



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
2020-2021**

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)

Multi Skill Development Programme

Webinar on 'Introduction to Google Classroom'

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



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



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 13th 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

Dr. Alice Joseph
Principal in Charge
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>



Brochure for the webinar on 'introduction to Google Classroom'

Multi Skill Development Programme

Webinar on 'Introduction to Google Classroom'

Programme Details

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

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 Rilu 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

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

Name of the Event	'Let's Go for a Sustainable World'- World Nature Conservation Day Programme, 2020
Objectives	<ol style="list-style-type: none"> 1. To raise the awareness of the value of natural resources and its conservation 2. To promote environment friendly behavior among student teachers 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 4. To create awareness among student teachers to protect the environment and to stop it from deteriorating due to human activities
Details of Event Coordinators	B Ed. Natural Science Optional St. Joseph College of Teacher Education for Women, Ernakulam
Details of Resource Person	Dr. Alice Joseph Principal, St. Joseph College of Teacher Education for Women, Ernakulam
Date	28/07/2020
Time	3.00 PM- 4.00 PM
Duration	1 Hour
Beneficiaries	Student teachers-88, Faculty- 12
Platform	Google Meet
Meet Link	https://meet.google.com/qrv-xvsk-qby





‘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 28th 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 Rilu 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 requires 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.

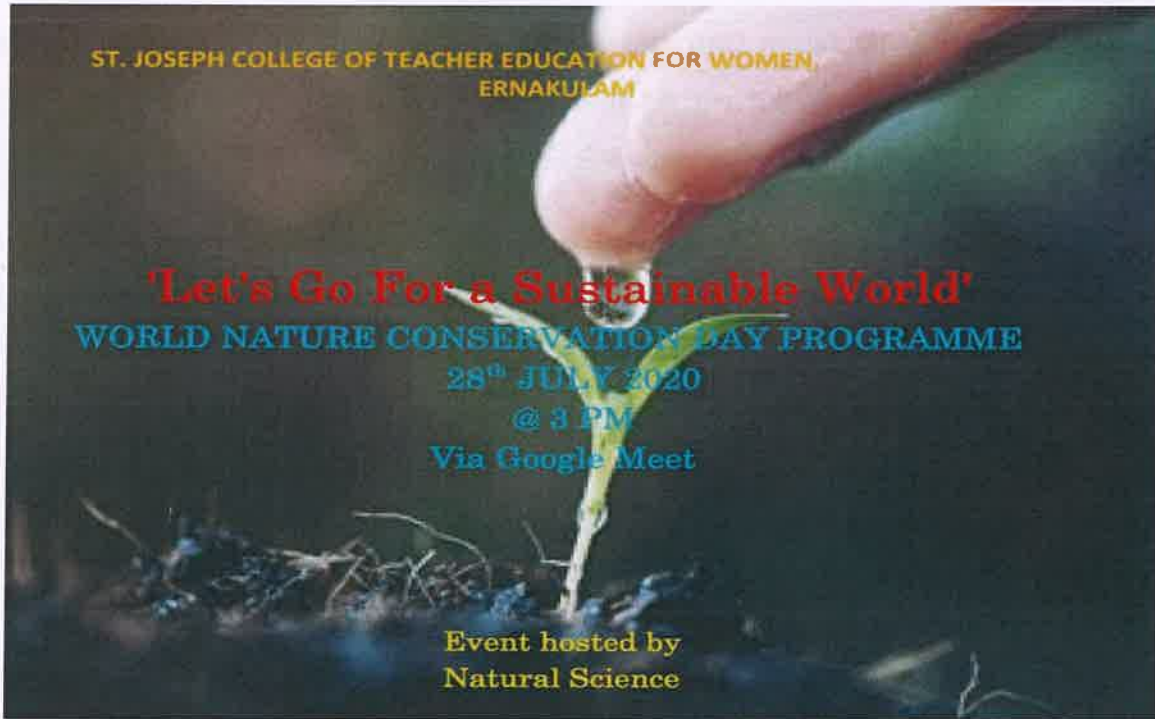
The whole programme was informative and beneficial for the student teachers. They could enhance their knowledge base and could improve responsible behavior in terms of protecting the environment in which they live in, in order to promote sustainability. The programme winded up at 4.00 P.M with the vote 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
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Brochure for World Nature Conservation Day programme 2020

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

Programme Details

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

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 Riluu 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)
59	Susan Neenu	2019-2021 batch (B Ed. Mathematics)
60	Ishida K B	2019-2021 batch (B Ed. Physical Science)
61	Jeen Mary A J	2019-2021 batch (B Ed. Physical Science)
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)
69	Shelga Jacob	2019-2021 batch (B Ed. Malayalam)
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)

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
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Interactive session

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

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



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 30th 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,
 Ernakulam

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

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

Programme Details

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

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)
11	Neethu Peter	2019-2021 batch (B Ed. English)
12	Preetha T P	2019-2021 batch (B Ed. English)
13	Reshma C Ratheesh	2019-2021 batch (B Ed. English)
14	Sandra P K	2019-2021 batch (B Ed. English)
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)
50	Shelga Jacob	2019-2021 batch (B Ed. Malayalam)
51	Shijila P N	2019-2021 batch (B Ed. Malayalam)
52	Sinimol P T	2019-2021 batch (B Ed. Malayalam)
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)
86	Lincy Jude	2019-2021 batch (B Ed. Social science)
87	Sujitha Jose	2019-2021 batch (B Ed. Social science)
88	Aiswarya P T	2019-2021 batch (B Ed. Mathematics)
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)
92	Chithralekha R	2019-2021 batch (B Ed. Mathematics)
93	Shelja Philomina C.A	2019-2021 batch (B Ed. Natural Science)
94	Anju P Tomy	2019-2021 batch (B Ed. Social Science)
95	Faseela U S	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)

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"> 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 2. Create an action plan for initiatives in the four categories of the VENTEL Action Plan that have been identified: self-reliance, Swachhta & health, community/field engagement, and vocational education. 3. Learn about/discuss some of the finest practices in the four categories of VENTEL, which includes vocational education, Swachhta & health, self-reliance, and community/field engagement. 4. Implement the listed exercises at/from home and present online to the faculty and peer group. 5. Clearly understand the student reporting format for VENTEL activities for submission and presentation at competitions at the institutional, regional, and national levels. 6. Understand the standards for submitting student VENTEL activities for competitions at the institutional, regional, and national levels.
Details of Resource Person	<p>Ms. Anu Cleetus Coordinator & 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	https://meet.google.com/ccb-fjcd-pyb

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 23rd 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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- ✦ 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

**VENTEL
ACTION
PLAN**

Virtual Workshop
23rd 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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Dr. Alice Joseph
Principal in Charge
St. Joseph College of Teacher
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Ernakulam





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

Programme details

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

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)
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61	Sithara Joshy	2019-2021 batch(B Ed. Natural Science)
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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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Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

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

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


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



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 8th 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

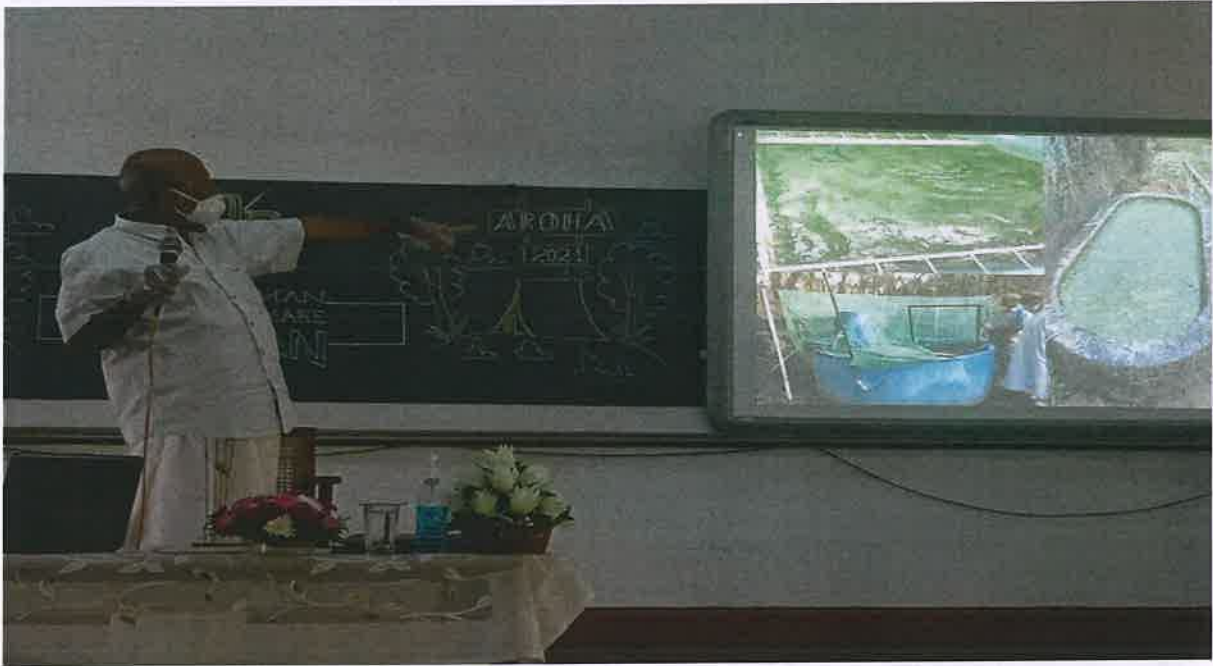
Speaker- Mr. Prince Mathew
(Farmer)

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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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

Name of the Event	‘Care for Nature’ - Practice session on Organic Farming, 2021
Date	08/02/2021
Time	10.00AM- 1.30 PM
Duration	3 hours and 30 minutes
Beneficiaries	Student teachers- 97, Faculty- 3
Event Venue	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)
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36	Sithara Joshy	2019-2021 batch (B Ed. Natural Science)
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59	Dona Garvavis	2019-2021 batch (B Ed. Social science)
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69	Annamary Jose	2019-2021 batch (B Ed. Physical Science)


 Dr. Alice Joseph
 Principal in Charge
 St. Joseph College of Teacher
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70	Christina Louis	2019-2021 batch (B Ed. Physical Science)
71	Deena Mathew	2019-2021 batch (B Ed. Physical Science)
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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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(Affiliated to Mahatma Gandhi University, Kottayam)

'Jagratha', 2021- Seminar on Domestic Violence

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

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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 10th 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 26th 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

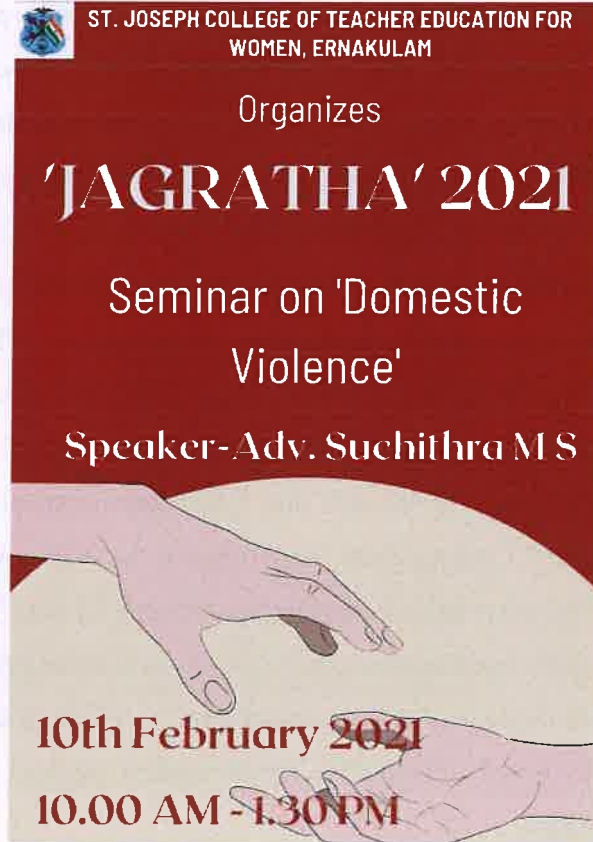
After the seminar on domestic violence, a small film review session was conducted at 12.00 PM. A total of 5 short films related to domestic violence were presented and after watching each movie its review were done. It was indeed a thought provoking and reflective session for the students. The session 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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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**

Name of the Event	'Jagratha', 2021- Seminar on Domestic Violence
Date	10/02/2021
Time	10.00AM- 1.30 PM
Duration	3 hours and 30 minutes
Beneficiaries	Student teachers- 97, Faculty- 3
Event Venue	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)
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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

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


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



‘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 11th 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.


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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

Name of the Event	'Know Yourself' - A Seminar on Women Hygiene and Post Pandemic Stress Management, 2021
Date	11/02/2021
Time	10.00AM- 12.00 PM
Duration	2 hours
Beneficiaries	Student teachers- 97, Faculty- 3
Event Venue	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:

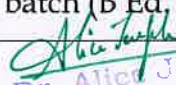
Sl. No	Name	Batch
1	Amala Anna Thomas	2019-2021 batch (B Ed. English)
2	Amreetha S James	2019-2021 batch (B Ed. English)
3	Annu Jose	2019-2021 batch (B Ed. English)
4	Anjali K Thankappan	2019-2021 batch (B Ed. Malayalam)
5	Anntreesa J Kappen	2019-2021 batch (B Ed. Malayalam)
6	Athira M.M	2019-2021 batch (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	Linnet 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)




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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)
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 Poullose	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)

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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.

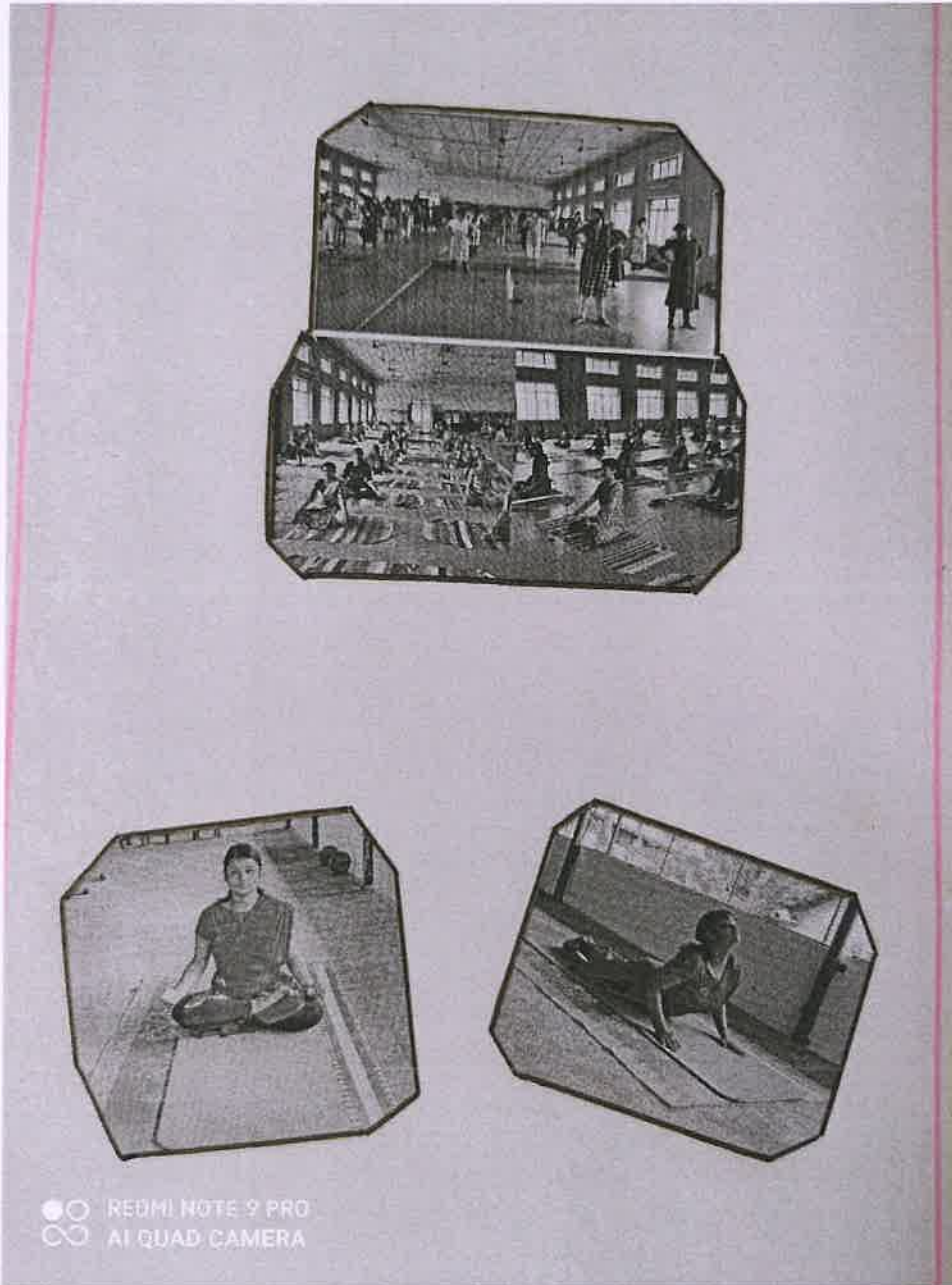
5. Yoga for Mental Health:

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

International Women's Day, 2021

Name of the Event	International Women's Day, 2021
Objectives	<ol style="list-style-type: none"> 1. To commemorate the development of gender equality and empowerment of women 2. To promote gender equality and honour women's achievements 3. Strive for universal strengthening of gender equality
Details of event coordinators	Women Cell St. Joseph College of Teacher Education for Women Ernakulam
Details of Chief-Guest	Ms. Sera Paul Thengungal Activation and Culinary Consultant (Sampling Section) Nestlé India Limited
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	https://meet.google.com/sgo-jboi-qjt



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International Women's Day, 2021

Programme Report

Every year, International Women's Day is celebrated on 8th 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 9th 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.

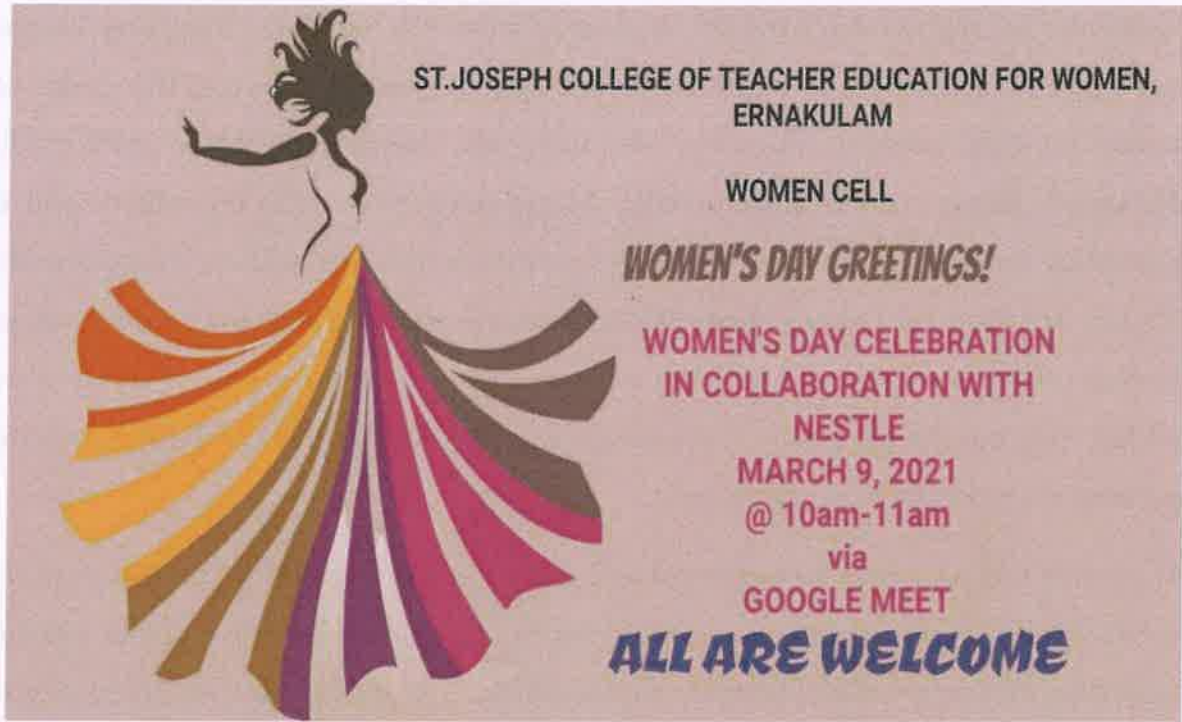
International Women's Day, 2021

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Photo Gallery

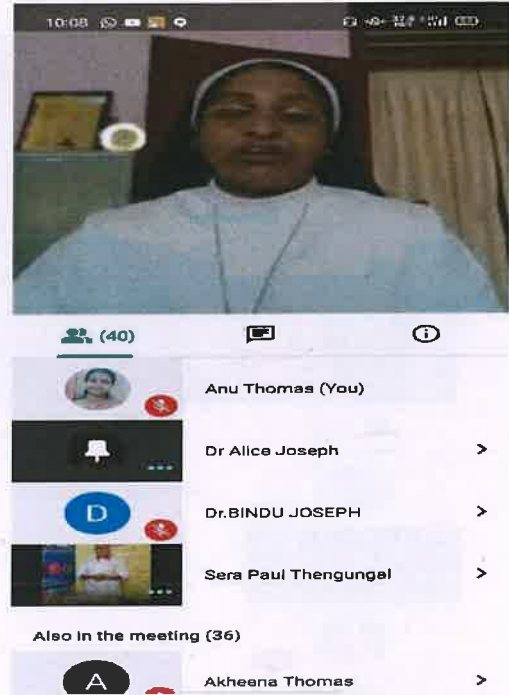
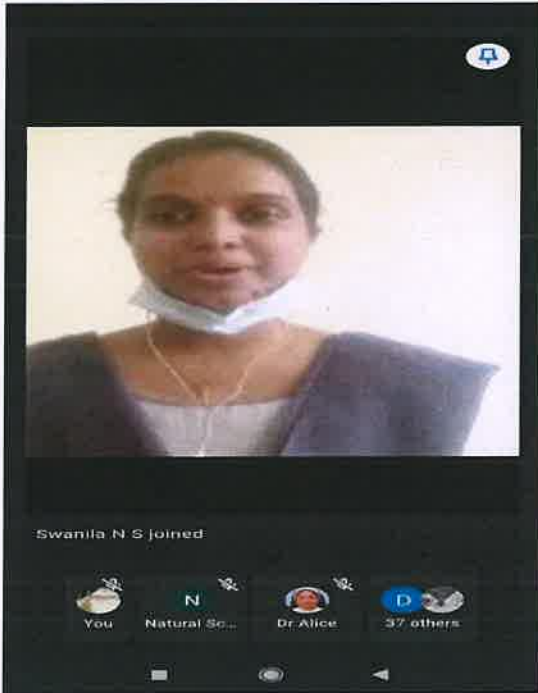


Event poster for International Women's Day Celebration, 2021 held by St. Joseph College of Teacher Education for Women, Ernakulam via Google Meet

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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

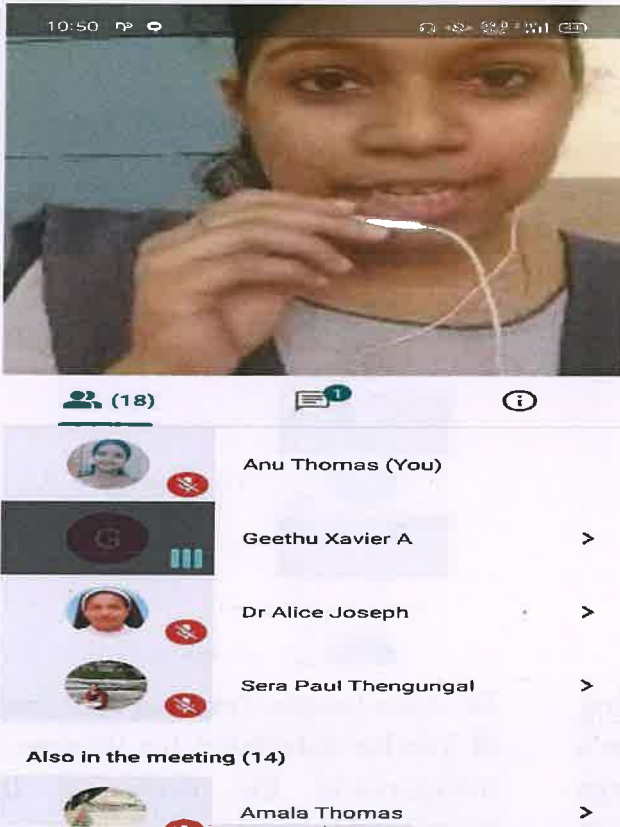
Dr. Alice Joseph, Principal at St. Joseph College of Teacher Education for Women, Ernakulam inaugurating the event of International Women’s Day Celebration, 2021



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	https://meet.google.com/sgo-jboi-qjt

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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 St. Joseph College of Teacher
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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)
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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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