



# **MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN**

**Muttambalam P.O., Kanjikuzhy, Kottayam- 686004**

*(Recognised by NCTE, Affiliated to Mahatma Gandhi University)*

## **CRITERION V**

### **5.3: Student Participation and Activities**

**5.3.2: Average number of sports and cultural events organized at the institution during the last five years**

**Copy of circular / brochure indicating such kind of events**




**Prof. (Dr.) Suma Joseph**  
**Principal**  
**Mount Carmel College of Teacher**  
**Education for Women**  
**Kottayam- 686 004**

**2022-2023**

## Sports Day

Mount Carmel College of Teacher Education for Women, Kottayam  
(Affiliated to Mahatma Gandhi University)

**SPORTS DAY**  
15<sup>th</sup> February 2023



**Events**

✓ 100 M Race	✓ Long Jump
✓ 200 M Race	✓ High Jump
✓ 400 M Race	✓ Shot Put
✓ 800 M Race	✓ Discus
✓ 4 x 100 M Relay	✓ Javelin
✓ Bombing the City	✓ Three - legged Race

**Venue: Nehru Stadium and College Ground**  
@ 8.00 am

Ms. Susan Koshy  
Sports Secretary  
(B.Ed. Student)

Dr. Nidhu Neena Varghese  
Assistant Professor  
(Teacher Coordinator)

Prof. (Dr.) Suma Joseph  
General Convenor  
(Principal)

## Arts Fest

Mount Carmel College of Teacher Education for Women,  
Kottayam  
(Affiliated to Mahatma Gandhi University)  
Under the Auspices of IQAC

ESTD. 1963

**ARTS FEST**

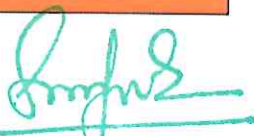
**INTRAMURAL COMPETITIONS**

- ✦ Poem Recitation (Malayalam)
- ✦ Poem Recitation (English)
- ✦ Katanayoru (Malayalam)
- ✦ Katanayoru (English)
- ✦ Light Music
- ✦ Western Music
- ✦ Group Song
- ✦ Pair Dance
- ✦ Group Dance
- ✦ Mohandi Designing
- ✦ Hair Styling

**2023**


- 📅 9<sup>th</sup> March, 2023
- 🕒 9.15 a.m. onwards
- 📍 College Auditorium



  
Prof. (Dr.) Suma Joseph  
Principal

**2021-2022**

**Sports Day**



**31<sup>st</sup> MARCH 2022 @ 8.45 A.M.**  
**Venue: Nehru Stadium & College Ground**

**Mount Carmel College of Teacher Education for Women, Kottayam, Kerala**  
E-mail: [mountcarmeltrainingcollege@gmail.com](mailto:mountcarmeltrainingcollege@gmail.com)

**Events**

- ❖ 50 M RACE
- ❖ 100 M RACE
- ❖ 400 M RACE
- ❖ SHOT PUT
- ❖ THREE LEGGED RACE
- ❖ BOMBING THE CITY
- ❖ 4x100 M RELAY

**Dr. Mary Sheria Jose**  
Dean, Campus  
(Principal St. Clare)

**Dr. Suma Joseph**  
Deputing Secretary  
(Associate Professor)

**Mt. Divya Theresa Jacob**  
Sports Secretary  
(B.Ed. Student)

**Arts Fest**



**MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN, KOTTAYAM**

"കലകൊണ്ടൊരു ചരിത്രമൊരുക്കാനാണ് കാലമാകുന്നു."

**KALOSMI**

കലോത്സവം 2022 ജൂലൈ 19  
കോളേജ് ഓഡിറ്റോറിയം

Mount Carmel College of Teacher Education for Women, Kottayam

**ARTS FEST JULY 2022**

Time: 10.30 a.m - 12.15 p.m

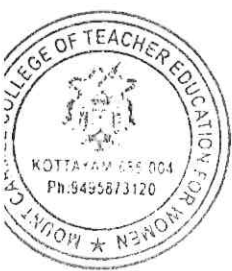
**EVENTS**

1. POEM RECITATION (M)
2. EXTEMPORE
3. LIGHT MUSIC


Time:- 1.30 p.m- 3.30 p.m

**EVENTS**

1. GROUP SONG
2. GROUP DANCE
3. PAIR DANCE



Email ID: [mountcarmeltrainingcollege@gmail.com](mailto:mountcarmeltrainingcollege@gmail.com)

  
[www.mountcarmelcollege.ac.in](http://www.mountcarmelcollege.ac.in)  
**Prof. (Dr.) Suma Joseph**  
Principal  
Mount Carmel College of Teacher Education for Women

**2020-2021**

## Sports Day

**Mount Carmel College of  
Teacher Education for  
Women, Kottayam**

# SPORTS DAY

**VENUE : COLLEGE GROUND**

**EVENTS**

- \*50 MTS RACE
- \*100 MTS RACE
- \*SHOT PUT
- \*SACK RACE
- \*BOMBING THE CITY
- \*4X100 MTS RELAY

**24th March 2021  
08.45 am**

Dr. Suma Joseph  
Associate Professor in Physical Education

Dr. Pushpa Marian  
Principal

## Arts Fest

**EVENTS**

- 1 EXTEMPORE ENGLISH
- 2 EXTEMPORE MALAYALAM
- 3 POETRY RECITATION ENGLISH
- 4 POETRY RECITATION MALAYALAM
- 5 POETRY RECITATION HINDI
- 6 FANCY DRESS COMPETITION
- 7 LIGHT MUSIC
- 8 WESTERN MUSIC
- 9 SEMI-CLASSICAL DANCE
- 10 SPOT CHOREOGRAPHY
- 11 SPLIT DANCE

**ARTS FEST**

**ZRISHTI '21**  
**17 MARCH 2021**

PRINCIPAL  
DR. PUSHPA MARIAN

STUDENT ADVISOR  
DR. SUMA JOSEPH



**Prof. (Dr.) Suma Joseph  
Principal**

**Mount Carmel College of Teacher  
Education for Women**

**2019-2020**

## Sports Day

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Under the Auspices of IQAC  
Estd. 1953

**SPORTS DAY**  
2nd March 2020  
Nehru Stadium & College Ground  
(8.15 a.m. onwards)

**EVENTS**

- March Past
- 100 M Race
- 200 M Race
- 400 M Race
- 800 M Race
- 4 x 100 M Relay
- Long Jump
- High Jump
- Shot Put
- Discus Throw
- Javelin throw
- Three - legged Race
- Sack Race

Dr. Pushpa Marian  
(Principal)  
General overseer

Dr. Suma Joseph  
(Associate Professor)  
Teacher Coordinator

Ms. Manikutty K. S.  
(B.Ed. Student)  
Sports Secretary

## Arts Fest

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**ARTS festival 2020**  
**"Samaiyya 2020"**  
28<sup>th</sup> & 30<sup>th</sup> January 2020  
@ 10.30 a.m.  
College Auditorium

- ❖ Elocution (English and Malayalam)
- ❖ Poetry Recitation (Hindi, Malayalam, Tamil)
- ❖ Light Music
- ❖ Classical Music
- ❖ Spot Choreography
- ❖ Split Screen
- ❖ Mime
- ❖ Curriculum Dance
- ❖ Nadanpattu
- ❖ Best Pair
- ❖ Fashion show
- ❖ Fancy dress
- ❖ Essay Writing (English and Malayalam)
- ❖ Poetry writing (English and Malayalam)
- ❖ Short story writing (English and Malayalam)
- ❖ Flash Fiction
- ❖ Film Review
- ❖ Cartooning



  
Prof. (Dr.) Suma Joseph  
Principal  
Mount Carmel College of Teacher  
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**2018-2019**

## Sports Day

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**15th February 2019**  
Nehru Stadium  
College Ground  
(8.15 a.m. onwards)

### SPORTS DAY

**EVENTS**

- March Past
- 100 M Race
- 200 M Race
- 400 M Race
- 800 M Race
- 4 x 100 M Relay
- Bombing the City
- Long Jump
- High Jump
- Shot Put
- Discus
- Javelin
- Three - legged Race
- Sack Race

Dr. Pashoo Moran  
Principal  
General In-charge

Dr. Suma Joseph  
Associate Professor  
Teacher Coordinator

Ms. Anu Vistyan  
B.Ed. Student  
Sports Secretary



## Arts Fest


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### ARTS festival 2018

**13th December 2018**  
@ 10.30 a.m.  
College Auditorium

- ❖ Essay Writing (English and Malayalam)
- ❖ Poetry writing (English and Malayalam)
- ❖ Short story writing (English and Malayalam)
- ❖ Mehndi Designing
- ❖ hair dressing
- ❖ Pencil drawing
- ❖ Cartoon drawing
- ❖ Water color painting
- ❖ Caption writing
- ❖ Flower arrangement
- ❖ Extempore (English and Malayalam)
- ❖ Instrumental music
- ❖ Mimicry
- ❖ Mono act
- ❖ Kadhaprasagam
- ❖ Fashion show with newspaper
- ❖ light music
- ❖ Classical music
- ❖ Mappilapatu
- ❖ Vegetable carving
- ❖ Kitchen music
- ❖ Cinematic Dance
- ❖ Split screen
- ❖ Spot choreography
- ❖ Nazrani manka
- ❖ Monjathu
- ❖ Purushakesari
- ❖ Fancy dress



  
**Prof. (Dr.) Suma Joseph**  
Principal

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