



St. Joseph College of Teacher Education for Women Ernakulam



Criterion III- Research and Outreach Activities

**3.3.3.: Documentary Evidence for
National Priority Programmes Organised and
Details of Student Participation in Each Activity for the Year
2019-2020**

Submitted to

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



ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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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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.

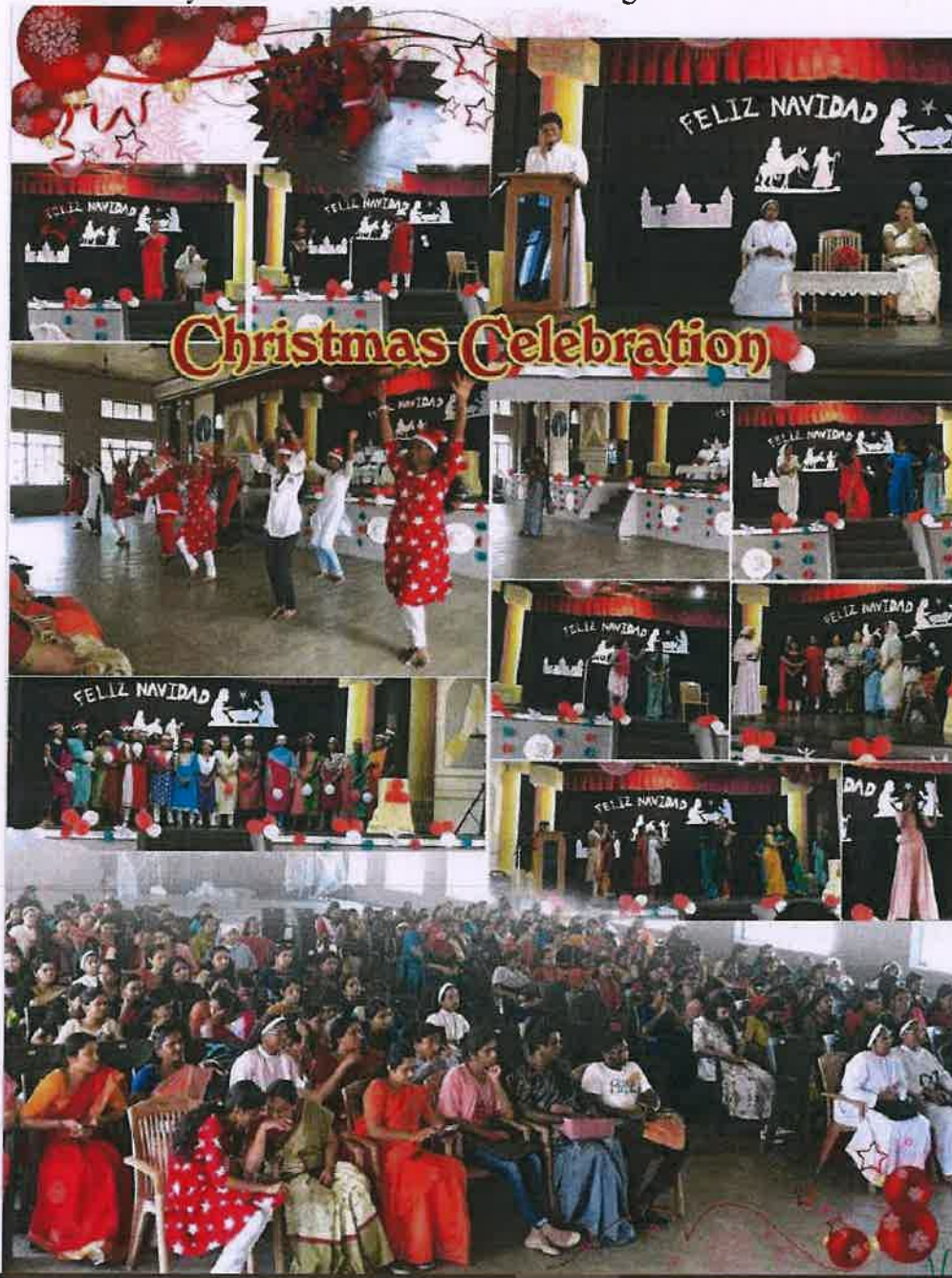
Impact and Conclusion: The interaction and Christmas celebration with the transgender community were a significant step towards promoting social inclusivity and empathy among

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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, 2nd Year, B.Ed. Student English Education
2. Aashya Antony, 2nd Year B.Ed. Student English Education
3. Anjana Suresh, 2nd Year B.Ed. Student English Education
4. Chandni Babu, 2nd Year B.Ed. Student English Education
5. Christeena A J, 2nd Year B.Ed. Student English Education
6. Gayathri S Therroth, 2nd Year B.Ed. Student English Education
7. Greeshma V, 2nd Year B.Ed. Student English Education
8. Jinu Jose, 2nd Year B.Ed. Student English Education
9. Minnu George, 2nd Year B.Ed. Student English Education
10. Neethima K N, 2nd Year B.Ed. Student English Education
11. Niveditha U M, 2nd Year B.Ed. Student English Education
12. Ritu Jose, 2nd Year B.Ed. Student English Education
13. Roshni Celin, 2nd Year B.Ed. Student English Education
14. Sandra Johny, 2nd Year B.Ed. Student English Education
15. Sandra Maria Kuriakose, 2nd Year B.Ed. Student English Education
16. Saranya M S, 2nd Year B.Ed. Student English Education
17. Arya Janardhanan, 2nd Year B.Ed. Student Malayalam Education
18. Bincy Eldose, 2nd Year B.Ed. Student Malayalam Education
19. Biyamol Augustine, 2nd Year B.Ed. Student Malayalam Education
20. Blessy Baby, 2nd Year B.Ed. Student Malayalam Education
21. Greeshma Cherian, 2nd Year B.Ed. Student Malayalam Education
22. Linta Rani George, 2nd Year B.Ed. Student Malayalam Education
23. Neenu Sara, 2nd Year B.Ed. Student Malayalam Education
24. Neeraja Ps. 2nd Year B.Ed. Student Malayalam Education
25. Selna Joseph, 2nd Year B.Ed. Student Malayalam Education
26. Anjaly I M, 2nd Year B.Ed. Student Mathematics Education
27. Aparna Sanjay, 2nd Year B.Ed. Student Mathematics Education
28. Deyana K E, 2nd Year B.Ed. Student Mathematics Education
29. Elizabeth Xavier Fernandez, 2nd Year B.Ed. Student Mathematics Education
30. Elsa Joy, 2nd Year B.Ed. Student Mathematics Education
31. Hariyat N L, 2nd Year B.Ed. Student Mathematics Education
32. Jean Rocha, 2nd Year B.Ed. Student Mathematics Education
33. Kavya V Sathyan, 2nd Year B.Ed. Student Mathematics Education
34. Merin J Kaniyarakam, 2nd Year B.Ed. Student Mathematics Education
35. Sona Varghese, 2nd Year B.Ed. Student Mathematics Education
36. Vithya.A, 2nd Year B.Ed. Student Mathematics Education
37. Anjaly Davis, 2nd Year B.Ed. Student Physical Science Education
38. Anna Francis, 2nd Year B.Ed. Student Physical Science Education
39. Anna Peter, 2nd Year B.Ed. Student Physical Science Education
40. Beaula Johnson, 2nd Year B.Ed. Student Physical Science Education
41. Hyna V Edwin, 2nd Year B.Ed. Student Physical Science Education
42. Jithiya Babu Kg, 2nd Year B.Ed. Student Physical Science Education
43. Jithu Traisy Jelin, 2nd Year B.Ed. Student Physical Science Education
44. Josena Joseph, 2nd Year B.Ed. Student Physical Science Education
45. Kripa Maria Tomy, 2nd Year B.Ed. Student Physical Science Education


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47. Reshma Prakash , 2nd Year B.Ed. Student Physical Science Education
48. Seethal Xavier, 2nd Year B.Ed. Student Physical Science Education
49. Shilpa C Baiju , 2nd Year B.Ed. Student Physical Science Education
50. Tomsy Thomas, 2nd Year B.Ed. Student Physical Science Education
51. Afeefa Ihsana A B, 2nd Year B.Ed. Student Natural Science Education
52. Agaja P A , 2nd Year B.Ed. Student Natural Science Education
53. Anjitha Peter, 2nd Year B.Ed. Student Natural Science Education
54. Jijy M Y, 2nd Year B.Ed. Student Natural Science Education
55. Jincy Joseph, 2nd Year B.Ed. Student Natural Science Education
56. Jisha C Jose, 2nd Year B.Ed. Student Natural Science Education
57. Lisinta Sivan , 2nd Year B.Ed. Student Natural Science Education
58. Namitha .E.N , 2nd Year B.Ed. Student Natural Science Education
59. Nayana Johnson ,2nd Year B.Ed. Student Natural Science Education
60. Sari M S , 2nd Year B.Ed. Student Natural Science Education
61. Savitha Sajan, 2nd Year B.Ed. Student Natural Science Education
62. Sruthymol A S , 2nd Year B.Ed. Student Natural Science Education
63. Sweeka Elizabeth Varghese, 2nd Year B.Ed. Student Natural Science Education
64. Alvina Teresa Paiva, 2nd Year B.Ed. Student Social Science Education
65. Catherin Akhina, 2nd Year B.Ed. Student Social Science Education
66. Devikrishna K B ,2nd Year B.Ed. Student Social Science Education
67. Dhanalekshmi T D ,2nd Year B.Ed. Student Social Science Education
68. Greshma Rose, 2nd Year B.Ed. Student Social Science Education
69. Najuma K.S , 2nd Year B.Ed. Student Social Science Education
70. Nimisha P U , 2nd Year B.Ed. Student Social Science Education
71. Nimmi M D, 2nd Year B.Ed. Student Social Science Education
72. Praveena.K.P , 2nd Year B.Ed. Student Social Science Education
73. Saniya Rose K M, 2nd Year B.Ed. Student Social Science Education
74. Sayana Ramchandran E , 2nd Year B.Ed. Student Social Science Education
75. Shahana P S, 2nd Year B.Ed. Student Social Science Education
76. Sibil Prasad , 2nd Year B.Ed. Student Social Science Education
77. Treesa Babu, 2nd Year B.Ed. Student Social Science Education
78. Amala Anna Thomas , 1st Year B.Ed. Student English Education
79. Amreetha S James , 1st Year B.Ed. Student Year English Education
80. Anusree Venu, 1st Year B.Ed. Student English Education
81. Devika S, 1st Year B.Ed. Student English Education
82. Hridya Joly, 1st Year B.Ed. Student English Education
83. Jefin Job, 1st Year B.Ed. Student English Education
84. Jyothis K Devasia, 1st Year B.Ed. Student English Education
85. Keerthana Krishnan, 1st Year B.Ed. Student English Education
86. Nandita B Shenoy, 1st Year B.Ed. Student English Education
87. Neethu Peter, 1st Year B.Ed. Student English Education
88. Preetha T P , 1st Year B.Ed. Student English Education
89. Reshma C Ratheesh 1st Year B.Ed. Student English Education
90. Sandra P K 1st Year B.Ed. Student English Education
91. Sara Stephen 1st Year B.Ed. Student English Education

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92. Anjali . K.Thankappan 1st Year B.Ed. Student Malayalam Education
93. Anntreesa J Kappen 1st Year B.Ed. Student Malayalam Education
94. Athira M M 1st Year B.Ed. Student Malayalam Education
95. Jyothi G. 1st Year B.Ed. Student Malayalam Education
96. Linet Maria K 1st Year B.Ed. Student Malayalam Education
97. Sandhya Poulouse 1st Year B.Ed. Student Malayalam Education
98. Sandra Saju 1st Year B.Ed. Student Malayalam Education
99. Shelga Jacob 1st Year B.Ed. Student Malayalam Education
100. Shijila P N 1st Year B.Ed. Student Malayalam Education
101. Sinimol P T 1st Year B.Ed. Student Malayalam Education
102. Sisira S 1st Year B.Ed. Student Malayalam Education
103. Vincy P V 1st Year B.Ed. Student Malayalam Education
104. Aiswarya P T 1st Year B.Ed. Student Mathematics Education
105. Aleena Mary 1st Year B.Ed. Student Mathematics Education
106. Anju George 1st Year B.Ed. Student Mathematics Education
107. Asha Joseph 1st Year B.Ed. Student Mathematics Education
108. Chithralekha R 1st Year B.Ed. Student Mathematics Education
109. Priyanka K T 1st Year B.Ed. Student Mathematics Education
110. Raveena T V 1st Year B.Ed. Student Mathematics Education
111. Rita Rose John 1st Year B.Ed. Student Mathematics Education
112. Somya Mathew 1st Year B.Ed. Student Mathematics Education
113. Sruthy K. Shaju 1st Year B.Ed. Student Mathematics Education
114. Susan Neenu 1st Year B.Ed. Student Mathematics Education
115. Theresa Sebi 1st Year B.Ed. Student Mathematics Education
116. Annmary Jose 1st Year B.Ed. Student Physical Science Education
117. Christina Louis 1st Year B.Ed. Student Physical Science Education
118. Deena Mathew 1st Year B.Ed. Student Physical Science Education
119. Ishida K B 1st Year B.Ed. Student Physical Science Education
120. Jeen Mary A J 1st Year B.Ed. Student Physical Science Education
121. Livi George 1st Year B.Ed. Student Physical Science Education
122. Liya Joseph 1st Year B.Ed. Student Physical Science Education
123. Liya Rose 1st Year B.Ed. Student Physical Science Education
124. Maria Rose Varghese 1st Year B.Ed. Student Physical Science Education
125. Mariya Jesleena Martin 1st Year B.Ed. Student Physical Science Education
126. Mary Nivitha Bivera 1st Year B.Ed. Student Physical Science Education
127. Sneha Mol K J 1st Year B.Ed. Student Physical Science Education
128. Thahira M A 1st Year B.Ed. Student Physical Science Education
129. Abhilasha K P 1st Year B.Ed. Student Natural Science Education
130. Akheena Thomas 1st Year B.Ed. Student Natural Science Education
131. Amrutha K H 1st Year B.Ed. Student Natural Science Education
132. Anu Maria K J 1st Year B.Ed. Student Natural Science Education
133. Christy P P 1st Year B.Ed. Student Natural Science Education
134. Deepthi George 1st Year B.Ed. Student Natural Science Education
135. Dhanyamol L 1st Year B.Ed. Student Natural Science Education
136. Greetta James 1st Year B.Ed. Student Natural Science Education
137. Maria Sonet K G 1st Year B.Ed. Student Natural Science Education



138. Mary Rilil Arooja, 1st Year B.Ed. Student Natural Science Education
139. Minumol Johnson 1st Year B.Ed. Student Natural Science Education
140. Neethu Ursala P G 1st Year B.Ed. Student Natural Science Education
141. Reshma P P 1st Year B.Ed. Student Natural Science Education
142. Amrutha S V 1st Year B.Ed. Student Social Science Education
143. Anjaly M B 1st Year B.Ed. Student Social Science Education
144. Anjana K M 1st Year B.Ed. Student Social Science Education
145. Anju P Tomy 1st Year B.Ed. Student Social Science Education
146. Annaet O J 1st Year B.Ed. Student Social Science Education
147. Aswathy Peter 1st Year B.Ed. Student Social Science Education
148. Bilby Babu 1st Year B.Ed. Student Social Science Education
149. Blessy Jacob 1st Year B.Ed. Student Social Science Education
150. Dona Garvasis 1st Year B.Ed. Student Social Science Education
151. Faseela U S 1st Year B.Ed. Student Social Science Education
152. Fousiya K N 1st Year B.Ed. Student Social Science Education
153. Gopika Rajagopal 1st Year B.Ed. Student Social Science Education
154. Granes P Joshy 1st Year B.Ed. Student Social Science Education
155. Lincy B J 1st Year B.Ed. Student Social Science Education

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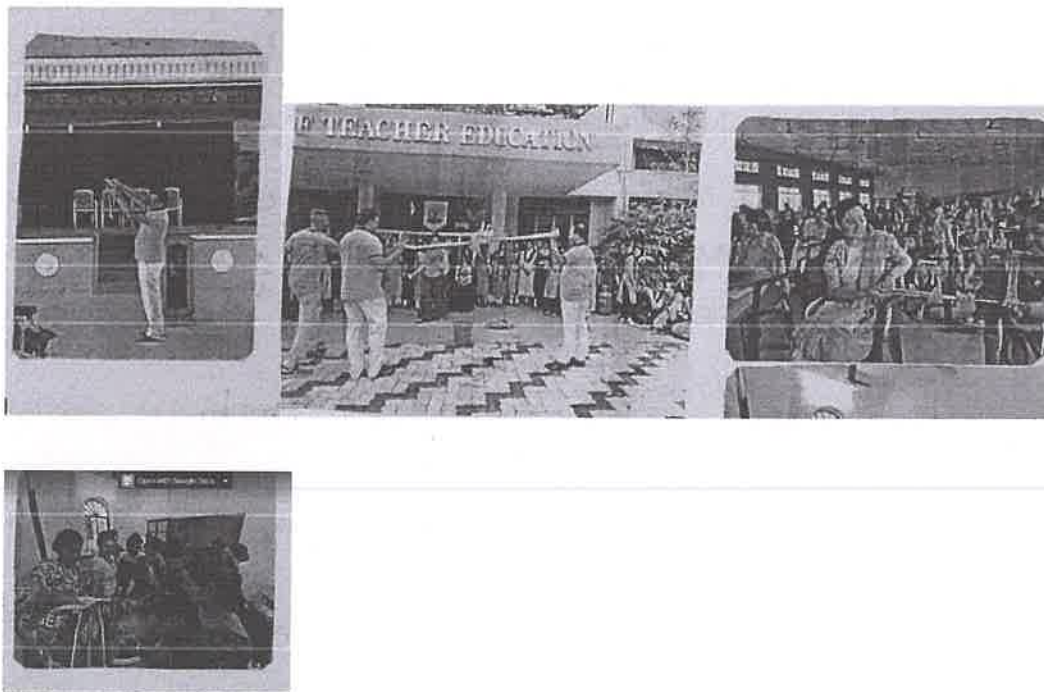




**St Joseph College of Teacher Education for Women, Ernakulam
Awareness Programme on Disaster Management and Self Defence
Mechanism**

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.	AFFEEFA IHSANA A B	B.Ed. Student Natural Science Education
64.	AGAJA P A	B.Ed. Student Natural Science Education
65.	ANJITHA PETER	B.Ed. Student Natural Science Education
66.	ANUMOL M G	B.Ed. Student Natural Science Education
67.	ATHIRA UNNIKRISHNAN	B.Ed. Student Natural Science Education
68.	BLESSY TREASA	B.Ed. Student Natural Science Education
69.	JIJY M Y	B.Ed. Student Natural Science Education
70.	JINCY JOSEPH	B.Ed. Student Natural Science Education
71.	JISHA C JOSE	B.Ed. Student Natural Science Education
72.	LISINTA SIVAN	B.Ed. Student Natural Science Education
73.	NAMITHA .E.N	B.Ed. Student Natural Science Education
74.	NAYANA JOHNSON	B.Ed. Student Natural Science Education
75.	SARI M S	B.Ed. Student Natural Science Education
76.	SAVITHA SAJAN	B.Ed. Student Natural Science Education
77.	SRUTHYMOL A S	B.Ed. Student Natural Science Education
78.	SWEEKA ELIZABETH VARGHESE	B.Ed. Student Natural Science Education
79.	ALVINA TERESA PAIVA	B.Ed. Student Social Science Education
80.	CATHERIN AKHINA	B.Ed. Student Social Science Education
81.	DEVIKRISHNA K B	B.Ed. Student Social Science Education
82.	DHANALEKSHMI T D	B.Ed. Student Social Science Education
83.	GRESHMA ROSE	B.Ed. Student Social Science Education
84.	JAIMOL O B	B.Ed. Student Social Science Education
85.	KAVYA .K.M	B.Ed. Student Social Science Education
86.	MARIA CARMEL M.F	B.Ed. Student Social Science Education
87.	NAJUMA K.S	B.Ed. Student Social Science Education
88.	NIMISHA P U	B.Ed. Student Social Science Education
89.	NIMMI M D	B.Ed. Student Social Science Education

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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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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
2.	Aashya Antony	B.Ed. Student English Education
3.	Anjana Suresh	B.Ed. Student English Education
4.	Chandni Babu	B.Ed. Student English Education
5.	Christeena A J	B.Ed. Student English Education
6.	Gayathri S Therroth	B.Ed. Student English Education
7.	Greeshma V	B.Ed. Student English Education
8.	Jinu Jose	B.Ed. Student English Education
9.	Minnu George	B.Ed. Student English Education
10.	Neethima K N	B.Ed. Student English Education
11.	Niveditha U M	B.Ed. Student English Education
12.	Ritu Jose	B.Ed. Student English Education
13.	Roshni Celin	B.Ed. Student English Education
14.	Sandra Johny	B.Ed. Student English Education
15.	Sandra Maria Kuriakose	B.Ed. Student English Education
16.	Saranya M S	B.Ed. Student English Education
17.	Sruthy Sabu	B.Ed. Student English Education

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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
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28.	Linta Rani George	B.Ed. Student Malayalam Education
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30.	Neeraja Ps	B.Ed. Student Malayalam Education
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47.	Sona Varghese	B.Ed. Student Mathematics Education
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50.	Anna Francis	B.Ed. Student Physical Science Education
51.	Anna Peter	B.Ed. Student Physical Science Education
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53.	Hyna V Edwin	B.Ed. Student Physical Science Education
54.	Jithiya Babu Kg	B.Ed. Student Physical Science Education
55.	Jithu Traisy Jelin	B.Ed. Student Physical Science Education
56.	Josena Joseph	B.Ed. Student Physical Science Education
57.	Kripa Maria Tomy	B.Ed. Student Physical Science Education
58.	Niya Tony	B.Ed. Student Physical Science Education
59.	Reshma Prakash	B.Ed. Student Physical Science Education
60.	Seethal Xavier	B.Ed. Student Physical Science Education

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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
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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(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
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