



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
2022-2023**

Submitted to

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



ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

World Environment Day Celebration, 2022

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

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



World Environment Day Celebration, 2022

Programme Report

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

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





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

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

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



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



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

World Environment Day Celebration, 2022

Photo Gallery



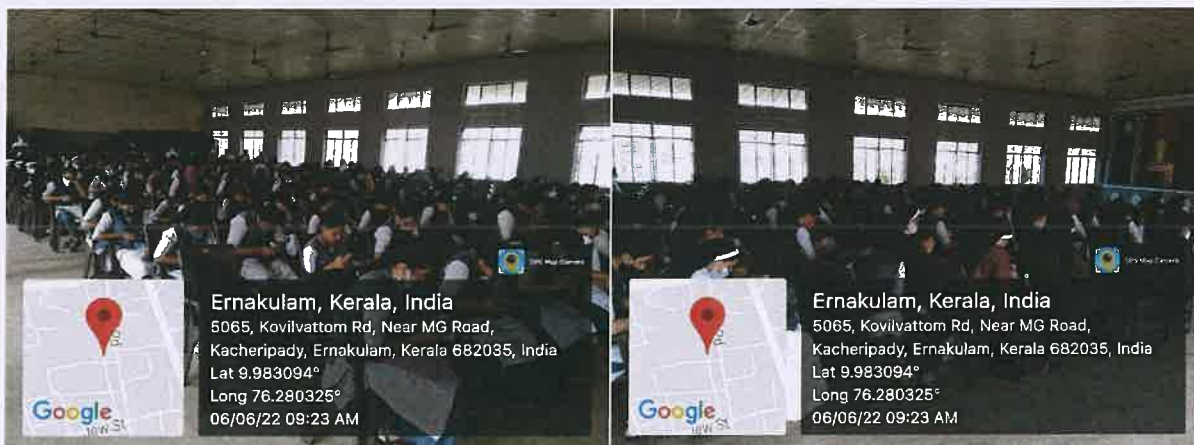
Event posters for the World Environment Day 2022 and the quiz competition conducted as part of it on 6th June 2022 at St. Joseph College of Teacher Education for Women, Ernakulam

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





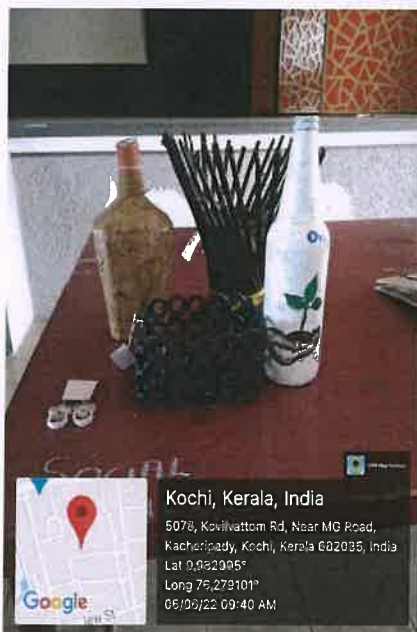
Ms. Raveena K Ramesh, First year B Ed student teacher from Physical Science optional presenting on the significance of environment day during the world environment day celebration, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam



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

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





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

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





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



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

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





Kochi, Kerala, India

X7MH+5PH, Kovilvattom Rd, Near MG Road,
Kacheripady, Kochi, Kerala 682035, India
Lat 9.982812°
Long 76.2794°
06/06/22 01:06 PM



Kochi, Kerala, India

X7MH+5PH, Kovilvattom Rd, Near MG Road,
Kacheripady, Kochi, Kerala 682035, India
Lat 9.982812°
Long 76.2794°
06/06/22 01:07 PM

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

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





World Environment Day Celebration, 2022

Programme Details

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



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



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

Students list:

Sl. No	Name	Batch
1	Amala Antony	2021-2023 Batch (B Ed. English)
2	Anna Roshni Varghese	2021-2023 Batch (B Ed. English)
3	Deepa P S	2021-2023 Batch (B Ed. English)
4	Devika Venugopal	2021-2023 Batch (B Ed. English)
5	Divya Radhakrishnan	2021-2023 Batch (B Ed. English)
6	F.Merline Rodrigues	2021-2023 Batch (B Ed. English)
7	Gurumahima M V	2021-2023 Batch (B Ed. English)
8	Harsha Theresa Thomas	2021-2023 Batch (B Ed. English)
9	K A Rabia	2021-2023 Batch (B Ed. English)
10	Leatitia Joshy	2021-2023 Batch (B Ed. English)
11	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)



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

21	Divya Rajan	2021-2023 Batch (B Ed. Malayalam)
22	Jayalakshmi Jayakumar	2021-2023 Batch (B Ed. Malayalam)
23	Jobitha Joy	2021-2023 Batch (B Ed. Malayalam)
24	Liya Baby	2021-2023 Batch (B Ed. Malayalam)
25	Mary Amala R.	2021-2023 Batch (B Ed. Malayalam)
26	Nitha Alfred	2021-2023 Batch (B Ed. Malayalam)
27	Pranaya P M	2021-2023 Batch (B Ed. Malayalam)
28	Anisha T	2021-2023 Batch (B Ed. Malayalam)
29	Riya Sabu	2021-2023 Batch (B Ed. Malayalam)
30	Shilpa K	2021-2023 Batch (B Ed. Malayalam)
31	Sneha M M	2021-2023 Batch (B Ed. Malayalam)
32	Sreelakshmi K A	2021-2023 Batch (B Ed. Malayalam)
33	Teena Vincent	2021-2023 Batch (B Ed. Malayalam)
34	Akshaya Shaju	2021-2023 Batch (B Ed. Mathematics)
35	Anuja J Nair	2021-2023 Batch (B Ed. Mathematics)
36	Arya K Surendran	2021-2023 Batch (B Ed. Mathematics)
37	Aswathi B A	2021-2023 Batch (B Ed. Mathematics)
38	Freeda K F	2021-2023 Batch (B Ed. Mathematics)
39	Jinu Joseph	2021-2023 Batch (B Ed. Mathematics)
40	Jomol Babu	2021-2023 Batch (B Ed. Mathematics)
41	Lekshmipriya T S	2021-2023 Batch (B Ed. Mathematics)
42	Mariya Jessneela	2021-2023 Batch (B Ed. Mathematics)
43	Melissa Xavier	2021-2023 Batch (B Ed. Mathematics)
44	Parvathy M	2021-2023 Batch (B Ed. Mathematics)
45	Reshma Francis	2021-2023 Batch (B Ed. Mathematics)
46	Rose Maria John	2021-2023 Batch (B Ed. Mathematics)
47	Rosy Roy	2021-2023 Batch (B Ed. Mathematics)
48	Sona Paul	2021-2023 Batch (B Ed. Mathematics)
49	Sreeja Sreenivasan	2021-2023 Batch (B Ed. Mathematics)
50	Agatha Cyriac	2021-2023 Batch (B Ed. Physical Science)



51	Agiya Cosmos M C	2021-2023 Batch (B Ed. Physical Science)
52	Akshaya K S	2021-2023 Batch (B Ed. Physical Science)
53	Alida Saiju	2021-2023 Batch (B Ed. Physical Science)
54	Anila Shaju	2021-2023 Batch (B Ed. Physical Science)
55	Anu P.Thomas	2021-2023 Batch (B Ed. Physical Science)
56	Aparna S	2021-2023 Batch (B Ed. Physical Science)
57	Fathimathuzuhra	2021-2023 Batch (B Ed. Physical Science)
58	Jesna George	2021-2023 Batch (B Ed. Physical Science)
59	Mariya Das	2021-2023 Batch (B Ed. Physical Science)
60	Neethu J A	2021-2023 Batch (B Ed. Physical Science)
61	Raveena K Ramesh	2021-2023 Batch (B Ed. Physical Science)
62	Roshna Rahim	2021-2023 Batch (B Ed. Physical Science)
63	Vandana S	2021-2023 Batch (B Ed. Physical Science)
64	Vinny Pappachan	2021-2023 Batch (B Ed. Physical Science)
65	Akhitha Sebastian	2021-2023 Batch (B Ed. Natural Science)
66	Allan Francis	2021-2023 Batch (B Ed. Natural Science)
67	Angitha Ramachandran	2021-2023 Batch (B Ed. Natural Science)
68	Anita Abraham	2021-2023 Batch (B Ed. Natural Science)
69	Caren Grace	2021-2023 Batch (B Ed. Natural Science)
70	Dilhana Hussain	2021-2023 Batch (B Ed. Natural Science)
71	Jeshma Das V S	2021-2023 Batch (B Ed. Natural Science)
72	Keerthana M S	2021-2023 Batch (B Ed. Natural Science)
73	Meera Susan Kurian	2021-2023 Batch (B Ed. Natural Science)
74	Merin Shajan	2021-2023 Batch (B Ed. Natural Science)
75	Pooja Maria Jacob	2021-2023 Batch (B Ed. Natural Science)
76	Ranjima V	2021-2023 Batch (B Ed. Natural Science)
77	Saniya Simon	2021-2023 Batch (B Ed. Natural Science)
78	Shalini P S	2021-2023 Batch (B Ed. Natural Science)
79	Shimna K	2021-2023 Batch (B Ed. Natural Science)
80	Theresa Thankachan	2021-2023 Batch (B Ed. Natural Science)



81	Vyshnavi N Sharma	2021-2023 Batch (B Ed. Natural Science)
82	Akshitha Bhaskaran	2021-2023 Batch (B Ed. Social Science)
83	Anagha T	2021-2023 Batch (B Ed. Social Science)
84	Ancy Abraham	2021-2023 Batch (B Ed. Social Science)
85	Anjaly A C	2021-2023 Batch (B Ed. Social Science)
86	Anupama Sreedhar	2021-2023 Batch (B Ed. Social Science)
87	Celene Paul	2021-2023 Batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 Batch (B Ed. Social Science)
89	Dona K Jose	2021-2023 Batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 Batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 Batch (B Ed. Social Science)
92	Mereena Joy	2021-2023 Batch (B Ed. Social Science)
93	Minu Joy	2021-2023 Batch (B Ed. Social Science)
94	Regina Teena Dcosta	2021-2023 Batch (B Ed. Social Science)
95	Riya Davis	2021-2023 Batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 Batch (B Ed. Social Science)
97	Thasni M B	2021-2023 Batch (B Ed. Social Science)
98	Varsha K V	2021-2023 Batch (B Ed. Social Science)
99	Aagi Tom	2020-2022 batch (B Ed. English)
100	Alina Celine Lancy	2020-2022 batch (B Ed. English)
101	Anna Susan Jacob	2020-2022 batch (B Ed. English)
102	Arunima K Shaji	2020-2022 batch (B Ed. English)
103	Arya Balachandran	2020-2022 batch (B Ed. English)
104	Arya C S	2020-2022 batch (B Ed. English)
105	Athira C S	2020-2022 batch (B Ed. English)
106	Dona Mariya Thomas	2020-2022 batch (B Ed. English)
107	Josna Joy	2020-2022 batch (B Ed. English)
108	Kavya Joseph	2020-2022 batch (B Ed. English)
109	Mariatta D Kappan	2020-2022 batch (B Ed. English)
110	Melvin Daniel	2020-2022 batch (B Ed. English)



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



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



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

Alice Joseph

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Mangrove Cultivation and Planting : A Day of Environmental Awareness

Date: 22-06-2022

Location: Mangalavanam

Introduction:

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

Session on Mangrove Cultivation:

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



Mangrove Planting Activity:

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

Sapling Distribution:

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





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

Group Photos:

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

Mangalavanam Planting:

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

Conclusion:

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

Conclusion:

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



എറണാകുളം സെന്റ് ജോസഫ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ ന്റെ വിദ്യാർത്ഥിനികൾ മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടക്കുന്നു.

മംഗളവനത്തിൽ കണ്ടൽചെടികൾ നടക്കുന്നു

കൊച്ചി: എറണാകുളം നഗരത്തിലെ പച്ചമുളച്ചത്തായ മംഗളവനത്തിൽ വിദ്യാർത്ഥിനികൾ കണ്ടൽചെടികൾ നടച്ചു. എറണാകുളം സെന്റ് ജോസഫ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ ന്റെ വിദ്യാർത്ഥിനികൾ ആണ് കണ്ടൽ ചെടികൾ നടക്കുവാൻ സജ്ജമാകാനുണ്ടായത്. (കുറേപ്പാട്) ഫോട്ടോ: സുധാമി കെ.കെ.കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ ന്റെ വിദ്യാർത്ഥിനികൾ മംഗളവനത്തിൽ കണ്ടൽ ചെടികൾ നടക്കുന്നു. കോളേജിന് സഹായം നൽകിയ പരാമർശനത്തിന്റെ ഭാഗമായി നടന്ന കണ്ടൽചെടികൾ നടക്കുന്ന പരിപാടിയിൽ ഓരോരാണ് വിദ്യാർത്ഥിനികൾ മംഗളവനം സന്ദർശിച്ച് കണ്ടൽചെടികൾ നടക്കുക. കണ്ടൽചെടികൾ കൃഷിയിൽ കൂട്ടാൻപുറത്തു കോളേജ് പ്രിൻസിപ്പൽ സിന്ധു സോമയ്യൻ ന്റെ അധ്യക്ഷതയിൽ നടന്ന ചടങ്ങിൽ ഓരോരാണ് വിദ്യാർത്ഥിനികൾ മംഗളവനം സന്ദർശിച്ച് കണ്ടൽചെടികൾ നടക്കുക. കോളേജിന് സഹായം നൽകിയ പരാമർശനത്തിന്റെ ഭാഗമായി നടന്ന കണ്ടൽചെടികൾ നടക്കുന്ന പരിപാടിയിൽ ഓരോരാണ് വിദ്യാർത്ഥിനികൾ മംഗളവനം സന്ദർശിച്ച് കണ്ടൽചെടികൾ നടക്കുക.

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

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



Newspaper report on the activity



List of Student teachers Involved

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



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



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

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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Paper Bag Making and Distribution:

A College Outreach Initiative for Plastic Reduction

Date: 23-06-2022

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

Introduction:

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

Activity Details:

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

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

Group Participation:

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

Distribution Plan:

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

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



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

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

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

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

Conclusion:

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

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

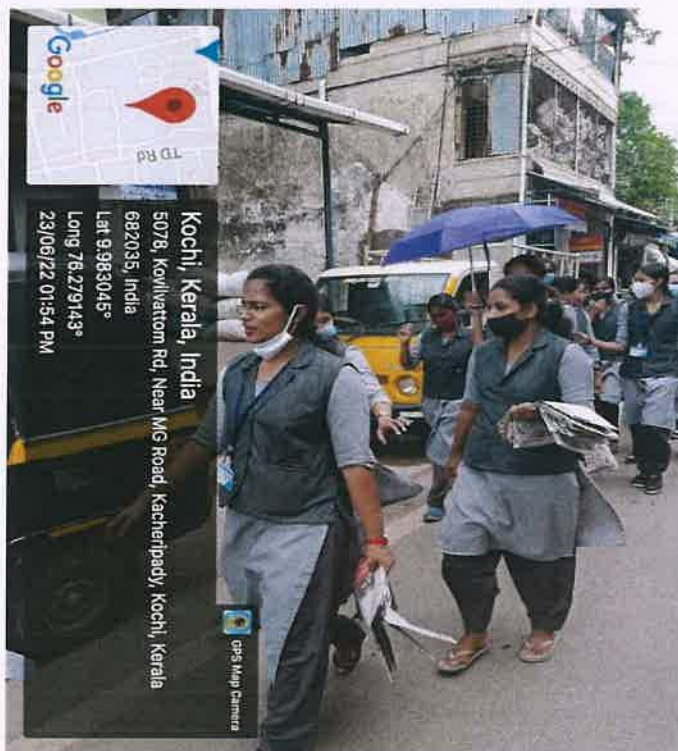


Kochi, Kerala, India
 X7MH+5PH, Kovilvattom Rd, Near MG Road, Kacheripady, Kochi, Kerala 682035, India
 Lat 9.983157°
 Long 76.279157°
 23/06/22 11:26 AM

Alice Joseph

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





List of Participants

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

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



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

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

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

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






ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Celebration of Azadi ka Amrit Mahotsav, 2022

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


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



Celebration of Azadi ka Amrit Mahotsav, 2022

Programme Report

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

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

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

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

Alice Joseph

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

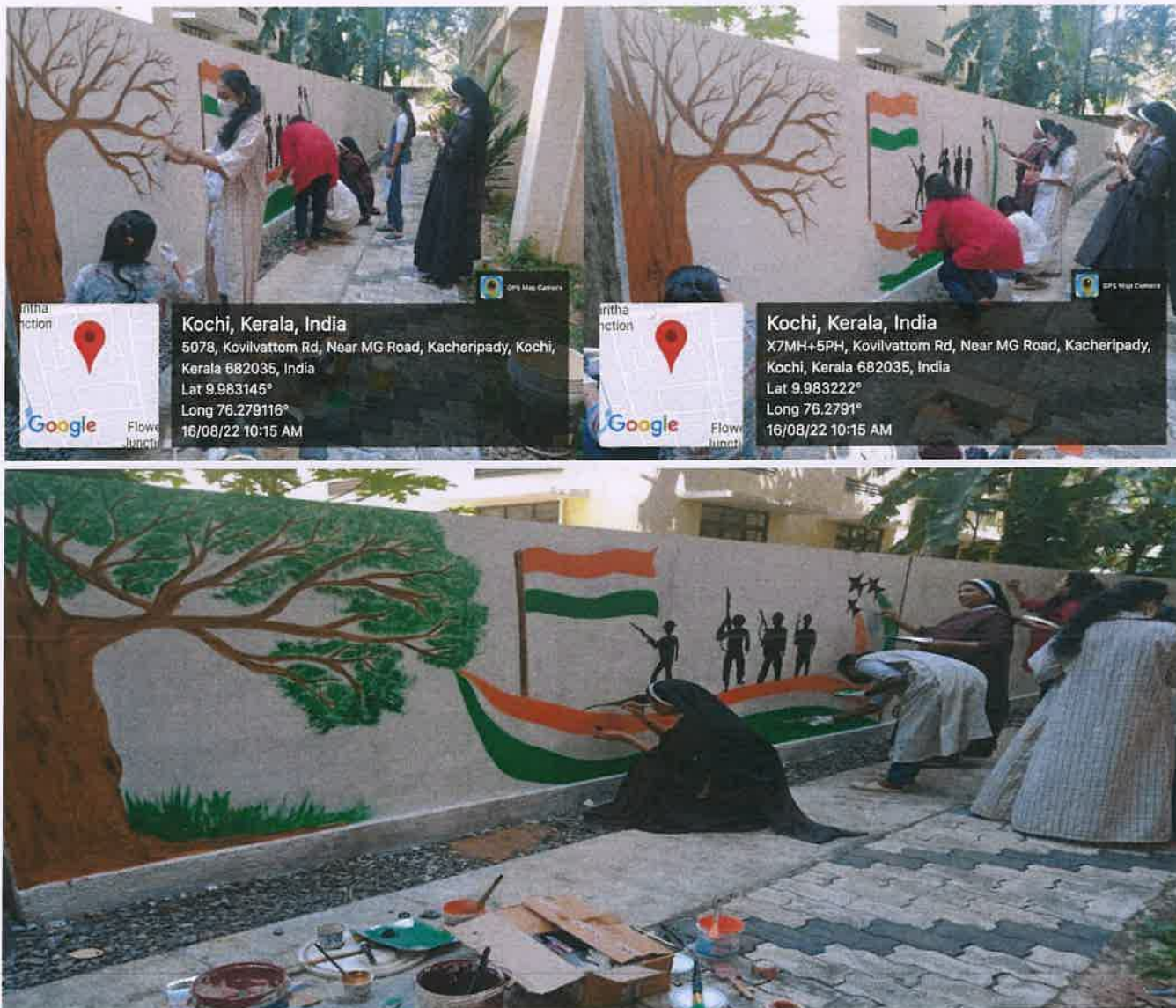




helped develop a sense of patriotism in them. It could enhance the knowledge of student teachers regarding the legendary history of their nation.

Celebration of Azadi ka Amrit Mahotsav, 2022

Photo Gallery



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



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

Celebration of Azadi ka Amrit Mahotsav, 2022

Programme Details

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

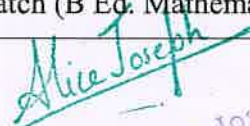
List of Participants

Faculty members list:

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

Students list:

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


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



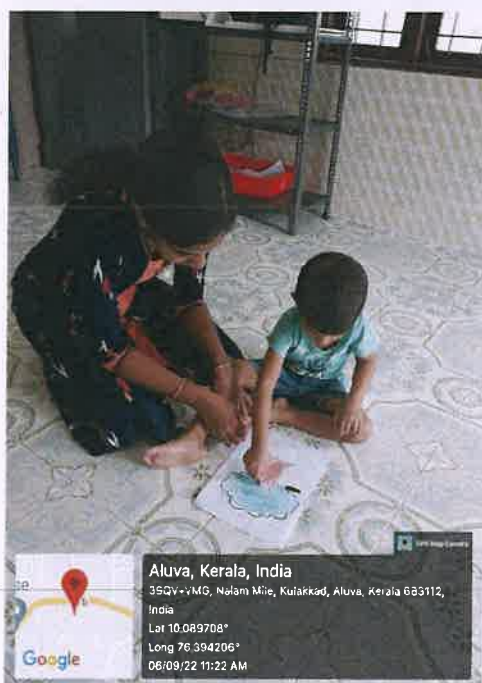
Sl. No	Name	Batch
11	Jomol Babu	2021-2023 batch (B Ed. Mathematics)
12	Reshma Francis	2021-2023 batch (B Ed. Mathematics)
13	Agatha Cyriac	2021-2023 batch (B Ed. Physical Science)
14	Vinny Pappachan	2021-2023 batch (B Ed. Physical Science)
15	Theresa Thankachan	2021-2023 batch (B Ed. Natural Science)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

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



Outreach Programme at Anganwadi, Edathala Grama panchayat, Aluva

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



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



St. Joseph College of Teacher Education for Women

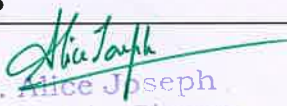
Ernakulam



Class on Basic Hygiene Practices at Anganavadi, Kadamattom

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




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

Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Programme Report

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

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

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



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

Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Photo Gallery



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

Class on Basic Hygiene Practices at Anganavadi, Kadamattom

Programme Details

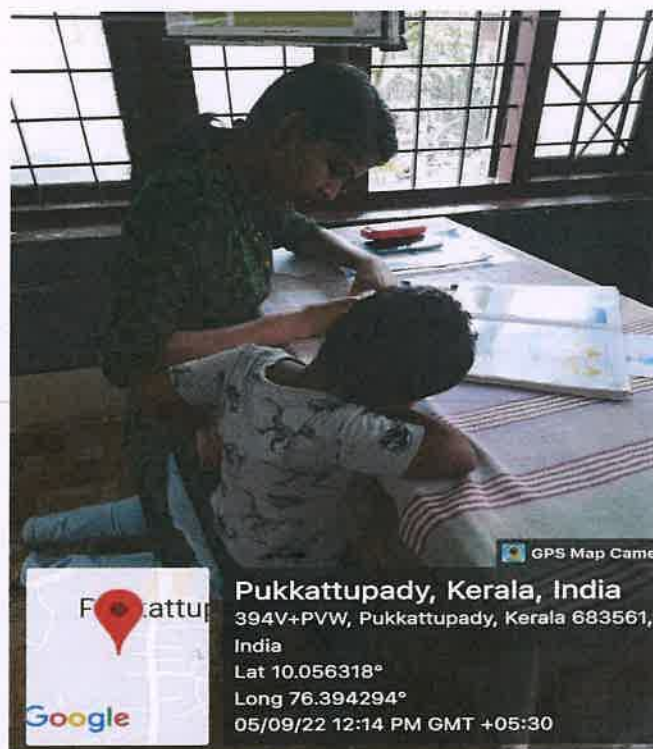
Name of the Event	Class on basic hygiene practices
Name of Resource person	Keerthana M.S
Venue	Anganavadi centre, Kadamattom Ward 7 ,Ikkaranadu Grama Panchayth
Date	6 September 2022
Time	10.30 am to 11.30 am
Duration	1 hour
Beneficiaries	Children in the age group of 3 to 6 years



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

Outreach Programme at Anganwadi, Pazhanganad Submitted By Reshma Francis

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



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




ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM



Cleaning and Setting Public Library

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




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

Cleaning and Setting Public Library

Programme Report

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

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

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



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

Photos



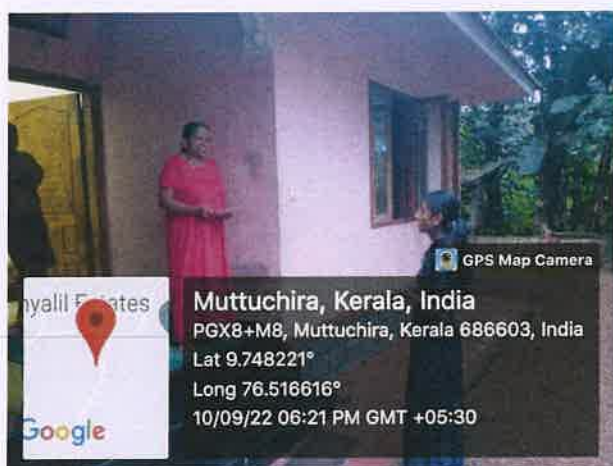
Alice Joseph
 Dr. Alice Joseph
 Principal in Charge
 St. Joseph College of Teacher
 Education for Women,
 Ernakulam

Dengue Fever Awareness Campaign at Manjoor panchayat, Kottayam

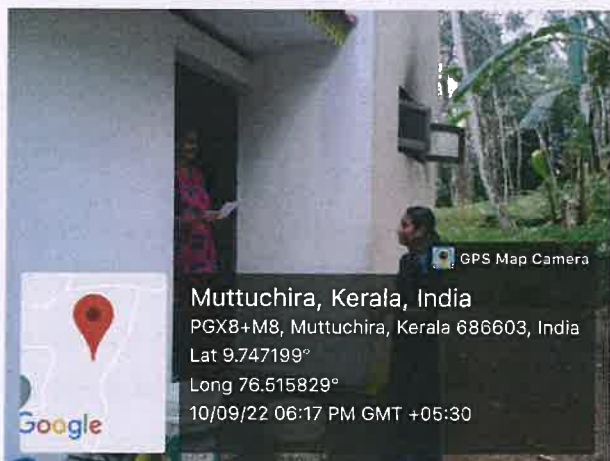
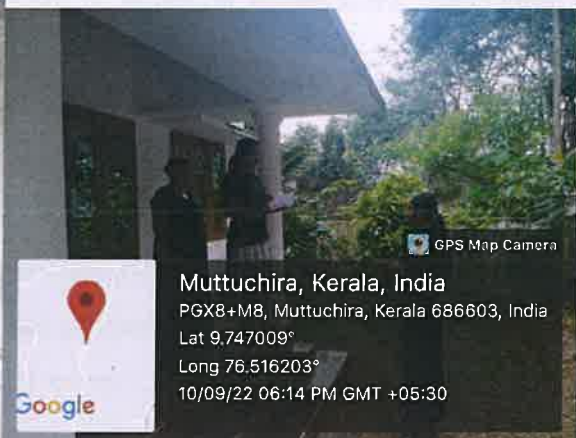
Submitted by: **Rose Maria John**

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

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



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



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

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

Submitted By Sona Paul

Dated: 11-09-2022

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

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



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



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

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



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

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

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



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

REPORT on
Awareness programme on Dengue
Submitted by Sreeja R.

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



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

Report On Outreach Activity on Awareness About Waterborne Diseases

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

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



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



EXTENSION ACTIVITY

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



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

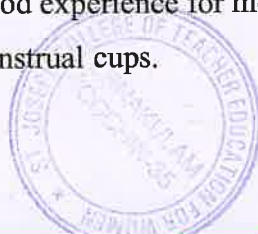


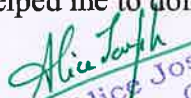
Awareness Regarding the Use of Menstrual Cup

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

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

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




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

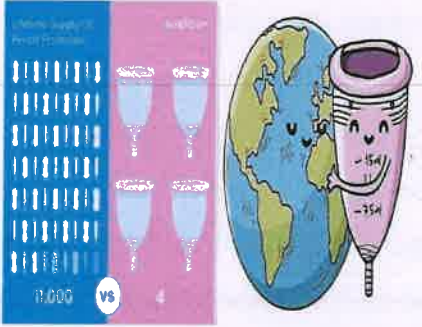
An Awareness regarding the use of menstrual cups

Photo gallery



Menstrual cup

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






ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

Name of the Event	Outreach Programme at Different Art Centre (DAC) at Trivandrum, 2022
Objectives	<ol style="list-style-type: none"> 1. To understand and learn about the intellectual development of differently abled students at Different Art Centre 2. To understand the basic functionalities of learning such as reading, writing, simple Mathematics, language development, simple matching exercises, puzzle exercises, simple sequences and attention through sound as well as behavioral coaching 3. To observe and learn how to enhance abilities of differently abled children to engage with peers and society and thereby contribute to ensure their smooth passage into the mainstream of the society
Details of Event	St. Joseph College of Teacher Education for Women, Ernakulam
Coordinators	
Date	14/09/2022
Time	10.00 AM – 9.00 PM
Duration	11 hours
Beneficiaries	Teacher Educands- 9, Teacher Educators- 2
Event Venue	Different Art Centre (DAC), Trivandrum


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



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

Programme Report

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

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



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

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





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

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

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



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

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

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



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



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

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

Photo Gallery



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



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



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



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



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



Inside Different Art Centre at Trivandrum



Beethoven Bungalow in Different Art Centre at Trivandrum



Jaleo Mahal in Different Art Centre at Trivandrum



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



Camille Cascade in Different Art Centre at Trivandrum



India Fort in Different Art Centre at Trivandrum



Angelo's Arttree in Different Art Centre at Trivandrum



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



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

Programme Details

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

List of Participants

Faculty members list:

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

Students list:

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



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



St. Joseph College of Teacher Education for Women, Ernakulam

SWACHH PARIYAVARAN

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



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



Swachh Pariyavaran

Programme Report

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

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

Alice Joseph
 Rev. Sr. Dr. Alice Joseph
 In Charge
 of Teacher
 Education for Women,
 Ernakulam



- Health Inspectors : Sri. Madhu

Sri. Asif

- Corporation employees: Sri. Ajayan

- Sweepers : Smt. Koch Theresia

Smt. Valsa

Sri. Satheesh

Sri. Kannan

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

Swachh Pariyavaran

PHOTO GALLERY



Welcoming the guest



Alice Joseph

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



Programme starts at Vanchi Square, High Court Junction



Welcome speech by Dr. Betty P. J

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



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

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





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



Felicitation by Mr. Manu, Councillor Ward 67



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

St. Joseph College of Teacher Education for Women, Ernakulam



Alice Joseph

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

1. Broadway



2. Marine Drive

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

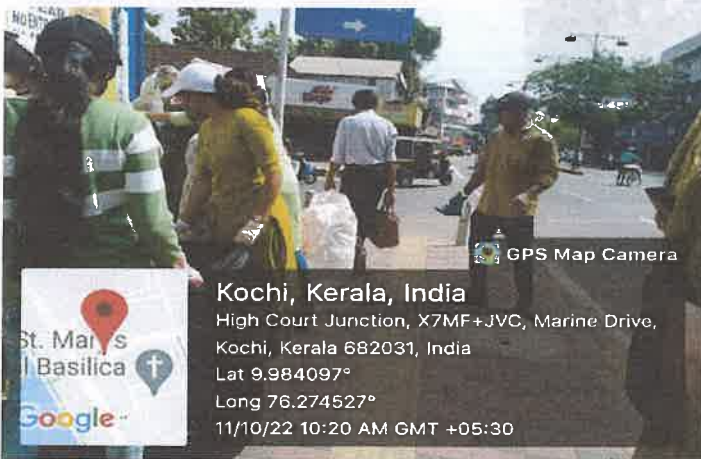




3. High Court Junction



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



4. Thoppil Ln. Marine Drive

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





5. Banerji Rd, Marine Drive



Alice Joseph

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



6. Lalan Tower High Court Junction



7. Church St. Marine Drive



Alice Joseph

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





St. Joseph College of Teacher Education for Women



8. A- Falah Plaza Broadway North

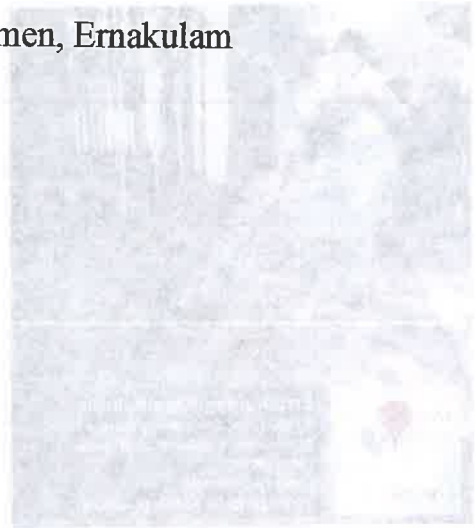


Alice Joseph

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



St. Joseph college of Teacher Education for Women, Ernakulam



8-A - Falah Plaza Broadway North



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





Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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



Alice Joseph

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



Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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



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



Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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

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





Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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

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





Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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

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





Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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

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





Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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



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



Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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



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



Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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



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



Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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



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



Swatchh Pariyavaran

One- Step Towards Cleanliness

Venue: Vanchi Square and its premises, Ernakulam

Date: 11-10-2022

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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Yoga Workshop for B.Ed. Student Teachers

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

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

1. Introduction to Yoga:

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

2. Basic Yoga Asanas:

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

3. Meditation and Mindfulness:

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

4. Yoga for Stress Management:

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

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



5. Yoga for Classroom Integration:

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

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



List of Participants

Sl.No.	Name	Subject
1.	Akhila M Nair	English Education
2.	Akshaya T G	English Education
3.	Amalu K	English Education
4.	Anagha R	English Education
5.	Anargha Mary	English Education
6.	Dona Maria	English Education
7.	Jeena Elsa John	English Education
8.	Jesna Joseph	English Education
9.	Leenu Merin Thomas	English Education

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

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

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



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

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

70.	Aysha Beevi C I	Natural Science Education
71.	Femy Mariya Jose	Natural Science Education
72.	Gopika A G	Natural Science Education
73.	Jismi Mohan	Natural Science Education
74.	Maneeha S M	Natural Science Education
75.	Meera Sankar A	Natural Science Education
76.	Merin K S	Natural Science Education
77.	Mrudula Girish	Natural Science Education
78.	Rajalakshmi R	Natural Science Education
79.	Sandra Soosan Aby	Natural Science Education
80.	Sneha P P	Natural Science Education
81.	Sreelakshmi N	Natural Science Education
82.	Sreeshna M	Natural Science Education
83.	Anagha Mary	Social Science Education
84.	Anitta Johnson	Social Science Education
85.	Arya T K	Social Science Education
86.	Aswathy K S	Social Science Education
87.	Chinchu K H	Social Science Education
88.	Devika P S	Social Science Education
89.	Geethu Sivan	Social Science Education
90.	Liyanta Izabel	Social Science Education
91.	Nair K M Sumalakshmi	Social Science Education
92.	Nandhitha C	Social Science Education
93.	Raseena Naseer	Social Science Education
94.	Reshma George P G	Social Science Education
95.	Riya James	Social Science Education
96.	Sarah Maria	Social Science Education
97.	Sneha M	Social Science Education
98.	Sreelakshmi Sudhakaran	Social Science Education
99.	Sukritha S. Shenoy	Social Science Education

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



ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Webinar on 'Cyber Hygiene', 2022

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

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



Webinar on 'Cyber Hygiene', 2022

Programme Report

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

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



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

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



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

Webinar on 'Cyber Hygiene', 2022

Photo Gallery



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

Organises

Webinar
On



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

Date: 22/10/2022

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

Coordinators:

Dr. Betty P. J.

Dr. Smitha Jose

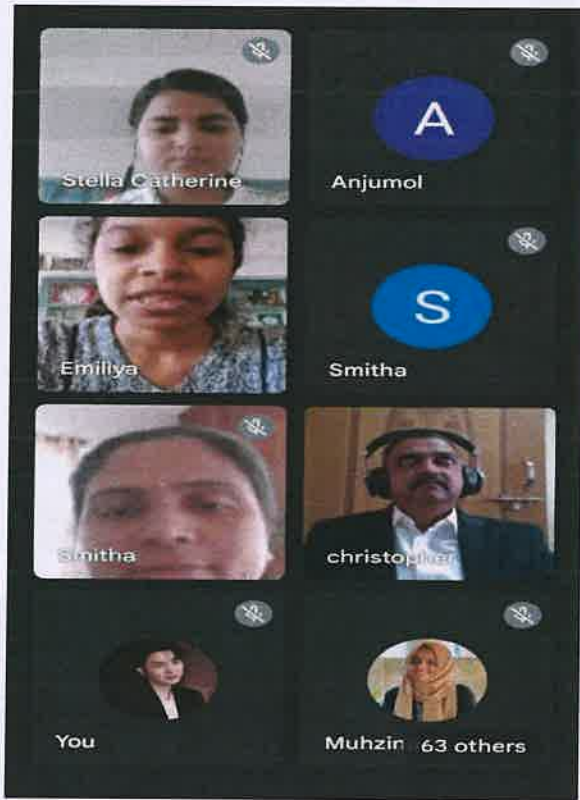
**Event poster for the webinar on 'Cyber Hygiene' conducted
by St. Joseph College of Teacher Education for Women,
Ernakulam for B Ed. student teachers via Google Meet**

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





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



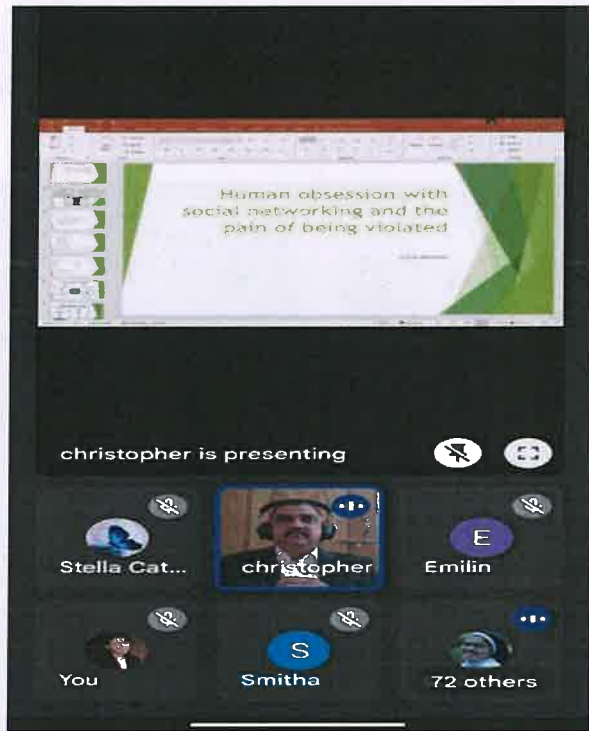
Prayer song by Ms. Emiliya Merin, student teacher from Mathematics optional during the webinar on 'Cyber Hygiene' conducted by St. Joseph College of Teacher Education for Women, Ernakulam for B Ed. student teachers via Google Meet



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

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





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



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



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

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





Webinar on 'Cyber Hygiene', 2022

Programme Details

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

List of Participants

Faculty members list:

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

Students list:

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



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

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

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



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

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



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



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



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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

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

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

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

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

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

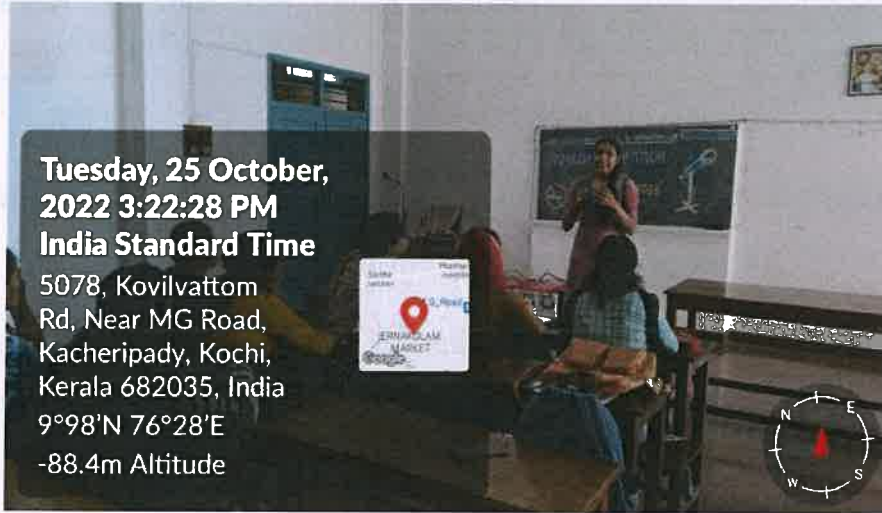


Tuesday, 25 October,
2022 3:25:12 PM
India Standard Time

5078, Kovilvattom
Rd, Near MG Road,
Kacheripady, Kochi,
Kerala 682035, India
9°98'N 76°28'E
-88.4m Altitude

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





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



List of Student Teachers who conducted the programme

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


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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Outreach Programme at Ranimatha Public School

Kick Addiction, Embrace Life: Football Challenge against Drug Addiction

Date: 23-11-2022

Location: Ranimatha Public School

Introduction:

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

Event Details:

Organizers:

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

Participants:

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

Objective:

The primary objective of the "Kick Addiction, Embrace Life" challenge was to create awareness among school children about the perils of drug addiction. By channeling their energy into sports, specifically football, the program aimed to inspire them to lead a drug-free life and stay away from harmful substances.

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





Activities:

Football Challenge:

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

Awareness Sessions:

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

Outcome:

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

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

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

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

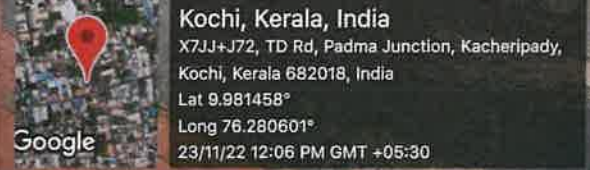
Positive Role Modeling: Student teachers served as positive role models, demonstrating the significance of education, sports, and a drug-free lifestyle.

Conclusion:

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

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





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

List of Participants -

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



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



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

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

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



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





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


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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

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

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



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

Programme Report

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

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


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

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



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

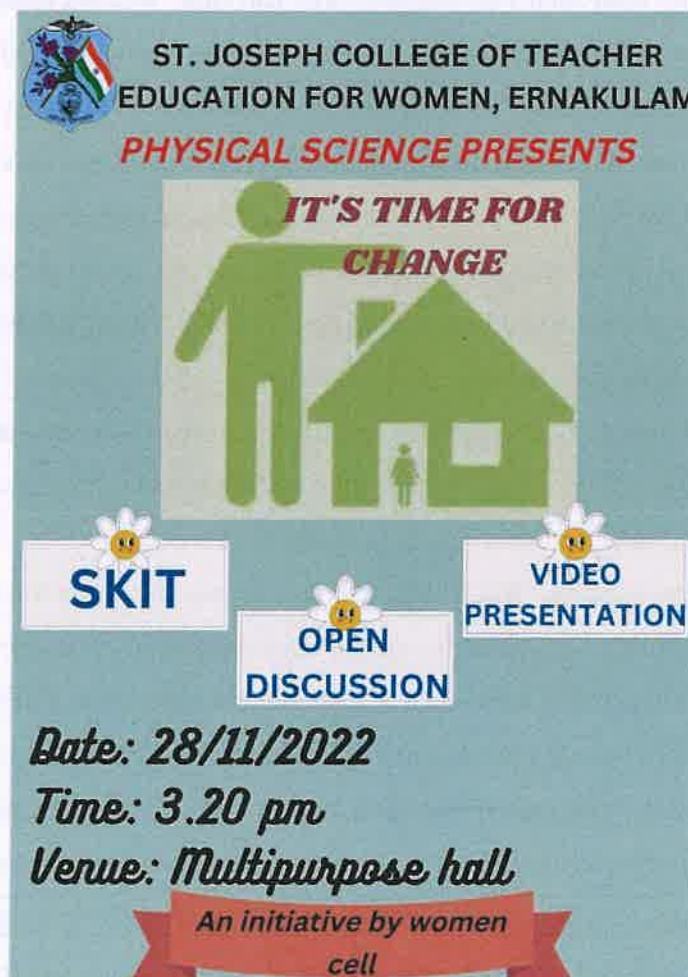
The programme, 'It's Time for Change' on discrimination against women turned out be successful in accomplishing its objectives. The programme was very informative and beneficial for the


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

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

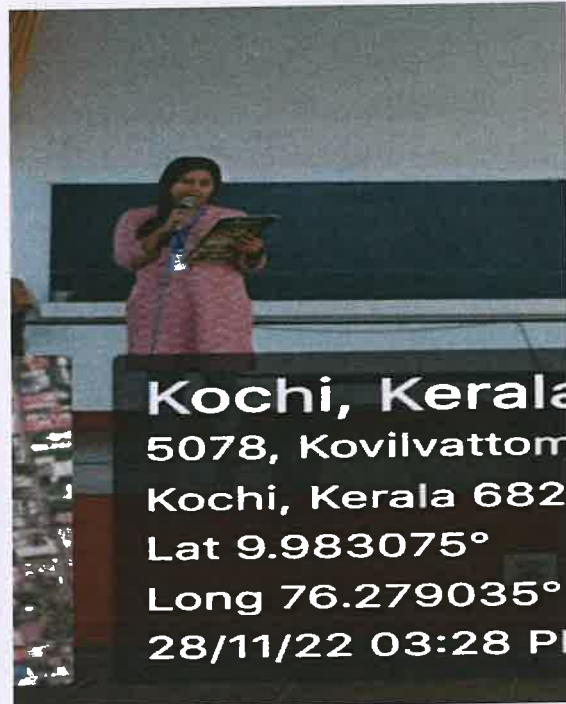
It's Time for Change'-Programme on Discrimination against Women, 2022

Photo Gallery



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

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



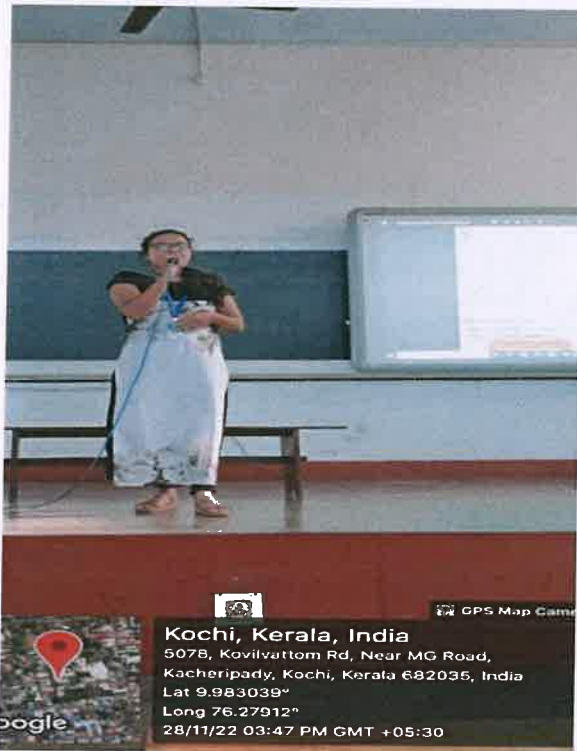
Ms. Arunima C.H and Ms. Ashna K.J, student teachers from Physical Science optional delivering welcome speech and introductory speech respectively during the programme, 'It's Time for Change' on discrimination against women, 2022 held at St. Joseph College of Teacher Education for Women, Ernakulam.



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



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



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

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

Programme Details

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



List of Participants

Faculty members list:

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

Students list:

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



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



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

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





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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

‘The Change Starts at Home’-

Programme on Discrimination against Women, 2022

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

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



'The Change Starts at Home'-

Programme on Discrimination against Women, 2022

Programme Report

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

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



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

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

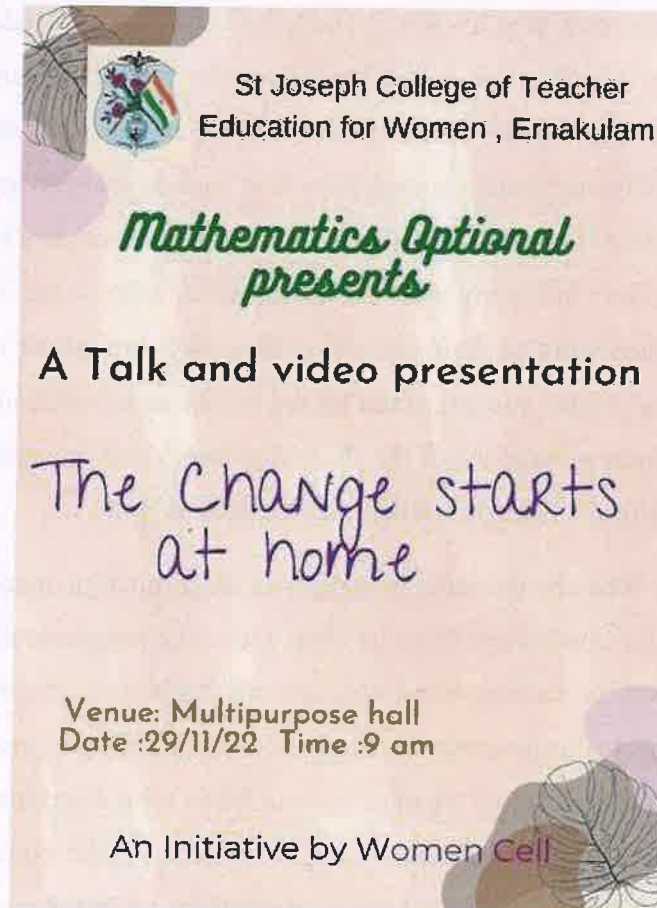
Alice Joseph
Dr. Alice Joseph
Principal in Charge
St. Joseph College of Teacher
Education for Women,
Ernakulam



'The Change Starts at Home'-

Programme on Discrimination against Women, 2022

Photo Gallery



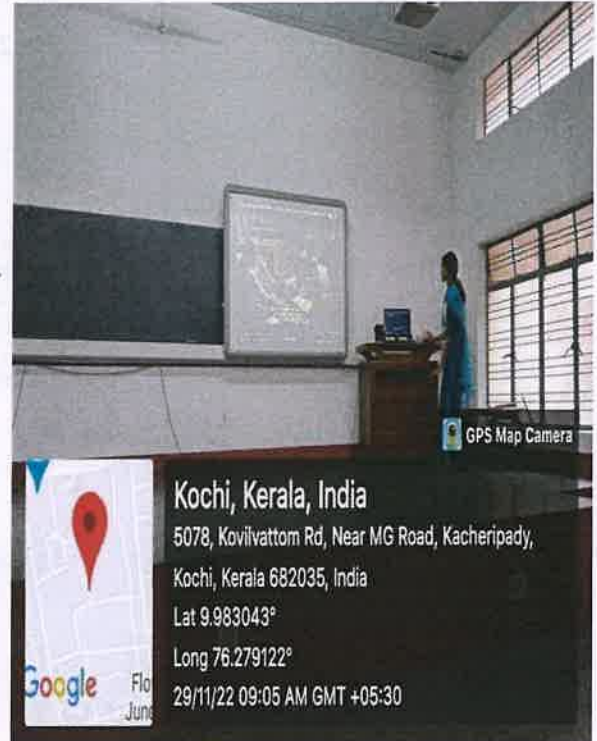
Event poster for the programme, 'The change starts at home' on discrimination against women, 2022 organized by the Mathematics optional in association with Women Cell of St. Joseph College of Teacher Education for Women, Ernakulam.

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





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



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

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



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

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

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



Students list:

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

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



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

Alice Joseph

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



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

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



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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

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

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



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

Programme Report

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

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

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



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

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



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

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

Alice Joseph

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



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

Photo Gallery



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

SEMINAR ON

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



Resource person :

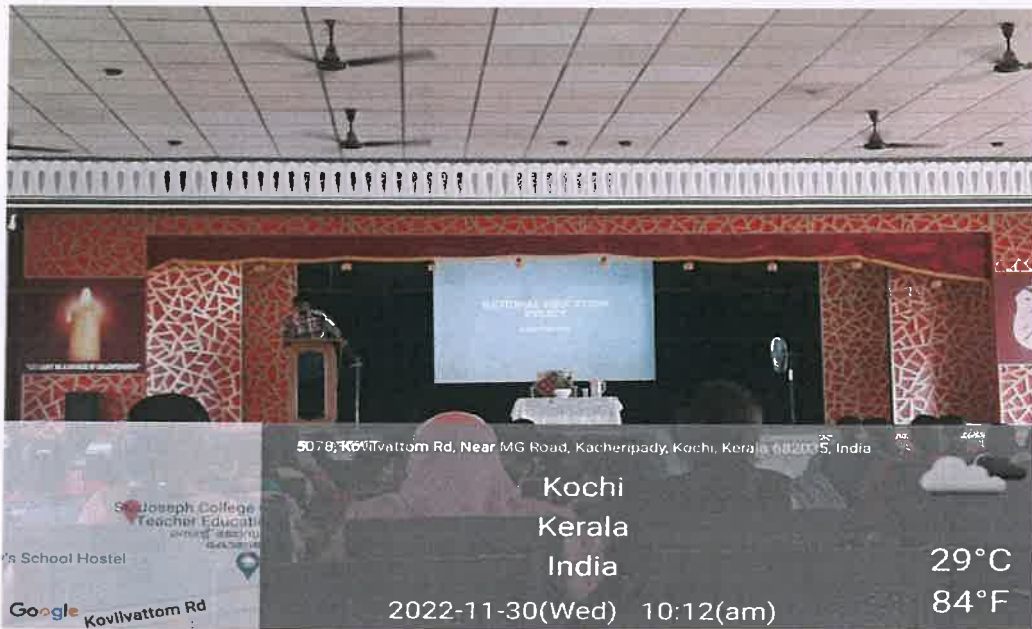
Dr. VIJAYAN K
Assistant Professor
Department of Teacher Education,
National Council of Education Research and Training

An initiative by Social Service Club

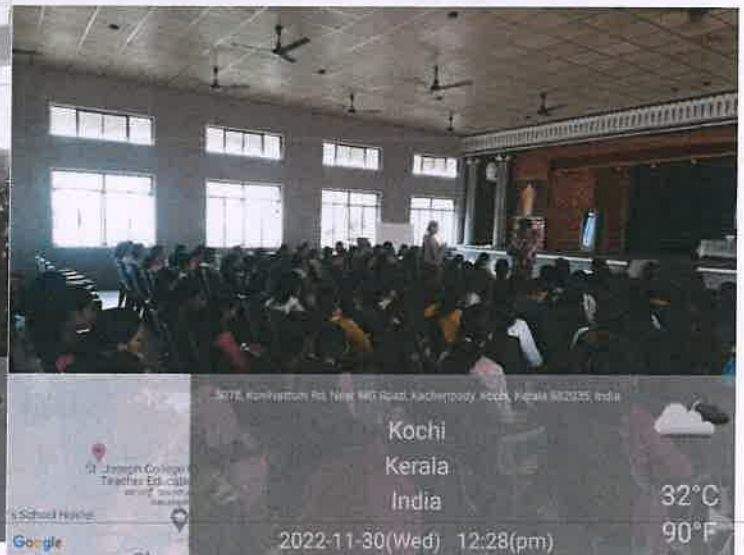
Event Poster for the seminar conducted on 'NEP 2020- Making Education Equitable and Inclusive', 2022 for B Ed. student teachers at St. Joseph College of Teacher Education for Women, Ernakulam

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





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



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



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

Programme Details

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

List of Participants

Students list:

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



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

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

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



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

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

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



Sl. No	Name	Batch
86	Anupama Sreedhar	2021-2023 batch (B Ed. Social Science)
87	Celene Paul	2021-2023 batch (B Ed. Social Science)
88	Divyamol P D	2021-2023 batch (B Ed. Social Science)
89	Dona K Jose	2021-2023 batch (B Ed. Social Science)
90	Krishnapriya K	2021-2023 batch (B Ed. Social Science)
91	Mary Rinu K F	2021-2023 batch (B Ed. Social Science)
92	Mereena Joy	2021-2023 batch (B Ed. Social Science)
93	Minu Joy	2021-2023 batch (B Ed. Social Science)
94	Regina Teena Dcosta	2021-2023 batch (B Ed. Social Science)
95	Riya Davis	2021-2023 batch (B Ed. Social Science)
96	Rose Mary Paul	2021-2023 batch (B Ed. Social Science)
97	Thasni M B	2021-2023 batch (B Ed. Social Science)
98	Varsha K V	2021-2023 batch (B Ed. Social Science)
99	Akhila M Nair	2022-2024 batch (B Ed. English)
100	Akshaya T G	2022-2024 batch (B Ed. English)
101	Amalu K	2022-2024 batch (B Ed. English)
102	Anagha R	2022-2024 batch (B Ed. English)
103	Anargha Mary	2022-2024 batch (B Ed. English)
104	Ashna Thomas	2022-2024 batch (B Ed. English)
105	Dona Maria	2022-2024 batch (B Ed. English)
106	Jeena Elsa John	2022-2024 batch (B Ed. English)
107	Jesna Joseph	2022-2024 batch (B Ed. English)
108	Leenu Merin Thomas	2022-2024 batch (B Ed. English)
109	Margret Benitta V J	2022-2024 batch (B Ed. English)
110	Megha Madhu	2022-2024 batch (B Ed. English)
111	Minu Mary	2022-2024 batch (B Ed. English)
112	Neha Babu	2022-2024 batch (B Ed. English)



Sl. No	Name	Batch
113	Nimmy Elizabeth George	2022-2024 batch (B Ed. English)
114	Rachel Berkumon	2022-2024 batch (B Ed. English)
115	Remya P . T	2022-2024 batch (B Ed. English)
116	Swathi.M	2022-2024 batch (B Ed. English)
117	Abina K	2022-2024 batch (B Ed. Malayalam)
118	Akhila M George	2022-2024 batch (B Ed. Malayalam)
119	Aleena Steephen	2022-2024 batch (B Ed. Malayalam)
120	Anju Prathap. P	2022-2024 batch (B Ed. Malayalam)
121	Aparna Jais	2022-2024 batch (B Ed. Malayalam)
122	Archana V N	2022-2024 batch (B Ed. Malayalam)
123	Jisa Martin	2022-2024 batch (B Ed. Malayalam)
124	Kavyamol A B	2022-2024 batch (B Ed. Malayalam)
125	Lakshmi T S	2022-2024 batch (B Ed. Malayalam)
126	Nidhiya Joseph	2022-2024 batch (B Ed. Malayalam)
127	Pavithra V	2022-2024 batch (B Ed. Malayalam)
128	Shiji.T.T.	2022-2024 batch (B Ed. Malayalam)
129	Snehakavya	2022-2024 batch (B Ed. Malayalam)
130	Swathi . M	2022-2024 batch (B Ed. Malayalam)
131	Treesa Jojan	2022-2024 batch (B Ed. Malayalam)
132	Vrinda Suresh	2022-2024 batch (B Ed. Malayalam)
133	Amrutha K Omanakuttan	2022-2024 batch (B Ed. Mathematics)
134	Anju Paul P	2022-2024 batch (B Ed. Mathematics)
135	Aparna Shaji	2022-2024 batch (B Ed. Mathematics)
136	Ashitha Benny	2022-2024 batch (B Ed. Mathematics)
137	Dhanya Joy	2022-2024 batch (B Ed. Mathematics)

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



Sl. No	Name	Batch
138	Emilin K Thomas	2022-2024 batch (B Ed. Mathematics)
139	Emiliya Merin	2022-2024 batch (B Ed. Mathematics)
140	Indhu . K	2022-2024 batch (B Ed. Mathematics)
141	Kabani S	2022-2024 batch (B Ed. Mathematics)
142	Nanditha J	2022-2024 batch (B Ed. Mathematics)
143	Rosemol V T	2022-2024 batch (B Ed. Mathematics)
144	Sandra Antony	2022-2024 batch (B Ed. Mathematics)
145	Sharon Achu Anish	2022-2024 batch (B Ed. Mathematics)
146	Sneha Prince	2022-2024 batch (B Ed. Mathematics)
147	Stella Catherine Faber	2022-2024 batch (B Ed. Mathematics)
148	Vandana K P	2022-2024 batch (B Ed. Mathematics)
149	Aiswarya . A .K.	2022-2024 batch (B Ed. Physical Science)
150	Aiswarya Lakshmi S	2022-2024 batch (B Ed. Physical Science)
151	Alkha Thomas	2022-2024 batch (B Ed. Physical Science)
152	Anjumol Paul	2022-2024 batch (B Ed. Physical Science)
153	Ann Sara V Alias	2022-2024 batch (B Ed. Physical Science)
154	Arunima C . H	2022-2024 batch (B Ed. Physical Science)
155	Ashna K J	2022-2024 batch (B Ed. Physical Science)
156	Aswathy Aji P	2022-2024 batch (B Ed. Physical Science)
157	Dilna Biju	2022-2024 batch (B Ed. Physical Science)
158	Dinsha M Saji	2022-2024 batch (B Ed. Physical Science)
159	Diya N C	2022-2024 batch (B Ed. Physical Science)
160	Karthika Raveendran	2022-2024 batch (B Ed. Physical Science)
161	Muhzina Muhammed Basheer	2022-2024 batch (B Ed. Physical Science)
162	Rose Mary Jose	2022-2024 batch (B Ed. Physical Science)
163	Sahala Nayeem A A	2022-2024 batch (B Ed. Physical Science)



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

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

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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

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

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

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





Programme Report

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

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

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

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





PHOTO GALLERY



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





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





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

List of participants

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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Energy Conservation Campaign, 2022

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

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



Energy Conservation Campaign, 2022

Programme Report

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


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

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



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

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


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





Energy Conservation Campaign, 2022

Photo Gallery



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



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



1. Shesly Augustine	
2. Mohan Kumar	
3. Mary Anila Kelappan	
4. Shreetha	
5. Phamini	
6. Sushama Pambal	
7. Anas Saliba	
8. Anna Vithi	
9. Anyathu	
10. Vijayakumari	
11. Jyothi P.J	
12. Letia	
13. Sindhu	
14. Prabavathi	

Michael Thomas	
Theresa	
Rajeeva Michael	
...	
Liz Tom T.T	
Aley Rajappan	
...	
Eloy	
Kochukutty MV	
Mini Thomas	
Rajmalan S	

Name	sign
1) Krishnaveneti	
2) Shiny Kankose	
3) Madhu K.S	
4) ...	
5) ...	

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

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



Energy Conservation Campaign, 2022

Programme Details

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

List of Participants

Faculty members list:

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

Students list:

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



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

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


Beneficiary household member's list:

Sl. No	Name
1	Sherley Augustine
2	Mohan Kumar



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

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


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



ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Yoga Workshop for M.Ed. Student Teachers

Date: 16-01-2023

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

1. Introduction to Yoga:

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

2. Basic Yoga Asanas:

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

3. Meditation and Mindfulness:

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

4. Yoga for Stress Management:

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

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



5. Yoga for Classroom Integration:

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

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



List of Participants

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

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





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Online Webinar on Water Conservation Day

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

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

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

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



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

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

PAPER PRESENTERS

NAIR K.M SUMALAKSHMI



MINNA MARY TOM



WATER CONSERVATION DAY

As part of Azadi Ka Amrit Mahotsav



ORGANIZED BY



St. Joseph College of Teacher Education for women, Ernakulam

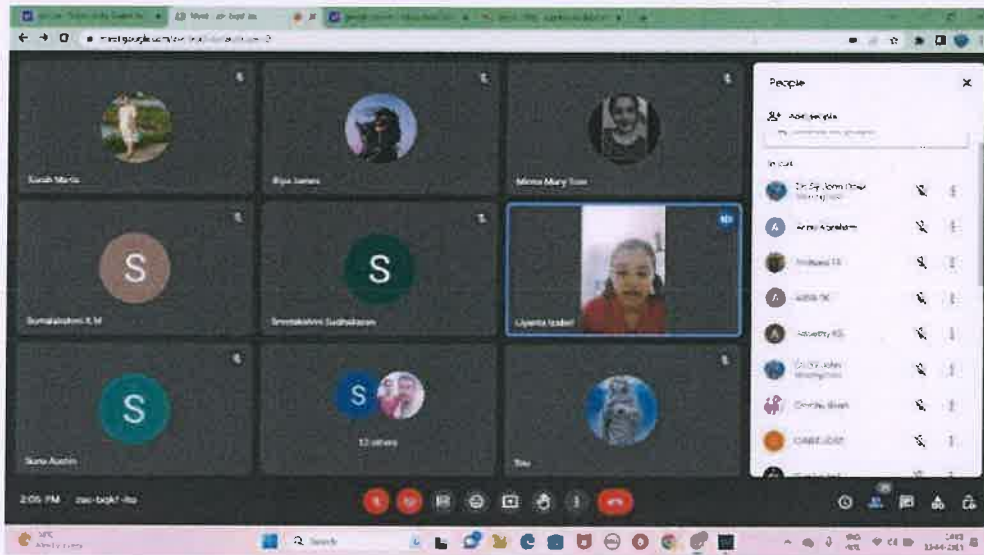


St. Thomas College of Teacher Education, Pala

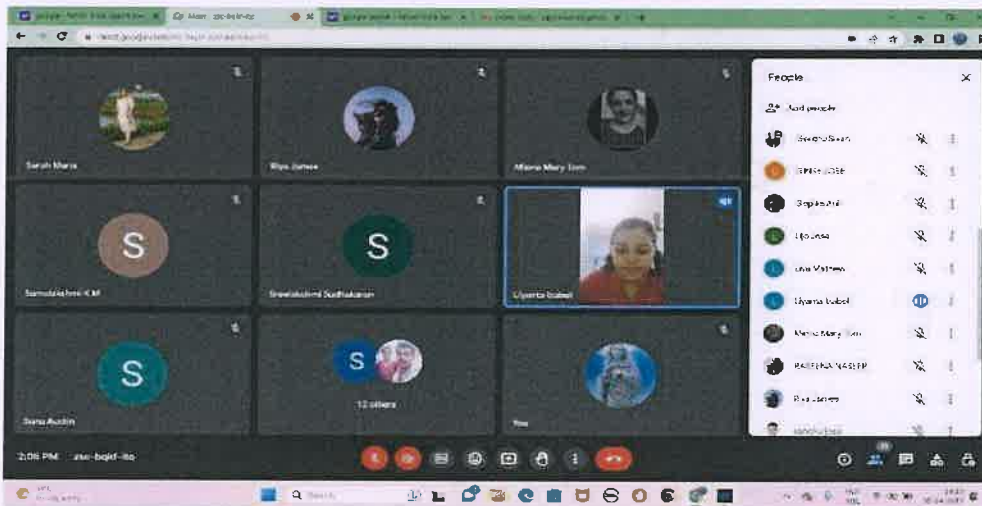
Online Webinar
 Date- 30th April 2023
 Time- 2:00-3:00pm

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





20 student teachers participated



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

