



MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN

Muttambalam P.O., Kanjikuzhy, Kottayam- 686004

(Recognised by NCTE, Affiliated to Mahatma Gandhi University)

7.3.1 Institutional performance in one area of distinctiveness related to its vision, priority and thrust.

The institution envisions the empowerment of women and the liberation of society in all aspects of life through education and practices. The institution ensures enhancing 21st-century skills through its initiatives, the **Carmel Visionary Initiatives for Skills Training and Advancement (Carmel VISTA)** and contributes to achieving the Sustainable Development Goals (SDGs).

Initiatives for Nurturing 21st C Skills	Activities	SDG
Basic Life Support Skills	<ul style="list-style-type: none"> • Flood relief and Medical Camps • First AID techniques • Awareness of COVID-19 • Webinars 	SDG 3
ESPERAN TO	Online Summer Camp for School Students	SDG 16, 4
Academic extension	<ul style="list-style-type: none"> • School Adoption activities • free tuition 	SDG 4, 17
Continuous and Lifelong learning	<ul style="list-style-type: none"> • Collaboration with COURSERA • SWAYAM courses • MOOCs • Adult literacy programmes - 'Changathi' 	SDG 8, 4
Vocational Training	<ul style="list-style-type: none"> • Carmel Tailoring Centre • VENTAL Programme • Workshop on Artistic Products and handicraft items. 	SDG 4, 8, 9
Peer Skill Training	<ul style="list-style-type: none"> • A handicraft class using waste materials, • Training on Jar Knotting, Patch Budding, Stitching and Embroidery • Workshop on Vedic Maths 	SDG 4, 8, 17
Carmel Care and Social Visits	<ul style="list-style-type: none"> • Abhaya Bhavan, Ashraya Charitable Trust, Navajeevan and Shantiniketan • Special Schools 	SDG 4, 3, 8, 10, 11, 17,

	<ul style="list-style-type: none"> • Kottayam Prison and Library • Christmas visit • Cleaning public spaces 	
Practices for Sustainable Living	<p>Waste management</p> <ul style="list-style-type: none"> • Workshops on eco-friendly waste products. • Awareness on Plastic and Air Pollution. <p>Energy management</p> <ul style="list-style-type: none"> • Domestic Workshopson ‘Fuel Conservation’ <p>Water Management</p> <ul style="list-style-type: none"> • Programmes on Biodiversity Conservation Day. • Awareness of the need to save Petroleum Products and wise usage of LPG. • Systematic operations of the equipment by the staff and students. 	SDG 12, 13,17, 7, 9, 11,12,13
Professional language development	<ul style="list-style-type: none"> • Communicative English 	SDG 4, 8, 17
Gender sensitiveness	<ul style="list-style-type: none"> • Programmes on ‘Sex education’ and gender sensitivity programme- KANAL • online certificate course. • Self-defence training 	SDG 5,10,16
Carmel Forum	<ul style="list-style-type: none"> • Webinar series 	SDG 4, 9,17 and all
CARMEL FEST	<ul style="list-style-type: none"> • Interschool competitions 	SDG 4,17
CARMEX	<ul style="list-style-type: none"> • Exhibition of teaching-learningAids 	SDG 4,17
Clubs/ Association programmes	<ul style="list-style-type: none"> • Observation of days and celebration of festivals • live telecast of the launch of the Chandrayan II satellite. • Competitions 	SDG 17, 11, 3
Digital skills	<ul style="list-style-type: none"> • Certificate coursesin Video Content Creation • International FDP on Prospects of Virtual Learning • Session on ‘Career guidance and counselling for the digital era’. • webinar on ‘Digital Tools 	SDG 4, 8, 17,11
Theatre Practices	<ul style="list-style-type: none"> • Workshop 	SDG 4
Environmental awareness	<ul style="list-style-type: none"> • Seminars and competitions 	SDG 2, 12,13, 15
Research	Webinars on	SDG 4,

	<ul style="list-style-type: none"> • Self-Publishing, • Intellectual property Rights. • Reference management software • community project 	9,17,8,16
Teaching	<ul style="list-style-type: none"> • Workshops on online teaching, Multiple Intelligences, and Entrepreneur Skills. • Interactions and Interface with the schools 	SDG 3, 4, 8, 10, 17
Yoga and Healthy practices	<ul style="list-style-type: none"> • Programmes on Stress Management, Yoga and Aerobics, COVID and Mental Health. 	SDG 3, 4
Rights and Legal Awareness	<ul style="list-style-type: none"> • Nirbhaya App, Law of Protection and Welfare and Dementia. • 'Family Counselling- Marriage Laws and Rights'. • Inclusive Education • POCSO and Juvenile Justice Act. 	SDG 5, 10, 16, 4
Career/ Occupational Safety	<p>Orientation and training to</p> <ul style="list-style-type: none"> • qualifying and competitive examinations. • paper presentations • MOOCs • preparation of learning materials • Webinar on German language course • Value-added and add-on courses. 	SDG 4, 8, 3, 10, 17
Staff Enrichment	<ul style="list-style-type: none"> • Orientation programme • Webinars • MOODLE Training • Office Automation Training 	SDG 4, 8
Safe Campus	<ul style="list-style-type: none"> • Programmes for addiction-free and ragging-free campus. 	SDG 3, 4, 10, 16, 17
Citizenship training	<ul style="list-style-type: none"> • NSS • Community Living Camps, tours and field visits 	SDG 4, 8, 10, 11, 12, 16, 17