



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 2022-2023

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)

Grocery Kit Preparation and Distribution Outreach

Date: June 21, 2022

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

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

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

Distribution Plan:

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

Equal Distribution:

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

Active Participation:

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

Emotional Connection:

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

Wider Community Reach:

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

Positive Feedback:

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

Conclusion:

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



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Principal in Charge
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List of Participants

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



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



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


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Mangrove Cultivation and Planting : A Day of Environmental Awareness

Date: 22-06-2022

Location: Mangalavanam

Introduction:

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

Session on Mangrove Cultivation:

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



Mangrove Planting Activity:

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

Sapling Distribution:

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

Group Photos:

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

Mangalavanam Planting:

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

Conclusion:

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

Conclusion:

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

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



എറണാകുളം സെന്റ് ജോസഫ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥിനികൾ മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടക്കുന്നു.

മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടക്കുന്നു

കൊച്ചി: എറണാകുളം നഗരത്തിലെ പച്ചതൂവുള്ളതായ മംഗളവനത്തിൽ വിദ്യാർത്ഥിനികൾ കണ്ടൽചെടികൾ നടക്കുന്നു. എറണാകുളം സെന്റ് ജോസഫ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥിനികൾ ആണ് കോളേജ് ഹിംഗിനിസ് സമൂഹമായ സർവ്വകലാശാല (കുറേറോസ്) ഹാ. സുപ്രഭാസ് കെ.കെ.റാജുവോടൊത്ത് മംഗളവനത്തിൽ കണ്ടൽ ചെടികൾ നടത്ത്. കോളേജിൽ നടക്കുന്ന പച്ചക്കറി പഠനക്യാമ്പിന്റെ ഭാഗമായി നടന്ന കണ്ടൽചെടികളെ അറിയുക എന്ന പരിപാടിയിലൂടെ ഭാഗ്യവാന്മാർ വിദ്യാർത്ഥിനികൾ മംഗളവനം സമർപ്പിച്ച കണ്ടൽചെടികൾ നടത്ത്. കെ.കെ.റാജുവോടൊത്ത് ക്യാമ്പിൽ ക്ലൈമറ്റോളജി, കോളേജ് ഹിംഗിനിസ്റ്റ് സിസ്റ്റർ ഡയാനാലിസ് ജോസഫ്, ക്യാമ്പി കോർഡിനേറ്റർ ഡോ.സുബിനു ജോസ്, വിദ്യാർത്ഥി സമിതിയിലെ കളഭം അമ്മിണി വിജയൻ, ഹാസംഗിനിയ കോർഡിനേറ്റർ എസ് വർദ്ധസരിപ്പിച്ചു.

Newspaper report on the activity

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List of Student teachers Involved

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



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SL. NO.	Name of the student teacher	Optional Subject
11	Mariatta D Kappan	English
12	Melvin Daniel	English
13	Parvathy V	English
14	Rinju Jolly	English
15	Sania Varghese	English
16	Sneha Joseph	English
17	Sreelekha R	English
18	Abhirami Soman	Malayalam
19	Aleena Roy	Malayalam
20	Amitha James	Malayalam
21	Anakha K S	Malayalam
22	Anjana Narayanan	Malayalam
23	Athira Babu	Malayalam
24	Athira Raju	Malayalam
25	Athira Sabu	Malayalam
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43	Meera R	Mathematics
44	Megha T.M	Mathematics
45	Merin Johny	Mathematics
46	Nikhila Baby	Mathematics
47	Soumya Murugan	Mathematics
48	Sumayya H E	Mathematics
49	Aneetta Joy	Physical Sciences
50	Anju Abraham P	Physical Sciences
51	Aparna S	Physical Sciences

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

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


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Paper Bag Making and Distribution:

A College Outreach Initiative for Plastic Reduction

Date: 23-06-2022

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

Introduction:

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

Activity Details:

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


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

Group Participation:

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

Distribution Plan:

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


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

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

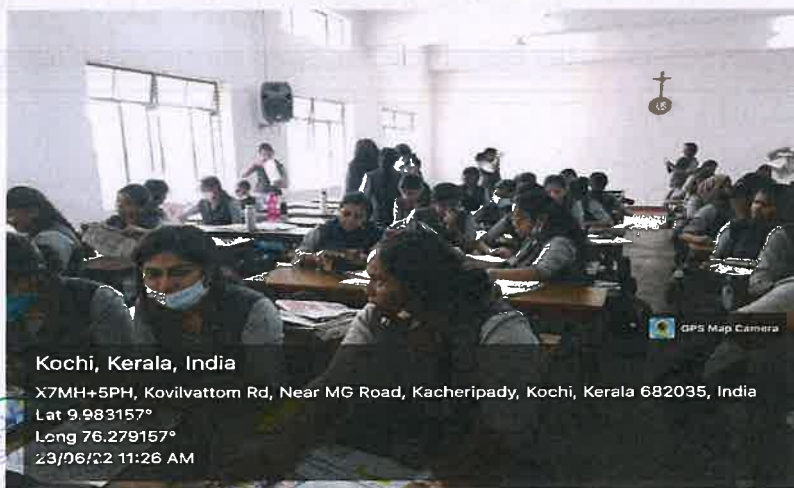
Return to College (2:40 p.m.):

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

Conclusion:

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

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



Kochi, Kerala, India
X7MH+5PH, Kovilvattom Rd, Near MG Road, Kacheripady, Kochi, Kerala 682035, India
Lat 9.983157°
Long 76.279157°
23/06/22 11:26 AM



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List of Participants


SL. NO.	Name of the Student Teacher	Optional Subject
1	Aagi Tom	English
2	Alina Celine Lancy	English
3	Anna Susan Jacob	English
4	Arunima K Shaji	English
5	Arya Balachandran	English
6	Arya C S	English
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8	Dona Mariya Thomas	English
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12	Melvin Daniel	English
13	Parvathy V	English

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SL. NO.	Name of the Student Teacher	Optional Subject
14	Rinju Jolly	English
15	Sania Varghese	English
16	Sneha Joseph	English
17	Sreelekha R	English
18	Abhirami Soman	Malayalam
19	Aleena Roy	Malayalam
20	Amitha James	Malayalam
21	Anakha K S	Malayalam
22	Anjana Narayanan	Malayalam
23	Athira Babu	Malayalam
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25	Athira Sabu	Malayalam
26	Blessy Babu	Malayalam
27	Bobina Antony	Malayalam
28	Catherine Varghese	Malayalam
29	Mayamol Thomas	Malayalam
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SL. NO.	Name of the Student Teacher	Optional Subject
54	Chandrika C R Sharma	Physical Sciences
55	Christeena John	Physical Sciences
56	Deniya Stanly	Physical Sciences
57	Keerthana Tomy	Physical Sciences
58	Lida Mathew	Physical Sciences
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85	Aswani K Shaji	Social Sciences
86	Aswathi .P	Social Sciences


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SL. NO.	Name of the Student Teacher	Optional Subject
87	Lakshmy K P	Social Sciences
88	Liya Thomas	Social Sciences
89	Meenu Anna Mathai	Social Sciences
90	Meera Mathew	Social Sciences
91	Milu Hasan K.H	Social Sciences
92	Olivia Tresa A A	Social Sciences
93	Revathy N	Social Sciences
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Outreach Programme at Ranimatha Public School-

International Day Against Drug Abuse

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


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Jagaran- International Day Against Drug Abuse, 2022

Programme Report

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


St. Joseph College of Teacher Education for Women, Ernakulam along with the active leadership of the IQAC Cell and the Anti-Narcotic Club of the college always strives hard to conduct valuable programs for the wellness of students and the society. Every year, on 26th of June, International Day Against Drug Abuse is observed across the globe to intensify efforts and cooperation in creating a drug-free society. As part of observing the International Day Against Drug Abuse of the year 2022, St. Joseph College of Teacher Education for Women, Ernakulam conducted an awareness programme on drug abuse at Rani Matha Public School in Ernakulam on 24th June 2022. It has been planned to provide awareness on drug abuse because substance abuse and addiction can have negative effects on people and pose a threat to the entire community, if the problem is not controlled. The figures on drug and substance abuse worldwide paint a horrifying picture because it has overtaken the arms trade and petroleum as the third-largest, fastest-growing industries worldwide, and because 190 million people worldwide abuse one or more substances. According to the vast body of literature currently available, it is evident that almost every region of the world is currently dealing with issues like poverty, corruption, underdevelopment, unemployment, etc. All of these issues combine to form a new, rapidly expanding issue, i.e., substance abuse and trafficking. The World Health Organization (WHO) predicts that by 2020,





mental and drug use disorders will outnumber all physical illnesses as the leading causes of disability globally (WHO, 2008). In the present scenario where drugs are easily available at the hands of even the little ones at school, it is essential to educate the school students about the evilness of drugs. The awareness programme organized by St. Joseph College of Teacher Education for Women, Ernakulam started exactly at 11.30 AM. The awareness programme conducted by the college this year was very different from that of the previous years. Instead of focusing on providing a lecture series or sessions, it was an action programme. The 16 student teachers who are anti-narcotic club members of St. Joseph College of Teacher Education for Women, Ernakulam along with their faculty coordinators marched towards the Rani Matha Public School in Ernakulam holding the banner of the programme and placards with awareness generating quotes and slogans against drug abuse. After reaching the school, the student teachers performed a musical drama on the theme of the day which stroke the young minds at the school. After the musical drama, the student teachers exhibited some posters reflecting the negative effects of drug abuse as part of generating awareness among school students. The entire programme winded up at 12.30 PM with the expression of gratitude shared through vote of thanks by the school representative.

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


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





Jagaran- International Day Against Drug Abuse, 2022

Photo Gallery

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

**ANTI NARCOTICS CLUB
PRESENTS**

JAGRAN

International Day Against Drug Abuse

Theme- Addressing drug challenges in
health and humanitarian crises

Date : 24th June

Time : 11:30am

Venue : Rani Matha Public School,
Ernakulam



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





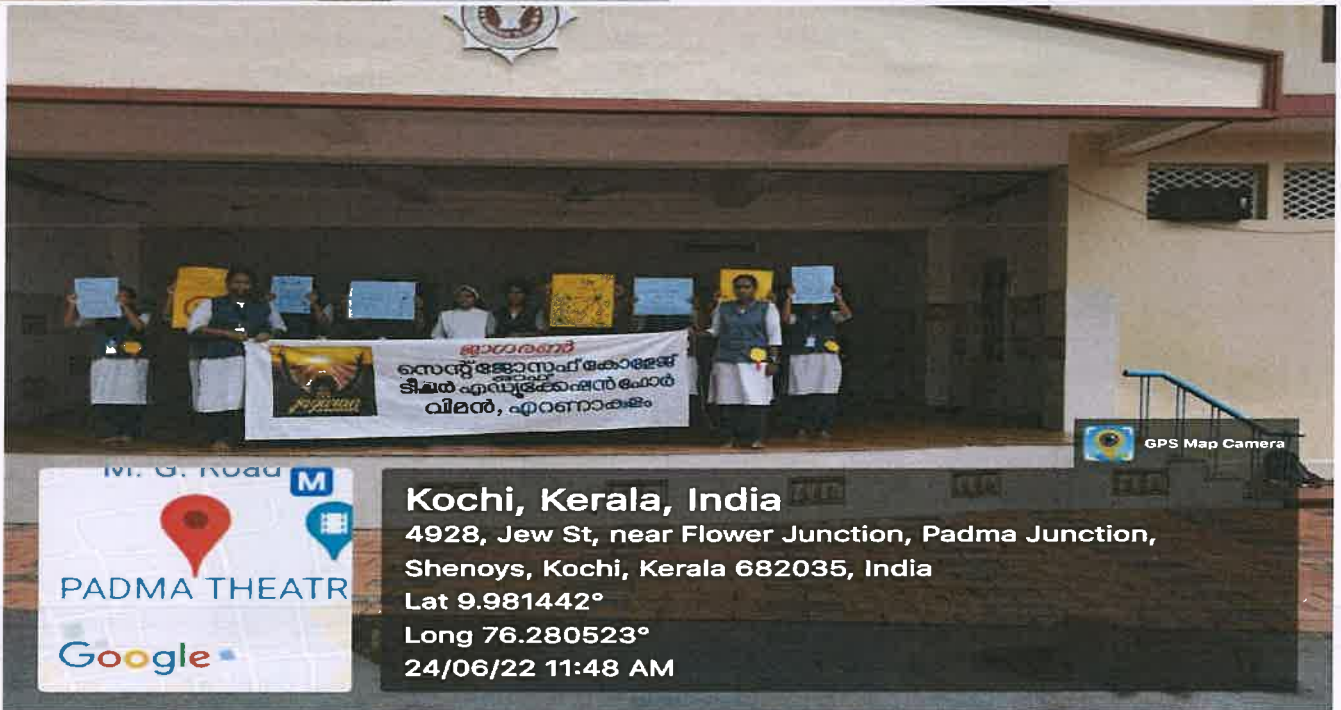
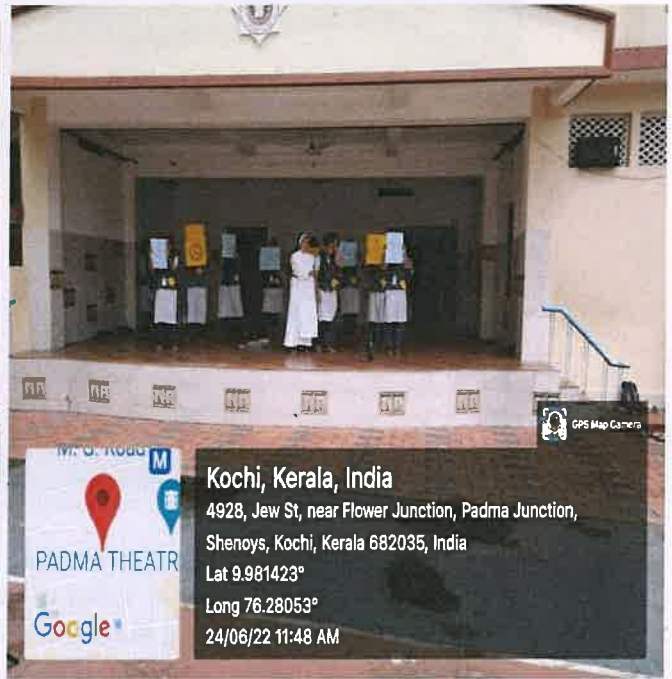
Anti-Narcotic Club members along with faculty coordinators from St. Joseph College of Teacher Education for Women, Ernakulam starting the awareness march holding the banner from the college to Rani Matha Public School, Ernakulam



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

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



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Jagaran- International Day Against Drug Abuse, 2022

Programme Details

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

List of Participants

Faculty members list:

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


Students list:

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





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


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OUTREACH ACTIVITY "KOOTU"

AT DESHBANDHU SCHOOL CHATHAMMA

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


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for Women, Ernakulam

EXTENSION ACTIVITY

'കൂട്ട്'
വിദ്യാലയങ്ങളിലേക്ക്...



ON JULY 15,
2022 AT
DESA BENDHU
SCHOOL
CHEPPANAM

ACTIVITIES

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




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List of Student Teachers involved in the programme

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



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



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


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(Affiliated to Mahatma Gandhi University, Kottayam)

Outbreak Activity at Sneha Sadan Special School, 2022

Name of the Event	Outbreak Activity at Sneha Sadan Special School, 2022
Objectives	<ol style="list-style-type: none">1. To understand the facilities of a special school2. To understand the programmes provided for the students in the special school3. To identify functioning system of the educational programs for mentally challenged children in the institution
Details of Event	St. Joseph College of Teacher Education for Women, Ernakulam
Coordinators	
Date	12/08/2022
Time	10.30 AM – 2.00 PM
Duration	3 hours and 30 minutes
Beneficiaries	M Ed. Student teachers- 11
Event Venue	Sneha Sadan Special School, Pothiyakkara


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Outbreak Activity at Sneha Sadan Special School, 2022

Programme Report

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

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


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





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

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



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

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


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Outbreak Activity at Sneha Sadan Special School, 2022

Photo Gallery

OUT BREAK ACTIVITY



**AT
SNEHA SADAN SPECIAL
SCHOOL, POTHYAKKARA**

AUGUST 12, 2022

M.Ed. 2021-2023

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

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

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



Staff members of Sneha Sadan Special School, Pothiyakkara



Playground facility at Sneha Sadan Special School, Pothiyakkara



Classroom facility at Sneha Sadan Special School, Pothiyakkara



Shop in Sneha Sadan Special School, Pothiyakkara





Physiotherapy facility at Sneha Sadan Special School, Pothiyakkara



Computer lab facility at Sneha Sadan Special School, Pothiyakkara



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



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

Outbreak Activity at Sneha Sadan Special School, 2022

Programme Details

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



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List of Participants

Students list:

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

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EXTENSION PROJECT REPORT

Submitted To,

Mr. Rosy Tantu

Assistant Professor

St. Joseph College of
Teacher Education for
Women, Ernakulam

Submitted By,

Fathimathuzhara

Physical Science

Roll No. 08

Dated : 04/09/2022

Place : Arayankavu



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AN AWARENESS PROGRAMME ON SUSTAINABLE ENERGY CONSUMPTION IN HOME

TARGET GROUP

Families in the locality

OBJECTIVES

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

TOOLS

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



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INTRODUCTION

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

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

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



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

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

BENEFITS OF ENERGY CONSUMPTION

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

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

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



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4. Benefits Environment as well as product lifecycle =
It reduces direct air pollution caused by machinery, vehicles and power plants. Conservation also lowers the numbers of hazardous extraction projects and spills. It can make better environmental outcomes.

5. Fewer Power Plants = Utilities will not need to build as many power plants if the public conserves electricity.

6. Reduce Dependence = Conservation makes relying on local and regional energy supplies more feasible.



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REPORT

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

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

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

Then collected personal details of members



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

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

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

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

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

Then the class was happily end.

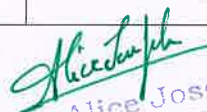


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APPENDIX

NO.	NAME	ADDRESS	PHONE No.	SIGNATURE	INTERVIEW DETAILS
1.	Shaukath	Kunnamkula -thel	9446220690	<u>Shaukath</u>	Do not operate mixer grinders, iron box at low voltage time.
2.	Mabin	Kunnamkulathil	9447874688	<u>Mabin</u>	Turn off light and fan after use.
3.	Noushad	Kunnamkulathil	8547995070	<u>Noushad</u>	Turn off light and fan after use.
4.	Nisar	Kunnamkulathil	9961986441	<u>Nisar</u>	Wool ironed clothes for one week.




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



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10.	Hybase	Adakkakula- ngara.	9656235018	Hybase	Turn off light and fan after use.
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EXTENTION ACTIVITY ON SUSTAINABLE ENERGY CONSERVATION

Submitted to,
So. Thejus Paul
Asst. Professor

Submitted by,
Vinny Pappachan
No: 16
physical science

dated: 04/09/2022

Place: Kanjoor Panchayat &
Paluvattom.



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

Target groups : Families in the locality.

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

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

Need and Significance of the programme.

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



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

Key words:

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

Procedure and Report:

As a part of B.ed curriculum extension activity, I visited ten families of my locality (Pandalavattom, & Karijoor panchayath) on 24th September 2022. The main objectives of the programme was to make the families especially women of the house aware of sustainable energy consumption. The tool used for the same consists of awareness of package like leaflets describing sustainable energy products. The method I adopted is a very informal questionnaire asking about their details and about the major household equipment they used, the time they use such equipment, whether they are aware of the energy



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

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

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

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

Interview schedule

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



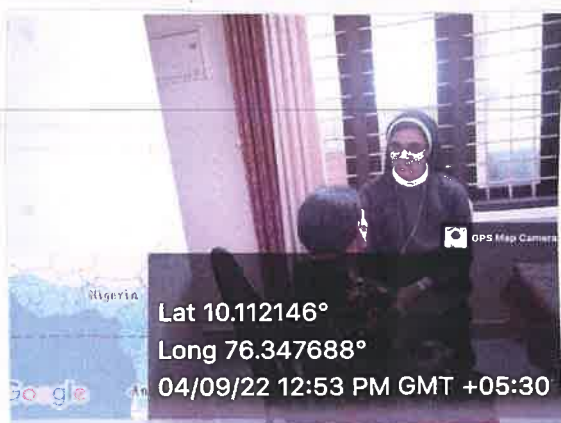
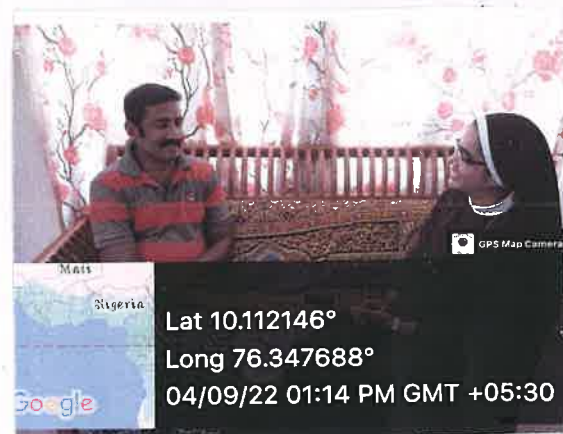
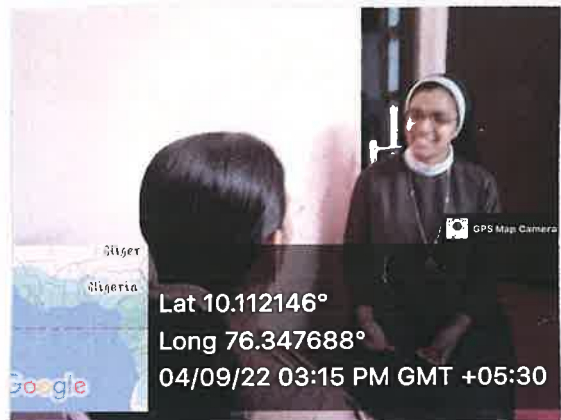
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- 3) Do you have any idea about sustainable energy conservation [Yes/No]
- 4) Are you practicing any kind of sustainable energy practices outlined in the leaflet [YES/NO]
- 5) what types of bulbs are using here [Normal bulb/ LED bulb]
- 6) Are you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



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Evidences 8



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- 1) Rules for energy conservation retrieved from www.wikipedia.org.in
- 2) Energy conservation at home retrieved from www.futureindia.org.in
- 3) Sustainable India retrieved from www.wikipedia.org.in.



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Outreach Programme at Anganwadi, Edathala Grama panchayat, Aluva

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



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Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Name of the Event	Class on basic hygiene practices at Anganavadi, Kadamattom
Objectives	<ol style="list-style-type: none">1. To give an awareness about basic hygiene practices among children in the age group of 3 to 6 years2. To help children to develop good hygiene habits
Details of Resource person	Keerthana M.S, 2 year B.Ed Natural Science, St Joseph College of Teacher Education for Women Ernakulam
Date	6 September 2022
Time	10.30 am to 11.30 am
Duration	1 hour
Beneficiaries	Children in the age group of 3 to 6 years



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Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Programme Report

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

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

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



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Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Photo Gallery



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Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Programme Details

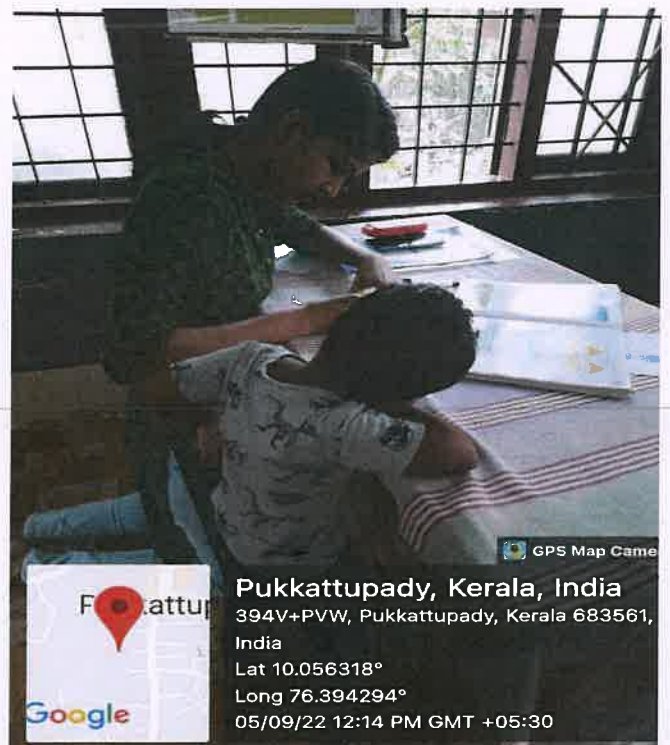
Name of the Event	Class on basic hygiene practices
Name of Resource person	Keerthana M.S
Venue	Anganavadi centre, Kadamattom Ward 7 ,Ikkaranadu Grama Panchayth
Date	6 September 2022
Time	10.30 am to 11.30 am
Duration	1 hour
Beneficiaries	Children in the age group of 3 to 6 years



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Outreach Programme at Anganwadi, Pazhanganad Submitted By Reshma Francis

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



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Outreach- Free tuition for the needy children

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



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REPORT OF EXTENSION ACTIVITY

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

Locality : Kumbalangi Village.

Submitted by,

Aanya Cosmos MC
Physical science
Roll-no: 2


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Topic : An awareness programme on sustainable energy consumption in homes

Target Group : Families in the locality

Objectives :

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

Tool :

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



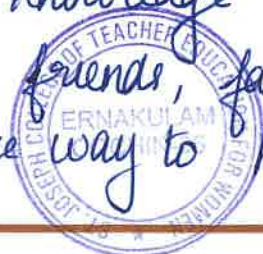
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Need And Significance Of The Programme

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

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

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



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

Report

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



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

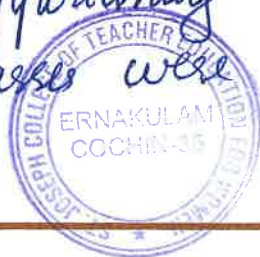
Method Adopted: An awareness class by interactive session.

Reflection

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

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

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



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

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

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



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Ways to conserve energy in home

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




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APPENDIX

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





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APPENDIX

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




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EXTENSION ACTIVITY ON SUSTAINABLE ENERGY CONSERVATION

Dated : 22/09/2022

Locality : Manickamangalam Village,
Kalady.

Submitted To

Sr. Thejus Paul

Assistant Professor

St. Joseph College of Teacher
Education for Women, Ernakulam



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Dr. Alice Joseph
Principal in Charge
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Submitted by

Apasna.S

Roll No. 7

Physical Science
Optional

Topic - An awareness Programme on Sustainable Energy Consumption in homes

Target Group - Families in the locality

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



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

Need and Significance of the Programme

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



Hintant
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Key Words

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

Procedure and Reports

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

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Manickulam
130

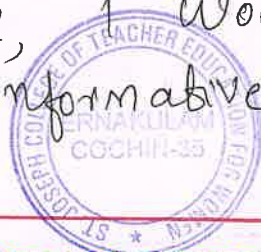
are aware of the energy conservation of such equipments they use daily etc. The family visit starts from 11: AM and ends by 2: PM. I spent about 15 minutes in a house for describing the awareness package. The photos and videos of the same was recorded properly.

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

Reflection

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

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



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INTERVIEW SCHEDULE

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

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Signature of Householder

EVIDENCES



REFERENCES

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



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AWARNNESS ON ENERGY CONSERVATION

**EIGHT WAYS TO SAVE ENERGY FOR OUR BRIGHT
FUTURE**

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



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Dr. Alicia Joseph
Principal in Charge
St. Joseph's College of Teacher
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APPENDIX - II

PERSONAL DETAILS OF THE HOUSE HOLDERS

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



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St. Joseph College of Teacher Education for Women, Ernakulam

Food distribution near Ernakulam General Hospital

Name of the Event	Food distribution near Ernakulam General Hospital
Objectives	<ol style="list-style-type: none">1.To alleviate hunger and prevent malnutrition among vulnerable populations.2. To create a sense of social support and solidarity by ensuring that individuals and communities in need are cared.3.To foster a more inclusive society
Details of students	<ol style="list-style-type: none">1.Ms.Akhitha Sebastian2.Ms.Merin Shajan3.Ms.Vyshnavi N Sarma4.Ms.Anita Abraham
Date	07 September, 2022
Time	11.30 am to 1.00 pm
Duration	1.5 hours
Beneficiaries	Needy people



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Food Distribution near Ernakulam General Hospital

Programme Report

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

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

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



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Food Distribution near Ernakulam General Hospital Photo Gallery



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Joseph
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St. Joseph College of Teacher
Education for Women,

Food Distribution near Ernakulam General Hospital

Programme Details

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

Student Details

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



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ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM



Cleaning and Setting Public Library

Name of the Event	Cleaning and setting public library
Objectives	<ol style="list-style-type: none">1. To create a clean and hygienic space for readers.2. To prevent damage caused by improper storage.3. To promote accessibility4. To foster sense of respect for the learning environment and promote a positive attitude toward education.5. To inculcate responsibility and respect for shared spaces.
Details of the student teacher	Allan Francis Natural Science optional 2 nd year St. Joseph College of Teacher Education for Women Ernakulam
Date	07 September 2022
Time	2 pm to 3 pm
Duration	1 hour
Beneficiaries	Public Library Mookkannoor.




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Cleaning and Setting Public Library

Programme Report

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

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

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



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Photos



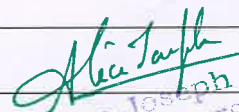
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**St. Joseph College of Teacher Education for Women,
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**Food distribution near APJ Kalam Marg
(Marine Drive)**

Name of the Event	Food distribution near APJ Kalam Marg (Marine Drive)
Objectives	<ol style="list-style-type: none">1. The primary objective is to provide immediate relief by offering nutritious meals to individuals experiencing hunger on the streets.2. To treat individuals in need with dignity and respect.3. To ensure that individuals living on the streets have access to essential nutrients, vitamins, and minerals that their bodies require for optimal health and well-being.
Details of students	<ol style="list-style-type: none">1. Ms. Theresa Thankachan2. Ms. Angitha Ramachandran3. Ms. Caren Grace4. Ms. Saniya Simon5. Ms. Jeshma Das
Date	09 September, 2022
Time	11.30 am to 1.00 pm
Duration	1.5 hours
Beneficiaries	Street dwellers


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Food Distribution near APJ Kalam Marg

(Marine Drive) Report


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

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

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

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




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Food distribution near APJ Kalam Marg (Marine Drive)

Photo Gallery




Alice Tuffe
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Programme Details

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

Student Details

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



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AWARENESS CAMPAIGN ON PLASTIC POLLUTION

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



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AWARENESS CAMPAIGN ON PLASTIC POLLUTION

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

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

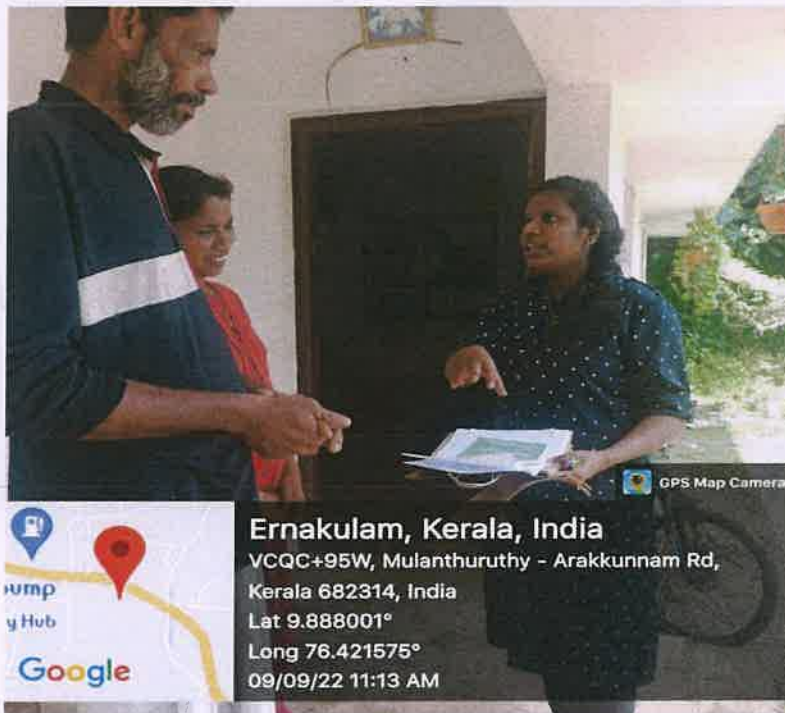
The campaign ended by 12.30 pm by covering about 15 houses and it was successful in creating a positive impact in raising awareness about negative effects of plastic use.



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AWARENESS CAMPAIGN ON PLASTIC POLLUTION

PHOTO GALLERY



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Ernakulam, Kerala, India
 VCQC+95W, Mulanthuruthy - Arakkunnam Rd,
 Kerala 682314, India
 Lat 9.88854°
 Long 76.421459°
 09/09/22 11:24 AM



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



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



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



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REPORT

On Survey of Energy Conservation

dated 10/09/2022

Place : Amala Bhawan Road, Kadavumbasa

Submitted by,

ANU. P. THOMAS

PHYSICAL SCIENCE

Roll NO: 6



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Submitted to,
Sr. Rosy TINTU
ASSISTANT PROFESSOR
ST. JOSEPH COLLEGE OF
TEACHER EDUCATION
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TOPIC: An awareness programme on sustainable energy conception in homes

Target group: families in the locality

Objectives : To create awareness among householders on sustainable energy conception practices

: To reduce energy conception in homes

: To adopt sustainable measures in reducing energy consumption

Tool

: Awareness package

: leaflets describing sustainable energy conception practices

: Form for collecting personal information and existing energy conservation practices.



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Introduction

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



M. S. G.
Dr. Pooja Goshal,
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engineering practices to improve the life cycle of the components

Significance

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



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Principal
St. Joseph College of Education
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Heating and Cooling. Adopting solar methods will help to reduce the electricity bill to an greater extent. Solar panels is well known solution for clean energy that reduces your carbon footprint and saves money. solar panel can generate free power. solar light is a very effective means to reduce power consumption.

Report

A survey of energy conservation was held on 10.08.2022 Saturday. The sample was 10 different families. Detailed description regarding the energy conservation and purpose of energy conservation were provided to them. The people actively responded about the various energy conservation practices that they practices at their houses. Most of the men among the group opined that switching off the ^{unnecessary} lights after 6 in the evening along with other heavy electronic gadgets will help to reduce the electric charge to an greater extent and they also opined that shutting of windows during



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



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



Questionnaire.

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



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REPORT ON EXTENSION ACTIVITY

dated: 11/10/2022

Place : Kandanad, Udumalpet

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

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

INTRODUCTION

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

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

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

The top benefits of conserving energy:

Help the environment

Prolong the existence of fossil fuels

Save money

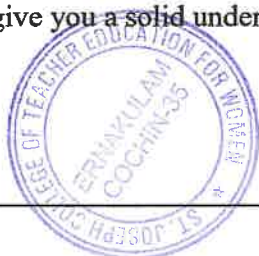
How Does Energy Conservation Help the Environment?

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

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

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

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



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Outside the House

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

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

Inside Your Home

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

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

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

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

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

Repair plumbing issues like running toilets and faucets that leak.

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

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

TARGET GROUP

Families in my locality.

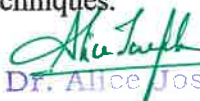
OBJECTIVES

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

TOOL

Powerpoint presentation on energy conservation methods and techniques.




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NEED AND SIGNIFICANCE OF PROGRAMME

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

It's good for the Environment

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

It Saves You Money

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

It Prevents Destruction of Habitats

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

It Combats Climate Change

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



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

It Enhances the Quality of Life

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

PROCEDURE

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

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

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

METHOD ADOPTED

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

REFLECTION

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

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

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

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

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

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EXTENSION

ACTIVITY

An Awareness Programme On
Sustainable Energy Consumption

At Homes

Dated: 11/09/2022

Locality: South Chittoor

Submitted to:

Sr. Rosy Linte

Assistant Professor

St. Joseph College of
Teacher Education For

Women Ernakulam

Submitted by:

Agatha Cyrae

Physical Science

Roll. no. 1



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An Awareness Programme On Sustainable Energy Consumption At Homes

Target Group: Families in the locality.

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

Need And Significance Of The Programme

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



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

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

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



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Report :

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



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



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REFLECTIVE JOURNAL

DESCRIPTION

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

FEELINGS

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

EVALUATION

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

ANALYSIS

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










ACTION PLAN

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




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EXTENSION ACTIVITY - AWARENESS ON
ENERGY CONSERVATION

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




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

a. Introduction to Energy Conservation

b. Tips for Saving Electricity

c. Efficient Water Usage Techniques

d. Benefits of Renewable Energy Sources

e. Importance of Sustainable Transportation

f. Recommendations for Household Energy Conservation

Extension Activity Report: Energy Conservation Awareness Campaign

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

Introduction:

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

Brochure Creation:

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



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

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

Brochure Distribution:

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

Awareness Class:

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

The class covered the following topics:

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

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

Impact and Feedback:

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

Conclusion:

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


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

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REPORT

dated : 10/09/2022

Place : Kannur.

Submitted by,

Jesna George

Physical Science

Roll no: 09



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Report on Extension Activity

Topic :

An awareness programme on sustainable energy consumption in home.

Target group :

Families in the locality

Objectives :

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

Tool :

Awareness package

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

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Report

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

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

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

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


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EXTENSION ACTIVITY

Name :

Address :

Mobile No. :

Which all electronic/electrical devices are you using ?

Washing Machine

Iron Box

Refrigerator

Air Conditioner

Television

Mixer Grinder

Electric Motor

Others

. Specify :

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


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Signature





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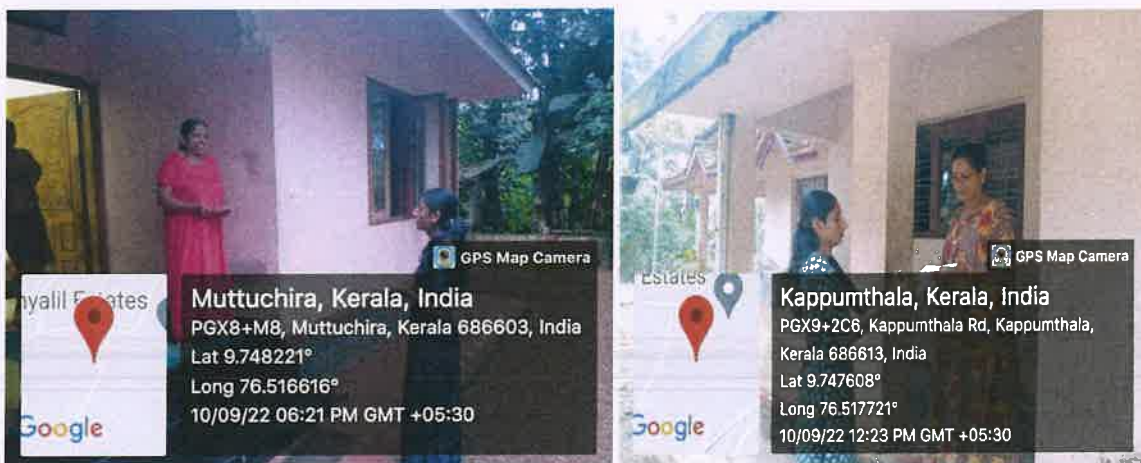


Dengue Fever Awareness Campaign at Manjoor panchayat, Kottayam

Submitted by: Rose Maria John

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

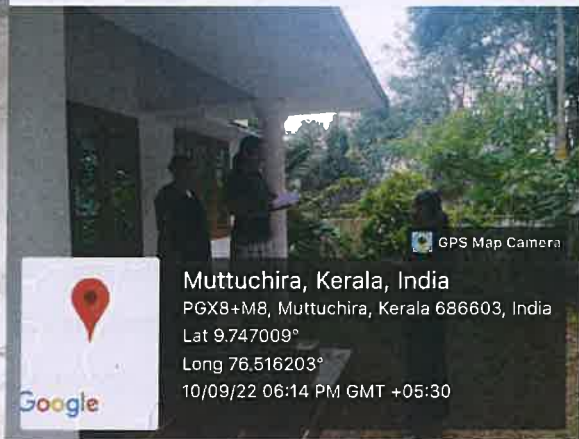
As an extension activity, I conducted a dengue fever awareness campaign in my locality. For that I choose 5 houses under the province of Manjoor Panchayat, Kottayam. I prepared a brochure to make people aware about the causes and remedial measures which can be implemented to prevent dengue fever. On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



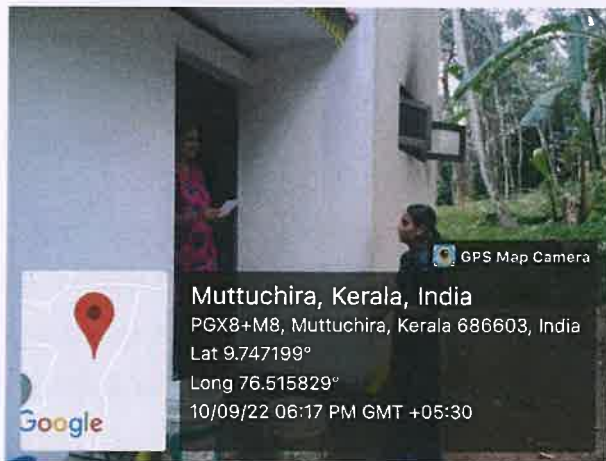
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Kappumthala, Kerala, India
PGX9+2C6, Kappumthala Rd, Kappumthala,
Kerala 686613, India
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Long 76.517847°
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Awareness of dengue fever among residents in Adimaly- Report on extension activity

Submitted By Sona Paul

Dated: 11-09-2022

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

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

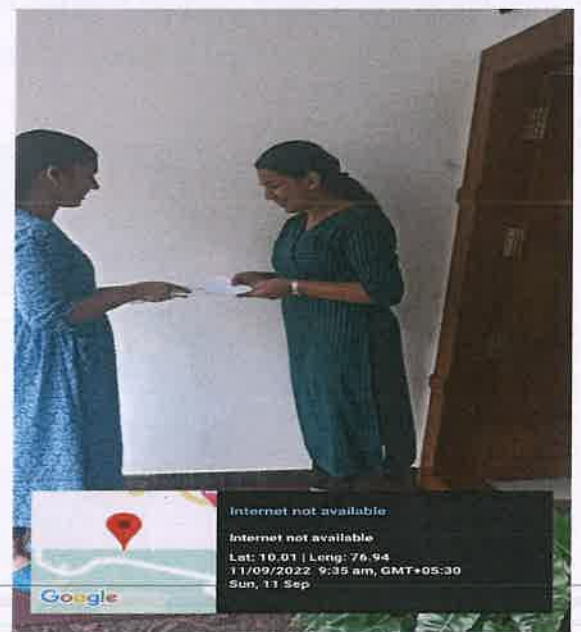


The brochure was distributed to four of my neighborhood houses .The details given in the brochure was explained out to them . They were also asked to check whether there is any spot in and around their house that promotes mosquito breeding.It is encouraging to note that a majority



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



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

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



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**REPORT on
Awareness programme on Dengue
Submitted by Sreeja R.**

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



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Report On Outreach Activity on Awareness About Waterborne Diseases

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

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



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EXTENSION ACTIVITY

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



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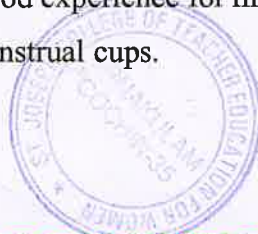


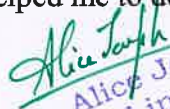
Awareness Regarding the Use of Menstrual Cup

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

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

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




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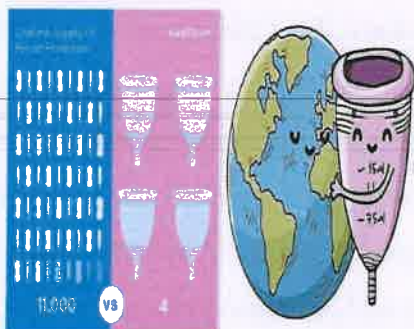
An Awareness regarding the use of menstrual cups

Photo gallery



Menstrual cup

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



500-800 years for decomposition



ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

Name of the Event	Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022
Objectives	<ol style="list-style-type: none">1. To understand and learn about the intellectual development of differently abled students at Different Art Centre2. To understand the basic functionalities of learning such as reading, writing, simple Mathematics, language development, simple matching exercises, puzzle exercises, simple sequences and attention through sound as well as behavioral coaching3. To observe and learn how to enhance abilities of differently abled children to engage with peers and society and thereby contribute to ensure their smooth passage into the mainstream of the society
Details of Event	St. Joseph College of Teacher Education for Women, Ernakulam
Coordinators	
Date	14/09/2022
Time	10.00 AM – 9.00 PM
Duration	11 hours
Beneficiaries	Teacher Educands- 9, Teacher Educators- 2
Event Venue	Different Art Centre (DAC), Trivandrum


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

Programme Report

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

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





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

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



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

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

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





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

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

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



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

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

Photo Gallery



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



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



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



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Inside Different Art Centre at Trivandrum



Beethoven Bungalow in Different Art Centre at Trivandrum



Jaleo Mahal in Different Art Centre at Trivandrum



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Camille Cascade in Different Art Centre at Trivandrum



India Fort in Different Art Centre at Trivandrum



Angelo's Artree in Different Art Centre at Trivandrum



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

Programme Details

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

List of Participants

Faculty members list:

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

Students list:

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



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Community Project on Socially / Educationally Relevant Issue

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

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

Plastic Waste Management

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


Exam Phobia

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

Lack of Public Toilets

Objective: To advocate for improved public toilet facilities.

Gender Stereotyping


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

Junk Food Consumption

Objective: To promote healthier dietary choices among the youth.

Problems Faced by Women in Public Transport

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

Waste Management

Objective: To promote responsible waste disposal and recycling.

Mobile Phone Addiction

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

Social Media Addiction

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

Impact of Flood

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

Attitude Towards Transgenders

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

Outcomes and Achievements of engagement in this survey and projects

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



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

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

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

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

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


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

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





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


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

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



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



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Anti- drug Awareness Rally as Anti-drug Campaign

Name of the Event	Anti -drug Awareness Rally as Anti-drug Campaign
Objectives	1. To develop awareness against drugs among student teachers. 2. To develop awareness against drugs among community.
Details of resource person	Haris
Date	01-10-2022
Time	9.30 AM
Duration	2 Hours
Beneficiaries	Community, Student Teachers -43
Place	St.Joseph College of Teacher Education for Women –Banerji Road- Market Road -College

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



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Student Teachers forming word "NO" against drugs



Flagging off the rally Principal Dr. Alice Joseph



Students marched from T.D Road to Albert's College Road in Ernakulam, holding placards and chanting anti-drug slogans. Students marched from T.D Road to Albert's College Road displaying placards and chanting slogans against drugs and entered Market Road covering Basin Road and Payyapilly Road in Ernakulam. In the rally the slogans sent messages to both the students and people who were gathered across the roads and

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motivated the public to stay away from drugs. The whole programme and the rally were organised in the presence of police officers from Central police station Ernakulam who also accompanied the students with a police escort throughout the rally. The rally ended with a message from the CI of central police station Mr. Harris, spreading awareness and enlightening the students and staffs against the adverse effects of drug usages and addiction. Mr. Saless Kalarikkal, CSO of Central police station also introduced YODHAVU app and helpline numbers for preventing drug usages among public. The rally and the associated programmes came to close at 10.30 Am in the college premise. Later on, students were served with refreshment drinks.



In front of Albert's college

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Dignitaries addressing



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

Date: 01-10-2022

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



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



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



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Development and Donation of

Learning Resource Materials for school pupils

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

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

Resource Development

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

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

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

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

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

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

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

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

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

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

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



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Outcomes and Achievements

Improved Learning Environment

The project significantly improved the learning environment in internship schools:

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

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

Enhanced Teaching Practice

Our students reported a more enriching teaching practice experience:

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

The use of these materials enhanced their effectiveness as educators.

Sustainability

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

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

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

Community Engagement

The project fostered community engagement:

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

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

Conclusion

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

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





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

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



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

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


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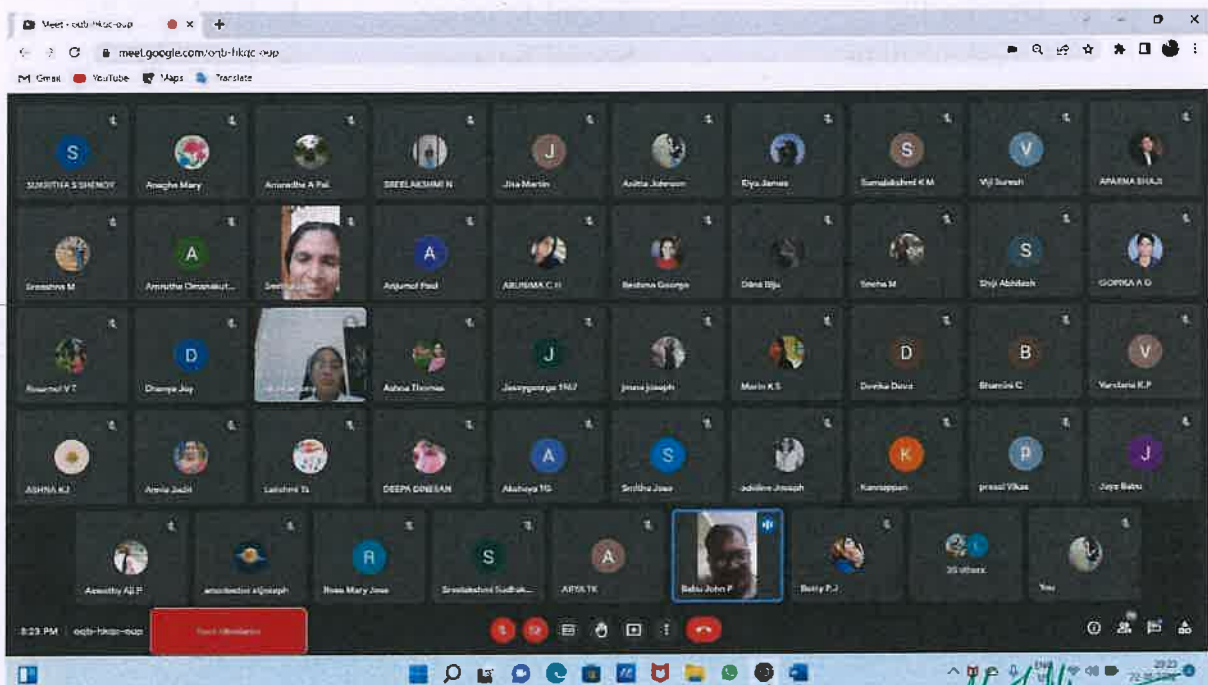
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Awareness programme for parents on Drug abuse among College Students

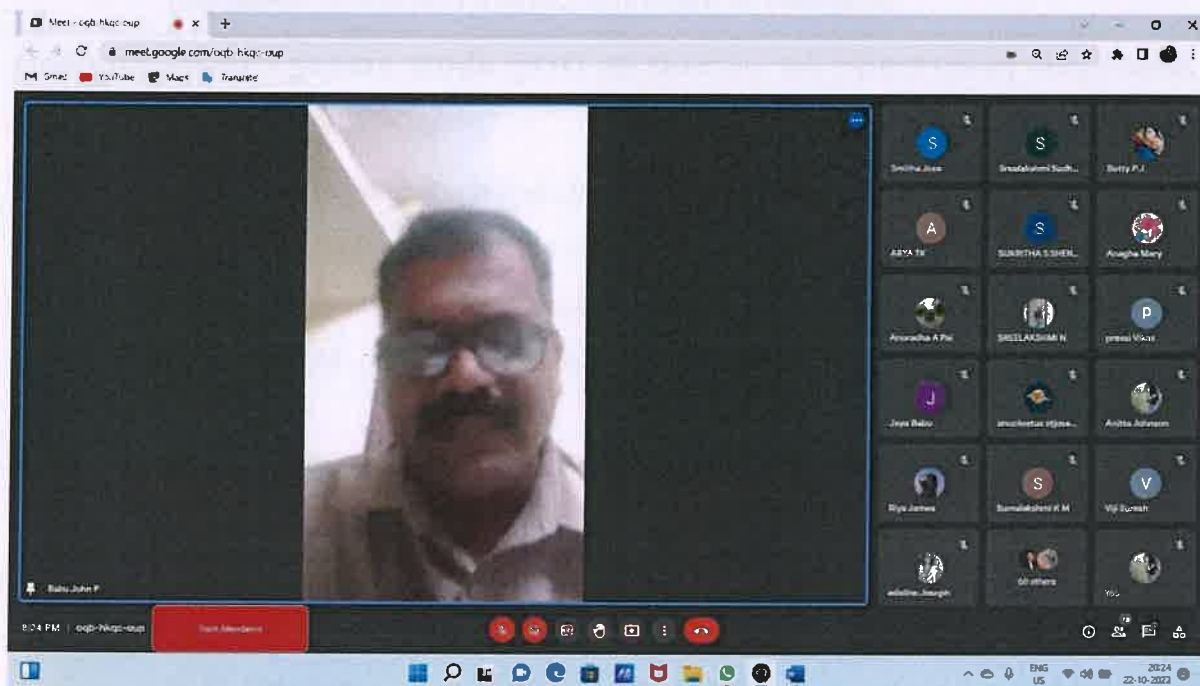
An awareness talk for parents on “Drug abuse among college students” was organised on 22nd October 2022 through online platform Google meet. Dr Smitha Jose was the staff coordinator of awareness talk and student teachers of first year Social Science optional hosted the online session. A total of 56 parents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

The session was started with a prayer song by Ms Sukritha S Shenoy. Welcome address was delivered by Mrs Arya T K. In the absence of college Principal, Dr Sr. Alice Joseph, Vice- Principal Dr Sr. Betty P J addressed the gathering. Resource person of the event was Sub- inspector of Police and Coordinator of District children and Police Mr Babu John P. The session was started by 08:15 pm and lasted for a duration of one hour.

Resource person Mr Babu John highlighted various threats of drug usage and the ways in which students get attracted towards it. He also made parents aware on difficulty of bringing back the drug addicted children to normal life. The session was much fruitful and a wide insight on current scenario of drug abuse was availed for the parents. The session was concluded with Voted of Thanks delivered by Ms Sarah Maria from Social Science optional.



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List of Student teachers involved in hosting the session

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

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 Principal in Charge
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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Outreach Activity: Say No to Drugs:

Flash mob at Seematti, Kacheripady, Ernakulam

Venue: Seemati Textile Centre Parking Ground, Ernakulam

Date: 26-10-2022

Time: 3.00pm- 3.30 pm

In our relentless commitment to combating drug abuse and fostering a drug-free community, our students conducted a captivating and impactful Anti-Drug Flash Mob Outreach Program. The event took place on 26-10-2022 at the Seemati Textile Centre Parking Ground in Ernakulam, Kerala. The flash mob was designed to reach a wider audience and create awareness about the perils of drug addiction, carrying the theme "Life is Worthy, Not Drugs" and "Addiction to Life, Not to Drugs." Emilin K Thomas of Mathematics optional compered the programme. Ernakulam Excise Inspector Mr Rishikesh addressed the gathering and gave an idea on ongoing issues regarding narcotic abuse within the Ernakulam city. By This report aims to highlight the significance and impact of this outreach initiative.

Objectives

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

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

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

The Flash Mob

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

Impact

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



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

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

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

Conclusion

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



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Flashmob Team

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

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Outreach Activity: Addiction to life not to Drugs:

Flash Mob at Rainbow Bridge Marine Drive

Date: 26-10-2022

Location: Rainbow Bridge, Marine Drive, Ernakulam

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

Introduction:

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

Event Timeline:

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

Event Description:

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

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

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

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

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



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

Conclusion:

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

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



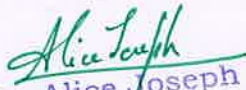
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Flashmob Team

1. Kavyamol A. B, Malayalam Optional
2. Pavithra V, Malayalam Optional
3. Abina K, Malayalam Optional
4. Neha Babu, English Optional
5. Anna Anannya K P, Natural Science Optional
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29. Ashna Joseph, Natural Science Optional
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31. Vandana K P, Mathematics Optional


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Outreach Activity: Addiction to Life not to Drugs:

Flash Mob at Lulu Mall, Edapally

Date: October 30, 2022

Venue: Lulu International Mall, Edapally

Introduction:

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

Event Highlights:

Excise Team Involvement:

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

Folk Art Performance - Ottan Thullal:

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

Flash Mob Presentation:

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

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Speech by College Vice Principal:

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

Audience Response:

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

Conclusion:

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

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



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Ernakulam, Kerala, India
28G6+Q5R, Salem - Kochi Hwy, Edappally Junction, Nethaji Nagar, Edappally, Ernakulam, Kerala 682024, India
Lat 10.02701°
Long 76.307837°
30/10/22 12:06 PM GMT +05:30



Kochi, Kerala, India
34/1000, Old NH 47, Edappally Junction, Nethaji Nagar, Edappally, Kochi, Kerala 682024, India
Lat 10.027161°
Long 76.307818°
30/10/22 12:06 PM GMT +05:30



Ernakulam, Kerala, India
Lulu Shopping Mall, Salem - Kochi Hwy, Nethaji Nagar, Edappally, Ernakulam, Kerala 682024, India
Lat 10.027098°
Long 76.308011°
30/10/22 11:32 AM GMT +05:30



Ernakulam, Kerala, India
Lulu Shopping Mall, Salem - Kochi Hwy, Nethaji Nagar, Edappally, Ernakulam, Kerala 682024, India
Lat 10.027104°
Long 76.308064°
30/10/22 11:31 AM GMT +05:30



Ernakulam, Kerala, India
Lulu Shopping Mall, Salem - Kochi Hwy, Nethaji Nagar, Edappally, Ernakulam, Kerala 682024, India
Lat 10.027066°
Long 76.307977°
30/10/22 11:44 AM GMT +05:30



Kochi, Kerala, India
34/821, Ground Floor, Lulu Mall, Edappally Flyover, Edappally Junction, Nethaji Nagar, Edappally, Kochi, Kerala 682024, India
Lat 10.027473°
Long 76.307876°
30/10/22 11:39 AM GMT +05:30




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Flashmob Team

1. Kavyamol A. B. Malayalam Optional
2. Pavithra V, Malayalam Optional
3. Abina K, Malayalam Optional
4. Neha Babu, English Optional
5. Anna Anannya K P, Natural Science Optional
6. Alkha Thomas, Physical Science Optional
7. Sukritha S Shenoy, Social Science Optional
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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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United and Stand Against Narcotics: A Human Chain Initiative

Date: November 1, 2022

Location: Kacheripady Junction, Ernakulam, Kerala

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

Event Description:

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

Event Timeline:

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

Human Chain Formation:

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

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

Conclusion:

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



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

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

മെട്രോ വാർത്ത



ലഹരിമുക്ത കേരളത്തിനായ്..

കേരളപ്പിറവി ദിനമായ ഇന്നലെ സംസ്ഥാന സർക്കാർ ആഘോഷിച്ച ലഹരി വിരുദ്ധ ക്യാമ്പയിന്റെ ഭാഗമായി പനമ്പുഴയിലെ പനമ്പുഴ സെന്റ് ജോസഫ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥികൾ ഞാനർബി റോഡിൽ ലഹരി വിരുദ്ധ ഷോബ്ബി അർപ്പിച്ചു.

☎ മനു ഷബ്ബി

Ernakulam Edition
Nov 2, 2022 Page No. 1
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List of Student Teachers involved in the programme

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



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

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 Dr. Alida Joseph
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 Ernakulam





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



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63.	Rose Mary Jose	Physical Science Education
64.	Sahala Nayeem A A	Physical Science Education
65.	Treesa Taniya P A	Physical Science Education
66.	Adeline Joseph	Natural Science Education
67.	Anna Anannya K P	Natural Science Education
68.	Anuradha A Pai	Natural Science Education
69.	Ashna Joseph	Natural Science Education
70.	Aysha Beevi C I	Natural Science Education
71.	Femy Mariya Jose	Natural Science Education
72.	Gopika A G	Natural Science Education
73.	Jismi Mohan	Natural Science Education
74.	Maneeha S M	Natural Science Education
75.	Meera Sankar A	Natural Science Education
76.	Merin K S	Natural Science Education
77.	Mrudula Girish	Natural Science Education
78.	Rajalakshmi R	Natural Science Education
79.	Sandra Soosan Aby	Natural Science Education
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88.	Devika P S	Social Science Education
89.	Geethu Sivan	Social Science Education
90.	Liyanta Izabel	Social Science Education
91.	Nair K M Sumalakshmi	Social Science Education
92.	Nandhitha C	Social Science Education



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


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Student Teacher Empowerment Programme (STEP):

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

Name of the Event	Student Teacher Empowerment Programme (STEP): ‘Project Venda’- Seminar on ‘Addiction among School Children’, 2022
Objectives	<ol style="list-style-type: none">1. To introduce student teachers with organizations working in the community to tackle problems regarding substance abuse2. To generate awareness among students teachers on substance abuse and its consequences3. To enhance the knowledge base of student teachers regarding substance abuse and thereby prevent them from engaging in drug use and risky behavior
Details of Event Coordinators	Anti-Narcotic Club St. Joseph College of Teacher Education for Women, Ernakulam
Details of Resource Person	The Venda catalysts, Project Venda- A Fourth Wave Foundation Initiative (NGO) Ernakulam, Kerala
Date	05/11/2022
Time	9.30 AM- 3.30 PM
Duration	6 hours
Beneficiaries	Student teachers -98, Faculty- 4
Event Venue	College Auditorium, St. Joseph college of Teacher Education for Women, Ernakulam


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Student Teacher Empowerment Programme (STEP):

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

Programme Report

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

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

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

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

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



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

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



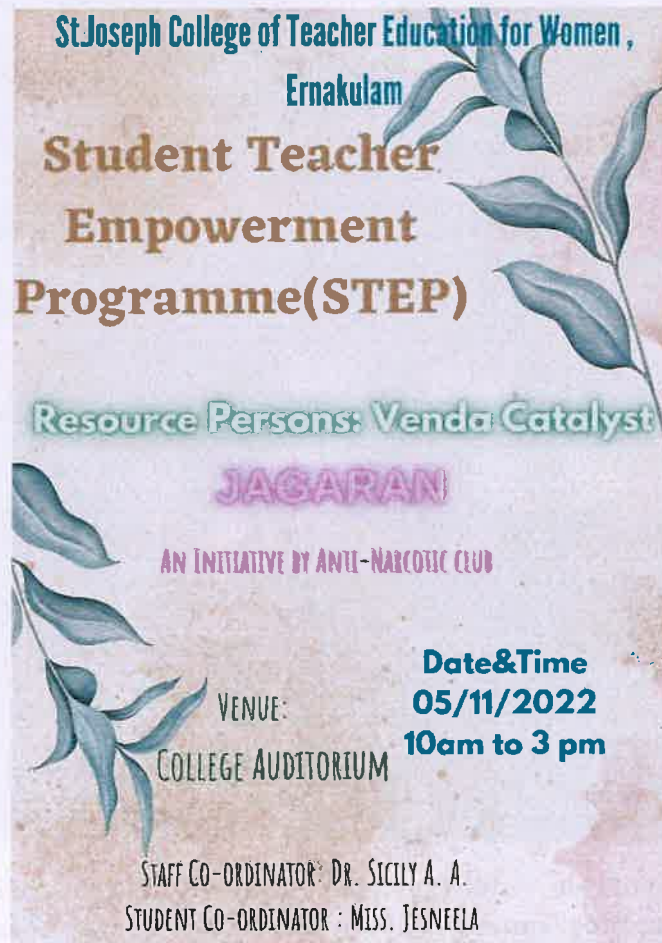
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Student Teacher Empowerment Programme (STEP):

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

Photo Gallery



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

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

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Student Teacher Empowerment Programme (STEP):

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

Programme Details

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

List of Participants

Faculty members list:

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

Students list:

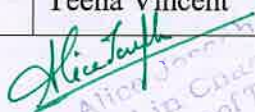
Sl. No	Name	Batch
1	Amala Antony	2021-2023 Batch (B Ed. English)
2	Anna Roshni Varghese	2021-2023 Batch (B Ed. English)
3	Deepa P S	2021-2023 Batch (B Ed. English)



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


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

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



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94	Regina Teena Dcosta	2021-2023 Batch (B Ed. Social Science)
95	Riya Davis	2021-2023 Batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 Batch (B Ed. Social Science)
97	Thasni M B	2021-2023 Batch (B Ed. Social Science)
98	Varsha K V	2021-2023 Batch (B Ed. Social Science)


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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(Affiliated to Mahatma Gandhi University, Kottayam)

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

Introduction:

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

Interaction with the Children:

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

Games and Entertainment:

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

Discussion with Headmistress and Teachers:

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



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Pedagogical Approaches:

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

Conclusion:

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




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List of Participants

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


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St. Joseph College's Anti-Drug Outreach

Shines at Indian Super League Football Match in Kochi

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

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

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

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


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Sukritha S Shenoy, Anagha R and Kavyamol A B from St Joseph College of Teacher Education for Women at ISL venue, Jawaharlal Nehru International Stadium, Kaloor, Ernakulam , Dated 13-11-2022 .

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Outreach Programme at Ranimatha Public School

Kick Addiction, Embrace Life: Football Challenge against Drug Addiction

Date: 23-11-2022

Location: Ranimatha Public School

Introduction:

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

Event Details:

Organizers:

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

Participants:

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

Objective:

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



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

Activities:

Football Challenge:

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

Awareness Sessions:

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

Outcome:

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

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

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

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

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

Conclusion:

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



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 Kochi, Kerala 682018, India
 Lat 9.981458°
 Long 76.280601°
 23/11/22 11:59 AM GMT +05:30



 **Kochi, Kerala, India**
 X7JJ+J72, TD Rd, Padma Junction, Kacheripady,
 Kochi, Kerala 682018, India
 Lat 9.981458°
 Long 76.280601°
 23/11/22 12:06 PM GMT +05:30



 **Kochi, Kerala, India**
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 Kerala 682018, India
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 Long 76.280601°
 23/11/22 12:06 PM GMT +05:30



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 Principal in Charge
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List of Participants

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




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


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


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Sl. No	Name	Batch
76	Ranjima V	2021-2023 Batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 Batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 Batch (B Ed. Natural Science)
79	Shimna K	2021-2023 Batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 Batch (B Ed. Natural Science)
81	Vyshnavi N Sharma	2021-2023 Batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 Batch (B Ed. Social Science)
83	Anagha T	2021-2023 Batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 Batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 Batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 Batch (B Ed. Social Science)
87	Celene Paul	2021-2023 Batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 Batch (B Ed. Social Science)
89	Dona K Jose	2021-2023 Batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 Batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 Batch (B Ed. Social Science)
92	Mereena Joy	2021-2023 Batch (B Ed. Social Science)
93	Minu Joy	2021-2023 Batch (B Ed. Social Science)
94	Regina Teena Dcosta	2021-2023 Batch (B Ed. Social Science)
95	Riya Davis	2021-2023 Batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 Batch (B Ed. Social Science)
97	Thasni M B	2021-2023 Batch (B Ed. Social Science)
98	Varsha K V	2021-2023 Batch (B Ed. Social Science)


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Energy Conservation Day Campaign-Outreach Programme for the Public related to Energy Conservation Day at Ernakulam South Railway Station

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


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Programme Report

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

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

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

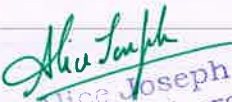

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PHOTO GALLERY



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List of participants

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


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Energy Conservation Campaign, 2022

Name of the Event	Energy Conservation Campaign, 2022
Objectives	<ol style="list-style-type: none">1. To spread awareness among people in the community on the importance of energy conservation2. To provide student teachers with an opportunity to engage with the community
Details of Event Coordinators	Social Science Optional & Natural Science optional St. Joseph College of Teacher Education for Women, Ernakulam
Date	16/12/2022
Time	10.30 AM – 11.30 AM
Duration	1 hour
Beneficiaries	Student teachers- 34, Faculty- 2, households in community- 30
Event Venue	Households in Kacheripady, Ernakulam


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Energy Conservation Campaign, 2022

Programme Report

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


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

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



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

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


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Energy Conservation Campaign, 2022

Photo Gallery



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



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

Deena Parvathi	
Revathi	
Rajeeva Mohan	
Murugan	
Big Tom T.T	
Amy Rajappan	
Geetha	
Eloy	
Kochukozha MU	
Mini Thomas	
Rajashan S	

<u>Name</u>	<u>Sign</u>
1) Krishnaveni	
2) Shiny Kaniakose	
3) Madhu K.S	
4) Priyanka Sankar	
5) Shritha Sankar	

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



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Energy Conservation Campaign, 2022

Programme Details

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

List of Participants

Faculty members list:

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

Students list:

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



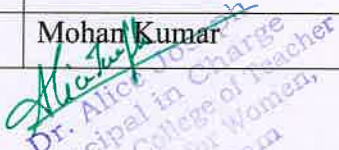
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9	Maneeha S M	2022-2024 batch (B Ed. Natural Science)
10	Meera Sankar A	2022-2024 batch (B Ed. Natural Science)
11	Merin K S	2022-2024 batch (B Ed. Natural Science)
12	Mrudula Girish	2022-2024 batch (B Ed. Natural Science)
13	Rajalakshmi R	2022-2024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


Beneficiary household member's list:

Sl. No	Name
1	Sherley Augustine
2	Mohan Kumar


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


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URVI-EXTENT-ENHANCE-ENLIGHTEN

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

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

COMMUNITY ENGAGEMENT CAMP

Place: Vandiperiyar, Idukki

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

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

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

Facilitators: Mr. Tony & Mrs. Jeena Tony

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

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

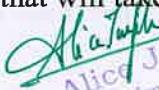


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visiting. He continued by highlighting the necessity of many committees and groups, along with the leader. Immediately following that meeting, various committees were formed, the leader was chosen, and the participants were divided into groups. The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

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


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

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

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

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

DAY ONE - 16/12/2022

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



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

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

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



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

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

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

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



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

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

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

DAY TWO - 17/11/2022

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



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



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



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



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

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

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



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




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

DAY THREE - 18/12/2022

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

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

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


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



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

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

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

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

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

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

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



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



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

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

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

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

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





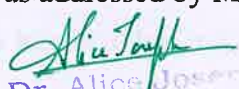
long hilly way. Along with the clothing, we also delivered some other supplies that were purchased for them. In Sathram, there were two families. They possessed two residences, each with all the facilities. We got the chance to interact with all of them. Everyone greeted us warmly and appeared pleased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

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

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

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

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


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



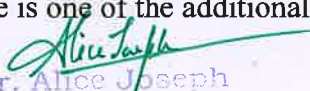
background information on the forest and its resources. Following that, there was the awarding of prizes for the Saturday-night quiz contest. First, second, and third place winners each received a prize. The rewards for the winners included some educational publications about the forest's biodiversity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

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

We were sent to our rooms about 7:30 PM. Additionally, the forest officials allowed us to watch the 2022 World Cup Final which was broadcasted in the conference room. Those who weren't interested ate dinner and then went to pack and organise the supplies for Monday's distribution. Along with the forest officers, the interested members watched the football match between France and Argentina. The majority of them were Argentina fans who were both thrilled and curious about the game. After the game, everyone was pleased that Argentina had triumphed and went back to bed to rest. Thus, the third day also comes to an end.

DAY FOUR - 19/12/22

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


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



Alice Joseph
Dr. Alice Joseph

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



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





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St. Joseph College of Teacher
Education for Women,
Ernakulam



ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Recognised by NCTE

From
The Principal in Charge

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

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

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

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

The camp will focus on the following matters:

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

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Ernakulam





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

Yours Sincerely

Alice Joseph

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LIST OF TEACHERS ATTENDING THE CAMP

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

LIST OF STUDENTS ATTENDING THE CAMP

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

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

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

Introduction:

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

Event Highlights:

Christmas Programmes:

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

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

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



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

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

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

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

Conclusion:

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



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24 student teachers were involved in this outreach programme

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(Affiliated to Mahatma Gandhi University, Kottayam)

Miksha 2022- Outreach at Government Old Age Home, Thevara

Name of the Event	Miksha 2022- Outreach at Government Old Age Home, Thevara
Objectives	<ol style="list-style-type: none">1. To educate and generate awareness in student teachers regarding the problems faced by elderly2. To provide student teachers with an opportunity to learn to care for, respect and listen to the experiences and suggestions of the elderly3. To enhance moral values in students and to foster critical and reflective thinking in them
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Date	19/12/2022
Time	10.30 AM – 12.00 PM
Duration	1 hour and 30 minutes
Beneficiaries	Student teachers- 17, Faculty- 3
Event Venue	Government Old Age Home Thevara, Ernakulam


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Miksha 2022- Visit to Government Old Age Home, Thevara

Programme Report

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

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



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

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



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Miksha 2022- Visit to Government Old Age Home, Thevara

Photo Gallery



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



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



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



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



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

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



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Miksha 2022- Visit to Government Old Age Home, Thevara**Programme Details**

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

List of Participants

Faculty members list:

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

Students list:


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



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


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Visit to Catholic Congregation of Blinds, Nalam Mile, Perumbavoor

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



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Visit to Catholic Congregation of Blinds, Nalam Mile, Perumbavoor

Programme Report

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

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


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Brochure of the event



Photos of the event



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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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Outreach Programme at Govt. Childrens Home, Kakkanad

Under CWC, Govt. of Kerala.

Free tuition and Summer Course for the Inmates

Introduction:

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

Dates and Participants:

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

Curriculum:

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

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

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

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

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



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

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

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

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

Impact:

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

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

Conclusion:

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



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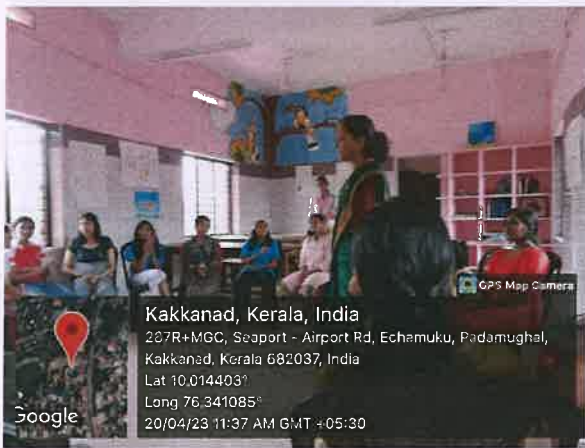


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Lat 10.04226°
Long 76.301657°
25/04/22 10:16 PM GMT +05:30

Kochi, Kerala, India
26G2+QPC Anandacchamalayam Jn 3 2b, Jarathu Rd, Marummal, Eloor, Kochi, Kerala 682021, India
Lat 10.04226°
Long 76.301657°
25/04/22 05:10 PM GMT +05:30



Kochi, Kerala, India
26G2+QPC Anandacchamalayam Jn 3 2b, Jarathu Rd, Marummal, Eloor, Kochi, Kerala 682021, India
Lat 10.04226°
Long 76.301657°
25/04/22 10:01 AM GMT +05:30



Kakkanad, Kerala, India
287R+MGC, Seaport - Airport Rd, Echamuku, Padamughal, Kakkannad, Kerala 682037, India
Lat 10.014403°
Long 76.341085°
20/04/23 11:37 AM GMT +05:30



Kakkanad, Kerala, India
287R+MGC, Seaport - Airport Rd, Echamuku, Padamughal, Kakkannad, Kerala 682037, India
Lat 10.014403°
Long 76.341113°
02/05/23 10:13 AM GMT +05:30



Kakkanad, Kerala, India
287R+MGC, Seaport - Airport Rd, Echamuku, Padamughal, Kakkannad, Kerala 682037, India
Lat 10.0144°
Long 76.341115°
02/05/23 10:14 AM GMT +05:30



Kakkanad, Kerala, India
288V+P8P, Kunnumpuram - Civil Station Rd, Echamuku, Thrikkakara, Kakkannad, Kerala 682030, India
Lat 10.014411°
Long 76.341089°
30/05/23 11:49 AM GMT +05:30



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List of students Involved in the outreach programme


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



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


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Outreach Activity: Donation of Bicycle to Govt. Children's Home for Girls

Date: 30-05-2023

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

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

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

Background:


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

Activities Conducted:

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

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

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


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

Impact and Conclusion:

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

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

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



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