

Report on Awareness Programme

1.Webinar on “Self-transformation through mindfulness”

The Session III of Webinar Series - Carmel Forum was conducted on 6th August 2021. The Resource Person was Dr. Giby Geevarughese, Associate Professor, Mar Theophilus Training College, Thiruvananthapuram and. The topic of the session was ‘Self -transformation through Mindfulness’. Mam pointed out the power of positive thoughts.

2.Webinar on “Anti-Drugs and Narcotics: Innovative Strategies for Addiction Free Campus

A Webinar on “Anti-Drugs and Narcotics: Innovative Strategies for Addiction Free Campus” was organized on 14th August 2021. The Resource Person was Sr. Sherlin B. of 2nd year M.Ed. Student. The resource person pointed out the harmful hazards of drugs and how to overcome it.

3.Webinar on “Strengthening Teacher Student Interaction in the Current Pandemic situation

The Session V of the Webinar Series - Carmel Forum was conducted on the topic: “Strengthening Teacher Student Interaction in the Current Pandemic Situation” on 1st October 2021. The Resource Person of the webinar was Ms. Reshma Merin Abraham, 2nd year M.Ed. Student. The need for strong relationship to strengthen the bond between the teacher-student relationship was highlighted.

4. A Gender Awareness programme on the theme ‘Break the silence’

“Kannal”- A Gender Awareness programme was organized under the Leadership of Ms. Joicy Martin, 2nd Year M.Ed. student who was the resource person and was held on 11th October 2021. The topic was “Break the Silence”. The need of the hour is to understand the injustice and raise the voice.

5.Webinar on “Ensuring the Mental Health of the Student Community”.

The Session VI of the Webinar Series - Carmel Forum was presented on the topic “Ensuring the Mental Health of the Student Community during the Covid Pandemic Period” by Ms. Renu Binu of 2nd Year M.Ed. Student on 30th November 2021. Ensuring the Mental Health was highlighted by the resource person.

6. Webinar on “Teacher Resilience: Coping with Uncertainty”.

The Session VII of the Webinar Series - Carmel Forum was conducted on 15th December 2021. Dr. Sumy M. Scaria, Assistant Professor, Karmela Rani Training College, Kollam was the Resource Person and the topic was “Teacher Resilience: Coping with Uncertainty”. Mam pointed out the challenges faced and how to overcome and become better human beings.

7. 'Gender Awareness' Programme

An Awareness Programme on 'Gender Awareness' named Kannal was organized in collaboration with District Women and Child Development Office and Women Empowerment Centre (Mahila Shakthi Kendra), Government of Kerala on 16th February 2022. The Resource Person was Ms. Benee Wilson, Assistant Professor, St. Albert's College, Ernakulam. Smt. Jebin Lolitha Sayin, DWCDO also participated. The need to understand the women power was highlighted.

WOMEN’S CELL

As part of the International Women’s Day Celebration – 2022, a webinar on “Gender Equality Today for a Sustainable Tomorrow” was held on 8th March 2022. The resource person was Dr. Sisy Jose, Associate Professor, Government College of Nursing, Kottayam, highlighted on the need of understanding women empowerment.