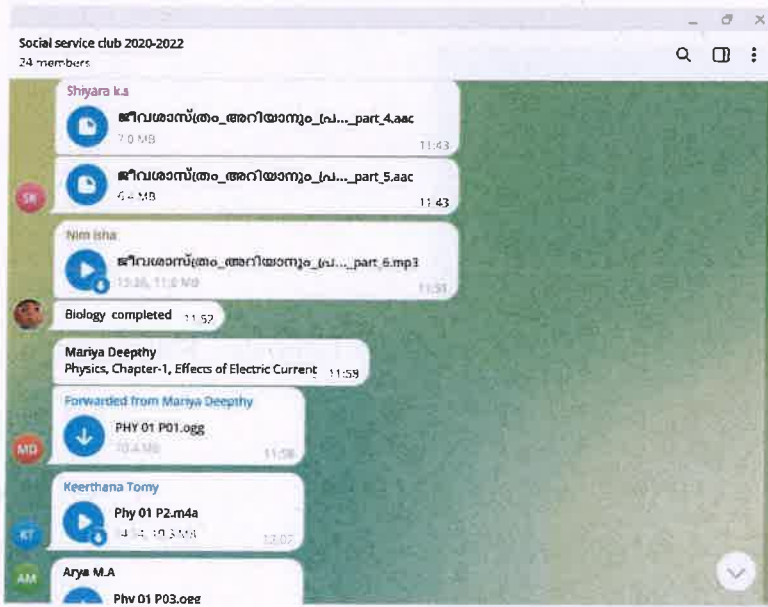
Audio Tutorials Hindi Chapter 1



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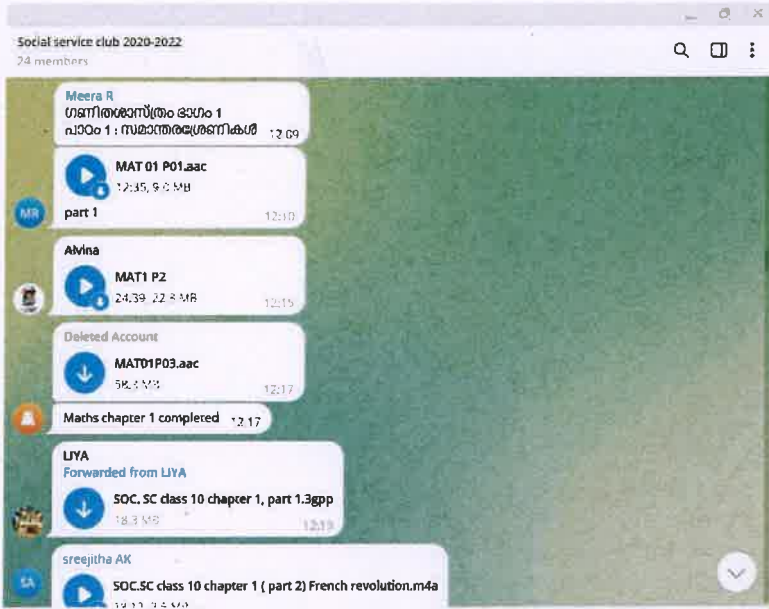
Audio Tutorial Biology chapter 1



Audio Tutorial Biology and physics chapter 1

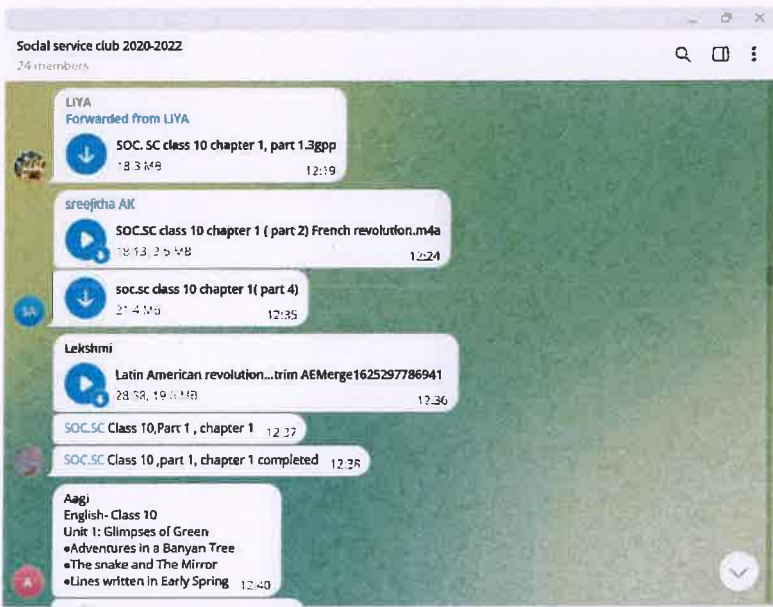


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Audio Tutorials Mathematics

Chapter 1 and Social Science Chapter 1

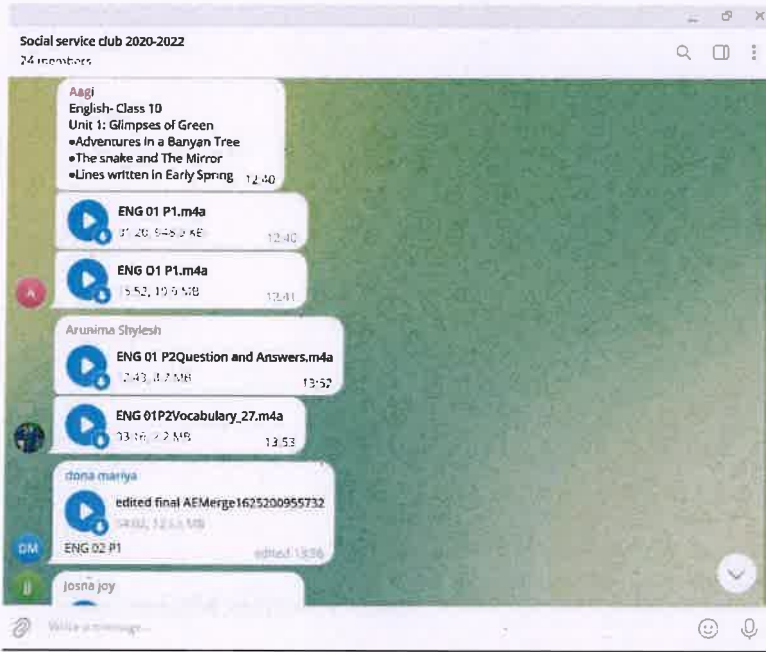


Audio Tutorials Social Science

Chapter 1 and English Chapter 1

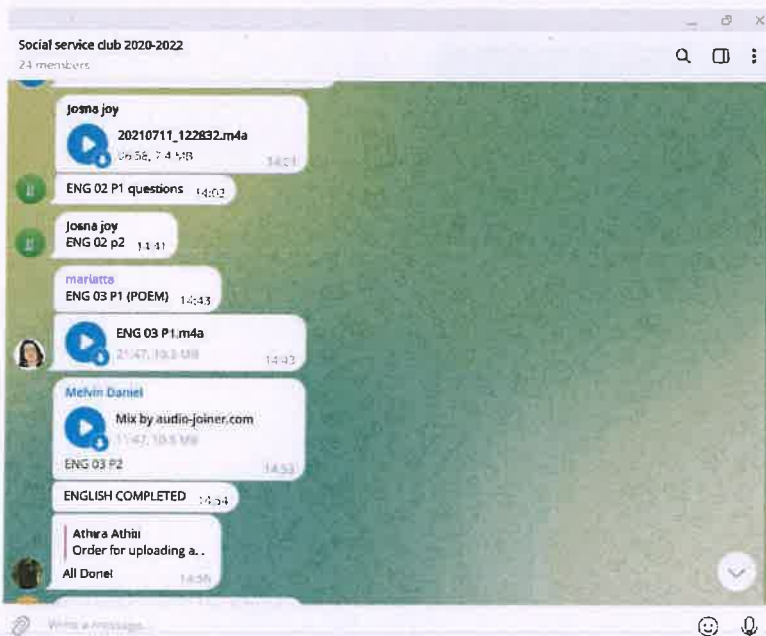


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Audio Tutorials English Chapter

1

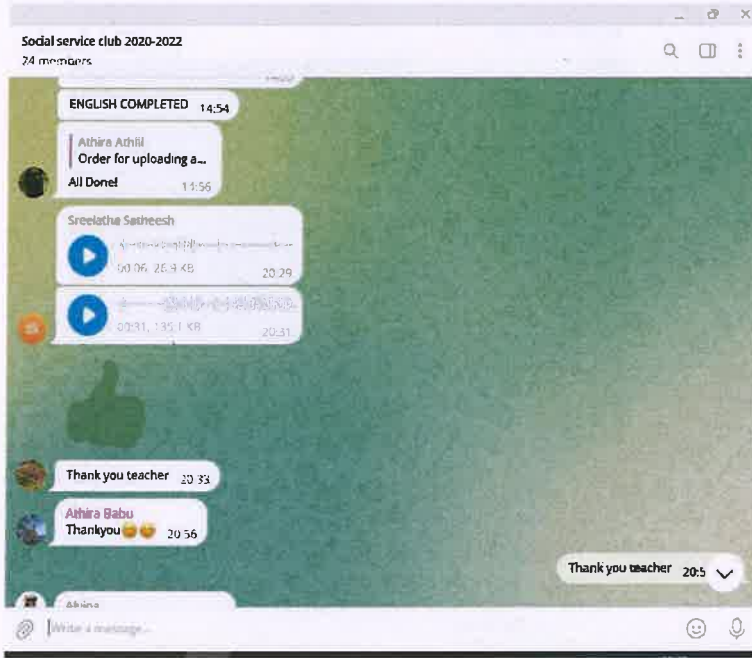


Audio Tutorials Chapter 1 of all

subjects uploading Completed.

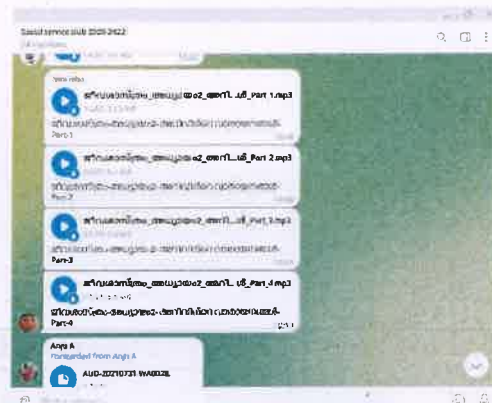
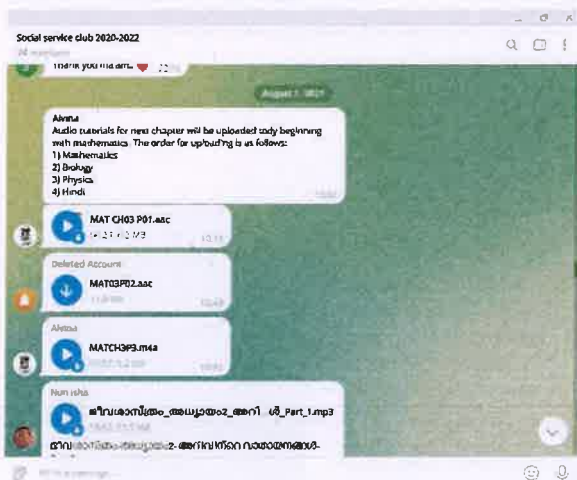


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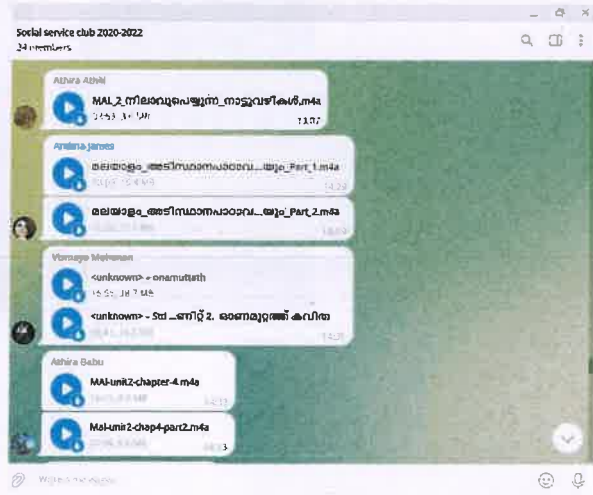
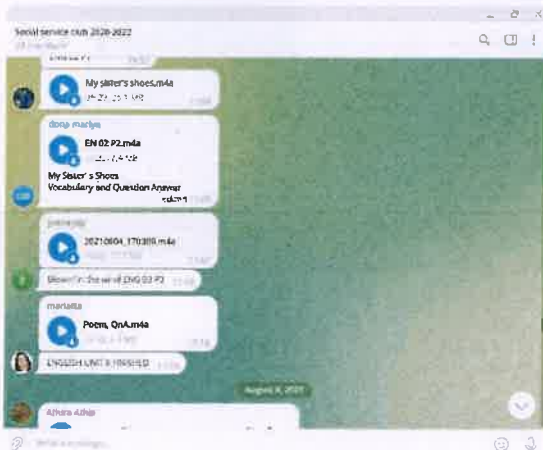
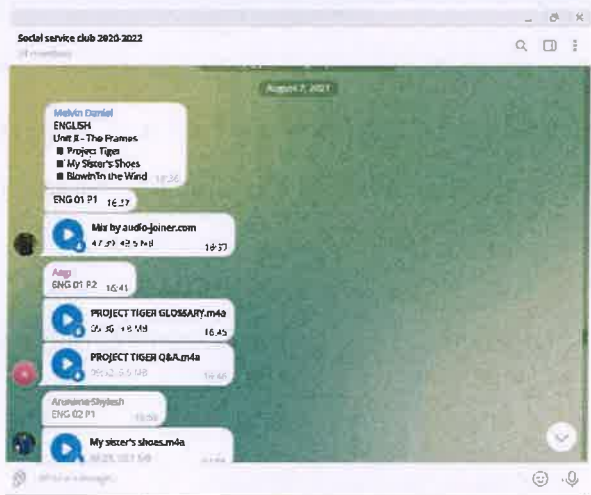
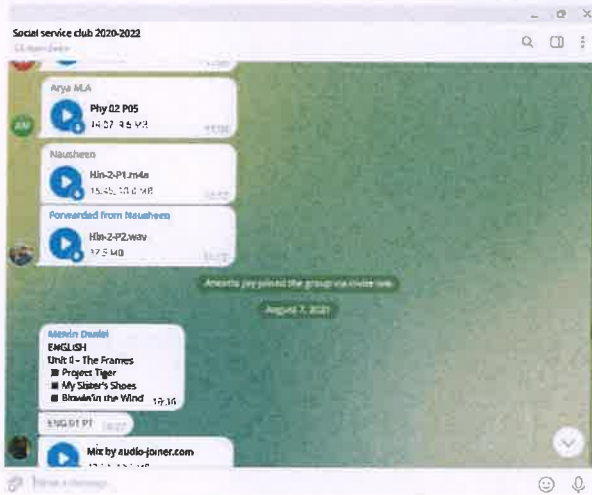
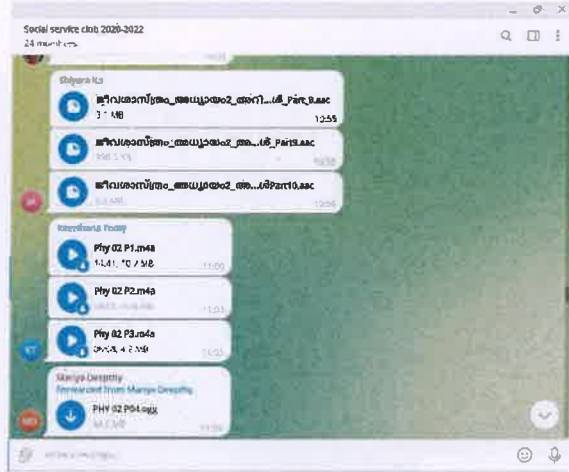
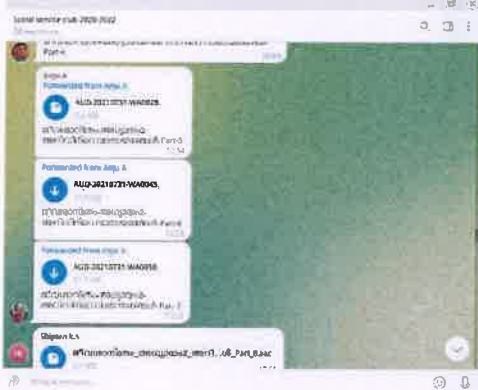


Ms. Sreeletha Satheesh, Teacher- in -Charge, Govt. School for the Blind, Appreciating the team members for the uploading of chapter 1 tutorials for all the subjects.

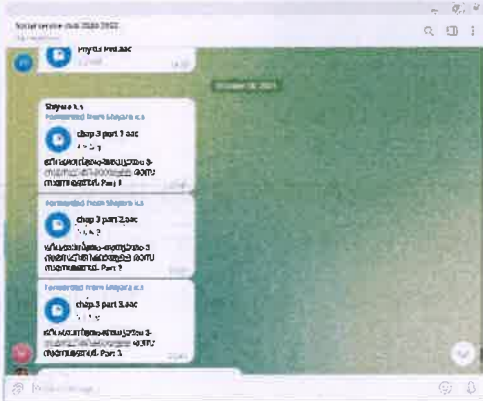
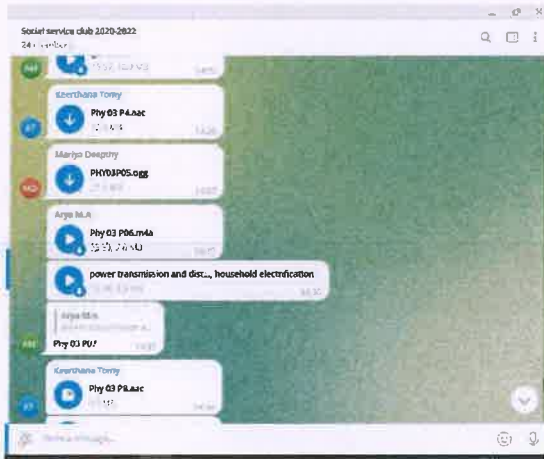
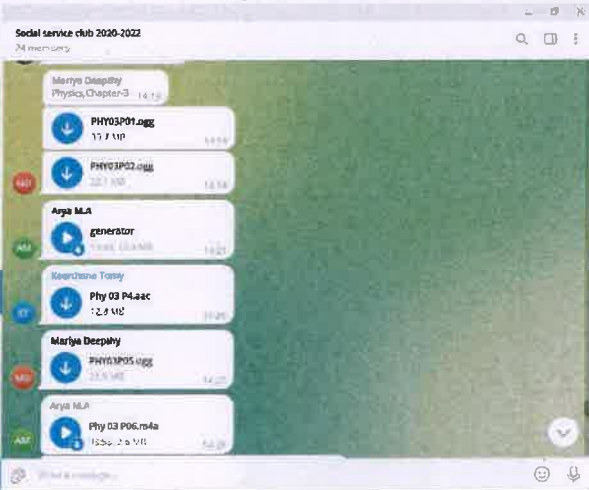
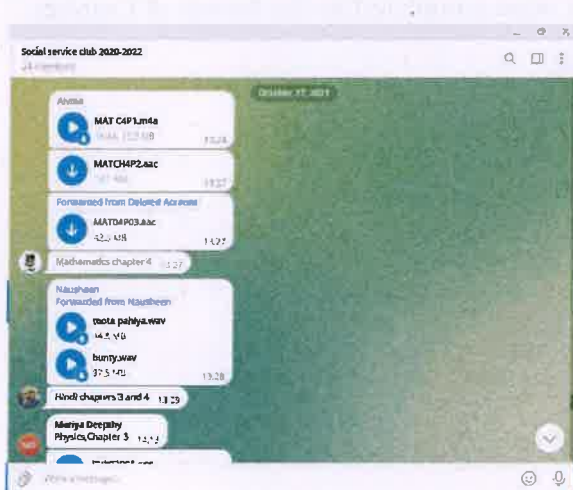
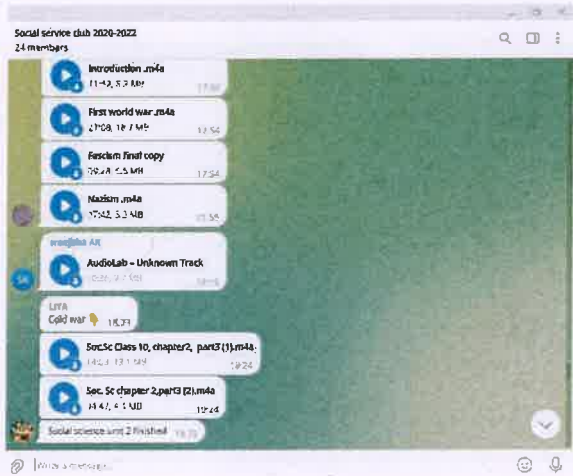
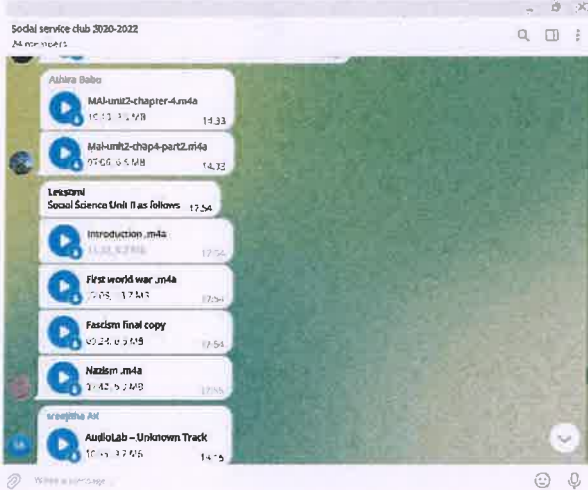
The uploading of next set of audio tutorials chapter 2 and Chapter 3 of various subjects .



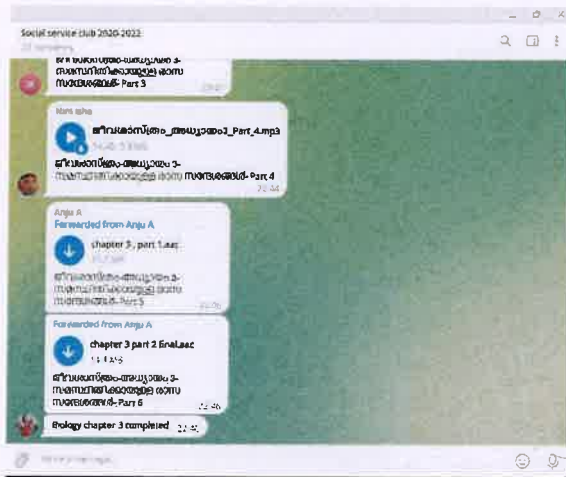
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Here the uploading of the prepared audio tutorials were completed by the month of October. Nearly 57 audio files were prepared and uploaded.



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 consequences2. To indicate the challenges faced by adolescents and youth in the nation as a result of drug abuse3. To motivate student teachers to take action against drug abuse and illicit trafficking4. 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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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

St. Joseph College of Teacher Education For Women, Ernakulam

Anti Narcotic Club

Horizon 2K21

June 26 International Day Against Drug Abuse and Illicit Trafficking

"Share Facts On Drugs Save Lives"

Cordially Invite You to Celebrate International Anti Narcotic Day

June 26, Saturday 12:00 pm - 1.00pm

Join us via Google Meet

Open meet and enter this code: <https://meet.google.com/bay-hzav-maz>

Inauguration And Keynote Address

T.A. Ashok Kumar
(Deputy Excise Commissioner Ernakulam)

'കൗമാരം - വെല്ലുവിളികളും സാധ്യതകളും
കരുതാം - കാവലാകാം'

Programme

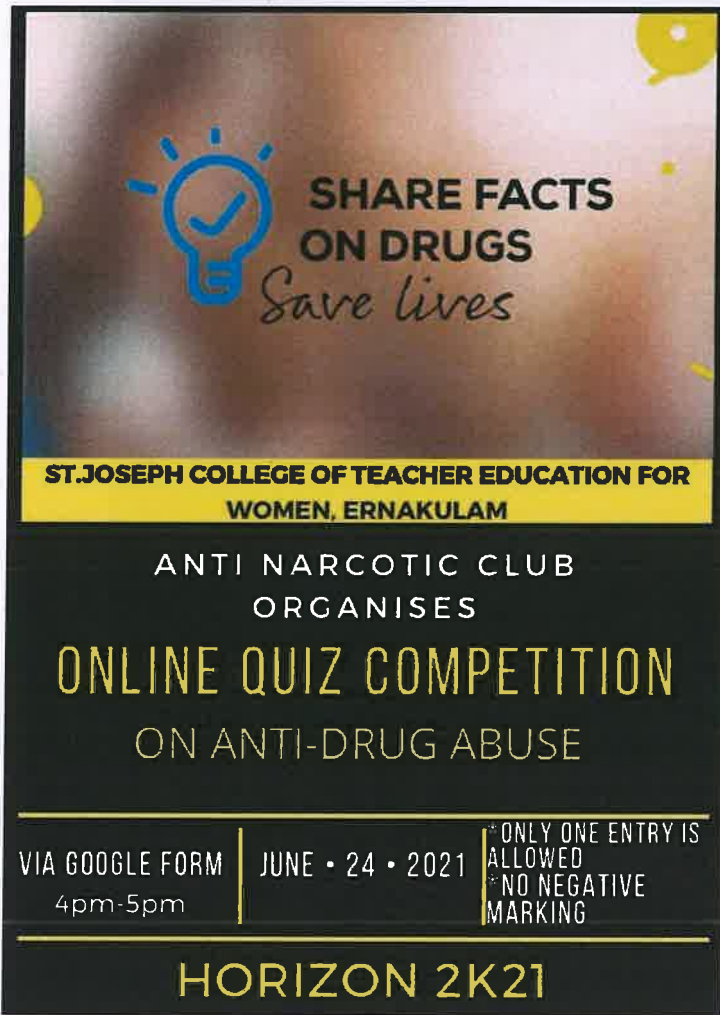
- Prayer
- Welcome Speech
- Presidential Address
- Keynote Address
- Pledge
- Recitation
- Vote of Thanks

Join us via Google Meet

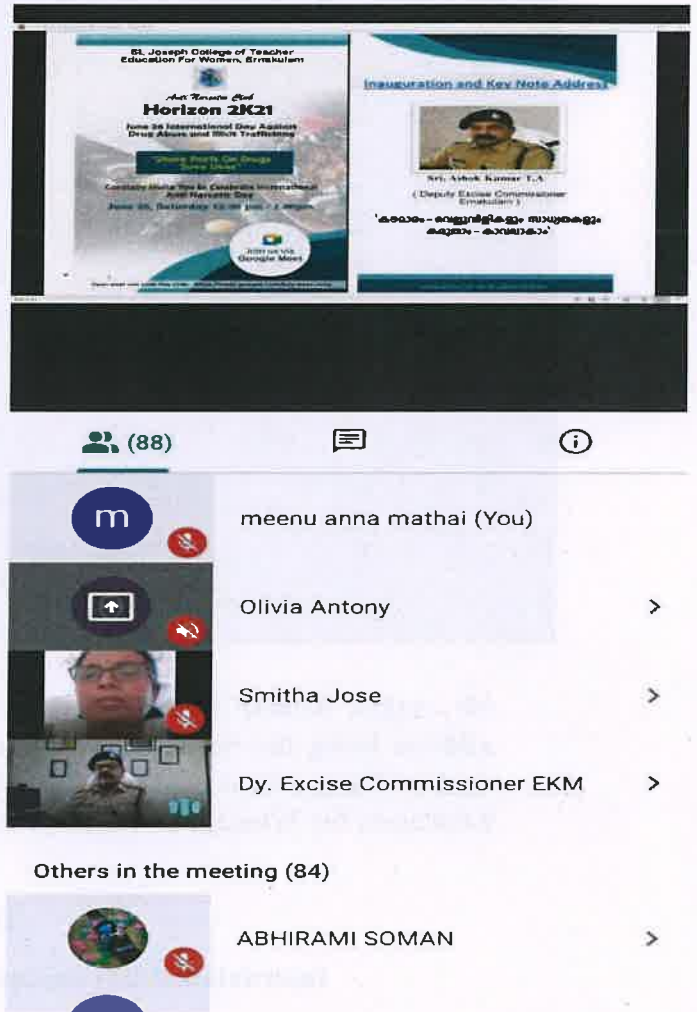
Brochure for 'Horizon 2021', International Day against Drug Abuse and Illicit Trafficking organized by the Anti-Narcotic club of St. Joseph College of Teacher Education for Women, Ernakulam



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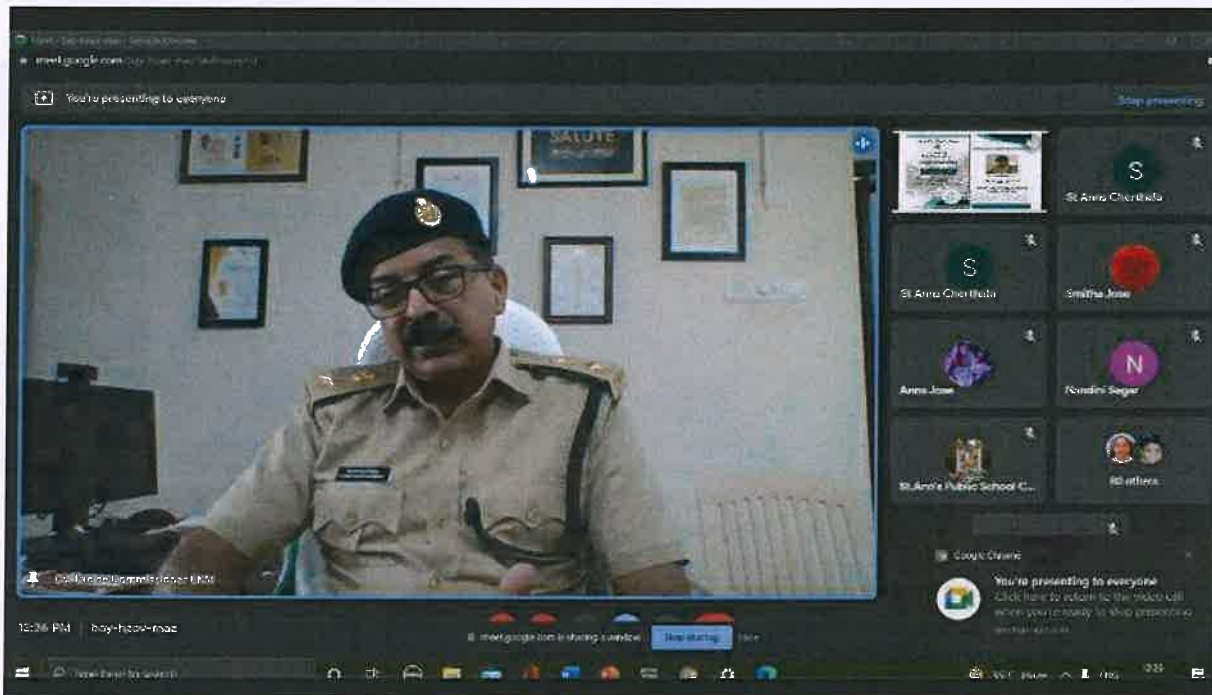
Event Poster for the online quiz competition conducted by St. Joseph College of Teacher Education for Women, Ernakulam as part of 'Horizon 2021', International Day against Drug Abuse and Illicit Trafficking



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



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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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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

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

Mentoring
Consultation
Accompaniment
Interaction
Innovation
Guidance
Academic Growth
Relaxation

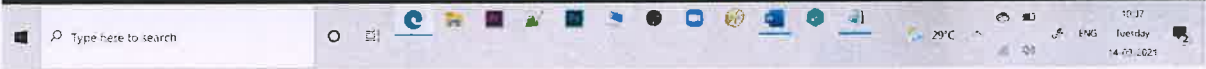
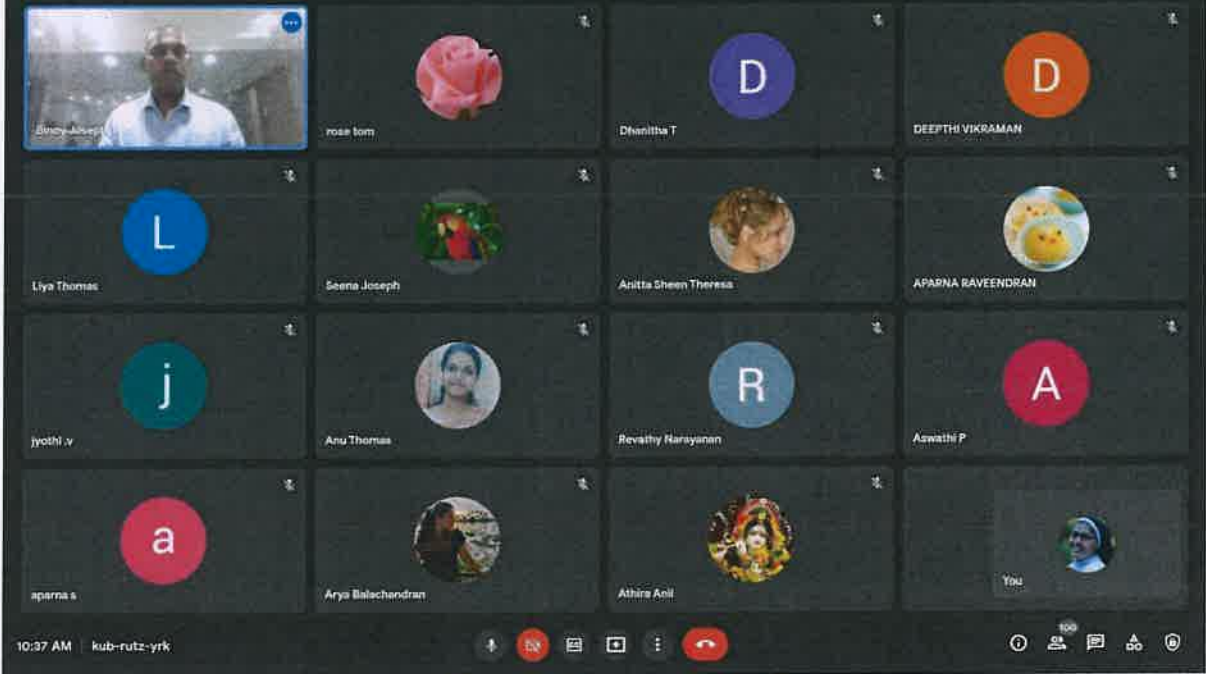
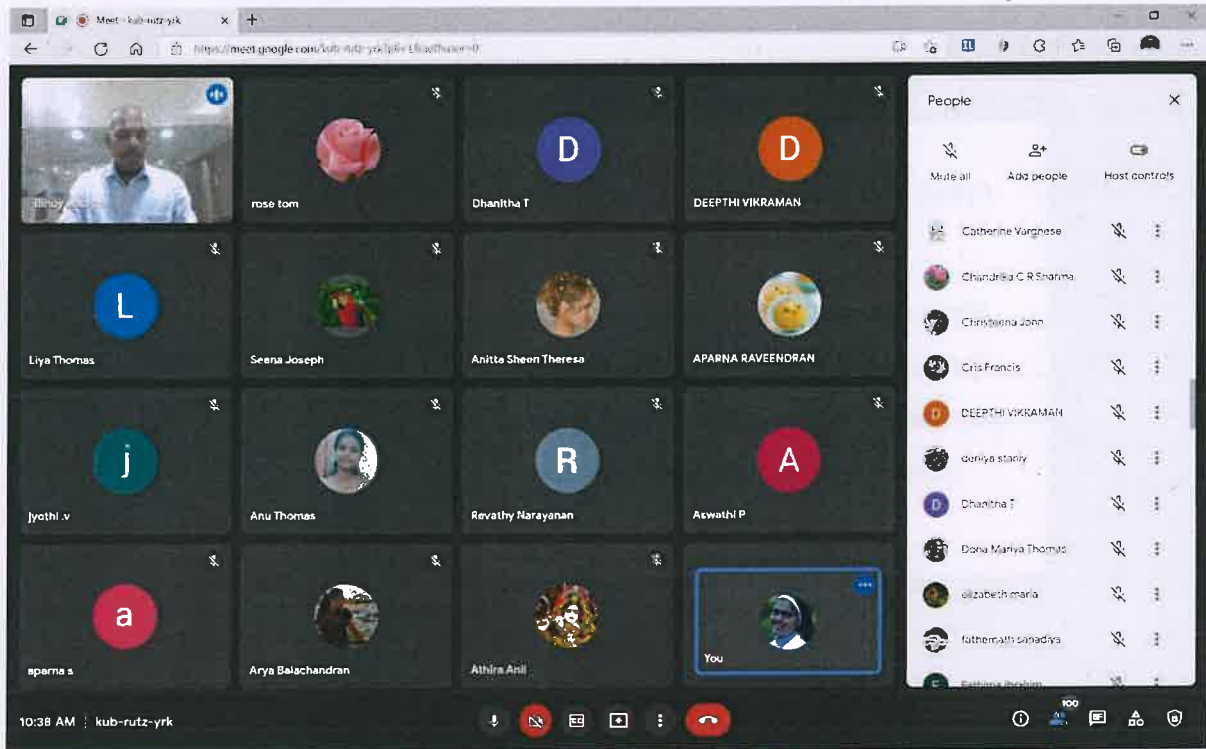


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Cybercrime is one of the fastest growing areas of crime.

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.

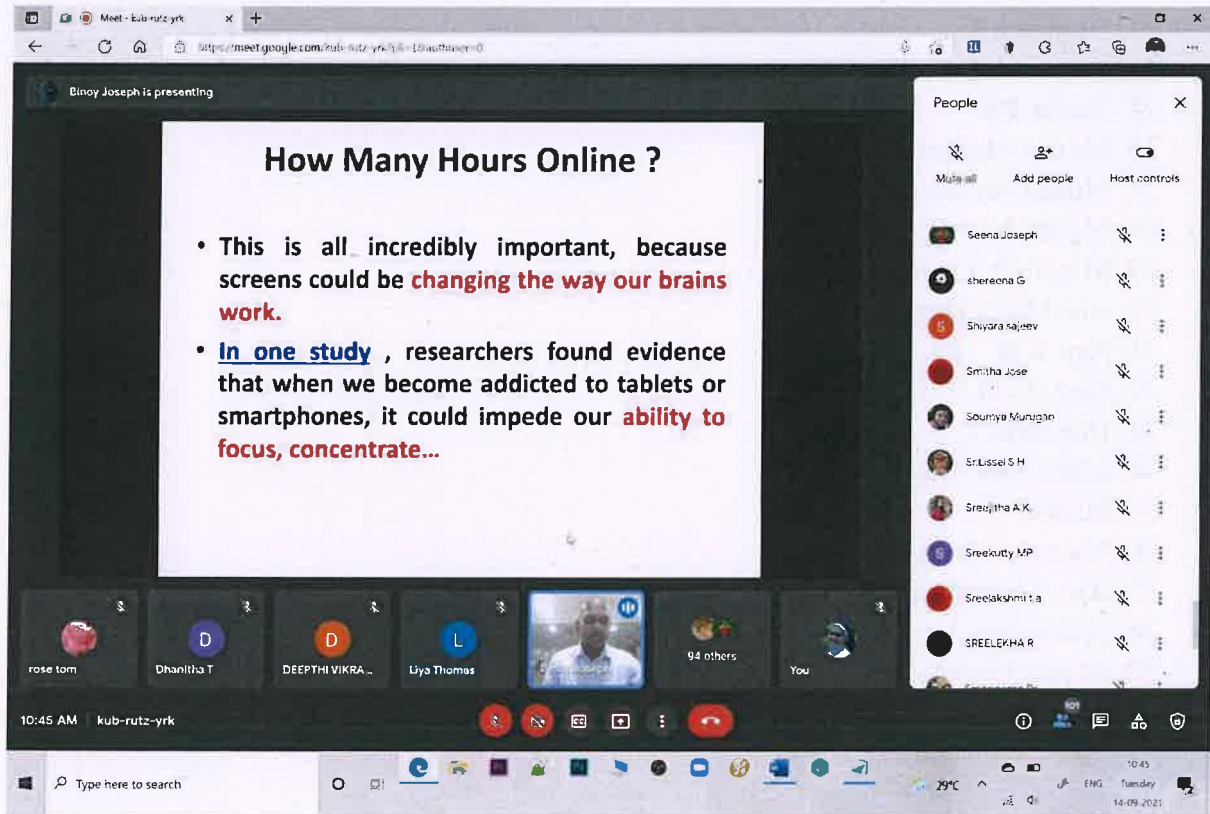
People list: Dr. Rachel George, elizabeth maria, fathemath sahadiya, Fathima Ibrahim, Jaimol Joseph, J'sna Mary, jyothi v, Krishna M K, krishna murair, Lakshmy KP, Lia Rose Tomson

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

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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 Rilu 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.

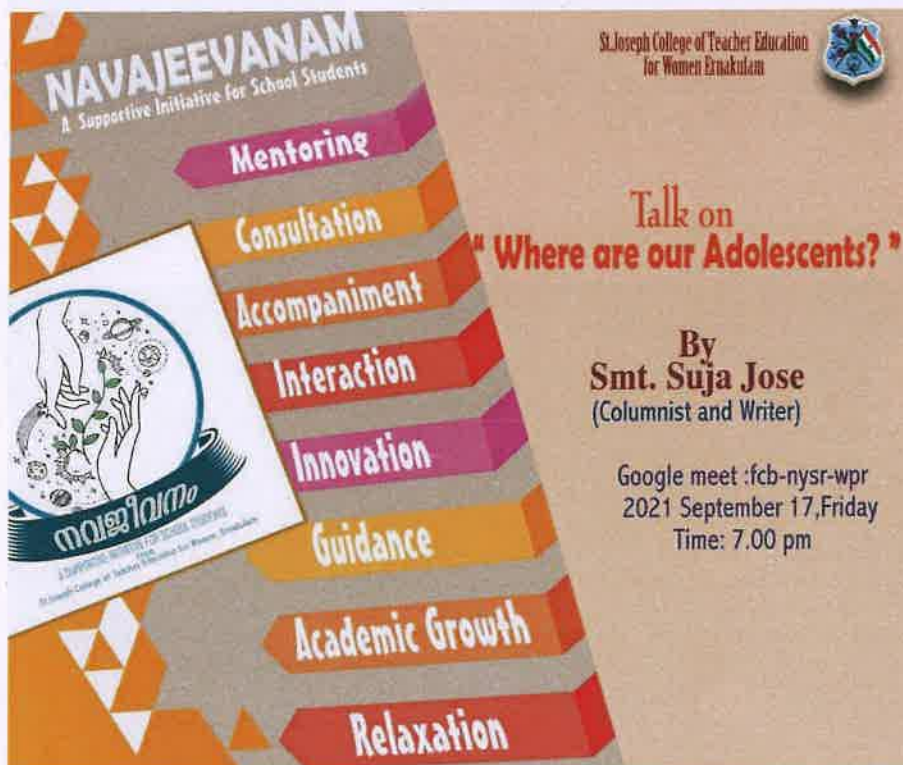


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Conclusion

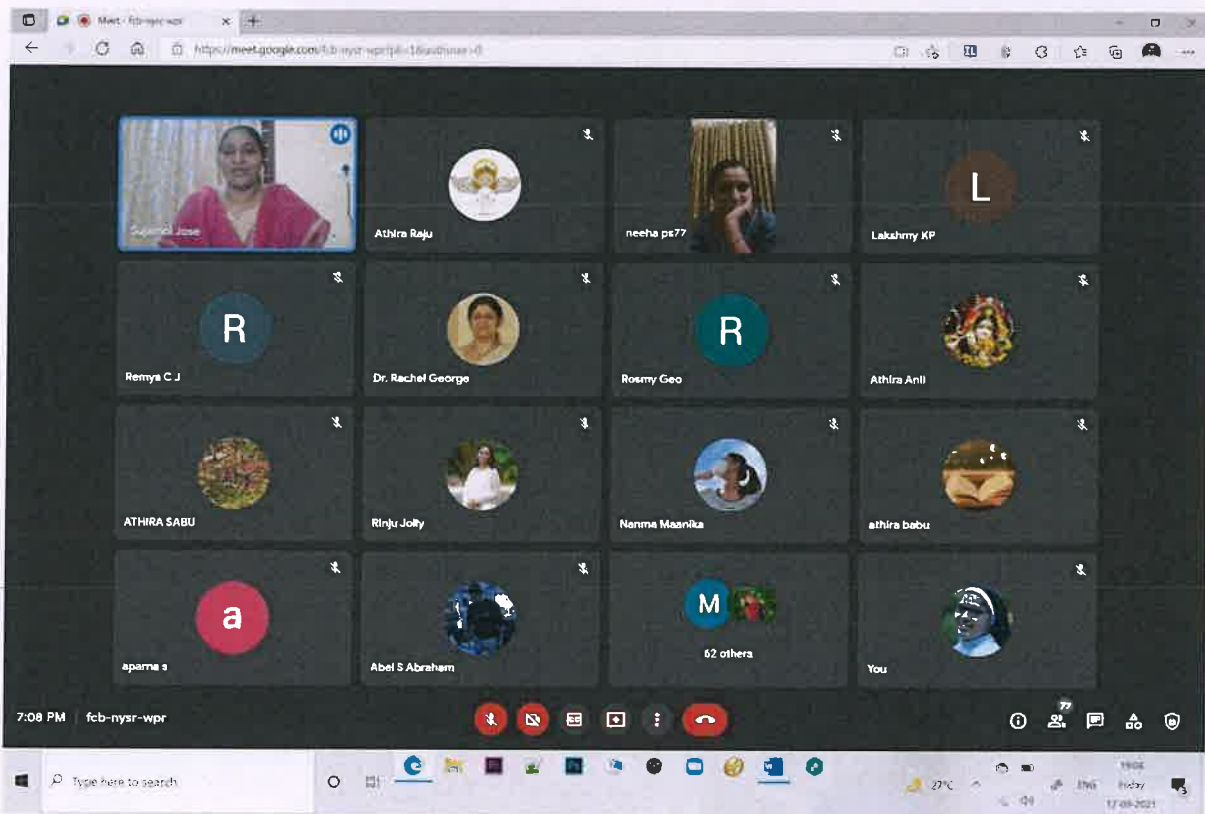
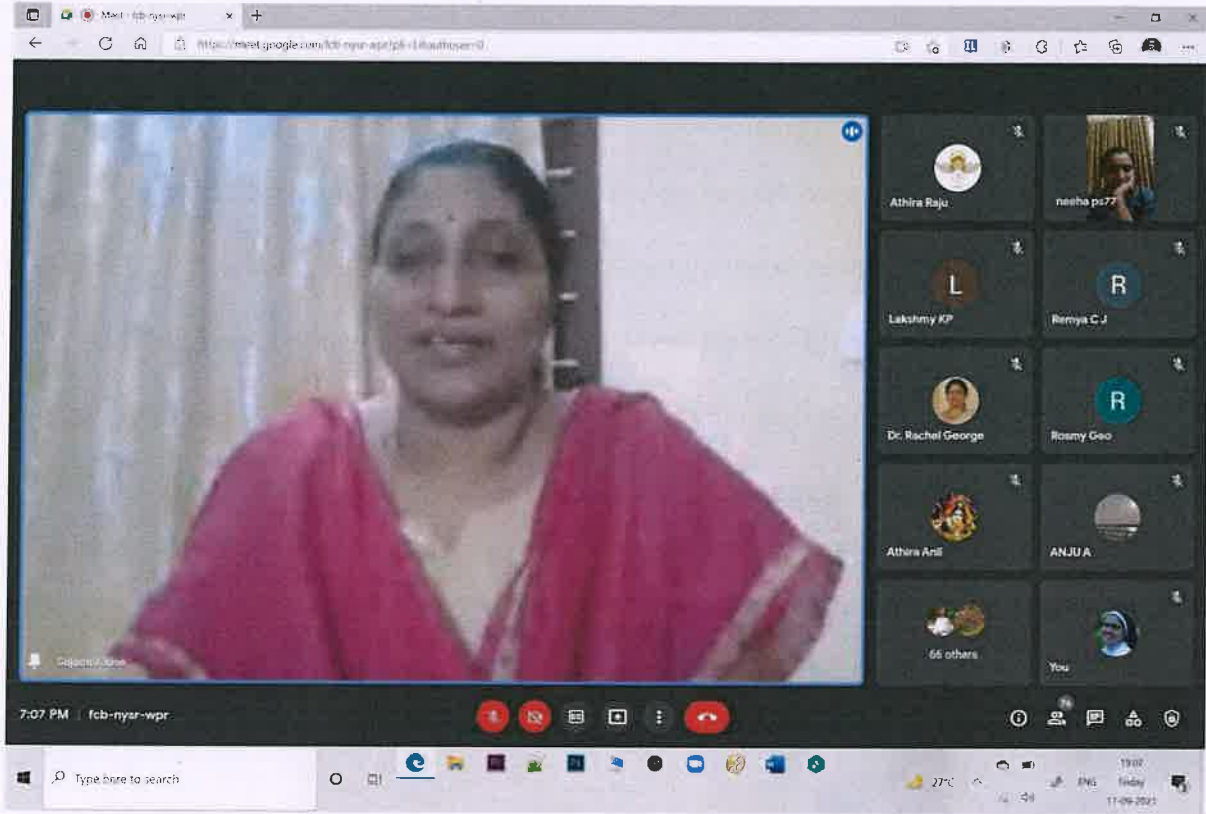
"Navajeevanam: Where Are Our Adolescents?" was a thought-provoking and impactful outreach activity that addressed the unique challenges faced by adolescents today. It provided valuable insights and resources to our alumni, current student teachers, and the broader community. By focusing on the critical 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.



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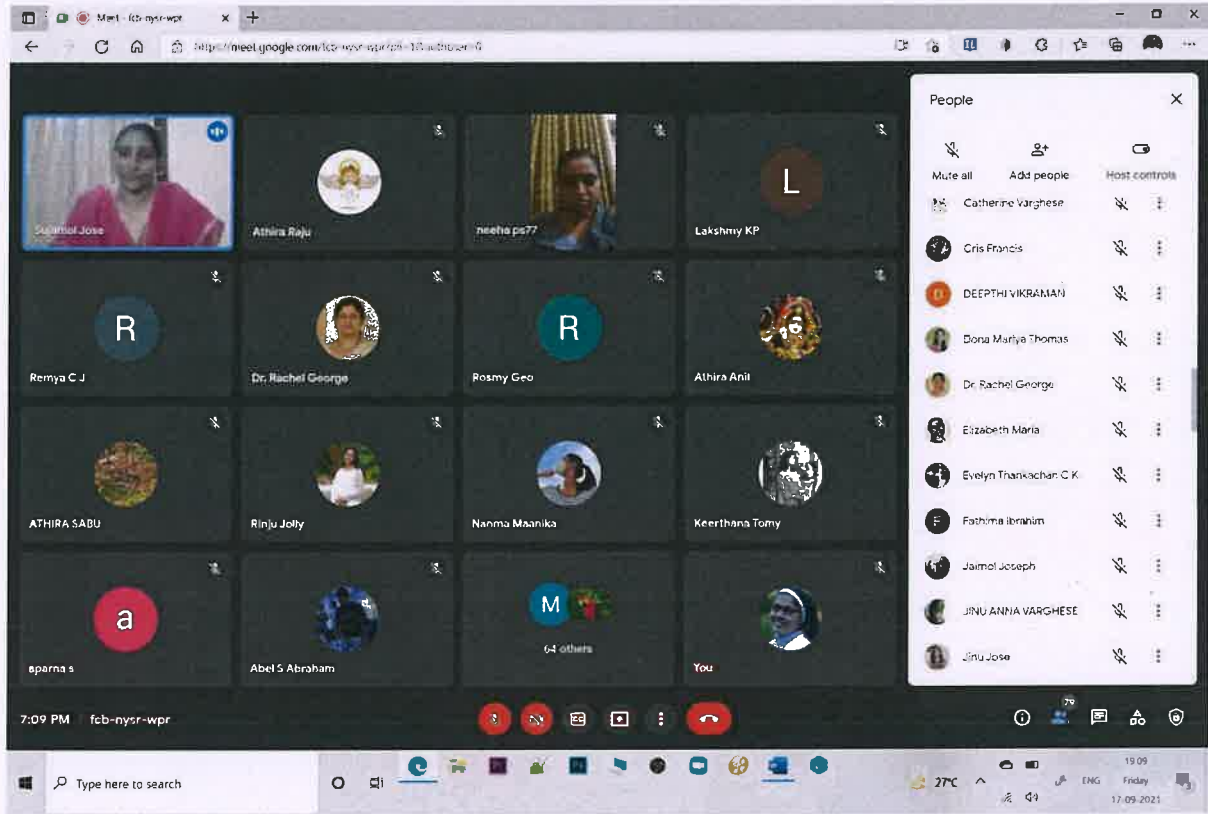
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97 student teachers participated. Evidence: Photo

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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 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	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:

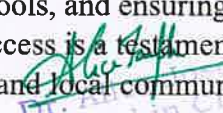
Collaboration between our college, internship schools, and local communities strengthened educational ties.

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.


Dr. Anitha
Principal in Charge
St. Joseph College of Teacher
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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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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(Affiliated to Mahatma Gandhi University, Kottayam)

'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 day2. To raise awareness on HIV/AIDS among people and elucidate the relevance of observing world AIDS day3. To fight against the social stigma that is prevailing in the society against people affected by HIV/AIDS
Details of Event Coordinators	Anti-Narcotics club, 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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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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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	Lekshmi Priya 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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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	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

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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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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 life2. To teach the student teachers the basics of Yoga and Meditation3. 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


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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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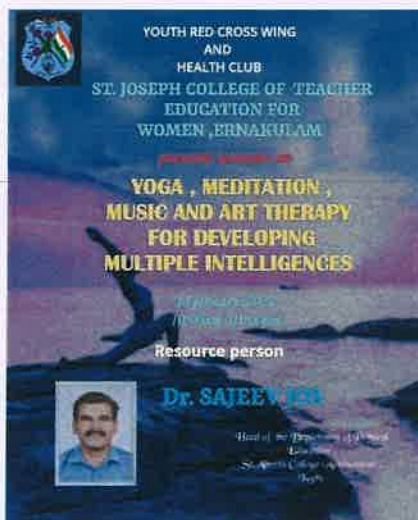


especially helpful in reducing stress and increasing heart health. It promotes relaxation and better sleep, enhance energy and reduce mood swings. Helping in healing and building resiliency is also the benefits if Yoga. It also helps in developing discipline, focus, concentration and increases self-awareness.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

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

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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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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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 students2. To learn about various teaching methodologies employed for the education of differently abled students3. To identify and learn about the scope and different career opportunities of the teaching profession4. To improve the employability skills
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Details of Resource Person	Mr. Jaleel M.S Career Counsellor, Teachers' Trainer & Media Presenter Career Guru Studium Learning Solutions, Kalamassery Kochi Ms. Naseeha Nazeer Managing Director & Counselling Psychologist Studium Learning Solutions, Kalamassery Kochi
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




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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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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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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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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 Munnar2. To identify and learn about the causes of landslides in Devikulam3. To understand and learn about the consequences of natural disasters on the residents of Devikulam4. 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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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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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.

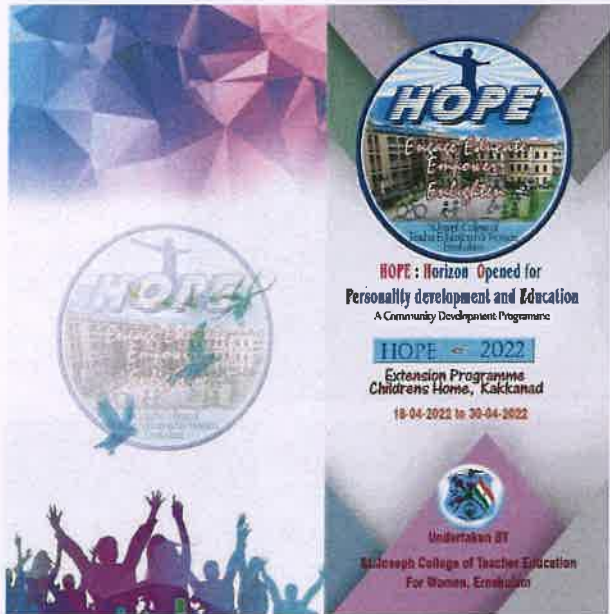
Conclusion:

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	
2.	ANJANA NARAYANAN	"	
3.	ANITHA BABU	"	
4.	ANITHA RAJU	"	
5.	BLESSY BABU	"	
6.	BOBINA ANTONY	"	
7.	CATHERINE VARGHESE	"	
8.	SHELBA STANLY	"	
9.	VEDHANA MOHANAN	"	

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	
2.	ANJANA NARAYANAN	"	
3.	ANITHA BABU	"	
4.	ANITHA RAJU	"	
5.	BLESSY BABU	"	
6.	BOBINA ANTONY	"	
7.	CATHERINE VARGHESE	"	
8.	SHELBA STANLY	"	
9.	VEDHANA MOHANAN	"	

Teacher in Charge: Dr. Alice Joseph

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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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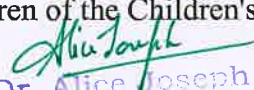
Community Cleaning Programme at Government Childrens Home for Girls, Kakkanad

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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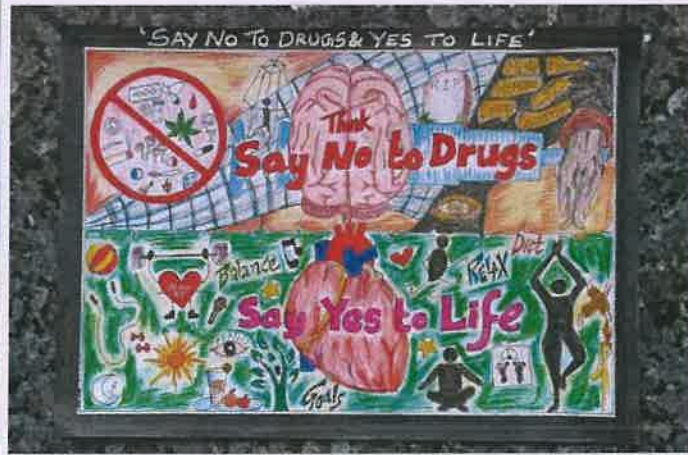


First prize was given to Binet C.Benny of St.Peter's training College, Kolencherry, she was awarded cash prize of Rs 3000 and Certificate. Second prize was given to C.B.Aravind, Victory college of Teachers Training, Olathanniii, Neyyattinkara, Trivandrum, he was awarded cash prize of Rs 2000 and Certificate. 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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