



St. Joseph College of Teacher Education for Women Ernakulam



CRITERION II

2.4.1 Institution provides opportunities for developing competencies and skills in different functional areas through specially designed activities / experiences

(Conducting Outreach/Out of Classroom Activities)

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



ST.JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN ERNAKULAM

KOCHI-682035, KERALA

2.4.1

Conducting outreach /out of classroom activities

Sl.No.	Specially Designed Activities	Reports	Documents	Page No.
1	Conducting outreach /out of classroom activities	Community cleaning Swacha Pariyavaran(B.Ed&M.Ed)	Brochure and photos of Swach Pariavaran Programme	3-10
		Flash mob presentation for giving awareness on drug abuse (B.Ed)	Photos of flash mob	11-15
		Traninig on mat making	Photos of mat making	16-19
		Cleaning of Hospital(B.Ed)	Photos of Hospital cleaning	20-26
		Cleaning of Childrens home(B.Ed)	Photos of Childrens' home cleaning	27-33
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Swachha Pariyavaran community cleaning programme in Marinedrive, kochi, kerala

REPORT

Date: 2022-23(11/10/2022) Location: Marine Drive, Kochi, Kerala

Inaugurated by: Hibi Eden, Member of Parliament (MP)

The college provided an opportunity for the student teachers to take part in The Swachh Bharat Abhiyan (Clean India Campaign), a community cleaning initiative took place at Vanchisquare Marine Drive in Kochi on 11th October 2022. The event was inaugurated by Sri. Hibi Eden, Member of Parliament. The event had a clear objective to encourage cleanliness, raise environmental consciousness, and foster community engagement. The major objectives of the programme were:

1. To raise awareness about the importance of cleanliness and sanitation among the local community.
2. To mobilize residents and volunteers to actively participate in cleaning and maintaining public spaces.
3. To promote a sense of responsibility for the environment and civic duty among citizens.
4. To showcase the significance of community engagement in achieving the goals of the Swachh Bharat Abhiyan.

The program unfolded through several key phases:

- Inauguration by Hibi Eden: The event began with a warm welcome extended to Hibi Eden, Member of Parliament, who officially inaugurated the program. He underscored the significance of cleanliness in nurturing a more robust and healthier community.





- **Community Engagement:** Enthusiastic participation was witnessed from a diverse array of individuals, including residents, students, volunteers, and local organizations, all actively joined the cleanup efforts. Collaboratively, they tackled tasks such as litter collection, the cleaning of public spaces and the promotion of hygiene.
- **Awareness Drive:** Informational sessions and awareness campaigns played a pivotal role in enlightening both participants and passersby. These initiatives aimed to educate people on responsible waste disposal, the detrimental consequences of littering and the vital importance of upholding cleanliness in public areas.
- **Swachha Bharat Pledge:** Every participant was administered the Swachha Bharat pledge, reinforcing their unwavering dedication to maintaining clean surroundings and advocating for a cleaner India.
- **Cleanup Operations:** Cleaning activities encompassed a wide range of tasks, from street sweeping to the collection and proper disposal of garbage. Moreover, efforts were directed towards enhancing the area's visual appeal through tree planting and artistic endeavors like painting projects.
- **Community Cohesion:** Beyond the tangible cleaning tasks, the event provided an invaluable platform for community members to come together, forge stronger bonds, and collectively strive towards the shared aspiration of a Marine Drive that is not only cleaner but also greener.

The Cleaning Program proved to be a remarkable triumph. This endeavor not only played a pivotal role in improving the cleanliness of a prominent public area but also nurtured a collective spirit of community responsibility and heightened environmental consciousness among all those who took part. Initiatives like these are of paramount importance in actualizing the broader mission of achieving a cleaner and healthier India, aligning perfectly with the ideals of the Swachha Bharat Abhiyan.

The success of this program goes beyond just the physical aspect of cleaning; it symbolizes a shared commitment towards a cleaner and more sustainable future. By coming together and actively participating in this initiative, the participants not only improved the immediate surroundings but also set an example for others to follow. Such endeavors are vital in driving nationwide change, one community at a time, as they contribute to the realization of the Swachha Bharat Abhiyan's vision of a cleaner, healthier, and more responsible India.





Images of SWACHHA BHARAT Programme





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Documents of Swachh Pariyavaran programme

ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR
WOMEN, ERNAKULAM
Swachh Pariyavaran
11th October 2022
Event Schedule

Welcome : Dr. Betty P.J Vice Principal St. Joseph college of
Teacher Education for Women ,Ernakulam

Presidential Address: Sr. Ritta Jose CMC Vicar Provincial
Vimala Province, Ernakulam

Inauguration: Sri. Hibi Eden Hon'ble Member of Parliament
'Ernakulam constituency

Felicitation: Mr. Manu, Councillor Ward 67

Vote of Thanks: Mrs. Sheeba A.S, Assistant Professor, M.Ed
Department, St. Joseph College of Teacher Education for
Women, Ernakulam





Welcome address –Dr.Betty P.J viceprincipal



Inauguration by Hibi Eden MP





Comparing by Anuradha pai (student teacher)









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Out of classroom activities - flash mob at marine drive and seematti premises

Name of the Event	Flash Mob at Marine Drive and Seematti Premises
Objectives	<ol style="list-style-type: none">1) To give awareness on use of Drugs2) To encourage students to express themselves creatively through dance and music.3) Team Building :To foster a sense of unity and teamwork among the participants.4) Provide a Break from Routine :To offer students a break from traditional classroom activities and engage them in an enjoyable and memorable experience.
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Date	202223(26/10/2023(Seemattipremise&Marine Drive),30/10/2022(Lulumall)),13/11/2022(stadium)
Performers	Student Teachers ,St. Joseph College of Teacher Education for Women, Ernakulam
Beneficiaries	community members
Event Venue	Marine Drive and Seematti Premises

Programme Report

In collaboration with the "Out of Classroom Activities" initiative, the college extended an opportunity to the student teachers by organizing a vibrant and dynamic flash mob event on 26th October 2022. This exciting event unfolded at two separate locations: Marine Drive and Seematti Premises. The central objective was to provide the student teachers with an engaging and entertaining experience that not only brought them together but also fostered qualities such as creativity, teamwork, and the expression of individuality.





The college through this event, aimed to encourage its students to break away from traditional classroom settings and explore innovative avenues for self-expression and collaboration. The event served as a platform for students to unleash their creativity and engage with their peers, facilitating a comprehensive educational experience that transcended conventional textbooks and lectures. The planning phase of the event encompassed:

1. **Venue Selection:** The event was strategically planned at two venues, Marine Drive and Seematti Premises, to maximize participation and audience engagement.
2. **Rehearsals:** Leading up to the event, students participated in rigorous dance rehearsals to perfect their flash mob performance.
3. **Performance:** At 03:00 PM, the first flash mob performance kicked off at Marine Drive, capturing the attention of passersby and creating an electric atmosphere.
4. **Second Performance:** Following the successful Marine Drive performance, the second flash mob took place at Seematti Premises at 4:00 PM, spreading the joy of dance to another location.
5. **Audience Engagement:** Spectators at both locations were encouraged to join in, creating a sense of community participation.
6. **Social Media Coverage:** The event was captured on camera and shared on social media platforms, allowing students to relive the moment and share their experiences with a wider audience.

The experience of participating in the flash mob event was both thrilling and meaningful for the student teachers. It allowed them to step outside their usual academic routines and express themselves creatively while working together as a team. This experience held significant value as it promoted qualities like teamwork, self-expression, and confidence. The significance of the event lies in its contribution to the holistic development of the trainees. It provided them with a unique opportunity to engage in an out-of-classroom activity that emphasized collaboration, creativity and communication skills. Such experiences are vital in shaping well-rounded individuals who can thrive not only academically but also in various aspects of life where teamwork and self-expression are key.

Flash Mob at Seematti Premise







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EDUCATION FOR WOMEN, ERNAKULAM

FLASH MOB

DATE : 26 / 10 / 2022

TIME : 3.00 PM

VENUE : SEEMATTI
PARKING AREA
BANERJI ROAD

An initiative by anti narcotics club

Students participating in anti- narcotic flash mob at Kacheripady Seematti Parking
area





Students taking Anti-narcotic pledge at Marine Drive after flash mob presentation



College flash mob team at Lulu Mall along with staff and excise officers



Flash mob At Kaloor Stadium





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Community Engagement Programme - Mat Making using Waste Cloth

Name of the Event	Community Engagement Programme -Mat Making using Waste Cloth
Objectives	<p>The primary objectives of the Community Engagement Programme for Mat Making using Waste Cloth were as follows:</p> <ol style="list-style-type: none">1. Skill Development :To teach the beneficiaries the craft of mat making using discarded cloth materials, providing them with a valuable skill for personal and economic development.2. Waste Reduction :To promote environmental consciousness by reusing waste cloth materials, thus contributing to the reduction of textile waste.3. Women's Empowerment:To empower women within the Kairos group by enabling them to generate income through the production of mats and other handicrafts
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Date	2021-22(5/3/2022,12/3/2022)
Time	2.00 PM- 4 PM
Resource Persons	Student teachers, St. Joseph College of Teacher Education for Women, Ernakulam
Beneficiaries	Kairos)Group of Women Needs Help -Management Initiative
Event Venue	Rani Matha Public School, Ernakulam

Programme report

The college organized an outreach program centered on teaching the art of crafting mats from discarded cloth material on 5th March 2022&12/3/2022. It was executed for the beneficiaries of Kairos, a group of underprivileged women supported by Management Initiatives. The primary aim of this endeavour was to empower these women by imparting





new skills, promoting sustainability, and offering a pathway to economic independence through creative recycling. Key Highlights:

- **Training Session:** The initiative commenced with a training session led by experienced artisans and skilled instructors. These experts demonstrated the intricate techniques and artistic processes involved in mat making using waste cloth.
- **Materials and Tools:** To facilitate the learning process, the beneficiaries were provided with all the essential materials, including discarded fabric, sewing needles, threads, and various other tools indispensable for the art of mat making.
- **Hands-On Learning:** The women actively engaged in hands-on learning, immersing themselves in the step-by-step process of mastering the skills required to craft mats of diverse sizes and intricate designs.
- **Creativity and Innovation:** Throughout the program, participants were actively encouraged to infuse their unique creativity and innovative ideas into their mat designs. This freedom allowed them to produce distinct, marketable, and environmentally sustainable products.
- **Economic Opportunities:** As part of the initiative, comprehensive discussions were held regarding potential avenues for selling the mats, both within local markets and through online platforms. These conversations were aimed at providing the beneficiaries with economic opportunities and the prospect of financial independence.
- **Community Bonding:** Beyond the skill-building aspect, the program played a pivotal role in facilitating social interaction and community bonding among the members of the Kairos group. It fostered a sense of unity and a shared purpose among the participants.

The Community Engagement Programme emerged as a deeply meaningful and empowering endeavour. It equipped the women of Kairos with a valuable skill set, promoted sustainability through the creative repurposing of discarded materials, and created economic opportunities while addressing textile waste issues. Initiatives of this nature are vital in promoting self-sufficiency and advancing the development of the community.





Student Teacher Demonstrating Mat Making Process





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Mat making photo evidence





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Community cleaning programme at district Ayurveda Hospital, Ernakulam

Name of the Event	Community Cleaning Programme at District Ayurveda Hospital, Ernakulam
Objectives	<ol style="list-style-type: none">1. Promote Cleanliness :To foster a sense of responsibility among the community members to keep the hospital and its surroundings clean2. Raise Awareness :To educate the community about the importance of cleanliness, sanitation, and hygiene in healthcare settings.3. Community Engagement :To encourage active participation of local residents and volunteers in cleaning and maintaining the hospital premises.
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Dates	2021-22(12/3/2022)
Time	2.00 PM- 4 .00PM
Beneficiaries	Student Teachers
Event Venue	Govt. Ayurveda Hospital ,Kacheripady, Ernakulam

Programme Report

The college organized a community cleaning program at the District Ayurveda Hospital in Ernakulam on 12th March, 2022. The primary objective of this endeavor was to champion the cause of cleanliness, increase awareness surrounding sanitation and actively involve the community in the maintenance of a clean and hygienic environment in the vicinity of the hospital. The key components of the program were:

- Community Participation: The cleaning drive witnessed enthusiastic involvement from the local residents, dedicated volunteers and committed hospital staff. This collective effort saw community members collaborating to eliminate litter, clear debris and undertake a thorough cleaning of the areas surrounding the hospital.





- **Cleaning Activities:** The cleaning activities encompassed a range of tasks, including sweeping, the responsible collection and disposal of trash, and the removal of overgrown vegetation from the hospital's surroundings.
- **Awareness Campaign:** To instill the importance of cleanliness within healthcare institutions, informative sessions were conducted as part of an awareness campaign. These sessions aimed to educate the community about proper waste disposal practices and the significance of adhering to hygiene norms in healthcare settings.
- **Swachh Bharat Pledge:** As a symbol of their commitment to maintaining a clean and healthy environment, a Swachh Bharat pledge was administered to all participants. This pledge served as a solemn vow to uphold the principles of cleanliness and hygiene.
- **Plantation Drive:** To enhance the aesthetics of the hospital premises and promote greenery, a small-scale plantation drive was incorporated into the program. This initiative not only contributed to the beautification of the hospital surroundings but also aligned with environmental sustainability goals.
- **Community Bonding:** Beyond the primary objective of cleanliness, the event fostered a sense of community bonding and camaraderie. It provided community members with a platform to come together, strengthen their connections and collectively strive toward the shared goal of achieving a cleaner and healthier hospital environment.

The Community Cleaning Programme emerged as a resounding success in its mission to champion cleanliness and engage the community proactively. Not only did it result in a cleaner hospital environment, but it also succeeded in raising awareness about the critical role of hygiene in healthcare settings. This initiative exemplified the power of community collaboration in effecting positive change and serving as a model for the broader community to emulate in its efforts to maintain a clean and hygienic environment.





Cleaning Programme at District Ayurveda Hospital, Ernakulam



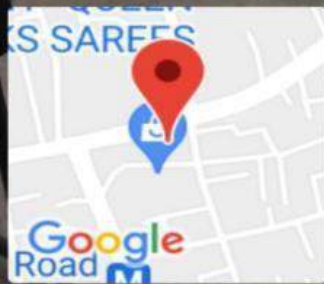
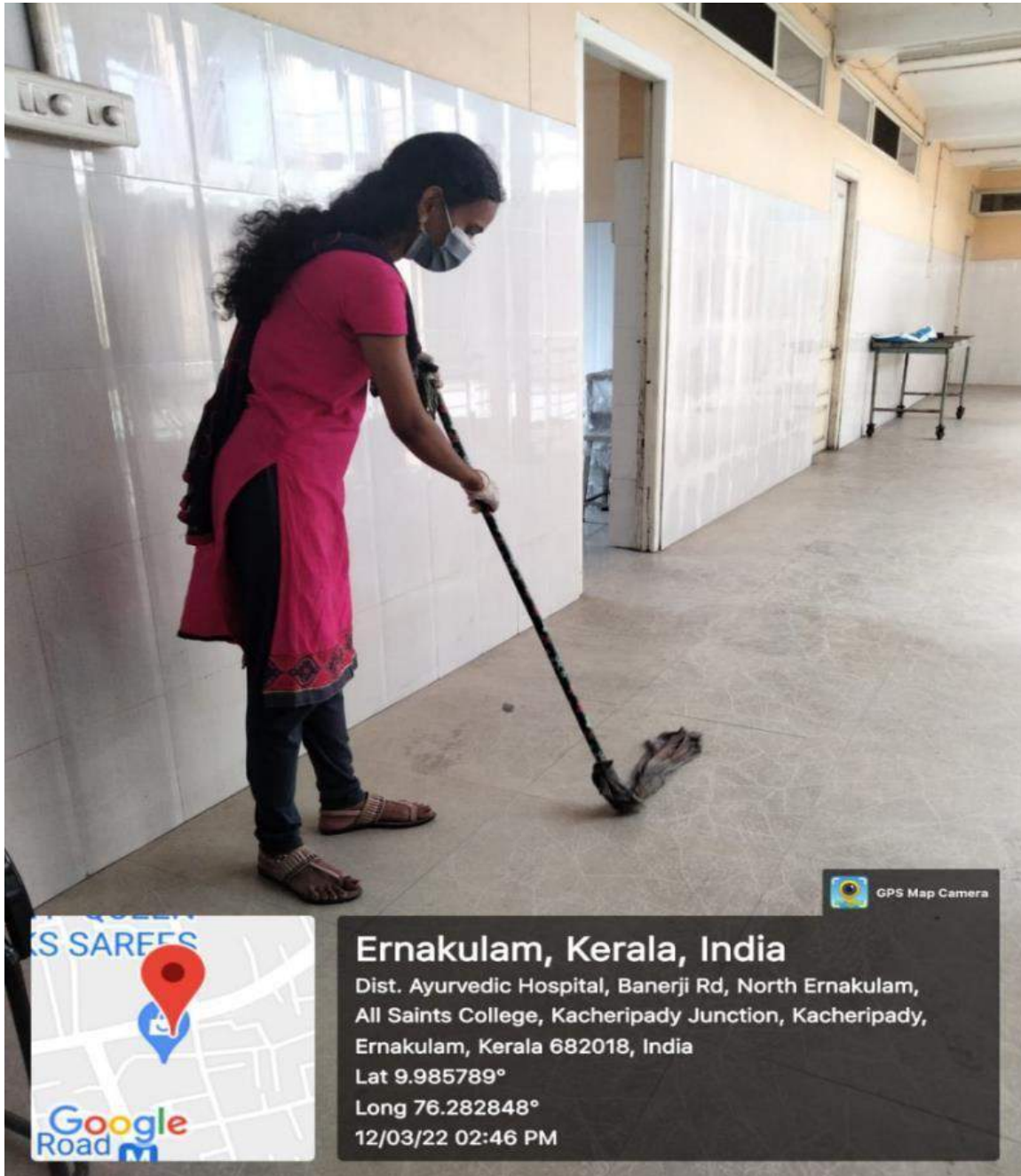


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Documentary Evidence of cleaning of Ayurveda hospital, Kacherippady





Ernakulam, Kerala, India

Dist. Ayurvedic Hospital, Banerji Rd, North Ernakulam,
All Saints College, Kacheripady Junction, Kacheripady,
Ernakulam, Kerala 682018, India

Lat 9.985789°
Long 76.282848°
12/03/22 02:46 PM





Kochi, Kerala, India
Kacheripady, North Ernakulam, All Saints College,
Kacheripady Junction, Kacheripady, Ernakulam, Kerala
682035, India
Lat 9.985411°
Long 76.282899°
12/03/22 02:44 PM







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Outreach programme at children's home, Kakkanad

Name of the Event	Outreach Programme at Children's Home, Kakkanad
Objectives	<ol style="list-style-type: none">1) Emotional Support :To offer emotional support and care to the children residing in the Children's Home.2) Skill Enhancement :To engage the children in various activities that promotes skill development and creativity.3) Building Relationships :To establish positive and meaningful relationships between volunteers and the children.
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Date	2021-22(23/3/2022)
Participants	Student teachers of St. Joseph College of Teacher Education for Women, Ernakulam
Beneficiaries	Inmates of children's home
Event Venue	Govt. Children's Home Kakkanad

Programme Report

The college organized a community outreach initiative at the Children's Home in Kakkanad on 23rd March 2022, with the overarching goal of extending support to the children residing there, building a sense of togetherness, and spreading positivity within the community. The key components of the program were:

- **Engaging Conversations:** The outreach program kicked off with interactive sessions, during which volunteers actively engaged the children in dialogues, games and storytelling sessions. These interactions were designed to cultivate a warm and inclusive environment, making the children feel comfortable and valued.
- **Skill Enhancement Workshops:** A variety of skill enhancement workshops were thoughtfully arranged, encompassing art and craft, music and sports activities. These workshops served as platforms for the children to explore their interests and unearth their hidden talents, fostering personal growth and development.





- **Educational Support:** Committed volunteers provided valuable educational support by assisting the children with their studies, assignments and homework. This ensured that the children's academic needs were not overlooked and that they received the guidance required to excel in their studies.
- **Promoting Nutritious Eating Habits:** Recognizing the importance of a well-balanced diet, the outreach program included the provision of a nutritious meal to the children. This not only satisfied their immediate hunger but also imparted valuable lessons about the significance of healthy eating habits and their long-term benefits.
- **Distribution of Essential Items:** Essential items, such as clothing, school supplies and toiletries, were thoughtfully distributed to the children. This not only addressed their immediate needs but also alleviated some of the burdens they might have been facing.
- **Entertainment Extravaganza:** To add an extra dose of joy to the occasion, various entertainment performances were organized. These included music, dance and skits, all of which brought smiles, laughter, and a sense of celebration to the event.

The outreach program was a heartwarming and tremendously successful endeavor. Its impact extended far beyond the immediate assistance provided. It left lasting impressions on the children, creating cherished memories and fostering a deeper connection between the volunteers and the children they were supporting. The outreach program exemplified the power of community engagement and collective efforts to make a positive difference in the lives of those in need. It not only addressed the practical requirements of the children but also nourished their spirits, instilled hope and reinforced the value of community support and compassion.

Programme at Children's Home, Kakkanad





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Documentary Evidence of cleaning of children's home



Children's home cleaning team at kakkanad





Cleaning by Nitha Alfred student teacher





Cleaning by Anisha T(student teacher)





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Study tour

Name of the Event	Study Tour
Objectives	<ol style="list-style-type: none">1) To provide an opportunity for participants to observe and experience new environments ,cultures ,and knowledge2) To develop new skills and critical thinking.3) To provide an opportunity for participants to connect with peers , professionals and experts4) To reinforce experiential and contextual learning
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Dates	2022-23(11/3/2023-15/3/2023),2021-22(27/6/2021-30/6/2021),2020-21(Cancelled as per the Govt .order due to Covid Pandemic),2019-20(9/1/2020-13/1/2020),2018-2019(15/1/2019-19/1/2020)
Beneficiaries	Student Teachers

Tour Programme Report

Planning

The college organized 5 day study tour for the student teachers. On 6th February 2023, Dr. Sr. Soya Mathew, who served as the faculty coordinator for the tour, briefed the student teachers about the practical aspects of organizing a study tour. Theresa Thankachan, representing the Natural Science optional, was chosen as the tour leader, while Mariya Jesneela and Reshma Francis, from the Mathematics optional, assumed the roles of secretary and treasurer, respectively. Additionally, coordinators were selected from each class: Merize Ben Alias for English optional, Varsha for Social Science optional, Pranaya for Malayalam optional, Sona Paul for Mathematics optional, Meera Susan for Natural Science optional, and Aparna S for Physical Science optional.

The teacher educator shared her expertise, drawing from past experiences, to guide the effective planning and execution of the trip. The class coordinators collaborated with their peers to collect input regarding destination preferences, budget considerations, travel dates,





and the trip's duration. Subsequently, on 10th February 2023, the tour committee convened a meeting to discuss the diverse suggestions from students across different optional subjects. Following thorough deliberation, the committee ultimately chose a tour package offered by Vamos Amigos agency, which encompassed visits to Udupi, Murudeshwar, Dandeli, and Gokarna. This comprehensive excursion spanned five days and required a budget of 4900 rupees per student. The tour was fittingly named 'Akkare Akkare Akkare,' and the dates for the trip were officially set as 11th March 2023 to 15th March 2023.

On 3rd March 2023, another pivotal meeting was convened, presided over by Dr. Sr. Soya Mathew. During this gathering, various committee members were selected to undertake specific responsibilities in preparation for the trip. Different committees were established, and these included:

- 1) Purchasing committee
- 2) Entertainment committee
- 3) First-aid committee
- 4) Time table coordination committee
- 5) Photography
- 6) Attendance ensuring committee
- 7) Checking whether everyone got food
- 8) Snack distribution committee

The teacher educator ensured that every student teacher was assigned to one of the committees mentioned above. Leaders for each committee were chosen, and provided clear instructions regarding their respective roles and responsibilities.

Execution

Day 1 -11/03/2023

All student teachers were instructed to gather at South Railway Station, Ernakulam, by 10.30 p.m. Some students arrived directly at the station, while others came to the college first. Prior to departure, a prayer session, led by Dr. Sr. Betty P.J., was held at the college. The trip was accompanied by four teacher educators: Dr. Sr. Soya Mathew, Dr. Smitha Jose, Sr. Sicily A.A. and Dr. Rachel George M. These educators ensured that all students arrived at the station by 10.30 p.m. The train arrived at midnight, and the teacher educators confirmed





that students were in their assigned seats, with four of them stationed in different compartments to ensure student safety.

Day 2 -12/03/2023

On 12th March, the team arrived at Mangalore railway station at 8 a.m. From there, they proceeded to the Dine and Divine restaurant in Udupi for refreshment and breakfast in two tourist buses. Each bus accommodated student teachers from three optional subjects and two teacher educators. Following breakfast, the team visited St. Mary's Island, a cluster of four small islands in the Arabian Sea. Sr. Soya provided insights into the significance of this island. After lunch, the team visited the Murudeshwar temple. By nightfall, they reached Dandeli and stayed at the State Lodge.

Day 3-13/03/2023

On 13th March, the team headed to the River Edge Resort for breakfast. Following the meal, the student teachers participated in water activities, with the teacher educators closely supervising and offering safety instructions. Afterward, the group returned to the River Edge Resort for lunch. They also enjoyed time at the swimming pool and spent the evening engaged in activities such as a forest walk, rain dance and a campfire.

Day 4-14/03/2023

On March 14th, the team explored Mirjan Fort in Gokarna and ventured into the Mangrove Forest. They concluded their day's activities and made it to Mangalore railway station by 6:15 p.m.

Day 5-15/03/2023

The train pulled into the North Railway Station in Ernakulam at 7 a.m. The teacher educators meticulously documented the departure of each student teacher from the station, ensuring that all individuals were accounted for and safely on their way.

The trip was a memorable experience for the student teachers, as it offered a unique blend of learning, exploration and camaraderie. It allowed them to step out of their usual classroom settings and gain practical insights into various destinations and cultural aspects. Additionally, the trip fostered bonding among the students and teacher educators, creating a sense of community and shared experiences.





The significance of the trip lies in its ability to complement traditional classroom learning with hands-on experiences. It provided a platform for the student teachers to apply their knowledge in real-world situations, enhancing their understanding and skills. Moreover, exposure to diverse locations and cultures broadened their perspectives and increased their cultural sensitivity, an essential attribute for future educators. Overall, the trip was an enriching and holistic educational journey with lasting personal and professional benefits.



STUDY TOUR REPORT



INTRODUCTION

Education is the process of receiving or giving systematic instruction, especially at a school or college. Students gain knowledge and upgrade skills by using the concepts which they newly learned from their institution. There are various educational techniques by which educators deliver the lessons to the students; organizing educational tour is one of them. Educational tour plays an important role in educating students in a practical and interesting manner.

An educational tour or a field trip is a visit to a place away from their normal place of study. The purpose of the trip is to provide students an experience outside the classroom. It also provides an opportunity for non-experimental research and helps bring all the students to a common platform irrespective of their social, economic and cultural background. Field trip eases pressure, the boredom and monotony of having to attend a lecture. It is a fun way of learning and making it more enjoyable. It helps students to have the opportunity to have lively discussions in an informal basis.



Experience gathered during a field trip to vineyard, hotel, tourist places, factories, breweries etc are of immense benefit to students and help make learning fun and long lasting.

As part of B.Ed Curriculum we, the second years of all optional needed to go for a educational trip. The purpose of the trip is usually for observation for education, to provide students with experience outside. So, as part of that a tour committee was formed with Athira Sabu as the head and Tour coordinators from each options. With various meeting we finalised to go for a 3 day trip. The places selected for the trip are Coorg, Mysore and Wayanad. The day we first decided was may 22nd to may 26th but due to the unfavourable conditions the trip was postponed to 27-07-2022

A study tour helps students appreciate their field of study more and it really helps them better realize the interaction between their chosen field of study to the rest of the world.



OBJECTIVES OF THE STUDY TOUR

The main objectives of the study tour are:

- To develop first hand experienced related to the thing being discussed in the programme.
- To provide an opportunity to the students to experience group dynamics and understand the importance of social relationship.
- To develop co-operation among students.
- To develop a platform for teamwork.
- To develop self-confidence in students.
- To be aware of various socio-cultural patterns, value systems and social practices in different areas of world.
- To deepen social and historical knowledge.
- To develop critical thinking skills.



PHASES OF THE TOUR

PLANNING

As part of B.Ed curriculum, all the students are suppose to go on a trip and write a report on it. For this purpose the college have selected six coordinators from each optional and one head coordinator:

- i) Athira Sabu - Malayalam optional - Head coordinator
- ii) Tosna Joy - English optional
- iii) Catherine Varghese - Malayalam
- iv) Varsha Varun - Natural Science
- v) Aneesh - Mathematics
- vi) Anya M.A - Physical Science
- vii) Revathy N - Social Science.

The whole planning was undugone under the guidance of Dr. Sr. Soya Mathew (Assistant Professor, St. Joseph College of Teacher Education for Women, Emakulam)

First, the college have conducted an executive meeting of all seven coordinators on 18/3/2022 and discussed the budget of each optional. The second³⁸ meeting was held



on 15/4/2022 via google meet of the coordinators and Dr. Sr. Soya Mathew discussed about the places and came with four plans. The coordinators have decided to prepare a google form to know the interest of each student. The general meeting was held on 22/4/2022 through google meet under the guidance of Sr. Soya Mathew. The head coordinator announced the place of the trip, Mysore, Coorg, Wayanad date of trip from May 22nd to May 26th and gives the information about the Skylark Leisure Holidays and other instructions were given by Sr. Soya Mathew. The final meeting was held on 25/4/2022 at St. Joseph College of Teacher Education for Women, Emakulam. Dr Bindu Joseph, Sr. Shanthini and the four coordinators and the tour coordinator of Skylark Leisure Holidays Mr. John were present. He have cleared all the doubts of teachers and the coordinators. Due to unfavourable climatic condition, the trip was postponed to 27/7/2022. Advance payment was given on 11/5/2022.



We have approached few tour operators:

- * Green Bugs holidays
- * Alchemy Holidays
- * Season Kerala Holidays
- * Oneness
- * Heaven Travels
- * Lemon Holidays
- * Greenland Travels
- * Skylark Leisure Holidays

The teachers who are accompanying are:

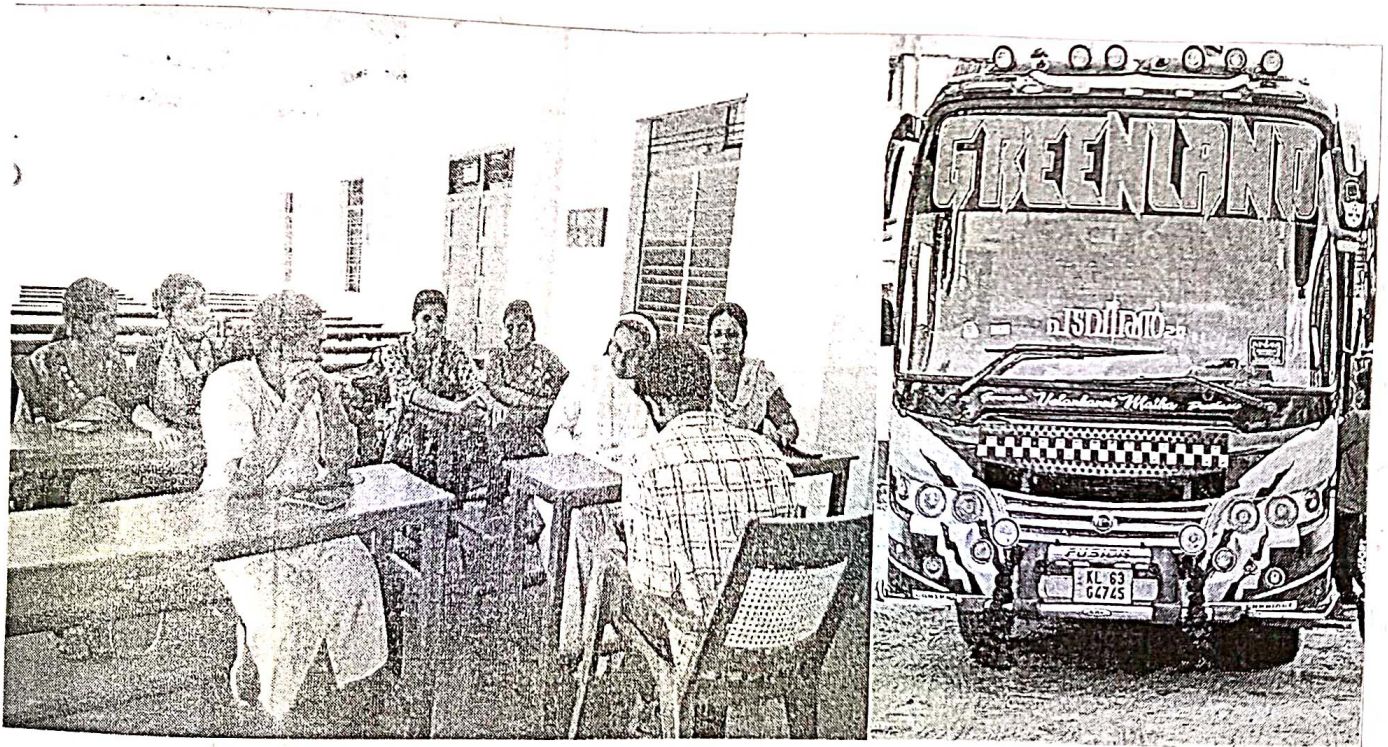
1. Dr Bindu Joseph
2. Dr Marin Jose
3. Sr. Jiley
4. Dr. Sr. Soya Mathew

EXECUTION

As we planned study tour to Coorg - Mysore - Wayanad on 27/06/22 are studied and selected the execution of each plan. one purpose hall. The trip was executed very well organised. The successful execution was done

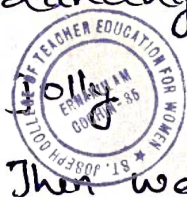


due to the relentless efforts of many. The tour coordinators were given responsibility to check if every one was getting in to bus on time as well as to count the number. Athira Sabu and Aneta m purchased all the the food items as well as other requirement. Rosna Goy brought medicines for the tour. The tour fee was collected by the respective tour coordinator and was given to the tour agency.



REPORT OF THE TOUR

The date of the tour was scheduled from on 27/6/22 to 30/6/22. On 27th June 4:00 pm all of us were requested to gather at multipurpose hall. All the students assembled there in time. After taking the count of students in optional wise, each students checked and got ready with the laggage. Two tourist buses were arranged for us. It was decided that 3 optional will share a bus. So, Malayalam, mathematics and Social science shared a bus and English, natural science and physical science occupied the other bus. By 5:00 pm we started our journey. Our principal sister Dr. Sr. Alice Joseph prayed for us and we started off our journey, we slowly got into the bus and get settled. By the time after an hour, every one was in their happiest mood singing and dancing to the music played. All was in a good mood. At 10:00 pm we researched hissem. Then we stepped at a restaurant to have dinner.



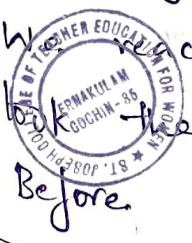
We all spend the night in the bus. One one way we woke up to see the wayend churams.

DAY-1 : 28/06/2022 TUESDAY - COORG

Our first destination was Coorg in Karnataka. Coorg or Kodag is officially known as the astonishing land in the heart of the Southern Indian Peninsula. We reached Coorg by 7:00 AM in the morning. On the arrival we checked in the hotel to get freshen up and got on the bus. We had breakfast after that. After having the delicious breakfast Pooi-masala dosa bread and jam we headed towards our first destination in Coorg.

River Rafting

Our first adventurous activity was river rafting in the water park at Coorg. We reached the destination by 9:30 AM and took the ticket to enjoy the river rafting. Before going into the water, we were equipped



with proper life jacket. River rafting was optional hence some students didn't come. After putting the life jackets we were asked to step into inflatable raft. After entering us to raft we were taken to the center of water body by the guide and he instructed us to jump into the water. It was really a thrilling experience for me and we spend almost 1 hour in the water. After that we changed and freshen up and move to next spot.

Sera Monastery (University)

By 11:15 AM we reached the Sera monastery. It was a place of beautiful and peaceful. One was a open structured building with a platform and has drawings of bhuddha on the wall. The floor was of black stone which gives a cooling effect to the feet. The other building was big which has a lot of step and hanging, but due to renovation works we couldn't enter



Golden Temple

After visiting Sera monastery we reached Golden Temple by 12:15 PM. The golden temple was spectacular with its Tibetan architecture. The golden temple was huge and it has 40 feet high gilded images of Guru Padmasambhava, Buddha Satyamu and Amittayur. It was really huge and the doors were filled with colourful mural. It was really a delightful experience to watch the place and enjoy. After the visit we moved on to have lunch. After that we headed to our next destination.

Bamboo Forest

By 2:30 PM we reached Bamboo Forest. Before reaching the spot we need to travel through a hanging bridge. This place is a package of entertainment. The green and yellow bamboos and high teak make this place beautiful. Along with the bees there was a deer park. There were many resting places where we can sit in groups and have fun. Another exciting thing in the 45 bamboo forest was a



bird sanctuary we got to see a lot of birds
The fun part the place is that we got
a chance to feed the love birds. After that we
had a shopping in the Coorg and we headed
to DJ campfire by 7:00 pm. At DJ party we
danced and enjoyed. By around 8:00 pm we
had dinner and returned to hotel for overnight stay



DAY 2 : 29/06/2022 WEDNESDAY -
MYSORE

The second day started with great excitement. We checked out from the hotel by 7:00 AM and we started our journey to Mysore. The journey was around 3 hours and we reached Mysore by 10:00 AM. Before going to the first spot we stopped at a restaurant to have food. The breakfast was really rich with lot of items. After the breakfast we moved to first spot.

Mysore Zoo

We reached Mysore zoo by 10:30 AM. We all lined up to have security check to enter into the zoo. The zoo was filled with greenery having trees on both sides. On our way to zoo we saw parrots, peacocks, stork, cheetah, Bengal tiger, Bear, Monkey, Deer, Zebra, Elephant, Hippopotamus, Rhinoceros and had a separate section for Riptiles as well.

The zoo was well maintained with proper care for each animal. There was a hospital for the animals as well. There was route map of zoo



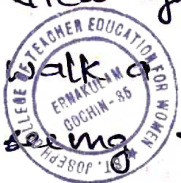
In well suited place. It was very beautiful and a memorable experience for me.

St. Philomena Church

By 1:30 PM we reached Philomena Church within a few minutes of travel. It really astonished to see the huge gothic architecture of the church constructed as a tribute to Saint Philomena. It is one of the historical sites in Mysore. The congregation hall is built to resemble the long end of cross. The altar is placed at the smaller and upper portion of the cross. Beneath the altar lies the underground catacomb that contains the relics of St. Philomena. By around 2:30 PM we returned to have lunch for the day which was really delicious.

Chamundi Hills

By 3:00 PM we reached the Chamundi Hills. On our way we saw the beautiful view of Mysore from top. As we reached we need to walk a little to reach Chamundeswari temple. After seeing the beautiful view of Mysore we walked

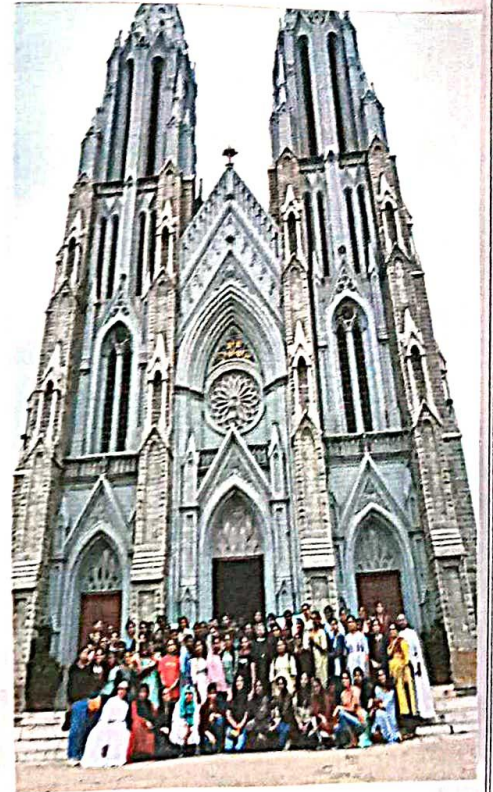
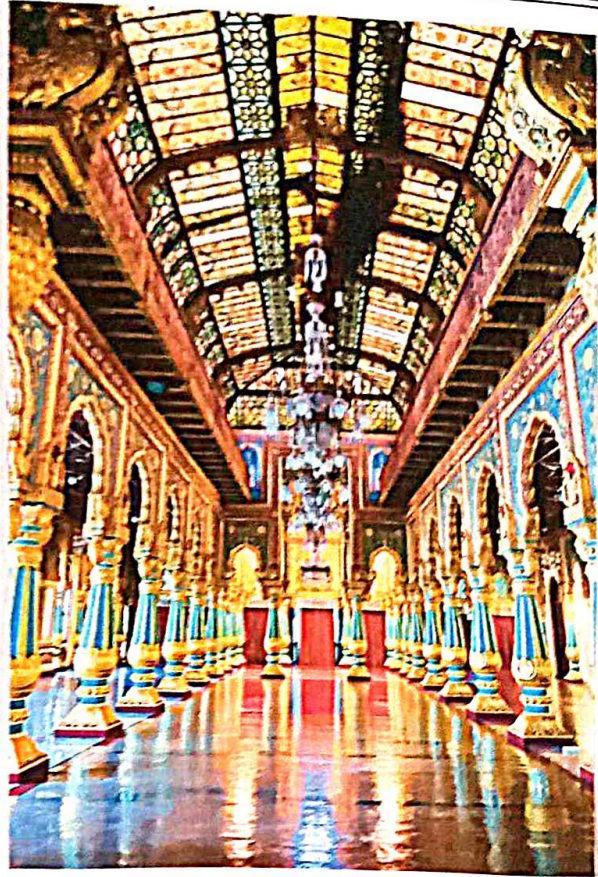


around the temple to see the wonderful art done on the walls of the temple. On our way back to the bus we also visited the small shops along the walkway of Chamundi Hills.

Mysore Palace:

By 4:00 PM we reached the Mysore palace. If there is another word for grandeur that would be Mysore palace. It was really a majestic view of initial view. After receiving the pass we walked along the pathway inside the palace. Inside the house we saw swords, the pictures, boxes used by the kings. We were really astonished by the architectural work of the palace. The floorings, walls and roof works were really magnificent and majestic. The view from the top of palace were breath taking. The most notable elements of the Mysore Palace are the Durbar Hall, the Ambavilasa, the royal howdah, the Kalyana mantapa a portrait gallery as well as the many items on display. By 6:00 PM we started our journey to Wayanad and reached there by around 12:00 PM and we had dinner and stayed at hotel in Wayanad.





DAY 3 : 30/06/2022 THURSDAY - WAYANAD

Third day was the most exciting day in the tour. We woke up at 5:00 AM for the wayanad trekking. After getting refreshed we checked out from the hotel and go on to the bus to reach the destination. Our first spot was Chembara Peak. Before going for trekking we had breakfast at hotel around 7:00 AM.

Chembara Peak

Chembara Peak was the first destination in the wayanad. Chembara Peak is one of the highest peak in wayanad district which is located about 2100 height above the sea level. In order to help we were guided by a local guide named Anu. To reach the starting point of peak we were travelled by Jeep. At a time 11 people were travelled in the Jeep. Once we reached the point it was heavy raining so we had to put rain coat. Once we reached there we had to walk through a narrow path to reach the starting point of trekking. The entire trekking



more than 6 kilometer from top to bottom.

On reaching the starting point of trekking we started our journey through a path with trees on both sides the roots of trees were spreaded on the way. It helped us to walk. As it was raining it was raining upto some extent. As we move forward the trekking becomes difficult because the path becomes steep and narrow with rocks and bushes on the sides and along the path. It was very challenging trekking because of heavy rain, cold and the fear of leaches. However the trekking was a very adventures experience. Once we reached the top we saw the beautiful snow and the heart shaped pond. It was really a nature's magic, The view from the top was really astonishing. It took our hardship to worth. We spend half hour in the top and then we returned to the starting point. we reached there by 2 pm and changed our dress and to restaurant to have lunch



Karapuzha Dam

Karapuzha Dam in Wayanad is one of the earth dam in India. We reached Karapuzha dam at 4:30 pm and it was heavily raining as we reached. As we entered the Karapuzha dam we could see a well maintained garden and infrastructure. Apart from this there were many adventurous activities in the dam. As we walked through the area there was a path leading to the dam. The path was really lengthy showing the wide area covered by dam. By 5:00 pm we went back to bus and started our journey to hometown.

SM street and Calicut Beach

On our journey back to college we stopped at SM street in Kozhikode to have a small shopping around 9:00 pm. We bought the famous kozhikodan halwa and we walked through the streets. Later on we moved to the Calicut beach to have a memorable beach night. Experience we enjoyed there for sometime we enter the bus to have the return journey by 10:15 pm. After that we stopped at the restaurant



to have dinner around 12:30 PM. Having the dinner we got back to the bus and started our return journey. On the way we shared our experience as well.

By 5:00 AM we reached our college and students went to their respective home. This 3 day trip was the most memorable days of our B.Ed life.



MY SPECIFIC ROLE IN THE TOUR

I was very interested in organising and planning the study tour. From the initial phase of planning, I gave my suggestion in selecting the different tourist areas. Throughout the discussing phase, I gave inputs on the tourist destinations and tour packages. The financial planning and budget decisions were made with throughout consultation and advises.

One the day of tour, I along with optional leader was assigned the role of maintaining and guiding my department. I was very keen looking into the overall wellbeing of the students in my bus. I made sure that everybody was comfortably seated. Regular attendance was taken at all spots. I made arrangement in dividing students in each room at stay. After every visit, I made sure every student reached back got into the bus.

Some of my friends fell sick during the picnic. I made sure they got the medicine and PS was happy helping



them. I even helped my friend in climbing and climb down the peak. One of my friend got bit by leeches and I made sure it was taken care of and made her safe.

I bought food items and I was very happy sharing it with my friends. In this trip I made sure my participation was there and helped my friends who need help in need.

BENEFITS FOR THE STUDY TOUR

Study tour plays an important role in educating students in a practical and interesting manner. Learning something by seeing it in person is far better than just learning from books. Taking students to trip will relate their academics and can help them learn the things in a much better way. Making study tour as a part of curriculum is a good idea to enhance the knowledge of students. Study tour helps student to interact with what they⁵⁶ are learning. Study tour



can be a way to fun and recreation and act as a stress buster for students. The study tour provide entertainment for students. They often act as a powerful motivator for students. Getting away from the routine atmosphere of the college gives student an opportunity to spend time with each other in a new environment. Study tour helps students to observe many things that are not available in college. Better exposure is another benefit of study tour. Students get to visit new places and this a great opportunity for student

PERSONAL BENEFITS

This trip gave me a lot of unforgettable memories. I was very thrilled, energized and excited in seeing new places. It is always fun and pleasant while travelling from one city to another. This trip help me in understanding the culture of new places. This trip help me in understanding the historical importance of places like mysore palace st philomena church, sea monestary etc. This trip help me to



enjoy the different flora and fauna. The
nature wonder was very visible in the
wayenad trekking. This trip help me to
socialize with people and the students in
my college. This trip helps me to increase my
helping mentality. A coordinated teamwork was
another important lesson i experienced. Another
important yet the beautiful thing i experienced
was the coordination and the close relationship
and love we had for each other. I started
mingling more with my friends and the
students.





REFLECTIVE JOURNAL

Description of the Events :

As part of B.Ed Curriculum we went to study tour as part EDU 404.2 practical. We the students of St. Joseph College of teacher education for women, we went to Coorg, Mysore and Wayanad on 27/6/2022.

Feelings :

It was very wonderful experience, as i got to see new places and information and i got do lot of activities. I was very happy about the trip

Evaluation :

From planning to execution the trip was organised perfectly. Each and every spot were covered in the limited time. Sick one very taken care of and the needs of student were taken care

Analysis :

The tour was very successful. It enable social interaction as well got better



exposure to the students.

Action Plan:

If I get a chance to conduct the
trip I will do it with all my sincerity. The
time constraints will be taken care of.

[Signature]



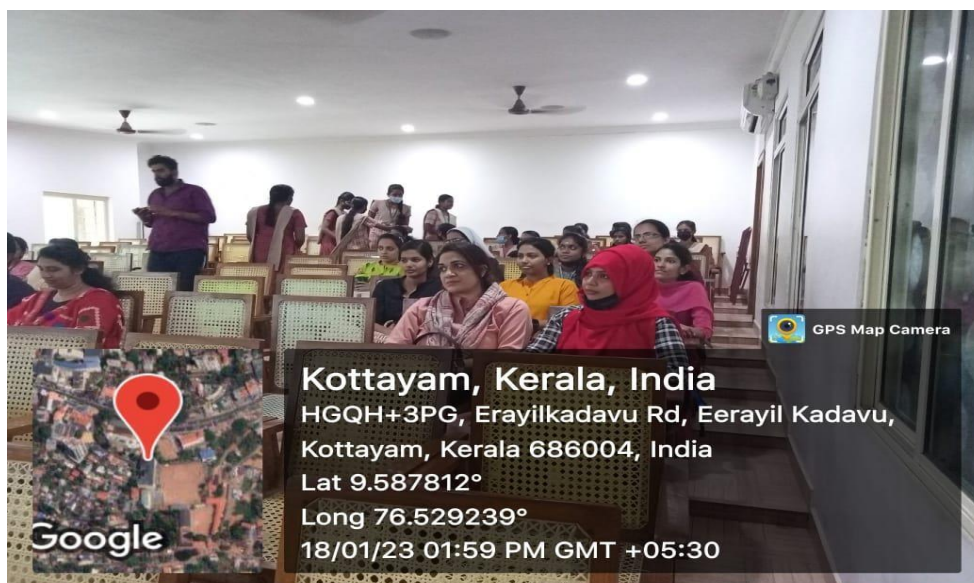


ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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

Participation in National seminar held at MG University Kottayam

The M.Ed students of St. Joseph College of Teacher Education exhibited remarkable enthusiasm and intellectual prowess as they actively engaged in the National Seminar on Youth@75: Way Forward, held on March 12, 2023, at MG University Kottayam. This event served as a pivotal moment for these budding educators, who seized the opportunity to present their research papers, bolstered by unwavering support and guidance from their dedicated teachers. The journey towards the seminar began on February 23, 2023, when the teacher educators Miss sheeba A.S extended invaluable assistance to the students in preparing their papers and honing their presentation skills. This collaborative effort not only cultivated the students' confidence but also helped them overcome stage fright and sharpen essential skills like effective communication, creativity, and problem-solving. The seminar itself, with its theme centered on the role of teachers in shaping the future of the youth in the context of India's vision of Youth@75, provided an enriching platform for knowledge exchange and dialogue. Over the course of two days, the event featured a diverse array of sessions, including keynote speeches, panel discussions, and workshops. These sessions delved into various facets of education and the vital role teachers play in nurturing holistic development, critical thinking, and responsible citizenship among young minds.



Participation in national seminar





Paper presentation by teacher educands

<p>Call for Papers (Online (limited) & OOBias facility for presentation) We invite Original, Unpublished Research Articles based on the Subthemes</p> <ul style="list-style-type: none"> ☐ Youth@75 - Role of Teachers in Nation Building ☐ Role of Youth in Nation Building: Then and Now ☐ NEP 2020: Empowering the teacher ☐ Indian values & ethics, classroom conduct & behaviour ☐ Freedom@75 ☐ Youth and Gender Equality ☐ Human Rights and youth ☐ Vidya Chru Bharat-Intellectual traditions ☐ Youth and Life skills ☐ Outcome Based Evaluation (OBE) and quality education for youth ☐ Youth and Innovations in Research ☐ Role of Teachers from Ancient to Modern Technology era <p>Abstract Submission Abstract and full length paper can be written in English and is to be submitted within the specific date mentioned below. Abstract must be within 300 words with maximum five keywords and the following order is requested to be followed. Title of the Paper, Name of the Author/Co-author, Designation, Institution, Email ID and Contact Number.</p> <p>The abstract is to be submitted to spsseminar2023@gmail.com</p> <p>Full Paper Submission The full paper should contain Introduction, Review of Literature, Objectives, Methodology, Analysis, Results/Findings, Discussion and Conclusion. Reference should be given at the end of the paper. Length of the full paper should be within 2500-3000 words.</p> <p>Authors are requested to send the soft copies of the full paper in the mail spsseminar2023@gmail.com</p> <p>Publication of Papers The accepted papers of the National Seminar will be published in the Seminar Special Volume of Pedagogies, a print, annual, peer-reviewed, research journal published by the School of Pedagogical Sciences, ISSN: 22297618. The fee for publication will be charged from the Authors.</p> <p>No Registration Fee</p>	<p>Important Dates Last date for Submission of Abstract : 17/02/2023 Intimation of Acceptance : 19/02/2023 Last date for Submission of Full Paper : 24/02/2023 Accommodation, if needed, should be informed before 20-02-2023</p> <p>Our Patrons</p> <p>Prof. (Dr.) Sabu Thomas, The Vice Chancellor Prof. (Dr.) C.T. Aravindakumar, Pro Vice Chancellor Prof. (Dr.) Prakash Kumar B., Registrar</p> <p>Organizing Team</p> <p>Prof. (Dr.) Asha J.V., Head of the Department Prof. (Dr.) Minikutty A., Dean, Faculty of Education Prof. (Dr.) Jaya Jaise, Professor, Formerly Head & Dean, Faculty of Education Prof. (Dr.) Sajina Jaleel, Professor Dr. Ismail Thamarasseri, Assistant Professor Dr. Muhammed K. V., Assistant Professor Dr. Sibin G. Netto, Assistant Professor Dr. Sanitha S., Assistant Professor (Convener of the Seminar)</p> <p>Contact Prof. (Dr.) Asha J.V., Head of the Department, Ph: 9447043489 Dr. Sanitha S, Assistant Professor (Convener of the Seminar), Ph: 9995283585</p>	 <p>MAHATMA GANDHI UNIVERSITY (Re-accredited by NAAC with A Grade) SCHOOL OF PEDAGOGICAL SCIENCES PD Hills PO, Kottayam, Kerala, India, Pin: 686560 Ph: 0481-2731942, www.sps.mgu.ac.in sps@mgu.ac.in</p> <p>AZADI KA AMRIT MAHOTSAV</p> <p>National Seminar On <i>Youth@75:</i> <i>Way Forward- Role of Teachers</i></p> <p>1st & 2nd March, 2023</p> <p>Sponsored by Govt. of India Indian Council of Social Science Research (ICSSR) Ministry of Education, New Delhi-110067</p> <p>Organized by SCHOOL OF PEDAGOGICAL SCIENCES MAHATMA GANDHI UNIVERSITY</p>
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Brochure of national seminar





Certificate of presentation





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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National seminar at MGU participated by M.Ed







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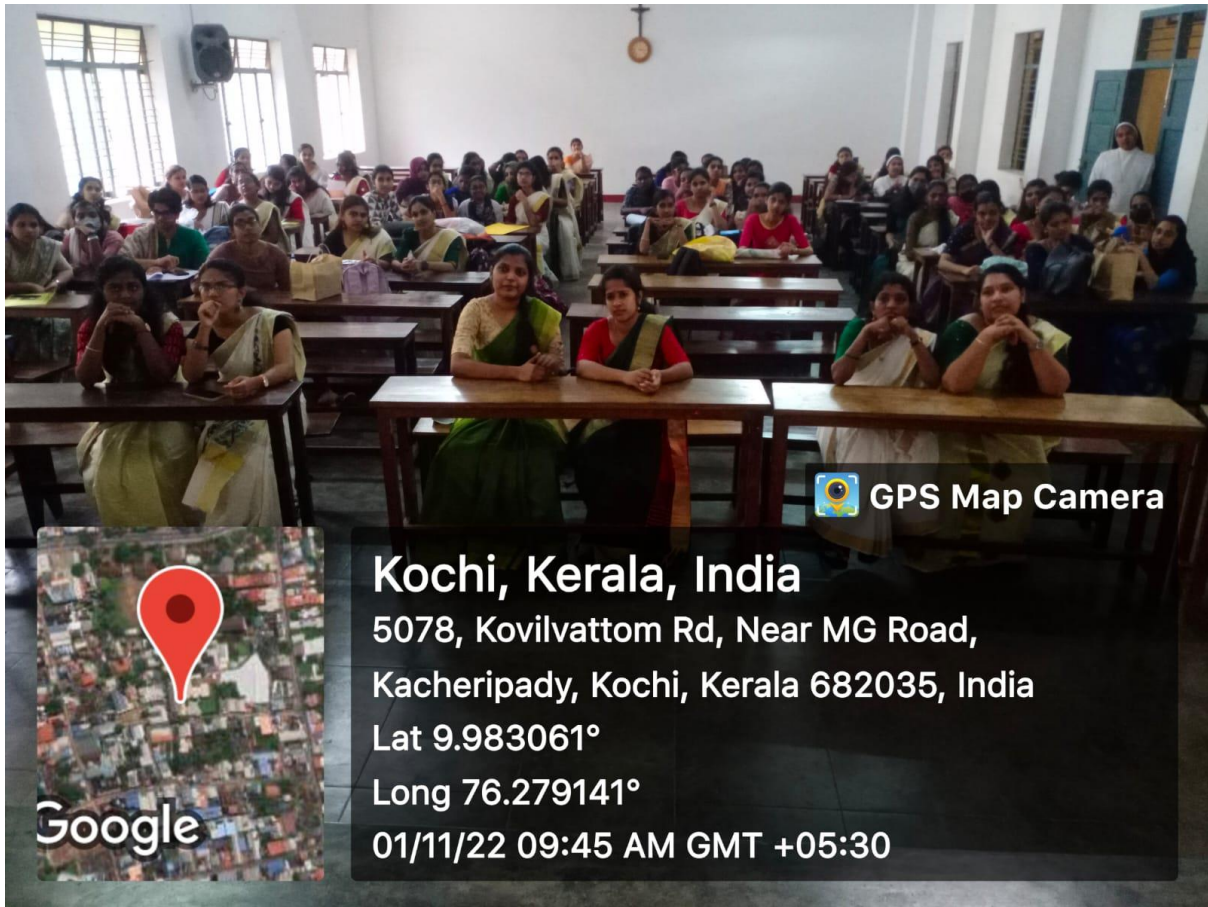
Report On Quiz Competition Conducted On Kerala Piravi Day

Kerala Day, also known as Kerala Piravi, is a celebration commemorating Kerala's formation as an independent State in the Indian Republic on November 1, 1956. On November 1, 2022, as part of the Kerala Piravi celebrations, M.Ed. students from St. Joseph College of Teacher Education for Women held a quiz competition for B.Ed. students based on the history of Kerala. Ms. Krishna T.D of the M.Ed Section served as the quiz master.

Ms. Bilbi Thomas marked the score sheet. Ms. Akhisha Antony and Ms. Saniya Kurian additionally participated in facilitating the quiz. The entire class extended them tremendous backing. The teachers provided the guidelines for conducting the quiz competition and explained everything in detail. Four sessions have been employed for administering the quiz. Ms. Ann Sara and Ms. Alka Thomas from Physical Science department were the winners. There were representatives from all the six optional subjects. The students had an overwhelming feeling of competitiveness throughout the quiz competition. The quiz contest was a grand success. Sr. Soya Mathew from General Education distributed the prizes to the winners.

The M.Ed. students' awareness of how to effectively coordinate a quiz competition has been strengthened by this competition. Conducting such a tournament has helped the students' presentation abilities.





Quiz Competition Session





Prize distribution of Quiz Competition





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QUIZ Competition Conducted by M.Ed educands





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Malayalimanga competition

Name of the Event	Malayalimanga Competition
Date	01-11-2022
Time	11 am
Venue	TTC Hall
Resource person	Lincy A.P

Programme Report

The malayali manga competition of TTC batch of St. Joseph College of Teacher Education for Women, Ernakulam was held on 1st November 2022 at 11 am at TTC hall. Principal and Teachers of TTC invited M.Ed students to take up the role to be part of the judging panel and be part of their malayali manga competitions. With their warmly welcome Saniya Kurian, Bilby Thomas and Krishna T.D from M.Ed went for the competition. Before the competition teachers gave the judging panel instructions and criterias to look up while judging the programme. It was a great opportunity as well as a better platform to learn something different. The speciality that was found in this competition was the participation of TTC students. All students from first and second years participated and gave their best for this competition. The competition was held by providing three rounds. After each round filtration was done based on the instructions and criterias provided and finally the final 3 were selected and the prize was distributed by the principal. As a teacher educant the judging panel got an idea how to conduct, set and analyse a competition with the determined set of criterias. The support and guidance from teachers were irreplaceable. Lastly, the function ended with programmes of students and vote of thanks by the principal.





Images of Malayalimanga Competition





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Documentary Evidence of Assessment of Malayalimanga competition conducted in D.El.Ed

