



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
2021-2022**

Submitted to

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



ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

World Environment Day Celebration, 2021

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



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

World Environment Day Celebration, 2021

Programme Report

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

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

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



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

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

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

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





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

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

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


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World Environment Day Celebration, 2021

Photo Gallery



St Joseph College of Teacher Education for Women, Ernakulam

Nature Club

Rithu 2K21 - 'Let oceans bloom green'

Cordially invite you to celebrate

WORLD ENVIRONMENT DAY 5 JUNE 2021

REIMAGINE
RECREATE
RESTORE

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

UN 50
ANNIVERSARY

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



REIMAGINE
RECREATE
RESTORE

St Joseph College of Teacher Education for Women, Ernakulam

Nature Club

Rithu 2K21 - 'Let oceans bloom green'

Cordially invite you to celebrate

WORLD ENVIRONMENT DAY
Theme: Ecological Restoration

PROGRAMME:

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

On 5th June, 2021, Saturday (2:00-3:00PM)

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

Brochures for the World Environment Day celebration, 2021

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Josephite Family celebrating World Environment day, 2021 via Google meet



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



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



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

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



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



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



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

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



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



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



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

World Environment Day Celebration, 2021

Programme Details

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



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List of Participants

Faculty members list:

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

Student teachers list:

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



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



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

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

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'AKSHARAM'- International Literacy Day Celebration, 2021

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



'AKSHARAM'- International Literacy Day Celebration, 2021

Programme Report

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

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



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

The key programme activities for International literacy day celebration included:

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

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

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



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

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

'AKSHARAM'- International Literacy Day Celebration, 2021

Photo Gallery

St. Joseph College of Teacher Education for Women Ernakulam
Anti-Narcotic Club Organizes
AKSHARAM
INTERNATIONAL LITERACY DAY CELEBRATIONS
*September 8th, Wednesday
at 1.30 pm via Google Meet*

PROGRAMME SCHEDULE

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

Brochure for the International Literacy Day Celebration, 2021

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



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

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'AKSHARAM'- International Literacy Day Celebration, 2021

Programme Details

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

List of Participants

Faculty members list:

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



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

Students list:

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



25	Deniya Stanly	2020-2022 batch (B Ed. Physical Science)
26	Keerthana Tomy	2020-2022 batch (B Ed. Physical Science)
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43	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
44	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
45	Shereena G	2020-2022 batch (B Ed. Natural Science)
46	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
47	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
48	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
49	Alvina Carmel	2020-2022 batch (B Ed. Mathematics)
50	Amala Sajeev	2020-2022 batch (B Ed. Mathematics)
51	Aneesha Mohan	2020-2022 batch (B Ed. Mathematics)
52	Anitta Sunny	2020-2022 batch (B Ed. Mathematics)
53	Cris Francis	2020-2022 batch (B Ed. Mathematics)
54	Catherine Varghese	2020-2022 batch (B Ed. Malayalam)

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

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

Navajeevanam:

Empowering Tomorrow's Leaders Through Cyber Awareness

Date: September 14, 2021

Introduction

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

Benefits for Alumni

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

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

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

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

Benefits for Present Student Teachers

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

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

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

Benefits for the School Student Community

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

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

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

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

Conclusion

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

NAVAJEEVANAM
A Supportive Initiative for School Students

Mentoring
Consultation
Accompaniment
Interaction
Innovation
Guidance
Academic Growth
Relaxation

St. Joseph College of Teacher Education for Women Ernakulam

Talk on
Cyber World: Facts and Traps

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

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

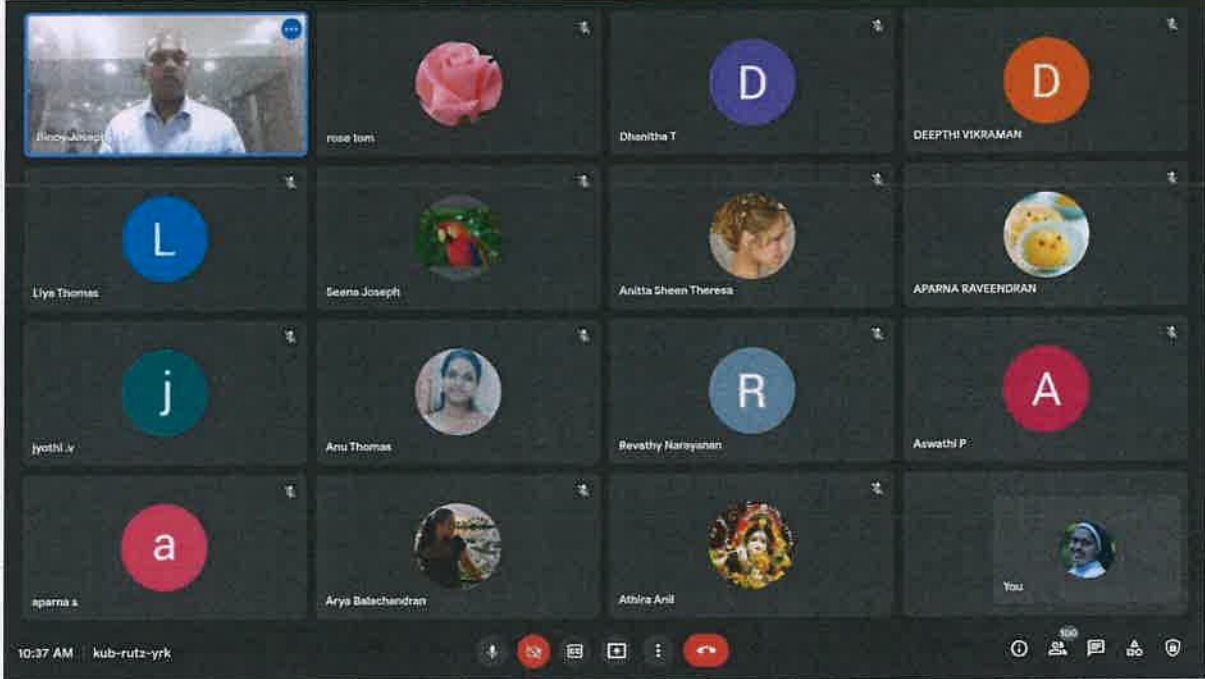
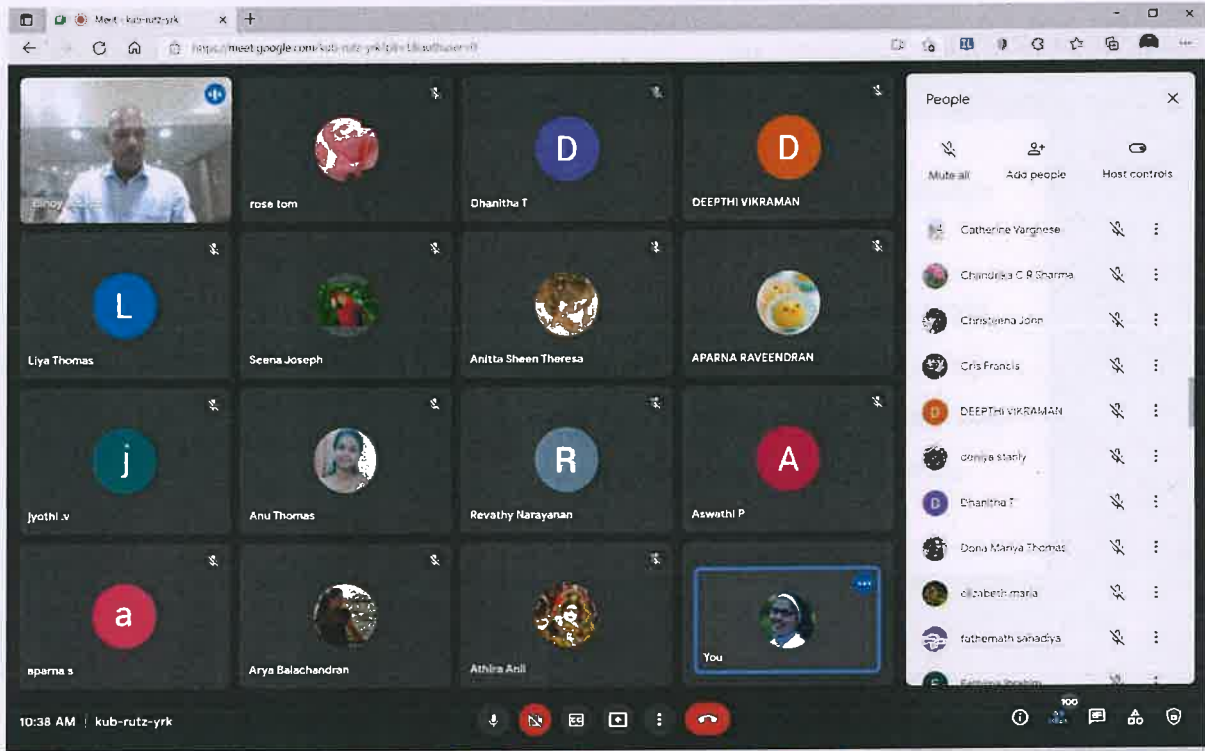


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Cybercrime is one of the fastest growing areas of crime.

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

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

What is a Digital Footprint?

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

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

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How Many Hours Online ?

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

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

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

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

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World Ozone Day Celebration, 2021

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

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World Ozone Day Celebration, 2021

Programme Report

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

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

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

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

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- ✦ Poster making competition and status making competition conducted on 15th September 2021 as part of world ozone day celebration held on 16th September 2021

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

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

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




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

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

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

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

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


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World Ozone Day Celebration, 2021

Photo Gallery

St Joseph College of Teacher Education for Women,
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Nature Club (Rithu 2k21)

Cordially invite you to Celebrate

WORLD OZONE DAY

16th September, 2021

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

PROGRAMME:

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

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

Brochure for the World Ozone Day celebration, 2021

St Joseph College of Teacher Education for Women, Ernakulam

Nature Club (Rithu 2k21)

Presents World Ozone Day Celebration

POSTER MAKING COMPETITION

Theme: SAVE OZONE SAVE EARTH

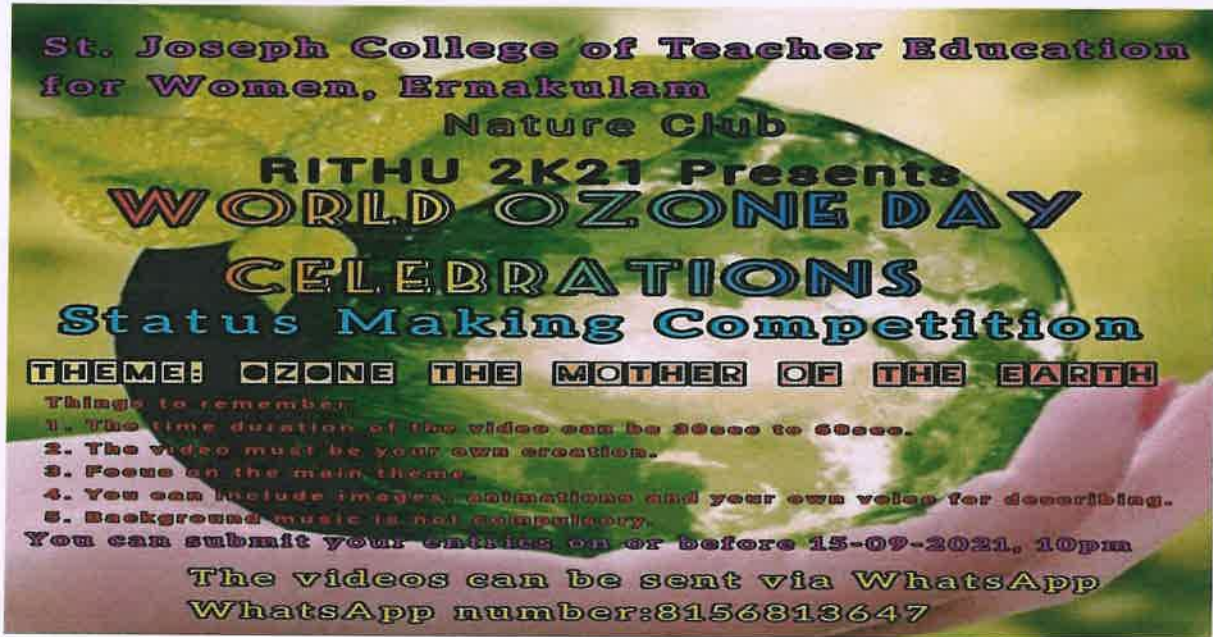
GUIDELINES:

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

Submit your entries on or before 15th September, 2021
via WhatsApp 70251 33610

16th September
WORLD OZONE DAY



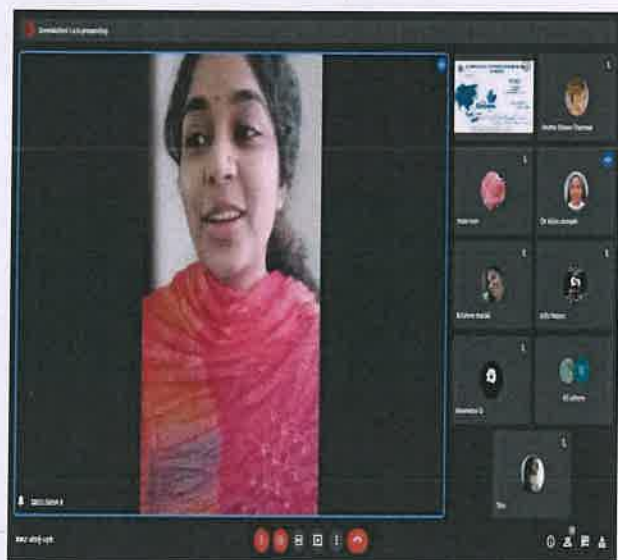


21

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



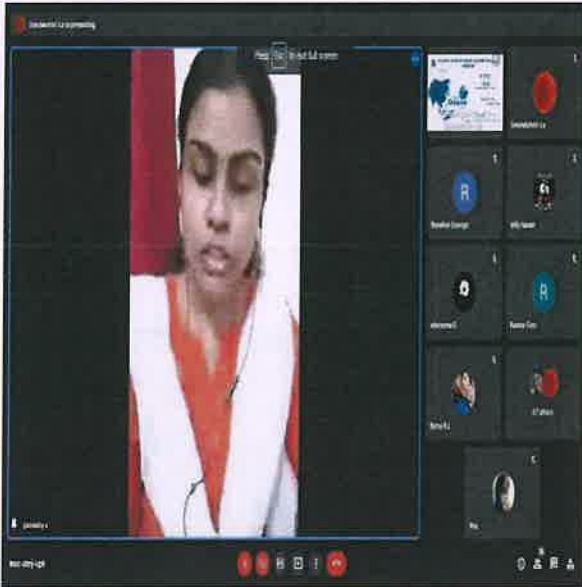
Ms. Anitta Sheen Teresa, student teacher from Natural Science optional, performing as emcee for the World Ozone Day Celebration, 2021



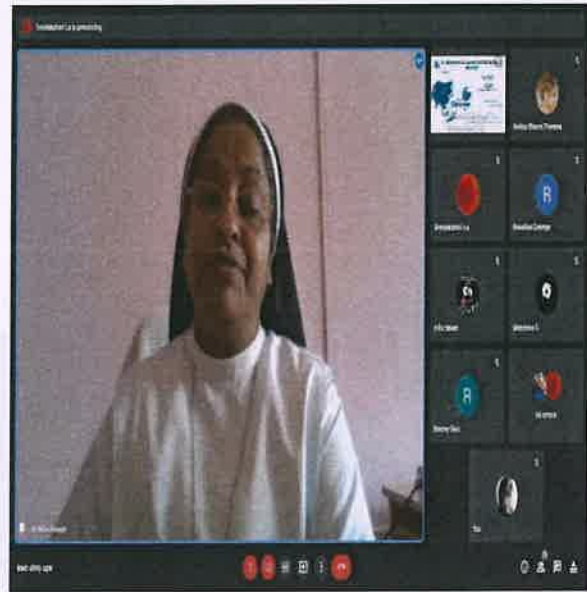
Ms. Sreelekha R, student teacher from English optional, delivering the welcome address for the World Ozone Day Celebration, 2021



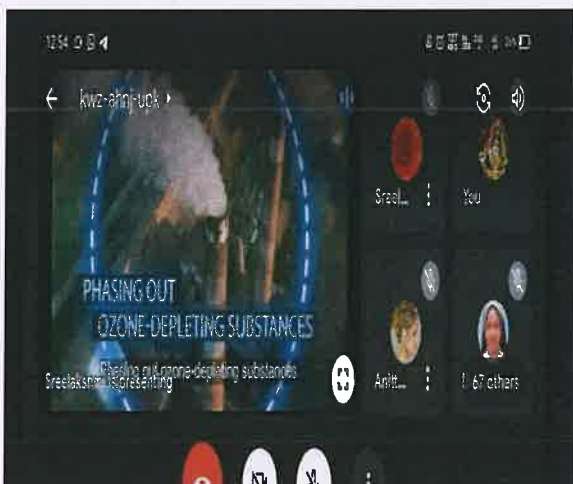
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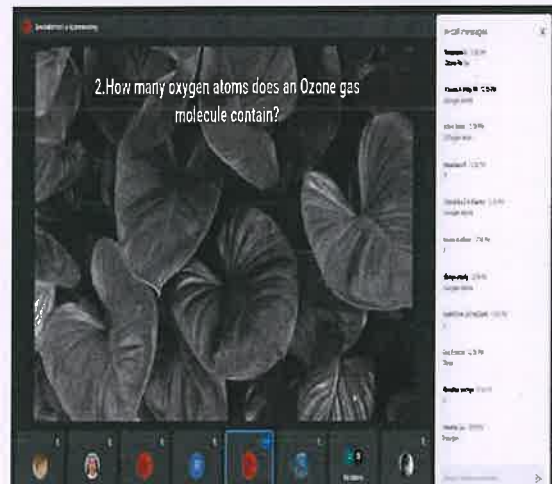
Ms. Parvathy V, student teacher from English optional delivering the introductory speech during the World Ozone Day Celebration, 2021



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



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



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



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



Programme Details

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



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Beneficiaries	Student teachers- 88, Faculty- 12
Platform	Google Meet
Meet Link	https://meet.google.com/kwz-ahnj-upk

List of Participants

Faculty members list:

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

Students list:

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



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





35	Meera R	2020-2022 batch (B Ed. Mathematics)
36	Megha T.M	2020-2022 batch (B Ed. Mathematics)
37	Merin Johny	2020-2022 batch (B Ed. Mathematics)
38	Nikhila Baby	2020-2022 batch (B Ed. Mathematics)
39	Soumya Murugan	2020-2022 batch (B Ed. Mathematics)
40	Sumayya H E	2020-2022 batch (B Ed. Mathematics)
41	Aneetta Joy	2020-2022 batch (B Ed. Physical Science)
42	Anju Abraham P	2020-2022 batch (B Ed. Physical Science)
43	Aparna S	2020-2022 batch (B Ed. Physical Science)
44	Arya M A	2020-2022 batch (B Ed. Physical Science)
45	Athira Anil	2020-2022 batch (B Ed. Physical Science)
46	Chandrika C R Sharma	2020-2022 batch (B Ed. Physical Science)
47	Christeena John	2020-2022 batch (B Ed. Physical Science)
48	Deniya Stanly	2020-2022 batch (B Ed. Physical Science)
49	Keerthana Tomy	2020-2022 batch (B Ed. Physical Science)
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66	Nimisha N.K	2020-2022 batch (B Ed. Natural Science)
67	Rosaliya George	2020-2022 batch (B Ed. Natural Science)
68	Shereena G	2020-2022 batch (B Ed. Natural Science)
69	Shiyara K S	2020-2022 batch (B Ed. Natural Science)
70	Sreelakshmi T A	2020-2022 batch (B Ed. Natural Science)
71	Varsha Varghese	2020-2022 batch (B Ed. Natural Science)
72	Amrutha Satheesan	2020-2022 batch (B Ed. Social Science)
73	Aneeta Anson	2020-2022 batch (B Ed. Social Science)
74	Ans Jose	2020-2022 batch (B Ed. Social Science)
75	Aparna Raveendran	2020-2022 batch (B Ed. Social Science)
76	Asha Joseph	2020-2022 batch (B Ed. Social Science)
77	Aswani K Shaji	2020-2022 batch (B Ed. Social Science)
78	Aswathi .P	2020-2022 batch (B Ed. Social Science)
79	Lakshmy K P	2020-2022 batch (B Ed. Social Science)
80	Liya Thomas	2020-2022 batch (B Ed. Social Science)
81	Meenu Anna Mathai	2020-2022 batch (B Ed. Social Science)
82	Meera Mathew	2020-2022 batch (B Ed. Social Science)
83	Milu Hasan K.H	2020-2022 batch (B Ed. Social Science)
84	Olivia Tresa A A	2020-2022 batch (B Ed. Social Science)
85	Revathy N	2020-2022 batch (B Ed. Social Science)
86	Rosmy Geo	2020-2022 batch (B Ed. Social Science)
87	Sreejitha A K	2020-2022 batch (B Ed. Social Science)
88	Tency Davis	2020-2022 batch (B Ed. Social Science)

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

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

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

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

Program Highlights:

1. Introduction to Yoga Principles:

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

2. Yoga Asanas and Practical Sessions:

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

3. Meditation and Mindfulness Practices:

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

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4. Pranayama Techniques:

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

5. Yoga for Mental Health:

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

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

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DEMONSTRATION OF VARIOUS YOGIC ASANAS

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

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

Resource Person:
Rev. Fr. Biju Varghese



YOGA!!!!



REDMI NOTE 9 PRO
AI QUAD CAMERA



Alice Joseph

Reflection

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

All B.Ed and M.Ed students participated

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World Human Rights Day Celebration, 2021

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

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St. Joseph College of Teacher
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World Human Rights Day Celebration, 2021

Programme Report

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

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

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

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

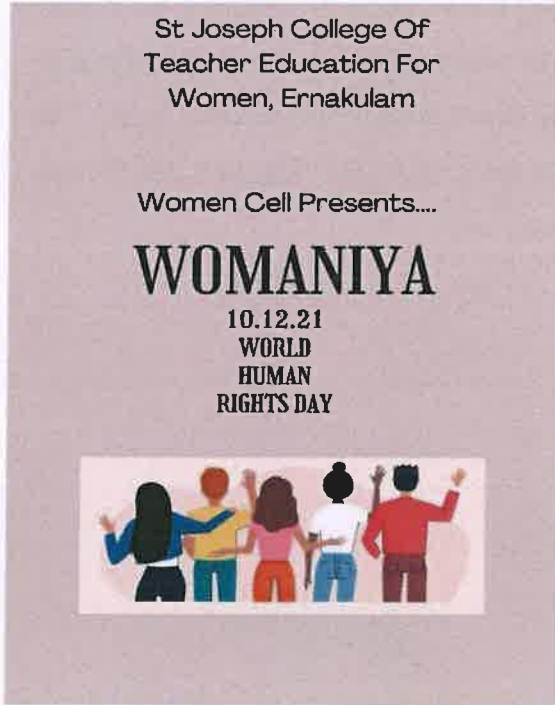
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World Human Rights Day Celebration, 2021

Photo Gallery



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

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

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World Human Rights Day Celebration, 2021

Programme Details


Name of the Event	World Human Rights Day Celebration, 2021
Date	10/12/2021
Time	11.00 PM – 12.00 PM
Duration	1 hour
Beneficiaries	Student teachers- 98 , Faculty- 10
Event Venue	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

List of Participants

Faculty members list:

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




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Students list:

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



29	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
36	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
37	Aswathi B A	2021-2023 batch (B Ed. Mathematics)
38	Freeda K F	2021-2023 batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
41	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 batch (B Ed. Mathematics)
45	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
46	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
47	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
48	Sona Paul	2021-2023 batch (B Ed. Mathematics)
49	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
51	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
55	Anu P. Thomas	2021-2023 batch (B Ed. Physical Science)
56	Aparna S	2021-2023 batch (B Ed. Physical Science)
57	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
58	Jesna George	2021-2023 batch (B Ed. Physical Science)




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59	Mariya Das	2021-2023 batch (B Ed. Physical Science)
60	Neethu J A	2021-2023 batch (B Ed. Physical Science)
61	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
62	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
63	Vandana S	2021-2023 batch (B Ed. Physical Science)
64	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
65	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)
68	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
72	Keerthana M S	2021-2023 batch (B Ed. Natural Science)
73	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
74	Merin Shajan	2021-2023 batch (B Ed. Natural Science)
75	Pooja Maria Jacob	2021-2023 batch (B Ed. Natural Science)
76	Ranjima V	2021-2023 batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 batch (B Ed. Natural Science)
79	Shimna K	2021-2023 batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)
81	Vyshnavi N Sarma	2021-2023 batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
83	Anagha T	2021-2023 batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
87	Celene Paul	2021-2023 batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 batch (B Ed. Social Science)





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


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

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

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

Programme Report

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

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

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



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

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

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





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

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

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

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

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

Photo Gallery



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



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





Anti-Narcotics Club Members of St Joseph College of Teacher Education for Women, Ernakulam preparing handmade red ribbons that symbolizes AIDS day



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

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



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



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

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

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Principal in Charge
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End Inequalities, End AIDS'- World AIDS Day Programme, 2021

Programme Details

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

List of Participants

Faculty members list:

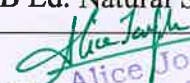
SL.NO.	NAME OF THE FACULTY	DESIGNATION
1	Dr. Alice Joseph	Principal
2	Dr. Betty P.J	Assistant Professor (Mathematics Education)
3	Dr. Marin Jose	Assistant Professor (English Education)
4	Dr. Josephine Joseph	Assistant Professor (Physical Science Education)
5	Dr. Hemelatha P.K	Assistant Professor (Social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

Students' list:

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


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



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

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

Womaniya- International Day of Persons with Disabilities, 2021

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

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Womaniya- International Day of Persons with Disabilities, 2021

Programme Report

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

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



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

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

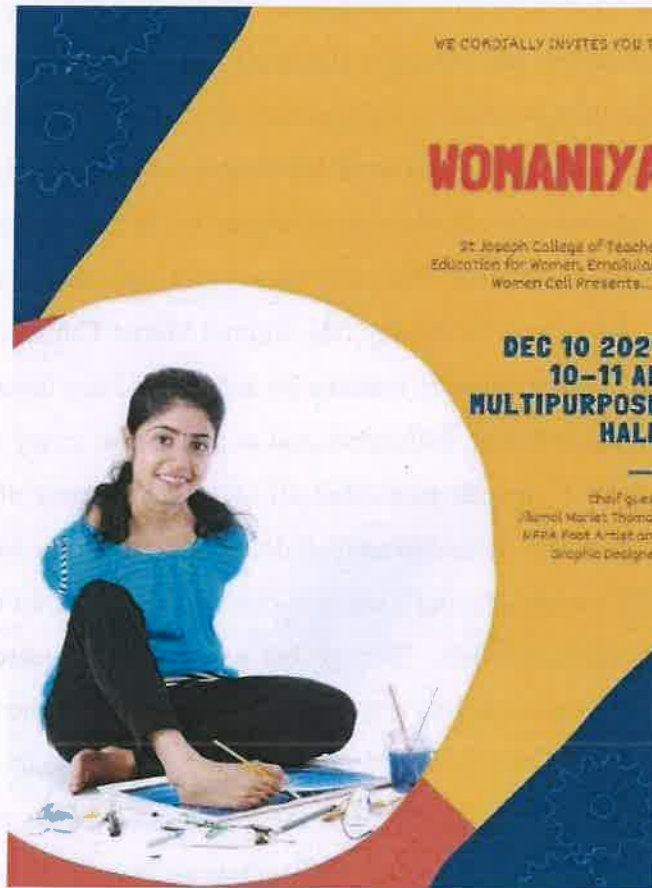


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Womaniya- International Day of Persons with Disabilities, 2021

Photo Gallery



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

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Principal in Charge
St. Joseph College of Teacher
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Womaniya- International Day of Persons with Disabilities, 2021**Programme Details**

Name of the Event	Womaniya- International Day of Persons with Disabilities, 2021
Date	10/12/2021
Time	10.00 AM- 11.00 AM
Duration	1 hour
Beneficiaries	Student teachers- 98, Faculty- 12
Event Venue	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

List of Participants

Faculty members list:

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



Students list:

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





28	Anisha T	2021-2023 Batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 Batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 Batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 Batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 Batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 Batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 Batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 Batch (B Ed. Mathematics)
36	Arya K Surendran	2021-2023 Batch (B Ed. Mathematics)
37	Aswathi B A	2021-2023 Batch (B Ed. Mathematics)
38	Freeda K F	2021-2023 Batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 Batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 Batch (B Ed. Mathematics)
41	Lekshmipriya T S	2021-2023 Batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 Batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 Batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 Batch (B Ed. Mathematics)
45	Reshma Francis	2021-2023 Batch (B Ed. Mathematics)
46	Rose Maria John	2021-2023 Batch (B Ed. Mathematics)
47	Rosy Roy	2021-2023 Batch (B Ed. Mathematics)
48	Sona Paul	2021-2023 Batch (B Ed. Mathematics)
49	Sreeja Sreenivasan	2021-2023 Batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 Batch (B Ed. Physical Science)
51	Agiya Cosmos M C	2021-2023 Batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 Batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 Batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 Batch (B Ed. Physical Science)
55	Anu P. Thomas	2021-2023 Batch (B Ed. Physical Science)
56	Aparna S	2021-2023 Batch (B Ed. Physical Science)
57	Fathimathuzuhra	2021-2023 Batch (B Ed. Physical Science)





58	Jesna George	2021-2023 Batch (B Ed. Physical Science)
59	Mariya Das	2021-2023 Batch (B Ed. Physical Science)
60	Neethu J A	2021-2023 Batch (B Ed. Physical Science)
61	Raveena K Ramesh	2021-2023 Batch (B Ed. Physical Science)
62	Roshna Rahim	2021-2023 Batch (B Ed. Physical Science)
63	Vandana S	2021-2023 Batch (B Ed. Physical Science)
64	Vinny Pappachan	2021-2023 Batch (B Ed. Physical Science)
65	Akhitha Sebastian	2021-2023 Batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 Batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 Batch (B Ed. Natural Science)
68	Anita Abraham	2021-2023 Batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 Batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 Batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 Batch (B Ed. Natural Science)
72	Keerthana M S	2021-2023 Batch (B Ed. Natural Science)
73	Meera Susan Kurian	2021-2023 Batch (B Ed. Natural Science)
74	Merin Shajan	2021-2023 Batch (B Ed. Natural Science)
75	Pooja Maria Jacob	2021-2023 Batch (B Ed. Natural Science)
76	Ranjima V	2021-2023 Batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 Batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 Batch (B Ed. Natural Science)
79	Shimna K	2021-2023 Batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 Batch (B Ed. Natural Science)
81	Vyshnavi N Sharma	2021-2023 Batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 Batch (B Ed. Social Science)
83	Anagha T	2021-2023 Batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 Batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 Batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 Batch (B Ed. Social Science)
87	Celene Paul	2021-2023 Batch (B Ed. Social Science)

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


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(Affiliated to Mahatma Gandhi University, Kottayam)

National Energy Conservation Day, 2021

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

National Energy Conservation Day, 2021

Programme Report

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

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



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

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

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

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

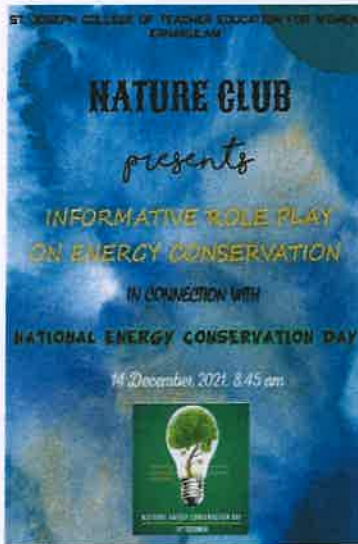


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and could motivate them to initiate energy conserving practices in their daily lives. The active participation of student teachers in the competitions conducted during the observatory programme made it more fruitful and productive. The entire programme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

National Energy Conservation Day, 2021

Photo Gallery



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



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



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



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



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

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

List of Participants

Faculty members list:

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

Non- Teaching Staff list:

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

Students list:

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



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

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52	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
53	Ance Baby	2021-2023 batch (B Ed. Malayalam)
54	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
55	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
56	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
57	Liya Baby	2021-2023 batch (B Ed. Malayalam)
58	Mary Amala R	2021-2023 batch (B Ed. Malayalam)
59	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
60	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
61	Anisha T	2021-2023 batch (B Ed. Malayalam)
62	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
63	Shilpa K	2021-2023 batch (B Ed. Malayalam)
64	Sneha M M	2021-2023 batch (B Ed. Malayalam)
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66	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
67	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
68	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
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71	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
72	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
73	Lekshmipriya T S	2021-2023 batch (B Ed. Mathematics)
74	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
75	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
76	Parvathy M	2021-2023 batch (B Ed. Mathematics)
77	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
78	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
79	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
80	Sona Paul	2021-2023 batch (B Ed. Mathematics)
81	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)



82	Akshitha Bhaskaran	2021-2023 batch (B Ed. Social Science)
83	Anagha T	2021-2023 batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
87	Celene Paul	2021-2023 batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 batch (B Ed. Social Science)
89	Dona K Jose	2021-2023 batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)
92	Mereena Joy	2021-2023 batch (B Ed. Social Science)
93	Minu Joy	2021-2023 batch (B Ed. Social Science)
94	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
95	Riya Davis	2021-2023 batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
97	Thasni M B	2021-2023 batch (B Ed. Social Science)
98	Varsha K V	2021-2023 batch (B Ed. Social Science)

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

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

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

Programme Report

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

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

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

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

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

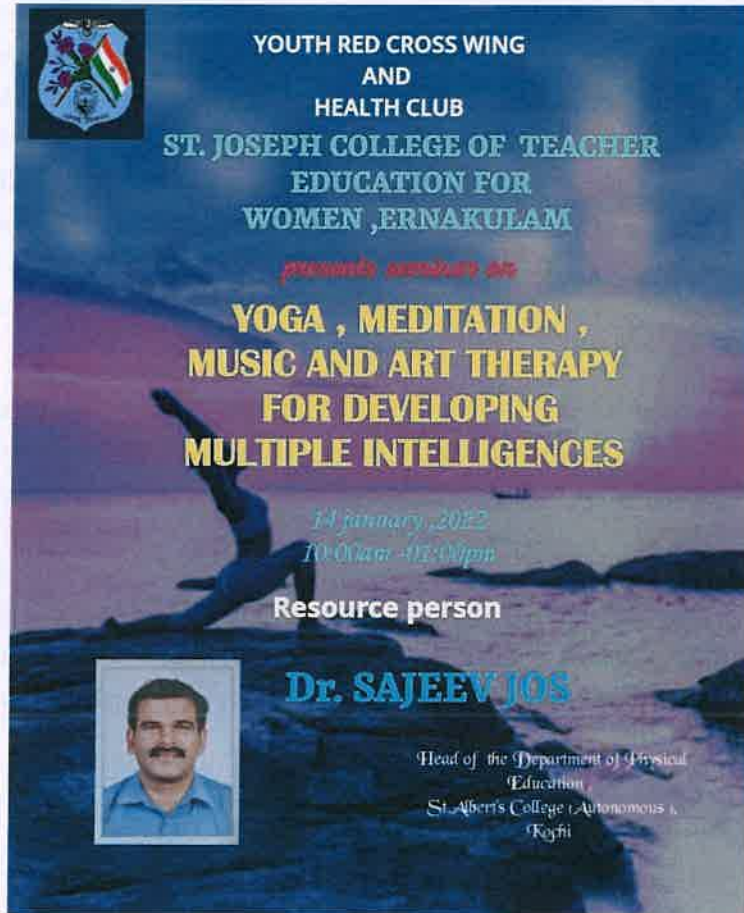
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Seminar on 'Yoga & Meditation for Developing Multiple Intelligences-Music Therapy & Art Therapy', 2022

Photo Gallery



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

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

Programme Details

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

List of Participants

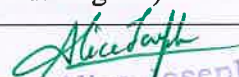
Faculty members list:

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

Students list:

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




 Dr. Alice Joseph
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8	Harsha Theresa Thomas	2021-2023 batch (B Ed. English)
9	K A Rabia	2021-2023 batch (B Ed. English)
10	Leatitia Joshy	2021-2023 batch (B Ed. English)
11	Linet John	2021-2023 batch (B Ed. English)
12	Meera Joy (Blind)	2021-2023 batch (B Ed. English)
13	Merize Ben Alias	2021-2023 batch (B Ed. English)
14	Pratibha S	2021-2023 batch (B Ed. English)
15	Sandra Joy	2021-2023 batch (B Ed. English)
16	Santhi M S	2021-2023 batch (B Ed. English)
17	Veena C V	2021-2023 batch (B Ed. English)
18	Aleena Antony	2021-2023 batch (B Ed. Malayalam)
19	Anaswara. P S	2021-2023 batch (B Ed. Malayalam)
20	Ance Baby	2021-2023 batch (B Ed. Malayalam)
21	Divya Rajan	2021-2023 batch (B Ed. Malayalam)
22	Jayalakshmi Jayakumar	2021-2023 batch (B Ed. Malayalam)
23	Jobitha Joy	2021-2023 batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 batch (B Ed. Malayalam)
25	Mary Amala R.	2021-2023 batch (B Ed. Malayalam)
26	Nitha Alfred	2021-2023 batch (B Ed. Malayalam)
27	Pranaya P M	2021-2023 batch (B Ed. Malayalam)
28	Anisha T	2021-2023 batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 batch (B Ed. Mathematics)
36	Arya K Surendran	2021-2023 batch (B Ed. Mathematics)
37	Aswathi B A	2021-2023 batch (B Ed. Mathematics)



38	Freeda K F	2021-2023 batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
41	Lekshmi Priya T S	2021-2023 batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 batch (B Ed. Mathematics)
45	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
46	Rose Maria John	2021-2023 batch (B Ed. Mathematics)
47	Rosy Roy	2021-2023 batch (B Ed. Mathematics)
48	Sona Paul	2021-2023 batch (B Ed. Mathematics)
49	Sreeja Sreenivasan	2021-2023 batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
51	Agiya Cosmos M C	2021-2023 batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 batch (B Ed. Physical Science)
55	Anu P. Thomas	2021-2023 batch (B Ed. Physical Science)
56	Aparna S	2021-2023 batch (B Ed. Physical Science)
57	Fathimathuzuhra	2021-2023 batch (B Ed. Physical Science)
58	Jesna George	2021-2023 batch (B Ed. Physical Science)
59	Mariya Das	2021-2023 batch (B Ed. Physical Science)
60	Neethu J A	2021-2023 batch (B Ed. Physical Science)
61	Raveena K Ramesh	2021-2023 batch (B Ed. Physical Science)
62	Roshna Rahim	2021-2023 batch (B Ed. Physical Science)
63	Vandana S	2021-2023 batch (B Ed. Physical Science)
64	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
65	Akhitha Sebastian	2021-2023 batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 batch (B Ed. Natural Science)



68	Anita Abraham	2021-2023 batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 batch (B Ed. Natural Science)
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73	Meera Susan Kurian	2021-2023 batch (B Ed. Natural Science)
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76	Ranjima V	2021-2023 batch (B Ed. Natural Science)
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96	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
97	Thasni M B	2021-2023 batch (B Ed. Social Science)





98

Varsha K V

2021-2023 batch (B Ed. Social Science)

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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

International Women's Day, 2022

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

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International Women's Day, 2022

Programme Report

Every year, International Women's Day is celebrated on 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 8th March 2022 from 9.00 AM to 10.00 AM at the college multipurpose hall. . The entire programme was coordinated by the Women Cell of the college. The Faculty Coordinators for the programme were Dr. Bindu Joseph, Assistant Professor in Malayalam Education and Ms. Dinimol Jacob, Assistant Professor in Natural Science Education at St. Joseph College of Teacher Education for Women, Ernakulam.

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



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

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

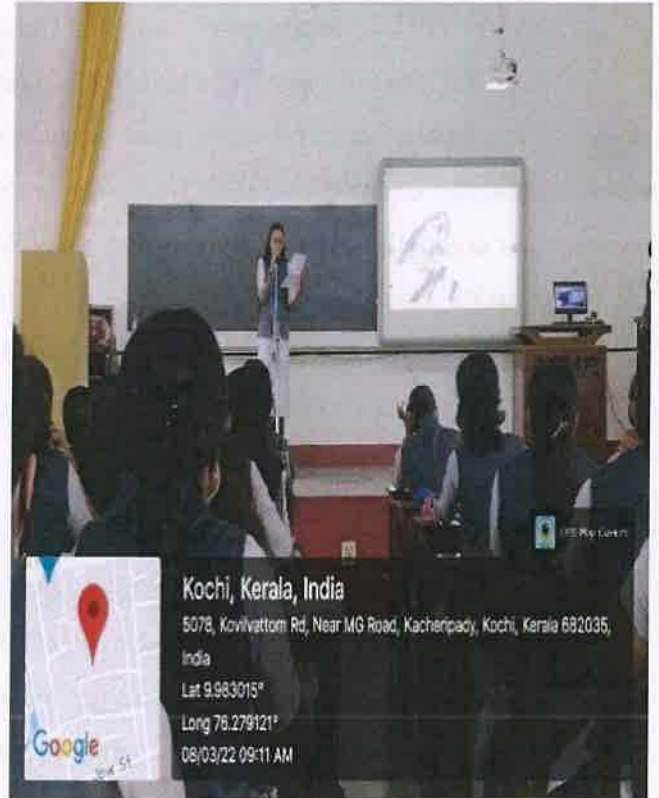
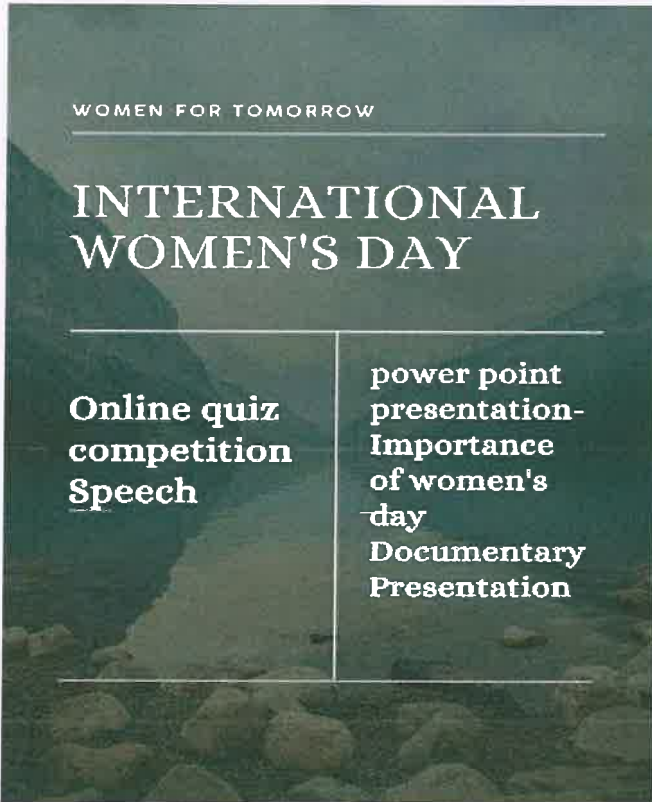
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International Women's Day, 2022

Photo Gallery



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

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

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International Women's Day, 2022

Programme Details

Name of the Event	International Women's Day, 2022
Date	08/03/2022
Time	9.00 AM – 10.00 AM
Duration	1 hour
Beneficiaries	Student teachers- 98, Faculty- 12
Platform Meet Link	Multipurpose Hall St. Joseph College of Teacher Education for Women, Ernakulam

List of Participants

Faculty members list:

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



Students list:

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



27	Pranaya P M	2021-2023 Batch (B Ed. Malayalam)
28	Anisha T	2021-2023 Batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 Batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 Batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 Batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 Batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 Batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 Batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 Batch (B Ed. Mathematics)
36	Arya K Surendran	2021-2023 Batch (B Ed. Mathematics)
37	Aswathi B A	2021-2023 Batch (B Ed. Mathematics)
38	Freeda K F	2021-2023 Batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 Batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 Batch (B Ed. Mathematics)
41	Lekshmipriya T S	2021-2023 Batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 Batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 Batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 Batch (B Ed. Mathematics)
45	Reshma Francis	2021-2023 Batch (B Ed. Mathematics)
46	Rose Maria John	2021-2023 Batch (B Ed. Mathematics)
47	Rosy Roy	2021-2023 Batch (B Ed. Mathematics)
48	Sona Paul	2021-2023 Batch (B Ed. Mathematics)
49	Sreeja Sreenivasan	2021-2023 Batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 Batch (B Ed. Physical Science)
51	Agiya Cosmos M C	2021-2023 Batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 Batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 Batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 Batch (B Ed. Physical Science)
55	Anu P Thomas	2021-2023 Batch (B Ed. Physical Science)
56	Aparna S	2021-2023 Batch (B Ed. Physical Science)



57	Fathimathuzuhra	2021-2023 Batch (B Ed. Physical Science)
58	Jesna George	2021-2023 Batch (B Ed. Physical Science)
59	Mariya Das	2021-2023 Batch (B Ed. Physical Science)
60	Neethu J A	2021-2023 Batch (B Ed. Physical Science)
61	Raveena K Ramesh	2021-2023 Batch (B Ed. Physical Science)
62	Roshna Rahim	2021-2023 Batch (B Ed. Physical Science)
63	Vandana S	2021-2023 Batch (B Ed. Physical Science)
64	Vinny Pappachan	2021-2023 Batch (B Ed. Physical Science)
65	Akhitha Sebastian	2021-2023 Batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 Batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 Batch (B Ed. Natural Science)
68	Anita Abraham	2021-2023 Batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 Batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 Batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 Batch (B Ed. Natural Science)
72	Keerthana M S	2021-2023 Batch (B Ed. Natural Science)
73	Meera Susan Kurian	2021-2023 Batch (B Ed. Natural Science)
74	Merin Shajan	2021-2023 Batch (B Ed. Natural Science)
75	Pooja Maria Jacob	2021-2023 Batch (B Ed. Natural Science)
76	Ranjima V	2021-2023 Batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 Batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 Batch (B Ed. Natural Science)
79	Shimna K	2021-2023 Batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 Batch (B Ed. Natural Science)
81	Vyshnavi N Sharma	2021-2023 Batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 Batch (B Ed. Social Science)
83	Anagha T	2021-2023 Batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 Batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 Batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 Batch (B Ed. Social Science)

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

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