



# **St. Joseph College of Teacher Education for Women Ernakulam**



## **Criterion III- Research and Outreach Activities**

### **3.3.3.: Documentary Evidence in Support of Claim**

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



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**DECLARATIONS 13-24**

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<b>2022-2023</b>	Paper Bag Making and Distribution: A College Outreach Initiative for Plastic Reduction	23-06-2022	<b>46-50</b>
<b>2022-2023</b>	Celebration of Azadi ka Amrit Mahotsav	16-08-2022	<b>51-55</b>



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<b>2022-2023</b>	Cleaning and Setting Public Library Mookkannoor.	07-09-2022	<b>62-64</b>
<b>2022-2023</b>	Dengue Fever Awareness Campaign at Manjoor Panchayat- Kottayam, Adimaly, Eramam-Mupathadam, and some other localities in Ernakulam	10-09-2022, 11-09-2022, 12-09-2022	<b>65-72</b>
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<b>2022-2023</b>	Seminar on NEP-2020: Making Education Equitable and Inclusive-2022	30-11-2022	<b>155-169</b>
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<b>2021-2022</b>	World Human Rights day Celebrations	10-12-2021	<b>234-242</b>
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<b>2021-2022</b>	Womaniya- International Day of Persons with Disabilities	10-12-2021	<b>254-262</b>
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<b>2020-2021</b>	Let us Go for a Sustainable World- World Nature Conservation Day Programme 2020	28-07-2020	298-297
<b>2020-2021</b>	Interactive Session - Human Obsession with Social Networking and The Pain of Being Violated,2020	30-07-2020	298-306





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<b>2020-2021</b>	Care for Nature- Practise Session on Organic Farming	08-02-2021	<b>325-334</b>
<b>2020-2021</b>	Jagratha 2021- Seminar on Domestic Violence	10-02-2021	<b>335-343</b>
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<b>2020-2021</b>	Yoga Training Program for B.Ed and M.Ed Student Teachers (2020-21)	22-02-2021,23-02-2021, 24-02-2021, 04-03-2021, 22-03-2021	<b>354-356</b>



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<b>2019-2020</b>	Yoga training programme for Student Teachers(2019)	06-08-2019 to 08-08-2019	<b>368-369</b>
<b>2019-2020</b>	Campus Cleaning-in Accordance with Gandhi Jayanthi Celebrations	01-10-2019	<b>370</b>
<b>2019-2020</b>	Interaction and Christmas Celebration with Transgender Community	20-12-2019	<b>371-376</b>
<b>2019-2020</b>	Awareness Programme on Disaster Management and Self Defence Mechanism	02-02-2020 and 03-02-2020	<b>377-381</b>
<b>2019-2020</b>	Cultivating Eco-Consciousness: The Distribution of Paper Bags in Ernakulam Market	05-02-2020	<b>382-385</b>



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<b>2018-2019</b>	Outreach Activity on Rebuild Kerala- Mass Online Survey and Volunteer in various Flood Relief Activities in Kadamakudy Panchayat, Ernakulam district.	11-09-2018 to 14-09-2018	<b>390-394</b>
<b>2018-2019</b>	Yoga Training for Student Teachers	18-09-2018 & 19-09-2018	<b>395-396</b>
<b>2018-2019</b>	Outreach Programme: Setting Up Herbal Garden	05-10-2018	<b>397-401</b>
<b>2018-2019</b>	Outreach Activity for the Flood affected People at Kuttanad: Collecting and Distributing Clothes for Flood Victims	28-11-2018	<b>402-405</b>
<b>2018-2019</b>	Promoting Inclusivity and Empathy: Josephites Interaction with Transgenders	21-12-2018	<b>406-413</b>



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<b>2018-2019</b>	Outreach Programme : Collection of Plastic Bottles from Road side along Police Headquarters, Menaka Junction.	13-02-2019	<b>418-421</b>
<b>2018-2019</b>	Outreach Programme : Collection of Plastic Bottles from Road side along Marine Drive Kochi	13-02-2019	<b>422-424</b>



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## DECLARATION

The following is the Number of students participated in activities as part of National Priority programmes during last five years

Year	2022-23	2021-22	2020-21	2019-20	2018-19
Number of Students participated in activities as part of National priority programmes	218	218	212	206	214



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## DECLARATION

The following National Priority Programmes were organised in the institution during the last five years

Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2022-2023	World Environment Day Celebration	06-06-2022	Align with India's National Priority Programmes for Environmental Conservation, which Includes the Swachh Bharat Abhiyan, National Mission for Sustainable Agriculture, and the National Action Plan on Climate Change	190
2022-2023	Mangrove Cultivation and Planting : A Day of Environmental Awareness	22-06-2022	Align with India's National Priority initiatives for environmental conservation, which include the National Mission for Sustainable Agriculture, National Mission for Green India, and the broader goals of Swachh Bharat Abhiyan (Clean India Campaign) to create a cleaner and more sustainable environment.	96
2022-2023	Paper Bag Making and Distribution: A College Outreach Initiative for Plastic Reduction	23-06-2022	Corresponds to India's National Priority Initiatives to Reduce Plastic Usage and Promote Environmental Sustainability, which include Swachh Bharat Abhiyan (Clean India Campaign) and Broader Environmental Conservation Efforts under the National Mission for Sustainable Agriculture and the National Mission for Green India.	96
2022-2023	Celebration of Azadi ka Amrit Mahotsav	16-08-2022	Involvement in National Priority Programme- Azadi Ka Amrit Mahotsav	23



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Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2022-2023	Outreach Programme at Anganwadi, Edathala Grama Panchayat- Aluva at Anganavadi, Kadamattom at Anganwadi, Pazhanganad	05-09-2022 , 06-09-2022 06-09-2022 03-09-2022, 05-09-2022, 06-09-2022	Aligns with India's National Priority Programme for Holistic Development and Well-being, particularly the Swachh Bharat Abhiyan and the Beti Bachao, Beti Padhao initiative.	3
2022-2023	Cleaning and Setting Public Library Mookkannoor.	07-09-2022	In Accordance with India's National Priority Programmes that Promote Education and Cultural Development, such as the Digital India Initiative and The National Mission on Libraries.	1
2022-2023	Dengue Fever Awareness Campaign at Manjoor Panchayat-Kottayam, Adimaly, Eramam-Mupathadam, and some other localities in Ernakulam	10-09-2022, 11-09-2022, 12-09-2022	Corresponds to India's National Priority Programmes aimed at Public Health and Disease Control, including the National Vector Borne Disease Control Program and Swachh Bharat Abhiyan.	6
2022-2023	Awareness Campaign for Teenage Girls and Females of Choornikara Panchayath of Ernakulam District, regarding the Use of Menstrual Cups	10-09-2022	Falls under India's National Priority Programmes for Women's Health and Hygiene, aligning with the Swachh Bharat Abhiyan, Beti Bachao, Beti Padhao, and National Rural Health Mission.	1



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2022-2023	Outreach Programme at Different Art Centre(DAC)-for Differently Abled Children at Trivandrum	14-09-2022	Aligns with India's Accessible India' Initiative for Promoting Inclusivity and Accessibility for all.	9
2022-2023	Swachh Pariyavaran	11-10-2022	Involvement in National Priority Programme- Swachh Bharat and Swachh Pariyavaran	100
2022-2023	YOGA Workshop for B.Ed Student Teachers	13-10-22 and 14-10-22	Involvement in National Priority Programme: YOGA	99
2022-2023	Webinar on Cyber Hygiene	22-10-2022	Webinar on Cyber Hygiene is a Digital Footprint of Active Participation in the Digital India Initiative.	92
2022-2023	Outreach Activity against Drug Addiction: Painting and Speech Competition on Say No To Drugs	25-10-2022	Supports India's National Priority Programmes for Public Health and Social Well-being, particularly Initiatives against Substance Abuse like the National Action Plan for Drug Demand Reduction and the National Mental Health Programme.	15
2022-2023	Outreach Programme in collaboration with Excise Department at Ranimatha Public School: Kick Addiction, Embrace Life: Football Challenge against Drug Addiction	23-11-2022	Supports India's National Priority Programmes for Public Health and Social Well-being, particularly Initiatives against Substance Abuse like the National Action Plan for Drug Demand Reduction and the National Mental Health Programme.	98



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## DECLARATION

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Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2022-2023	'It's Time for Change'- Programme on Discrimination against Women	28-11-2022	In Alignment with various National Priority Programmes in India, including Beti Bachao, Beti Padhao (Save the Girl Child, Educate the Girl Child), Swachh Bharat Abhiyan (Clean India Campaign), National Mission for Empowerment of Women, and National Health Mission. These programs collectively work to combat gender discrimination, promote gender equality, and empower women in India.	96
2022-2023	The Change Starts at Home'- Programme on Discrimination against Women, 2022	29-11-2022	Address Discrimination against Women, integrates with several National Priority Initiatives in India, such as Beti Bachao, Beti Padhao, the National Mission for Empowerment of Women, and the National Health Mission, working collectively to combat Gender Discrimination and Promote Women's Well-being.	100
2022-2023	Seminar on NEP-2020: Making Education Equitable and Inclusive-2022	30-11-2022	In Support of National Education Policy 2020, Preparedness Campaign	198
2022-2023	Energy Conservation Day Campaign- Outreach Programme for the Public related to Energy Conservation Day at Ernakulam South Railway Station	16-12-2022	Aligns with India's National Priority programmes for Energy Conservation and Environmental Sustainability, such as the National Mission for Enhanced Energy Efficiency and the National Action Plan on Climate Change, which emphasize the importance of Reducing Energy Consumption and Promoting Sustainable Practices.	16



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DECLARATION

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Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2022-2023	Energy Conservation Day Campaign-2022	16-12-2022	Aligns with India's national priority programs for energy conservation and environmental sustainability, such as the National Mission for Enhanced Energy Efficiency and the National Action Plan on Climate Change, which emphasize the importance of reducing energy consumption and promoting sustainable practices.	34
2022-2023	Yoga Training for M.Ed. Student Teachers	16-01-2023	Involvement in National Priority Programme: YOGA	12
2022-2023	Online Webinar on Water Conservation Day	30-04-2023	Alligns with National Water Mission	20
2021-2022	World Environment Day Celebrations - 2021	05-06-2021	Involvement in National Priority Programme- Swachh Bharat: Need for Creating a Cleaner, Healthier, and more Sustainable Environment for the Present and Future Generations	88
2021-2022	'AKSHARAM'- International Literacy Day Celebration, 2021	08-09-2021	Involvement in National Priority Programme: Literacy Mission	68
2021-2022	Navajeevanam: Empowering Tomorrow's Leaders Through Cyber Awareness	14-09-2021	Involvement in National Priority Programme: Digital India	101



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Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2021-2022	World Ozone Day Celebrations	16-09-2021	Involvement in National Priority Programme- Swachh Bharat: Need for Creating a Cleaner, Healthier, and more Sustainable Environment for the Present and Future Generations	88
2021-2022	Yoga Training Program for B.Ed and M.Ed Student Teachers (2021-22)	23-11-2021 to 26-11-2021	Involvement in National Priority Programme: YOGA	All B.Ed. And M.Ed. Students
2021-2022	World Human Rights day Celebrations	10-12-2021	Involvement in National Priority Programme- Gender Sensitivity: To work together to create a more Inclusive and Equitable Society where all Human Rights are Respected, Protected, and Fulfilled, regardless of Gender or other Diverse Identities.	98
2021-2022	End Inequalities, End AIDS-World AIDS Day Programme-2021	01-12-2021	Involvement in National Priority Programme: AIDS Awareness	88
2021-2022	Womaniya- International Day of Persons with Disabilities	10-12-2021	Involvement in National Priority Programme- Gender Sensitivity: To Work Together to Create a more Inclusive and Equitable society	98
2021-2022	National Energy Conservation Day,2021	14-12-2021	Involvement in National Priority Programme- Swachh Bharat: Promote Responsible and Conscious Practices that Benefit the Environment	98



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## DECLARATION

Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2021-2022	Seminar on Yoga and Meditation for developing Multiple Intelligences - Music Therapy and Art Therapy	14-01-2022	Involvement in National Priority Programme: YOGA	98
2021-2022	International Women's Day 2022	08-03-2022	Involvement in National Priority Programme- Gender Sensitivity: To Celebrate the Achievements of Women, Raising Awareness about Gender Equality, and Advocating for Women's Rights and Empowerment.	98
2020-2021	Multiskill Development Programme - Webinar on Introduction to Google Classroom	13-07-2020	Involvement in National Priority Programme- Digital India	84
2020-2021	Let us Go for a Sustainable World-World Nature Conservation Day Programme 2020	28-07-2020	Involvement in National Priority Programme- Swachh Bharat: Promoting Sustainable Development and Minimizing Pollution and Environmental Degradation, which are Essential Aspects of Swachh Bharat's Overall Objectives.	88
2020-2021	Interactive Session - Human Obsession with Social Networking and The Pain of Being Violated,2020	30-07-2020	Involvement in National Priority Programme- Digital India	95



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Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2020-2021	One day Workshop on VENTAL(Vocational Education- Nai Talim- Experiential Learning)	23-10-2020	Involvement in National Priority programmes like Swachh Bharat , Gender Sensitivity etc: Subthemes of the Programme included, Vocational Education, Self-Reliance, Swachtha and Health	88
2020-2021	Care for Nature- Practise Session on Organic Farming	08-02-2021	Involvement in National Priority Programme- Swachh Bharat: Organic farming Complements the Broader Vision of Creating a Cleaner and Greener India by Promoting Environmentally Friendly Agricultural Practices	97
2020-2021	Jagratha 2021- Seminar on Domestic Violence	10-02-2021	Involvement in National Priority Programme- Gender Sensitivity: To Critically Examine Societal Norms and Behaviors that Contribute to Gender-Based Violence and Work towards Creating a More Equitable Society	97
2020-2021	Know Yourself- A seminar on Women Hygiene and Post Pandemic Stress Management	11-02-2021	Involvement in National Priority Programme- Gender Sensitivity: To Address Gender-Specific Health Concerns and Recognizing the Impact of Gender Roles and Societal Norms on Women's Well-Being	97
2020-2021	Yoga Training Program for B.Ed and M.Ed Student Teachers (2020-21)	22-02-2021, 23-02-2021, 24-02-2021, 04-03-2021, 22-03-2021	Involvement in National Priority Programme: YOGA	All B.Ed and M.Ed. Students



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Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2020-2021	International Women's Day 2021	09-03-2021	Involvement in National Priority Programme- Gender Sensitivity: To Celebrate the Achievements of Women, Raising Awareness about Gender Equality, and Advocating for Women's Rights and Empowerment.	89
2019-2020	Yoga training programme for Student Teachers(2019)	06-08-2019 to 08-08-2019	In Support of India's 'Yoga for Health and Wellness' Initiative under the Fit India Movement."	All B.Ed. And M.Ed. Students
2019-2020	Campus Cleaning-in Accordance with Gandhi Jayanthi Celebrations	01-10-2019	In line with India's Swachh Bharat Abhiyan (Clean India Mission) and Sustainable Development Goals	All B.Ed. Students
2019-2020	Interaction and Christmas Celebration with Transgender Community	20-12-2019	Allign with India's National Priority Programme for Gender Sensitivity, Social Inclusion and Gender Equality.	155
2019-2020	Awareness Programme on Disaster Management and Self Defence Mechanism	02-02-2020 and 03-02-2020	Aligning with India's National Priority Programmes like Beti Bachao, Beti Padhao" (Save the Daughter, Educate the Daughter) campaign and the "Nari Shakti" (Women's Empowerment) for Women's Safety, Education, and Disaster Resilience.	95
2019-2020	Cultivating Eco-Consciousness: The Distribution of Paper Bags in Ernakulam Market	05-02-2020	In Line with India's Swachh Bharat Abhiyan (Clean India Mission) and Sustainable Development Goals	95



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## DECLARATION

Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2019-2020	Ernakulam Market's Green Revolution: Dispensing Paper Bags for Sustainable Living	26-02-2020	In Line with India's Swachh Bharat Abhiyan (Clean India Mission) and Sustainable Development Goals	95
2018-2019	Outreach Activity on Rebuild Kerala- Mass Online Survey and Volunteer in various Flood Relief Activities in Kadamakudy Panchayat, Ernakulam district.	11-09-2018 to 14-09-2018	Aligns with various National Priority programmes in India, including Disaster management, Swachh Bharat Abhiyan, Digital India, Sustainable Development Goals, Community Engagement, and State-Specific Initiatives.	95
2018-2019	Yoga Training for Student Teachers	18-09-2018 & 19-09-2018	In support of India's 'Yoga for Health and Wellness' Initiative under the Fit India Movement."	107
2018-2019	Outreach Programme: Setting Up Herbal Garden	05-10-2018	In Support of India's Swachh Bharat Abhiyan (Clean India Mission) and Environmental Sustainability	30
2018-2019	Outreach Activity for the Flood affected People at Kuttanad: Collecting and Distributing Clothes for Flood Victims	28-11-2018	Aligns with National and State-Level Disaster Management Efforts in India.	98
2018-2019	Promoting Inclusivity and Empathy: Josephites Interaction with Transgenders	21-12-2018	Allign with India's National Priority Programme for Gender Sensitivity, Social Inclusion and Gender Equality	138



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# ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

(Affiliated to Mahatma Gandhi University, Kottayam)

**Recognised by NCTE**

## DECLARATION

Year	Name of the Activity	Date/s	Nature of Activity	Number of students participated
2018-2019	Outreach Programme for Protecting Mangalavanam and Collection of Plastic Bottles from there.	13-02-2019	In Support of India's Swachh Bharat Abhiyan (Clean India Mission) and Environmental Sustainability	33
2018-2019	Outreach Programme : Collection of Plastic Bottles from Road side along Police Headquarters, Menaka Junction.	13-02-2019	In Support of India's Swachh Bharat Abhiyan (Clean India Mission) and Environmental Sustainability	32
2018-2019	Outreach Programme : Collection of Plastic Bottles from Road side along Marine Drive Kochi	13-02-2019	In Support of India's Swachh Bharat Abhiyan (Clean India Mission) and Environmental Sustainability	33



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

## World Environment Day Celebration, 2022

<b>Name of the Event</b>	World Environment Day Celebration, 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To generate and raise awareness regarding environmental problems and conservation of environment</li> <li>2. To promote environment friendly practices among people and thereby promote environment protection</li> <li>3. To promote sustainable development practices</li> </ol>
<b>Details of Event Coordinators</b>	Nature Club St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	06/06/2022
<b>Time</b>	9.10 AM – 1.10 PM
<b>Duration</b>	4 hours
<b>Beneficiaries</b>	Student teachers- 190, Faculty- 17
<b>Event Venue</b>	College Auditorium St. Joseph College of Teacher Education for Women, Ernakulam

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## World Environment Day Celebration, 2022

### Programme Report

The Nature club of St. Joseph College of Teacher Education for Women, Ernakulam organized world Environment day celebration, 2022 on 6<sup>th</sup> June 2022 from 9.10 AM to 1.10 PM at the college auditorium. The entire celebratory event was organized by the members of the Nature Club under the guidance of faculty coordinators, Dr. Soya Mathew, Assistant professor in Education and Dr. Rachel George, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The event was organized aiming at raising awareness regarding environmental problems and conservation of environment and to promote environment friendly and sustainable development practices among people and thereby promote environment protection. All the faculty members, first year and second year student teachers of B Ed programme participated in the celebration.

The world Environment day celebration, 2022 started exactly at 9.10 AM after the general assembly on the day. After the prayer, Ms. Divyamol P.D, first year student teacher from Social Science optional delivered the welcome address for the event. She warmly welcomed all of the participants to the event. The welcome address was succeeded by a presentation by Ms. Raveena K Ramesh, First year B Ed student teacher from Physical Science optional. The presentation was based on the importance of environment day and the increasing need for protecting the environment. The presentation aimed at raising awareness regarding the environmental problems and to promote environment friendly practices thereby protecting the environment. The presentation highlighted the impact of human activities on nature disrupting its stability and sustainability. The presentation denoted that human being are the primary cause many environmental problems including air, water and soil pollution, soil erosion and climate change. As a result of many manmade activities like excess vehicle exhausts, chemical gas releases, release of solid wastes and industrial wastes to rivers, lakes etc., deforestation, and combustion of plastic wastes, the environment is being polluted in different ways. The food produced nowadays are filled with chemicals than nutrition. Crops and vegetables are becoming dangerous to a healthy life since they are being produced with the use of highly dangerous chemicals and pesticides leading to many serious diseases among people. In reality, human beings are endangering their own lives by destroying the ecosystem. The video also pointed out that people are losing human values, in fact,





they have stopped caring about their fellow beings, the environment in which they live and the future generations to come. The human beings, in the name of development, is destroying mother earth in such a way that restoration of the natural stability of the environment becomes extremely difficult. The presentation was really informative for the participants. The presentation was succeeded by a quiz competition based on environment day via Google forms. The Google form questionnaire link was shared among the student teachers and a duration of 10 minutes were given for completing the quiz. All the student teachers participated actively in the competition. The quiz competition was succeeded by another competition namely 'Best out of Waste' in which the student teachers should prepare something creative and useful using waste materials. The competition was held optional wise. Every optional participated in the competition.

After the 'Best out of Waste' competition, Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam delivered the presidential address for the programme. Dr. Alice Joseph enunciated the importance of preserving the environment in which we live. She reminded all of her student teachers to be aware and careful of how their actions impact the environment and encouraged them to be responsible individuals and protect their own environment. After the presidential address, Dr. Alice Joseph distributed saplings of different fruits like mango, guava, rambutan, custard apple etc. to each optional leaders for planting the sapling and protecting it as their class plant. After that, Dr. Alice Joseph along with the student representatives of different optionals planted saplings in the ground and watered them. All of the student representatives pledged to look after the trees they have planted. With that, the environment day celebration for the year 2022 winded up at 1.10 PM.

On the next day of the environment day celebration, i.e., on 7<sup>th</sup> June 2022, the results of the competitions were announced and prizes were distributed for the winners by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. For the Quiz competition, the first prize was secured by Ms. Aparna Raveendran, second year student teacher from Social Science optional. The second prize for the competition was shared between Ms. Vismaya Mohanan, second year student teacher from Malayalam optional and Ms. Mary Rinu K.F, first year student teacher from Social Science optional. For the 'Best out of Waste' competition in which all of the different optionals participated, the Natural Science optional won the competition.



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The entire environment day celebratory event was productive and informative for the participants. The event turned out to be successful in achieving its objectives. It could help student teachers understand and raise their awareness regarding environmental problems and could promote environment friendly practices like planting trees and thereby encourage student teachers to protect the environment in which they live.

## World Environment Day Celebration, 2022

### Photo Gallery



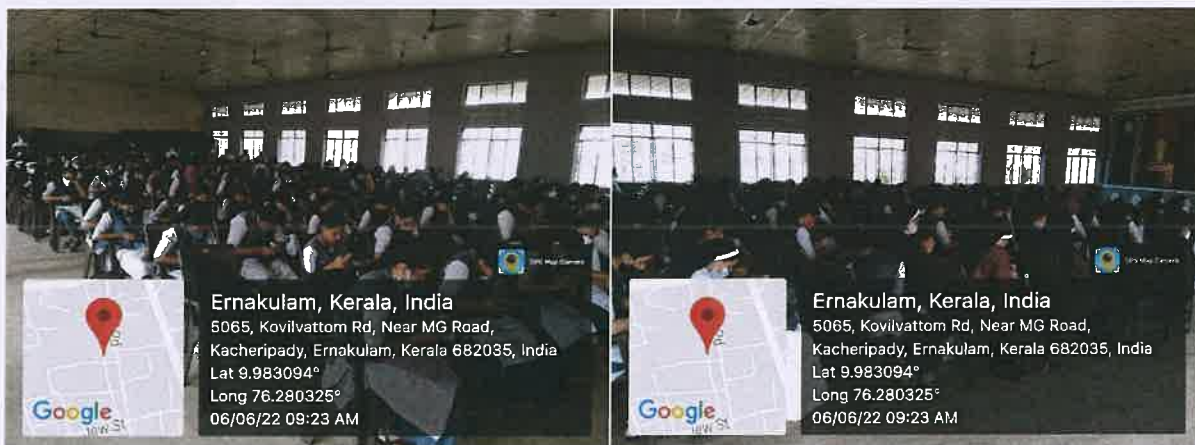
Event posters for the World Environment Day 2022 and the quiz competition conducted as part of it on 6<sup>th</sup> June 2022 at St. Joseph College of Teacher Education for Women, Ernakulam

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**Ms. Raveena K Ramesh, First year B Ed student teacher from Physical Science optional presenting on the significance of environment day during the world environment day celebration, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam**



**B Ed student teachers participating in the quiz competition conducted via Google Forms during the world environment day celebration, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam**

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The creative and useful works done by student teachers representing their optional for the 'Best out of Waste' competition conducted optional wise during the world environment day celebration, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam

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**Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam planting and watering sapling in the college ground as a gesture of protecting the environment during the world environment day celebration, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam**



**Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam distributing saplings to the student representatives of each optional for planting and protecting the sapling as a class plant during the world environment day celebration, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam**

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**Student representatives of each optional planting the sapling and promising to look after the plant as a gesture of protecting the environment during the world environment day celebration, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam**

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Principal in Charge  
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## World Environment Day Celebration, 2022

### Programme Details

<b>Name of the Event</b>	World Environment Day Celebration, 2022
<b>Date</b>	06/06/2022
<b>Time</b>	9.10 AM – 1.10 PM
<b>Duration</b>	4 hours
<b>Beneficiaries</b>	Student teachers- 190, Faculty- 17
<b>Event Venue</b>	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	Ms. Anu Cleetus	Assistant Professor (Education)
3	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
4	Ms. Aswathy D.V	Assistant Professor (M Ed Faculty)
5	Dr. Betty P.J	Assistant Professor (Mathematics Education)
6	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
7	Dr. Ceby George	Assistant Professor (Physical Science Education)
8	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)
9	Dr. Rachel George M	Associate Professor (Natural Science Education)
10	Dr. Siji John	Assistant Professor (Social Science Education)
11	Dr. Joby Joy Kurian	Assistant Professor (Mathematics Education)
12	Dr. Marin Jose	Assistant Professor (English Education)



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13	Ms. Sheeba A.S	Assistant Professor (M Ed Faculty)
14	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
15	Dr. Smitha Jose	Assistant Professor (Education)
16	Dr. Soya Mathew	Assistant Professor (Education)
17	Ms. Rosy Tintu M P	Assistant Professor (Physical Science Education)

## Students list:

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



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21	Divya Rajan	2021-2023 Batch (B Ed. Malayalam)
22	Jayalakshmi Jayakumar	2021-2023 Batch (B Ed. Malayalam)
23	Jobitha Joy	2021-2023 Batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 Batch (B Ed. Malayalam)
25	Mary Amala R.	2021-2023 Batch (B Ed. Malayalam)
26	Nitha Alfred	2021-2023 Batch (B Ed. Malayalam)
27	Pranaya P M	2021-2023 Batch (B Ed. Malayalam)
28	Anisha T	2021-2023 Batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 Batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 Batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 Batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 Batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 Batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 Batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 Batch (B Ed. Mathematics)
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)
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)
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)
99	Aagi Tom	2020-2022 batch (B Ed. English)
100	Alina Celine Lancy	2020-2022 batch (B Ed. English)
101	Anna Susan Jacob	2020-2022 batch (B Ed. English)
102	Arunima K Shaji	2020-2022 batch (B Ed. English)
103	Arya Balachandran	2020-2022 batch (B Ed. English)
104	Arya C S	2020-2022 batch (B Ed. English)
105	Athira C S	2020-2022 batch (B Ed. English)
106	Dona Mariya Thomas	2020-2022 batch (B Ed. English)
107	Josna Joy	2020-2022 batch (B Ed. English)
108	Kavya Joseph	2020-2022 batch (B Ed. English)
109	Mariatta D Kappan	2020-2022 batch (B Ed. English)
110	Melvin Daniel	2020-2022 batch (B Ed. English)



111	Parvathy V	2020-2022 batch (B Ed. English)
112	Rinju Jolly	2020-2022 batch (B Ed. English)
113	Sania Varghese	2020-2022 batch (B Ed. English)
114	Sneha Joseph	2020-2022 batch (B Ed. English)
115	Sreelekha R	2020-2022 batch (B Ed. English)
116	Abhirami Soman	2020-2022 batch (B Ed. Malayalam)
117	Aleena Roy	2020-2022 batch (B Ed. Malayalam)
118	Amitha James	2020-2022 batch (B Ed. Malayalam)
119	Anakha K S	2020-2022 batch (B Ed. Malayalam)
120	Anjana Narayanan	2020-2022 batch (B Ed. Malayalam)
121	Athira Babu	2020-2022 batch (B Ed. Malayalam)
122	Athira Raju	2020-2022 batch (B Ed. Malayalam)
123	Athira Sabu	2020-2022 batch (B Ed. Malayalam)
124	Blessy Babu	2020-2022 batch (B Ed. Malayalam)
125	Bobina Antony	2020-2022 batch (B Ed. Malayalam)
126	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)
127	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
128	Salini K B	2020-2022 batch (B Ed. Malayalam)
129	Shilpa Stanly	2020-2022 batch (B Ed. Malayalam)
130	Vismaya Mohanan	2020-2022 batch (B Ed. Malayalam)
131	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
132	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
133	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
134	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
135	Cris Francis	2020-2022 batch (B Ed. Mathematics)
136	Elizabeth Maria Babu	2020-2022 batch (B Ed. Mathematics)
137	Fathemath Sahadiya	2020-2022 batch (B Ed. Mathematics)
138	Jisna Mary P.J	2020-2022 batch (B Ed. Mathematics)
139	Lilly Riya	2020-2022 batch (B Ed. Mathematics)
140	Meera R	2020-2022 batch (B Ed. Mathematics)



141	Megha T.M	2020-2022 batch (B Ed. Mathematics)
142	Merin Johny	2020-2022 batch (B Ed. Mathematics)
143	Nikhila Baby	2020-2022 batch (B Ed. Mathematics)
144	Soumya Murugan	2020-2022 batch (B Ed. Mathematics)
145	Sumayya H E	2020-2022 batch (B Ed. Mathematics)
146	Aneetta Joy	2020-2022 batch (B Ed. Physical Science)
147	Anju Abraham P	2020-2022 batch (B Ed. Physical Science)
148	Aparna S	2020-2022 batch (B Ed. Physical Science)
149	Arya M A	2020-2022 batch (B Ed. Physical Science)
150	Athira Anil	2020-2022 batch (B Ed. Physical Science)
151	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science)
152	Lida Mathew	2020-2022 batch (B Ed. Physical Science)
153	Mariya Deepthy	2020-2022 batch (B Ed. Physical Science)
154	Neethu P D	2020-2022 batch (B Ed. Physical Science)
155	Reshma S Babu	2020-2022 batch (B Ed. Physical Science)
156	Stella Avirappatt	2020-2022 batch (B Ed. Physical Science)
157	Anitta Sheen Theresa	2020-2022 batch (B Ed. Natural Science)
158	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
159	Anju A	2020-2022 batch (B Ed. Natural Science)
160	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
161	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
162	Fathima Beevi A I	2020-2022 batch (B Ed. Natural Science)
163	Jinu Anna Varghese	2020-2022 batch (B Ed. Natural Science)
164	Krishna M K	2020-2022 batch (B Ed. Natural Science)
165	Krishna Murali	2020-2022 batch (B Ed. Natural Science)
166	Nandini Sagar	2020-2022 batch (B Ed. Natural Science)
167	Nausheen N	2020-2022 batch (B Ed. Natural Science)
168	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
169	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
170	Shereena G	2020-2022 batch (B Ed. Natural Science)



171	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
172	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
173	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
174	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
175	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
176	Ans Jose	2020-2022 batch (B Ed. Social Science)
177	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
178	Asha Joseph	2020-2022 batch (B Ed. Social Science)
179	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
180	Aswathi .P	2020-2022 batch (B Ed. Social Science)
181	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
182	Liya Thomas	2020-2022 batch (B Ed. Social Science)
183	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
184	Meera Mathew	2020-2022 batch (B Ed. Social Science)
185	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
186	Olivia Tresa A A	2020-2022 batch (B Ed. Social Science)
187	Revathy N	2020-2022 batch (B Ed. Social Science)
188	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
189	Sreejitha A K	2020-2022 batch (B Ed. Social Science)
190	Tency Davis	2020-2022 batch (B Ed. Social Science)

*Alice Joseph*

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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)

## 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 was 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:

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





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



എറണാകുളം സെന്റ് മേരീസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ നിയുക്തരായി വിദ്യാർത്ഥിനികൾ മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടച്ചു.

**മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടച്ചു**

കൊച്ചി: എറണാകുളം നഗരത്തിലെ പച്ചമുളച്ചത്തായ മംഗളവനത്തിൽ വിദ്യാർത്ഥിനികൾ കണ്ടൽചെടികൾ നടച്ചു. എറണാകുളം സെന്റ് മേരീസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷനിലെ വിദ്യാർത്ഥിനികൾ ആണ് കണ്ടൽ ചെടികൾ നടച്ചത്. എറണാകുളം നഗരത്തിൽ കണ്ടൽ ചെടികൾ നടച്ചു. കോളേജിൽ നടക്കുന്ന പ്രകൃതി പഠനപ്രോഗ്രാമിന്റെ ഭാഗമായി നടന്ന കണ്ടൽചെടികൾ നടച്ചു എന്ന പരിപാടിയാണ് മംഗളവനത്തിൽ വിദ്യാർത്ഥിനികൾ മംഗളവനം സന്ദർശിച്ച് കണ്ടൽചെടികൾ നടച്ചത്. കണ്ടൽചെടികൾ കൃഷിയിൽ കൂട്ടായ്മയോടെയും കോളേജ് പ്രിൻസിപ്പൽ സിബിൾ ഡോ.ആനീസ് മേരീസ്, ഡ്രോയിംഗ് ഓഫീസറുടെ സഹായം വിദ്യാർത്ഥിനികൾ മംഗളവനം സന്ദർശിച്ച് കണ്ടൽചെടികൾ നടച്ചത്. കണ്ടൽചെടികൾ കൃഷിയിൽ കൂട്ടായ്മയോടെയും കോളേജ് പ്രിൻസിപ്പൽ സിബിൾ ഡോ.ആനീസ് മേരീസ്, ഡ്രോയിംഗ് ഓഫീസറുടെ സഹായം വിദ്യാർത്ഥിനികൾ മംഗളവനം സന്ദർശിച്ച് കണ്ടൽചെടികൾ നടച്ചത്.

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.

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



## Newspaper report on the activity



## 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
11	Mariatta D Kappan	English
12	Melvin Daniel	English
13	Parvathy V	English



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14	Rinju Jolly	English
15	Sania Varghese	English
16	Sneha Joseph	English
17	Sreelekha R	English
18	Abhirami Soman	Malayalam
19	Aleena Roy	Malayalam
20	Amitha James	Malayalam
21	Anakha K S	Malayalam
22	Anjana Narayanan	Malayalam
23	Athira Babu	Malayalam
24	Athira Raju	Malayalam
25	Athira Sabu	Malayalam
26	Blessy Babu	Malayalam
27	Bobina Antony	Malayalam
28	Catherine Varghese	Malayalam
29	Mayamol Thomas	Malayalam
30	Salini K B	Malayalam
31	Shilpa Stanly	Malayalam
32	Vismaya Mohanan	Malayalam
33	Alvina Carmel	Mathematics
34	Amala Sajeev	Mathematics
35	Aneesha Mohan	Mathematics
36	Anitta Sunny	Mathematics
37	Cris Francis	Mathematics
38	Elizabeth Maria Babu	Mathematics
39	Fathemath Sahadiya	Mathematics
40	Jisna Mary P J	Mathematics
41	Lia Rose Tomson	Mathematics
42	Lilly Riya	Mathematics
43	Meera R	Mathematics
44	Megha T.M	Mathematics
45	Merin Johny	Mathematics
46	Nikhila Baby	Mathematics
47	Soumya Murugan	Mathematics
48	Sumayya H E	Mathematics
49	Aneetta Joy	Physical Sciences
50	Anju Abraham P	Physical Sciences
51	Aparna S	Physical Sciences
52	Arya M A	Physical Sciences
53	Athira Anil	Physical Sciences
54	Chandrika C R Sharma	Physical Sciences
55	Christeena John	Physical Sciences
56	Deniya Stanly	Physical Sciences



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

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Paper Bag Making and Distribution:

### A College Outreach Initiative for Plastic Reduction

Date: 23-06-2022

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

#### Introduction:

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

#### Activity Details:

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

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

##### Group Participation:

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

##### Distribution Plan:

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

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

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

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

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

### Conclusion:

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

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



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

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 Ernakulam





## List of Participants

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

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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
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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)

## Celebration of Azadi ka Amrit Mahotsav, 2022

<b>Name of the Event</b>	Celebration of Azadi ka Amrit Mahotsav, 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To honor India's independence struggle and freedom fighters</li> <li>2. To commemorate and celebrate India's 75 years of Independence and its remarkable history</li> <li>3. To boost people's movements by concentrating on critical areas of social and cultural development</li> </ol>
<b>Details of Event Coordinators</b>	Dr. Siji John Assistant Professor (Social Science Education) St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	16/08/2022
<b>Time</b>	9.00 AM – 1.00 PM
<b>Duration</b>	4 hours
<b>Beneficiaries</b>	Student teachers- 23, Faculty- 1
<b>Event Venue</b>	St. Joseph College of Teacher Education for Women, Ernakulam

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## Celebration of Azadi ka Amrit Mahotsav, 2022

### Programme Report

The Independence is celebrated nationwide every year in order to make the citizens to commemorate the struggles, courage and the bravery exhibited by the tenacious patriots and freedom fighters of India. The day serves to remind people of all the values, colorful history, pride, diversity, cultural richness and landscapes of which citizens of India should all be very proud to call mother country. Independence Day is also the day on which people remember and honor the selfless sacrifices made by our freedom fighters. who fought vigilantly and with a high sense of patriotism to free the nation from the British rule. The Azadi Ka Amrit Mahotsav is a sequence of events organized by the Government of India to honor India's 75th year of independence and its legendary history. This grant celebration is dedicated to those people who have contributed significantly for the evolutionary progress of India. The phrase "Azadi ka Amrit Mahotsav" alludes to the pinnacle of India's political, economic and sociocultural progress. The Azadi Ka Amrit Mahotsav was launched in the year 2021 and it will end post a year on 15<sup>th</sup> August 2023.

St. Joseph College of Teacher Education for Women, Ernakulam organized celebration of Azadi ka Amrit Mahotsav on 16<sup>th</sup> August 2022 from 9.00 AM to 1.00 PM in the college. The event was celebrated with the aim of commemorating India's 75 years of independence and to honor the nation's independence struggle and freedom fighters. The celebratory event was coordinated by Dr. Siji John, Assistant professor in Social Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The beneficiaries of the celebration were B. Ed and M. Ed student teachers from 2021-2023 batch and 2020-2022 batch respectively.

The celebration of Azadi ka Amrit Mahotsav, 2022 started exactly at 9.00 AM at St. Joseph College of Teacher Education for Women, Ernakulam. The celebration was planned and organized as per the instructions received by the college from the Higher Education Department. The college has received a letter from the Higher Education Department with reference to the celebration of Azadi ka Amrit Mahotsav for which the college was requested to conduct events or programmes by focusing on the themes as per the schedule. As per the instructions, St. Joseph College of Teacher Education for Women, Ernakulam organized and carried out wall painting based on the theme of independence. Student teachers and student educators from various optionals participated in the wall painting event and made it vibrant and fruitful. A tribute to the freedom struggle and freedom fighters were the theme focused by the college for the wall painting. The painting was completed by 1.00 PM with the mesmerizing depiction of fighting soldiers and the rich culture of India.

The entire celebration of Azadi ka Amrit Mahotsav, 2022 was indeed a fruitful and productive celebration for the student teachers. It could enhance their creative and artistic skills and also

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helped develop a sense of patriotism in them. It could enhance the knowledge of student teachers regarding the legendary history of their nation.

### Celebration of Azadi ka Amrit Mahotsav, 2022

#### Photo Gallery



Student teachers from St. Joseph College of Teacher Education for Women, Ernakulam engaged in wall painting as part of celebrating Azadi ka Amrit Mahotsav, 2022



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## Celebration of Azadi ka Amrit Mahotsav, 2022

### Programme Details

<b>Name of the Event</b>	Celebration of Azadi ka Amrit Mahotsav, 2022
<b>Date</b>	16/08/2022
<b>Time</b>	9.00 AM – 1.00 PM
<b>Duration</b>	4 hours
<b>Beneficiaries</b>	Student teachers- 23, Faculty- 1
<b>Event Venue</b>	St. Joseph College of Teacher Education for Women, Ernakulam

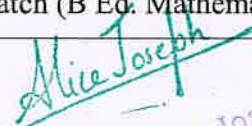
### List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Siji John	Assistant Professor (Social Science Education)

Students list:

Sl. No	Name	Batch
1	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
2	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
3	Liya Baby	2021-2023 batch (B Ed. Malayalam)
4	Pranaya P.M	2021-2023 batch (B Ed. Malayalam)
5	Sneha M.M	2021-2023 batch (B Ed. Malayalam)
6	Gurumahima M V	2021-2023 batch (B Ed. English)
7	Sandra Joy	2021-2023 batch (B Ed. English)
8	Pratibha S	2021-2023 batch (B Ed. English)
9	Parvathy M	2021-2023 batch (B Ed. Mathematics)
10	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)

  
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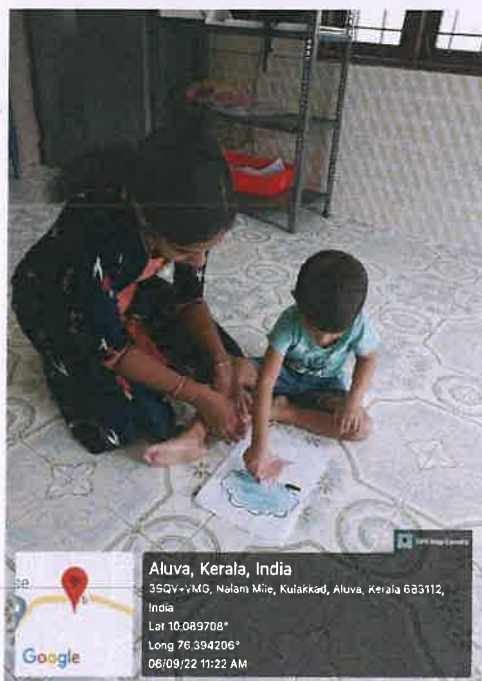
Sl. No	Name	Batch
11	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
12	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
13	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
14	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
15	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
16	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
17	Shalini P S	2021-2023 batch (B Ed. Natural Science)
18	Mary Rinu K.F	2021-2023 batch (B Ed. Social Science)
19	Minu Joy	2021-2023 batch (B Ed. Social Science)
20	Josephine Sharel Lopez	2020-2022 batch (M Ed. Social Science)
21	Naseeha Nazeer	2020-2022 batch (M Ed. Mathematics)
22	Lini John	2020-2022 batch (M Ed. Science)
23	Sharel Jazrael Alwin	2020-2022 batch (M Ed.)

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## Outreach Programme at Anganwadi, Edathala Grama panchayat, Aluva

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



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## St. Joseph College of Teacher Education for Women

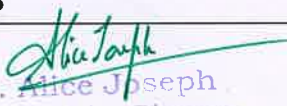
Ernakulam



### Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Name of the Event	Class on basic hygiene practices at Anganavadi, Kadamattom
Objectives	<ol style="list-style-type: none"> <li>1. To give an awareness about basic hygiene practices among children in the age group of 3 to 6 years</li> <li>2. To help children to develop good hygiene habits</li> </ol>
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 gave 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 came to an end 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

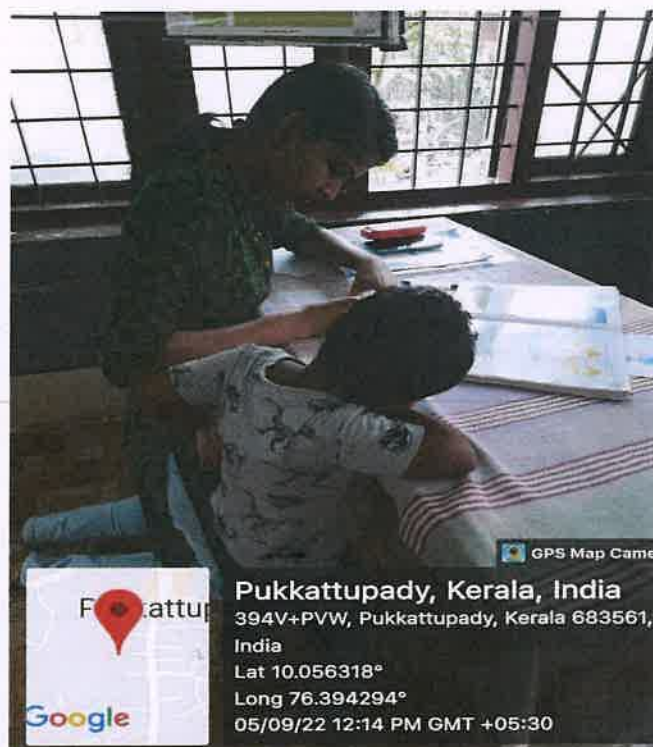
Name of the Event	Class on basic hygiene practices
Name of Resource person	Keerthana M.S
Venue	Anganavadi centre, Kadamattom Ward 7 ,Ikkaranadu Grama Panchayth
Date	6 September 2022
Time	10.30 am to 11.30 am
Duration	1 hour
Beneficiaries	Children in the age group of 3 to 6 years



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



### Cleaning and Setting Public Library

<b>Name of the Event</b>	Cleaning and setting public library
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To create a clean and hygienic space for readers.</li> <li>2. To prevent damage caused by improper storage.</li> <li>3. To promote accessibility</li> <li>4. To foster sense of respect for the learning environment and promote a positive attitude toward education.</li> <li>5. To inculcate responsibility and respect for shared spaces.</li> </ol>
<b>Details of the student teacher</b>	Allan Francis Natural Science optional 2 <sup>nd</sup> year St. Joseph College of Teacher Education for Women Ernakulam
<b>Date</b>	07 September 2022
<b>Time</b>	2 pm to 3 pm
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	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 7<sup>th</sup> 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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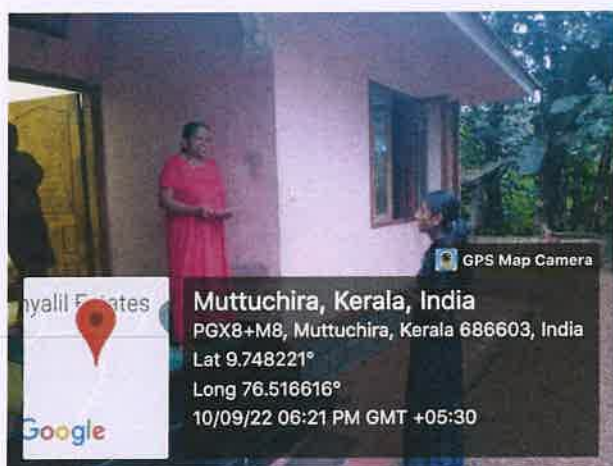


## Dengue Fever Awareness Campaign at Manjoor panchayat, Kottayam

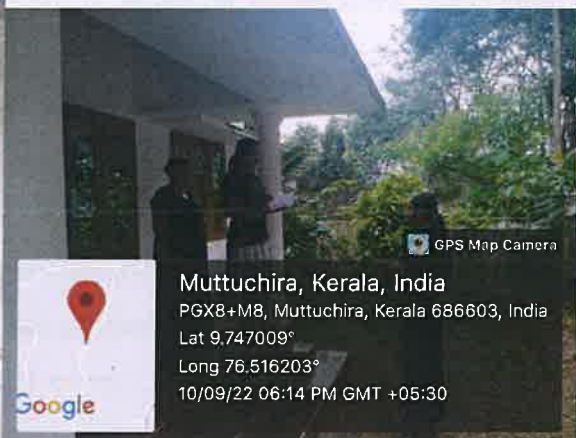
Submitted by: **Rose Maria John**

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

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



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

Submitted By Sona Paul

Dated: 11-09-2022

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

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



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



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



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## Outreach Programme: Awareness on Dengue fever : at Eramam, Mupathadam, 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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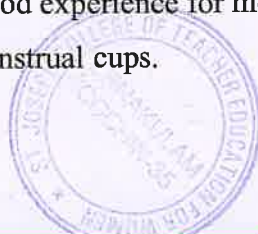


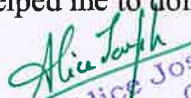
## Awareness Regarding the Use of Menstrual Cup

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

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

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



  
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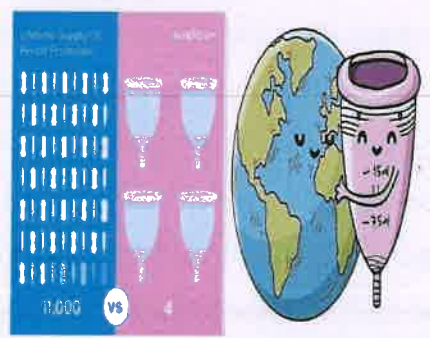
# An Awareness regarding the use of menstrual cups

## Photo gallery



### Menstrual cup

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



500-800 years for decomposition






# 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

<b>Name of the Event</b>	Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To understand and learn about the intellectual development of differently abled students at Different Art Centre</li> <li>2. To understand the basic functionalities of learning such as reading, writing, simple Mathematics, language development, simple matching exercises, puzzle exercises, simple sequences and attention through sound as well as behavioral coaching</li> <li>3. To observe and learn how to enhance abilities of differently abled children to engage with peers and society and thereby contribute to ensure their smooth passage into the mainstream of the society</li> </ol>
<b>Details of Event</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Coordinators</b>	
<b>Date</b>	14/09/2022
<b>Time</b>	10.00 AM – 9.00 PM
<b>Duration</b>	11 hours
<b>Beneficiaries</b>	Teacher Educands- 9, Teacher Educators- 2
<b>Event Venue</b>	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 14<sup>th</sup> 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 14<sup>th</sup> 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 7<sup>th</sup> 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 9<sup>th</sup> September 2019, Smt. Lakshmi Gopalswamy and Justice (Rtd.) B. Kemal Pasha opened the centre. The centre has exquisite architecture that is reminiscent of vintage performance halls. The students really put forward some mesmerizing performances in front of the audience. The teacher educands showed immense love and respect towards those talents through big round of applause and appreciations. The next visit was at Camille Cascade. It is mesmerizing with waterfall, rocks and greenery. Camille Cascade is the platform for cinema production and its allied works. It is the venue where specially abled artists work on all facets of film creation, including directing, acting, editing, composing, cinematography, coordinating, production, etc. Veteran film director Sri. Kamal and actor Sri. Madhu gave the centre its official opening. The centre received much appreciation from the audience and the film demanded the audience's involvement too. It was an amazing experience for the teacher educands to watch the differently abled children are doing the camera work, editing,





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

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

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



for compassion and care for these children. Sri. P. Sreeramakrishnan, President of the Kerala State Legislative Assembly, officially opened the centre on 7<sup>th</sup> 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 14<sup>th</sup> 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 14<sup>th</sup> 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 Artee in Different Art Centre at Trivandrum



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

### Programme Details

<b>Name of the Event</b>	Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022
<b>Date</b>	14/09/2022
<b>Time</b>	10.00 AM – 9.00 PM
<b>Duration</b>	11 hours
<b>Beneficiaries</b>	Teacher Educands- 9, Teacher Educators- 2
<b>Event Venue</b>	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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**St. Joseph College of Teacher Education for Women, Ernakulam**

**SWACHH PARIYAVARAN**

<b>Name of the Event</b>	Swachh Pariyavaran
<b>Objectives</b>	<p>1. To help the student teacher educators and student teachers to have a sense of awareness and responsibility to keep our home and common areas safe and clean.</p> <p>2. To emphasize on the fact that clean mind and body reside in clean environment.</p> <p>3. Encourage people to effectively handle the waste.</p>
<b>Details of Guest</b>	<p>Sri. Hibi Eden , Hon'ble Member of Parliament</p> <p>Mr. Manu, Councillor Ward 67</p>
<b>Date</b>	11/10/2022
<b>Time</b>	9:30 AM
<b>Duration</b>	Half day
<b>Beneficiaries</b>	Society
<b>Venue</b>	Vanchi Square, High Court Junction, Ernakulam



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## Swachh Pariyavaran

### Programme Report

As part of the Swachh Bharath campaign 'Swachh Pariyavaran' programme was organized by IQAC of St. Joseph College of Teacher Education for Women, Ernakulam was conducted on 11<sup>th</sup> October 2022 from 9:30 am to 12:30 pm at Vanchi Square High Court Junction, Ernakulam. The chief guest invited for the programme were Sri Hibi Eden, Hon'ble Member of Parliament and Mr. Manu, Councillor Ward 67. The chief guest Sri Hibi Eden welcomed by Rev. Sr. Luci Maria, Provincial Councillor of Vimala Province. Mr. Manu ward member was welcomed by the head of our Institution Rev. Sr. Dr. Alice Joseph. The programme began with a silent prayer. Vice principal Rev. Sr. Dr. Betty P.J welcomed the chief guest and participants. The presidential address was delivered by Sr. Luci Maria by quoting "Cleanliness is godliness". She mentioned the importance of inculcating cleanliness among student teachers. Swachh Priyavaran Campaign was inaugurated by Sri. Hibi Eden Member of Parliament. He first and foremost congratulated all the members who took initiative for this cleanliness drive. He shared the thoughts about the importance of cleanliness. And appreciated for using cloth banners for the campaign. Later ward member Mr. Manu , felicitated the gathering. The official inaugural function was came to an end with the vote of thanks by Mrs. Sheeba A.S , programme coordinator and faculty of M.ed department.

The participants were divided into seven groups and allocated different areas near High Court Junction. Each group were guided by health inspectors and corporation employees.

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- Health Inspectors : Sri. Madhu

Sri. Asif

- Corporation employees: Sri. Ajayan

- Sweepers : Smt. Koch Theresia

Smt. Valsa

Sri. Satheesh

Sri. Kannan

All the faculty members, non -teaching staff, student teachers and teacher educators actively participated in the campaign. The programme wined up by 12:30 pm. And the college provided food for all the participants.

## Swachh Pariyavaran

### PHOTO GALLERY



Welcoming the guest



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Programme starts at Vanchi Square, High Court Junction



Welcome speech by Dr. Betty P. J

Vice principal, St. Joseph College of Teacher Education for Women, Ernakulam



Presidential address by Sr. Luci Maria, Provincial Councillor of Vimala Province

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Inaugural address by Sri. Hibi Eden, Hon'ble Member of Parliament



Felicitation by Mr. Manu, Councillor Ward 67



Vote of thanks by Mrs. Sheeba A. S, Assistant Professor, M.Ed Department

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### 1. Broadway



### 2. Marine Drive

Vote of thanks by Mrs. Shreya A. Assistant Professor, M.Ed Department,  
 St. Joseph College of Teacher Education for Women, Ernakulam

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### 3. High Court Junction



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4. Thoppil Ln. Marine Drive

*Mica Joseph*  
 Dr. Mica Joseph  
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5. Banerji Rd, Marine Drive



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### 6. Lalan Tower High Court Junction



### 7. Church St. Marine Drive



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### 8. A- Falah Plaza Broadway North

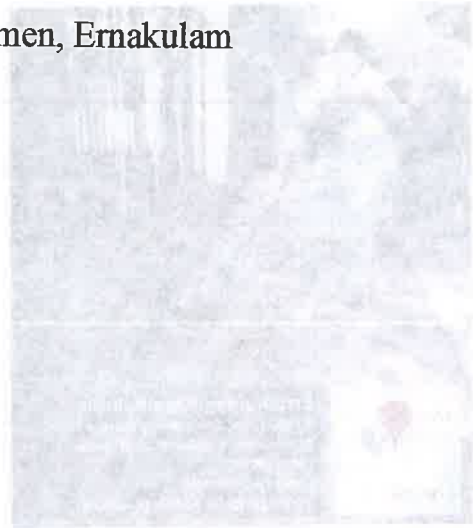


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8-A - Falah Plaza Broadway North



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## Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
1	Sreelakshmi Sudhakulan	B.Ed Social Science	
2	Anitta Johnson	"	
3	Reshma George	"	
4	Greetha Sivam	"	
5	Kiyanta Azabel	"	
6	Sneha.M	"	
7	Aswathy.k.s	"	
8	Riya James	"	
9	Arya P.K	"	
10	Sukrutha S. shreejy	BEd Social Science	
11	Nanditha C.	"	



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## Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
12.	chinchu K.H	BEd & Social science	
13.	Rasetha Naseer.	"	
14.	Bilby Thomas	M.Ed.	
15.	Elba Susan Kurian	"	
16	Birya Sakumar	"	
17	Stephy Mendez	"	
18	Saniya kurian	"	
19	Krishna T.D.	"	
20	Sajitha Meera B.M.	"	
21	Akhisha	"	
22	Deepa	"	



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## Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
23.	Devilka . P.S	B.Ed Social Science	<i>Devilka P.S.</i>
24	Ashma Thomas	B.Ed English	<i>Ashma</i>
25	Anagha Mary	B.Ed Social Science	<i>Anagha</i>
26	Jesna Joseph	B.Ed English	<i>Jesna J.</i>
27	Margret Benitta V.J	B-Ed English	<i>Margret</i>
28	Remya P.T	"	<i>Remya</i>
29	SUMALAKSHMI	B.ED SOCIAL SCIENCE	<i>K.M. Sumalakshmi</i>
30	SARAH MARIA	"	<i>Sarah Maria</i>
31	ANARGHA MARY	B.ED ENGLISH	<i>Anargha</i>
32	NIMMY ELIZABETH GEORGE	"	<i>Nimmy</i>
33	AMALU K	"	<i>Amalu</i>

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## Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
34	AKSHAYA T U	B.ED ENGLISH	
35	AKHILA M NAIR	B.ED ENGLISH	
36	Mini Mary	BED English	
37	Dona Marien	b.ed engg	
38	Neha Babu	"	
39	Anna Anannya	B.ED Natural Science	
40	Sneelakeshmi-N	BED Natural Science	
41	Sandra Soosan Aboj	BED Natural Science	
42	Maneesha SM	BED "	
43	Sreeshna M	BED "	
44	Mridula gerush.	BED "	

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## Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
45.	Sneha P.P	BEd Natural sciences	
46.	Anuradha A. Raj	BED Natural science	
47.	Ashna Joseph	B. Ed Nat. Sci	
48.	Aysha Beeri C.I	Natural -S	
49.	Jesmi Mohan	B. Ed Natural Science	
50	GLOPIKA AG	"	
51	FEMY MARINA JOSE	"	
52	ADELIN JOSEPH	"	
53	MEERA SANKAR	"	
54	MERIN K.S.	"	
55	ANN SARA V. ALIAS	Physical Science	

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Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
56	Amrutha .A Omanakulka	B. Ed Mathematics	
57	Indha . k	"	
58	Rosemoj - V.T	"	
59	SHARON ACHU ANISH	"	
60	VANDANA . K. P	"	
61	Nanditha J	" "	
62	Ashitha Benny	"	
63	Dhanya Joy	"	
64	SANDRA ANTONY	"	
65	Anju Paul .p	"	
66	APARNA SHAJI	"	

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## Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
67.	KABANI.S	B.Ed Mathematics	
68	EMILIYA MERIN	"	
69.	STELLA CATHERINE	"	
70)	Rose Mary Jose	B.Ed Physical science	
71)	Akhya Thomas	"	
72)	Sahala Najeem. A.A	"	
73	Toleesa Taniya .P.A.	"	
74	Diya.N.c	"	
75	DINSHA . M. SAJ)	"	
76	Ashna K J	"	
77	Mulhazina Muhammed Basheer	"	



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One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
78	Aswathy Aji .P	B.Ed Physical science	
79	Aiswarya Lakshmi .S	Physical Science	
80	Aiswarya .A.K	Physical science	
81	Arunima .C.H	"	
82	Jeena Elizabeth John	B.Ed English	
83	Anagha .R	B.Ed English	
84	Suathi .M	B.Ed English	
85	Jisca Martin	B.Ed Malayalam	
86	Vrinda Suresh	B.Ed Malayalam	
87	Ateena Stephen	B.Ed Malayalam	
88	Treasa Tojan	B.Ed Malayalam	



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Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
89	Aparna Jais	B. Ed Malayalam	<u>Aparna</u>
90	Akhila M. George	B. Ed Malayalam	<u>Akhila</u>
91	Kavyamol A. B	B. Ed Malayalam	<u>Kavyamol</u>
92	Lakshmi T. S.	"	<u>Lakshmi</u>
93	Archana VN	"	<u>Archana</u>
94	Shobakavga	"	<u>Shobakavga</u>
95	Abina K	"	<u>Abina</u>
96	Swathi. M	"	<u>Swathi</u>
97.	Pavithra	"	<u>Pavithra</u>
98.	Dilna. Biju	B. Ed Physical Scienu	<u>Dilna</u>
99.	Karthika. Ravendran.	"	<u>Karthika</u>



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Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
100	Rachel Berkumon	B.Ed English	
101	Dr. Joby Joy Kunnian	Assistant Professor on Mathematics Edn, SJTE	
102	Dr Josephine Joseph	Assistant Professor Physical Science Education	
103	Dr. Ceby George	Assistant Professor in physical Education	
104	ANU CLEETUS	POST. PROF. IN GEN EDUCATION	
105	Dr. Dini mol Jacob	Assistant Professor Natural Science Edn.	
106	Sheeba A-S	Assistant Professor M.Ed. Department	
107	Aswathy .D.V.	Assistant Professor M.Ed Dept	
108	Dr. Siji Tohm	Asst. Professors Social Sci.	
109	Soya Mathew	Asst. - Profum.	
110	Dr. Smitha Jose	Assistant Professor	



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Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

S. no	Name	Optional	Signature
111	Rosy Tintu M.P.	Assistant Professor Physical Science Education	
112	Dr. Belty P.J.	Associate professor Maths Edn.	
113	Dr. Marin Jose	Assistant Professor	
114	Dr. Bindu Joseph	Assistant Professor	
115	Reshmi R.K	Guest Lecturer.	
116	Jessy M.A	J/S (Junior Superintendent)	
117	Sujy Antony	Head Accountant	
118	Dr Alice Joseph	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)

## Yoga Workshop for B.Ed. Student Teachers

Date: 13-10-2022 to 14-10-2022

Objective: The yoga workshop conducted for student teachers at our college aimed to promote holistic well-being and equip future educators with stress management tools. The workshop focused on integrating yoga practices into daily life, fostering physical fitness, mental clarity, and emotional balance.

### 1. Introduction to Yoga:

- Overview of the history and philosophy of yoga.
- Explanation of the different paths of yoga (Hatha, Raja, Bhakti, Karma, Jnana).
- Emphasis on the holistic approach to health and well-being.

### 2. Basic Yoga Asanas:

- Demonstrations and hands-on practice of foundational yoga poses.
- Alignment principles to prevent injuries and maximize benefits.
- Breathing techniques (Pranayama) to enhance focus and relaxation.

### 3. Meditation and Mindfulness:

- Guided meditation sessions to promote mental clarity and concentration.
- Techniques for cultivating mindfulness in daily activities.
- Benefits of meditation in managing stress and enhancing overall well-being.

### 4. Yoga for Stress Management:

- Practical strategies for dealing with stress in the academic and professional spheres.
- Incorporating short yoga sessions into busy schedules.
- Importance of regular physical activity in reducing stress levels.

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### 5. Yoga for Classroom Integration:

- Exploration of ways to incorporate brief yoga breaks in the classroom.
- Adapting yoga techniques for different age groups and educational settings.
- Discussion on the potential benefits of yoga in creating a positive learning environment.

Conclusion: The yoga workshop for student teachers at our college was successful in introducing the participants to the principles and practices of yoga. By emphasizing its relevance to their roles as educators, the workshop aimed to contribute to the overall well-being of the student teachers and, consequently, to the positive learning environment in our institution.



#### List of Participants

Sl.No.	Name	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

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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
36.	Aparna Shaji	Mathematics Education
37.	Ashitha Benny	Mathematics Education
38.	Dhanya Joy	Mathematics Education
39.	Emilin K Thomas	Mathematics Education

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

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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
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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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Webinar on 'Cyber Hygiene', 2022

<b>Name of the Event</b>	Webinar on 'Cyber Hygiene', 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To generate awareness among student teachers and help them familiarize with the concept of cyber hygiene</li> <li>2. To educate student teachers about the need and importance of cyber hygiene</li> <li>3. To help student teachers to practice cyber hygiene</li> </ol>
<b>Details of Event Coordinators</b>	<p>Dr. Betty P.J Associate Professor (Mathematics Education) St. Joseph College of Teacher Education for Women, Ernakulam</p> <p>Dr. Smitha Jose Assistant Professor (Education) St. Joseph College of Teacher Education for Women, Ernakulam</p>
<b>Details of Resource Person</b>	<p>Mr. Christopher Avelino Mendes Director, L4, DLP and Technical Architect UBS</p>
<b>Date</b>	22/10/2022
<b>Time</b>	10.00 AM – 12.00 PM
<b>Duration</b>	2 hours
<b>Beneficiaries</b>	Student teachers- 92 , Faculty- 2
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/oqb-hkqc-oup">https://meet.google.com/oqb-hkqc-oup</a>
<b>Google Forms Feedback Link</b>	<a href="https://docs.google.com/forms/d/e/1FAIpQLSdj0kzjd05QnCeFHxZvec7DyC0KVQWZNNTvj7rh_crN9RKznQ/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSdj0kzjd05QnCeFHxZvec7DyC0KVQWZNNTvj7rh_crN9RKznQ/viewform?usp=sf_link</a>

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## Webinar on 'Cyber Hygiene', 2022

### Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam conducted a webinar on 'Cyber Hygiene' on 22<sup>nd</sup> October 2022 from 10 AM to 12 PM via Google Meet. The webinar was organized and coordinated by faculty members, Dr. Betty P.J, Associate professor in Mathematics Education and Dr. Smitha Jose, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. The resource person for the webinar was Mr. Christopher Avelino Mendes, Director, L4, DLP and Technical Architect at UBS. The B Ed student teachers of 2022-2024 batch were the beneficiaries of the webinar programme. The webinar was conducted with a major objective to make aware the users of computers and other devices about the steps that they can take to improve their online security and maintain system health. A total of 92 student teachers participated in the webinar.

The webinar on 'Cyber Hygiene' started exactly at 10 AM via Google Meet. The webinar began with a prayer song by Ms. Emiliya Merin, student teacher from Mathematics optional. The prayer was succeeded by the welcome speech for the programme. The welcome speech was delivered by Ms. Emilin K Thomas, student teacher from Mathematics optional. Ms. Emilin K Thomas officially welcomed all of the participants to the webinar. After the welcome speech, the session was started by Mr. Christopher Avelino Mendez, the resource person for the day. Mr. Christopher Avelino Mendez enunciated the importance of practicing cyber hygiene and being aware of it. The resource person discussed about the human obsession with social networking and the pain of being violated. Throughout the webinar, the resource person covered definition of cyber hygiene, different types of cyber-attacks, its causes and careful measures to be taken while setting password etc. The steps and practices that computer and other device users take to preserve system health and increase online security are referred to as cyber hygiene. These procedures are classified as part of a regimen to protect identification and other data that could be exploited or compromised. The purpose of cyber hygienic practices is always to protect sensitive data and secure against theft or attack. Personal hygiene is analogous to this notion. People preserve their health by adopting preventative steps, such as brushing to prevent cavities and washing hands to prevent disease spread. By implementing preventive cyber hygiene practices, individuals and organizations may



preserve their health and avoid security breaches and other potential vulnerabilities. Cyber hygiene strives to keep hardware and software in good health and secure, protecting them from risks such as malware. Cyber hygiene, when practiced on a regular basis, helps to keep information private and confidential.

The webinar also covered the variety of cyber-attacks happening in the world includes identity theft, malware, hacking, scams, phishing attacks etc. Malware is a type of cyber-attack that is quite prevalent. Malware is a term that refers to malicious software viruses such as spyware, worms, adware, ransom ware and Trojans. The Trojan malware masquerades as legal software. Spyware is a software that exploits all of one's personal data without your awareness whereas Ransom ware prevents accessibility to the network's vital components. Adware is malware that shows advertising content on a user's screen, such as banners. Malware breaches networks by exploiting a vulnerability. When a user opens a harmful link, an email attachment is downloaded, or when an infected pen drive has been used. Phishing attacks represent one of the most common types of cyber-attacks. It is a version of a social engineering attack in which the attacker poses as a reputable source and sends the victim fraudulent emails. Without realizing it, the target opens the email and clicks the malicious mail attachment or link. As a result, attackers obtain access to sensitive information and login details. It is a type of attack in which a hacker cracks one's password using numerous password cracking programmes and tools such as Cain, John the Ripper, Aircrack, Abel, Hashcat, and many more. Password attacks can be in different forms including dictionary attacks, brute force attacks and key logger attacks. In case of a Denial-of-Service attack, attackers target servers, systems or networks and overflow them with traffic in order to deplete their bandwidth and resources. After discussing different kinds of cyber attacks, the resource person discussed about the careful measures to be taken as part of practicing cyber hygiene. Regularly changing password, using firewalls to prevent hacking, regularly updating applications and operating system, open mails from unknown and suspicious sources with caution, using a VPN, regularly backing up data, safeguarding mobiles and being aware of cyber security principles were some of the major measures to be taken while using system and other devices, discussed during the webinar. After the session, an interactive session with students were conducted and feedbacks were collected from them. After that, Ms. Sharon Achu Anish, student teacher from Mathematics optional delivered the vote of thanks for the webinar. The entire webinar wined up at 12 PM.



The webinar on 'Cyber Hygiene' turned out to be fruitful and informative for the student teachers. The webinar was successful in achieving its objectives. The student teachers could sensitize them with the concept, need and importance of cyber hygiene and the webinar could motivate the student teachers to practice cyber hygiene. The student teachers could apply the learned information in their field of profession.

### Webinar on 'Cyber Hygiene', 2022

#### Photo Gallery



**St. Joseph College of Teacher  
Education for Women, Ernakulam**

Organises

Webinar  
On



**Resource Person: Christopher Avelino Mendes**  
**Director, L4, DLP**  
**Technical Architect at UBS**

**Date: 22/10/2022**

**Time: 10.00A.M. | Platform: Google Meet**

Coordinators:

Dr. Betty P. J.

Dr. Smitha Jose

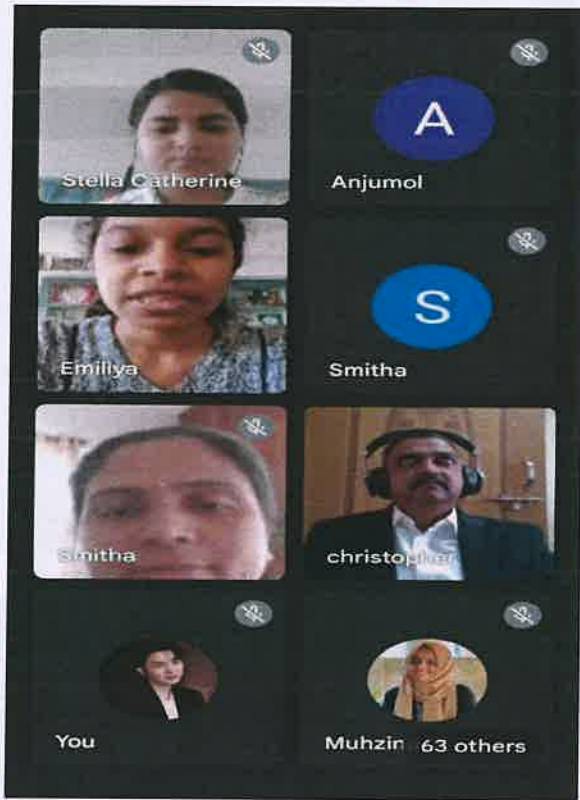
**Event poster for the webinar on 'Cyber Hygiene' conducted  
by St. Joseph College of Teacher Education for Women,  
Ernakulam for B Ed. student teachers via Google Meet**

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**Snippets from the webinar on 'Cyber Hygiene' conducted by St. Joseph College of Teacher Education for Women, Ernakulam for B Ed. student teachers via Google Meet**



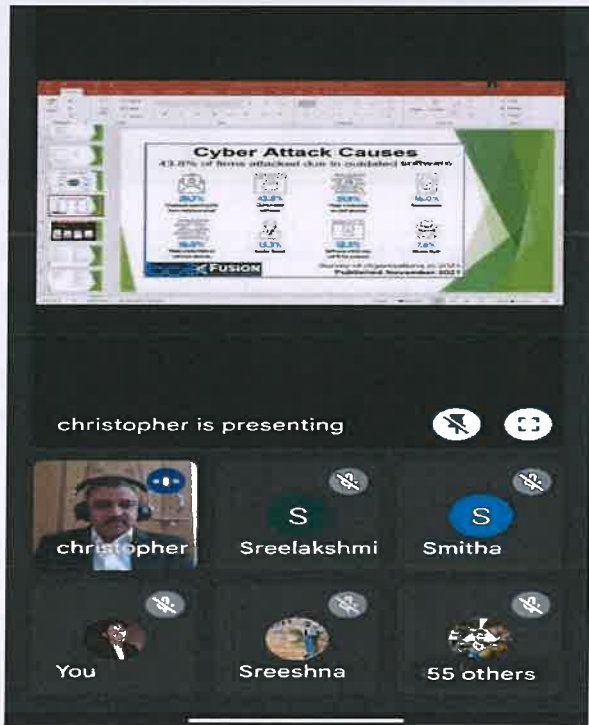
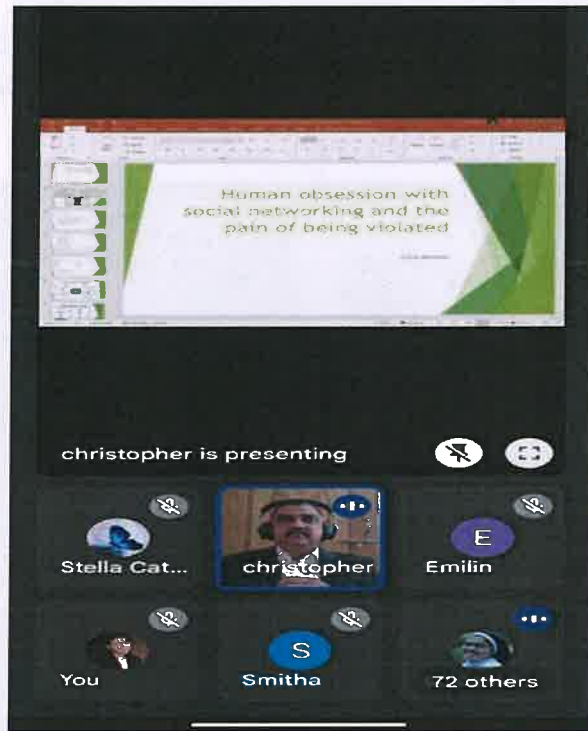
**Prayer song by Ms. Emiliya Merin, student teacher from Mathematics optional during the webinar on 'Cyber Hygiene' conducted by St. Joseph College of Teacher Education for Women, Ernakulam for B Ed. student teachers via Google Meet**



**Ms. Emilin K Thomas, student teacher from Mathematics optional delivering welcome speech during the webinar on 'Cyber Hygiene' conducted by St. Joseph College of Teacher Education for Women, Ernakulam for B Ed. student teachers via Google Meet**

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Principal  
St. Joseph College of Teacher Education for Women, Ernakulam



**Mr. Christopher Avelino Mendez, resource person for the webinar on 'Cyber Hygiene' carrying out the session via Google Meet**



**Ms. Sharon Achu Anish, student teacher from Mathematics optional delivering vote of thanks during the webinar on 'Cyber Hygiene' conducted by St. Joseph College of Teacher Education for Women, Ernakulam for B Ed. student teachers via Google Meet**

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 Principal in Charge  
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### Webinar on 'Cyber Hygiene', 2022

#### Programme Details

<b>Name of the Event</b>	Webinar on 'Cyber Hygiene', 2022
<b>Date</b>	22/10/2022
<b>Time</b>	10.00 AM – 12.00 PM
<b>Duration</b>	2 hours
<b>Beneficiaries</b>	Student teachers- 92 , Faculty- 2
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/oqb-hkqc-oup">https://meet.google.com/oqb-hkqc-oup</a>
<b>Google Forms Feedback Link</b>	<a href="https://docs.google.com/forms/d/e/1FAIpQLSdj0kzjd05QnCeFHxZveC7DyC0KVQWZNNTvj7rh_crN9RKznQ/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSdj0kzjd05QnCeFHxZveC7DyC0KVQWZNNTvj7rh_crN9RKznQ/viewform?usp=sf_link</a>

#### List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Smitha Jose	Assistant Professor (Education)
2	Dr. Betty P.J	Associate Professor (Mathematics Education)

Students list:

Sl. No	Name	Batch
1	Akhila M Nair	2022-2024 batch (B Ed. English)
2	Anagha R	2022-2024 batch (B Ed. English)
3	Anargha Mary	2022-2024 batch (B Ed. English)
4	Ashna Thomas	2022-2024 batch (B Ed. English)
5	Dona Maria	2022-2024 batch (B Ed. English)



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Sl. No	Name	Batch
6	Jeena Elsa John	2022-2024 batch (B Ed. English)
7	Jesna Joseph	2022-2024 batch (B Ed. English)
8	Leenu Merin Thomas	2022-2024 batch (B Ed. English)
9	Margret Benitta V J	2022-2024 batch (B Ed. English)
10	Megha Madhu	2022-2024 batch (B Ed. English)
11	Minu Mary	2022-2024 batch (B Ed. English)
12	Neha Babu	2022-2024 batch (B Ed. English)
13	Nimmy Elizabeth George	2022-2024 batch (B Ed. English)
14	Rachel Berkumon	2022-2024 batch (B Ed. English)
15	Remya P . T	2022-2024 batch (B Ed. English)
16	Swathi.M	2022-2024 batch (B Ed. English)
17	Abina K	2022-2024 batch (B Ed. Malayalam)
18	Akhila M George	2022-2024 batch (B Ed. Malayalam)
19	Aparna Jais	2022-2024 batch (B Ed. Malayalam)
20	Archana V N	2022-2024 batch (B Ed. Malayalam)
21	Jisa Martin	2022-2024 batch (B Ed. Malayalam)
22	Kavyamol A B	2022-2024 batch (B Ed. Malayalam)
23	Lakshmi T S	2022-2024 batch (B Ed. Malayalam)
24	Nidhiya Joseph	2022-2024 batch (B Ed. Malayalam)
25	Pavithra V	2022-2024 batch (B Ed. Malayalam)
26	Shiji.T.T.	2022-2024 batch (B Ed. Malayalam)
27	Snehakavya	2022-2024 batch (B Ed. Malayalam)
28	Swathi . M	2022-2024 batch (B Ed. Malayalam)
29	Treesa Jojan	2022-2024 batch (B Ed. Malayalam)
30	Vrinda Suresh	2022-2024 batch (B Ed. Malayalam)

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Sl. No	Name	Batch
31	Dhanya Joy	2022-2024 batch (B Ed. Mathematics)
32	Emilin K Thomas	2022-2024 batch (B Ed. Mathematics)
33	Emiliya Merin	2022-2024 batch (B Ed. Mathematics)
34	Indhu . K	2022-2024 batch (B Ed. Mathematics)
35	Kabani S	2022-2024 batch (B Ed. Mathematics)
36	Nanditha J	2022-2024 batch (B Ed. Mathematics)
37	Rosemol V T	2022-2024 batch (B Ed. Mathematics)
38	Sandra Antony	2022-2024 batch (B Ed. Mathematics)
39	Sharon Achu Anish	2022-2024 batch (B Ed. Mathematics)
40	Sneha Prince	2022-2024 batch (B Ed. Mathematics)
41	Stella Catherine Faber	2022-2024 batch (B Ed. Mathematics)
42	Vandana K P	2022-2024 batch (B Ed. Mathematics)
43	Aiswarya . A .K.	2022-2024 batch (B Ed. Physical Science)
44	Aiswarya Lakshmi S	2022-2024 batch (B Ed. Physical Science)
45	Alkha Thomas	2022-2024 batch (B Ed. Physical Science)
46	Anjumol Paul	2022-2024 batch (B Ed. Physical Science)
47	Ann Sara V Alias	2022-2024 batch (B Ed. Physical Science)
48	Arunima C . H	2022-2024 batch (B Ed. Physical Science)
49	Ashna K J	2022-2024 batch (B Ed. Physical Science)
50	Aswathy Aji P	2022-2024 batch (B Ed. Physical Science)
51	Dilna Biju	2022-2024 batch (B Ed. Physical Science)
52	Dinsha M Saji	2022-2024 batch (B Ed. Physical Science)
53	Diya N C	2022-2024 batch (B Ed. Physical Science)
54	Karthika Raveendran	2022-2024 batch (B Ed. Physical Science)
55	Muhzina Muhammed Basheer	2022-2024 batch (B Ed. Physical Science)

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Sl. No	Name	Batch
56	Rose Mary Jose	2022-2024 batch (B Ed. Physical Science)
57	Sahala Nayeem A A	2022-2024 batch (B Ed. Physical Science)
58	Treesa Taniya P A	2022-2024 batch (B Ed. Physical Science)
59	Adeline Joseph	2022-2024 batch (B Ed. Natural Science)
60	Anna Anannya K P	2022-2024 batch (B Ed. Natural Science)
61	Anuradha A Pai	2022-2024 batch (B Ed. Natural Science)
62	Ashna Joseph	2022-2024 batch (B Ed. Natural Science)
63	Aysha Beevi C I	2022-2024 batch (B Ed. Natural Science)
64	Femy Mariya Jose	2022-2024 batch (B Ed. Natural Science)
65	Gopika A G	2022-2024 batch (B Ed. Natural Science)
66	Jismi Mohan	2022-2024 batch (B Ed. Natural Science)
67	Maneeha S M	2022-2024 batch (B Ed. Natural Science)
68	Meera Sankar A	2022-2024 batch (B Ed. Natural Science)
69	Merin K S	2022-2024 batch (B Ed. Natural Science)
70	Mrudula Girish	2022-2024 batch (B Ed. Natural Science)
71	Rajalakshmi R	2022-2024 batch (B Ed. Natural Science)
72	Sandra Soosan Aby	2022-2024 batch (B Ed. Natural Science)
73	Sneha P P	2022-2024 batch (B Ed. Natural Science)
74	Sreelakshmi N	2022-2024 batch (B Ed. Natural Science)
75	Sreeshna . M	2022-2024 batch (B Ed. Natural Science)
76	Anagha Mary	2022-2024 batch (B Ed. Social Science)
77	Anitta Johnson	2022-2024 batch (B Ed. Social Science)
78	Arya .T .K	2022-2024 batch (B Ed. Social Science)
79	Aswathy K S	2022-2024 batch (B Ed. Social Science)
80	Chinchu K H	2022-2024 batch (B Ed. Social Science)



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Sl. No	Name	Batch
81	Devika P S	2022-2024 batch (B Ed. Social Science)
82	Geethu Sivan	2022-2024 batch (B Ed. Social Science)
83	Liyanta Izabel	2022-2024 batch (B Ed. Social Science)
84	Nair K M Sumalakshmi	2022-2024 batch (B Ed. Social Science)
85	Nandhitha C	2022-2024 batch (B Ed. Social Science)
86	Raseena Naseer	2022-2024 batch (B Ed. Social Science)
87	Reshma George P G	2022-2024 batch (B Ed. Social Science)
88	Riya James	2022-2024 batch (B Ed. Social Science)
89	Sarah Maria	2022-2024 batch (B Ed. Social Science)
90	Sneha M	2022-2024 batch (B Ed. Social Science)
91	Sreelakshmi Sudhakaran	2022-2024 batch (B Ed. Social Science)
92	Sukritha S Shenoy	2022-2024 batch (B Ed. Social Science)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Outreach activity against drug addiction: Painting and Speech Competition on Say No to Drugs

Another event conducted in the college under Jaagaran was a painting and speech competition in order to evaluate the current understanding of drug abuse among student teachers. Competitions were conducted on 25th October 2022 at two venues between 03:00pm and 04:30pm.

Topic for both the competitions was “Say no to drugs”.

Venue of Painting competition was college multipurpose hall. In the painting competition, Lakshmi T S of Malayalam optional won first prize and Chinchu K H of Social Science optional won second prize. Judges of the competition were Sneha M of Social Science optional, Aishwarya Lakshmi and Aiswarya A K of Physical science optional.

The speech competition on same topic “Say no to Drugs” was conducted in the Malayalam optional classroom. First prize was won by Emilin K Thomas of Mathematics optional and second prize by Sreelakshmi Sudhakaran of Social Science optional. Akhila M Nair of English optional, Archana V N of Malayalam optional and Raseena Naseer of Social Science optional were judges of speech competition.

Both the competitions gave self-awareness for the participants on how much they know about the current scenario of drug abuse and provide motivation for other student teachers to do more to prevent narcotic usage.



Tuesday, 25 October,  
2022 3:25:12 PM  
India Standard Time  
5078, Kovilvattom  
Rd, Near MG Road,  
Kacheripady, Kochi,  
Kerala 682035, India  
9°98'N 76°28'E  
-88.4m Altitude

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**List of Student Teachers who conducted the programme**

1. Kavyamol A G – President , Anti narcotic Club
2. Pavithra Vikas – Vice- President , Anti narcotic Club
3. Anitta Johnson – Secretary, Anti narcotic Club
4. Akila S Nair, Member
5. Vandana, Member
6. Anju Prathap, Member
7. Aiswarya Lakshmi, Member
8. Aparna Shaji, Member
9. Merin S, Member
10. Raseena, Member
11. Sahala N, Member
12. Sneha M , Member
13. Vrinda Suresh , Member
14. Aiswarya Aji, Member
15. Amalu K, Member

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

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

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### Activities:

#### Football Challenge:

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

#### Awareness Sessions:

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

#### Outcome:

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

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

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

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

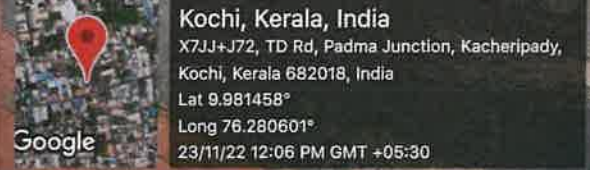
**Positive Role Modeling:** Student teachers served as positive role models, demonstrating the significance of education, sports, and a drug-free lifestyle.

#### Conclusion:

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

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 Principal in Charge  
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 Education for Women,  
 Ernakulam





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

### 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	Linet John	2021-2023 Batch (B Ed. English)
12	Meera Joy (Blind)	2021-2023 Batch (B Ed. English)
13	Merize Ben Alias	2021-2023 Batch (B Ed. English)
14	Pratibha S	2021-2023 Batch (B Ed. English)
15	Sandra Joy	2021-2023 Batch (B Ed. English)
16	Santhi M S	2021-2023 Batch (B Ed. English)
17	Veena C V	2021-2023 Batch (B Ed. English)
18	Aleena Antony	2021-2023 Batch (B Ed. Malayalam)
19	Anaswara. P S	2021-2023 Batch (B Ed. Malayalam)
20	Ance Baby	2021-2023 Batch (B Ed. Malayalam)
21	Divya Rajan	2021-2023 Batch (B Ed. Malayalam)
22	Jayalakshmi Jayakumar	2021-2023 Batch (B Ed. Malayalam)
23	Jobitha Joy	2021-2023 Batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 Batch (B Ed. Malayalam)
25	Mary Amala R.	2021-2023 Batch (B Ed. Malayalam)
26	Nitha Alfred	2021-2023 Batch (B Ed. Malayalam)
27	Pranaya P M	2021-2023 Batch (B Ed. Malayalam)
28	Anisha T	2021-2023 Batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 Batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 Batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 Batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 Batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 Batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 Batch (B Ed. Mathematics)



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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	Lekshmpriya 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)
64	Vinny Pappachan	2021-2023 Batch (B Ed. Physical Science)

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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)
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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### 'It's Time for Change'- Programme on Discrimination against Women, 2022

<b>Name of the Event</b>	'It's Time for Change'- Programme on Discrimination against Women, 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To generate awareness regarding various issues faced by women across the globe</li> <li>2. To promote change, prevent discrimination and stimulate women empowerment</li> </ol>
<b>Details of Event Coordinators</b>	Physical Science optional student members Women Cell St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	28/11/2022
<b>Time</b>	3.20 PM – 4.20 PM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 96 , Faculty- 8
<b>Event Venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

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## 'It's Time for Change'- Programme on Discrimination against Women, 2022

### Programme Report

The Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam conducted 'It's Time for Change'- a programme on discrimination against women on 28<sup>th</sup> November 2022 from 3.20 PM to 4.20 PM at the college multipurpose hall. The Women Cell student members from Physical Science optional organized the entire programme. The programme was conducted as part of the curriculum of B Ed programme. The programme aimed at highlighting and generating awareness regarding various issues faced by women and children across the globe. The programme also has its purpose of promoting change, prevent discrimination and stimulate women empowerment.

The programme 'It's Time for Change' on discrimination against women, 2022 started exactly at 3.20 PM. The programme started with the welcome speech. Welcome speech for the programme was delivered by Ms. Arunima C H, student teacher from Physical Science optional. Ms. Arunima C H warmly welcomed all of the participants to the event. The welcome speech for the programme was succeeded by the introductory speech delivered by Ms. Ashna K J, student teacher from Physical Science optional. The introductory speech was on the subject of discrimination of women and children at homes. Ms. Ashna K J enunciated that women and children faces various issues. Gender discrimination is one among the issues faced by women across the globe. The gender inequality can be seen at one's home itself. Ms. Ashna K J articulated that the lack of awareness of women regarding their rights and capacity to access their rights and achieve equality is one among the major causal factors to gender inequality. The prevalent cultural and social conventions, which state that women ought to be submissive to men, are frequently accountable for this lack of awareness, especially in a country like India which is culture bound. The introductory speech was succeeded by various activities for the day. The key activities for the programme included:

- ✦ Skit performance
- ✦ Video presentation
- ✦ Discussion session


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A skit performance was enacted by the Women Cell student members from Physical Science optional based on the theme of gender discrimination faced by Women at home. The moral of the skit was that changes should begin from homes and then only visible changes could be seen in the society. The skit performance was succeeded by a video presentation on discrimination against women. The video provided an overall idea about women discrimination then and now. Discrimination in gender especially against women has been evident from earlier decades. Even certain religions restrict women from being dominant or have authority over men. In a cultural bound country India, gender inequality can be seen at homes. For instance, in Indian households, women used to eat food after their counterparts have had first. Women consumed less nutritious food or whatever leftover they had after the male members of the family had consumed. This has been one among the causal factors of increased malnutrition cases in India. In the present scenario, the concept of gender inequality and discrimination against women are receiving great attention and the situations are changing for women in the society. Now a days, women are having equality with men in the society. However, discrimination in the society is still prevalent and a complete empowerment of the women is still a long way to go. The video presentation was succeeded by an open discussion regarding the concept of discrimination against women. The discussion was mediated by Ms. Arunima C H, student teacher from Physical Science optional. Ms. Arunima shared experiences of her friend being discriminated and other issues they face at their own homes. From the participants, many student teachers came forward with their own experiences and ideologies regarding the concept. Ms. Sneha P.P, student teacher from Natural Science optional shared that according to her viewpoint, no gender discrimination or discrimination specifically against women are not happening in this era. She shared her experience at home where household chores are equally shared between her and her brother at home. She added that her brother cooks food for her and she never experienced discrimination in anything at her home. She also expressed her positive outlook to the progression of the society today. Finally, Ms. Anargha Mary, student teacher from English optional shared her ideology on the concept. According to her, still there are more changes to be facilitated in the society and the changes should start from ones' own home itself. From home, changes should come in the society as a whole. The discussion session was the final activity of the programme.

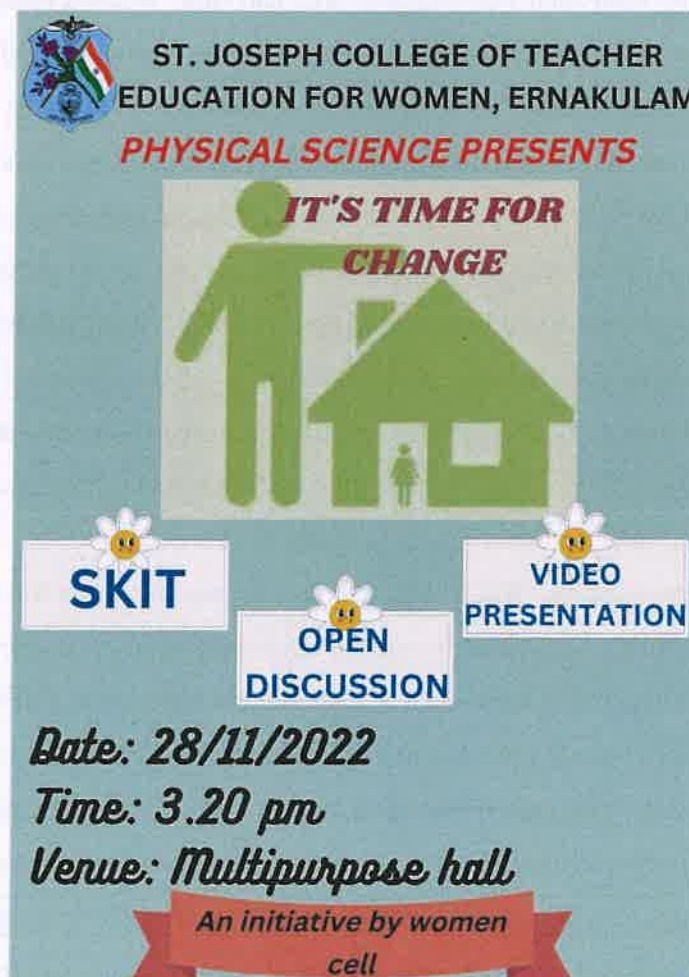
The programme, 'It's Time for Change' on discrimination against women turned out be successful in accomplishing its objectives. The programme was very informative and beneficial for the

  
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student teachers. The active participation of student teachers made the programme more effective and fruitful. The student teachers could reflect on their thoughts relating to the concept of discrimination against women. The programme could enhance critical thinking in the participants. The programme wound up at 4.20 PM with the vote of thanks delivered by Ms. Dinsha M Saji, student teacher from Physical Science optional.

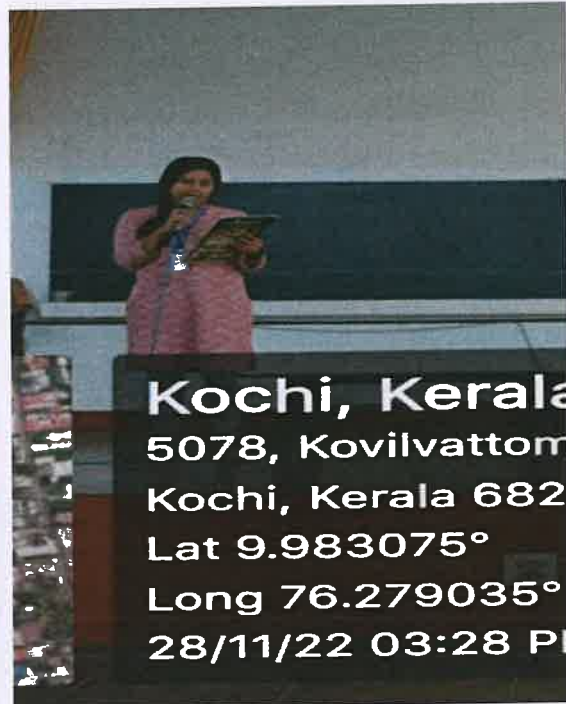
### It's Time for Change'-Programme on Discrimination against Women, 2022

#### Photo Gallery



Event poster for the programme, 'It's Time for Change' on discrimination against women, 2022 organized by the Physical Science optional student members in Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam.

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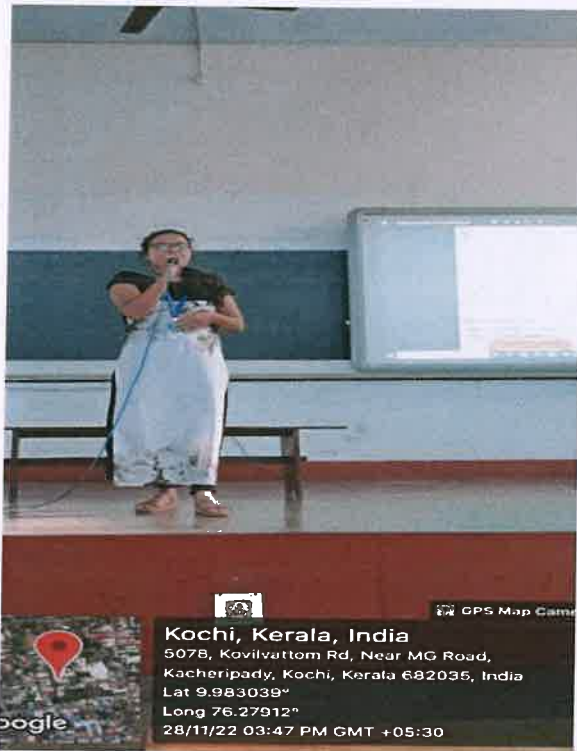
Ms. Arunima C.H and Ms. Ashna K.J, student teachers from Physical Science optional delivering welcome speech and introductory speech respectively during the programme, 'It's Time for Change' on discrimination against women, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam.



Snippets from skit performance by Students teacher from Physical Science optional during the programme, 'It's Time for Change' on discrimination against women, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam.



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Ms. Sneha P.P, student teacher from Natural Science optional and Ms. Anargha Mary, student teacher from English optional sharing their viewpoints during the open discussion session conducted during the programme, 'It's Time for Change' on discrimination against women, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam.

### It's Time for Change'-Programme on Discrimination against Women, 2022

#### Programme Details

Name of the Event	'It's Time for Change'- Programme on Discrimination against Women, 2022
Date	28/11/2022
Time	3.20 PM – 4.20 PM
Duration	1 hour
Beneficiaries	Student teachers- 96 , Faculty- 8
Event Venue	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam



### List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
3	Dr. Ceby George	Assistant professor (Physical Science Education)
4	Dr. Rachel George M	Associate Professor (Natural Science Education)
5	Dr. Bindu Joseph	Associate Professor (Malayalam Education)
6	Dr. Marin Jose	Assistant Professor (English Education)
7	Dr. Siji John	Assistant Professor (Social Science Education)
8	Dr. Dinimol Jacob	Assistant Professor (Natural Science Education)

Students list:

SL No	Name	Batch
1	Akhila M Nair	2022-2024 batch (B Ed. English)
2	Akshaya T G	2022-2024 batch (B Ed. English)
3	Amalu K	2022-2024 batch (B Ed. English)
4	Anagha R	2022-2024 batch (B Ed. English)
5	Anargha Mary	2022-2024 batch (B Ed. English)
6	Ashna Thomas	2022-2024 batch (B Ed. English)
7	Dona Maria	2022-2024 batch (B Ed. English)
8	Jeena Elsa John	2022-2024 batch (B Ed. English)
9	Jesna Joseph	2022-2024 batch (B Ed. English)
10	Leenu Merin Thomas	2022-2024 batch (B Ed. English)
11	Margret Benitta V J	2022-2024 batch (B Ed. English)
12	Megha Madhu	2022-2024 batch (B Ed. English)
13	Minu Mary	2022-2024 batch (B Ed. English)



14	Neha Babu	2022-2024 batch (B Ed. English)
15	Nimmy Elizabeth George	2022-2024 batch (B Ed. English)
16	Rachel Berkumon	2022-2024 batch (B Ed. English)
17	Remya P . T	2022-2024 batch (B Ed. English)
18	Swathi.M	2022-2024 batch (B Ed. English)
19	Abina K	2022-2024 batch (B Ed. Malayalam)
20	Akhila M George	2022-2024 batch (B Ed. Malayalam)
21	Aleena Steephen	2022-2024 batch (B Ed. Malayalam)
22	Anju Prathap. P	2022-2024 batch (B Ed. Malayalam)
23	Aparna Jais	2022-2024 batch (B Ed. Malayalam)
24	Archana V N	2022-2024 batch (B Ed. Malayalam)
25	Jisa Martin	2022-2024 batch (B Ed. Malayalam)
26	Kavyamol A B	2022-2024 batch (B Ed. Malayalam)
27	Lakshmi T S	2022-2024 batch (B Ed. Malayalam)
28	Nidhiya Joseph	2022-2024 batch (B Ed. Malayalam)
29	Pavithra V	2022-2024 batch (B Ed. Malayalam)
30	Shiji. T.T.	2022-2024 batch (B Ed. Malayalam)
31	Snehakavya	2022-2024 batch (B Ed. Malayalam)
32	Swathi . M	2022-2024 batch (B Ed. Malayalam)
33	Treesa Jojan	2022-2024 batch (B Ed. Malayalam)
34	Vrinda Suresh	2022-2024 batch (B Ed. Malayalam)
35	Dhanya Joy	2022-2024 batch (B Ed. Mathematics)
36	Emilin K Thomas	2022-2024 batch (B Ed. Mathematics)
37	Emiliya Merin	2022-2024 batch (B Ed. Mathematics)
38	Indhu . K	2022-2024 batch (B Ed. Mathematics)
39	Kabani S	2022-2024 batch (B Ed. Mathematics)
40	Nanditha J	2022-2024 batch (B Ed. Mathematics)
41	Rosemol V T	2022-2024 batch (B Ed. Mathematics)
42	Sandra Antony	2022-2024 batch (B Ed. Mathematics)
43	Sharon Achu Anish	2022-2024 batch (B Ed. Mathematics)

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44	Sneha Prince	2022-2024 batch (B Ed. Mathematics)
45	Stella Catherine Faber	2022-2024 batch (B Ed. Mathematics)
46	Vandana K P	2022-2024 batch (B Ed. Mathematics)
47	Aiswarya . A .K.	2022-2024 batch (B Ed. Physical Science)
48	Aiswarya Lakshmi S	2022-2024 batch (B Ed. Physical Science)
49	Alkha Thomas	2022-2024 batch (B Ed. Physical Science)
50	Anjumol Paul	2022-2024 batch (B Ed. Physical Science)
51	Ann Sara V Alias	2022-2024 batch (B Ed. Physical Science)
52	Arunima C . H	2022-2024 batch (B Ed. Physical Science)
53	Ashna K J	2022-2024 batch (B Ed. Physical Science)
54	Aswathy Aji P	2022-2024 batch (B Ed. Physical Science)
55	Dilna Biju	2022-2024 batch (B Ed. Physical Science)
56	Dinsha M Saji	2022-2024 batch (B Ed. Physical Science)
57	Diya N C	2022-2024 batch (B Ed. Physical Science)
58	Karthika Raveendran	2022-2024 batch (B Ed. Physical Science)
59	Muhzina Muhammed Basheer	2022-2024 batch (B Ed. Physical Science)
60	Rose Mary Jose	2022-2024 batch (B Ed. Physical Science)
61	Sahala Nayeem A A	2022-2024 batch (B Ed. Physical Science)
62	Treesa Taniya P A	2022-2024 batch (B Ed. Physical Science)
63	Adeline Joseph	2022-2024 batch (B Ed. Natural Science)
64	Anna Anannya K P	2022-2024 batch (B Ed. Natural Science)
65	Anuradha A Pai	2022-2024 batch (B Ed. Natural Science)
66	Ashna Joseph	2022-2024 batch (B Ed. Natural Science)
67	Aysha Beevi C I	2022-2024 batch (B Ed. Natural Science)
68	Femy Mariya Jose	2022-2024 batch (B Ed. Natural Science)
69	Gopika A G	2022-2024 batch (B Ed. Natural Science)
70	Jismi Mohan	2022-2024 batch (B Ed. Natural Science)
71	Maneeha S M	2022-2024 batch (B Ed. Natural Science)
72	Meera Sankar A	2022-2024 batch (B Ed. Natural Science)
73	Merin K S	2022-2024 batch (B Ed. Natural Science)





74	Mrudula Girish	2022-2024 batch (B Ed. Natural Science)
75	Rajalakshmi R	2022-2024 batch (B Ed. Natural Science)
76	Sandra Soosan Aby	2022-2024 batch (B Ed. Natural Science)
77	Sneha P P	2022-2024 batch (B Ed. Natural Science)
78	Sreelakshmi N	2022-2024 batch (B Ed. Natural Science)
79	Sreeshna . M	2022-2024 batch (B Ed. Natural Science)
80	Anagha Mary	2022-2024 batch (B Ed. Social Science)
81	Anitta Johnson	2022-2024 batch (B Ed. Social Science)
82	Arya .T .K	2022-2024 batch (B Ed. Social Science)
83	Aswathy K S	2022-2024 batch (B Ed. Social Science)
84	Chinchu K H	2022-2024 batch (B Ed. Social Science)
85	Devika P S	2022-2024 batch (B Ed. Social Science)
86	Geethu Sivan	2022-2024 batch (B Ed. Social Science)
87	Liyanta Izabel	2022-2024 batch (B Ed. Social Science)
88	Nair K M Sumalakshmi	2022-2024 batch (B Ed. Social Science)
89	Nandhitha C	2022-2024 batch (B Ed. Social Science)
90	Raseena Naseer	2022-2024 batch (B Ed. Social Science)
91	Reshma George P G	2022-2024 batch (B Ed. Social Science)
92	Riya James	2022-2024 batch (B Ed. Social Science)
93	Sarah Maria	2022-2024 batch (B Ed. Social Science)
94	Sneha M	2022-2024 batch (B Ed. Social Science)
95	Sreelakshmi Sudhakaran	2022-2024 batch (B Ed. Social Science)
96	Sukritha S Shenoy	2022-2024 batch (B Ed. Social Science)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## 'The Change Starts at Home'-

### Programme on Discrimination against Women, 2022

<b>Name of the Event</b>	'The Change Starts at Home'- Programme on Discrimination against Women, 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To raise awareness regarding various problems faced by women across the world</li> <li>2. To promote change, prevent discrimination and stimulate women empowerment</li> </ol>
<b>Details of Event</b>	Mathematics Optional
<b>Coordinators</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	29/11/2022
<b>Time</b>	9.00 AM- 10.00 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 100 , Faculty-11
<b>Event Venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

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## 'The Change Starts at Home'-

### Programme on Discrimination against Women, 2022

#### Programme Report

The Mathematics optional student teachers in association with Women Cell at St. Joseph College of Teacher Education for Women, Ernakulam organized 'The change starts at home', a talk programme on discrimination against women on 29<sup>th</sup> November 2022 from 9.00 AM to 10.00 AM at the college multipurpose hall. The programme was conducted as part of the curriculum of B Ed programme. The programme aimed at highlighting and generating awareness regarding various issues faced by women and children across the globe. The programme also has its purpose of promoting change, prevent discrimination and stimulate women empowerment.

The programme started exactly at 9.00 AM. The programme was conducted during the morning assembly at the college multipurpose hall. The welcome speech for the programme was delivered by Ms. Aparna Shaji, student teacher from Mathematics optional. Ms. Aparna Shaji warmly welcomed all of the participants to the programme. After the welcome speech, a talk on the topic, 'discrimination against women at home' was carried out by Ms. Emilin K Thomas, student teacher from Mathematic optional. Ms. Emilin reminded all of the participants that even in the present advanced century, women are facing lots of issues and are subjected to discrimination in many fields and sometimes in their own homes. Women are often obliged to take responsibility for child rearing and managing household. Even in the present era, there are household that does not allow women to pursue their career and work. Some women often get trapped in the family responsibilities and household chores. These duties are not regarded as masculine and are stereotypically considered the traditional and sole responsibilities to manage home. Women are also not provided adequate training on mechanical skills like maintenance of vehicles and electrical appliances considering those duties to be masculine. If some women shows up such mechanical skills, they would be seen as the odd one out. And at home, from cooking food to taking decisions, women are suppressed over the male members of the family. Some working women does not even get their male counterparts to share the household chores and they must work at home and also at workplace leading to great stress and frustration. While taking big decisions, women are held back from their opinions and choices. They were considered to be the ones who have to obey or accept



the decisions made by the male counterparts. Situations are changing for women now a days but still a large women population are suffering from discrimination. The talk session by Ms. Emilia K Thomas reminded all of the participants that change and women empowerment should start from homes. When women are given support and equal opportunities at their own homes, they will be empowered to tackle the challenges they face in the society. Thus, the society becomes indiscriminative against anyone who lives in it. The talk session was succeeded by the presentation of a short film namely, 'Juice'. The movie centers on the gender disparity in a middle-class environment where a striving woman goes to great lengths to maintain the status quo but still falls short. The film depicts a typical Indian household where women are seen as the one who does all the household chores while their male counterparts enjoy the food cooked by them and considers them as weak and powerless in dealing with the world outside their home. Women are often seen as kitchen maids. Women work at their homes continuously throughout day and night for her family but her needs and wishes are neglected by the family members leading to frustration and stress in them. The female protagonist of the short film have done a remarkable portrayal of the silent rebellion and frustration that a housewife experiences at home.

The entire programme, 'The change starts at home', on discrimination against women turned out to be fruitful and successful in accomplishing its objectives. The programme was very informative and beneficial for the student teachers. Some concepts are much easier to deliver to the participants via visual aids. The short film presentation carried out during the programme turned out to be efficient in conveying the concept of 'change starts at home' and discrimination against women. The student teachers could reflect on their thoughts relating to the concept of discrimination against women. The programme could enhance critical thinking in the participants. The vote of thanks for the programme was delivered by Ms. Kabani S, student teacher from Mathematics optional. The programme winded up at 10.00 AM with the message, 'the change begins at home'.

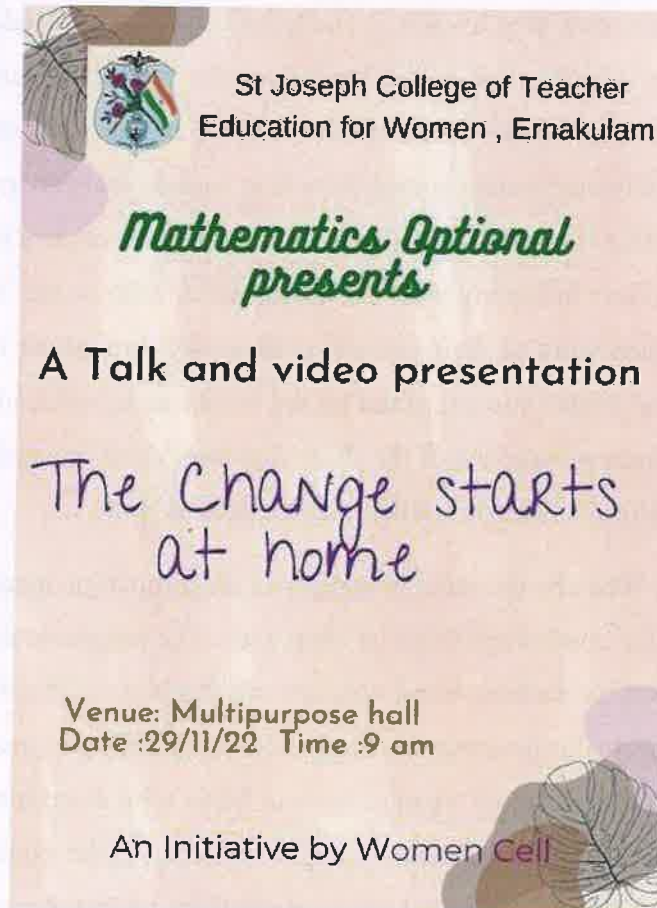
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Principal in Charge  
St. Joseph College of Teacher  
Education for Women,  
Ernakulam



## 'The Change Starts at Home'-

### Programme on Discrimination against Women, 2022

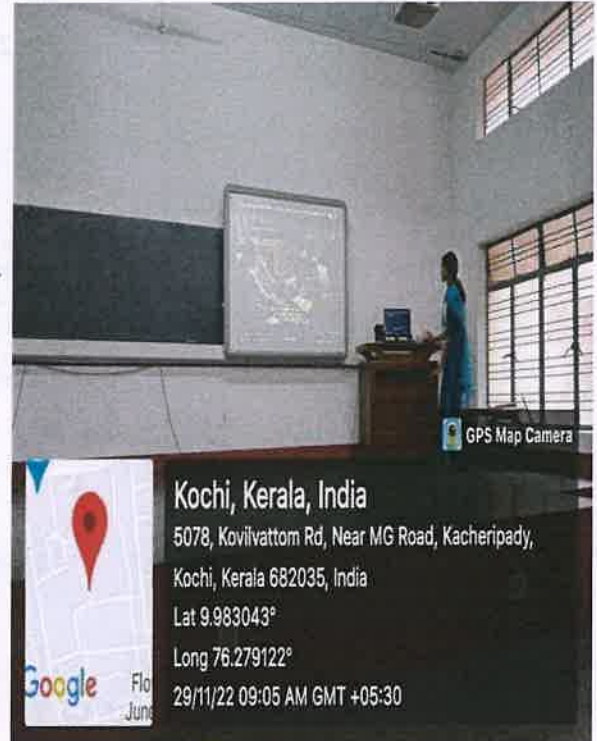
#### Photo Gallery



Event poster for the programme, 'The change starts at home' on discrimination against women, 2022 organized by the Mathematics optional in association with Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam.

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**Ms. Emilin K Thomas, student teacher from Mathematics optional carrying out a talk session on discrimination against women at home during the programme, 'The change starts at home' on discrimination against women, 2022 organized by the Mathematics optional at St. Joseph College of Teacher Education for Women, Ernakulam.**

**Presentation of short film namely, 'Juice' based on discrimination against women at home during the programme, 'The change starts at home' on discrimination against women, 2022 organized by the Mathematics optional at St. Joseph College of Teacher Education for Women, Ernakulam.**

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**'The Change Starts at Home'-****Programme on Discrimination against Women, 2022****Programme Details**

<b>Name of the Event</b>	'The Change Starts at Home'- Programme on Discrimination against Women, 2022
<b>Date</b>	29/11/2022
<b>Time</b>	9.00 AM- 10.00 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 100 , Faculty-11
<b>Event Venue</b>	Multipurpose Hall 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. Ceby George	Assistant professor (Physical Science Education)
3	Dr. Betty P.J	Associate Professor (Mathematics Education)
4	Dr. Bindu Joseph	Associate Professor (Malayalam Education)
5	Dr. Marin Jose	Assistant Professor (English Education)
6	Dr. Siji John	Assistant Professor (Social Science Education)
7	Dr. Dinimol Jacob	Assistant Professor (Natural Science Education)
8	Dr. Soya Mathew	Assistant Professor (Education)
9	Dr. Smitha Jose	Assistant Professor (Education)
10	Dr. Joby Joy Kurian	Assistant Professor (Mathematics Education)
11	Ms. Anu Cleetus	Assistant Professor (Education)

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## Students list:

Sl. No	Name	Batch
1	Akhila M Nair	2022-2024 batch (B Ed. English)
2	Akshaya T G	2022-2024 batch (B Ed. English)
3	Amalu K	2022-2024 batch (B Ed. English)
4	Anagha R	2022-2024 batch (B Ed. English)
5	Anargha Mary	2022-2024 batch (B Ed. English)
6	Ashna Thomas	2022-2024 batch (B Ed. English)
7	Dona Maria	2022-2024 batch (B Ed. English)
8	Jeena Elsa John	2022-2024 batch (B Ed. English)
9	Jesna Joseph	2022-2024 batch (B Ed. English)
10	Leenu Merin Thomas	2022-2024 batch (B Ed. English)
11	Margret Benitta V J	2022-2024 batch (B Ed. English)
12	Megha Madhu	2022-2024 batch (B Ed. English)
13	Minu Mary	2022-2024 batch (B Ed. English)
14	Neha Babu	2022-2024 batch (B Ed. English)
15	Nimmy Elizabeth George	2022-2024 batch (B Ed. English)
16	Rachel Berkumon	2022-2024 batch (B Ed. English)
17	Remya P . T	2022-2024 batch (B Ed. English)
18	Swathi.M	2022-2024 batch (B Ed. English)
19	Abina K	2022-2024 batch (B Ed. Malayalam)
20	Akhila M George	2022-2024 batch (B Ed. Malayalam)
21	Aleena Steephen	2022-2024 batch (B Ed. Malayalam)
22	Anju Prathap. P	2022-2024 batch (B Ed. Malayalam)
23	Aparna Jais	2022-2024 batch (B Ed. Malayalam)
24	Archana V N	2022-2024 batch (B Ed. Malayalam)
25	Jisa Martin	2022-2024 batch (B Ed. Malayalam)

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



Sl. No	Name	Batch
26	Kavyamol A B	2022-2024 batch (B Ed. Malayalam)
27	Lakshmi T S	2022-2024 batch (B Ed. Malayalam)
28	Nidhiya Joseph	2022-2024 batch (B Ed. Malayalam)
29	Pavithra V	2022-2024 batch (B Ed. Malayalam)
30	Shiji.T.T.	2022-2024 batch (B Ed. Malayalam)
31	Snehakavya	2022-2024 batch (B Ed. Malayalam)
32	Swathi . M	2022-2024 batch (B Ed. Malayalam)
33	Treesa Jojan	2022-2024 batch (B Ed. Malayalam)
34	Vrinda Suresh	2022-2024 batch (B Ed. Malayalam)
35	Amrutha K Omanakuttan	2022-2024 batch (B Ed. Mathematics)
36	Anju Paul P	2022-2024 batch (B Ed. Mathematics)
37	Aparna Shaji	2022-2024 batch (B Ed. Mathematics)
38	Ashitha Benny	2022-2024 batch (B Ed. Mathematics)
39	Dhanya Joy	2022-2024 batch (B Ed. Mathematics)
40	Emilin K Thomas	2022-2024 batch (B Ed. Mathematics)
41	Emiliya Merin	2022-2024 batch (B Ed. Mathematics)
42	Indhu . K	2022-2024 batch (B Ed. Mathematics)
43	Kabani S	2022-2024 batch (B Ed. Mathematics)
44	Nanditha J	2022-2024 batch (B Ed. Mathematics)
45	Rosemol V T	2022-2024 batch (B Ed. Mathematics)
46	Sandra Antony	2022-2024 batch (B Ed. Mathematics)
47	Sharon Achu Anish	2022-2024 batch (B Ed. Mathematics)
48	Sneha Prince	2022-2024 batch (B Ed. Mathematics)
49	Stella Catherine Faber	2022-2024 batch (B Ed. Mathematics)
50	Vandana K P	2022-2024 batch (B Ed. Mathematics)

*Alice Joseph*

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Principal in Charge  
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Ernakulam





Sl. No	Name	Batch
51	Aiswarya . A .K.	2022-2024 batch (B Ed. Physical Science)
52	Aiswarya Lakshmi S	2022-2024 batch (B Ed. Physical Science)
53	Alkha Thomas	2022-2024 batch (B Ed. Physical Science)
54	Anjumol Paul	2022-2024 batch (B Ed. Physical Science)
55	Ann Sara V Alias	2022-2024 batch (B Ed. Physical Science)
56	Arunima C . H	2022-2024 batch (B Ed. Physical Science)
57	Ashna K J	2022-2024 batch (B Ed. Physical Science)
58	Aswathy Aji P	2022-2024 batch (B Ed. Physical Science)
59	Dilna Biju	2022-2024 batch (B Ed. Physical Science)
60	Dinsha M Saji	2022-2024 batch (B Ed. Physical Science)
61	Diya N C	2022-2024 batch (B Ed. Physical Science)
62	Karthika Raveendran	2022-2024 batch (B Ed. Physical Science)
63	Muhzina Muhammed Basheer	2022-2024 batch (B Ed. Physical Science)
64	Rose Mary Jose	2022-2024 batch (B Ed. Physical Science)
65	Sahala Nayeem A A	2022-2024 batch (B Ed. Physical Science)
66	Treesa Taniya P A	2022-2024 batch (B Ed. Physical Science)
67	Adeline Joseph	2022-2024 batch (B Ed. Natural Science)
68	Anna Anannya K P	2022-2024 batch (B Ed. Natural Science)
69	Anuradha A Pai	2022-2024 batch (B Ed. Natural Science)
70	Ashna Joseph	2022-2024 batch (B Ed. Natural Science)
71	Aysha Beevi C I	2022-2024 batch (B Ed. Natural Science)
72	Femy Mariya Jose	2022-2024 batch (B Ed. Natural Science)
73	Gopika A G	2022-2024 batch (B Ed. Natural Science)
74	Jismi Mohan	2022-2024 batch (B Ed. Natural Science)
75	Maneeha S M	2022-2024 batch (B Ed. Natural Science)

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Sl. No	Name	Batch
76	Meera Sankar A	2022-2024 batch (B Ed. Natural Science)
77	Merin K S	2022-2024 batch (B Ed. Natural Science)
78	Mrudula Girish	2022-2024 batch (B Ed. Natural Science)
79	Rajalakshmi R	2022-2024 batch (B Ed. Natural Science)
80	Sandra Soosan Aby	2022-2024 batch (B Ed. Natural Science)
81	Sneha P P	2022-2024 batch (B Ed. Natural Science)
82	Sreelakshmi N	2022-2024 batch (B Ed. Natural Science)
83	Sreeshna . M	2022-2024 batch (B Ed. Natural Science)
84	Anagha Mary	2022-2024 batch (B Ed. Social Science)
85	Anitta Johnson	2022-2024 batch (B Ed. Social Science)
86	Arya .T .K	2022-2024 batch (B Ed. Social Science)
87	Aswathy K S	2022-2024 batch (B Ed. Social Science)
88	Chinchu K H	2022-2024 batch (B Ed. Social Science)
89	Devika P S	2022-2024 batch (B Ed. Social Science)
90	Geethu Sivan	2022-2024 batch (B Ed. Social Science)
91	Liyanta Izabel	2022-2024 batch (B Ed. Social Science)
92	Nair K M Sumalakshmi	2022-2024 batch (B Ed. Social Science)
93	Nandhitha C	2022-2024 batch (B Ed. Social Science)
94	Raseena Naseer	2022-2024 batch (B Ed. Social Science)
95	Reshma George P G	2022-2024 batch (B Ed. Social Science)
96	Riya James	2022-2024 batch (B Ed. Social Science)
97	Sarah Maria	2022-2024 batch (B Ed. Social Science)
98	Sneha M	2022-2024 batch (B Ed. Social Science)
99	Sreelakshmi Sudhakaran	2022-2024 batch (B Ed. Social Science)
100	Sukritha S Shenoy	2022-2024 batch (B Ed. Social Science)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Seminar on 'NEP 2020- Making Education Equitable and Inclusive', 2022

<b>Name of the Event</b>	Seminar on 'NEP 2020- Making Education Equitable and Inclusive', 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To enhance the knowledge base of student teachers</li> <li>2. To raise awareness of student teachers regarding the major highlight of National Education Policy 2020 in making education equitable and inclusive</li> </ol>
<b>Details of Event Coordinators</b>	Social Service Club St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Resource Person</b>	Dr. Vijayan K Assistant Professor Department of Teacher Education National Council of Educational Research and Training(NCERT) Delhi, India
<b>Date</b>	30/11/2022
<b>Time</b>	10.00 AM – 12.30 PM
<b>Duration</b>	2 hours and 30 minutes
<b>Beneficiaries</b>	Student teachers- 198
<b>Event Venue</b>	College Auditorium St. Joseph College of Teacher Education for Women, Ernakulam

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## Seminar on 'NEP 2020- Making Education Equitable and Inclusive', 2022

### Programme Report

The Social Service Club of St. Joseph College of Teacher Education for Women, Ernakulam organized a Seminar on 'NEP 2020- Making Education Equitable and Inclusive' on 30<sup>th</sup> November 2022 from 10.00 AM to 12.30 PM at the college auditorium. The seminar was organized for the B Ed. student teachers of 2021-2023 and 2022-2024 batches of St. Joseph College of Teacher Education for Women, Ernakulam. The faculty coordinator of the seminar was Dr. Siji John, Assistant Professor in Social Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The resource person for the seminar was Dr. Vijayan K, Assistant professor at Department of Teacher Education at National Council of Educational Research and Training (NCERT) in Delhi, India. A total of 198 B Ed. student teachers from St. Joseph College of Teacher Education for Women, Ernakulam participated in the seminar.

The seminar on 'NEP 2020- Making Education Equitable and Inclusive' started exactly at 10.00 AM with a prayer song by Ms. Aleena Antony, student teacher from second year Malayalam optional. The prayer was succeeded by the welcome speech delivered by Dr. Siji John, Assistant Professor in Social Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Siji John officially welcomed all of the participants to the seminar. Dr. Siji John enunciated the relevance of the topic for the seminar, 'NEP 2020- Making Education Equitable and Inclusive'. She reminded all of the participants about the importance of education and the reforms associating to it are essential. She added that the present topic of the seminar would contribute to enhancing the knowledge base of the student teachers and thereby promote professional growth. The welcome speech was followed by the seminar session. The resource person for the webinar, Dr. Vijayan K handled the session effectively and efficiently. The seminar began with the importance of education and how education systems affect the learners. Education is a continual process that deals with a growing man in a constantly evolving society. The educational system must prepare pupils to be lifelong learners, scholars, innovators educators and researchers. Despite significant and steady economic progress over the last few decades, India still has socioeconomic issues, and boosting education is the only future ahead to overcome these obstacles and strengthen the country's economic growth. The effective implementation of National Policy for Education 2020 has the ability to bring about significant changes through revamping

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the Indian educational system. The National Council for Educational Research and Training (NCERT) is the national institution that creates programs and policies, as well as curriculum frameworks and standards that are followed by respective state SCERTs. The National Policy on Education, 1986 and the 1992 Programme of Action both envisioned compulsory and free education of adequate quality for all children under the age of 14. While the legislation secured education for all, the education system's core problems remained, impeding the advancement of the education system of India to the global scale. The New Education Policy in 2020 established numerous reforms in the education system of India. The new Ministry of Education is committed towards improving the educational system. While concentrating on many aspects of education, the policy also aims at bridging the gap between technology and education.

The National Education Policy or NEP 2020 envisions a systemic and inclusive transformation in the education systems. It focuses on 'Equitable and Inclusive Education,' which reflects the idea that no children should be denied educational opportunities regardless of their background or socio-cultural characteristics. It has considered the problems of the Socio-Economically Disadvantaged Groups (SEDGs), which include female and transgender people, Scheduled Tribes, Scheduled Castes, minorities, Other Backward Communities (OBCs) and other categories. This strategy strives to address the social category disparities in school education participation, access and learning outcomes. As part of the National Population Education Project (NPEP), the NCERT is conducting the Adolescent Education Programme (AEP). The key learning outcomes of Adolescent Education Programme is to make learners aware of adolescent problems, such as the development process during adolescence and HIV/AIDS, and to instill in them a constructive attitude towards these concerns. Furthermore, gender-inclusive comprehensive and integrated education is completely covered through age-appropriate incorporation in diverse textual materials in the school curriculum, as well as resource and training materials on wellness and health of school-going Children, particularly under the aegis of the SHP or School Health Programme under Ayushman Bharat scheme. Furthermore, the NEP 2020 recognizes transgender students as socio-economically marginalized groups and ensures equal and quality education for all such pupils. This includes provisions to help transgender children gain access to education, as well as assistance for community-based programs that tackle local situation-specific barriers to transgender children's participation and access to education, with the goal of eliminating any remaining disparities in educational opportunities



(including vocational courses) for children of any gender or other marginalized groups. Despite its challenges, National Education Policy 2020, however attempts to solve several deficiencies in India's education system, and with this policy, India is projected to attain the SDG (Sustainable Development Goal) of 2030 by delivering equitable and inclusive quality education. The seminar wound up at 12.30 PM with the vote of thanks delivered by Ms. Akhitha Sebastian, student teacher from second year Natural Science optional.

The seminar on, 'NEP 2020- Making Education Equitable and Inclusive', 2022 conducted was extremely informative and fruitful. The student teachers could enhance their knowledge base regarding NEP 2020 and its highlight of making education inclusive and equitable. All the 198 student teachers from first year and second year B Ed programme participated in the seminar indicated positive feedback and suggested that they were interested in participating in more such fruitful and informative programmes.

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Seminar on 'NEP 2020- Making Education Equitable and Inclusive', 2022

Photo Gallery



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

### SEMINAR ON

**NEP 2020 - MAKING EDUCATION  
EQUITABLE AND INCLUSIVE**



### Resource person :

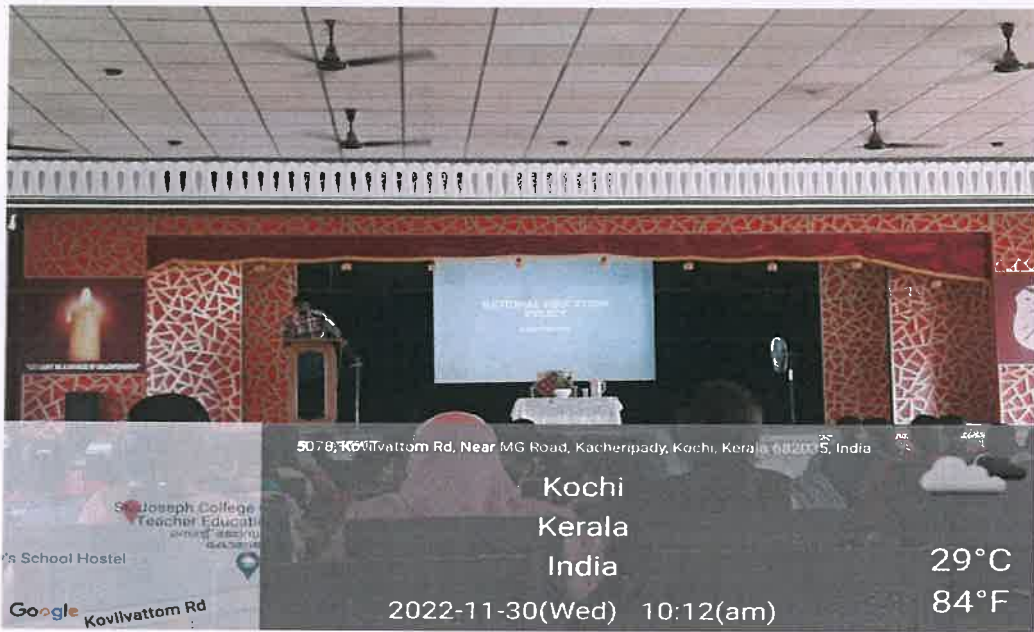
Dr. VIJAYAN K  
Assistant Professor  
Department of Teacher Education,  
National Council of Education Research and Training

**An initiative by Social Service Club**

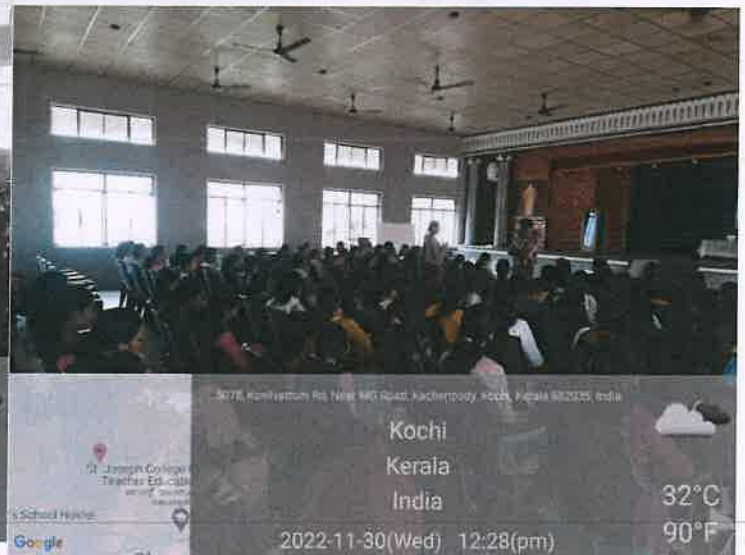
Event Poster for the seminar conducted on 'NEP 2020- Making Education Equitable and Inclusive', 2022 for B Ed. student teachers at St. Joseph College of Teacher Education for Women, Ernakulam

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**Dr. Vijayan K, Assistant Professor at the Department of Teacher Education at NCERT, Delhi carrying out the seminar session on 'NEP 2020- Making Education Equitable and Inclusive', 2022 conducted for B Ed. student teachers at St. Joseph College of Teacher Education for Women, Ernakulam**



**B Ed. student teachers of St. Joseph College of Teacher Education for Women, Ernakulam engaging in the seminar session handled by Dr. Vijayan K, Assistant Professor at the Department of Teacher Education at NCERT, Delhi on 'NEP 2020- Making Education Equitable and Inclusive', 2022 conducted at St. Joseph College of Teacher Education for Women, Ernakulam**



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### Seminar on 'NEP 2020- Making Education Equitable and Inclusive', 2022

#### Programme Details

<b>Name of the Event</b>	Seminar on 'NEP 2020- Making Education Equitable and Inclusive', 2022
<b>Date</b>	30/11/2022
<b>Time</b>	10.00 AM – 12.30 PM
<b>Duration</b>	2 hours and 30 minutes
<b>Beneficiaries</b>	Student teachers- 198
<b>Event Venue</b>	College Auditorium St. Joseph College of Teacher Education for Women, Ernakulam

#### List of Participants

Students list:

Sl. No	Name	Batch
1	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
2	Allan Francis	2021-2023 batch (B Ed. Natural Science)
3	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
4	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
5	Caren Grace	2021-2023 batch (B Ed. Natural Science)
6	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
7	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
8	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
9	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
10	Merin Shajan	2021-2023 batch (B Ed. Natural Science)



Sl. No	Name	Batch
11	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
12	Ranjima V	2021-2023 batch (B Ed. Natural Science)
13	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
14	Shalini P S	2021-2023 batch (B Ed. Natural Science)
15	Shimna K	2021-2023 batch (B Ed. Natural Science)
16	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
17	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)
18	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
19	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
20	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
21	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
22	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
23	Anu P.Thomas	2021-2023 batch (B Ed. Physical Science)
24	Aparna S	2021-2023 batch (B Ed. Physical Science)
25	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
26	Jesna George	2021-2023 batch (B Ed. Physical Science)
27	Jismin K Antony	2021-2023 batch (B Ed. Physical Science)
28	Mariya Das	2021-2023 batch (B Ed. Physical Science)
29	Neethu J A	2021-2023 batch (B Ed. Physical Science)
30	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
31	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
32	Vandana S	2021-2023 batch (B Ed. Physical Science)
33	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
34	Amala Antony	2021-2023 batch (B Ed. English)
35	Anna Roshni Varghese	2021-2023 batch (B Ed. English)

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Sl. No	Name	Batch
36	Deepa P S	2021-2023 batch (B Ed. English)
37	Devika Venugopal	2021-2023 batch (B Ed. English)
38	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
39	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
40	Gurumahima M V	2021-2023 batch (B Ed. English)
41	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
42	K A Rabia	2021-2023 batch (B Ed. English)
43	Leatitia Joshy	2021-2023 batch (B Ed. English)
44	Linnet John	2021-2023 batch (B Ed. English)
45	Meera Joy (Blind)	2021-2023 batch (B Ed. English)
46	Merize Ben Alias	2021-2023 batch (B Ed. English)
47	Pratibha S	2021-2023 batch (B Ed. English)
48	Sandra Joy	2021-2023 batch (B Ed. English)
49	Santhi M S	2021-2023 batch (B Ed. English)
50	Veena C V	2021-2023 batch (B Ed. English)
51	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
52	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
53	Ance Baby	2021-2023 batch (B Ed. Malayalam)
54	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
55	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
56	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
57	Liya Baby	2021-2023 batch (B Ed. Malayalam)
58	Mary Amala R	2021-2023 batch (B Ed. Malayalam)
59	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
60	Pranaya P M	2021-2023 batch (B Ed. Malayalam)



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Sl. No	Name	Batch
61	Anisha T	2021-2023 batch (B Ed. Malayalam)
62	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
63	Shilpa K	2021-2023 batch (B Ed. Malayalam)
64	Sneha M M	2021-2023 batch (B Ed. Malayalam)
65	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
66	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
67	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
68	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
69	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
70	Freeda K F	2021-2023 batch (B Ed. Mathematics)
71	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
72	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
73	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
74	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
75	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
76	Parvathy M	2021-2023 batch (B Ed. Mathematics)
77	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
78	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
79	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
80	Sona Paul	2021-2023 batch (B Ed. Mathematics)
81	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
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)

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Sl. No	Name	Batch
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)
99	Akhila M Nair	2022-2024 batch (B Ed. English)
100	Akshaya T G	2022-2024 batch (B Ed. English)
101	Amalu K	2022-2024 batch (B Ed. English)
102	Anagha R	2022-2024 batch (B Ed. English)
103	Anargha Mary	2022-2024 batch (B Ed. English)
104	Ashna Thomas	2022-2024 batch (B Ed. English)
105	Dona Maria	2022-2024 batch (B Ed. English)
106	Jeena Elsa John	2022-2024 batch (B Ed. English)
107	Jesna Joseph	2022-2024 batch (B Ed. English)
108	Leenu Merin Thomas	2022-2024 batch (B Ed. English)
109	Margret Benitta V J	2022-2024 batch (B Ed. English)
110	Megha Madhu	2022-2024 batch (B Ed. English)
111	Minu Mary	2022-2024 batch (B Ed. English)
112	Neha Babu	2022-2024 batch (B Ed. English)



Sl. No	Name	Batch
113	Nimmy Elizabeth George	2022-2024 batch (B Ed. English)
114	Rachel Berkumon	2022-2024 batch (B Ed. English)
115	Remya P . T	2022-2024 batch (B Ed. English)
116	Swathi.M	2022-2024 batch (B Ed. English)
117	Abina K	2022-2024 batch (B Ed. Malayalam)
118	Akhila M George	2022-2024 batch (B Ed. Malayalam)
119	Aleena Steephen	2022-2024 batch (B Ed. Malayalam)
120	Anju Prathap. P	2022-2024 batch (B Ed. Malayalam)
121	Aparna Jais	2022-2024 batch (B Ed. Malayalam)
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125	Lakshmi T S	2022-2024 batch (B Ed. Malayalam)
126	Nidhiya Joseph	2022-2024 batch (B Ed. Malayalam)
127	Pavithra V	2022-2024 batch (B Ed. Malayalam)
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129	Snehakavya	2022-2024 batch (B Ed. Malayalam)
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Sl. No	Name	Batch
138	Emilin K Thomas	2022-2024 batch (B Ed. Mathematics)
139	Emiliya Merin	2022-2024 batch (B Ed. Mathematics)
140	Indhu . K	2022-2024 batch (B Ed. Mathematics)
141	Kabani S	2022-2024 batch (B Ed. Mathematics)
142	Nanditha J	2022-2024 batch (B Ed. Mathematics)
143	Rosemol V T	2022-2024 batch (B Ed. Mathematics)
144	Sandra Antony	2022-2024 batch (B Ed. Mathematics)
145	Sharon Achu Anish	2022-2024 batch (B Ed. Mathematics)
146	Sneha Prince	2022-2024 batch (B Ed. Mathematics)
147	Stella Catherine Faber	2022-2024 batch (B Ed. Mathematics)
148	Vandana K P	2022-2024 batch (B Ed. Mathematics)
149	Aiswarya . A .K.	2022-2024 batch (B Ed. Physical Science)
150	Aiswarya Lakshmi S	2022-2024 batch (B Ed. Physical Science)
151	Alkha Thomas	2022-2024 batch (B Ed. Physical Science)
152	Anjumol Paul	2022-2024 batch (B Ed. Physical Science)
153	Ann Sara V Alias	2022-2024 batch (B Ed. Physical Science)
154	Arunima C . H	2022-2024 batch (B Ed. Physical Science)
155	Ashna K J	2022-2024 batch (B Ed. Physical Science)
156	Aswathy Aji P	2022-2024 batch (B Ed. Physical Science)
157	Dilna Biju	2022-2024 batch (B Ed. Physical Science)
158	Dinsha M Saji	2022-2024 batch (B Ed. Physical Science)
159	Diya N C	2022-2024 batch (B Ed. Physical Science)
160	Karthika Raveendran	2022-2024 batch (B Ed. Physical Science)
161	Muhzina Muhammed Basheer	2022-2024 batch (B Ed. Physical Science)
162	Rose Mary Jose	2022-2024 batch (B Ed. Physical Science)
163	Sahala Nayeem A A	2022-2024 batch (B Ed. Physical Science)



Sl. No	Name	Batch
164	Treesa Taniya P A	2022-2024 batch (B Ed. Physical Science)
165	Adeline Joseph	2022-2024 batch (B Ed. Natural Science)
166	Anna Anannya K P	2022-2024 batch (B Ed. Natural Science)
167	Anuradha A Pai	2022-2024 batch (B Ed. Natural Science)
168	Ashna Joseph	2022-2024 batch (B Ed. Natural Science)
169	Aysha Beevi C I	2022-2024 batch (B Ed. Natural Science)
170	Femy Mariya Jose	2022-2024 batch (B Ed. Natural Science)
171	Gopika A G	2022-2024 batch (B Ed. Natural Science)
172	Jismi Mohan	2022-2024 batch (B Ed. Natural Science)
173	Maneeha S M	2022-2024 batch (B Ed. Natural Science)
174	Meera Sankar A	2022-2024 batch (B Ed. Natural Science)
175	Merin K S	2022-2024 batch (B Ed. Natural Science)
176	Mrudula Girish	2022-2024 batch (B Ed. Natural Science)
177	Rajalakshmi R	2022-2024 batch (B Ed. Natural Science)
178	Sandra Soosan Aby	2022-2024 batch (B Ed. Natural Science)
179	Sneha P P	2022-2024 batch (B Ed. Natural Science)
180	Sreelakshmi N	2022-2024 batch (B Ed. Natural Science)
181	Sreeshna M	2022-2024 batch (B Ed. Natural Science)
182	Anagha Mary	2022-2024 batch (B Ed. Social Science)
183	Anitta Johnson	2022-2024 batch (B Ed. Social Science)
184	Arya .T .K	2022-2024 batch (B Ed. Social Science)
185	Aswathy K S	2022-2024 batch (B Ed. Social Science)
186	Chinchu K H	2022-2024 batch (B Ed. Social Science)
187	Devika P S	2022-2024 batch (B Ed. Social Science)
188	Geethu Sivan	2022-2024 batch (B Ed. Social Science)
189	Liyanta Izabel	2022-2024 batch (B Ed. Social Science)

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Sl. No	Name	Batch
190	Nair K M Sumalakshmi	2022-2024 batch (B Ed. Social Science)
191	Nandhitha C	2022-2024 batch (B Ed. Social Science)
192	Raseena Naseer	2022-2024 batch (B Ed. Social Science)
193	Reshma George P G	2022-2024 batch (B Ed. Social Science)
194	Riya James	2022-2024 batch (B Ed. Social Science)
195	Sarah Maria	2022-2024 batch (B Ed. Social Science)
196	Sneha M	2022-2024 batch (B Ed. Social Science)
197	Sreelakshmi Sudhakaran	2022-2024 batch (B Ed. Social Science)
198	Sukritha S Shenoy	2022-2024 batch (B Ed. Social Science)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## 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"> <li>To provide awareness on energy conservation.</li> <li>To minimise energy costs / waste without affecting production &amp; quality.</li> <li>To adopt sustainable and renewable sources of energy</li> </ul>
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 16<sup>th</sup> 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**



*Alice Joseph*  
 Dr. Alice Joseph  
 Principal in Charge  
 St. Joseph College of Teacher  
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*Alicia Joseph*  
 Dr. Alicia Joseph  
 Principal in Charge  
 St. Joseph College of Teacher  
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 Dr. Alice Joseph  
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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

<b>Name of the Event</b>	Energy Conservation Campaign, 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To spread awareness among people in the community on the importance of energy conservation</li> <li>2. To provide student teachers with an opportunity to engage with the community</li> </ol>
<b>Details of Event</b>	Social Science Optional & Natural Science optional
<b>Coordinators</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	16/12/2022
<b>Time</b>	10.30 AM – 11.30 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 34, Faculty- 2, households in community- 30
<b>Event Venue</b>	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 16<sup>th</sup> 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 15<sup>th</sup> 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 16<sup>th</sup> 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 Lain, Kacheripady, Ernakulam near to the St. Joseph College pf 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. Shesly Augustine	
2. Mohan Kumar	
3. Mary Anila Kelappan	
4. Shreemitha	
5. Phamini	
6. Sushama Pambal	
7. Anas Saliba	
8. Anna Vithi	
9. Anyathi	
10. Vijayakumari	
11. Jyothi P.J	
12. Letia	
13. Sindhu	
14. Prabavathi	

Michael Thomas	
Josephine	
Rajeeva Michael	
Aravindan	
Liz Tom T.T	
Aley Rajappan	
Geetha	
Eloy	
Kochukutty MV	
Mini Thomas	
Rajmalan S	

Name	sign
1) Krishnaveneti	
2) Shiny Kankose	
3) Madhu K.S	
4) Nirosha Sankar	
5) Subitha Samuel	

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

<b>Name of the Event</b>	Energy Conservation Campaign, 2022
<b>Date</b>	16/12/2022
<b>Time</b>	10.30 AM – 11.30 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 34, Faculty- 2, households in community- 30
<b>Event Venue</b>	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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## Yoga Workshop for M.Ed. Student Teachers

Date: 16-01-2023

Objective: The yoga workshop conducted for student teachers at our college aimed to promote holistic well-being and equip future educators with stress management tools. The workshop focused on integrating yoga practices into daily life, fostering physical fitness, mental clarity, and emotional balance.

### 1. Introduction to Yoga:

- Overview of the history and philosophy of yoga.
- Explanation of the different paths of yoga (Hatha, Raja, Bhakti, Karma, Jnana).
- Emphasis on the holistic approach to health and well-being.

### 2. Basic Yoga Asanas:

- Demonstrations and hands-on practice of foundational yoga poses.
- Alignment principles to prevent injuries and maximize benefits.
- Breathing techniques (Pranayama) to enhance focus and relaxation.

### 3. Meditation and Mindfulness:

- Guided meditation sessions to promote mental clarity and concentration.
- Techniques for cultivating mindfulness in daily activities.
- Benefits of meditation in managing stress and enhancing overall well-being.

### 4. Yoga for Stress Management:

- Practical strategies for dealing with stress in the academic and professional spheres.
- Incorporating short yoga sessions into busy schedules.
- Importance of regular physical activity in reducing stress levels.

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### 5. Yoga for Classroom Integration:

- Exploration of ways to incorporate brief yoga breaks in the classroom.
- Adapting yoga techniques for different age groups and educational settings.
- Discussion on the potential benefits of yoga in creating a positive learning environment.

**Conclusion:** The yoga workshop for student teachers at our college was successful in introducing the participants to the principles and practices of yoga. By emphasizing its relevance to their roles as educators, the workshop aimed to contribute to the overall well-being of the student teachers and, consequently, to the positive learning environment in our institution.



### List of Participants

Sl.No.	Name of M.Ed. Student
1.	Aiswarya Jolly
2.	Anupam Sebastian
3.	Athira Raju
4.	Jesney Rapheal
5.	Krishna Veni J V
6.	Lidiya Anna Francis
7.	Nikhila Baby
8.	Parvathy Rajeev
9.	Riya Sarvina Fernandez
10.	Rubeena. P.K
11.	Selash Merin Thomas
12.	Yismaya Mohanan

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## Online Webinar on Water Conservation Day

As we celebrate the Azadi Ka Amrut Mahotsav- an initiative of the Government of India to celebrate and commemorate 75 years of Independence, a webinar was conducted by St. Joseph College of Teacher Education for Women, Ernakulam and St. Thomas College of Teacher Education, Pala on the topic “Water Conservation” on 30-04-23. The programme was co-ordinated by Dr. Siji John, Assistant Professor of St. Joseph College of Teacher Education for Women, Ernakulam and Dr. Sunnu Austin, Assistant Professor of St. Thomas College, Pala. The webinar was organised by the Social Science Departments of both the colleges. There were two presenters one was Nair K. M. Sumalakshmi, first year B.ed student of St. Joseph College and Minna Mary Tom from St. Thomas college, Pala. The webinar was anchored by Sreelakshmi Sudhakaran and welcome address was delivered by Liyanta Izabel from St. Joseph college respectively.

The first presenter Nair K. M. Sumalakshmi addressed the audience about the need, significance and the importance of conserving water. As water is an essential resource to all the living beings in the world, the presenter made understand the careless use of water by humans nowadays. The responsibility to pass on the planet to future generations the way we received it was highlighted. Various steps that student teachers may take to initiate and teach water conservation habits among students was very clearly stated.

The second presenter Minna Mary Tom spoke on the various ways to conserve water like rainwater harvesting, the applications of modern technology in the preservation of water. The

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importance of sustainable development and the various steps to be taken was addressed. The importance of conservation of water was also underlined. A question and answer time was provided to the audience after each presentation to make further clarifications.


Vote of thanks was delivered by Gopika Anil from St. Thomas college, Pala. As a concluding session both the coordinators of the webinar expressed their views and congratulated the presenters. The webinar ended successfully making all those who participated understand the importance of conserving water.

**PAPER PRESENTERS**

**NAIR K.M SUMALAKSHMI**



**MINNA MARY TOM**



**WATER CONSERVATION DAY**

As part of Azadi Ka Amrit Mahotsav



**ORGANIZED BY**



St. Joseph College of Teacher Education for women, Ernakulam

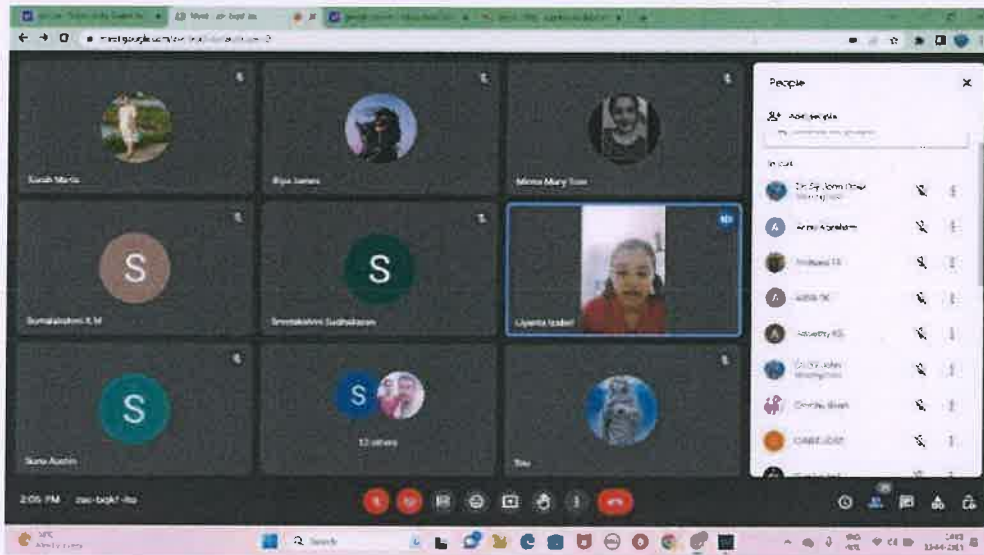


St. Thomas College of Teacher Education, Pala

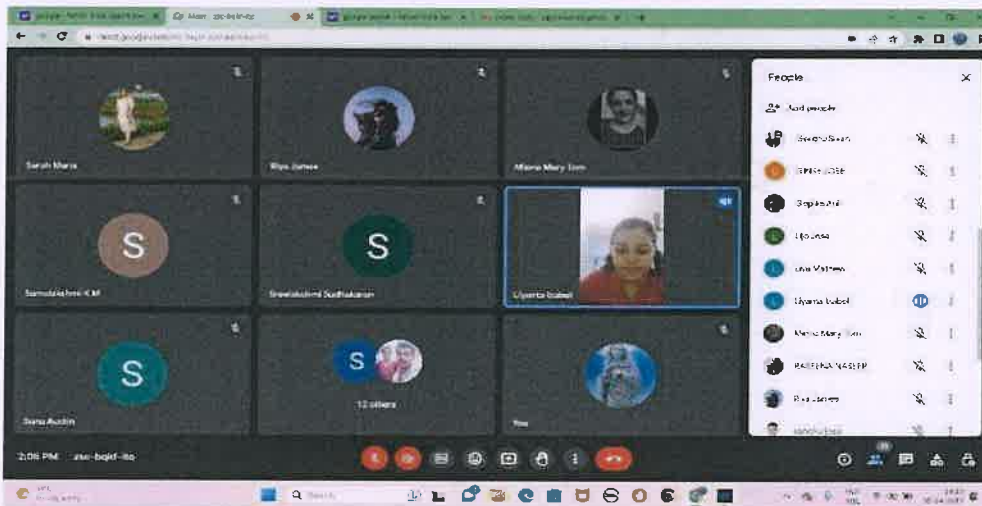
Online Webinar  
 Date - 30th April 2023  
 Time - 2:00-3:00pm

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20 student teachers participated



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## World Environment Day Celebration, 2021

<b>Name of the Event</b>	World Environment Day Celebration, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To raise the awareness regarding environmental issues and conservation of environment</li> <li>2. To promote environment friendly behavior among people and thereby promote environment protection</li> <li>3. To promote sustainable development practices</li> </ol>
<b>Details of Event Coordinators</b>	Nature club (Rithu 2021) St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Chief Guest</b>	Adv. Rajesh Jose Punchathalackal SJ Ecologist and Director at Sahajeevanam Eco-Theme Park, Pattuvam, Kannur
<b>Date</b>	05/06/2021
<b>Time</b>	2.00 PM- 3.20 PM
<b>Duration</b>	1 hour and 20 minutes
<b>Beneficiaries</b>	Student teacher teachers-88, Faculty- 12
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/oyz-nmfq-aze">https://meet.google.com/oyz-nmfq-aze</a>



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## World Environment Day Celebration, 2021

### Programme Report

Millions of people across the globe, commemorate World Environment Day, which is the greatest International venue for environmental public outreach. The Nature club of St. Joseph College of Teacher Education for Women, Ernakulam organized world Environment day celebration, 2021 with the theme of the year being 'Ecological Restoration' on 5<sup>th</sup> June 2021 from 3.00 PM to 4.00 PM via Google Meet. All the teachers and first year B Ed. student teachers participated in the online celebration.

The world Environment day celebration, 2021 started at 2.00 PM. Ms. Anitta Sheen Teresa, student teacher from Natural Science optional performed emcee for the event. The event started with the remembrance of Sundarlal Bahuguna, renowned Indian environmentalist and Chipko movement leader who recently passed away. The whole Environment Day celebration has been organized as a tribute to Sundarlal Bahuguna. It was then followed by a prayer song by Ms. Catherine Varghese, student teacher from Malayalam optional. The prayer song was succeeded by the welcome address delivered by Ms. Parvathy V, student teacher from English optional. After that, Ms. Meenu Anna Mathai, student teacher from Social Science optional delivered the introductory speech on the theme 'Ecosystem Restoration'. The speech enunciated about the UN decade of ecosystem restoration. The goal of the United Nations Decade on Ecological Restoration is to prevent, halt, and reverse ecosystem deterioration across all continents and oceans. It can assist in preventing a mass extinction, battling climate change, and ending poverty. The only way it can succeed is if everyone jointly participates.

The presidential address for the programme was delivered by Dr. Alice Joseph, the Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph articulated the significance of protecting the environment in which we live. All life on planet Earth is supported by ecosystems. The healthier the ecosystems are, the healthier will be Earth and its inhabitants. Dr. Alice Joseph also took the opportunity to remind all of the student teachers the greatest roles taken by environmentalists like Sundarlal Bahuguna, Maneka Gandhi and Vandana Siva for the environment and its protection. She also explained about the significance of observing World Environment Day. Dr. Alice Joseph advised all of her student teachers to be conscious about their



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behavior and practices that affects the environment. She advised all of them to be responsible towards protecting their environment. The presidential address was succeeded by the keynote address delivered by the chief guest for the day, Adv. Rajesh Jose Punchathalackal SJ, Ecologist and Director at Sahajeevanam Eco-Theme Park at Pattuvam, Kannur. He began his speech with an enlightening message that instead of celebrating and world environment day on 5<sup>th</sup> June of every year, it should be considered as one's daily routine to protect the environment. Then, Adv. Rajesh Jose Punchathalackal S J recited a Malayalam poem named, 'Baakki Pathram' which illuminated the Covid-19 phase and environment issues. He also mentioned about one of the famous environmental activists and writer, Kallen Pokkudan who was known for his contributions for the protection of mangrove forests. The resource person, Adv. Rajesh Jose Punchathalackal S J spoke in light of the life experiences he had during his nursing career in Gulberg village in Punjab in India. The essence of his life experiences was the significance of ecosystem restoration.

The keynote address was succeeded by various celebratory activities. Key activities conducted during the world environment day celebration, 2021 included:

- ✦ Video presentation on world environment day, its significance and the importance ecological restoration
- ✦ Online quiz competition
- ✦ Spot word puzzle game
- ✦ Poem recitation
- ✦ Collage presentation

During the environment day celebration, a video prepared by the nature club members regarding world environment day, its significance and the importance of ecological restoration was presented. The video was informative enough to provide the participants with awareness regarding the topic. The video emphasized the importance of celebrating world environment day in generating awareness and action for the preservation of the environment. The video enunciated that human beings are major contributors to many of the environmental issues like air pollution, water pollution, soil erosion, climate change etc. Due to many hazardous consequences of manmade-activities like excessive automobile exhaustions, chemical gas releases, release of solid wastes and industrial wastes to rivers, lakes etc., deforestation, and combustion of plastic wastes are all polluting the environment in different ways. In fact, humans are causing harm to their own





lives by harming the environment. Remedial measures regarding protection the environment were also demonstrated via the video presentation.

The video presentation was followed by an online quiz competition and a word puzzle game in connection with world environment day. Since the competitions were online, student teachers posted their answers in the chatbox in Google Meet. After the competitions, Ms. Athira Raju, student teacher from Malayalam optional recited a poem, 'Oru Thai Nadaam' written by Sugathakumari who is one among the greatest writers and environmental activists. After the poem recitation, Ms. Athira Anil, student teacher from Physical Science optional presented a collage which was prepared only out of natural products.

The World Environment Day celebration, 2021 turned out to be fruitful in accomplishing its objectives. The programme could raise awareness among the young minds on the importance of protecting and restoring the ecology. It could also contribute to the promotion of sustainable development practices and environment friendly behavior among student teachers. The student teachers could also enhance their knowledge base and upgrade their skills and talents via the competitions conducted. The vote of thanks for the programme was delivered by Ms. Reshma Sabu, student teacher from Physical Science optional. The programme winded up at 3.20 PM with the national anthem.

*Alice Joseph*


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





## World Environment Day Celebration, 2021

## Photo Gallery



St Joseph College of Teacher Education for Women, Ernakulam

Nature Club

Rithu 2K21 - 'Let oceans bloom green'

Cordially invite you to celebrate

**WORLD ENVIRONMENT DAY 5 JUNE 2021**

REIMAGINE  
RECREATE  
RESTORE

#EcosystemRestoration  
United Nations Decide on Ecosystem Restoration (2021-2030)

UN 50  
ANNIVERSARY

On 5<sup>th</sup> June, 2021, Saturday ( 2:00-3:00PM)  
Join us on Google meet:  
<https://meet.google.com/oyz-nmfq-aze>  
code : oyznmfqaze



REIMAGINE  
RECREATE  
RESTORE

St Joseph College of Teacher Education for Women, Ernakulam

Nature Club

Rithu 2K21 - 'Let oceans bloom green'

Cordially invite you to celebrate

**WORLD ENVIRONMENT DAY**  
Theme: Ecological Restoration

**PROGRAMME:**

- Prayer
- Welcome speech
- Introductory Speech on Ecosystem Restoration
- Presidential address
- Message- by Fr. Adv. Rajesh Panchadasakal SJ, Ecologist(Sahajevanan, Pattuvam)
- Online Quiz competition
- Spot word puzzle game
- Poem recitation
- Vote of Thanks
- Winners announcement

On 5<sup>th</sup> June, 2021, Saturday ( 2:00-3:00PM)

Join us on Google meet:  
<https://meet.google.com/oyz-nmfq-aze>  
code : oyznmfqaze

## Brochures for the World Environment Day celebration, 2021

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Principal in Charge  
St. Joseph College of Teacher  
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Josephite Family celebrating World Environment day, 2021 via Google meet



Ms. Anitta Sheen Teresa, student teacher from Natural Science optional performing emcee for the whole event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam



Josephite family remembering and paying tribute to Sundarlal Bahuguna, one among the greatest environmentalists of the nation who demised recently.



Prayer song by Ms. Catherine Varghese, student teacher from Malayalam optional during the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam

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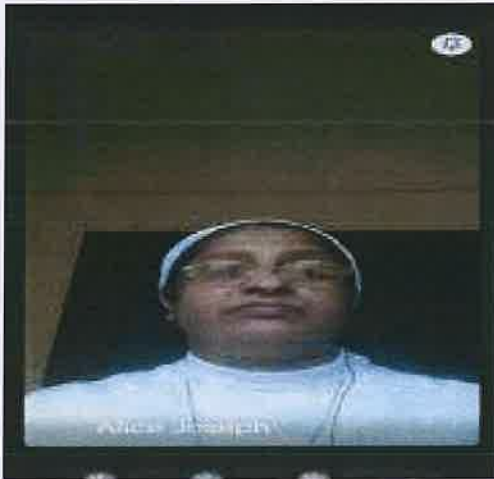




**Ms. Parvathy V, student teacher from English optional delivering the official welcome address during the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam**



**Ms. Meenu Anna Mathai, student teacher from Social Science optional delivering the introductory speech on the theme, 'Ecosystem Restoration', during the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam**



**Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam delivering the presidential address during the event of World Environment day, 2021**



**Keynote address delivered by Adv. Rajesh Jose Punchathalackal S J, the chief guest for the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam**

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**Dr. Alice Joseph**  
 Principal in Charge  
 St. Joseph College of Teacher  
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Video presentation on the theme of environment restoration during the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam



Snippets from the online quiz and word puzzle game competitions held during the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam



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**Ms. Athira Raju, student teacher from Malayalam optional, reciting the poem, 'Oru Thai Nadaam' written by Sugathakumari during the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam**



**Ms. Reshma Sabu, student teacher from Physical Science optional delivering the vote of thanks during the event of World Environment day, 2021 held at St. Joseph College of Teacher Education for Women, Ernakulam**

### World Environment Day Celebration, 2021

#### Programme Details

<b>Name of the Event</b>	World Environment Day Celebration, 2021
<b>Date</b>	05/06/2021
<b>Time</b>	2.00 PM – 3.20 PM
<b>Duration</b>	1 hour and 20 minutes
<b>Beneficiaries</b>	Student teachers- 88, Faculty- 12
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/oyz-nmfq-aze">https://meet.google.com/oyz-nmfq-aze</a>



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

### List of Participants

Faculty members list:

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

Student teachers list:

Sl. No	Name	Batch
1	Aagi Tom	2020-2022 batch (B Ed. English)
2	Alina Celine Lancy	2020-2022 batch (B Ed. English)
3	Anna Susan Jacob	2020-2022 batch (B Ed. English)
4	Arunima K Shaji	2020-2022 batch (B Ed. English)
5	Arya Balachandran	2020-2022 batch (B Ed. English)
6	Arya C S	2020-2022 batch (B Ed. English)
7	Athira C S	2020-2022 batch (B Ed. English)
8	Mariatta D Kappan	2020-2022 batch (B Ed. English)



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9	Melvin Daniel	2020-2022 batch (B Ed. English)
10	Parvathy V	2020-2022 batch (B Ed. English)
11	Rinju Jolly	2020-2022 batch (B Ed. English)
12	Sania Varghese	2020-2022 batch (B Ed. English)
13	Sneha Joseph	2020-2022 batch (B Ed. English)
14	Sreelekha R	2020-2022 batch (B Ed. English)
15	Abhirami Soman	2020-2022 batch (B Ed. Malayalam)
16	Aleena Roy	2020-2022 batch (B Ed. Malayalam)
17	Amitha James	2020-2022 batch (B Ed. Malayalam)
18	Anakha K S	2020-2022 batch (B Ed. Malayalam)
19	Anjana Narayanan	2020-2022 batch (B Ed. Malayalam)
20	Athira Raju	2020-2022 batch (B Ed. Malayalam)
21	Blessy Babu	2020-2022 batch (B Ed. Malayalam)
22	Bobina Antony	2020-2022 batch (B Ed. Malayalam)
23	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)
24	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
25	Salini K B	2020-2022 batch (B Ed. Malayalam)
26	Shilpa Stanly	2020-2022 batch (B Ed. Malayalam)
27	Vismaya Mohanan	2020-2022 batch (B Ed. Malayalam)
28	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
29	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
30	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
31	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
32	Cris Francis	2020-2022 batch (B Ed. Mathematics)
33	Elizabeth Maria Babu	2020-2022 batch (B Ed. Mathematics)
34	Lilly Riya	2020-2022 batch (B Ed. Mathematics)
35	Meera R	2020-2022 batch (B Ed. Mathematics)
36	Megha T.M	2020-2022 batch (B Ed. Mathematics)
37	Merin Johny	2020-2022 batch (B Ed. Mathematics)
38	Nikhila Baby	2020-2022 batch (B Ed. Mathematics)



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39	Soumya Murugan	2020-2022 batch (B Ed. Mathematics)
40	Sumayya H E	2020-2022 batch (B Ed. Mathematics)
41	Aneetta Joy	2020-2022 batch (B Ed. Physical Science)
42	Anju Abraham P	2020-2022 batch (B Ed. Physical Science)
43	Aparna S	2020-2022 batch (B Ed. Physical Science)
44	Arya M A	2020-2022 batch (B Ed. Physical Science)
45	Athira Anil	2020-2022 batch (B Ed. Physical Science)
46	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science)
47	Christeena John	2020-2022 batch (B Ed. Physical Science)
48	Deniya Stanly	2020-2022 batch (B Ed. Physical Science)
49	Keerthana Tomy	2020-2022 batch (B Ed. Physical Science)
50	Lida Mathew	2020-2022 batch (B Ed. Physical Science)
51	Mariya Deepthy	2020-2022 batch (B Ed. Physical Science)
52	Neethu P D	2020-2022 batch (B Ed. Physical Science)
53	Reshma S Babu	2020-2022 batch (B Ed. Physical Science)
54	Stella Avirappatt	2020-2022 batch (B Ed. Physical Science)
55	Anitta Sheen Theresa	2020-2022 batch (B Ed. Natural Science)
56	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
57	Anju A	2020-2022 batch (B Ed. Natural Science)
58	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
59	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
60	Fathima Beevi A I	2020-2022 batch (B Ed. Natural Science)
61	Jinu Anna Varghese	2020-2022 batch (B Ed. Natural Science)
62	Krishna M K	2020-2022 batch (B Ed. Natural Science)
63	Krishna Murali	2020-2022 batch (B Ed. Natural Science)
64	Nandini Sagar	2020-2022 batch (B Ed. Natural Science)
65	Nausheen N	2020-2022 batch (B Ed. Natural Science)
66	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
67	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
68	Shereena G	2020-2022 batch (B Ed. Natural Science)

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69	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
70	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
71	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
72	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
73	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
74	Ans Jose	2020-2022 batch (B Ed. Social Science)
75	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
76	Asha Joseph	2020-2022 batch (B Ed. Social Science)
77	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
78	Aswathi .P	2020-2022 batch (B Ed. Social Science)
79	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
80	Liya Thomas	2020-2022 batch (B Ed. Social Science)
81	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
82	Meera Mathew	2020-2022 batch (B Ed. Social Science)
83	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
84	Olivia Tresa A A	2020-2022 batch (B Ed. Social Science)
85	Revathy N	2020-2022 batch (B Ed. Social Science)
86	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
87	Sreejitha A K	2020-2022 batch (B Ed. Social Science)
88	Tency Davis	2020-2022 batch (B Ed. Social Science)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## 'AKSHARAM'- International Literacy Day Celebration, 2021

<b>Name of the Event</b>	'AKSHARAM'- International Literacy Day Celebration, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To emphasize the significance of literacy as a subject of human rights and dignity</li> <li>2. To progress the literacy agenda in order to create a society that is equally literate and sustainable</li> <li>3. To emphasize the advantages of a higher literacy rate and to remind student teachers of the significance of literacy for the improvement of individuals, cultures and communities.</li> <li>4. To help raise awareness of the need for minimum literacy and the problems of illiteracy among student teachers</li> <li>5. To raise students' awareness on digital literacy</li> </ol>
<b>Details of Event Coordinators</b>	Anti-Narcotics club, St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Resource Person</b>	Dr. Laya A.B, Assistant Professor, SNM Training College, Moothakunnam, North Paravoor, Ernakulam
<b>Date</b>	08/09/2021
<b>Time</b>	1.30 PM- 2.30 PM
<b>Duration</b>	1 Hour
<b>Beneficiaries</b>	Student teachers-68, Faculty- 13
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/nnt-gonk-adr">https://meet.google.com/nnt-gonk-adr</a>



## 'AKSHARAM'- International Literacy Day Celebration, 2021

### Programme Report

The Anti-Narcotics club of St. Joseph College of Teacher Education for Women, Ernakulam observed International literacy day, 2021 with the programme titled 'AKSHARAM' on 8<sup>th</sup> September 2021 from 1.30 PM to 2.30 PM via online platform. The whole programme was organized by the Anti-Narcotic club members of the college. The resource person for the programme was Dr. Laya A.B, Assistant Professor at SNM Training College, Moothakunnam in North Paravoor in Ernakulam. A total of 68 student teachers from St Joseph College of Teacher Education for Women, Ernakulam participated in the event.

The programme started exactly at 1.30 PM with a prayer song by Ms. Megha T M, student teacher from Mathematics optional. Ms. Anju Abraham, student teacher from Physical Science optional and the Assistant Leader of Anti-Narcotics club of St. Joseph College of Teacher Education for Women, delivered the official welcome speech for the programme. The presidential address was delivered by Dr. Alice Joseph, the Principal of St. Joseph College of Teacher Education for Women, Ernakulam. The Principal gave a brief speech on the importance of literacy day. Dr. Alice Joseph mentioned that education is crucial for both personal development and societal advancement. International Literacy Day is observed on September 8 to celebrate and honor the value of literacy. The primary goal of the day is to raise awareness of the value of literacy among people. There are still many individuals who are lacking basic literacy, along with the inability to comprehend, read and write, despite several efforts to make improvement. This day must be honored in every community in the world. The keynote address for the programme was handled by the resource person for the programme, Dr. Laya A.B, Assistant Professor at SNM Training College, Moothakunnam in North Paravoor in Ernakulam. The resource person, Dr. Laya A.B, elucidated the origin and significance of digital literacy in contemporary times. In the past, being literate was defined as being able to read and write on a basic level. Now that the internet and technology have advanced, literacy has transformed into digital literacy. New threats and risks must be adequately addressed, and this can only be accomplished with solid digital literacy skills. New teaching and learning methods in the classroom are made possible by digital literacy. Students learn new techniques for interacting with their interests through the internet and other digital



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media. When it pertains to discovering or reading more about potential interests, they will be no longer restricted to only physical text. In order to navigate social media sites securely and effectively, students must be digitally literate. Digital literacy is now a necessary skill for everyone due to the advancement of technology and the rising significance of internet in contemporary society. The resource person also emphasized on the issues of drug addiction among teenagers and proper education and literacy as a method to overcome such social evils. The resource person recited a poem from her recent publication, 'Nanayaan Maranna Mazhathullikal- a Collection of Poems', at the end of her speech which was a delightful experience for the audience. The keynote address was succeeded by the programme activities for the day.

The key programme activities for International literacy day celebration included:

- ✚ Video presentation on the significance of literacy day
- ✚ Poem recitation
- ✚ Honoring of great women patrons and activists of education
- ✚ Quiz competition

A video presentation on literacy day was carried out by Ms. Bobina Antony, student teacher from Malayalam optional and one among the Anti-Narcotics club members. The video covered the origin of the literacy day and the significance of literacy. It also focused on the importance of education in an individuals' life and exhibited statistical representation of population who are lacking basic literacy both in Indian and global context. Ms. Aparna S, student teacher from Physical Science optional, recited a poem during the celebration. A tributary video was prepared and presented as part of honoring the great women patrons of education by Ms. Olivia Tresa A.A, Anti-Narcotics club leader and student teacher from Social Science optional. The video could depict the greatest activists of education and their influential action and struggle that has led to the drastic revolution in the field of education. A quiz competition was conducted as part of the celebration. The competition turned out to be productive and filled with energetic responses from the part of participants as they actively engaged in the programme. The online quiz competition was won by Ms. Aneeta Joy and Ms. Aneeta Anson, student teachers from physical Science optional and Social Science optional respectively.

The students had the following benefits from participating in the International literacy day celebration, 2021:



- ✦ Gain knowledge and raise awareness on the concept of digital literacy
- ✦ Learn essential skills required for digital literacy
- ✦ Enhance their knowledge, skills and talents through competitions
- ✦ Understood the significance of literacy and the effect it has on overcoming issues relating to drug abuse among teenagers
- ✦ Raise awareness on the problems of illiteracy

The international literacy day celebration, 'AKSHARAM' wended up at 2.30 PM with the vote of thanks given by Ms. Lida Mathew, student teacher from Physical Science optional.

### 'AKSHARAM'- International Literacy Day Celebration, 2021

#### Photo Gallery

**PROGRAMME SCHEDULE**

Prayer	: Megha T.M
Welcome Speech	: Sr. Anju Abraham.P
Presidential Address	: Dr. Sr. Alice Joseph <small>(Principal, St. Joseph College of Teacher Education for Women)</small>
Keynote Address	: Dr. Laya A.B <small>(Assistant Professor, SNM Training College, Moothakunnam)</small>
<b>Programmes</b>	
<ul style="list-style-type: none"> <li>• Video presentation on International Literacy Day</li> <li>• Song : Aparna .S</li> <li>• Honoring the Women heroes in Education</li> <li>• Quiz Competition</li> </ul>	
Vote of Thanks	: Lida Mathew

#### Brochure for the International Literacy Day Celebration, 2021

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**Ms. Aparna S, student teacher from Physical Science optional at St. Joseph College of Teacher Education for Women, Ernakulam, reciting a poem during the literacy day celebration, 2021**



**Dr. Laya A.B, Assistant Professor at SNM Training College, Moothakunnam, delivering keynote address on the International literacy day celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam**

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**Dr. Alice Joseph**  
 Principal in Charge  
 St. Joseph College of Teacher  
 Education for Women,  
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**'AKSHARAM'- International Literacy Day Celebration, 2021**

## Programme Details

<b>Name of the Event</b>	'AKSHARAM'- International Literacy Day Celebration, 2021
<b>Date</b>	08/09/2021
<b>Time</b>	1.30 PM – 2.30 PM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers-68, Faculty- 13
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/nnt-gonk-adr">https://meet.google.com/nnt-gonk-adr</a>

## List of Participants

Faculty members list:

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



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12	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
13	Dr. Soya Mathew	Assistant Professor (Education)

## Students list:

Sl. No	Name	Batch
1	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
2	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
3	Ans Jose	2020-2022 batch (B Ed. Social Science)
4	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
5	Asha Joseph	2020-2022 batch (B Ed. Social Science)
6	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
7	Aswathi .P	2020-2022 batch (B Ed. Social Science)
8	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
9	Liya Thomas	2020-2022 batch (B Ed. Social Science)
10	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
11	Meera Mathew	2020-2022 batch (B Ed. Social Science)
12	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
13	Olivia Tresa A A	2020-2022 batch (B Ed. Social Science)
14	Revathy N	2020-2022 batch (B Ed. Social Science)
15	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
16	Sreejitha A K	2020-2022 batch (B Ed. Social Science)
17	Tency Davis	2020-2022 batch (B Ed. Social Science)
18	Aneetta Joy	2020-2022 batch (B Ed. Physical Science)
19	Anju Abraham P	2020-2022 batch (B Ed. Physical Science)
20	Aparna S	2020-2022 batch (B Ed. Physical Science)
21	Arya M A	2020-2022 batch (B Ed. Physical Science)
22	Athira Anil	2020-2022 batch (B Ed. Physical Science)
23	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science)
24	Christeena John	2020-2022 batch (B Ed. Physical Science)





25	Deniya Stanly	2020-2022 batch (B Ed. Physical Science)
26	Keerthana Tomy	2020-2022 batch (B Ed. Physical Science)
27	Lida Mathew	2020-2022 batch (B Ed. Physical Science)
28	Mariya Deepthy	2020-2022 batch (B Ed. Physical Science)
29	Neethu P D	2020-2022 batch (B Ed. Physical Science)
30	Reshma S Babu	2020-2022 batch (B Ed. Physical Science)
31	Stella Avirappatt	2020-2022 batch (B Ed. Physical Science)
32	Anitta Sheen Theresa	2020-2022 batch (B Ed. Natural Science)
33	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
34	Anju A	2020-2022 batch (B Ed. Natural Science)
35	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
36	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
37	Fathima Beevi A I	2020-2022 batch (B Ed. Natural Science)
38	Jinu Anna Varghese	2020-2022 batch (B Ed. Natural Science)
39	Krishna M K	2020-2022 batch (B Ed. Natural Science)
40	Krishna Murali	2020-2022 batch (B Ed. Natural Science)
41	Nandini Sagar	2020-2022 batch (B Ed. Natural Science)
42	Nausheen N	2020-2022 batch (B Ed. Natural Science)
43	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
44	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
45	Shereena G	2020-2022 batch (B Ed. Natural Science)
46	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
47	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
48	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
49	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
50	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
51	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
52	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
53	Cris Francis	2020-2022 batch (B Ed. Mathematics)
54	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)

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55	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
56	Salini K B	2020-2022 batch (B Ed. Malayalam)
57	Shilpa Stanly	2020-2022 batch (B Ed. Malayalam)
58	Vismaya Mohanan	2020-2022 batch (B Ed. Malayalam)
59	Arya Balachandran	2020-2022 batch (B Ed. English)
60	Arya C S	2020-2022 batch (B Ed. English)
61	Athira C S	2020-2022 batch (B Ed. English)
62	Dona Mariya Thomas	2020-2022 batch (B Ed. English)
63	Josna Joy	2020-2022 batch (B Ed. English)
64	Melvin Daniel	2020-2022 batch (B Ed. English)
65	Anjana Narayanan	2020-2022 batch (B Ed. Malayalam)
66	Athira Babu	2020-2022 batch (B Ed. Malayalam)
67	Athira Raju	2020-2022 batch (B Ed. Malayalam)
68	Merin Johny	2020-2022 batch (B Ed. Mathematics)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Navajeevanam:

### Empowering Tomorrow's Leaders Through Cyber Awareness

**Date: September 14, 2021**

#### Introduction

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

#### Benefits for Alumni

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

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

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

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

### **Benefits for Present Student Teachers**

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

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

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

### **Benefits for the School Student Community**

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

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

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

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

### Conclusion

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

NAVAJEEVANAM  
A Supportive Initiative for School Students

Mentoring  
Consultation  
Accompaniment  
Interaction  
Innovation  
Guidance  
Academic Growth  
Relaxation

St. Joseph College of Teacher Education for Women Ernakulam

Talk on  
**Cyber World: Facts and Traps**

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

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

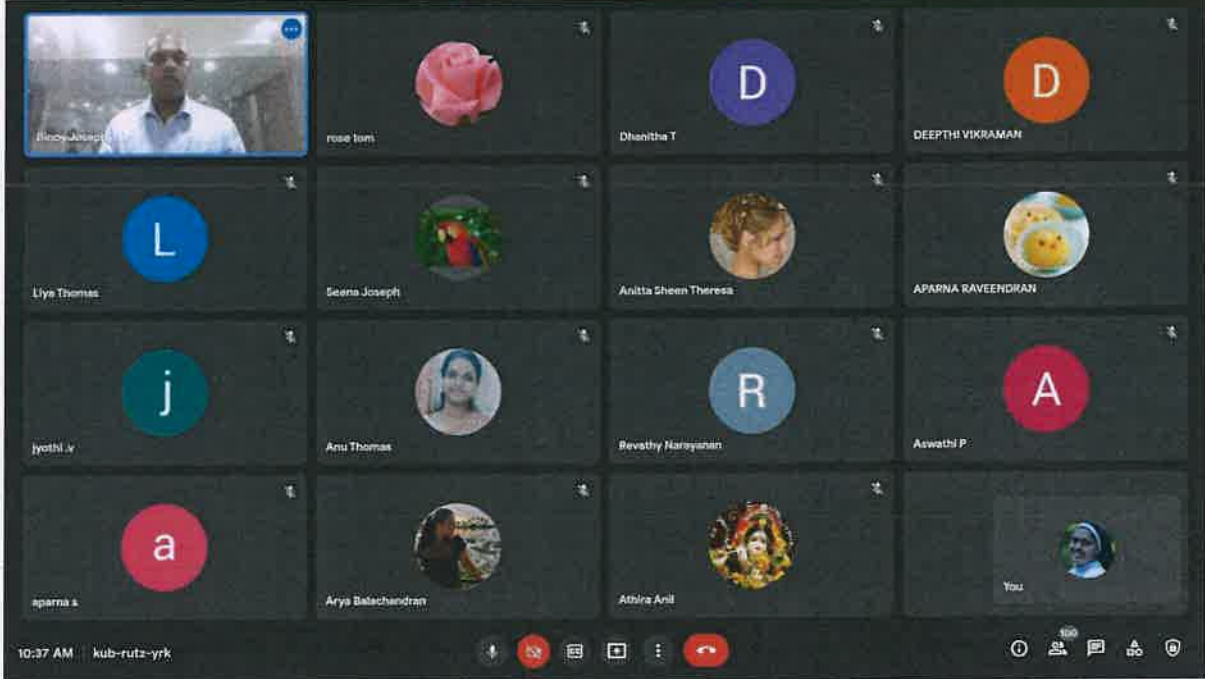
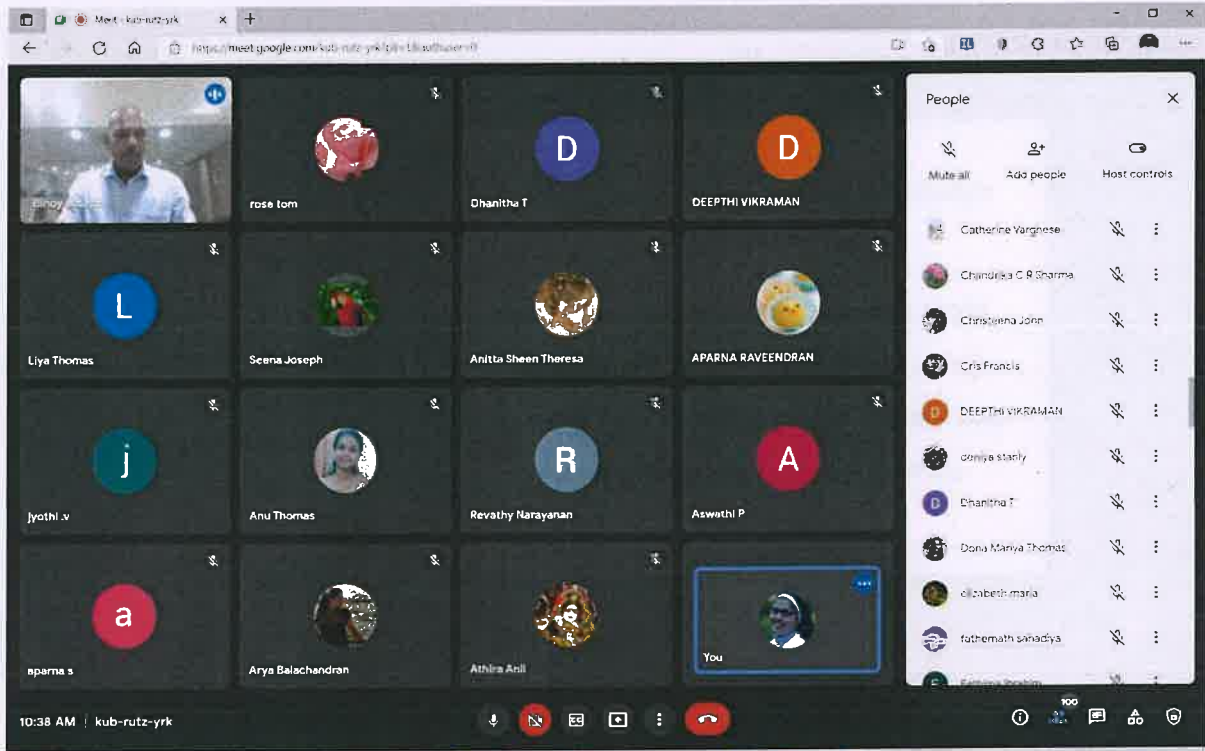


*Alicia Joseph*  
Dr. Alicia Joseph  
Principal in Charge  
St. Joseph College of Teacher  
Education for Women,  
Ernakulam  
www.stjosephcte.in



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

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

People list: DC Rachel George, Elizabeth maria, fathemath sahadhya, Fathima Ibrahim, Jakkol Joseph, Jhana Mary, jyothi v, Krishna M K, krishna murah, Lakshmy KP, Lia Rose Torreon.

### What is a Digital Footprint?

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

The slide features a graphic of a footprint filled with various social media and search engine logos like Facebook, Google, YouTube, and LinkedIn.

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Dinoy Joseph is presenting

## How Many Hours Online ?

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

Participants in the meeting:

- rose lom
- Dhanitha T
- DEEPTHI VIKRA...
- Liya Thomas
- 94 others
- You

People:

- Seena Joseph
- shereena G
- Shiyara sa'beev
- Smitha Jose
- Soumya Mungin
- Er.Lissel S.H
- Sreesytha A.K
- Sreekutty MP
- Sreelekshmi t.a
- SREELEKHA R

10:45 AM kub-rutz-yrk

Type here to search

29°C ENG Tuesday 14-09-2021

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

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

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

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
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## World Ozone Day Celebration, 2021

<b>Name of the Event</b>	World Ozone Day Celebration, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To raise the awareness regarding ozone depletion and its consequences on people</li> <li>2. To educate people on the importance of preserving ozone layer</li> <li>3. To promote environment friendly behavior among people</li> <li>4. To promote sustainable development practices</li> </ol>
<b>Details of Event Coordinators</b>	Nature club (Rithu 2021) St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	16/09/2021
<b>Time</b>	12.35 PM- 1.35 PM
<b>Duration</b>	1 Hour
<b>Beneficiaries</b>	Student teachers- 88, Faculty- 12
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/kwz-ahnj-upk">https://meet.google.com/kwz-ahnj-upk</a>

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## World Ozone Day Celebration, 2021

### Programme Report

Every year, world ozone day is celebrated across the world in order commemorate the signing of the Montreal Protocol on substances that depletes the ozone layer, for the preservation of ozone layer. The Nature club (Rithu 2k21) of St. Joseph College of Teacher Education for Women, Ernakulam organized world ozone day celebration, 2021 with the theme of the year being 'Keeping us, our food and vaccines cool' on 16<sup>th</sup> September 2021 from 12.35 PM to 1.35 PM via Google Meet. All the teachers and first year B Ed. students attended the programme.

The ozone day celebration, 2021 started exactly at 12.35 PM with a prayer by Ms. Rose Tom, student teacher from Malayalam optional of St. Joseph College of Teacher Education for Women, Ernakulam. Ms. Sreelekha R, student teacher from English optional delivered the welcome speech for the programme. The welcome address was succeeded by the introductory speech by Ms. Parvathy V, student teacher from English optional on the theme of the World Ozone Day, 2021. The speech enunciated the Montreal protocol, its origin and significance in the current pandemic situation. The presidential address for the programme was delivered by Dr. Alice Joseph, the Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph articulated the significance of preserving ozone layer and thereby preserving life on earth. She indicated the present condition of ozone layer which is affected by rapid industrialization and pollution. Dr. Alice Joseph shared with her students, the history of the Vienna convention and Montreal protocol and the significance of celebrating World Ozone Day. She signaled how important is an individual's responsibility in promoting sustainable development and carrying out environment friendly practices and preserve the nature especially in this era.

The presidential address was succeeded by various celebratory activities. Key activities conducted during the world ozone day celebration, 2021 included:

- Video presentation on ozone day, its significance and the consequences of ozone layer depletion
- Online quiz competition

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- ✚ Poster making competition and status making competition conducted on 15<sup>th</sup> September 2021 as part of world ozone day celebration held on 16<sup>th</sup> September 2021

On the day of ozone day celebration, a video prepared by the student teachers of Natural Science optional regarding ozone day, its significance and the consequences of ozone layer depletion was presented. The video was based on the theme of World Ozone Day 2021, 'Montreal Protocol- Keeping us, our food and vaccines cool' and it turned out to be informative enough to provide the participants with awareness regarding the topic. The video enunciated that human beings are shielded from the sun's harmful ultraviolet (UV) rays by the ozone layer, which acts as an invisible barrier. Specifically, the ozone layer shields us from UV-B radiation, or sunburn-causing UV rays. All life on Earth is protected by the ozone layer since prolonged exposure to high UV-B levels is dangerous to human health and harms the majority of animals, plants, and microorganisms. The ozone layer shields the Earth's surface from harmful radiation levels. But the ozone layer is thinning gradually as years pass by due to the chemicals released in to the atmosphere as a result of manmade activities. These chemicals, also known as ozone depleting substances are depleting the ozone and reducing its capacity to prevent the harmful ultraviolet radiations from reaching the earth's surface, increasing the chances of diseases like skin cancer and cataracts in the living population. An international agreement known as the Montreal Protocol was signed in 1987 which aims to preserve the ozone layer by limiting out the manufacturing of a number of chemicals that contribute to ozone depletion. Without the protocol, a large scale depletion of ozone layer would have occurred with dangerous consequences.

The video presentation was succeeded by an online quiz competition in connection with the topic 'world ozone day and its history'. The online quiz programme was hosted by Ms. Sreelakshmi T A, student teacher from the Natural Science optional. As part of the celebration, a poster making competition and a status making competition was held on 15<sup>th</sup> September 2021. Specific criteria were set for each competition. For poster making competition, the following criteria were set down:

- ✚ Posters should be made based on the theme, 'Save Ozone, Save Earth'
- ✚ The poster should be prepared in A4 size
- ✚ Posters should be original and handmade
- ✚ Catchy slogans relevant to the topic can be included in the poster




- ✦ Only one submission per entry is accepted
- ✦ Name of the participant and department should be clearly mentioned in the bottom right corner of the poster
- ✦ Entries must be submitted on or before 15<sup>th</sup> September 2021 for evaluation since the celebration is conducted online

For video status making competition, the following criteria were set down:

- ✦ Video statuses must be prepared based on the theme, 'Ozone, the mother of the earth'
- ✦ The duration of the video status should be in between 30 to 60 seconds
- ✦ The video status must be one's own creation
- ✦ Inclusion of images, animations and narration in the video is acceptable
- ✦ Background music for the video is not compulsory
- ✦ Entries must be submitted on or before 15<sup>th</sup> September 2021 for evaluation since the celebration is conducted online

Fulfilling and qualifying all of the criteria set down, Ms. Meera Mathew, student teacher from the Social Science optional won the first position for video status making competition. Ms. Arya M.A, student teacher from Physical Science optional won the first position for poster making competition. The second position for poster making competition was secured by Ms. Amrutha Satheesan, student teacher from Social Science optional. Ms. Lakshmy K.P and Ms. Meera Mathew, student teachers from Social Science optional shared the third position for poster making competition. Ms. Amrutha Satheesan, student teacher from the Social Science optional secured the first position for online quiz competition conducted as part of World Ozone Day celebration, 2021. Student teachers, Ms. Aswani K Shaji from Social Science optional and Ms. Athira Babu from Malayalam optional won the second and third positions respectively for the quiz competition.

The world ozone day celebration, 2021 turned out to be fruitful in accomplishing its objectives. The programme could raise awareness among the young minds on the importance of ozone layer and preventing its depletion. It could also contribute to the promotion of sustainable development practices and environment friendly behavior among students. The students could also enhance their knowledge base and upgrade their skills and talents via the competitions conducted. The programme winded up at 1.35 PM with the delivery of vote of thanks by Ms. Reshma S. Babu, student teacher from Physical Science optional.

  
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## World Ozone Day Celebration, 2021

### Photo Gallery

St Joseph College of Teacher Education for Women,  
Ernakulam

Nature Club (Rithu 2k21)

*Cordially invite you to Celebrate*

**WORLD OZONE DAY**

16<sup>th</sup> September, 2021

Theme : Montreal Protocol – keeping us, our food and vaccines cool

**PROGRAMME:**

- Prayer
- Welcome speech
- Introductory speech
- Presidential address – Dr. Sr. Alice Joseph
- Video presentation
- Online Quiz Competition
- Vote of thanks

Join us on Google meet at 12.35pm  
Code : kwz-ahnj-upk  
<https://meet.google.com/kwz-ahnj-upk>

### Brochure for the World Ozone Day celebration, 2021

St Joseph College of Teacher Education for Women, Ernakulam

Nature Club ( Rithu 2k21)

Presents World Ozone Day Celebration

**POSTER MAKING COMPETITION**

Theme: SAVE OZONE SAVE EARTH

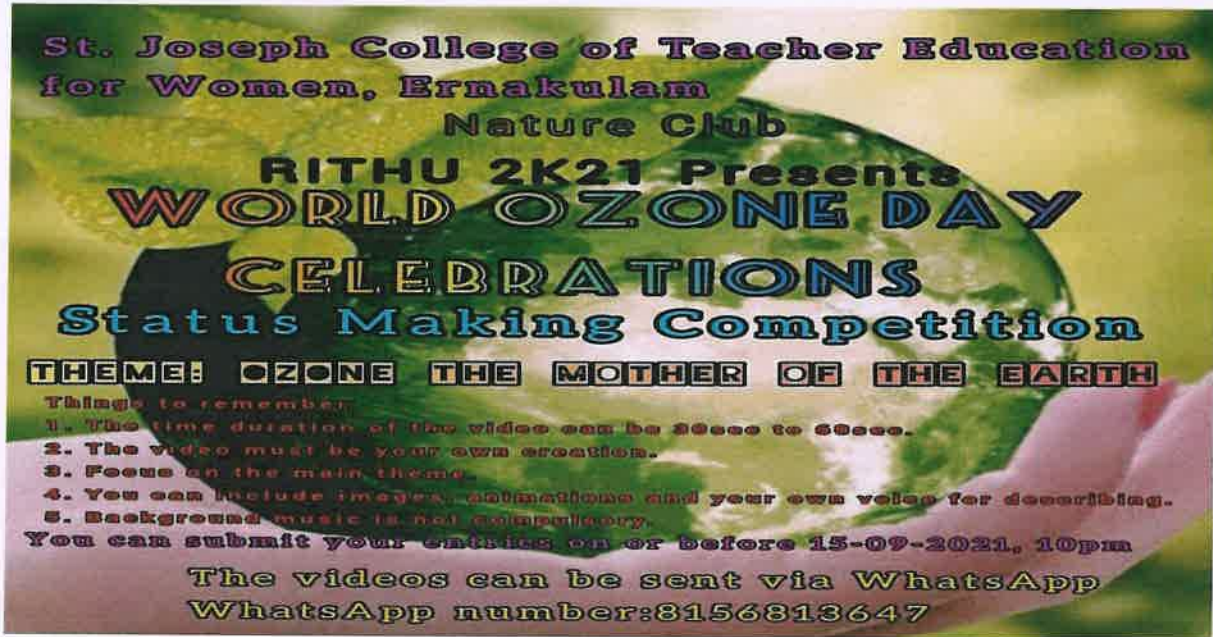
**GUIDELINES:**

- Use A4 size paper to make the poster.
- It should be original work and hand made.
- Acceptable tools for drawing/ painting include pencil, crayon, water colour etc.
- Name of the participant and department should be clearly mentioned at the bottom right corner of the paper.
- Only one submission per entry is accepted.
- The theme 'Save Ozone, Save Earth' should be the main focus of the poster.
- You can add any catchy slogans which is relevant to the theme.

Submit your entries on or before 15<sup>th</sup> September, 2021  
via WhatsApp: 70251 33610

16<sup>th</sup> September  
**WORLD OZONE DAY**



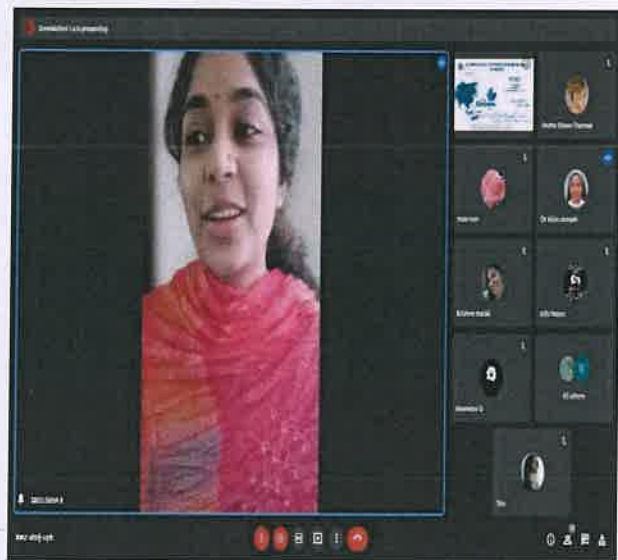


21

Brochure for status making competition conducted as part of World Ozone Day celebration. 2021



Ms. Anitta Sheen Teresa, student teacher from Natural Science optional, performing as emcee for the World Ozone Day Celebration, 2021



Ms. Sreelekha R, student teacher from English optional, delivering the welcome address for the World Ozone Day Celebration, 2021



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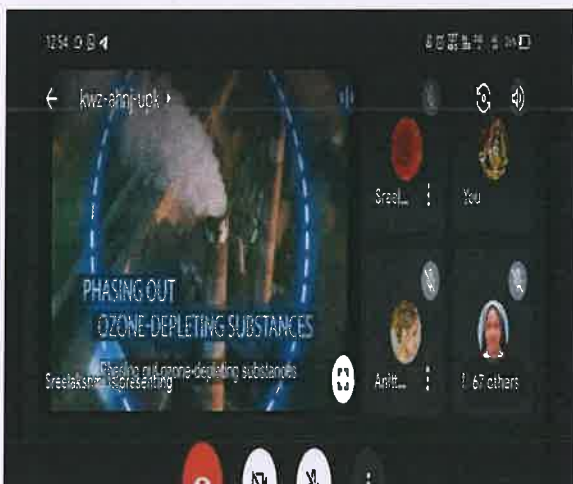




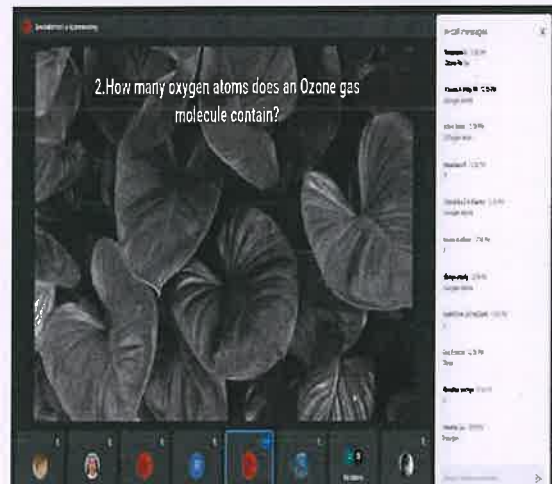
Ms. Parvathy V, student teacher from English optional delivering the introductory speech during the World Ozone Day Celebration, 2021



Dr. Alice Joseph, Principal, St. Joseph College of Teacher Education for Women, Ernakulam delivering the presidential address during the World Ozone Day Celebration, 2021



A snippet from the video presented on the theme, 'Montreal Protocol-Keeping us, our food and vaccines cool', during the World Ozone Day celebration, 2021



A snippet of the online quiz competition conducted during the World Ozone Day celebration, 2021



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Prize winning posters prepared by student teachers from various optional at St. Joseph College for Teacher Education for Women, for poster making competition conducted as part of World Ozone Day celebration, 2021



**Programme Details**

<b>Name of the Event</b>	World Ozone Day Celebration, 2021
<b>Date</b>	18/09/2021
<b>Time</b>	12.35 PM – 1.35 PM
<b>Duration</b>	1 hour



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<b>Beneficiaries</b>	Student teachers- 88, Faculty- 12
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/kwz-ahnj-upk">https://meet.google.com/kwz-ahnj-upk</a>

### List of Participants

Faculty members list:

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

Students list:

Sl. No	Name	Batch
1	Aagi Tom	2020-2022 batch (B Ed. English)
2	Alina Celine Lancy	2020-2022 batch (B Ed. English)
3	Anna Susan Jacob	2020-2022 batch (B Ed. English)
4	Arunima K Shaji	2020-2022 batch (B Ed. English)



5	Arya Balachandran	2020-2022 batch (B Ed. English)
6	Arya C S	2020-2022 batch (B Ed. English)
7	Athira C S	2020-2022 batch (B Ed. English)
8	Mariatta D Kappan	2020-2022 batch (B Ed. English)
9	Melvin Daniel	2020-2022 batch (B Ed. English)
10	Parvathy V	2020-2022 batch (B Ed. English)
11	Rinju Jolly	2020-2022 batch (B Ed. English)
12	Sania Varghese	2020-2022 batch (B Ed. English)
13	Sneha Joseph	2020-2022 batch (B Ed. English)
14	Sreelekha R	2020-2022 batch (B Ed. English)
15	Abhirami Soman	2020-2022 batch (B Ed. Malayalam)
16	Aleena Roy	2020-2022 batch (B Ed. Malayalam)
17	Amitha James	2020-2022 batch (B Ed. Malayalam)
18	Anakha K S	2020-2022 batch (B Ed. Malayalam)
19	Anjana Narayanan	2020-2022 batch (B Ed. Malayalam)
20	Athira Babu	2020-2022 batch (B Ed. Malayalam)
21	Blessy Babu	2020-2022 batch (B Ed. Malayalam)
22	Bobina Antony	2020-2022 batch (B Ed. Malayalam)
23	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)
24	Mayamol Thomas	2020-2022 batch (B Ed. Malayalam)
25	Salini K B	2020-2022 batch (B Ed. Malayalam)
26	Shilpa Stanly	2020-2022 batch (B Ed. Malayalam)
27	Vismaya Mohanan	2020-2022 batch (B Ed. Malayalam)
28	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
29	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
30	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
31	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
32	Cris Francis	2020-2022 batch (B Ed. Mathematics)
33	Elizabeth Maria Babu	2020-2022 batch (B Ed. Mathematics)
34	Lilly Riya	2020-2022 batch (B Ed. Mathematics)





35	Meera R	2020-2022 batch (B Ed. Mathematics)
36	Megha T.M	2020-2022 batch (B Ed. Mathematics)
37	Merin Johny	2020-2022 batch (B Ed. Mathematics)
38	Nikhila Baby	2020-2022 batch (B Ed. Mathematics)
39	Soumya Murugan	2020-2022 batch (B Ed. Mathematics)
40	Sumayya H E	2020-2022 batch (B Ed. Mathematics)
41	Aneetta Joy	2020-2022 batch (B Ed. Physical Science)
42	Anju Abraham P	2020-2022 batch (B Ed. Physical Science)
43	Aparna S	2020-2022 batch (B Ed. Physical Science)
44	Arya M A	2020-2022 batch (B Ed. Physical Science)
45	Athira Anil	2020-2022 batch (B Ed. Physical Science)
46	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science)
47	Christeena John	2020-2022 batch (B Ed. Physical Science)
48	Deniya Stanly	2020-2022 batch (B Ed. Physical Science)
49	Keerthana Tomy	2020-2022 batch (B Ed. Physical Science)
50	Lida Mathew	2020-2022 batch (B Ed. Physical Science)
51	Mariya Deepthy	2020-2022 batch (B Ed. Physical Science)
52	Neethu P D	2020-2022 batch (B Ed. Physical Science)
53	Reshma S Babu	2020-2022 batch (B Ed. Physical Science)
54	Stella Avirappatt	2020-2022 batch (B Ed. Physical Science)
55	Anitta Sheen Theresa	2020-2022 batch (B Ed. Natural Science)
56	Anjana Vijayan	2020-2022 batch (B Ed. Natural Science)
57	Anju A	2020-2022 batch (B Ed. Natural Science)
58	Ann Mathew	2020-2022 batch (B Ed. Natural Science)
59	Evelyn Thankachan C K	2020-2022 batch (B Ed. Natural Science)
60	Fathima Beevi A I	2020-2022 batch (B Ed. Natural Science)
61	Jinu Anna Varghese	2020-2022 batch (B Ed. Natural Science)
62	Krishna M K	2020-2022 batch (B Ed. Natural Science)
63	Krishna Murali	2020-2022 batch (B Ed. Natural Science)
64	Nandini Sagar	2020-2022 batch (B Ed. Natural Science)



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

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Yoga Training Program for B.Ed and M.Ed Student Teachers (2021-22)

**Introduction:** In alignment with our commitment to fostering the holistic development of our student teachers, a comprehensive Yoga Training Programme was conducted over the specified dates, 23-11-2021 to 26-11-2021.

**Objective:** The primary objective of the programme was to enhance the physical, mental, and emotional well-being of student teachers, recognizing the transformative impact of yoga on both personal and professional aspects of their lives.

**Participants:** The program witnessed active participation from student teachers enrolled in both B.Ed and M.Ed courses. Their enthusiasm and commitment to the sessions were commendable, reflecting a keen interest in incorporating yoga into their daily lives.

### Program Highlights:

#### 1. Introduction to Yoga Principles:

- Sessions commenced with an overview of the history and philosophy of yoga, establishing a foundation for participants.

#### 2. Yoga Asanas and Practical Sessions:

- Certified yoga instructors led practical sessions, introducing various asanas to enhance flexibility, strength, and balance.
- Emphasis was placed on correct postures and synchronized breathing techniques.

#### 3. Meditation and Mindfulness Practices:

- Guided meditation sessions aimed at improving concentration, reducing stress, and fostering mental clarity.
- Mindfulness practices were explored, promoting self-awareness and emotional well-being.

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#### 4. Pranayama Techniques:

- Specialized training on pranayama techniques for respiratory health.
- Participants learned controlled breathing exercises, essential for overall well-being.

#### 5. Yoga for Mental Health:

- Workshops focused on the role of yoga in managing stress, anxiety, and enhancing mental resilience.
- Practical strategies for integrating yoga into daily life to support mental wellness were shared.

**Conclusion:** The Yoga Training Program for student teachers proved to be a meaningful and enriching experience. It not only aligned with the national initiative of 'Yoga for Health and Wellness' but also contributed significantly to the overall well-being of the participants. The engagement and positive feedback received affirm the importance of incorporating such programmes in the ongoing educational curriculum.

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# DEMONSTRATION OF VARIOUS YOGIC ASANAS

**Objective:** To demonstrate the yogic asanas and to document in the record

**Yoga Workshop:** 25-11-2021  
26-11-2021

**Resource Person:**  
Rev. Fr. Biju Varghese



YOGA!!!! 



REDMI NOTE 9 PRO  
AI QUAD CAMERA



*Alice Joseph*

**Reflection**

- The two asanas I demonstrated were Bhujangasana and Dhanurasana. Yoga practice session was really fruitful that, I could realize the importance of practicing yoga on a regular basis to maintain proper health. I learnt various aspects of Yoga which I decided to carry along with the soul of mine there after.

All B.Ed and M.Ed students participated

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## World Human Rights Day Celebration, 2021

<b>Name of the Event</b>	World Human Rights Day Celebration, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To raise awareness regarding Human Rights and its significance</li> <li>2. To commemorate the day the universal Declaration of Human Rights (UDHR) was adopted by the United Nations General Assembly</li> <li>3. To promote justice, equality, freedom, peace and safeguarding human dignity</li> </ol>
<b>Details of Event Coordinators</b>	Women Cell St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	10/12/2021
<b>Time</b>	11.00 PM – 12.00 PM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers-98 , Faculty- 10
<b>Event Venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

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## World Human Rights Day Celebration, 2021

### Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam observed World Human Rights Day on 10<sup>th</sup> December 2021 from 11.00 AM to 12.00 PM at the college multipurpose hall. The entire observatory programme has been organized by the Women Cell of the college and was coordinated under the guidance and supervision of the faculty coordinators of Women Cell, Dr. Bindu Joseph, Assistant professor in Malayalam Education and Ms. Dinimol Jacob, Assistant Professor in Natural Science Education. The programme aimed at raising awareness regarding Human Rights and to commemorate the day the universal Declaration of Human Rights (UDHR) was adopted by the United Nations General Assembly. The World Human Rights Day is also seen as an opportunity to promote peace, justice, equality and freedom.

The World Human Rights Day, 2021 observatory programme started exactly at 11.00 AM with a prayer song by Ms. Akhitha Sebastian, student teacher from Natural Science optional. The prayer was succeeded by the official welcome speech delivered by Ms. Anu P Thomas, student teacher from Physical Science optional. Ms. Anu P Thomas welcomed all of the participants to the programme. The welcome speech was succeeded by the presidential address delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph enunciated that raising awareness regarding human rights has utmost significance. She reminded her student teachers that one should be aware of his rights and should strive hard to have access to those rights and thereby improve the quality of life. She also reminded students to not only fight for their rights but also for others who are marginalized and treated differently despite their rights in the society. One should be aware of his own rights and should make others around him aware of theirs so that they get to live their life with dignity and worth. After the presidential address by the Principal, the message of the day was conveyed by the Women Cell members through an informative and creative dance performance. The theme of the dance performance was 'child labor'. The dance depicted the life context of a child who is being forced to child labor. The performance also demonstrated various crisis situations the child faces and the struggles he live through. The dance performance was indeed successful in intriguing reflective and critical thinking

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among the audience. The performance could enhance the awareness of the audience regarding child rights which is a subdivision of human rights.

The entire Human Rights Day programme turned out to be informative and beneficial for the participants. The programme turned out to be successful in accomplishing its objectives. The programme could contribute in raising awareness among the participants regarding the human rights and its significance. The dance performance with the theme child labor was also informative and contributed in enhancing the knowledge base of the participants regarding child rights. The programme wined up at 12.00 PM with the vote of thanks delivered by Ms. Shimna K, the Women Cell Secretary and student teacher from Natural Science optional.

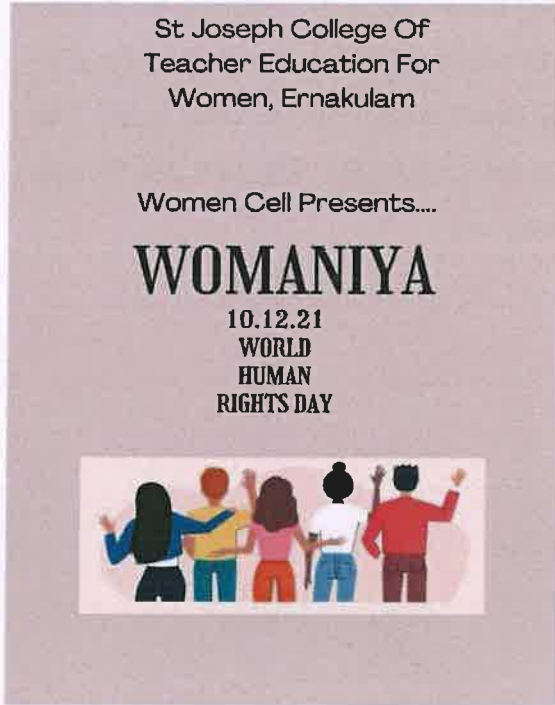
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### World Human Rights Day Celebration, 2021

#### Photo Gallery



Event Poster for World Human Rights Day, 2021 programme organized by 'Womaniya', the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam

Student teachers who performed dance performance on the theme of child labor during the World Human Rights Day, 2021 programme organized by 'Womaniya', the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam

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## World Human Rights Day Celebration, 2021

### Programme Details


<b>Name of the Event</b>	World Human Rights Day Celebration, 2021
<b>Date</b>	10/12/2021
<b>Time</b>	11.00 PM – 12.00 PM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 98 , Faculty- 10
<b>Event Venue</b>	Multipurpose Hall 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	Mrs. Smitha Jose	Assistant Professor (Education)
3	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
4	Dr. Betty P.J	Assistant Professor (Mathematics Education)
5	Dr. Rachel George M	Assistant Professor (Natural Science Education)
6	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
7	Dr. Soya Mathew	Assistant Professor (Education)
8	Dr. Marin Jose	Assistant Professor (English Education)
9	Dr. Siji John	Assistant Professor (Social Science Education)
10	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)



  
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## Students list:

Sl. No	Name	Batch
1	Amala Antony	2021-2023 batch (B Ed. English)
2	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
3	Deepa P S	2021-2023 batch (B Ed. English)
4	Devika Venugopal	2021-2023 batch (B Ed. English)
5	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
6	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
7	Gurumahima M V	2021-2023 batch (B Ed. English)
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	2021-2023 batch (B Ed. English)
13	Merize Ben Alias	2021-2023 batch (B Ed. English)
14	Pratibha S	2021-2023 batch (B Ed. English)
15	Sandra Joy	2021-2023 batch (B Ed. English)
16	Santhi M S	2021-2023 batch (B Ed. English)
17	Veena C V	2021-2023 batch (B Ed. English)
18	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
19	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
20	Ance Baby	2021-2023 batch (B Ed. Malayalam)
21	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
22	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
23	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 batch (B Ed. Malayalam)
25	Mary Amala R.	2021-2023 batch (B Ed. Malayalam)
26	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
27	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
28	Anisha T	2021-2023 batch (B Ed. Malayalam)



29	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
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)



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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)
76	Ranjima V	2021-2023 batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 batch (B Ed. Natural Science)
79	Shimna K	2021-2023 batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
81	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
83	Anagha T	2021-2023 batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
87	Celene Paul	2021-2023 batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 batch (B Ed. Social Science)





89	Dona K Jose	2021-2023 batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)
92	Mereena Joy	2021-2023 batch (B Ed. Social Science)
93	Minu Joy	2021-2023 batch (B Ed. Social Science)
94	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
95	Riya Davis	2021-2023 batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
97	Thasni M B	2021-2023 batch (B Ed. Social Science)
98	Varsha K V	2021-2023 batch (B Ed. Social Science)

  
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## ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

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

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## ‘End Inequalities, End AIDS’- World AIDS Day Programme, 2021

### Programme Report

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

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

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



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

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

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





Malayalam optional. After the performance at the college, the student did performed the street play at St. Mary's Convent Girls' Higher Secondary School, Ernakulam. The students and teachers at the school were indeed cooperative and appreciable of the street play enacted before them.

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

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

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

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

#### Photo Gallery



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



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



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



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

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



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



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

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

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

### Programme Details

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

### List of Participants

Faculty members list:

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

Students' list:

*Alice Joseph*  
Dr. Alice Joseph  
Principal in Charge  
St. Joseph College of Teacher  
Education for Women,  
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Sl. No	Name	Batch
1	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
2	Anagha T	2021-2023 batch (B Ed. Social Science)
3	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
4	Anjaly A C	2021-2023 batch (B Ed. Social Science)
5	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
6	Celene Paul	2021-2023 batch (B Ed. Social Science)
7	Divyamol P D	2021-2023 batch (B Ed. Social Science)
8	Dona K Jose	2021-2023 batch (B Ed. Social Science)
9	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
10	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)
11	Mereena Joy	2021-2023 batch (B Ed. Social Science)
12	Minu Joy	2021-2023 batch (B Ed. Social Science)
13	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
14	Riya Davis	2021-2023 batch (B Ed. Social Science)
15	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
16	Thasni M B	2021-2023 batch (B Ed. Social Science)
17	Varsha K V	2021-2023 batch (B Ed. Social Science)
18	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
19	Allan Francis	2021-2023 batch (B Ed. Natural Science)
20	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
21	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
22	Caren Grace	2021-2023 batch (B Ed. Natural Science)
23	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
24	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
25	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
26	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
27	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
28	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
29	Ranjima V	2021-2023 batch (B Ed. Natural Science)

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30	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
31	Shalini P S	2021-2023 batch (B Ed. Natural Science)
32	Shimna K	2021-2023 batch (B Ed. Natural Science)
33	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
34	Vyshnavi N Sharma	2021-2023 batch (B Ed. Natural Science)
35	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
36	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
37	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
38	Anu P.Thomas	2021-2023 batch (B Ed. Physical Science)
39	Aparna S	2021-2023 batch (B Ed. Physical Science)
40	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
41	Jesna George	2021-2023 batch (B Ed. Physical Science)
42	Mariya Das	2021-2023 batch (B Ed. Physical Science)
43	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
44	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
45	Vandana S	2021-2023 batch (B Ed. Physical Science)
46	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
47	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
48	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
49	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
50	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
51	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
52	Liya Baby	2021-2023 batch (B Ed. Malayalam)
53	Mary Amala R.	2021-2023 batch (B Ed. Malayalam)
54	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
55	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
56	Anisha T	2021-2023 batch (B Ed. Malayalam)
57	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
58	Shilpa K	2021-2023 batch (B Ed. Malayalam)
59	Sneha M M	2021-2023 batch (B Ed. Malayalam)



60	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
61	Amala Antony	2021-2023 batch (B Ed. English)
62	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
63	Deepa P S	2021-2023 batch (B Ed. English)
64	Devika Venugopal	2021-2023 batch (B Ed. English)
65	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
66	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
67	Gurumahima M V	2021-2023 batch (B Ed. English)
68	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
69	Linnet John	2021-2023 batch (B Ed. English)
70	Meera Joy	2021-2023 batch (B Ed. English)
71	Merize Ben Alias	2021-2023 batch (B Ed. English)
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73	Sandra Joy	2021-2023 batch (B Ed. English)
74	Santhi M S	2021-2023 batch (B Ed. English)
75	Veena C V	2021-2023 batch (B Ed. English)
76	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
77	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
78	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
79	Freeda K F	2021-2023 batch (B Ed. Mathematics)
80	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
81	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
82	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
83	Mariya Jesleena Martin	2021-2023 batch (B Ed. Mathematics)
84	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
85	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
86	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
87	Sona Paul	2021-2023 batch (B Ed. Mathematics)
88	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)



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## Womaniya- International Day of Persons with Disabilities, 2021

<b>Name of the Event</b>	Womaniya- International Day of Persons with Disabilities, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To promote the welfare and rights of people with disabilities at all levels of society</li> <li>2. To generate awareness regarding the scenario of persons with disabilities at all aspects of life</li> <li>3. To motivate student teachers to come out of their shells and achieve goals</li> </ol>
<b>Details of Event Coordinators</b>	Women Cell St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Chief Guest</b>	Ms. Jilumol Mariet Thomas MFPA (Mouth and Foot Painting Artist) Foot Artist & Graphic Designer India
<b>Date</b>	10/12/2021
<b>Time</b>	10.00 AM- 11.00 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 98, Faculty- 12
<b>Event Venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

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## Womaniya- International Day of Persons with Disabilities, 2021

### Programme Report

The Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam observed International Day of Persons with Disabilities in the title 'Womaniya, 2021' on 10<sup>th</sup> December 2021 from 10.00 AM to 11.00 AM at the college multipurpose hall. The programme was coordinated by the Women Cell members under the guidance of Faculty Coordinators, Dr. Smitha Jose, Assistant Professor in Education and Ms. Dinimol Jacob, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam. The Chief-Guest for the day was Ms. Jilumol Mariet Thomas, MFPA (Mouth and Foot Painting Artist) Foot Artist & Graphic Designer. The first year B Ed student teachers (2021-2023 batch) and faculty members were the beneficiaries of the programme.

The observatory programme, 'Womaniya- International Day of Persons with Disabilities, 2021' started exactly at 10.00 AM at the college multipurpose hall. The programme started with a prayer. Ms. Anu P Thomas, student teacher from Physical Science optional performed emcee for the entire programme. Ms. Anu P Thomas did also delivered the welcome speech for the programme through which she warmly welcomed all of the participants to the programme. The welcome speech was followed by an introductory presentation on the need and importance of observing the International Day of Persons with Disabilities. The introductory presentation was carried out by Ms. Krishnapriya K and Ms. Mereena Joy, student teachers from Social Science optional. The presentation was really informative and it covered the importance and relevance of the day. The major purpose of observing International Day of Persons with Disabilities is to raise awareness regarding disability issues as well as organize support for the rights, dignity and general welfare of persons with disabilities. The day intends to advance the rights and welfare of people with disabilities in all facets of the society. Observing the day helps people raise awareness and become more empathetic, sensitive and cognizant of the difficulties posed by having impairments or disabilities. It is also an attempt to inspire persons with disabilities to come forward on to the mainstream and an attempt to equip the society to accept persons with disabilities and to encourage their inclusion in all spheres of society. The presentation by the student teachers also covered the major welfare measures and challenges for persons with disabilities in the society. Even though, many changes have come in order to ease the lives of people having disabilities, still there is a long



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way to go. In terms of infrastructural facilities, transportation, educational institutions, healthcare institutions and other public institutions have undergone several structural modifications focusing on disability friendly environment. In all of the transportation modes including airways, roadways and waterways, disability friendly rails are there to step in the vehicle but many of the local buses and other vehicles have no such facilities which would be a hindrance for persons with disabilities. Many educational institutions are currently disability friendly with ramps, lifts and disabled friendly toilets etc. Even though, many a colleges have all of the proper facilities for persons with disabilities, there are still a lot more educational institutions which lack proper facilities. However, the state and central government are providing several welfare schemes and measures for the wellbeing of persons with disabilities. The presentation was succeeded by the motivation talk on life experiences by the chief guest for the day, Ms. Jilumol Mariet Thomas. Despite her disabilities from birth, Ms. Jilumol Mariet Thomas remains an achiever of her dreams in life. Nothing has stopped her from being an achiever, influencer and motivator for every other individuals in the society. Ms. Jilumol Mariet Thomas motivated all of the participant of the event through her speech. She explained how she trained herself in doing her chores for her daily life functioning and how she chased her dreams. Riding a car was one of her childhood dreams, despite the fact that she has been born without hands. Through her practice and sincere efforts, today she has become a well-known influencer and an inspiring being for others as she is an artist, a YouTuber and a graphic designer. As per reports, she has become the first Women in Asia to receive a driving license despite being born without hands. Ms. Jilumol Mariet Thomas enunciated how she had come out of her comfort zone and expressed she really wish people like her to come forward and follow their dreams. After the motivational talk by the resource person, the vote of thanks for the programme was delivered by Ms. Amala Antony, student teacher from English optional. The entire programme winded up at 11.00 AM.

The entire programme, 'Womaniya- International Day of Persons with Disabilities, 2021' was really informative and motivational for all of the participants. The programme turned out to be successful in achieving its major objectives. The programme could motivate and encourage student teachers to come of out of their shells and achieve their goals and dreams. The motivational talk by Ms. Jilumol Mariet Thomas was very much encouraging and enlightening for the student teachers. She could motivate and convey the message that everyone should explore beyond their limitations. Overall, the programme was beneficial and fruitful.



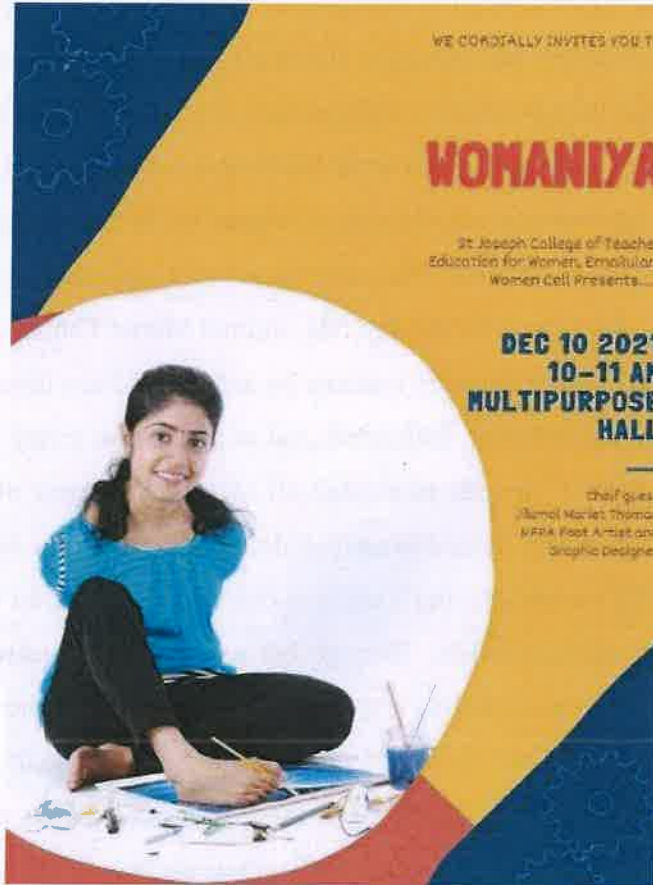
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### Womaniya- International Day of Persons with Disabilities, 2021

#### Photo Gallery



**Event Poster for the programme, ‘Womaniya-International Day of Persons with Disabilities, 2021’ conducted by the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam**

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**Womaniya- International Day of Persons with Disabilities, 2021****Programme Details**

<b>Name of the Event</b>	Womaniya- International Day of Persons with Disabilities, 2021
<b>Date</b>	10/12/2021
<b>Time</b>	10.00 AM- 11.00 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 98, Faculty- 12
<b>Event Venue</b>	Multipurpose Hall 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	Mrs. Smitha Jose	Assistant Professor (Education)
3	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)
4	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
5	Dr. Bindu Joseph	Assistant Professor (Malayalam Education)
6	Dr. Betty P.J	Assistant Professor (Mathematics Education)
7	Dr. Joby Joy Kurian	Assistant Professor(Mathematics Education)
8	Dr. Rachel George M	Assistant Professor (Natural Science Education)
9	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
10	Dr. Soya Mathew	Assistant Professor (Education)
11	Dr. Marin Jose	Assistant Professor (English Education)
12	Dr. Siji John	Assistant Professor (Social Science Education)



## Students list:

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

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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)
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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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### National Energy Conservation Day, 2021

<b>Name of the Event</b>	National Energy Conservation Day, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To raise awareness regarding the importance of energy conservation</li> <li>2. To promote energy conserving practices among student teachers and faculty</li> </ol>
<b>Details of Event Coordinators</b>	Nature Club St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	14/12/2021
<b>Time</b>	8.45 AM- 10.00 AM
<b>Duration</b>	1 hour and 15 minutes
<b>Beneficiaries</b>	Student teachers- 98 , Faculty- 10, Non-teaching staff- 4
<b>Event Venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

### National Energy Conservation Day, 2021

#### Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam observed National Energy Conservation Day on 14<sup>th</sup> December 2021 from 8.45 AM to 10.00AM at the college multipurpose hall. The whole programme has been organized by the Nature Club of the college under the guidance of Nature Club faculty coordinators, Dr. Soya Mathew, Assistant professor in Education and Dr. Rachel George, Assistant Professor in Natural Science Education. The programme aimed at raising awareness regarding the importance of energy conservation and to promote energy conserving practices among the student teachers as well as faculty members. All the student teachers, faculty members and non-teaching staffs participated in the event.

The National Energy Conservation Day programme started exactly at 8.45 AM after the general assembly of the college. The programme started with a prayer song by Ms. Aleena Antony, student teacher from Malayalam optional. The prayer song was succeeded by the welcome speech delivered by Dr. Soya Mathew, Assistant professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Soya Mathew, being one of the coordinators of the event



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warmly welcomed all of the participants to the event. The welcome speech was succeeded by the presidential address delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph enunciated about the importance of conserving energy and the energy resources. She added that in order to reduce the negative impacts on the environment, people should limit their consumption of energy and start conserving them. She reminded all of her students to be responsible citizens and to save energy and thereby protect environment for them and the future generation. Some key programmes and competition were conducted as part of National Energy Conservation Day programme, 2021. The key programmes were:

- ✦ Informative Role Play
- ✦ Slogan Writing Competition
- ✦ Pledge Taking Ceremony

The Nature Club members conveyed the energy conservation day message via an informative role play. Each member performed admirably. Each member played their character by personifying different types of energies including solar energy, wind energy, nuclear energy, geothermal energy, hydro energy, tidal energy, biogas etc. Each member choose to be one type of energy and in the role playing part, each one enunciated the articular energy's properties, significance and their drawbacks. The role play was conducted in such a way that it is clear and precise so that it is easier for the audience to comprehend. A slogan writing competition was conducted on 13<sup>th</sup> December 2021 as part of National energy conservation day. Everyone participated cordially and actively in the competition and about 10 participants showcased truly creative works. The top three winners for the slogan writing competition were announced by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam on 14<sup>th</sup> December 2021 during the National Energy Conservation Programme. The first prize for the slogan writing competition was secured by Ms. Pranaya P.M, student teacher from Malayalam optional. The second prize was secured by Ms. Gurumahima M.V, student teacher from English optional and the third prize for the competition was secured by Ms. Akhitha Sebastian, student teacher from Natural Science optional. The competition result announcement was succeeded by pledge taking ceremony. The pledge implied the importance of conserving energy and energy resources and thereby promoting prevention of various environmental issues like global warming and drastic climatic changes. Ms. Divya Radhakrishnan, the leader of the Nature Club and student teacher from English optional administered the pledge. The pledge administered was as follows, "This National Energy Conservation Day, let's advocate energy efficiency at our homes, offices and in our surroundings and vow towards making energy conservation an integral part of our lives". All the student teachers, faculty members and non-teaching staff took the pledge and was motivated to consciously conserve energy in their everyday lives.

The National Energy Conservation Day programme turned out to be effective and successful in accomplishing its objectives. The programme could raise awareness among student teachers as well as faculty members and non-teaching staff regarding the importance of energy conservation



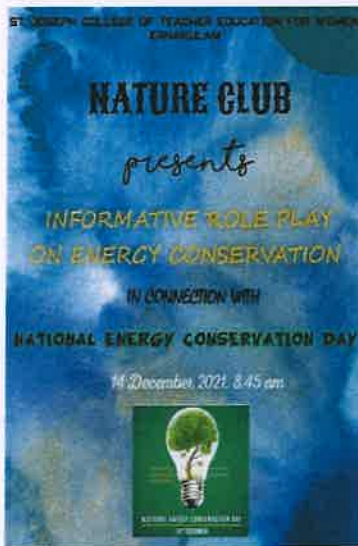
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and could motivate them to initiate energy conserving practices in their daily lives. The active participation of student teachers in the competitions conducted during the observatory programme made it more fruitful and productive. The entire programme wound up at 10.00 AM with the vote of thanks delivered by Dr. Rachel George, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam.

### National Energy Conservation Day, 2021

#### Photo Gallery



Event poster for the informative role play performance conducted during the National Energy Conservation Day, 2021 observatory programme held at St. Joseph College of Teacher Education for Women, Ernakulam.



Event poster for the Slogan Writing competition conducted during the National Energy Conservation Day, 2021 observatory programme held at St. Joseph College of Teacher Education for Women, Ernakulam.



Pledge taking ceremony conducted during the National Energy Conservation Day, 2021 observatory programme held at St. Joseph College of Teacher Education for Women, Ernakulam.



Nature club members at St. Joseph College of Teacher Education for Women, Ernakulam performing informative role play during the event of National Energy Conservation Day, 2021



**National Energy Conservation Day, 2021****Programme Details**

<b>Name of the Event</b>	National Energy Conservation Day, 2021
<b>Date</b>	14/12/2021
<b>Time</b>	8.45 AM- 10.00 AM
<b>Duration</b>	1 hour and 15 minutes
<b>Beneficiaries</b>	Student teachers- 98 , Faculty- 10, Non-teaching staff- 4
<b>Event Venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

**List of Participants**

Faculty members list:

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

Non- Teaching Staff list:

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

Sl. No	Name	Designation
1	Ranimol O.V	UD Store Keeper
2	Mary Christina T.J	LD Clerk
3	Daisy Mathew	Peon
4	Leny Mary C.J	Peon

Students list:

Sl. No	Name	Batch
1	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
2	Allan Francis	2021-2023 batch (B Ed. Natural Science)
3	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
4	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
5	Caren Grace	2021-2023 batch (B Ed. Natural Science)
6	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
7	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
8	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
9	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
10	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
11	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
12	Ranjima V	2021-2023 batch (B Ed. Natural Science)
13	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
14	Shalini P S	2021-2023 batch (B Ed. Natural Science)
15	Shimna K	2021-2023 batch (B Ed. Natural Science)
16	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
17	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)
18	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
19	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
20	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
21	Alida Saiju	2021-2023 batch (B Ed. Physical Science)



22	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
23	Anu P.Thomas	2021-2023 batch (B Ed. Physical Science)
24	Aparna S	2021-2023 batch (B Ed. Physical Science)
25	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
26	Jesna George	2021-2023 batch (B Ed. Physical Science)
27	Jismin K Antony	2021-2023 batch (B Ed. Physical Science)
28	Mariya Das	2021-2023 batch (B Ed. Physical Science)
29	Neethu J A	2021-2023 batch (B Ed. Physical Science)
30	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
31	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
32	Vandana S	2021-2023 batch (B Ed. Physical Science)
33	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
34	Amala Antony	2021-2023 batch (B Ed. English)
35	Anna Roshni Varghese	2021-2023 batch (B Ed. English)
36	Deepa P S	2021-2023 batch (B Ed. English)
37	Devika Venugopal	2021-2023 batch (B Ed. English)
38	Divya Radhakrishnan	2021-2023 batch (B Ed. English)
39	F.Merline Rodrigues	2021-2023 batch (B Ed. English)
40	Gurumahima M V	2021-2023 batch (B Ed. English)
41	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
42	K A Rabia	2021-2023 batch (B Ed. English)
43	Leatitia Joshy	2021-2023 batch (B Ed. English)
44	Linet John	2021-2023 batch (B Ed. English)
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46	Merize Ben Alias	2021-2023 batch (B Ed. English)
47	Pratibha S	2021-2023 batch (B Ed. English)
48	Sandra Joy	2021-2023 batch (B Ed. English)
49	Santhi M S	2021-2023 batch (B Ed. English)
50	Veena C V	2021-2023 batch (B Ed. English)
51	Aleena Antony	2021-2023 batch (B Ed. Malayalam)

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Principal in Charge  
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52	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
53	Ance Baby	2021-2023 batch (B Ed. Malayalam)
54	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
55	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
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65	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
66	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
67	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
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69	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
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73	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
74	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
75	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
76	Parvathy M	2021-2023 batch (B Ed. Mathematics)
77	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
78	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
79	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
80	Sona Paul	2021-2023 batch (B Ed. Mathematics)
81	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)



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

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

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

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

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

### Programme Report

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

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

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

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

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

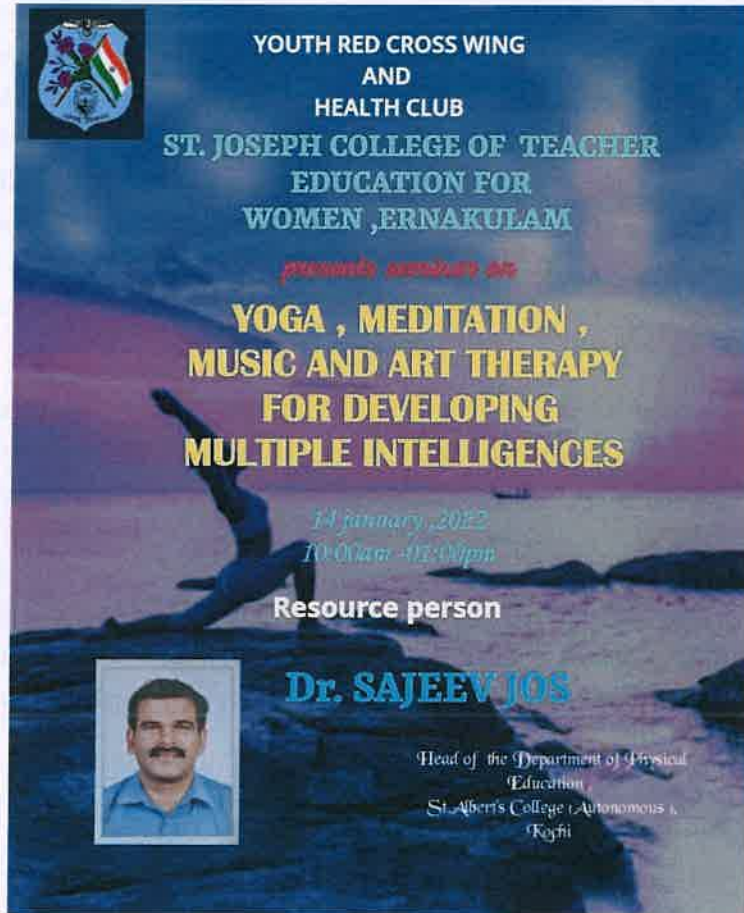
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 Principal in Charge  
 St. Joseph College of Teacher  
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### Seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022

#### Photo Gallery



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

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

### Programme Details

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

### List of Participants

Faculty members list:

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

Students list:

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





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)
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33	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
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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)
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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)
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96	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
97	Thasni M B	2021-2023 batch (B Ed. Social Science)





98

Varsha K V

2021-2023 batch (B Ed. Social Science)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## International Women's Day, 2022

<b>Name of the Event</b>	International Women's Day, 2022
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To cherish the value of women's day</li> <li>2. To commemorate the development of gender equality and empowerment of women</li> <li>3. To promote the empowerment of women across the globe</li> <li>4. To strive for global strengthening of gender equality</li> </ol>
<b>Details of Event</b>	Women Cell
<b>Coordinators</b>	St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	08/03/2022
<b>Time</b>	9.00 AM – 10.00 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 98, Faculty- 12
<b>Event venue</b>	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

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## International Women's Day, 2022

### Programme Report

Every year, International Women's Day is celebrated on 8<sup>th</sup> of March across the world with its major aim being to commemorate the development of women empowerment and gender equality. The day is observed to promote gender equality and honour women's achievements and to strive hard to strengthen gender equality globally. St. Joseph College of Teacher Education for Women, Ernakulam celebrated International Women's Day on 8<sup>th</sup> March 2022 from 9.00 AM to 10.00 AM at the college multipurpose hall. . The entire programme was coordinated by the Women Cell of the college. The Faculty Coordinators for the programme were Dr. Bindu Joseph, Assistant Professor in Malayalam Education and Ms. Dinimol Jacob, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam.

The International Women's Day celebration, 2022 held by St. Joseph College of Teacher Education for Women, Ernakulam started exactly at 9.00 AM at the college multipurpose hall. The event started with a prayer song. The welcome speech for the event was delivered by Ms. Anu P Thomas, student teacher from Physical Science optional. Ms. Anu P Thomas officially welcomed all of the participants to the observatory programme. The welcome speech was succeeded by the introductory presentation by Ms. Krishnapriya K and Ms. Mereena Joy, student teachers from Social Science optional on the importance and relevance of observing women's day. The presentation was really informative and also focused on the problems faced by women and the measures to overcome them in the present scenario. The presentation carried out was based on the facts which are very much necessary to be informed to the present generation. Even though, drastic changes have been witnessed in the recent years regarding women in society, still a large group of women are subjected to sexual harassment and abuse, violence and gender discrimination. Violence is becoming the major issue faced by women especially in a country like India. Women are being tortured, molested or killed somewhere in the country which boasts about its development milestones. Women are killed for rejecting love, choosing their own style of life and work and many more. Some parts of the country still forbid women from deciding their life and



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its course. In various modes, women are still facing a number of problems of which some are reported whereas some aren't even receiving any attention. Raising women's awareness regarding their rights can contribute to the reduction issues faced by them or at least help them in seeking support or act accordingly for their well-being. The student teachers also presented a documentary on great women figures in India. The presentation was followed by a speech by Ms. Amala Antony, student teacher from English optional. The speech conveyed the message that there is a long way to go for a country like India to achieve complete women empowerment and freedom. The speech also enunciated that women must be aware of their rights in order to act effectively in critical situations and improve their lives and live it with utmost dignity and worth. After the speech, a quiz competition regarding women's day was conducted. Ms. Fathimathuzuhra, student teacher from Physical Science optional and Ms. Pratibha S, student teacher from English optional were the winners for the quiz competition. The competition was succeeded by the vote of thanks for the programme delivered by Ms. Anu P Thomas, student teacher from Physical Science optional. The entire programme winded up at 10.00 AM.

The event turned out to be successful and fruitful in accomplishing its objectives. The event could impart knowledge and generate awareness among student teachers regarding the importance of women's day and women empowerment. The students could learn about the major issues faced by women in the preset scenario and the measures to overcome those issues. The students had an informative experience throughout the event.

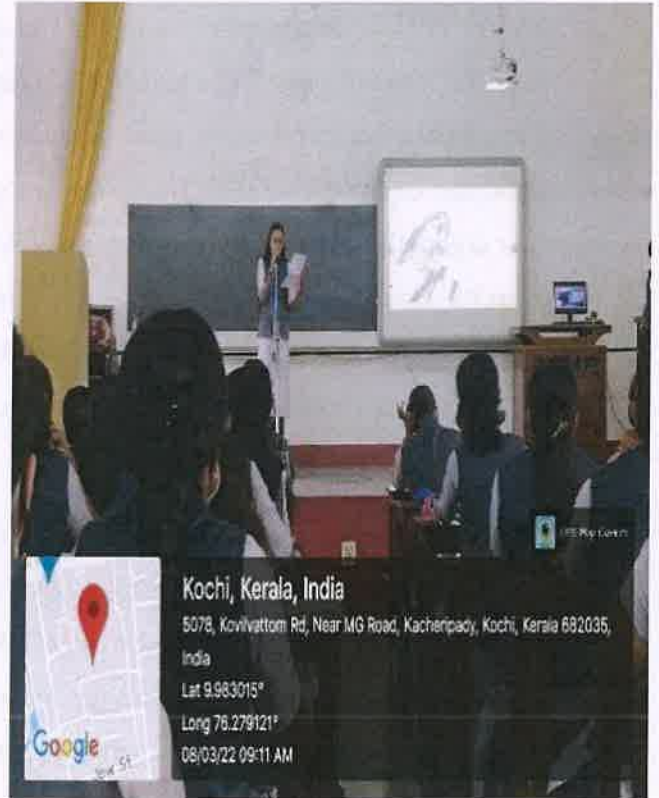
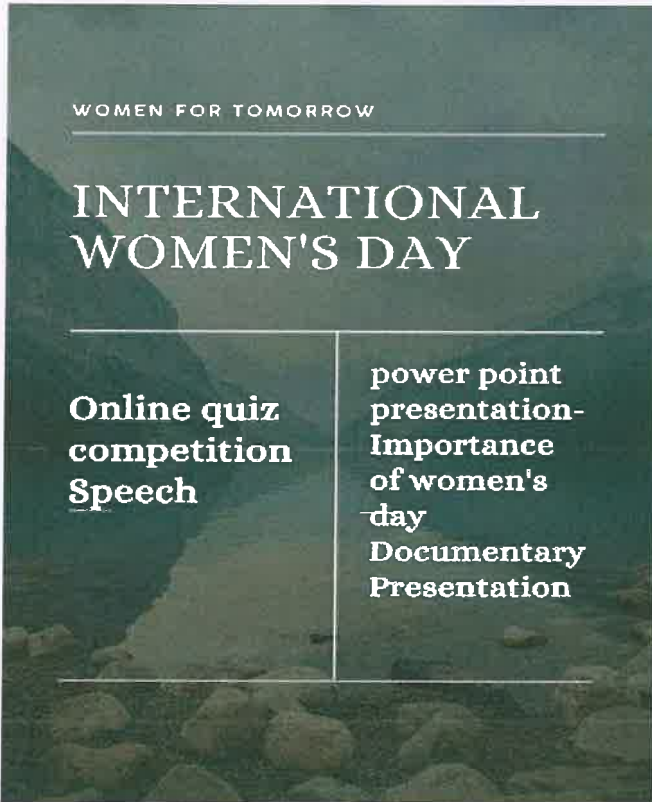
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 Dr. Alice Joseph  
 Principal in Charge  
 St. Joseph College of Teacher  
 Education for Women,  
 Ernakulam





### International Women's Day, 2022

#### Photo Gallery



Event Poster for the International Women's Day celebration, 2022 conducted by the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam

Student teachers carrying out PowerPoint presentation during the International Women's Day celebration, 2022 conducted by the Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam

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## International Women's Day, 2022

### Programme Details

<b>Name of the Event</b>	International Women's Day, 2022
<b>Date</b>	08/03/2022
<b>Time</b>	9.00 AM – 10.00 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 98, Faculty- 12
<b>Platform</b>	Multipurpose Hall
<b>Meet Link</b>	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. Bindu Joseph	Assistant Professor (Malayalam Education)
3	Ms. Dinimol Jacob	Assistant Professor (Natural Science Education)
4	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
5	Mrs. Smitha Jose	Assistant Professor (Education)
6	Dr. Betty P.J	Assistant Professor (Mathematics Education)
7	Dr. Joby Joy Kurian	Assistant Professor (Mathematics Education)
8	Dr. Rachel George M	Assistant Professor (Natural Science Education)
9	Dr. Sicily A.A	Assistant Professor (Malayalam Education)
10	Dr. Soya Mathew	Assistant Professor (Education)
11	Dr. Marin Jose	Assistant Professor (English Education)
12	Dr. Siji John	Assistant Professor (Social Science Education)



## Students list:

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

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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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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Multi Skill Development Programme

### Webinar on 'Introduction to Google Classroom'

<b>Name of the Event</b>	'Introduction to Google Classroom'
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To introduce the student teachers with the new online learning platform which ensures effective communication between students and teachers during the pandemic</li> <li>2. To empower student teachers to enrich learning and teaching</li> <li>3. To facilitate skill development in prospective teachers</li> </ol>
<b>Details of Event Coordinators</b>	The Placement cell & IQAC cell St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Resource Person</b>	Mr. Ajith Kumar C Assistant Professor School of Education IGNOU, New Delhi 110068
<b>Date</b>	13/07/2020
<b>Time</b>	2.00 PM- 4.00 PM
<b>Duration</b>	2 Hour
<b>Beneficiaries</b>	Student teachers-84, Alumnae- 14, Faculty- 2
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/ngh-iaks-hcf">https://meet.google.com/ngh-iaks-hcf</a>



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## Multi Skill Development Programme

### Webinar on 'Introduction to Google Classroom'

#### Programme Report

The placement cell and IQAC cell of St. Joseph College of Teacher Education for Women, Ernakulam jointly organized a webinar on 'Introduction to Google Classroom' as part of Multi Skill Development Programme on 13<sup>th</sup> July 2020 from 2.00 PM to 4.00 PM via Google Meet for student teachers and the alumnae of the college. The whole programme was organized by Dr. Josephine Joseph, IQAC Coordinator and Mrs. Smitha Jose, Coordinator and Placement Officer of St. Joseph College of Teacher Education for Women, Ernakulam. A total of 100 participants took part in the webinar. The resource person for the programme was Mr. Ajith Kumar C, Assistant Professor at School of Education IGNOU, New Delhi.

Content of the webinar:

- ✦ Introduction to Google classroom and its relevance in the current pandemic phase
- ✦ Brief elucidation on how to utilize the application including managing and creating virtual conference or classroom and identifying its main features, tools and advantages
- ✦ Brief explanation on the components in Google classroom
- ✦ How to apply the features of Google classroom in learning and teaching

The webinar was considerably interactive and beneficial for the student teachers in upgrading their skills and knowledge which would help them in enhancing competency and expertise which their profession demands. The webinar emphasized on the importance of having essential skills in handling such online learning platforms like Google Classroom in the present pandemic phase which has created a new normal life for all. Online learning has become advantageous especially for distant learning via applications like Google Classroom. It has become a user friendly and secure tool that



makes learning much simpler in the phase of pandemic. The application is very much easier to use for both teachers and students. It has got various features which would help manage classroom effectively and maintain good communication between students and teachers. The user-friendly and secure platform assists instructors in organizing, evaluating, and enhancing learning opportunities. Through the use of the several G Suite services, including Google Docs, Slides and Sheets, the platform makes it easier for teachers and students to collaborate. The webinar also focused on helping teachers and students on how to effectively utilize the application. Anyone with a Google account can use the application. Teachers can create a classroom and the students can easily join the classroom via the link shared or directly entering the details in the application. The students can see the assignments, announcements or invited discussions by their teachers. The teachers can also set time schedules for the submission of works given to their students. It also enables students to submit their completed works within the given time frame. Any valuable information in any form could be shared in Google classroom and students can also give their feedback through the 'comment' feature in the application. With the help of applications like Google Hangouts, teachers can invite students to conference calls and can initiate live sessions and the session could be recorded up to 8 hours and could be shared in YouTube for future references.

With the webinar, the prospective teachers and alumnae of St Joseph College of Teacher Education for Women, Ernakulam had the following learning outcomes:

- ✦ Learned about the relevance and significance of Google classroom in the present time
- ✦ Enhance technical knowledge and skills in utilizing the application for ensuring effective learning and teaching
- ✦ Learned about different tools and features of the application which helps the students in accessing to different classes and submitting their works

The webinar turned out to be successful in accomplishing its objectives. The participants are equipped with adequate skills and knowledge in utilizing Google classroom





application, which is an interactive educational tool that has the potential to support the efficient delivery of adaptable language teaching and learning, when given prompt and competent faculty leadership. The webinar wined up at 4 PM.

*Alice Joseph*

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St. Joseph College of Teacher  
Education for Women,  
Ernakulam





**Multi Skill Development Programme**  
**Webinar on 'Introduction to Google Classroom'**

**WEBINAR ON  
 INTRODUCTION TO GOOGLE CLASSROOM**

**Multi Skill Development Programme**



Resource Person

Ajith Kumar C  
 Assistant Professor  
 School of Education  
 IGNOU, New Delhi 110068

**Organised by**

**IQAC cell & Placement cell ( J o P s ) , St. Joseph College of the Teacher Education for Women, Ernakulam**

Date: 13th July 2020  
 Time: 2pm - 4pm



Dear all,

Due to the on going COVID - 19 pandemic, schools are fast adapting to online classrooms to serve as a bridge between students, parents and teachers. As part of the Multi Skill Development Programme, the Placement Cell of St Joseph College of Teacher Education for Women, Ernakulam, is organising a webinar "Introduction to Google Classroom ", so as to facilitate e - skills development in prospective teachers and the alumnae of the college.

With Regards,

Dr. Sr. Alice Joseph

Dr. Josephine Joseph

Mrs. Smitha Jose

Principal in Charge

IQAC Co-ordinator

Co-ordinator & Placement officer

Platform:- Google Meet Link:- <https://meet.google.com/ngh-iaks-hcf>



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 St. Joseph College of Teacher  
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## Brochure for the webinar on 'introduction to Google Classroom'

### Multi Skill Development Programme

### Webinar on 'Introduction to Google Classroom'

#### Programme Details

<b>Name of the Event</b>	'Introduction to Google Classroom: Multi Skill Development Programme'
<b>Date</b>	13/07/2020
<b>Time</b>	3.00 PM - 4.00 PM
<b>Duration</b>	2 hours
<b>Beneficiaries</b>	Student teachers- 84, Alumnae- 14, Faculty- 2
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/ngh-iaks-hcf">https://meet.google.com/ngh-iaks-hcf</a>

#### List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Mrs. Smitha Jose	Assistant Professor
2	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)

Students list:

Sl. No	Name	Batch
1	Amala Anna Thomas	2019-2021 batch (B Ed. English)
2	Amreetha S James	2019-2021 batch (B Ed. English)
3	Annu Jose	2019-2021 batch (B Ed. English)
4	Anu Thomas	2019-2021 batch (B Ed. English)
5	Anusree Venu	2019-2021 batch (B Ed. English)
6	Devika S	2019-2021 batch (B Ed. English)
7	Hridya Joly	2019-2021 batch (B Ed. English)



8	Jefin Job	2019-2021 batch (B Ed. English)
9	Jyothis K Devasia	2019-2021 batch (B Ed. English)
10	Keerthana Krishnan	2019-2021 batch (B Ed. English)
11	Nandita B Shenoy	2019-2021 batch (B Ed. English)
12	Neethu Peter	2019-2021 batch (B Ed. English)
13	Preetha T P	2019-2021 batch (B Ed. English)
14	Reshma C Ratheesh	2019-2021 batch (B Ed. English)
15	Sandra P K	2019-2021 batch (B Ed. English)
16	Sara Stephen	2019-2021 batch (B Ed. English)
17	Anjali . K.Thankappan	2019-2021 batch (B Ed. Malayalam)
18	Athira M M	2019-2021 batch (B Ed. Malayalam)
19	Jyothi G.	2019-2021 batch (B Ed. Malayalam)
20	Linet Maria K	2019-2021 batch (B Ed. Malayalam)
21	Ninitha Joy V	2019-2021 batch (B Ed. Malayalam)
22	Parvathy Rajeev	2019-2021 batch (B Ed. Malayalam)
23	Sandhya Poullose	2019-2021 batch (B Ed. Malayalam)
24	Sandra Saju	2019-2021 batch (B Ed. Malayalam)
25	Shelga Jacob	2019-2021 batch (B Ed. Malayalam)
26	Shijila P N	2019-2021 batch (B Ed. Malayalam)
27	Sinimol P T	2019-2021 batch (B Ed. Malayalam)
28	Sisira S	2019-2021 batch (B Ed. Malayalam)
29	Vincy P V	2019-2021 batch (B Ed. Malayalam)
30	Aiswarya P T	2019-2021 batch (B Ed. Mathematics)
31	Aleena Mary	2019-2021 batch (B Ed. Mathematics)
32	Anju George	2019-2021 batch (B Ed. Mathematics)
33	Asha Joseph	2019-2021 batch (B Ed. Mathematics)
34	Chithralekha R	2019-2021 batch (B Ed. Mathematics)
35	Geethu Xavier A	2019-2021 batch (B Ed. Mathematics)
36	Joseme Joseph	2019-2021 batch (B Ed. Mathematics)
37	Lismy Thomas	2019-2021 batch (B Ed. Mathematics)
38	Maria Ancy M J	2019-2021 batch (B Ed. Mathematics)
39	Priyanka K T	2019-2021 batch (B Ed. Mathematics)
40	Raveena T V	2019-2021 batch (B Ed. Mathematics)
41	Rita Rose John	2019-2021 batch (B Ed. Mathematics)
42	Somiya Mathew	2019-2021 batch (B Ed. Mathematics)
43	Sruthy K. Shaju	2019-2021 batch (B Ed. Mathematics)



44	Susan Neenu	2019-2021 batch (B Ed. Mathematics)
45	Theressa Sebi	2019-2021 batch (B Ed. Mathematics)
46	Annmary Jose	2019-2021 batch (B Ed. Physical Science)
47	Christina Louis	2019-2021 batch (B Ed. Physical Science)
48	Deena Mathew	2019-2021 batch (B Ed. Physical Science)
49	Ishida K B	2019-2021 batch (B Ed. Physical Science)
50	Livi George	2019-2021 batch (B Ed. Physical Science)
51	Liya Joseph	2019-2021 batch (B Ed. Physical Science)
52	Liya Rose	2019-2021 batch (B Ed. Physical Science)
53	Maria Rose Varghese	2019-2021 batch (B Ed. Physical Science)
54	Mariya Jesleena Martin	2019-2021 batch (B Ed. Physical Science)
55	Mary Nivitha Bivera	2019-2021 batch (B Ed. Physical Science)
56	Minnu Maria Wilson	2019-2021 batch (B Ed. Physical Science)
57	Rose Mary Sebastian	2019-2021 batch (B Ed. Physical Science)
58	Sneha Mol K J	2019-2021 batch (B Ed. Physical Science)
59	Thahira M A	2019-2021 batch (B Ed. Physical Science)
60	Abhilasha K P	2019-2021 batch (B Ed. Natural Science)
61	Akheena Thomas	2019-2021 batch (B Ed. Natural Science)
62	Amrutha K H	2019-2021 batch (B Ed. Natural Science)
63	Anu Maria K J	2019-2021 batch (B Ed. Natural Science)
64	Christy P P	2019-2021 batch (B Ed. Natural Science)
65	Deepthi George	2019-2021 batch (B Ed. Natural Science)
66	Dhanyamol L	2019-2021 batch (B Ed. Natural Science)
67	Greetta James	2019-2021 batch (B Ed. Natural Science)
68	Maria Sonet K G	2019-2021 batch (B Ed. Natural Science)
69	Mary Riluu Arooja	2019-2021 batch (B Ed. Natural Science)
70	Minumol Johnson	2019-2021 batch (B Ed. Natural Science)
71	Neethu Ursala P G	2019-2021 batch (B Ed. Natural Science)
72	Reshma P P	2019-2021 batch (B Ed. Natural Science)
73	Shelja Philomina C A	2019-2021 batch (B Ed. Natural Science)
74	Sithara Joshy	2019-2021 batch (B Ed. Natural Science)
75	Sony George	2019-2021 batch (B Ed. Natural Science)
76	Swanila N S	2019-2021 batch (B Ed. Natural Science)
77	Amrutha S V	2019-2021 batch (B Ed. Social Science)
78	Anjaly M B	2019-2021 batch (B Ed. Social Science)
79	Anjana K M	2019-2021 batch (B Ed. Social Science)





80	Anju P Tomy	2019-2021 batch (B Ed. Social Science)
81	Annaet O J	2019-2021 batch (B Ed. Social Science)
82	Aswathy Peter	2019-2021 batch (B Ed. Social Science)
83	Bilby Babu	2019-2021 batch (B Ed. Social Science)
84	Blessy Jacob	2019-2021 batch (B Ed. Social Science)
85	Rosy Rintu	Alumnae
86	Aleena Joseph	Alumnae
87	Jaimol Joseph	Alumnae
88	Amrutha P.V	Alumnae
89	Nithya Gabreil	Alumnae
90	Neenu Ancilo	Alumnae
91	Greeshma Rose	Alumnae
92	Sreevidhya Radhakrishnan	Alumnae
93	Seena Joseph	Alumnae
94	Anju Krishnan	Alumnae
95	Aashy Yesudas	Alumnae
96	Deepthi K H	Alumnae
97	Blessy Babu	Alumnae

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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)

### 'Let's Go for a Sustainable World'- World Nature Conservation Day Programme, 2020

<b>Name of the Event</b>	'Let's Go for a Sustainable World'- World Nature Conservation Day Programme, 2020
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To raise the awareness of the value of natural resources and its conservation</li> <li>2. To promote environment friendly behavior among student teachers</li> <li>3. To create awareness among student teachers to utilize the resources in the environment effectively to meet their needs without compromising the needs of future generation</li> <li>4. To create awareness among student teachers to protect the environment and to stop it from deteriorating due to human activities</li> </ol>
<b>Details of Event Coordinators</b>	B Ed. Natural Science Optional St. Joseph College of Teacher Education for Women, Ernakulam
<b>Details of Resource Person</b>	Dr. Alice Joseph Principal, St. Joseph College of Teacher Education for Women, Ernakulam
<b>Date</b>	28/07/2020
<b>Time</b>	3.00 PM- 4.00 PM
<b>Duration</b>	1 Hour
<b>Beneficiaries</b>	Student teachers-88, Faculty- 12
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/qrv-xvsk-qby">https://meet.google.com/qrv-xvsk-qby</a>





## 'Let's Go for a Sustainable World'- World Nature Conservation Day Programme, 2020

### Programme Report

The Natural Science optional of St. Joseph College of Teacher Education for Women, Ernakulam observed World Nature Conservation day, 2020 with the theme 'Let's Go for a Sustainable World' on 28<sup>th</sup> July 2020 from 3.00 PM to 4.00 PM via online platform (Google Meet). The whole programme was organized by the students and faculty members of the Natural Science optional of St. Joseph College of Teacher Education for Women, Ernakulam. A total of 100 participants including 88 student teachers and 12 faculty members participated in the world nature conservation day programme, 2020.


The online programme started at 3.00 PM via Google Meet. Ms. Mary Rilun Arooja, one among the students of Natural Science optional delivered the welcome speech for the programme. The resource person for the programme was Dr. Alice Joseph, Principal, St Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph, being the key speaker for the programme, delivered the keynote address for the programme. She elucidated the importance of protecting and preserving Mother Nature especially in this era. Due to many manmade activities, the nature is subjected to high level of hazards and it is being destroyed ruthlessly for meeting the miscellaneous needs of man. It is important to conserve the nature to maintain an ecological balance which would eventually promote sustainable utilization of resources and ensures that the future generation have sufficient resources in the environment to meet their needs. Without nature, man cannot survive on his own. In order for human beings to survive on Earth, they require adequate and clean air to breathe, safe and clean water to drink, adequate food etc. It can only be ensured via the responsible utilization of resources and by conserving the nature. The keynote address was succeeded by a small presentation on nature conservation by Ms. Sithara Joshy and Ms. Reshma P. P, student teachers from Natural Science optional of St. Joseph College of Teacher Education for Women,





Ernakulam. The presentation covered the importance of observing world nature conservation day and the responsibility of every human being in conserving, protecting and sustainably managing the natural resources. An ecological balance is to be ensured by each individual to meet their needs without depleting the resources for the future generation. The presentation introduced various threats to nature such as climate, pollution, deforestation, explosive population growth and also remedial measures to protect the nature from harmful threats. With the presentation, the programme came to an end.

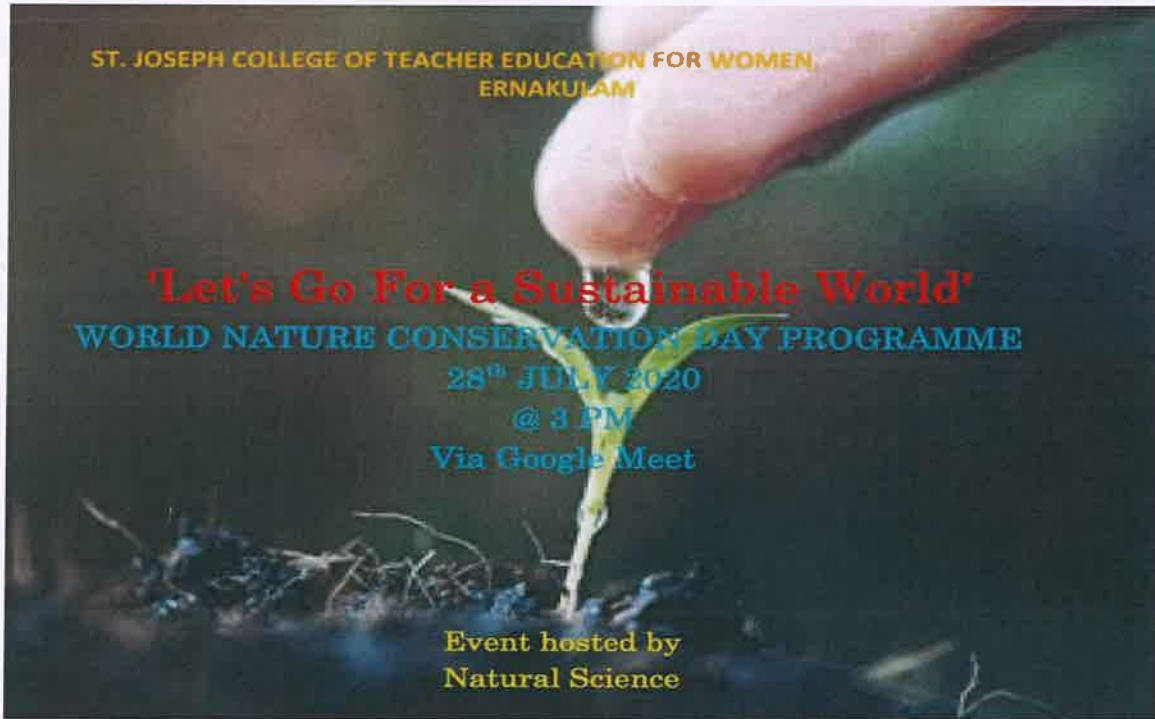
The whole programme was informative and beneficial for the student teachers. They could enhance their knowledge base and could improve responsible behavior in terms of protecting the environment in which they live in, in order to promote sustainability. The programme winded up at 4.00 P.M with the vote of thanks delivered by Ms. Swanila N.S, student teacher from the Natural Science optional of St. Joseph College of Teacher Education for Women, Ernakulam.

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





### 'Let's Go for a Sustainable World'- World Nature Conservation Day



#### PROGRAMME SCHEDULE

Welcome speech  
Mary Rilu Arooja

Key Note Address & Activity Launch  
Sr. Alice Joseph ( Principal)

Presentation  
Sithara Joshy & Reshma P. P.

Vote of Thanks  
Swanila N. S.



Programme Link will be provided @ 2.40 P. M.

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



## Brochure for World Nature Conservation Day programme 2020

### Let's Go for a Sustainable World'- World Nature Conservation Day Programme, 2020

#### Programme Details

<b>Name of the Event</b>	'Let's Go for a Sustainable World'- World Nature Conservation Day Programme, 2020
<b>Date</b>	28/07/2020
<b>Time</b>	3.00 PM - 4.00 PM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 88, Faculty- 12
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/qrv-xvsk-qby">https://meet.google.com/qrv-xvsk-qby</a>

#### List of Participants

Faculty members list:

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



11	Sicily A.A	Assistant Professor (Malayalam Education)
12	Soya Mathew	Assistant Professor (Education)

Students list:

Sl. No	Name	Batch
1	Abhilasha K P	2019-2021 batch (B Ed. Natural Science)
2	Akheena Thomas	2019-2021 batch (B Ed. Natural Science)
3	Amrutha K H	2019-2021 batch (B Ed. Natural Science)
4	Anu Maria K J	2019-2021 batch (B Ed. Natural Science)
5	Christy P P	2019-2021 batch (B Ed. Natural Science)
6	Deepthi George	2019-2021 batch (B Ed. Natural Science)
7	Dhanyamol L	2019-2021 batch (B Ed. Natural Science)
8	Greetta James	2019-2021 batch (B Ed. Natural Science)
9	Maria Sonet K G	2019-2021 batch (B Ed. Natural Science)
10	Mary Rilu Arooja	2019-2021 batch (B Ed. Natural Science)
11	Minumol Johnson	2019-2021 batch (B Ed. Natural Science)
12	Neethu Ursala P G	2019-2021 batch (B Ed. Natural Science)
13	Reshma P P	2019-2021 batch (B Ed. Natural Science)
14	Shelja Philomina C A	2019-2021 batch (B Ed. Natural Science)
15	Sithara Joshy	2019-2021 batch (B Ed. Natural Science)
16	Sony George	2019-2021 batch (B Ed. Natural Science)
17	Swanila N S	2019-2021 batch (B Ed. Natural Science)
18	Amala Anna Thomas	2019-2021 batch (B Ed. English)
19	Amreetha S James	2019-2021 batch (B Ed. English)
20	Annu Jose	2019-2021 batch (B Ed. English)
21	Anjali K Thankappan	2019-2021 batch (B Ed. Malayalam)
22	Anntreesa J Kappen	2019-2021 batch (B Ed. Malayalam)



23	Athira M.M	2019-2021 batch (B Ed. Malayalam)
24	Chithralekha R	2019-2021 batch (B Ed. Mathematics)
25	Geethu Xavier A	2019-2021 batch (B Ed. Mathematics)
26	Somiya Mathew	2019-2021 batch (B Ed. Mathematics)
27	Metty P J	2019-2021 batch (B Ed. Physical Science)
28	Minnu Maria Wilson	2019-2021 batch (B Ed. Physical Science)
29	Rose Mary Sebastian	2019-2021 batch (B Ed. Physical Science)
30	Sneha Mol K J	2019-2021 batch (B Ed. Physical Science)
31	Granes P Joshy	2019-2021 batch (B Ed. Social science)
32	Lincy B.J	2019-2021 batch (B Ed. Social science)
33	Blessy Jacob	2019-2021 batch (B Ed. Social science)
34	Sujitha Jose	2019-2021 batch (B Ed. Social science)
35	Anu Thomas	2019-2021 batch (B Ed. English)
36	Anusree Venu	2019-2021 batch (B Ed. English)
37	Devika S	2019-2021 batch (B Ed. English)
38	Jyothi G.	2019-2021 batch (B Ed. Malayalam)
39	Linnet Maria K	2019-2021 batch (B Ed. Malayalam)
40	Ninitha Joy V	2019-2021 batch (B Ed. Malayalam)
41	Joseme Joseph	2019-2021 batch (B Ed. Mathematics)
42	Lismy Thomas	2019-2021 batch (B Ed. Mathematics)
43	Theressa Sebi	2019-2021 batch (B Ed. Mathematics)
44	Maria Rose Varghese	2019-2021 batch (B Ed. Physical Science)
45	Mariya Jesleena Martin	2019-2021 batch (B Ed. Physical Science)
46	Mary Nivitha Bivera	2019-2021 batch (B Ed. Physical Science)
47	Faseela U.S	2019-2021 batch (B Ed. Social science)
48	Fousiya K N	2019-2021 batch (B Ed. Social science)
49	Gopika Rajagopal	2019-2021 batch (B Ed. Social science)
50	Hridya Joly	2019-2021 batch (B Ed. English)





51	Jefin Job	2019-2021 batch (B Ed. English)
52	Jyothis K Devasia	2019-2021 batch (B Ed. English)
53	Preetha T P	2019-2021 batch (B Ed. English)
54	Parvathy Rajeev	2019-2021 batch (B Ed. Malayalam)
55	Sandhya Poulose	2019-2021 batch (B Ed. Malayalam)
56	Sandra Saju	2019-2021 batch (B Ed. Malayalam)
57	Maria Ancy M J	2019-2021 batch (B Ed. Mathematics)
58	Sruthy K. Shaju	2019-2021 batch (B Ed. Mathematics)
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62	Bilby Babu	2019-2021 batch (B Ed. Social science)
63	M Renuka	2019-2021 batch (B Ed. Social science)
64	Naina N T	2019-2021 batch (B Ed. Social science)
65	Dona Garvasis	2019-2021 batch (B Ed. Social science)
66	Keerthana Krishnan	2019-2021 batch (B Ed. English)
67	Nandita B Shenoy	2019-2021 batch (B Ed. English)
68	Neethu Peter	2019-2021 batch (B Ed. English)
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70	Shijila P N	2019-2021 batch (B Ed. Malayalam)
71	Sinimol P T	2019-2021 batch (B Ed. Malayalam)
72	Anju George	2019-2021 batch (B Ed. Mathematics)
73	Asha Joseph	2019-2021 batch (B Ed. Mathematics)
74	Rita Rose John	2019-2021 batch (B Ed. Mathematics)
75	Annmary Jose	2019-2021 batch (B Ed. Physical Science)
76	Christina Louis	2019-2021 batch (B Ed. Physical Science)
77	Deena Mathew	2019-2021 batch (B Ed. Physical Science)
78	Anju P Tomy	2019-2021 batch (B Ed. Social science)



79	Annaet O J	2019-2021 batch (B Ed. Social science)
80	Aswathy Peter	2019-2021 batch (B Ed. Social science)
81	Reshma C Ratheesh	2019-2021 batch (B Ed. English)
82	Sandra P K	2019-2021 batch (B Ed. English)
83	Sara Stephen	2019-2021 batch (B Ed. English)
84	Sisira S	2019-2021 batch (B Ed. Malayalam)
85	Vincy P V	2019-2021 batch (B Ed. Malayalam)
86	Aiswarya P T	2019-2021 batch (B Ed. Mathematics)
87	Amrutha S V	2019-2021 batch (B Ed. Social science)
88	Anjaly M B	2019-2021 batch (B Ed. Social science)

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





# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Interactive session

### - 'Human Obsession with Social Networking and The Pain of being Violated', 2020

<b>Name of the Event</b>	Interactive session- 'Human Obsession with Social Networking and The Pain of being Violated', 2020
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To help student teachers with directions to create and mould their future</li> <li>2. To instill ethical and moral principles and values among student teachers</li> <li>3. To help student teachers to understand the purpose of their lives and help them lead a meaningful and fuller life</li> </ol>
<b>Details of Event Coordinators</b>	<p>Dr. Josephine Joseph IQAC Coordinator &amp; Assistant Professor (Physical Science Education) St. Joseph College of Teacher Education for Women, Ernakulam</p> <p>Ms. Soya Mathew Assistant professor (Education) St. Joseph College of Teacher Education for Women, Ernakulam</p>
<b>Details of Resource person</b>	<p>Mr. Christopher Avelino Mendes Security Analyst Cyber Security and Threat Intelligence</p>
<b>Date</b>	30/07/2020
<b>Time</b>	9.30 AM – 11.45 AM
<b>Duration</b>	2 hours and 15 minutes
<b>Beneficiaries</b>	Student teachers- 95, Faculty- 3
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/hut-soyw-wum">https://meet.google.com/hut-soyw-wum</a>



**Interactive session- 'Human Obsession with Social Networking and The Pain of being Violated', 2020**

**Programme Report**

St. Joseph College of Teacher Education for Women, Ernakulam organized an interactive session on 'Human Obsession with Social Networking and The Pain of Being Violated' on 30<sup>th</sup> July 2020 from 9.30 AM to 11.45 AM via Google Meet. The session was organized as part of monthly online value education classes for the B Ed student teachers of St. Joseph College of Teacher Education for Women, Ernakulam. The interactive session was coordinated by Dr. Josephine Joseph, IQAC Coordinator and Assistant Professor in Physical Science Education and Ms. Soya Mathew, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. The resource person for the session was Mr. Christopher Avelino Mendes, a Security Analyst in the field of Cyber Security and Threat Intelligence. A total of 98 participants took part in the webinar.

The interactive session started exactly at 9.30 AM via Google Meet with a silent prayer. The prayer was succeeded by the welcome address for the session. The welcome speech was delivered by Ms. Devika S, student teacher from English optional. Ms. Devika S warmly welcomed all of the participants to the event and gave a brief introduction about the resource person for the day. The welcome speech was followed by the presidential address delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph enunciated that the present topic 'Human Obsession with Social Networking and The Pain of Being Violated' for the interactive session was the need of the hour especially in this digital era. People are often becoming victims of various traps hidden in the digital world. Cybercrime rates are being elevated more than ever. Dr. Alice Joseph emphasized that students should be made aware of the threats relating to ineffective use of social media and they should be instilled with knowledge regarding media hygiene and equip them to use social media effectively. Thus, preventing the youth from becoming victims of cybercrimes.

After the presidential address, Mr. Christopher Avelino Mendes, the resource person for the interactive session, carried on with the session on 'Human Obsession with Social Networking and



*Alice Joseph*  
 Dr. Alice Joseph  
 Principal in Charge  
 St. Joseph College of Teacher  
 Education for Women,  
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The Pain of Being Violated'. Mr. Christopher Avelino Mendes started the session by pointing out a few observations about human obsession with social networking and the pain of being violated. The webinar was an interactive one with visual presentation aid. The resource person carried out the session in such a way that the presentation and discussion took place simultaneously. During the session, Mr. Christopher Avelino Mendes reviewed few questions such as 'what do you do on social networking sites and why?', 'What is the content of your posts, tweets, chats and messages?', 'Do you know who all are watching you?' etc. These questions were reviewed so that the student teachers could reflect on their own usage of social media. Social media being an inevitable necessity especially in the present pandemic era of Covid-19, Mr. Christopher Avelino Mendes cautioned all of the student teachers to follow certain media hygiene measures like limiting the time spending on social media usage, keeping ones profile in private mode, avoiding sharing of highly personal information online etc. while communicating online. He enunciated that what an individual surfs on the internet mirrors their inner-selves. Therefore, one must exercise vigilance while surfing the internet. The session also covered the risks associated with the usage of social media which includes cyber bullying, identity theft, malware, hacking, scams, phishing attacks etc. The resource person also pointed out certain disadvantages of social media on an individual including addiction, media brain wash, frauds, psychological distress, privacy issues, profiling and so on. The resource person enunciated that media hygiene should be practiced by every individual for their own safety and he also explained about certain ways to practice media hygiene including self-control, consciously restricting time spent on the internet, seeking help when needed, reflecting upon how much information one shall share online and so on. Mr. Christopher Avelino Mendes suggested all of the participants of the webinar to think twice before posting online, clicking a link, opening an attachment, using pirated software, sharing date of birth and phone numbers etc. and also to be self-aware so as to be cautious about one's online behavior for the better. After the session, student teachers raised their doubts regarding mobile number hacking of mail accounts; calls from unknown numbers; the issue of security with regard to personal information provided to authentic websites; the risks of one's webcam being hacked; the safety associated with incognito browsers etc. The doubts were clarified by the resource person effectively.

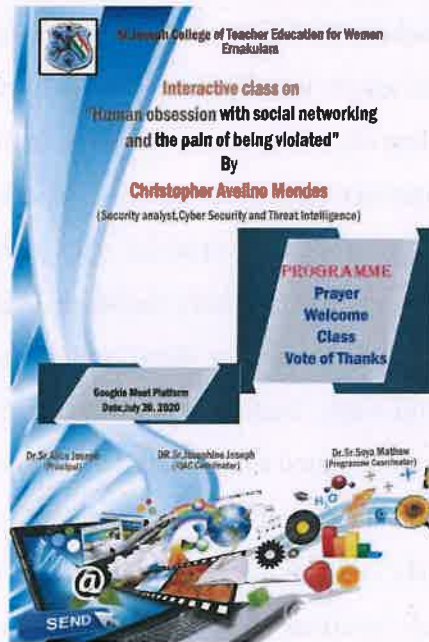
The interactive session on 'Human Obsession with Social Networking and The Pain of Being Violated' conducted as part of the monthly online value education classes turned out to be



successful in achieving its objectives. The session could enhance the knowledge and skills of the student teachers. It could equip them with adequate knowledge and skills to practice media hygiene and to effectively use social media. The session winded up at 11.45 AM with the vote of thanks delivered by Ms. Anusree Venu, student teacher from English optional.

### Interactive session- 'Human Obsession with Social Networking and The Pain of being Violated', 2020

#### Photo Gallery



**Brochure for the interactive session on 'Human Obsession with Social Networking and The Pain of being Violated', 2020 conducted as part of monthly value education class for student teachers of B Ed programme by St. Joseph College of Teacher Education for Women**

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



**Interactive session- 'Human Obsession with Social Networking and The Pain of being Violated', 2020**

**Programme Details**

<b>Name of the Event</b>	Interactive session- 'Human Obsession with Social Networking and The Pain of being Violated', 2020
<b>Date</b>	30/07/2020
<b>Time</b>	9.30 AM – 11.45 AM
<b>Duration</b>	2 hours and 15 minutes
<b>Beneficiaries</b>	Student teachers- 95, Faculty- 3
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/hut-soyw-wum">https://meet.google.com/hut-soyw-wum</a>

**List of Participants**

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Soya Mathew	Assistant Professor (Education)
3	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)

Students list:

Sl. No	Name	Batch
1	Annu Jose	2019-2021 batch (B Ed. English)
2	Amala Anna Thomas	2019-2021 batch (B Ed. English)
3	Amreetha S James	2019-2021 batch (B Ed. English)
4	Anu Thomas	2019-2021 batch (B Ed. English)
5	Anusree Venu	2019-2021 batch (B Ed. English)
6	Hridya Joly	2019-2021 batch (B Ed. English)



7	Devika S	2019-2021 batch (B Ed. English)
8	Jefin Job	2019-2021 batch (B Ed. English)
9	Keerthana Krishnan	2019-2021 batch (B Ed. English)
10	Nandita B Shenoy	2019-2021 batch (B Ed. English)
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15	Sara Stephen	2019-2021 batch (B Ed. English)
16	Susan Neenu	2019-2021 batch (B Ed. Mathematics)
17	Amrutha K H	2019-2021 batch (B Ed. Natural Science)
18	Christy P.P	2019-2021 batch (B Ed. Natural Science)
19	Abhilasha K P	2019-2021 batch (B Ed. Natural Science)
20	Greetta James	2019-2021 batch (B Ed. Natural Science)
21	Sithara Joshy	2019-2021 batch (B Ed. Natural Science)
22	Blessy Jacob	2019-2021 batch (B Ed. Social science)
23	Dona Garvasis	2019-2021 batch (B Ed. Social science)
24	Granes P Joshy	2019-2021 batch (B Ed. Social science)
25	M Renuka	2019-2021 batch (B Ed. Social science)
26	Salma Shereef	2019-2021 batch (B Ed. Social science)
27	Naina N.T	2019-2021 batch (B Ed. Social science)
28	Anjali K. Thankappan	2019-2021 batch (B Ed. Malayalam)
29	Jyothi G.	2019-2021 batch (B Ed. Malayalam)
30	Shelga Jacob	2019-2021 batch (B Ed. Malayalam)
31	Ninitha Joy V	2019-2021 batch (B Ed. Malayalam)
32	Somiya Mathew	2019-2021 batch (B Ed. Mathematics)
33	Sruthy K. Shaju	2019-2021 batch (B Ed. Mathematics)
34	Reshma P.P	2019-2021 batch (B Ed. Natural Science)
35	Swanila N.S	2019-2021 batch (B Ed. Natural Science)
36	Minnu Maria Wilson	2019-2021 batch (B Ed. Physical Science)







37	Mariya Jesleena Martin	2019-2021 batch (B Ed. Physical Science)
38	Metty P.J	2019-2021 batch (B Ed. Physical Science)
39	Jeen Mary A J	2019-2021 batch (B Ed. Physical Science)
40	Liya Rose	2019-2021 batch (B Ed. Physical Science)
41	Anjali K Thankappan	2019-2021 batch (B Ed. Malayalam)
42	Anntreesa J Kappen	2019-2021 batch (B Ed. Malayalam)
43	Athira M.M	2019-2021 batch (B Ed. Malayalam)
44	Jyothi G	2019-2021 batch (B Ed. Malayalam)
45	Linet Maria K	2019-2021 batch (B Ed. Malayalam)
46	Ninitha Joy V	2019-2021 batch (B Ed. Malayalam)
47	Parvathy Rajeev	2019-2021 batch (B Ed. Malayalam)
48	Sandhya Poulose	2019-2021 batch (B Ed. Malayalam)
49	Sandra Saju	2019-2021 batch (B Ed. Malayalam)
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53	Sisira S	2019-2021 batch (B Ed. Malayalam)
54	Vincy P V	2019-2021 batch (B Ed. Malayalam)
55	Asha Joseph	2019-2021 batch (B Ed. Mathematics)
56	Joseme Joseph	2019-2021 batch (B Ed. Mathematics)
57	Lismy Thomas	2019-2021 batch (B Ed. Mathematics)
58	Priyanka K.T	2019-2021 batch (B Ed. Mathematics)
59	Theressa Sebi	2019-2021 batch (B Ed. Mathematics)
60	Aleena Mary	2019-2021 batch (B Ed. Mathematics)
61	Raveena T V	2019-2021 batch (B Ed. Mathematics)
62	Maria Ancy M.J	2019-2021 batch (B Ed. Mathematics)
63	Maria Sonet K G	2019-2021 batch (B Ed. Natural Science)
64	Sony George	2019-2021 batch (B Ed. Natural Science)
65	Minumol Johnson	2019-2021 batch (B Ed. Natural Science)
66	Mary Rilul Arooja	2019-2021 batch (B Ed. Natural Science)





67	Neethu Ursala P G	2019-2021 batch (B Ed. Natural Science)
68	Akheena Thomas	2019-2021 batch (B Ed. Natural Science)
69	Christina Louis	2019-2021 batch (B Ed. Physical Science)
70	Annmary Jose	2019-2021 batch (B Ed. Physical Science)
71	Ishida K B	2019-2021 batch (B Ed. Physical Science)
72	Thahira M A	2019-2021 batch (B Ed. Physical Science)
73	Sneha Mol K J	2019-2021 batch (B Ed. Physical Science)
74	Maria Rose Varghese	2019-2021 batch (B Ed. Physical Science)
75	Livi George	2019-2021 batch (B Ed. Physical Science)
76	Liya Joseph	2019-2021 batch (B Ed. Physical Science)
77	Mary Nivitha Bivera	2019-2021 batch (B Ed. Physical Science)
78	Rose Mary Sebastian	2019-2021 batch (B Ed. Physical Science)
79	Amrutha S V	2019-2021 batch (B Ed. Social science)
80	Anjaly M B	2019-2021 batch (B Ed. Social science)
81	Anjana K M	2019-2021 batch (B Ed. Social science)
82	Annaet O J	2019-2021 batch (B Ed. Social science)
83	Aswathy Peter	2019-2021 batch (B Ed. Social science)
84	Bilby Babu	2019-2021 batch (B Ed. Social science)
85	Gopika Rajagopal	2019-2021 batch (B Ed. Social science)
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89	Anju George	2019-2021 batch (B Ed. Mathematics)
90	Rita Rose John	2019-2021 batch (B Ed. Mathematics)
91	Geethu Xavier A	2019-2021 batch (B Ed. Mathematics)
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93	Shelja Philomina C.A	2019-2021 batch (B Ed. Natural Science)
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*Alice Joseph*

Dr. Alice Joseph  
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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
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## One Day Workshop on VENTEL (Vocational Education-Nai Talim- Experiential Learning) Action Plan

Name of the Event	Workshop on VENTEL (Vocational Education- Nai Talim- Experiential Learning) Action Plan
Objectives	<ol style="list-style-type: none"> <li>1. To understand the importance of vocational education as a source of economically valuable labor and its integration with the four disciplines of science, social studies, mathematics, and language</li> <li>2. Create an action plan for initiatives in the four categories of the VENTEL Action Plan that have been identified: self-reliance, Swachhta &amp; health, community/field engagement, and vocational education.</li> <li>3. Learn about/discuss some of the finest practices in the four categories of VENTEL, which includes vocational education, Swachhta &amp; health, self-reliance, and community/field engagement.</li> <li>4. Implement the listed exercises at/from home and present online to the faculty and peer group.</li> <li>5. Clearly understand the student reporting format for VENTEL activities for submission and presentation at competitions at the institutional, regional, and national levels.</li> <li>6. Understand the standards for submitting student VENTEL activities for competitions at the institutional, regional, and national levels.</li> </ol>
Details of Resource Person	<p>Ms. Anu Cleetus Coordinator &amp; Nodal Officer MGNCRE, Hyderabad Ministry of Education Government of India</p>



Date	23/10/2020
Time	10.00AM- 12.00 PM
Duration	2 hours
Beneficiaries	Student teachers-88, Faculty-12
Platform	Google Meet
Meet Link	<a href="https://meet.google.com/ccb-fjcd-pyb">https://meet.google.com/ccb-fjcd-pyb</a>

## One Day Workshop on VENTEL (Vocational Education-Nai Talim- Experiential Learning) Action Plan

### Programme Report

A one day virtual workshop on VENTEL (Vocational Education-Nai Talim- Experiential Learning) Action plan was organized for the student teachers at the St Joseph College of Teacher Education for Women, Ernakulam in collaboration with MGNCRE (Mahatma Gandhi National Council of Rural Education, Hyderabad) on 23<sup>rd</sup> October 2020 from 10.00AM to 12.00 PM. The workshop was conducted virtually via Google Meet with a total of 100 participants. The Workshop was dealt with the expertise of Ms. Anu Cleetus, Coordinator and Nodal Officer, MGNCRE (Mahatma Gandhi National Council of Rural Education), Hyderabad under the Ministry of Education, Government of India. Dr. Alice Joseph, the Principal of St Joseph College of Teacher Education for Women, Ernakulam welcomed all of the participants to the one day virtual action plan workshop. The whole workshop was coordinated by Mrs. Smitha Jose, Assistant Professor in Education at St Joseph College of Teacher Education for Women, Ernakulam.

Key contents of the workshop:

- ✚ VENTEL Action Plan - introduction, integrating vocational education into science, mathematics, social and language methodology
- ✚ Format of the timelines, competition and documentation

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- ✦ VENTEL Action Plan form: Activities by student teacher online form content
- ✦ Presentation and discussion on VENTEL activities in the four areas of Vocational Education, Self-reliance, Swachhta & Health and Community/Field Engagement
- ✦ VENTEL best practices across India

The workshop focused on the lessons of Mahatma Gandhi which are extremely relevant in the modern world. At a conference in Wardha, Maharashtra, in 1937, Mahatma Gandhi sowed a crucial concept to reform the educational system through Nai Talim. The Nai Talim principle, or basic education, holds that work and knowledge are not mutually exclusive. The four areas of VENTEL action plan including vocational education, self-reliance, Swachhta & health, and community/field engagement were discussed along with some of the best practices across India in these four categories. The workshop also equipped the students with adequate knowledge in creating action plan to initiate activities in the four categories. The students were divided in to different groups and each group were made to propose action plans. There were a total of four groups and the actions proposed and taken by the groups of students under the guidance of respective faculty members included vegetable gardening, mask making, pickle making and basket making.

Vegetable Gardening was coordinated by Group 4 under the guidance of faculty in charge, Sicily A. A, Assistant Professor in Malayalam Education. The student coordinator of Group 4 was Ms. Livi George from Physical Science optional. The students did vegetable gardening at their own homes as well as the in the college premises. Variety of vegetables like bitter gourd, chilly, tomato, etc., were cultivated. Since the year was bearing with Covid-19 pandemic, the students started gardening at their own homes, it was started in college premises after the lockdown has been lifted. Food wastes were used as organic composts for the vegetable farming. Mask making was coordinated by Group 1 under the supervision of faculty in charge, Dr. Joby Joy Kurian, Assistant Professor in Mathematics Education. The student coordinator for Group 1 was Ms. Anju P Tomy from Social Science optional. A visual presentation on mask making was carried out by Ms.



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Sandra P.K, student teacher from English optional. The mask was prepared using fabrics available at home. The pickle making and the basket making activities were also coordinated by Group 1 students under the guidance of faculty in charge, Dr. Joby Joy Kurian, Assistant Professor in Mathematics Education and the student coordinator, Ms. Anju P Tomy from Social Science optional. A virtual visual presentation was carried out by Ms. Jyothi G, student teacher from Malayalam optional. Food items available at home such as mango, lemon, garlic etc. were used for making pickle. For basket making, the video presentation was done by Ms. Rita Rose John, student teacher from Mathematics optional. The basket making focused on using eco-friendly products and therefore the baskets were made of newspapers. The activity, talk and discussion forum was coordinated by Group 3 under the guidance of faculty in charge, Dr. Hemalettha P.K, Assistant professor in Social Science Education. The student coordinator for Group 3 was Ms. M Renuka from Social Science optional. The topic for the talk and discussion activity was 'Healthy Use of Mobile Phones- Role of Parents'. The session was conducted in two schools in Ernakulam district. The schools chosen for the activity were Infant Jesus Public School, Paravoor and St. Joseph's HSS, Koonammavu.

The VENTEL workshop helped the student teachers to shift to a healthy lifestyle through the organic vegetable farming, thus promoting intake of pesticide free vegetables and thereby preventing number of diseases. The workshop also paved way for student teachers to earn money by selling the vegetables, masks, baskets and pickles they have prepared at their own homes to the nearby shops, neighboring homes and hostels. The workshop also equipped students with the skills to conduct discussion sessions via the talk and discussion forum conducted on the topic 'Healthy Use of Mobile Phones- Role of Parents' at Infant Jesus Public School, Paravoor and St. Joseph's HSS, Koonammavu. The following were the key takeaways the students had through the workshop,

- Acquired knowledge and skills in vegetable gardening, mask making, pickle making and basket making.

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 Dr. Alice Joseph  
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 St. Joseph College of Teacher  
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 Ernakulam





- ✦ The student teachers understood the importance of having one's own vegetable garden and promoting pesticide free vegetables for healthy lifestyle.
- ✦ The students could realize and promote the importance of eco-friendly products thereby protecting the environment and sustaining it for the future generation.
- ✦ Equipped them with adequate skills to conduct talk and discussion forums and critically think and reflect on particular topic of relevance in the present era.


The workshop was very much engaging since it was practice-based. The whole workshop emphasized on the importance of vocational education as an economically valuable labor. The student teachers had benefitted from the workshop and indeed it helped them in upgrading their knowledge and skills which would contribute positively to their successful practice in their profession.

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# One Day Workshop on VENTEL (Vocational Education-Nai Talim-Experiential Learning) Action Plan

## Photo Gallery




**RESOURCE PERSON**  
Ms. Anu Cleetus  
Coordinator and Nodal Officer  
MGNCRE, Hyderabad  
Ministry of Education  
Govt. of India

**ABOUT US**  
St. Joseph College of Teacher Education for Women, Ernakulam, which is established in 1957, strives for the integral liberation of women through life-oriented education, transforming them to responsible citizens who respond proactively to the global challenges with courage and commitment, build a just social order. College takes various initiatives to provide EXPERIENTIAL LEARNING to our students. One of such initiative is JIC, Josephites in the Community': Parallel to the intellectual pursuits, the creation of a just society respecting the individual dignity, nurturing secular values and religious harmony and reaching out to the needy without any discrimination predicate our institutional ethos. The Extension Service Unit organizes various activities of JIC (JOSEPHITES IN THE COMMUNITY) like outreach programmes, visits to special schools, blood donation camps, free eye camps, distribution of dress and food packets to the needy. Students are engaged in a number of socially productive activities which will help inculcate in them dignity of labour.




**VENTEL action plan**  
Sub themes

1. Vocational Education
2. Self-Reliance
3. Swachatha and Health
4. Community Engagement



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

In Collaboration With




**MAHATMA GANDHI  
NATIONAL COUNCIL OF  
RURAL EDUCATION,  
HYDERABAD**


Organises

**VIRTUAL WORKSHOP ON  
VENTEL ACTION PLAN**


St. Joseph College of Teacher Education for Women, Ernakulam  
Affiliated to Mahatma Gandhi University,  
Kottayam, (Recognized by NCTE)  
Phone: 0484-2351625, 2371325  
stjosephtraningcollege@hotmail.com  
website: stjosephcte.in



**Virtual Workshop**  
23<sup>rd</sup> October 2020  
Time: 10am to 12pm



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



Mrs. Smitha Jose  
Coordinator  
St. Joseph College of Teacher  
Education for Women,  
Ernakulam

### Brochure for workshop on VENTEL action plan

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## One Day Workshop on VENDEL (Vocational Education-Nai Talim- Experiential Learning) Action Plan

### Programme details

<b>Name of the Event</b>	Workshop on VENDEL (Vocational Education- Nai Talim- Experiential Learning) Action Plan
<b>Date</b>	23/10/2020
<b>Time</b>	10.00 AM - 12.00 PM
<b>Duration</b>	2 hours
<b>Beneficiaries</b>	Student teachers-88, Faculty-12
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/ccb-fjcd-pyb">https://meet.google.com/ccb-fjcd-pyb</a>

### List of Participants

Faculty members list:

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



## Students list:

Sl. No	Name	Batch
1	Abilasha K P	2019-2021 batch (B Ed. Natural Science)
2	Amrutha K.H	2019-2021 batch (B Ed. Natural Science)
3	Thahira M.A	2019-2021 batch (B Ed. Physical Science)
4	Sisira S	2019-2021 batch (B Ed. Malayalam)
5	Christy PP	2019-2021 batch (B Ed. Natural Science)
6	Chithralekha	2019-2021 batch (B Ed. Mathematics)
7	Geethu Xavier A	2019-2021 batch (B Ed. Mathematics)
8	Jeslina Maria	2019-2021 batch(B Ed. Physical Science)
9	Maria Ancy	2019-2021 batch (B Ed. Mathematics)
10	Christina Louis	2019-2021 batch(B Ed. Physical Science)
11	Sujitha Jose	2019-2021 batch(B Ed. Social Science)
12	Bilby Babu	2019-2021 batch(B Ed. Social Science)
13	Jyothis K Devasia	2019-2021 batch(B Ed. English)
14	Metty P.J	2019-2021 batch(B Ed. Physical Science)
15	Jyothi G	2019-2021 batch(B Ed. Malayalam)
16	Dona Garvasis	2019-2021 batch (B Ed. Social Science)
17	Anju George	2019-2021 batch (B Ed. Mathematics)
18	Liya Rose	2019-2021 batch (B Ed. Physical Science)
19	Gopika Rajagopal	2019-2021 batch (B Ed. Social Science)
20	Amreetha S James	2019-2021 batch(B Ed. English)
21	Jefin Job	2019-2021 batch(B Ed. English)
22	Rita Rose John	2019-2021 batch (B Ed. Mathematics)
23	Greetta James	2019-2021 batch(B Ed. Natural Science)
24	Hridya Joly	2019-2021 batch(B Ed. English)
25	Annu Jose	2019-2021 batch(B Ed. English)
26	Blessy Jacob	2019-2021 batch (B Ed. Social Science)
27	M Renuka	2019-2021 batch (B Ed. Social Science)
28	Asha Joseph	2019-2021 batch(B Ed. Mathematics)
29	Granes P. Joshy	2019-2021 batch(B Ed. Social Science)
30	Lincy B.J	2019-2021 batch(B Ed. Social Science)
31	Joseme Joseph	2019-2021 batch (B Ed. Mathematics)
32	Ninitha Joy	2019-2021 batch(B Ed. Malayalam)
33	Lincy Jude	2019-2021 batch(B Ed. Social Science)





34	Anjali K	2019-2021 batch(B Ed. Malayalam)
35	Deepthi George	2019-2021 batch (B Ed. Natural Science)
36	Devika S	2019-2021 batch(B Ed. English)
37	Priyanka K.T	2019-2021 batch (B Ed. Mathematics)
38	Anntreesa J Kappen	2019-2021 batch(B Ed. Malayalam)
39	Keerthana Krishnan	2019-2021 batch(B Ed. English)
40	Fousiya K N	2019-2021 batch(B Ed. Social Science)
41	Snehamol Johnson	2019-2021 batch (B Ed. Physical Science)
42	Anjana K M	2019-2021 batch(B Ed. Social Science)
43	Anjaly M B	2019-2021 batch(B Ed. Social Science)
44	Nayana Maria	2019-2021 batch(B Ed. Social Science)
45	Linet Maria K	2019-2021 batch(B Ed. Malayalam)
46	Aleena Mary	2019-2021 batch (B Ed. Mathematics)
47	Somiya Mathew	2019-2021 batch (B Ed. Mathematics)
48	Sini Mol P.T	2019-2021 batch(B Ed. Malayalam)
49	Susan Neenu	2019-2021 batch(B Ed. Mathematics)
50	Annaet O.J	2019-2021 batch(B Ed. Social Science)
51	Neethu Peter	2019-2021 batch(B Ed. English)
52	Sandra P.K	2019-2021 batch(B Ed. English)
53	Shelga Jacob	2019-2021 batch(B Ed. Malayalam)
54	Parvathy Rajeev	2019-2021 batch(B Ed. Malayalam)
55	Therese Rani	2019-2021 batch (B Ed. Physical Science)
56	Reshma C Ratheesh	2019-2021 batch(B Ed. English)
57	Faseela U S	2019-2021 batch (B Ed. Social Science)
58	Sandra Saju	2019-2021 batch(B Ed. Malayalam)
59	Aswathy Peter	2019-2021 batch(B Ed. Social Science)
60	Theressa Sebi	2019-2021 batch (B Ed. Mathematics)
61	Sithara Joshy	2019-2021 batch(B Ed. Natural Science)
62	Sruthy K Shaju	2019-2021 batch(B Ed. Mathematics)
63	Nandita B Shenoy	2019-2021 batch(B Ed. English)
64	Salma Shereef	2019-2021 batch(B Ed. Social Science)
65	Maria Sonet K G	2019-2021 batch (B Ed. Natural Science)
66	Sara Stephen	2019-2021 batch (B Ed. English)
67	Amrutha SV	2019-2021 batch(B Ed. Social Science)
68	Naina N T	2019-2021 batch(B Ed. Social Science)
69	Preetha T.P	2019-2021 batch(B Ed. English)





70	Aiswarya Thomas	2019-2021 batch (B Ed. Mathematics)
71	Sandhya Poulose	2019-2021 batch (B Ed. Malayalam)
72	Anu Thomas	2019-2021 batch(B Ed. English)
73	Mary Rilu Arooja	2019-2021 batch(B Ed. Natural Science)
74	Maria Rose Varghese	2019-2021 batch(B Ed. Physical Science)
75	Lismy Thomas	2019-2021 batch (B Ed. Mathematics)
76	Livi George	2019-2021 batch (B Ed. Physical Science)
77	Anju P Tomy	2019-2021 batch(B Ed. Social Science)
78	Raveena T.V	2019-2021 batch (B Ed. Mathematics)
79	Vincy P.V	2019-2021 batch(B Ed. Malayalam)
80	Anusree Venu	2019-2021 batch(B Ed. English)
81	Parvathy Rajeev	2019-2021 batch(B Ed. Malayalam)
82	Athira M.M	2019-2021 batch (B Ed. Malayalam)
83	Shelja Philomina C A	2019-2021 batch (B Ed. Natural Science)
84	Amala Anna Thomas	2019-2021 batch(B Ed. English)
85	Anjali K Thankappan	2019-2021 batch(B Ed. Malayalam)
86	Amreetha S James	2019-2021 batch(B Ed. English)
87	Maria Jesleena Martin	2019-2021 batch (B Ed. Physical Science)
88	Shijila P N	2019-2021 batch(B Ed. Malayalam)

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## ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

### 'Care for Nature'- Practice session on Organic Farming, 2021

<b>Name of the Event</b>	'Care for Nature'- Practice session on Organic Farming, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To develop awareness on the need and importance of organic farming in student teachers</li> <li>2. To help student teachers identify and utilize the economic, health and environmental benefits of organic farming</li> <li>3. To develop social responsibility in student teachers</li> <li>4. To promote eco-friendly and sustainable development</li> </ol>
<b>Details of Resource Person</b>	<p>Mr. Prince Mathew Farmer Mulanthuruthy Panchayath, Ernakulam, Kerala</p>
<b>Date</b>	08/02/2021
<b>Time</b>	10.00AM- 1.30 PM
<b>Duration</b>	3 hours and 30 minutes
<b>Beneficiaries</b>	Student teachers-97, Faculty- 3
<b>Event Venue</b>	St. Joseph college of Teacher Education for Women, Ernakulam

  
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 Principal in Charge  
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### Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized a practice session on 'Organic Farming' for B Ed. Student teachers of 2019-2021 batch on 8<sup>th</sup> February 2021 from 10.00 AM to 1.30 PM. The main aim of the programme was to generate awareness among student teachers regarding the need and importance of organic farming and to promote eco-friendly and sustainable development practices. Mrs. Smitha Jose, Assistant Professor in Education and Dr. Betty P.J, Assistant Professor in Mathematics Education at St. Joseph College of Teacher Education for Women, Ernakulam were the teachers-in-charge for the programme. The resource person for the programme was Mr. Prince Mathew, a farmer from Mulanthuruthy Panchayath in Ernakulam district in Kerala.

The practice session on 'Organic Farming' started exactly at 10.00 AM with a prayer song by Ms. Anntreesa J Kappen, student teacher from Malayalam Optional. The prayer song was succeeded by the official welcome speech delivered by Mrs. Smitha Jose, Assistant Professor in Education at St. Joseph College of Teacher Education for Women, Ernakulam. The programme was officially inaugurated by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. After the inaugural ceremony, Dr. Alice Joseph proceeded with presidential address for the event. Dr. Alice Joseph enunciated that it is the need of the hour to move on to organic farming especially in the present era where all the food crops and vegetables are grown with chemical pesticides and fertilizers leading to various diseases among the population. Dr. Alice Joseph emphasized that every household should have their own vegetable garden and also should switch to organic farming focusing producing food by their own and thereby lead a healthy lifestyle and prevent diseases. After the inaugural address by the Principal, Mr. Prince Mathew, the resource person for the day started the session on organic farming. The session was all about organic farming, its importance and the types of organic farming. Organic farming is an agricultural practice that makes use of biological pesticides and fertilizers derived from plant or animal waste. Organic farming involves excluding usage of chemical pesticides which are not environment friendly. By lowering the pollution, organic farming contributes to environmental health. By minimizing the amount of contaminants in the product, it lowers the risks to human and animal health. It aids in maintaining agricultural yields at a level that is sustainable. Both the soil health and the expense of agriculture are improved. Integrated organic farming and pure organic farming



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were the two types of organic farming which were discussed in the session. The resource person, a farmer by profession, encouraged all the student teachers to do organic farming and thereby promote healthy lifestyle. He provided the student teachers with seeds and grow bags and encouraged them to turn to organic farming and to go back to nature.

After the practice session on organic farming, another session on paper bag making was conducted for student teachers. Student teachers were taught to make paper bags. The prepared bags were distributed among the local vendors in the marketplace in Ernakulam. The activity aimed at developing a responsibility in each student teachers to care for the nature by avoiding plastic bags and promote eco-friendly practices. A total of 2000 paper bags were prepared and distributed by the students with each student preparing a total of 20 paper bags. All the student teachers actively participated in the sessions.

The programme, 'Care for Nature' turned out to be successful in accomplishing its objectives. The student teachers had the following key takeaways from the programme:

- ✦ Enhanced knowledge regarding organic farming
- ✦ Improved awareness regarding the need and importance of organic farming
- ✦ Equipped with the practical skills for organic farming
- ✦ Identified the economic, health and environmental benefits of organic farming
- ✦ Learned the importance of promoting eco-friendly and sustainable development practices

The vote of thanks for the programme was delivered by Dr. Betty P.J, Assistant Professor in Mathematics Education at St. Joseph College of Teacher Education for Women, Ernakulam. With all the informative and productive takeaways which contributed to the knowledge base of the student teachers and also contributed positively to the community as well, the programme winded up at 1.30 PM.



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**'Care for Nature'- Practice session on Organic Farming, 2021**



**St. Joseph College of Teacher  
Education for Women, Ernakulam**

**Organizes**

**'Care for Nature'**

**Practice session**

**on**

**Organic Farming**

**Speaker- Mr. Prince Mathew  
(Farmer)**

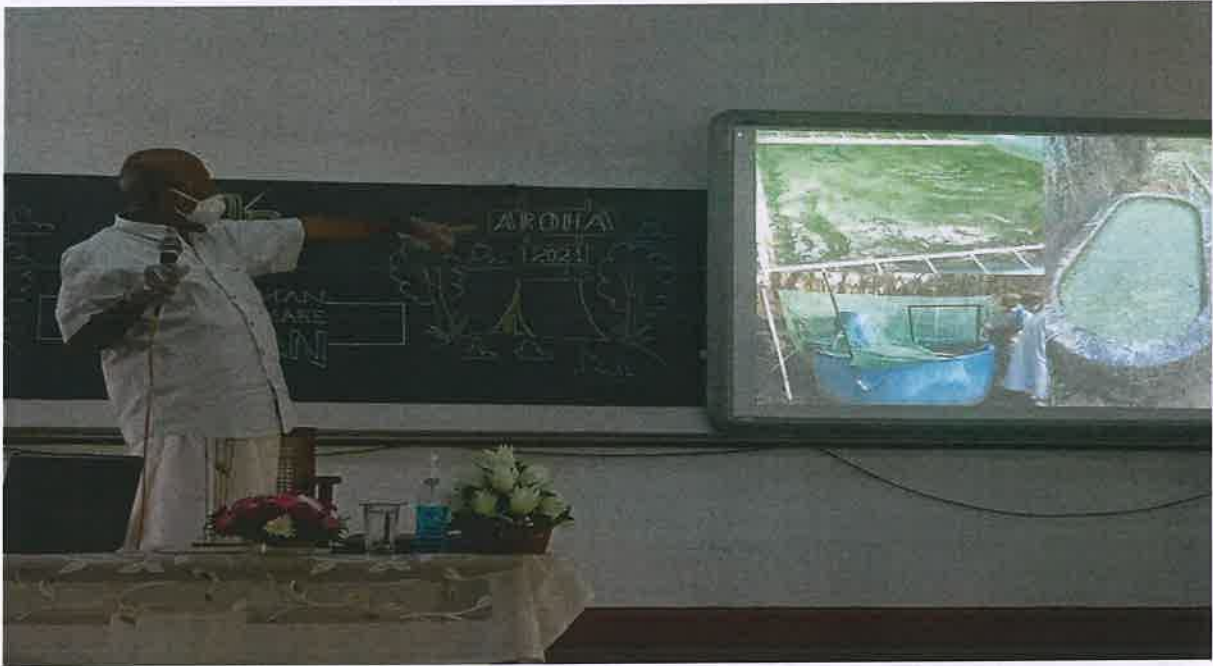
**08/02/2021 | 10.00 AM -  
1.30 PM**

**Poster for 'Care for Nature', practice session on organic farming, 2021 conducted for B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam**

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Principal in Charge  
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Mr. Prince Mathew, Farmer from Mulanthuruthy Panchayath in Ernakulam, Kerala carrying out the practice session on 'Organic Farming' for the B Ed. student teachers of St. Joseph College of Teacher Education for Women, Ernakulam as part of the programme, 'Care for Nature', 2021



B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam preparing paper bags during the 'Care for Nature' session, 2021

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Distributing the paper bags prepared by the B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam during the 'Care for Nature' session, 2021 to the local vendors in marketplace in Ernakulam



B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam engaged in organic farming with grow bags during the 'Care for Nature' session, 2021

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## ‘Care for Nature’- Practice session on Organic Farming, 2021

### Programme Details

<b>Name of the Event</b>	‘Care for Nature’- Practice session on Organic Farming, 2021
<b>Date</b>	08/02/2021
<b>Time</b>	10.00AM- 1.30 PM
<b>Duration</b>	3 hours and 30 minutes
<b>Beneficiaries</b>	Student teachers- 97, Faculty- 3
<b>Event Venue</b>	St. Joseph college of Teacher Education for Women, Ernakulam

### List of Participants

Faculty members list:

SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Betty P.J	Assistant Professor (Mathematics Education)
3	Mrs. Smitha Jose	Assistant Professor (Education)

Students list:


Sl. No	Name	Batch
1	Amala Anna Thomas	2019-2021 batch (B Ed. English)
2	Amreetha S James	2019-2021 batch (B Ed. English)
3	Annu Jose	2019-2021 batch (B Ed. English)
4	Anjali K Thankappan	2019-2021 batch (B Ed. Malayalam)
5	Anntreesa J Kappen	2019-2021 batch (B Ed. Malayalam)
6	Athira M.M	2019-2021 batch (B Ed. Malayalam)
7	Chithralekha R	2019-2021 batch (B Ed. Mathematics)
8	Geethu Xavier A	2019-2021 batch (B Ed. Mathematics)
9	Somiya Mathew	2019-2021 batch (B Ed. Mathematics)



10	Metty P J	2019-2021 batch (B Ed. Physical Science)
11	Minnu Maria Wilson	2019-2021 batch (B Ed. Physical Science)
12	Rose Mary Sebastian	2019-2021 batch (B Ed. Physical Science)
13	Sneha Mol K J	2019-2021 batch (B Ed. Physical Science)
14	Mary Rilu Arooja	2019-2021 batch (B Ed. Natural Science)
15	Minumol Johnson	2019-2021 batch (B Ed. Natural Science)
16	Shelja Philomina C A	2019-2021 batch (B Ed. Natural Science)
17	Granes P Joshy	2019-2021 batch (B Ed. Social science)
18	Lincy B.J	2019-2021 batch (B Ed. Social science)
19	Blessy Jacob	2019-2021 batch (B Ed. Social science)
20	Sujitha Jose	2019-2021 batch (B Ed. Social science)
21	Anu Thomas	2019-2021 batch (B Ed. English)
22	Anusree Venu	2019-2021 batch (B Ed. English)
23	Devika S	2019-2021 batch (B Ed. English)
24	Jyothi G.	2019-2021 batch (B Ed. Malayalam)
25	Linet Maria K	2019-2021 batch (B Ed. Malayalam)
26	Ninitha Joy V	2019-2021 batch (B Ed. Malayalam)
27	Joseme Joseph	2019-2021 batch (B Ed. Mathematics)
28	Lismy Thomas	2019-2021 batch (B Ed. Mathematics)
29	Theressa Sebi	2019-2021 batch (B Ed. Mathematics)
30	Maria Rose Varghese	2019-2021 batch (B Ed. Physical Science)
31	Mariya Jesleena Martin	2019-2021 batch (B Ed. Physical Science)
32	Mary Nivitha Bivera	2019-2021 batch (B Ed. Physical Science)
33	Abhilasha K P	2019-2021 batch (B Ed. Natural Science)
34	Akheena Thomas	2019-2021 batch (B Ed. Natural Science)
35	Amrutha K H	2019-2021 batch (B Ed. Natural Science)
36	Sithara Joshy	2019-2021 batch (B Ed. Natural Science)
37	Faseela U.S	2019-2021 batch (B Ed. Social science)
38	Fousiya K N	2019-2021 batch (B Ed. Social science)
39	Gopika Rajagopal	2019-2021 batch (B Ed. Social science)



40	Hridya Joly	2019-2021 batch (B Ed. English)
41	Jefin Job	2019-2021 batch (B Ed. English)
42	Jyothis K Devasia	2019-2021 batch (B Ed. English)
43	Preetha T P	2019-2021 batch (B Ed. English)
44	Parvathy Rajeev	2019-2021 batch (B Ed. Malayalam)
45	Sandhya Poulose	2019-2021 batch (B Ed. Malayalam)
46	Sandra Saju	2019-2021 batch (B Ed. Malayalam)
47	Maria Ancy M J	2019-2021 batch (B Ed. Mathematics)
48	Sruthy K. Shaju	2019-2021 batch (B Ed. Mathematics)
49	Susan Neenu	2019-2021 batch (B Ed. Mathematics)
50	Ishida K B	2019-2021 batch (B Ed. Physical Science)
51	Jeen Mary A J	2019-2021 batch (B Ed. Physical Science)
52	Anu Maria K J	2019-2021 batch (B Ed. Natural Science)
53	Christy P P	2019-2021 batch (B Ed. Natural Science)
54	Deepthi George	2019-2021 batch (B Ed. Natural Science)
55	Sony George	2019-2021 batch (B Ed. Natural Science)
56	Bilby Babu	2019-2021 batch (B Ed. Social science)
57	M Renuka	2019-2021 batch (B Ed. Social science)
58	Naina N T	2019-2021 batch (B Ed. Social science)
59	Dona Garvavis	2019-2021 batch (B Ed. Social science)
60	Keerthana Krishnan	2019-2021 batch (B Ed. English)
61	Nandita B Shenoy	2019-2021 batch (B Ed. English)
62	Neethu Peter	2019-2021 batch (B Ed. English)
63	Shelga Jacob	2019-2021 batch (B Ed. Malayalam)
64	Shijila P N	2019-2021 batch (B Ed. Malayalam)
65	Sinimol P T	2019-2021 batch (B Ed. Malayalam)
66	Anju George	2019-2021 batch (B Ed. Mathematics)
67	Asha Joseph	2019-2021 batch (B Ed. Mathematics)
68	Rita Rose John	2019-2021 batch (B Ed. Mathematics)
69	Annamary Jose	2019-2021 batch (B Ed. Physical Science)

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

70	Christina Louis	2019-2021 batch (B Ed. Physical Science)
71	Deena Mathew	2019-2021 batch (B Ed. Physical Science)
72	Dhanyamol L	2019-2021 batch (B Ed. Natural Science)
73	Greetta James	2019-2021 batch (B Ed. Natural Science)
74	Maria Sonet K G	2019-2021 batch (B Ed. Natural Science)
75	Swanila N S	2019-2021 batch (B Ed. Natural Science)
76	Anju P Tomy	2019-2021 batch (B Ed. Social science)
77	Annaet O J	2019-2021 batch (B Ed. Social science)
78	Aswathy Peter	2019-2021 batch (B Ed. Social science)
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97	Salma Shereef	2019-2021 batch (B Ed. Social science)

*Alice Joseph*

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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)

## 'Jagratha', 2021- Seminar on Domestic Violence

<b>Name of the Event</b>	'Jagratha', 2021- Seminar on Domestic Violence
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To generate awareness regarding domestic violence and domestic violence Act among student teachers</li> <li>2. To enhance the knowledge base of student teachers in the legal field</li> <li>3. To promote and foster critical thinking among student teachers</li> </ol>
<b>Details of Resource Person</b>	Adv. Suchithra M.S Mulanthuruthy Panchayath, Ernakulam, Kerala
<b>Date</b>	10/02/2021
<b>Time</b>	10.00AM- 1.30 PM
<b>Duration</b>	3 hours and 30 minutes
<b>Beneficiaries</b>	Student teachers-97, Faculty- 3
<b>Event Venue</b>	St. Joseph college of Teacher Education for Women, Ernakulam

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Principal in Charge  
St. Joseph College of Teacher  
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## 'Jagratha', 2021- Seminar on Domestic Violence

### Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized 'Jagratha 2021', a seminar on domestic violence for B Ed. Student teachers of 2019-2021 batch on 10<sup>th</sup> February 2021 from 10.00 AM to 1.30 PM. The main aim of the programme was to generate awareness among student teachers regarding domestic violence and the Domestic Violence Act, to enhance their knowledge base in the legal field and to foster critical thinking skills in them. Dr. Hemalettha P.K, Assistant Professor in Social Science Education and Dr. Joby Joy Kurian, Assistant Professor in Mathematics education at St. Joseph College of Teacher Education for Women, Ernakulam were the teachers-in-charge for the programme. The resource person for the programme was Adv. Suchithra M.S, who is also a ward member from Mulanthuruthy Panchayath in Ernakulam district in Kerala.

The seminar on domestic violence started exactly at 10.00 AM with a prayer song by Ms. Shelga Jacob, student teacher from Malayalam optional. The prayer song was succeeded by the official welcome speech delivered by Dr. Hemalettha P.K, Assistant Professor in Mathematics Education at St. Joseph College of Teacher Education for Women, Ernakulam. The welcome speech was succeeded by the presidential address delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph enunciated that it is important to generate awareness among student teachers on topics like domestic violence since the present era has been witnessing many crimes and issues relating to the same putting the society in danger. Understanding concepts like these can equip student teachers with adequate knowledge to help themselves, others and fight against injustice.

The presidential address by the Principal was succeeded by the seminar handled by the resource person for the day, Adv. Suchithra M.S. The term, 'Jagratha' means 'to be cautious'. The topic of the seminar informs and transmit knowledge which people need to be cautious about. The session started with an introduction to domestic violence. The session, in a simple way, provided the student teachers with basic knowledge and information regarding domestic violence and whom



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should a victim can approach for seeking help. Domestic violence occurs when a member of the victim's household commits a violent act. This includes current and former spouses, members of one's direct family, close family friends and extended relatives. When there is a closer link between the perpetrator and the victim, the term 'domestic violence' is employed. Violence in any forms including physical violence or abuse, mental abuse, sexual abuse, emotional abuse can be domestic violence. Demanding dowry, causing injury, hurt and put danger to one's life is also included in domestic violence. Domestic violence can occur in all age groups and at all levels. Not only women are always victims of domestic violence but also are men, children and elderly. The victims of domestic violence can make a complaint to a protection officer, police officer, magistrate or a service provider (Non-Governmental Organizations). The session did covered the Protection of Women from Domestic Violence Act, 2005. The Protection of Women from Domestic Violence Act 2005 was passed by the Indian Parliament to safeguard women against domestic violence. The Ministry of Women and Child Development of Government of India implemented the Act on 26<sup>th</sup> October 2006. According to the Act, any harm or act of domestic violence, whether physical, or sexual is considered punishable by law. The Act attempts to create an awareness among people regarding domestic violence, to provide protection to the victims and to take adequate steps and implement programmes for the recovery of such victims.

The session turned out to be very informative for the student teachers. The student teachers had the following key takeaways:

- ✚ Awareness regarding domestic violence
- ✚ Enhanced legal knowledge
- ✚ Equipped with adequate knowledge to take appropriate action to protect oneself and others on situations of domestic violence

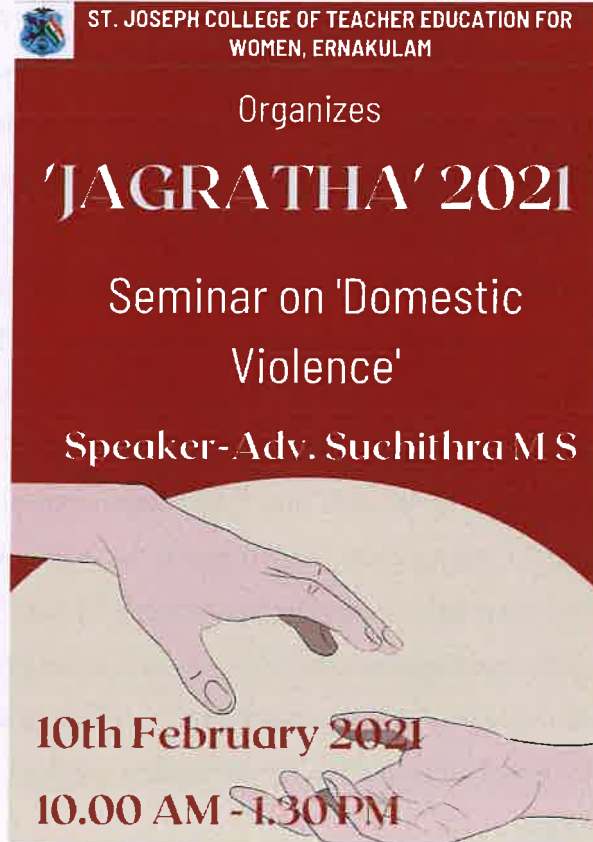
After the seminar on domestic violence, a small film review session was conducted at 12.00 PM. A total of 5 short films related to domestic violence were presented and after watching each movie its review were done. It was indeed a thought provoking and reflective session for the students. The session aimed at encouraging and fostering critical thinking among student teachers. The whole seminar was fruitful with active participation of the student teachers. The seminar winded up at 1.30 PM with the vote of thanks for the programme delivered by Dr. Joby Joy Kurian, Assistant Professor in Mathematics education at St. Joseph College of Teacher Education for Women, Ernakulam.





**'Jagratha', 2021- Seminar on Domestic Violence**

**Photo Gallery**



**Poster for 'Jagratha' 2021, on 'Domestic Violence' conducted for B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam**

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Principal in Charge  
St. Joseph College of Teacher  
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**Adv. Suchithra M.S carrying out an informative session on 'Domestic Violence' for B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam during the seminar, 'Jagratha, 2021'**



**A student teacher clarifying her doubts regarding domestic violence with Adv. Suchithra M.S, the resource person for the session on 'Domestic Violence' conducted for B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam**

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**'Jagratha', 2021- Seminar on Domestic Violence****Programme Details**

<b>Name of the Event</b>	'Jagratha', 2021- Seminar on Domestic Violence
<b>Date</b>	10/02/2021
<b>Time</b>	10.00AM- 1.30 PM
<b>Duration</b>	3 hours and 30 minutes
<b>Beneficiaries</b>	Student teachers- 97, Faculty- 3
<b>Event Venue</b>	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. Hemaletta P.K	Assistant professor (Social Science Education)
3	Dr. Joby Joy Kurian	Assistant Professor (Mathematics Education)

Students list:

Sl. No	Name	Batch
1	Amala Anna Thomas	2019-2021 batch (B Ed. English)
2	Amreetha S James	2019-2021 batch (B Ed. English)
3	Annu Jose	2019-2021 batch (B Ed. English)
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8	Geethu Xavier A	2019-2021 batch (B Ed. Mathematics)
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25	Linet Maria K	2019-2021 batch (B Ed. Malayalam)
26	Ninitha Joy V	2019-2021 batch (B Ed. Malayalam)
27	Joseme Joseph	2019-2021 batch (B Ed. Mathematics)
28	Lismy Thomas	2019-2021 batch (B Ed. Mathematics)
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35	Amrutha K H	2019-2021 batch (B Ed. Natural Science)
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39	Gopika Rajagopal	2019-2021 batch (B Ed. Social science)



40	Hridya Joly	2019-2021 batch (B Ed. English)
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69	Annmary Jose	2019-2021 batch (B Ed. Physical Science)





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 Education for Women,  
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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)

### 'Know Yourself'- A Seminar on Women Hygiene and Post Pandemic Stress Management, 2021

<b>Name of the Event</b>	'Know Yourself'- A Seminar on Women Hygiene and Post Pandemic Stress Management, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To enhance self-awareness among student teachers</li> <li>2. To improve stress management skills among student teachers</li> <li>3. To instill in student teachers the importance of women hygiene and generate awareness</li> </ol>
<b>Details of Resource Person</b>	Dr. Prabha Grace Principal Carmel School of Nursing Aluva, Kerala
<b>Date</b>	11/02/2021
<b>Time</b>	10.00AM- 12.00 PM
<b>Duration</b>	2 hours
<b>Beneficiaries</b>	Student teachers-97, Faculty- 3
<b>Event Venue</b>	St. Joseph college of Teacher Education for Women, Ernakulam

  
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 St. Joseph College of Teacher  
 Education for Women,  
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## ‘Know Yourself’- A Seminar on Women Hygiene and Post Pandemic Stress Management, 2021

### Programme Report

St. Joseph College of Teacher Education for Women, Ernakulam organized ‘Know Yourself’- A Seminar on Women Hygiene and Post Pandemic Stress Management for B Ed. Student teachers of 2019-2021 batch on 11<sup>th</sup> February 2021 from 10.00 AM to 12.00 PM. The main aim of the programme was to generate awareness regarding women hygiene and its importance and to enhance their self- awareness and stress management skills. Dr. Bindu Joseph, Assistant Professor in Malayalam Education and Dr. Rachel George, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam were the teachers-in-charge for the programme. The resource person for the programme was Dr. Prabha Grace, Principal at Carmel School of Nursing in Aluva, Kerala.

The seminar on ‘Women Hygiene and Post Pandemic Stress Management’ started exactly at 10.00 AM with a prayer song by Ms. Hridya Joly, student teacher from English optional. The prayer song was succeeded by the official welcome speech delivered by Dr. Bindu Joseph, Assistant Professor in Malayalam Education at St. Joseph College of Teacher Education for Women, Ernakulam. The welcome speech was succeeded by the presidential address delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph enunciated that the session would be highly beneficial for the student teachers since the current topic of the seminar would help the student teachers to lead a healthy lifestyle and prevent occurring of diseases which would add up to their both personal and professional growth.


After the presidential address by the Principal, the resource person for the programme, Dr. Prabha Grace gave an informative session for the student teachers. The session was all about how to lead a good and healthy life by focusing on hygiene and preventing occurrence of diseases. Dr. Prabha Grace enunciated that prevention is important rather than curation. It is important for an individual to focus on a healthy lifestyle to prevent



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diseases. Diseases not only affects physical functioning of the affected person but also his mental and social functioning. The resource person emphasized that for women, personal hygiene is critical during menstruation. Lack of hygiene especially during menstrual periods can cause infections in women. Along with physical hygiene, mental hygiene is also important. Switching to healthy eating pattern, sleeping pattern and self-care can contribute positively to the physical and mental health of women. The session did also taught the student teachers with various techniques like meditation, yoga, mindfulness practices etc. for stress management since they have been bearing with the Covid-19 pandemic phases.

The seminar turned out to be fruitful and informative for the student teachers. The topic of the seminar had great relevance in the present pandemic era. The student teachers could reflect on their lifestyle pattern and was encouraged to switch to a healthy lifestyle thereby prevent diseases and improve their efficiency in functioning in different aspects of their lives. The vote of thanks for the programme was delivered by Dr. Rachel George, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam With lots of reflection and new learnings, the programme winded up at 12.00 PM.

  
 Dr. Alice Joseph  
 Principal in Charge  
 St. Joseph College of Teacher  
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**'Know Yourself'- A Seminar on Women Hygiene and Post Pandemic  
Stress Management, 2021**

**Photo Gallery**

**St. Joseph College of Teacher  
Education for Women, Ernakulam**

**Organising**

**'Know Yourself'**

**SEMINAR- WOMEN HYGIENE AND  
POST PANDEMIC STRESS  
MANAGEMENT**

**Speaker- Dr. Prabha Grace  
(Principal,  
Carmel School of Nursing  
Aluva, Kerala)**

**11th February 2021  
10.00 AM - 12.00 PM**

Poster for 'know Yourself'- Seminar on 'women hygiene and Post Pandemic Stress Management', 2021 conducted for B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam

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**Dr. Prabha Grace, Principal at Carmel School of Nursing, Aluva, Kerala carrying out an informative session on 'women hygiene and Post Pandemic Stress Management' for B Ed. Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam during the seminar, 'Know Yourself', 2021**

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## Know Yourself'- A Seminar on Women Hygiene and Post Pandemic Stress Management, 2021

### Programme Details

<b>Name of the Event</b>	'Know Yourself' - A Seminar on Women Hygiene and Post Pandemic Stress Management, 2021
<b>Date</b>	11/02/2021
<b>Time</b>	10.00AM- 12.00 PM
<b>Duration</b>	2 hours
<b>Beneficiaries</b>	Student teachers- 97, Faculty- 3
<b>Event Venue</b>	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. Bindu Joseph	Assistant Professor (Malayalam Education)
3	Dr. Rachel George	Assistant Professor (Natural Science Education)

Students list:

Sl. No	Name	Batch
1	Amala Anna Thomas	2019-2021 batch (B Ed. English)
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36	Sithara Joshy	2019-2021 batch (B Ed. Natural Science)
37	Faseela U.S	2019-2021 batch (B Ed. Social science)
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St. Joseph College of Teacher  
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64	Shijila P N	2019-2021 batch (B Ed. Malayalam)
65	Sinimol P T	2019-2021 batch (B Ed. Malayalam)
66	Anju George	2019-2021 batch (B Ed. Mathematics)
67	Asha Joseph	2019-2021 batch (B Ed. Mathematics)
68	Rita Rose John	2019-2021 batch (B Ed. Mathematics)
69	Annmary Jose	2019-2021 batch (B Ed. Physical Science)
70	Christina Louis	2019-2021 batch (B Ed. Physical Science)
71	Deena Mathew	2019-2021 batch (B Ed. Physical Science)
72	Dhanyamol L	2019-2021 batch (B Ed. Natural Science)
73	Gretta James	2019-2021 batch (B Ed. Natural Science)
74	Maria Sonet K G	2019-2021 batch (B Ed. Natural Science)
75	Swanila N S	2019-2021 batch (B Ed. Natural Science)
76	Anju P Tomy	2019-2021 batch (B Ed. Social science)
77	Annaet O J	2019-2021 batch (B Ed. Social science)
78	Aswathy Peter	2019-2021 batch (B Ed. Social science)
79	Reshma C Ratheesh	2019-2021 batch (B Ed. English)
80	Sandra P K	2019-2021 batch (B Ed. English)
81	Sara Stephen	2019-2021 batch (B Ed. English)
82	Sisira S	2019-2021 batch (B Ed. Malayalam)
83	Vincy P V	2019-2021 batch (B Ed. Malayalam)
84	Aiswarya P T	2019-2021 batch (B Ed. Mathematics)
85	Aleena Mary	2019-2021 batch (B Ed. Mathematics)
86	Priyanka K T	2019-2021 batch (B Ed. Mathematics)
87	Raveena T V	2019-2021 batch (B Ed. Mathematics)
88	Livi George	2019-2021 batch (B Ed. Physical Science)
89	Liya Joseph	2019-2021 batch (B Ed. Physical Science)
90	Liya Rose	2019-2021 batch (B Ed. Physical Science)
91	Neethu Ursala P G	2019-2021 batch (B Ed. Natural Science)



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92	Reshma P P	2019-2021 batch (B Ed. Natural Science)
93	Thahira M A	2019-2021 batch (B Ed. Physical Science)
94	Amrutha S V	2019-2021 batch (B Ed. Social science)
95	Anjaly M B	2019-2021 batch (B Ed. Social science)
96	Anjana K M	2019-2021 batch (B Ed. Social science)
97	Salma Shereef	2019-2021 batch (B Ed. Social science)

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Yoga Training Program for B.Ed and M.Ed Student Teachers (2020-21)

**Introduction:** In alignment with our commitment to fostering the holistic development of our student teachers, a comprehensive Yoga Training Programme was conducted over the specified dates, 22-02-2021, 23-02-2021, 24-02-2021, for B.Ed. Students and 04-03-2021, 22-03-2021 for the M.Ed. Students.

**Objective:** The primary objective of the programme was to enhance the physical, mental, and emotional well-being of student teachers, recognizing the transformative impact of yoga on both personal and professional aspects of their lives.

**Participants:** The program witnessed active participation from student teachers enrolled in both B.Ed and M.Ed courses. Their enthusiasm and commitment to the sessions were commendable, reflecting a keen interest in incorporating yoga into their daily lives.

### Program Highlights:

#### 1. Introduction to Yoga Principles:

- Sessions commenced with an overview of the history and philosophy of yoga, establishing a foundation for participants.

#### 2. Yoga Asanas and Practical Sessions:

- Certified yoga instructors led practical sessions, introducing various asanas to enhance flexibility, strength, and balance.
- Emphasis was placed on correct postures and synchronized breathing techniques.

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### 3. Meditation and Mindfulness Practices:

- Guided meditation sessions aimed at improving concentration, reducing stress, and fostering mental clarity.
- Mindfulness practices were explored, promoting self-awareness and emotional well-being.

### 4. Pranayama Techniques:

- Specialized training on pranayama techniques for respiratory health.
- Participants learned controlled breathing exercises, essential for overall well-being.

### 5. Yoga for Mental Health:

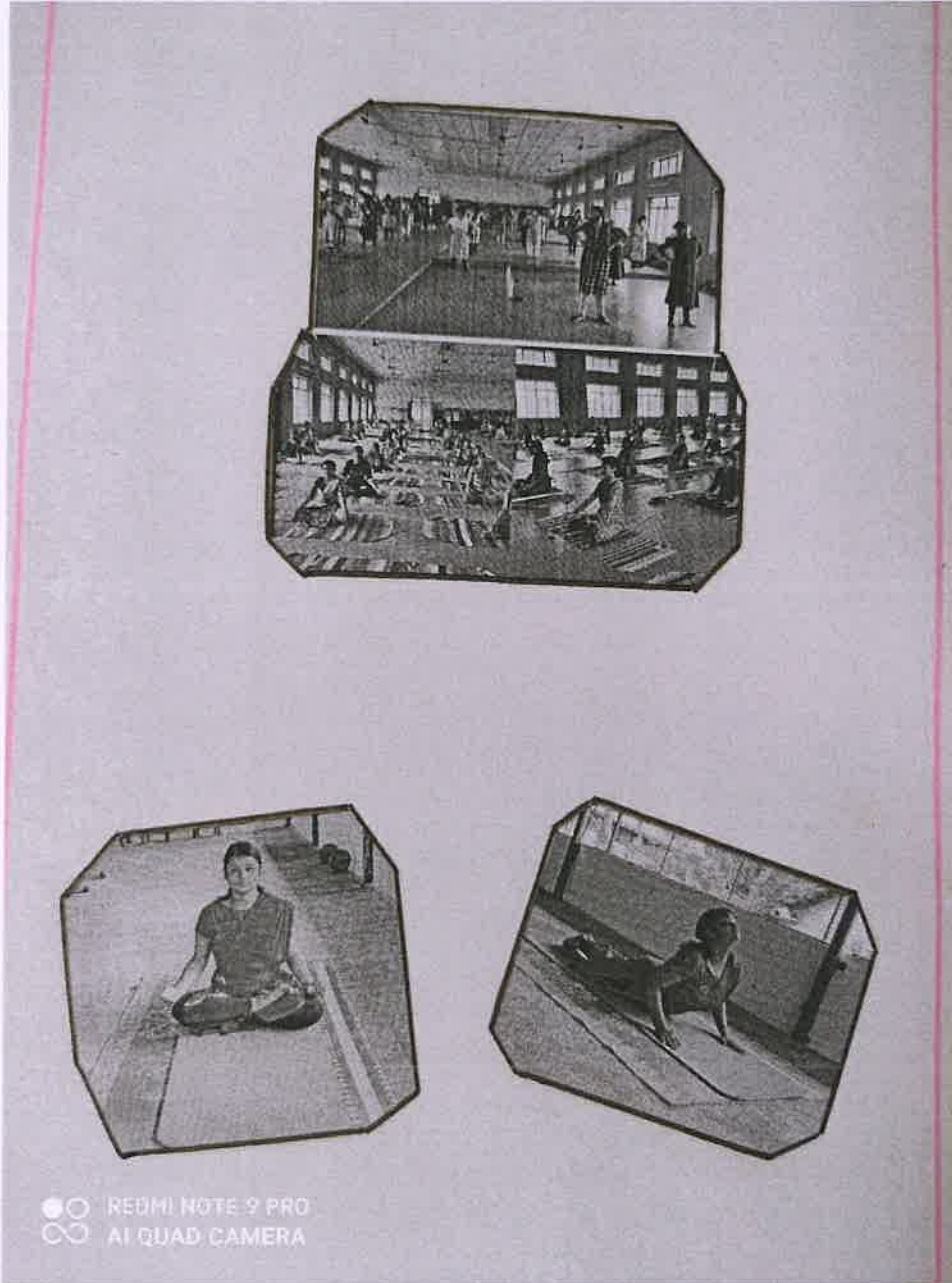
- Workshops focused on the role of yoga in managing stress, anxiety, and enhancing mental resilience.
- Practical strategies for integrating yoga into daily life to support mental wellness were shared.

**Conclusion:** The Yoga Training Program for student teachers proved to be a meaningful and enriching experience. It not only aligned with the national initiative of 'Yoga for Health and Wellness' but also contributed significantly to the overall well-being of the participants. The engagement and positive feedback received affirm the importance of incorporating such programmes in the ongoing educational curriculum.

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All B.Ed and M.Ed. Students participated

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## ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
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### International Women's Day, 2021

<b>Name of the Event</b>	International Women's Day, 2021
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To commemorate the development of gender equality and empowerment of women</li> <li>2. To promote gender equality and honour women's achievements</li> <li>3. Strive for universal strengthening of gender equality</li> </ol>
<b>Details of event coordinators</b>	Women Cell St. Joseph College of Teacher Education for Women Ernakulam
<b>Details of Chief-Guest</b>	Ms. Sera Paul Thengungal Activation and Culinary Consultant (Sampling Section) Nestlé India Limited
<b>Date</b>	09/03/2021
<b>Time</b>	10.00 AM - 11.00 AM
<b>Duration</b>	1 hour
<b>Beneficiaries</b>	Student teachers- 89, Faculty- 10
<b>Platform</b>	Google Meet
<b>Meet Link</b>	<a href="https://meet.google.com/sgo-jboi-qjt">https://meet.google.com/sgo-jboi-qjt</a>



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## International Women's Day, 2021

### Programme Report

Every year, International Women's Day is celebrated on 8<sup>th</sup> of March across the world with its major aim being to commemorate the development of women empowerment and gender equality. The day is observed to promote gender equality and honour women's achievements and to strive hard to strengthen gender equality globally.

St. Joseph College of Teacher Education for Women, Ernakulam celebrated International Women's Day on 9<sup>th</sup> March 2021 from 10.00 AM to 11.00 AM via Google Meet. The whole event was organized by the Women Cell of the college in association with Nestlé India Limited, one of the largest food and beverage company. Ms. Sera Paul, Thengungal who is the Activation and Culinary Consultant in the Sampling section at Nestlé India Limited was the chief-guest for the event. All the faculty members and student teachers participated in the event.

The International Women's Day celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam started exactly at 10.00 AM via Google Meet. The vent started with a prayer song. The welcome speech for the event was delivered by Ms. Anu Thomas, Women Cell Leader and student teacher from English optional. The welcome speech was succeeded by the inaugural ceremony of the event. The inaugural address was delivered by Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam. Dr. Alice Joseph emphasized the importance of observing International Women's Day. She enunciated that it is one among the significant days in a year and it focuses on generating awareness and educating people in order to promote gender equality. Dr. Alice Joseph reminded all of her students to break their comfort shells and come out to pursue their dreams and thereby empower themselves. After the inaugural address, the chief guest for the event, Ms. Sera Paul Thengungal delivered the keynote address and carried out a session. Ms. Sera Paul Thengungal empowered all of the student teachers by motivating them to have a dream, tackle the challenges they face





and to pursue their dreams. She also mentioned them to be aware of their rights. Ms. Sera Paul Thengungal enunciated that self-esteem and self-confidence are to be boosted for a women to be empowered. After the keynote address, Ms. Sera Paul Thengungal carried out a session on cooking in which she demonstrated some food recipes like ginger soy honey noodles, coconut rice, cake, etc. using the Nestlé's exclusive products like Milkmaid, Maggi coconut milk powder, Maggi noodles etc. The ingredients and the procedure for recipes were shared among student teachers in a clear and comprehensive way by Ms. Sera Paul Thengungal. The session aimed at teaching the student teachers various recipes and equip them with culinary skills so that they may prepare dishes which they could sell in the community and thereby setting the base for income generation opportunities in the future.

The event turned out to be successful and fruitful in accomplishing its objectives. The event could impart knowledge and generate awareness among student teachers regarding the importance of women empowerment. The student teachers could enhance their knowledge base and upgrade their skills. The students could learn culinary skills which they could apply in their lives to generate income for meeting their needs in the future and thereby empower themselves. The event winded up at 11.00 AM with the vote of thanks delivered by Ms. Geethu Xavier A, Assistant Leader of Women Cell and student teacher from Mathematics optional.

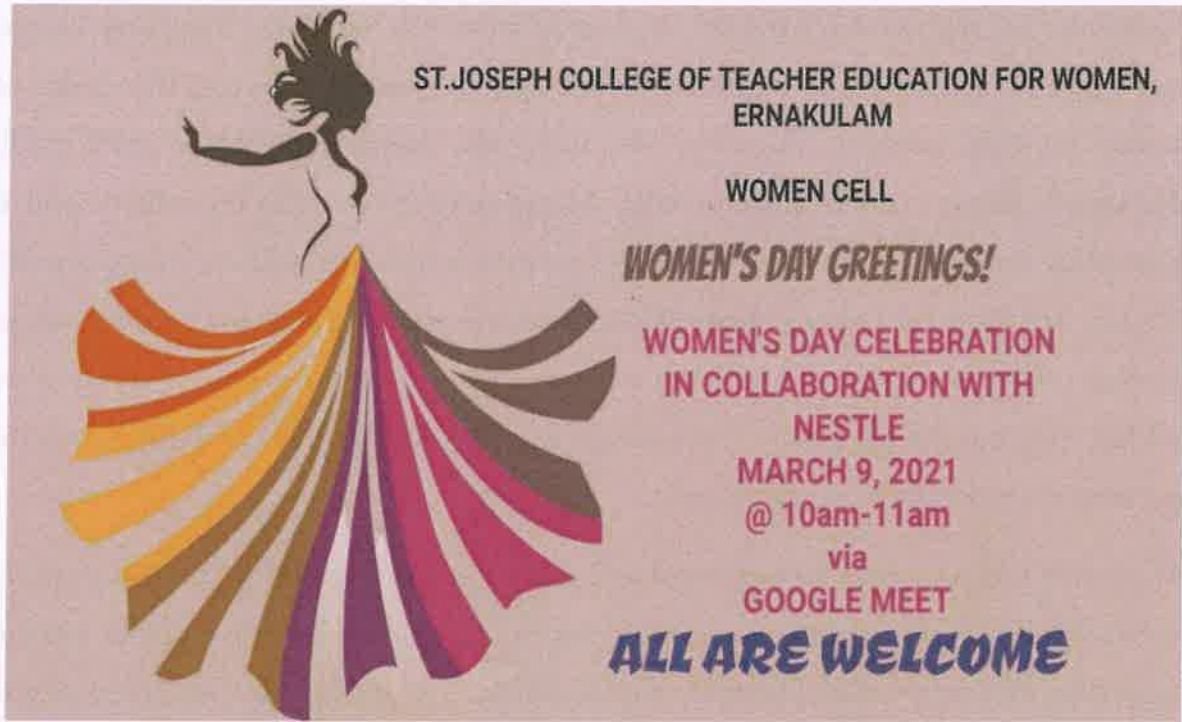
**International Women's Day, 2021**

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### Photo Gallery



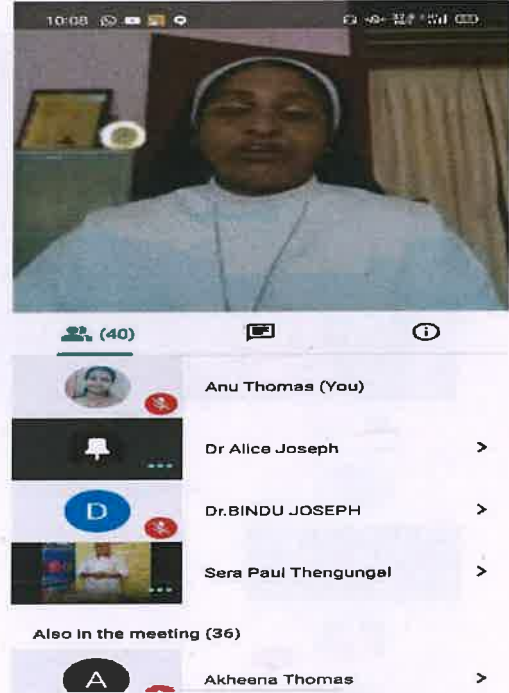
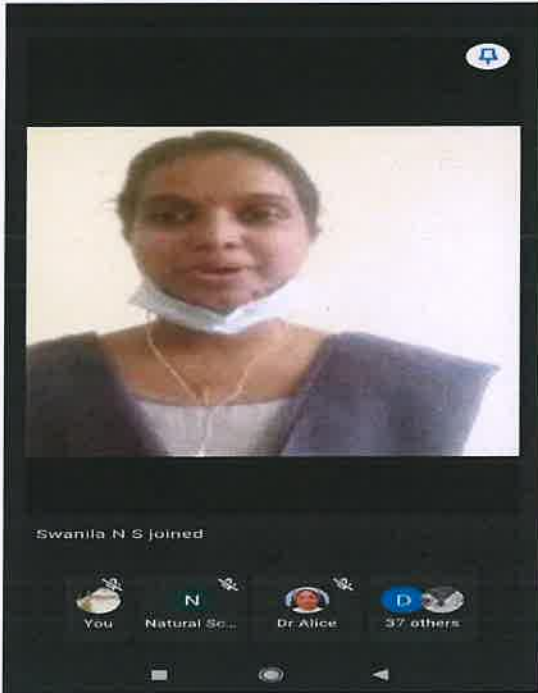
Event poster for International Women's Day Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam via Google Meet

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Ms. Anu Thomas, Women Cell Leader, delivering welcome speech during International Women’s Day Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam via Google Meet

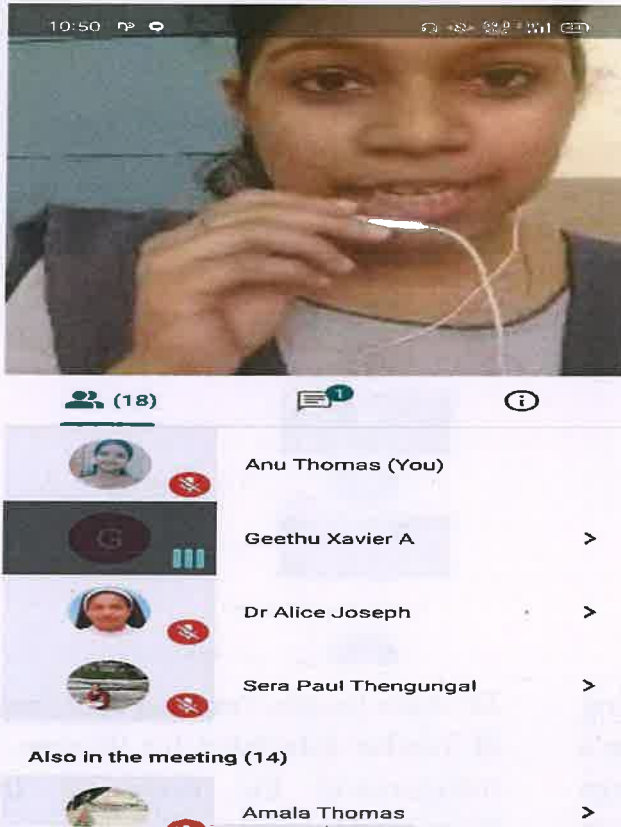
Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam inaugurating the event of International Women’s Day Celebration, 2021



Ms. Sera Paul Thengungal, chief guest for the event of International Women’s Day Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam carrying out session for student teachers



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Ms. Geethu Xavier A, Women Cell Assistant Leader, delivering vote of thanks during International Women's Day Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam via Google Meet

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## International Women's Day, 2021

### Programme Details

Name of the Event	International Women's Day, 2021
Date	09/03/2021
Time	10.00 AM - 11.00 AM
Duration	1 hour
Beneficiaries	Student teachers- 89, Faculty- 10
Platform	Google Meet
Meet Link	<a href="https://meet.google.com/sgo-jboi-qjt">https://meet.google.com/sgo-jboi-qjt</a>

### List of Participants

Faculty members list:

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

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## Students list:

Sl. No	Name	Batch
1	Annu Jose	2019-2021 batch (B Ed. English)
2	Amala Anna Thomas	2019-2021 batch (B Ed. English)
3	Anu Thomas	2019-2021 batch (B Ed. English)
4	Anusree Venu	2019-2021 batch (B Ed. English)
5	Hridya Joly	2019-2021 batch (B Ed. English)
6	Devika S	2019-2021 batch (B Ed. English)
7	Jefin Job	2019-2021 batch (B Ed. English)
8	Keerthana Krishnan	2019-2021 batch (B Ed. English)
9	Nandita B Shenoy	2019-2021 batch (B Ed. English)
10	Neethu Peter	2019-2021 batch (B Ed. English)
11	Preetha T P	2019-2021 batch (B Ed. English)
12	Sandra P K	2019-2021 batch (B Ed. English)
13	Susan Neenu	2019-2021 batch (B Ed. Mathematics)
14	Amrutha K H	2019-2021 batch (B Ed. Natural Science)
15	Christy P.P	2019-2021 batch (B Ed. Natural Science)
16	Abhilasha K P	2019-2021 batch (B Ed. Natural Science)
17	Greetta James	2019-2021 batch (B Ed. Natural Science)
18	Sithara Joshy	2019-2021 batch (B Ed. Natural Science)
19	Blessy Jacob	2019-2021 batch (B Ed. Social science)
20	Dona Garvasis	2019-2021 batch (B Ed. Social science)
21	Granes P Joshy	2019-2021 batch (B Ed. Social science)
22	M Renuka	2019-2021 batch (B Ed. Social science)
23	Salma Shereef	2019-2021 batch (B Ed. Social science)
24	Naina N.T	2019-2021 batch (B Ed. Social science)
25	Anjali K. Thankappan	2019-2021 batch (B Ed. Malayalam)
26	Jyothi G.	2019-2021 batch (B Ed. Malayalam)



27	Shelga Jacob	2019-2021 batch (B Ed. Malayalam)
28	Ninitha Joy V	2019-2021 batch (B Ed. Malayalam)
29	Somiya Mathew	2019-2021 batch (B Ed. Mathematics)
30	Sruthy K. Shaju	2019-2021 batch (B Ed. Mathematics)
31	Reshma P.P	2019-2021 batch (B Ed. Natural Science)
32	Swanila N.S	2019-2021 batch (B Ed. Natural Science)
33	Minnu Maria Wilson	2019-2021 batch (B Ed. Physical Science)
34	Mariya Jesleena Martin	2019-2021 batch (B Ed. Physical Science)
35	Metty P.J	2019-2021 batch (B Ed. Physical Science)
36	Jeen Mary A J	2019-2021 batch (B Ed. Physical Science)
37	Liya Rose	2019-2021 batch (B Ed. Physical Science)
38	Jyothis K Devasia	2019-2021 batch (B Ed. English)
39	Reshma C Ratheesh	2019-2021 batch (B Ed. English)
40	Sara Stephen	2019-2021 batch (B Ed. English)
41	Anntreesa J Kappen	2019-2021 batch (B Ed. Malayalam)
42	Athira M.M	2019-2021 batch (B Ed. Malayalam)
43	Linnet Maria K	2019-2021 batch (B Ed. Malayalam)
44	Parvathy Rajeev	2019-2021 batch (B Ed. Malayalam)
45	Sandhya Poulouse	2019-2021 batch (B Ed. Malayalam)
46	Sandra Saju	2019-2021 batch (B Ed. Malayalam)
47	Shijila P N	2019-2021 batch (B Ed. Malayalam)
48	Sinimol P T	2019-2021 batch (B Ed. Malayalam)
49	Sisira S	2019-2021 batch (B Ed. Malayalam)
50	Vincy P V	2019-2021 batch (B Ed. Malayalam)
51	Asha Joseph	2019-2021 batch (B Ed. Mathematics)
52	Joseme Joseph	2019-2021 batch (B Ed. Mathematics)
53	Lismy Thomas	2019-2021 batch (B Ed. Mathematics)
54	Priyanka K.T	2019-2021 batch (B Ed. Mathematics)



55	Theressa Sebi	2019-2021 batch (B Ed. Mathematics)
56	Aleena Mary	2019-2021 batch (B Ed. Mathematics)
57	Raveena T V	2019-2021 batch (B Ed. Mathematics)
58	Maria Ancy M.J	2019-2021 batch (B Ed. Mathematics)
59	Maria Sonet K G	2019-2021 batch (B Ed. Natural Science)
60	Sony George	2019-2021 batch (B Ed. Natural Science)
61	Minumol Johnson	2019-2021 batch (B Ed. Natural Science)
62	Mary Rilu Arooja	2019-2021 batch (B Ed. Natural Science)
63	Neethu Ursala P G	2019-2021 batch (B Ed. Natural Science)
64	Akheena Thomas	2019-2021 batch (B Ed. Natural Science)
65	Christina Louis	2019-2021 batch (B Ed. Physical Science)
66	Annmary Jose	2019-2021 batch (B Ed. Physical Science)
67	Ishida K B	2019-2021 batch (B Ed. Physical Science)
68	Thahira M A	2019-2021 batch (B Ed. Physical Science)
69	Sneha Mol K J	2019-2021 batch (B Ed. Physical Science)
70	Maria Rose Varghese	2019-2021 batch (B Ed. Physical Science)
71	Livi George	2019-2021 batch (B Ed. Physical Science)
72	Liya Joseph	2019-2021 batch (B Ed. Physical Science)
73	Mary Nivitha Bivera	2019-2021 batch (B Ed. Physical Science)
74	Rose Mary Sebastian	2019-2021 batch (B Ed. Physical Science)
75	Amrutha S V	2019-2021 batch (B Ed. Social science)
76	Anjaly M B	2019-2021 batch (B Ed. Social science)
77	Anjana K M	2019-2021 batch (B Ed. Social science)
78	Annaet O J	2019-2021 batch (B Ed. Social science)
79	Aswathy Peter	2019-2021 batch (B Ed. Social science)
80	Bilby Babu	2019-2021 batch (B Ed. Social science)
81	Gopika Rajagopal	2019-2021 batch (B Ed. Social science)
82	Lincy Jude	2019-2021 batch (B Ed. Social science)



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83	Sujitha Jose	2019-2021 batch (B Ed. Social science)
84	Aiswarya P T	2019-2021 batch (B Ed. Mathematics)
85	Anju George	2019-2021 batch (B Ed. Mathematics)
86	Rita Rose John	2019-2021 batch (B Ed. Mathematics)
87	Geethu Xavier A	2019-2021 batch (B Ed. Mathematics)
88	Chithralekha R	2019-2021 batch (B Ed. Mathematics)
89	Shelja Philomina C.A	2019-2021 batch (B Ed. Natural Science)

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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
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## Yoga Training Programme for Student Teachers (2019)

The Yoga Training Programme was organized for student teachers from 06-08-2019 to 08-08-2019

**Objective:** The primary objective of the Yoga Training Program in 2019 remained consistent with the previous year - to promote the physical, mental, and emotional well-being of student teachers.

**Participants:** The programme saw active participation from all student teachers pursuing B.Ed and M.Ed courses. The enthusiasm and engagement of the participants reflected a continued interest in the benefits of yoga for their overall well-being.

### 1. Refresher on Yoga Fundamentals:

- Brief recapitulation of the history and philosophy of yoga.
- Reinforcement of the relevance of yoga in the context of education.

### 2. Advanced Yoga Asanas:

- Progressive sessions on advanced yoga asanas to further enhance flexibility and strength.
- Continued emphasis on correct postures and breathing techniques.

### 3. Deepening Meditation and Mindfulness:

- Advanced guidance on meditation techniques for enhanced concentration and stress reduction.
- Deeper exploration of mindfulness practices for heightened self-awareness.

### 4. Advanced Pranayama Techniques:

- Further training on advanced pranayama techniques for improved respiratory health.
- Advanced breathing exercises for overall well-being.

### 5. Yoga for Emotional Wellness:

- Specialized workshops addressing the role of yoga in managing emotions and fostering emotional resilience.

- Strategies for integrating yoga practices into daily life for emotional well-being.

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**Conclusion:** The Yoga Training Program for student teachers in 2019 was a successful continuation of the initiative. It reinforced the commitment to promoting a healthier lifestyle through yoga, and the positive feedback indicates the sustained value of such programmes for the holistic development of student teachers



All B.Ed. and M.Ed. Students of the year participated

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# Gandhi Jayathi

Campus Cleaning....



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Pr. Alice Joseph  
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## Interaction and Christmas Celebration with Transgender Community

### Objective:

The primary objective of this event was to promote inclusivity, sensitivity, and a sense of belonging among the student teachers. It aimed to facilitate an interaction with the transgender community and celebrate the spirit of Christmas together as a gesture of unity and compassion.

### Participants:

Student teachers, faculty members, and members of the transgender community actively participated in this event.

### Activity Overview:

On December 20, 2019, the student teachers of St. Joseph College of Teacher Education for Women, Ernakulam, had the privilege of interacting with members of the transgender community. Additionally, a Christmas celebration was organized to foster a sense of togetherness and goodwill.

### Activities Conducted:

**Invitation and Welcome:** Members of the transgender community were invited to the college to participate in the event. They were warmly welcomed by the student teachers and faculty members.

**Interactive Session:** An interactive session was organized, allowing the student teachers and transgender community members to engage in open and candid discussions. This session aimed to break down barriers, dispel stereotypes, and promote understanding and empathy.

**Sharing of Stories:** During the interaction, members of the transgender community shared their personal stories, challenges, and aspirations. This sharing of experiences helped humanize their struggles and provided valuable insights to the student teachers.

**Christmas Celebration:** After the interactive session, a festive Christmas celebration was held. Student teachers and transgender community members came together to sing carols, exchange gifts, and enjoy a meal. The atmosphere was filled with warmth and joy as everyone embraced the spirit of the season.

**Feedback and Reflection:** Following the celebration, there was a feedback and reflection session where participants shared their thoughts and feelings about the event. Many expressed a deeper understanding of the issues faced by the transgender community and a commitment to promoting inclusivity in their future roles as educators.

**Impact and Conclusion:** The interaction and Christmas celebration with the transgender community were a significant step towards promoting social inclusivity and empathy among

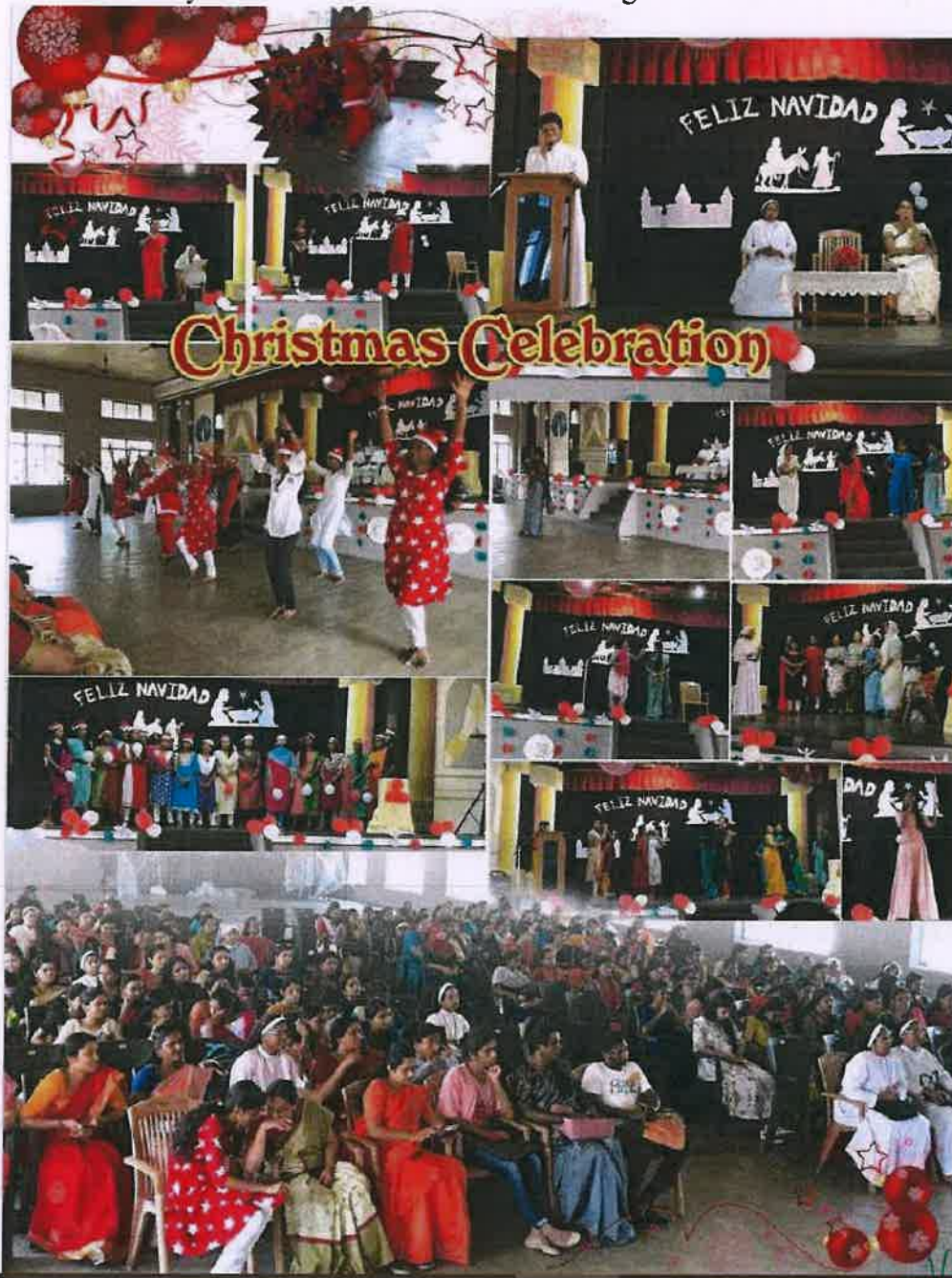


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the student teachers. It allowed them to see beyond stereotypes and appreciate the humanity in everyone.


This event exemplifies the college's commitment to nurturing compassionate and socially responsible educators who are sensitive to the diverse needs of their future students. It was a heartwarming and enlightening experience for all involved, fostering bonds of friendship and understanding.

We express our gratitude to the members of the transgender community for their openness and willingness to engage with our student teachers. This event serves as a reminder of the importance of creating inclusive educational environments where every student feels valued and accepted. We look forward to further initiatives that promote diversity and inclusion in education, and we hope that this experience will leave a lasting impact on our student teachers as they embark on their careers in teaching.



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1. Aarya Xavier, 2<sup>nd</sup> Year, B.Ed. Student English Education
2. Aashya Antony, 2<sup>nd</sup> Year B.Ed. Student English Education
3. Anjana Suresh, 2<sup>nd</sup> Year B.Ed. Student English Education
4. Chandni Babu, 2<sup>nd</sup> Year B.Ed. Student English Education
5. Christeena A J, 2<sup>nd</sup> Year B.Ed. Student English Education
6. Gayathri S Therroth, 2<sup>nd</sup> Year B.Ed. Student English Education
7. Greeshma V, 2<sup>nd</sup> Year B.Ed. Student English Education
8. Jinu Jose, 2<sup>nd</sup> Year B.Ed. Student English Education
9. Minnu George, 2<sup>nd</sup> Year B.Ed. Student English Education
10. Neethima K N, 2<sup>nd</sup> Year B.Ed. Student English Education
11. Niveditha U M, 2<sup>nd</sup> Year B.Ed. Student English Education
12. Ritu Jose, 2<sup>nd</sup> Year B.Ed. Student English Education
13. Roshni Celin, 2<sup>nd</sup> Year B.Ed. Student English Education
14. Sandra Johny, 2<sup>nd</sup> Year B.Ed. Student English Education
15. Sandra Maria Kuriakose, 2<sup>nd</sup> Year B.Ed. Student English Education
16. Saranya M S, 2<sup>nd</sup> Year B.Ed. Student English Education
17. Arya Janardhanan, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
18. Bincy Eldose, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
19. Biyamol Augustine, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
20. Blessy Baby, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
21. Greeshma Cherian, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
22. Linta Rani George, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
23. Neenu Sara, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
24. Neeraja Ps. 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
25. Selna Joseph, 2<sup>nd</sup> Year B.Ed. Student Malayalam Education
26. Anjaly I M, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
27. Aparna Sanjay, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
28. Deyana K E, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
29. Elizabeth Xavier Fernandez, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
30. Elsa Joy, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
31. Hariyat N L, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
32. Jean Rocha, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
33. Kavya V Sathyan, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
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35. Sona Varghese, 2<sup>nd</sup> Year B.Ed. Student Mathematics Education
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51. Afeefa Ihsana A B, 2<sup>nd</sup> Year B.Ed. Student Natural Science Education
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76. Sibil Prasad , 2<sup>nd</sup> Year B.Ed. Student Social Science Education
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78. Amala Anna Thomas , 1<sup>st</sup> Year B.Ed. Student English Education
79. Amreetha S James , 1<sup>st</sup> Year B.Ed. Student Year English Education
80. Anusree Venu, 1<sup>st</sup> Year B.Ed. Student English Education
81. Devika S, 1<sup>st</sup> Year B.Ed. Student English Education
82. Hridya Joly, 1<sup>st</sup> Year B.Ed. Student English Education
83. Jefin Job, 1<sup>st</sup> Year B.Ed. Student English Education
84. Jyothis K Devasia, 1<sup>st</sup> Year B.Ed. Student English Education
85. Keerthana Krishnan, 1<sup>st</sup> Year B.Ed. Student English Education
86. Nandita B Shenoy, 1<sup>st</sup> Year B.Ed. Student English Education
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95. Jyothi G. 1<sup>st</sup> Year B.Ed. Student Malayalam Education
96. Linet Maria K 1<sup>st</sup> Year B.Ed. Student Malayalam Education
97. Sandhya Poulouse 1<sup>st</sup> Year B.Ed. Student Malayalam Education
98. Sandra Saju 1<sup>st</sup> Year B.Ed. Student Malayalam Education
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100. Shijila P N 1<sup>st</sup> Year B.Ed. Student Malayalam Education
101. Sinimol P T 1<sup>st</sup> Year B.Ed. Student Malayalam Education
102. Sisira S 1<sup>st</sup> Year B.Ed. Student Malayalam Education
103. Vincy P V 1<sup>st</sup> Year B.Ed. Student Malayalam Education
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106. Anju George 1<sup>st</sup> Year B.Ed. Student Mathematics Education
107. Asha Joseph 1<sup>st</sup> Year B.Ed. Student Mathematics Education
108. Chithralekha R 1<sup>st</sup> Year B.Ed. Student Mathematics Education
109. Priyanka K T 1<sup>st</sup> Year B.Ed. Student Mathematics Education
110. Raveena T V 1<sup>st</sup> Year B.Ed. Student Mathematics Education
111. Rita Rose John 1<sup>st</sup> Year B.Ed. Student Mathematics Education
112. Somya Mathew 1<sup>st</sup> Year B.Ed. Student Mathematics Education
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114. Susan Neenu 1<sup>st</sup> Year B.Ed. Student Mathematics Education
115. Theresa Sebi 1<sup>st</sup> Year B.Ed. Student Mathematics Education
116. Annmary Jose 1<sup>st</sup> Year B.Ed. Student Physical Science Education
117. Christina Louis 1<sup>st</sup> Year B.Ed. Student Physical Science Education
118. Deena Mathew 1<sup>st</sup> Year B.Ed. Student Physical Science Education
119. Ishida K B 1<sup>st</sup> Year B.Ed. Student Physical Science Education
120. Jeen Mary A J 1<sup>st</sup> Year B.Ed. Student Physical Science Education
121. Livi George 1<sup>st</sup> Year B.Ed. Student Physical Science Education
122. Liya Joseph 1<sup>st</sup> Year B.Ed. Student Physical Science Education
123. Liya Rose 1<sup>st</sup> Year B.Ed. Student Physical Science Education
124. Maria Rose Varghese 1<sup>st</sup> Year B.Ed. Student Physical Science Education
125. Mariya Jesleena Martin 1<sup>st</sup> Year B.Ed. Student Physical Science Education
126. Mary Nivitha Bivera 1<sup>st</sup> Year B.Ed. Student Physical Science Education
127. Sneha Mol K J 1<sup>st</sup> Year B.Ed. Student Physical Science Education
128. Thahira M A 1<sup>st</sup> Year B.Ed. Student Physical Science Education
129. Abhilasha K P 1<sup>st</sup> Year B.Ed. Student Natural Science Education
130. Akheena Thomas 1<sup>st</sup> Year B.Ed. Student Natural Science Education
131. Amrutha K H 1<sup>st</sup> Year B.Ed. Student Natural Science Education
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136. Greetta James 1<sup>st</sup> Year B.Ed. Student Natural Science Education
137. Maria Sonet K G 1<sup>st</sup> Year B.Ed. Student Natural Science Education



138. Mary Rilil Arooja, 1<sup>st</sup> Year B.Ed. Student Natural Science Education
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154. Granes P Joshy 1<sup>st</sup> Year B.Ed. Student Social Science Education
155. Lincy B J 1<sup>st</sup> Year B.Ed. Student Social Science Education

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**St Joseph College of Teacher Education for Women, Ernakulam  
Awareness Programme on Disaster Management and Self Defence  
Mechanism**

Day 1: 02-02-2020

The Awareness Programme on Disaster management and Self Defense was organized under the guidance of Sathya Sai Disaster Management Team. For Day 1 , The Resource Persons were Mr. Siju Padmanabhan and Mr Sajith. The Class was organized in the Auditorium. As the participants reached, they were given different knots, the first class was about different types of knots used in Rescue. The first one was the Bowline Knot. The Resource person told that this is the king of knots and it never slip or jam if properly made and is excellent for tying around a person in a rescue. The other different knots were. Reef knot, single sheet knot, double sheet knot, and firemans chair knot.



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After this the next session was about how we can escape from fire, and various measures that one could adopt while natural calamities occur.

Day 2: 03-02-2020

For Day 2: The class was by the Sathya Sai Disaster Management Team. The Class was taken by Mr. Siju Padmanabhan about Self Defence and Micro expressions. The session on micro-expression was taken by Sri. Siju and Self defence by Sri. Siju and Mr. Vinayak. The class about micro-expression was really interesting and impressive as the student teachers can be trained to deal with different type of students. The Resource person told that this is due to voluntary and involuntary emotional responses occurring simultaneously and conflicting with one another. After micro expression class, there was class of self defence. The class started by demonstrations of various self defence techniques like how to protect our head when we fall, rolling which helps to burn calories, then came plank which is an isometric strength exercise that involves maintaining a position similar to a push up for the maximum possible time. He point out that this is one of the best exercises for a flat, toned stomach because it works all the muscles in your core.



#### List of Participants

Sl. No.	Name of Participants	
1.	AARYA XAVIER	B.Ed. Student English Education
2.	AASHYA ANTONY	B.Ed. Student English Education
3.	ANJANA SURESH(BLIND)	B.Ed. Student English Education

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4.	CHANDNI BABU	B.Ed. Student English Education
5.	CHRISTEENA A J	B.Ed. Student English Education
6.	GAYATHRI S THERROTH	B.Ed. Student English Education
7.	GREESHMA V	B.Ed. Student English Education
8.	JINU JOSE	B.Ed. Student English Education
9.	MINNU GEORGE	B.Ed. Student English Education
10.	NEETHIMA K N	B.Ed. Student English Education
11.	NIVEDITHA U M	B.Ed. Student English Education
12.	RITU JOSE	B.Ed. Student English Education
13.	ROSHNI CELIN	B.Ed. Student English Education
14.	SANDRA JOHNY	B.Ed. Student English Education
15.	SANDRA MARIA KURIAKOSE	B.Ed. Student English Education
16.	SARANYA M S	B.Ed. Student English Education
17.	SRUTHY SABU	B.Ed. Student English Education
18.	ANJALA SHERIN	B.Ed. Student Malayalam Education
19.	ANU JOSEPH	B.Ed. Student Malayalam Education
20.	ARYA JANARDHANAN	B.Ed. Student Malayalam Education
21.	ASHMI THOMES	B.Ed. Student Malayalam Education
22.	ASHNA FINLAY	B.Ed. Student Malayalam Education
23.	ATHIRA SIVAPRASAD	B.Ed. Student Malayalam Education
24.	BINCY ELDOSE	B.Ed. Student Malayalam Education
25.	BIYAMOL AUGUSTINE	B.Ed. Student Malayalam Education
26.	BLESSY BABY	B.Ed. Student Malayalam Education
27.	GREESHMA CHERIAN	B.Ed. Student Malayalam Education
28.	LINTA RANI GEORGE	B.Ed. Student Malayalam Education
29.	NEENU SARA	B.Ed. Student Malayalam Education
30.	NEERAJA PS	B.Ed. Student Malayalam Education
31.	SELNA JOSEPH	B.Ed. Student Malayalam Education
32.	ANJALY I M	B.Ed. Student Mathematics Education
33.	ANJITHA RAMESAN	B.Ed. Student Mathematics Education
34.	ANSINA P A	B.Ed. Student Mathematics Education
35.	ANUSHA BABU	B.Ed. Student Mathematics Education
36.	APARNA SANJAY	B.Ed. Student Mathematics Education
37.	DEYANA K E	B.Ed. Student Mathematics Education
38.	ELIZABETH XAVIER FERNANDEZ	B.Ed. Student Mathematics Education
39.	ELSA JOY	B.Ed. Student Mathematics Education
40.	HARIYAT N L	B.Ed. Student Mathematics Education
41.	JEAN ROCHA	B.Ed. Student Mathematics Education
42.	KAVYA V SATHYAN	B.Ed. Student Mathematics Education
43.	MERIN J KANIYARAKAM	B.Ed. Student Mathematics Education
44.	ROSMIN JOSEPH	B.Ed. Student Mathematics Education
45.	SAJANA JAISON	B.Ed. Student Mathematics Education
46.	SHANTY ROSE SEBASTIAN	B.Ed. Student Mathematics Education

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47.	SONA VARGHESE	B.Ed. Student Mathematics Education
48.	VITHYA.A	B.Ed. Student Mathematics Education
49.	ANJALY DAVIS	B.Ed. Student Physical Science Education
50.	ANNA FRANCIS	B.Ed. Student Physical Science Education
51.	ANNA PETER	B.Ed. Student Physical Science Education
52.	BEAULA JOHNSON	B.Ed. Student Physical Science Education
53.	HYNA V EDWIN	B.Ed. Student Physical Science Education
54.	JITHIYA BABU KG	B.Ed. Student Physical Science Education
55.	JITHU TRAISSY JELIN	B.Ed. Student Physical Science Education
56.	JOSENA JOSEPH	B.Ed. Student Physical Science Education
57.	KRIPA MARIA TOMY	B.Ed. Student Physical Science Education
58.	NIYA TONY	B.Ed. Student Physical Science Education
59.	RESHMA PRAKASH	B.Ed. Student Physical Science Education
60.	SEETHAL XAVIER	B.Ed. Student Physical Science Education
61.	SHILPA C BAIJU	B.Ed. Student Physical Science Education
62.	TOMSY THOMAS	B.Ed. Student Physical Science Education
63.	AFEEDA IHSANA A B	B.Ed. Student Natural Science Education
64.	AGAJA P A	B.Ed. Student Natural Science Education
65.	ANJITHA PETER	B.Ed. Student Natural Science Education
66.	ANUMOL M G	B.Ed. Student Natural Science Education
67.	ATHIRA UNNIKRISHNAN	B.Ed. Student Natural Science Education
68.	BLESSY TREASA	B.Ed. Student Natural Science Education
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70.	JINCY JOSEPH	B.Ed. Student Natural Science Education
71.	JISHA C JOSE	B.Ed. Student Natural Science Education
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84.	JAIMOL O B	B.Ed. Student Social Science Education
85.	KAVYA .K.M	B.Ed. Student Social Science Education
86.	MARIA CARMEL M.F	B.Ed. Student Social Science Education
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92.	SAYANA RAMCHANDRAN E	B.Ed. Student Social Science Education
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94.	SIBIL PRASAD	B.Ed. Student Social Science Education
95.	TREESA BABU	B.Ed. Student Social Science Education

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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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## Cultivating Eco-Consciousness:

### The Distribution of Paper Bags in Ernakulam Market

In a dedicated effort to promote eco-consciousness and environmental sustainability, the 2nd-year B.Ed students of St. Joseph College of Teacher Education for Women, Ernakulam, initiated a noteworthy outreach program. On February 5, 2020, they undertook the task of creating and distributing 950 paper bags in the neighbouring Ernakulam Market.

#### The Outreach Program:

The paper bag distribution initiative was more than just an environmentally friendly gesture; it was an act of community engagement and awareness-building. The 2nd-year B.Ed students demonstrated their commitment to making a positive impact beyond the classroom.

#### Benefits for the Community:

**Eco-Consciousness:** By distributing paper bags as an alternative to single-use plastic bags, the students played a pivotal role in raising awareness about the detrimental effects of plastic pollution on the environment. This action encouraged sustainable practices within the community.

**Reducing Plastic Pollution:** The distribution of 950 paper bags contributed significantly to the reduction of plastic waste in Ernakulam Market. This had a direct and positive effect on the local environment, as it curbed the use of non-biodegradable plastic bags.

#### Benefits for Student Teachers:

**Hands-On Learning:** Engaging in the creation and distribution of paper bags provided the student teachers with a practical learning experience. They acquired skills related to eco-



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friendly practices and community outreach, which will be valuable in their future careers as educators.

**Community Engagement:** This initiative allowed the student teachers to connect with the community, fostering a sense of responsibility and empathy for societal and environmental issues. These experiences can help shape them into more socially conscious educators.

#### Conclusion:

The distribution of 950 paper bags on February 5, 2020, by the 2nd-year B.Ed students was an exemplary outreach program. It not only contributed to eco-consciousness in the community but also provided valuable experiential learning opportunities for the student teachers involved. This initiative underscores the college's commitment to nurturing responsible and socially aware educators who are equipped to make a positive impact on both their students and the environment.

#### List of Participants

Sl. No.	Name Of Participants	
1.	Aarya Xavier	B.Ed. Student English Education
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8.	Jinu Jose	B.Ed. Student English Education
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13.	Roshni Celin	B.Ed. Student English Education
14.	Sandra Johny	B.Ed. Student English Education
15.	Sandra Maria Kuriakose	B.Ed. Student English Education
16.	Saranya M S	B.Ed. Student English Education
17.	Sruthy Sabu	B.Ed. Student English Education

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19.	Anu Joseph	B.Ed. Student Malayalam Education
20.	Arya Janardhanan	B.Ed. Student Malayalam Education
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84.	Jaimol O B	B.Ed. Student Social Science Education
85.	Kavya .K.M	B.Ed. Student Social Science Education
86.	Maria Carmel M.F	B.Ed. Student Social Science Education
87.	Najuma K.S	B.Ed. Student Social Science Education
88.	Nimisha P U	B.Ed. Student Social Science Education
89.	Nimmi M D	B.Ed. Student Social Science Education
90.	Praveena.K.P	B.Ed. Student Social Science Education
91.	Saniya Rose K M	B.Ed. Student Social Science Education
92.	Sayana Ramchandran E	B.Ed. Student Social Science Education
93.	Shahana P S	B.Ed. Student Social Science Education
94.	Sibil Prasad	B.Ed. Student Social Science Education
95.	Treesa Babu	B.Ed. Student Social Science Education

  
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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

## Ernakulam Market's Green Revolution: Dispensing Paper Bags for Sustainable Living

Date: February 26, 2020

### Introduction:

Continuing their mission to promote environmental sustainability and community engagement, the 2nd-year B.Ed students embarked on a second phase of their outreach program. On February 26, 2020, they crafted and distributed an additional 1000 paper bags in Ernakulam Market. This report highlights the significance of this extended initiative and its benefits for both the community and the student teachers involved.

### The Extended Outreach Program:

The decision to expand their outreach initiative by distributing another 1000 paper bags demonstrated the student teachers' unwavering commitment to creating a lasting impact on their community and the environment.

### Benefits for the Community:

**Sustainable Practices:** The distribution of 1000 paper bags reinforced sustainable practices within the Ernakulam Market community. It encouraged shoppers to opt for eco-friendly alternatives to single-use plastic bags, contributing to the reduction of plastic waste.

**Environmental Awareness:** This initiative continued to raise environmental awareness among the local population, fostering a sense of responsibility towards the planet and its well-being.

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### Benefits for Student Teachers:

**Enhanced Outreach Skills:** Engaging in an extended outreach activity allowed the student teachers to further develop their community engagement and communication skills. They gained practical experience in organizing and executing large-scale initiatives.

**Continued Community Connection:** By continuing their outreach efforts, the student teachers deepened their connection with the local community, strengthening their understanding of societal and environmental issues.

### Conclusion:

The distribution of an additional 1000 paper bags on February 26, 2020, by the 2nd-year B.Ed students exemplified their unwavering dedication to sustainability and community engagement. This extended outreach program not only promoted eco-consciousness in Ernakulam Market but also provided invaluable experiential learning opportunities for the student teachers involved. It is a testament to their commitment to becoming responsible and socially conscious educators, capable of effecting positive change in their communities and beyond.

### List of Student Teachers who took part in this outreach activity

Sl. No.	Name Of Participants	
1.	Aarya Xavier	B.Ed. Student English Education
2.	Aashya Antony	B.Ed. Student English Education
3.	Anjana Suresh	B.Ed. Student English Education
4.	Chandni Babu	B.Ed. Student English Education
5.	Christeena A J	B.Ed. Student English Education
6.	Gayathri S Therroth	B.Ed. Student English Education
7.	Greeshma V	B.Ed. Student English Education
8.	Jinu Jose	B.Ed. Student English Education
9.	Minnu George	B.Ed. Student English Education
10.	Neethima K N	B.Ed. Student English Education
11.	Niveditha U M	B.Ed. Student English Education

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12.	Ritu Jose	B.Ed. Student English Education
13.	Roshni Celin	B.Ed. Student English Education
14.	Sandra Johny	B.Ed. Student English Education
15.	Sandra Maria Kuriakose	B.Ed. Student English Education
16.	Saranya M S	B.Ed. Student English Education
17.	Sruthy Sabu	B.Ed. Student English Education
18.	Anjala Sherin	B.Ed. Student Malayalam Education
19.	Anu Joseph	B.Ed. Student Malayalam Education
20.	Arya Janardhanan	B.Ed. Student Malayalam Education
21.	Ashmi Thomes	B.Ed. Student Malayalam Education
22.	Ashna Finlay	B.Ed. Student Malayalam Education
23.	Athira Sivaprasad	B.Ed. Student Malayalam Education
24.	Bincy Eldose	B.Ed. Student Malayalam Education
25.	Biyamol Augustine	B.Ed. Student Malayalam Education
26.	Blessy Baby	B.Ed. Student Malayalam Education
27.	Greeshma Cherian	B.Ed. Student Malayalam Education
28.	Linta Rani George	B.Ed. Student Malayalam Education
29.	Neenu Sara	B.Ed. Student Malayalam Education
30.	Neeraja Ps	B.Ed. Student Malayalam Education
31.	Selna Joseph	B.Ed. Student Malayalam Education
32.	Anjaly I M	B.Ed. Student Mathematics Education
33.	Anjitha Ramesan	B.Ed. Student Mathematics Education
34.	Ansina P A	B.Ed. Student Mathematics Education
35.	Anusha Babu	B.Ed. Student Mathematics Education
36.	Aparna Sanjay	B.Ed. Student Mathematics Education
37.	Deyana K E	B.Ed. Student Mathematics Education
38.	Elizabeth Xavier Fernandez	B.Ed. Student Mathematics Education
39.	Elsa Joy	B.Ed. Student Mathematics Education
40.	Hariyat N L	B.Ed. Student Mathematics Education
41.	Jean Rocha	B.Ed. Student Mathematics Education
42.	Kavya V Sathyan	B.Ed. Student Mathematics Education
43.	Merin J Kaniyarakam	B.Ed. Student Mathematics Education
44.	Rosmin Joseph	B.Ed. Student Mathematics Education
45.	Sajana Jaison	B.Ed. Student Mathematics Education
46.	Shanty Rose Sebastian	B.Ed. Student Mathematics Education
47.	Sona Varghese	B.Ed. Student Mathematics Education
48.	Vithya.A	B.Ed. Student Mathematics Education
49.	Anjaly Davis	B.Ed. Student Physical Science Education
50.	Anna Francis	B.Ed. Student Physical Science Education
51.	Anna Peter	B.Ed. Student Physical Science Education
52.	Beaula Johnson	B.Ed. Student Physical Science Education
53.	Hyna V Edwin	B.Ed. Student Physical Science Education
54.	Jithiya Babu Kg	B.Ed. Student Physical Science Education



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55.	Jithu Traisy Jelin	B.Ed. Student Physical Science Education
56.	Josena Joseph	B.Ed. Student Physical Science Education
57.	Kripa Maria Tomy	B.Ed. Student Physical Science Education
58.	Niya Tony	B.Ed. Student Physical Science Education
59.	Reshma Prakash	B.Ed. Student Physical Science Education
60.	Seethal Xavier	B.Ed. Student Physical Science Education
61.	Shilpa C Baiju	B.Ed. Student Physical Science Education
62.	Tomsy Thomas	B.Ed. Student Physical Science Education
63.	Afeefa Ihsana A B	B.Ed. Student Natural Science Education
64.	Agaja P A	B.Ed. Student Natural Science Education
65.	Anjitha Peter	B.Ed. Student Natural Science Education
66.	Anumol M G	B.Ed. Student Natural Science Education
67.	Athira Unnikrishnan	B.Ed. Student Natural Science Education
68.	Blessy Treasa	B.Ed. Student Natural Science Education
69.	Jjy M Y	B.Ed. Student Natural Science Education
70.	Jincy Joseph	B.Ed. Student Natural Science Education
71.	Jisha C Jose	B.Ed. Student Natural Science Education
72.	Lisinta Sivan	B.Ed. Student Natural Science Education
73.	Namitha .E.N	B.Ed. Student Natural Science Education
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76.	Savitha Sajjan	B.Ed. Student Natural Science Education
77.	Sruthymol A S	B.Ed. Student Natural Science Education
78.	Sweeka Elizabeth Varghese	B.Ed. Student Natural Science Education
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## Rebuild Kerala- 2018

**Outreach activity in Collaboration with Ernakulam District Administration,  
Government of Kerala: Mass Survey and Volunteer in various Flood Relief activities in  
Kadamakudy Panchayat, Ernakulam district.**

The magnitude of Disaster caused in the recent floods of August 2018 was unprecedented in the History of Kerala. The disaster crippled the lives and livelihoods of people. Rebuild Kerala was an initiative of the Government of Kerala to rebuild the state after the disaster. The aim of the initiative was to bring about a perceptible change in the lives and livelihoods of its citizens by adopting higher standards of infrastructure for recovery and reconstruction, and to build ecological and technical safeguards.

The first challenge before the Government was to collect information from the local people about their loses during the flood. St. Joseph College was intended for smooth and efficient fulfilment of this task that our state Kerala much needed in the aftermath of flood that affected the lives of hundreds of thousands of people in our neighborhood. Josephites helped the Government to identify the people and their needs after the flood disaster, by conducting a mass survey at Kadamakudy Panchayat in Kanayannur Taluk.

In response to the flood disaster that hit our state, the students from our college volunteered for a Mass Online Survey named Rebuild Kerala, of the Government of Kerala. The volunteers visited the houses in Kadamakudy Panchayat on 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> September 2018, and collected information regarding the damage caused by flood. Each volunteer received a certificate of appreciation from the District collector, Ernakulam and from the Kadamakudy Panchayath.

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

18 September 2018 · 🌐

Josephites in the community !

We are intended for smooth and efficient fulfillment of a task that our state Kerala much needed in the aftermath of flood that affected the lives of hundreds of thousands of people in our neighborhood....

Josephites during Survey at Kadamakudy Panchayat in Kanayannur Taluk !

Email or phone

Password

Josephites during Survey at Kadamakudy Panchayat in Kanayannur Taluk !



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## List of Students Participants

Sl. No.	Name Of Participants	
1.	Aarya Xavier	B.Ed. Student English Education
2.	Aashya Antony	B.Ed. Student English Education
3.	Anjana Suresh(Blind)	B.Ed. Student English Education
4.	Chandni Babu	B.Ed. Student English Education
5.	Christeena A J	B.Ed. Student English Education
6.	Gayathri S Therroth	B.Ed. Student English Education
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41.	Jean Rocha	B.Ed. Student Mathematics Education
42.	Kavya V Sathyan	B.Ed. Student Mathematics Education
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84.	Jaimol O B	B.Ed. Student Social Science Education
85.	Kavya .K.M	B.Ed. Student Social Science Education
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## Yoga Training Program for Student Teachers

This is a comprehensive report on the Yoga Training Program conducted on 18th and 19th September 2018 for the student teachers pursuing B.Ed and M.Ed.,

**Objective:** The primary objective of the yoga training program was to promote the physical, mental, and emotional well-being of student teachers and to align with the national initiative.

**Participants:** The program was attended by all student teachers from both B.Ed and M.Ed. courses respectively. The participants were enthusiastic and actively engaged in the various yoga sessions conducted during the two-day program.

**Agenda:** The yoga training program encompassed a well-structured agenda designed to cater to the diverse needs of the student teachers. The sessions included:

### 1. Introduction to Yoga:

- Overview of the history and philosophy of yoga.
- Understanding the relevance of yoga in education.

### 2. Yoga Asanas:

- Practical sessions on various yoga asanas to enhance flexibility and strength.
- Emphasis on correct postures and breathing techniques.

### 3. Meditation and Mindfulness:

- Guidance on meditation techniques to improve concentration and reduce stress.
- Mindfulness practices to enhance self-awareness.

### 4. Yogic Breathing (Pranayama):

- Training on various pranayama techniques for respiratory health.
- Importance of controlled breathing in maintaining overall well-being.

### 5. Yoga for Mental Health:

- Workshops addressing the role of yoga in managing stress and anxiety.
- Strategies for incorporating yoga into daily life for mental wellness.

**Trainers:** The yoga training sessions were conducted by certified and experienced yoga instructors who provided personalized guidance to the participants. Their expertise ensured that the student teachers received proper instruction and supervision during the sessions.

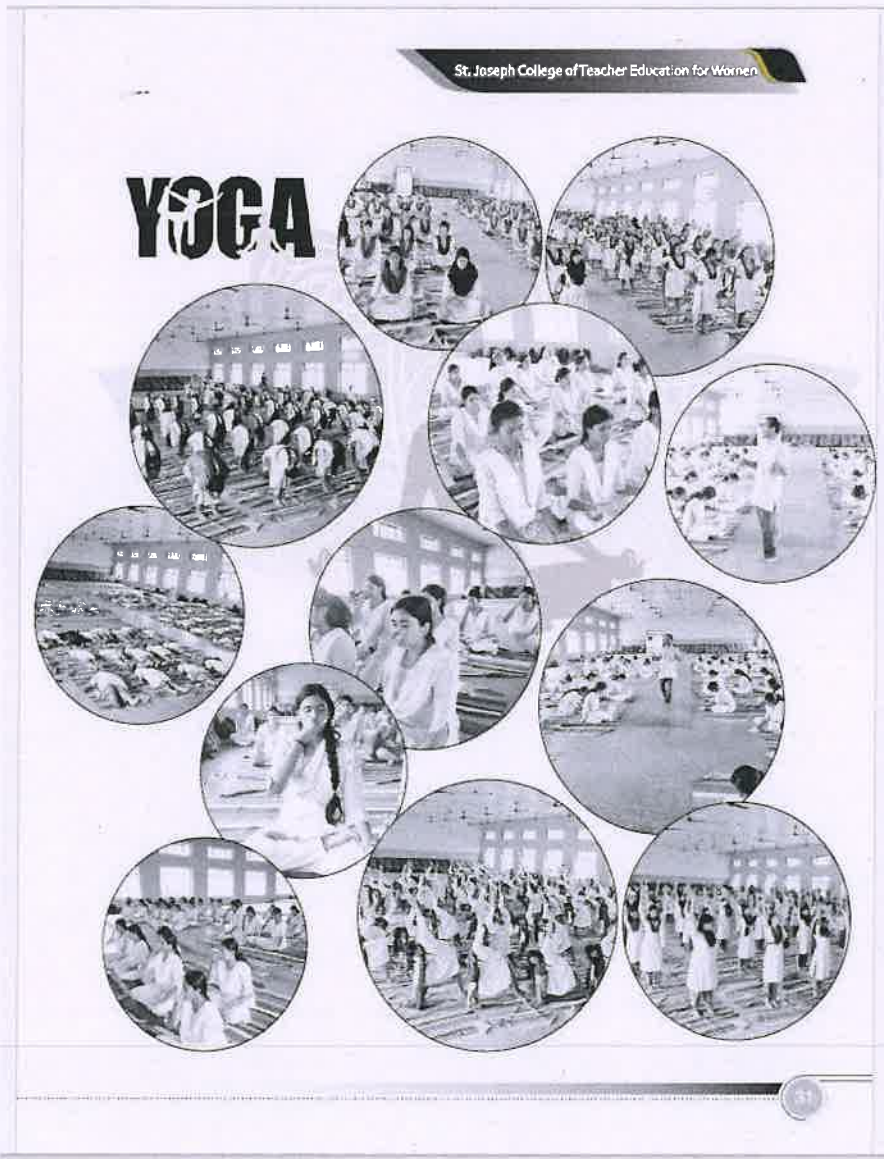
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**Feedback:** The feedback received from the participants was overwhelmingly positive. Many expressed gratitude for the opportunity to learn and practice yoga, acknowledging its positive impact on their physical and mental well-being. Participants also appreciated the initiative's alignment with the national 'Yoga for Health and Wellness' campaign.

**Conclusion:** The Yoga Training Program for student teachers on 18th and 19th September 2018 was a resounding success.



All B.Ed. and M.Ed students participated

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### Outreach Programme: Setting Up Herbal Garden

Involvement in setting up a herbal garden can help student teachers build relationships with the local community. They can collaborate with community members, educators, and experts to enhance the garden and its educational offerings.

First year B. Ed student teachers at St. Joseph College of Teacher Education for Women, Ernakulam engaged in planting ayurvedic plants to setup an herbal garden in the campus on 5<sup>th</sup> October 2018. The activity was organized to instill in the importance of protecting the environment and having a healthy lifestyle. To educate students on the need to protect the earth's abundant biodiversity and the role that medicinal plants play in both conventional and modern medical systems' holistic delivery of treatment and health care.

The student teachers planted various varieties of herbal plants with various benefits. A total of 30 first year B.Ed. students from Natural Science optional and Physical Science optional engaged in setting up the herbal garden.

Setting up a herbal garden was highly beneficial for student teachers of the science back ground and by doing so, the student teachers of English Optional, Malayalam Optional, Mathematics Optional and the Social Science optional were benefitted for several reasons:

**Hands-on Learning:** Herbal gardening provides an excellent opportunity for student teachers to engage in experiential, hands-on learning. They can apply classroom knowledge in a practical setting, which can enhance their understanding of botany, ecology, and horticulture.



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**Interdisciplinary Learning:** Herbal gardens encompass various subjects, including biology, chemistry, environmental science, and even cultural studies. Student teachers can explore interdisciplinary connections and gain a more holistic view of education.

**Teaching Resource:** Herbal gardens can serve as valuable teaching resources. Student teachers can use the garden to design and deliver lessons related to plant biology, ecology, sustainable agriculture, and traditional herbal knowledge.

**Environmental Education:** Herbal gardens promote environmental awareness and sustainable practices. Student teachers can integrate environmental education into their curriculum, teaching students about the importance of biodiversity, conservation, and eco-friendly gardening techniques.

**Holistic Health Education:** Depending on the herbs grown, the garden can be used to educate students about the health benefits of herbs and traditional remedies. This aligns with the holistic approach to health and well-being.

**Experiential Education:** Student teachers can engage their students in gardening activities, fostering skills like teamwork, responsibility, and problem-solving. These skills are valuable for both personal and academic development.

**Community Engagement:** Involvement in setting up a herbal garden can help student teachers build relationships with the local community. They can collaborate with community members, educators, and experts to enhance the garden and its educational offerings.

**Cultural Awareness:** If the herbal garden includes culturally significant plants, student teachers can use it as a platform to teach cultural diversity and the importance of preserving cultural heritage.

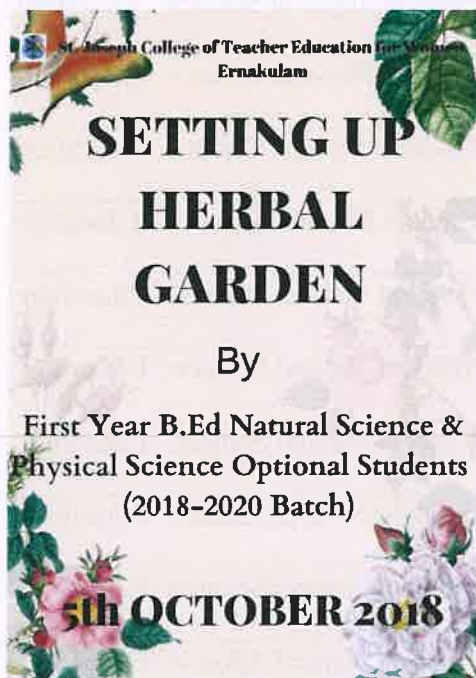


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**Professional Development:** Experience in planning, setting up, and maintaining a herbal garden can be a valuable addition to a student teacher's professional development portfolio. It showcases their ability to design and implement hands-on, engaging educational activities.

**Personal Growth:** Gardening can be personally rewarding and therapeutic. Student teachers may find that working in the herbal garden helps reduce stress, promotes well-being, and enhances their overall quality of life.

Incorporating a herbal garden into their teaching practice allows student teachers to cultivate a wide range of skills and knowledge that can enrich their future careers as educators. It also aligns with the broader goals of education, promoting experiential learning, sustainability, and holistic well-being.



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## List of participants

Sl.NO	Name	Optional Subject
1.	Anjaly Davis	B.Ed. Student Physical Science Education
2.	Anna Francis	B.Ed. Student Physical Science Education
3.	Anna Peter	B.Ed. Student Physical Science Education
4.	Beaula Johnson	B.Ed. Student Physical Science Education
5.	Hyna V Edwin	B.Ed. Student Physical Science Education
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21.	Jijy M Y	B.Ed. Student Natural Science Education
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### Outreach Activity for the Flood Affected People at Kuttanad-2018

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. The extension wing of the college organizes various significant activities to stretch out a helping hand to the needy brethren irrespective of caste, creed, color or gender.

The year 2018 became the unforgettable year for Keralites because of the Kerala flood disaster that affected almost one sixth of the total population in Kerala. People were striving hard for their own and their close ones' survival.

St. Joseph College of Teacher Education for Women, Ernakulam strived hard to help flood victims to survive through their hard time. The staff and students (2018-2020) batch of St. Joseph College of Teacher Education for Women, Ernakulam extended helping hands to the flood victims. The staff and students of the college sincerely contributed in helping the victims.


One such activity in helping the flood victims organized by the college was collecting clothes and distributing it to the flood victims particularly in the Kuttanad area in Alappuzha district in Kerala on 28<sup>th</sup> November 2018. Kuttanad was one of the places where the flood affected the people very badly. Apart from cloth collection and from contributing to and cooperating with the governmental activities for flood relief, staff and student members of St. Joseph College of Teacher Education for Women, Ernakulam collected a total of 80000 rupees and provided materials required for the flood victims as per their needs.

The activity did help the student teachers in enhancing social commitment and develop in them a sense of sharing and responsibility. Teachers and a total of 98 student teachers took part in the activity and stretched out their helping hands for flood relief.

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**St. Joseph College of Teacher Education for women,  
Ernakulam**  
**organising**  
**Flood Relief Initiative:**  
**Collecting clothes for flood Victims in  
Kuttanad**  
  
 Staff and Student Teachers (2018-2020)  
 Batch of St. Joseph College of Teacher  
 Education for Women, Ernakulam is  
 extending their helping hands to the flood  
 affected people in Kuttanad where flood  
 has caused havoc  
  
**Date: 28th November 2018**

### List of Student Participants

1. Amrutha Joy, B.Ed Student, English Optional
2. Aneeta James, B.Ed Student, English Optional
3. Anju John, B.Ed Student, English Optional
4. Arya S P, B.Ed Student, English Optional
5. Bilby Thomas, B.Ed Student, English Optional
6. Della. C.S, B.Ed Student, English Optional
7. Ema Maria Mannaly, B.Ed Student, English Optional
8. Geethu Elias, B.Ed Student, English Optional
9. Harsha. R, B.Ed Student, English Optional
10. Jinu Rose E V, B.Ed Student, English Optional
11. M R Rekha Lakshmi, B.Ed Student, English Optional
12. Maria Jeena Sebastian, B.Ed Student, English Optional
13. Merin C T, B.Ed Student, English Optional

  
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 Ernakulam  
[www.stjosephcte.in](http://www.stjosephcte.in)





14. Minu Basil, B.Ed Student, English Optional
15. Neena Antony, B.Ed Student, English Optional
16. Princy K.P., B.Ed Student, English Optional
17. Rose Mary Mathew, B.Ed Student, English Optional
18. Swathi O A, B.Ed Student, English Optional
19. Akhila Baby M, B.Ed Student, Malayalam Optional
20. Anu George, B.Ed Student, Malayalam Optional
21. Athira P N, B.Ed Student, Malayalam Optional
22. Dilshana M Ismail, B.Ed Student, Malayalam Optional
23. Jeffeena Grace.T.J, B.Ed Student, Malayalam Optional
24. Jomol Jose, B.Ed Student, Malayalam Optional
25. Mary Anjaly Vaz, B.Ed Student, Malayalam Optional
26. Meenu M S, B.Ed Student, Malayalam Optional
27. Najeena N., B.Ed Student, Malayalam Optional
28. Neethu Babu, B.Ed Student, Malayalam Optional
29. Sagara S, B.Ed Student, Malayalam Optional
30. Sreekutty M P, B.Ed Student, Malayalam Optional
31. Veena Thampy, B.Ed Student, Malayalam Optional
32. Vidhya.P.B, B.Ed Student, Malayalam Optional
33. Anjali Lis George, B.Ed Student, Mathematics Optional
34. Anjaly Rajan, B.Ed Student, Mathematics Optional
35. Ann Mary Jacob, B.Ed Student, Mathematics Optional
36. Anusha S., B.Ed Student, Mathematics Optional
37. Blessy K B, B.Ed Student, Mathematics Optional
38. Diya Sabu Malayil, B.Ed Student, Mathematics Optional
39. Donna Pinheiro, B.Ed Student, Mathematics Optional
40. Jincy George, B.Ed Student, Mathematics Optional
41. Lincy Joseph, B.Ed Student, Mathematics Optional
42. Reetha Jesma C G, B B.Ed Student, Mathematics Optional
43. Rinsana V Y, B.Ed Student, Mathematics Optional
44. Ruqzana Hakkim, B.Ed Student, Mathematics Optional
45. Sanjuna Peter, B.Ed Student, Mathematics Optional
46. Sharon Sebastian, B.Ed Student, Mathematics Optional
47. Sruthi G Pillai, B.Ed Student, Mathematics Optional
48. Varsha.M.A, B.Ed Student, Mathematics Optional
49. Adreenee Vimala M X, B.Ed Student, Natural Science Optional
50. Ancy V A, B.Ed Student, Natural Science Optional
51. Anju Sasidharan, B.Ed Student, Natural Science Optional
52. Annet Stephen, B.Ed Student, Natural Science Optional
53. Arandha. K.M., B.Ed Student, Natural Science Optional
54. Ciya Charly, B.Ed Student, Natural Science Optional
55. Deepthi Suresh, B.Ed Student, Natural Science Optional
56. Dincy.G.D, B.Ed Student, Natural Science Optional





57. Meenu Henry, B.Ed Student, Natural Science Optional
58. Nazli S, B.Ed Student, Natural Science Optional
59. Reshma Mary Zachariah, B.Ed Student, Natural Science Optional
60. Riby Baby, B.Ed Student, Natural Science Optional
61. Sneha Shajan, B.Ed Student, Natural Science Optional
62. Sreeshma J. Bose, B.Ed Student, Natural Science Optional
63. Thedies E J, B.Ed Student, Natural Science Optional
64. Vismaya George, B.Ed Student, Natural Science Optional
65. Sumitha Simon , B.Ed Student, Natural Science Optional
66. Amrutha Kuriappan, B.Ed Student, Physical Science Optional
67. Anila Mariya K Joy, B.Ed Student, Physical Science Optional
68. Anjaly Raphel, B.Ed Student, Physical Science Optional
69. Anju Sebastian, B.Ed Student, Physical Science Optional
70. Aparna K Babu, B.Ed Student, Physical Science Optional
71. Asha Maria Jose, B.Ed Student, Physical Science Optional
72. Bini Maria Baby, B.Ed Student, Physical Science Optional
73. Jeeshma K.J. B.Ed Student, Physical Science Optional
74. Maria Wilson, B.Ed Student, Physical Science Optional
75. Mariya Rose Johny, B.Ed Student, Physical Science Optional
76. Mariyanjaly Joseph, B.Ed Student, Physical Science Optional
77. Mary Maya Alexander, B.Ed Student, Physical Science Optional
78. Meenu R S, B.Ed Student, Physical Science Optional
79. Stephy Vaz, B.Ed Student, Physical Science Optional
80. Zeneeta Ann D'rose, B.Ed Student, Physical Science Optional
81. Sivapriya T M, B.Ed Student, Physical Science Optional
82. Aleesha Antony, B.Ed Student, Social Science Optional
83. Amrutha U S, B.Ed Student, Social Science Optional
84. Anciamma Antony, B.Ed Student, Social Science Optional
85. Anjaly A. K., B.Ed Student, Social Science Optional
86. Arya Thyagarajan, B.Ed Student, Social Science Optional
87. Chris Monic Xavier, B.Ed Student, Social Science Optional
88. Greeshma K M, B.Ed Student, Social Science Optional
89. Jasmine.P.P, B.Ed Student, Social Science Optional
90. Lancy Lazar, B.Ed Student, Social Science Optional
91. Maria Theresa, B.Ed Student, Social Science Optional
92. Neethu Jose, B.Ed Student, Social Science Optional
93. Renjana Thampy, B.Ed Student, Social Science Optional
94. Rincy K A, B.Ed Student, Social Science Optional
95. Rubitha Basheer, B.Ed Student, Social Science Optional
96. Sherin Samuel, B.Ed Student, Social Science Optional
97. Sona Sain, B.Ed Student, Social Science Optional
98. Stella Mary, B.Ed Student, Social Science Optional

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 Education for Women,  
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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)

## Promoting Inclusivity and Empathy: Josephites Interaction with Transgenders

Date: December 21, 2018

### Introduction:

On December 21, 2018, St. Joseph College of Teacher Education for Women, Ernakulam, organized a unique outreach program that aimed to bridge gaps in understanding and foster empathy among its B.Ed. student teachers. The event involved an interaction with members of the transgender community, with the primary goal of helping students appreciate and respect individual differences while nurturing a more empathetic outlook towards marginalized individuals. This report provides insights into the significance of the activity and its impact on the participating student teachers.

### The Outreach Program:

The interaction with transgenders was a deliberate effort by the college to create an inclusive environment and promote diversity and acceptance within the student body. The objectives of the program were:

**Understanding Differences:** To encourage students to understand and appreciate the diverse backgrounds, identities, and life experiences that individuals bring to society.

**Fostering Empathy:** To nurture empathy and compassion, particularly towards marginalized and stigmatized groups like the transgender community.

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**Benefits for Student Teachers:**The interaction with transgenders yielded several significant benefits for the participating student teachers:

**Enhanced Empathy:** Engaging in open and candid discussions with transgender individuals allowed the students to gain deeper insights into the challenges and discrimination they face daily. This experience enhanced the students' capacity for empathy and understanding, which is essential for their future roles as educators.

**Promoting Inclusivity:** The activity encouraged the student teachers to embrace diversity and promote inclusivity in their classrooms. It provided them with valuable tools to create a safe and accepting learning environment for all students.

**Community Engagement:**

A total of 138 student teachers, including both first-year and second-year B.Ed. students, actively participated in this interaction with the transgender community. This substantial turnout underscored the college's commitment to nurturing socially responsible educators.

**Conclusion:**

The interaction with transgenders organized by St. Joseph College of Teacher Education for Women, Ernakulam, on December 21, 2018, was a commendable outreach program that successfully achieved its objectives. It played a pivotal role in promoting inclusivity, empathy, and a deeper understanding of individual differences among the participating student teachers. This activity serves as a shining example of how educational institutions can contribute to a more inclusive and empathetic society by fostering awareness and acceptance of marginalized communities.

List of Students Participants from 1<sup>st</sup> years and 2<sup>nd</sup> years

1. Aashya Antony, 1<sup>st</sup> Year B.Ed. Student, English Education

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2. Anjana Suresh, 1<sup>st</sup> Year B.Ed. Student, English Education
3. Chandni Babu, 1<sup>st</sup> Year B.Ed. Student, English Education
4. Gayathri S Therroth, 1<sup>st</sup> Year B.Ed. Student, English Education
5. Greeshma V, 1<sup>st</sup> Year B.Ed. Student, English Education
6. Jinu Jose, 1<sup>st</sup> Year B.Ed. Student, English Education
7. Minnu George, 1<sup>st</sup> Year B.Ed. Student, English Education
8. Neethima K N, 1<sup>st</sup> Year B.Ed. Student, English Education
9. Niveditha U M , 1<sup>st</sup> Year B.Ed. Student, English Education
10. Roshni Celin, 1<sup>st</sup> Year B.Ed. Student, English Education
11. Sandra Johny, 1<sup>st</sup> Year B.Ed. Student, English Education
12. Sandra Maria Kuriakose, 1<sup>st</sup> Year B.Ed. Student, English Education
13. Saranya M S, 1<sup>st</sup> Year B.Ed. Student, English Education
14. Sruthy Sabu, 1<sup>st</sup> Year B.Ed. Student, English Education
15. Anjala Sherin, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
16. Arya Janardhanan, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
17. Ashna Finlay, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
18. Athira Sivaprasad, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
19. Bincy Eldose, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
20. Biyamol Augustine, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
21. Blessy Baby, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
22. Greeshma Cherian, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
23. Linta Rani George, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
24. Neenu Sara, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
25. Neeraja P.S , 1<sup>st</sup> Year B.Ed. Student, Malayalam Education
26. Selna Joseph, 1<sup>st</sup> Year B.Ed. Student, Malayalam Education



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27. Anjaly I M, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
28. Ansina P A, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
29. Aparna Sanjay, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
30. Deyana K E, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
31. Elsa Joy, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
32. Hariyat N L, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
33. Jean Rocha, 1st Year B.Ed. Student, Mathematics Education
34. Kavya V Sathyan, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
35. Merin J Kaniyarakam, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
36. Rosmin Joseph, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
37. Sajana Jaison, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
38. Shanty Rose Sebastian, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
39. Sona Varghese, 1<sup>st</sup> Year B.Ed. Student, Mathematics Education
40. Anjaly Davis, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
41. Anna Peter, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
42. Beaula Johnson, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
43. Hyna V Edwin, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
44. Jithiya Babu KG, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
45. Josena Joseph, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
46. Kripa Maria Tomy, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
47. Niya Tony, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
48. Reshma Prakash, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
49. Seethal Xavier, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
50. Tomsy Thomas, 1<sup>st</sup> Year B.Ed. Student, Physical Science Education
51. Agaja P A , 1st Year B.Ed. Student, Natural Science Education




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52. Anjitha Peter, 1st Year B.Ed. Student, Natural Science Education
53. Athira Unnikrishnan, 1st Year B.Ed. Student, Natural Science Education
54. Jijy M Y, 1st Year B.Ed. Student, Natural Science Education
55. Jincy Joseph, 1st Year B.Ed. Student, Natural Science Education
56. Jisha C Jose, 1st Year B.Ed. Student, Natural Science Education
57. Nayana Johnson, 1st Year B.Ed. Student, Natural Science Education
58. Sari M S, 1st Year B.Ed. Student, Natural Science Education
59. Savitha Sajan, 1st Year B.Ed. Student, Natural Science Education
60. Alvina Teresa Paiva, 1st Year B.Ed. Student, Social Science Education
61. Devikrishna K B , 1st Year B.Ed. Student, Social Science Education
62. Jaimol O B, 1st Year B.Ed. Student Social Science Education
63. Kavya .K.M, 1st Year B.Ed. Student Social Science Education
64. Maria Carmel M.F, 1st Year B.Ed Student Social Science Education
65. Najuma K.S, 1st Year B.Ed. Student Social Science Education
66. Nimisha P U, 1st Year B.Ed. Student Social Science Education
67. Nimmi M D, 1st Year B.Ed. Student Social Science Education
68. Praveena.K.P , 1st Year B.Ed. Student Social Science Education
69. Saniya Rose K M, 1st Year Student Social Science Education
70. Sibil Prasad , 1st Year B.Ed. Student Social Science Education
71. Treesa Babu, 1st Year B.Ed. Student Social Science Education
72. Aneeta James, 2<sup>nd</sup> Year B.Ed Student, English Optional
73. Arya S P, 2<sup>nd</sup> Year B.Ed Student, English Optional
74. Bilby Thomas, 2<sup>nd</sup> Year B.Ed Student, English Optional
75. Ema Maria Mannaly, 2<sup>nd</sup> Year B.Ed Student, English Optional
76. Geethu Elias, 2<sup>nd</sup> Year B.Ed Student, English Optional

  
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77. Harsha. R, 2<sup>nd</sup> Year B.Ed Student, English Optional
78. M R Rekha Lakshmi, 2<sup>nd</sup> Year B.Ed Student, English Optional
79. Merin C T, 2<sup>nd</sup> Year B.Ed Student, English Optional
80. Minu Basil, 2<sup>nd</sup> Year B.Ed Student, English Optional
81. Neena Antony, 2<sup>nd</sup> Year B.Ed Student, English Optional
82. Princy K.P., 2<sup>nd</sup> Year B.Ed Student, English Optional
83. Swathi O A, 2<sup>nd</sup> Year B.Ed Student, English Optional
84. Akhila Baby M, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
85. Athira P N, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
86. Dilshana M Ismail, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
87. Jeeffena Grace.T.J, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
88. Jomol Jose, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
89. Meenu M S, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
90. Najeena N., 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
91. Neethu Babu, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
92. Sreekutty M P, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
93. Vidhya.P.B, 2<sup>nd</sup> Year B.Ed Student, Malayalam Optional
94. Anjali Lis George, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
95. Ann Mary Jacob, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
96. Blessy K B, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
97. Diya Sabu Malayil, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
98. Jincy George, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
99. Lincy Joseph, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
100. Reetha Jesma C G, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
101. Rinsana V Y, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional

  
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102. Sruthi G Pillai, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
103. Varsha.M.A, 2<sup>nd</sup> Year B.Ed Student, Mathematics Optional
104. Ancy V A, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
105. Anju Sasidharan, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
106. Arandha. K.M., 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
107. Ciya Charly, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
108. Meenu Henry, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
109. Nazli S, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
110. Riby Baby, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
111. Sneha Shajan, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
112. Sreeshma J. Bose, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
113. Thedies E J, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
114. Vismaya George, 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
115. Sumitha Simon , 2<sup>nd</sup> Year B.Ed Student, Natural Science Optional
116. Anila Mariya K Joy, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
117. Anju Sebastian, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
118. Aparna K Babu, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
119. Bini Maria Baby, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
120. Jeeshma K.J. 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
121. Maria Wilson, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
122. Mariya Rose Johny, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
123. Mariyanjaly Joseph, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
124. Meenu R S, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
125. Stephy Vaz, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional
126. Sivapriya T M, 2<sup>nd</sup> Year B.Ed Student, Physical Science Optional

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127. Aleesha Antony, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
128. Amrutha U S, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
129. Anciamma Antony, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
130. Anjaly A. K., 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
131. Arya Thyagarajan, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
132. Greeshma K M, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
133. Jasmine.P.P, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
134. Lancy Lazar, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
135. Maria Theresa, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
136. Neethu Jose, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
137. Renjana Thampy, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional
138. Rubitha Basheer, 2<sup>nd</sup> Year B.Ed Student, Social Science Optional

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## ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
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### Outreach Programme for Protecting Mangalavanam and Collection of Plastic Bottles from there

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. Bridge courses, tutorial sessions and reflective practices were incorporated into the normal schedule of the curriculum.

The college conducts various programmes and activities that promote eco-friendly practices. As part of promoting eco-friendly practices among student teachers, St. Joseph College of Teacher Education for Women, Ernakulam organized a visit to Mangalavanam Bird Sanctuary which is an ecologically sensitive area that is located at the centre of the city of Kochi in Kerala. The visit was organized by the college for the second year B. Ed student teachers on 13<sup>th</sup> February 2019. The visit could enhance the knowledge of student teachers regarding ecology. The students also collected plastic bottles dumped on the roadsides as part of protecting the environment and keeping the environment clean. The activity helped the students in developing eco consciousness and a sense of responsibility to guard nature. A total of 33, second year B.Ed. student teachers (2017-2019 batch) of St. Joseph College of Teacher Education for Women, Ernakulam participated in the activity.

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St. Joseph College of Teacher Education for Women,  
Ernakulam

**VISIT TO MANGALAVANAM,  
KOCHI AND  
COLLECTION OF PLASTIC  
BOTTLES FROM ROADSIDE**



Second Year B. Ed Students  
(2017-2019 Batch)

Date: 13th February 2019



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St. Joseph College of Teacher  
Education for Women,  
Ernakulam



## List of Students Participants

1. Adreenee Vimala M X, B.Ed Student, Natural Science Optional
2. Ancy V A, B.Ed Student, Natural Science Optional
3. Anju Sasidharan, B.Ed Student, Natural Science Optional
4. Annet Stephen, B.Ed Student, Natural Science Optional
5. Arandha. K.M., B.Ed Student, Natural Science Optional
6. Ciya Charly, B.Ed Student, Natural Science Optional
7. Deepthi Suresh, B.Ed Student, Natural Science Optional
8. Dincy.G.D, B.Ed Student, Natural Science Optional
9. Meenu Henry, B.Ed Student, Natural Science Optional
10. Nazli S, B.Ed Student, Natural Science Optional
11. Reshma Mary Zachariah, B.Ed Student, Natural Science Optional
12. Riby Baby, B.Ed Student, Natural Science Optional
13. Sneha Shajan, B.Ed Student, Natural Science Optional
14. Sreeshma J. Bose, B.Ed Student, Natural Science Optional
15. Thedies E J, B.Ed Student, Natural Science Optional
16. Vismaya George, B.Ed Student, Natural Science Optional
17. Sumitha Simon , B.Ed Student, Natural Science Optional
18. Amrutha Kuriappan, B.Ed Student, Physical Science Optional
19. Anila Mariya K Joy, B.Ed Student, Physical Science Optional
20. Anjaly Raphel, B.Ed Student, Physical Science Optional
21. Anju Sebastian, B.Ed Student, Physical Science Optional
22. Aparna K Babu, B.Ed Student, Physical Science Optional




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23. Asha Maria Jose, B.Ed Student, Physical Science Optional
24. Bini Maria Baby, B.Ed Student, Physical Science Optional
25. Jeeshma K.J. B.Ed Student, Physical Science Optional
26. Maria Wilson, B.Ed Student, Physical Science Optional
27. Mariya Rose Johny, B.Ed Student, Physical Science Optional
28. Mariyanjaly Joseph, B.Ed Student, Physical Science Optional
29. Mary Maya Alexander, B.Ed Student, Physical Science Optional
30. Meenu R S, B.Ed Student, Physical Science Optional
31. Stephy Vaz, B.Ed Student, Physical Science Optional
32. Zeneeta Ann D'rose, B.Ed Student, Physical Science Optional
33. Sivapriya T M, B.Ed Student, Physical Science Optional

  
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## ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

### Outreach Programme : Collection of Plastic Bottles from Road side along Police Headquarters, Menaka Junction.

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. Bridge courses, tutorial sessions and reflective practices were incorporated into the normal schedule of the curriculum.

The college conducts various programmes and activities that promote eco-friendly practices. As part of promoting eco-friendly practices among student teachers, St. Joseph College of Teacher Education for Women, Ernakulam organized a visit to different areas at the centre of the city of Kochi in Kerala. The visit was organized by the college for the second year B. Ed student teachers on 13<sup>th</sup> February 2019. The visit could enhance the knowledge of student teachers regarding ecology. The students also collected plastic bottles dumped on the roadsides as part of protecting the environment and keeping the environment clean. They then brought these to the campus and gave them for recycling. The activity helped the students in developing eco consciousness and a sense of responsibility to guard nature. A total of 32, second year B.Ed. student teachers (2017-2019 batch) of St. Joseph College of Teacher Education for Women, Ernakulam participated in the activity.

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





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List of Students Participants

1. Amrutha Joy, B.Ed Student, English Optional
2. Aneeta James, B.Ed Student, English Optional
3. Anju John, B.Ed Student, English Optional
4. Arya S P, B.Ed Student, English Optional
5. Bilby Thomas, B.Ed Student, English Optional
6. Della. C.S, B.Ed Student, English Optional
7. Ema Maria Mannaly, B.Ed Student, English Optional
8. Geethu Elias, B.Ed Student, English Optional
9. Harsha. R, B.Ed Student, English Optional
10. Jinu Rose E V, B.Ed Student, English Optional
11. M R Rekha Lakshmi, B.Ed Student, English Optional
12. Maria Jeena Sebastian, B.Ed Student, English Optional
13. Merin C T, B.Ed Student, English Optional
14. Minu Basil, B.Ed Student, English Optional
15. Neena Antony, B.Ed Student, English Optional
16. Princy K.P., B.Ed Student, English Optional
17. Rose Mary Mathew, B.Ed Student, English Optional

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18. Swathi O A, B.Ed Student, English Optional
19. Akhila Baby M, B.Ed Student, Malayalam Optional
20. Anu George, B.Ed Student, Malayalam Optional
21. Athira P N, B.Ed Student, Malayalam Optional
22. Dilshana M Ismail, B.Ed Student, Malayalam Optional
23. Jeffeena Grace.T.J, B.Ed Student, Malayalam Optional
24. Jomol Jose, B.Ed Student, Malayalam Optional
25. Mary Anjaly Vaz, B.Ed Student, Malayalam Optional
26. Meenu M S, B.Ed Student, Malayalam Optional
27. Najeeena N., B.Ed Student, Malayalam Optional
28. Neethu Babu, B.Ed Student, Malayalam Optional
29. Sagara S, B.Ed Student, Malayalam Optional
30. Sreekutty M P, B.Ed Student, Malayalam Optional
31. Veena Thampy, B.Ed Student, Malayalam Optional
32. Vidhya.P.B, B.Ed Student, Malayalam Optional

  
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## ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

### Outreach Programme : Collection of Plastic Bottles from Road side along Marine Drive Kochi

St. Joseph College of Teacher Education for Women, Ernakulam always strived to arrange activities with a focus on improving the quality of future teachers and for nurturing responsible teachers with competence, commitment, and values. Bridge courses, tutorial sessions and reflective practices were incorporated into the normal schedule of the curriculum.

The college conducts various programmes and activities that promote eco-friendly practices. As part of promoting eco-friendly practices among student teachers, St. Joseph College of Teacher Education for Women, Ernakulam organized a visit to different areas at the centre of the city of Kochi in Kerala. The visit was organized by the college for the second year B. Ed student teachers on 13<sup>th</sup> February 2019. The visit could enhance the knowledge of student teachers regarding ecology. The students also collected plastic bottles dumped on the roadsides of Marine Drive, Kochi, as part of protecting the environment and keeping the environment clean. They then brought these to the campus and gave them for recycling. The activity helped the students in developing eco consciousness and a sense of responsibility to guard nature. A total of 33, second year B.Ed. student teachers (2017-2019 batch) of St. Joseph College of Teacher Education for Women, Ernakulam participated in the activity.

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List of Student teachers who participated in the outreach programme at Marine Drive Kochi.

1. Anjali Lis George, B.Ed Student, Mathematics Optional
2. Anjaly Rajan, B.Ed Student, Mathematics Optional
3. Ann Mary Jacob, B.Ed Student, Mathematics Optional
4. Anusha S., B.Ed Student, Mathematics Optional
5. Blessy K B, B.Ed Student, Mathematics Optional
6. Diya Sabu Malayil, B.Ed Student, Mathematics Optional
7. Donna Pinheiro, B.Ed Student, Mathematics Optional
8. Jincy George, B.Ed Student, Mathematics Optional
9. Lincy Joseph, B.Ed Student, Mathematics Optional
10. Reetha Jesma C G, B B.Ed Student, Mathematics Optional
11. Rinsana V Y, B.Ed Student, Mathematics Optional
12. Ruqzana Hakkim, B.Ed Student, Mathematics Optional

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13. Sanjuna Peter, B.Ed Student, Mathematics Optional
14. Sharon Sebastian, B.Ed Student, Mathematics Optional
15. Sruthi G Pillai, B.Ed Student, Mathematics Optional
16. Varsha.M.A, B.Ed Student, Mathematics Optional
17. Aleesha Antony, B.Ed Student, Social Science Optional
18. Amrutha U S, B.Ed Student, Social Science Optional
19. Anciamma Antony, B.Ed Student, Social Science Optional
20. Anjaly A. K., B.Ed Student, Social Science Optional
21. Arya Thyagarajan, B.Ed Student, Social Science Optional
22. Chris Monic Xavier, B.Ed Student, Social Science Optional
23. Greeshma K M, B.Ed Student, Social Science Optional
24. Jasmine.P.P, B.Ed Student, Social Science Optional
25. Lancy Lazar, B.Ed Student, Social Science Optional
26. Maria Theresa, B.Ed Student, Social Science Optional
27. Neethu Jose, B.Ed Student, Social Science Optional
28. Renjana Thampy, B.Ed Student, Social Science Optional
29. Rincy K A, B.Ed Student, Social Science Optional
30. Rubitha Basheer, B.Ed Student, Social Science Optional
31. Sherin Samuel, B.Ed Student, Social Science Optional
32. Sona Sain, B.Ed Student, Social Science Optional
33. Stella Mary, B.Ed Student, Social Science Optional

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