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MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN
Muttambalam P.O., Kanjikuzhy, Kottayam- 686004
(Recognised by NCTE, Affiliated to Mahatma Gandhi University)

CRITERION III

RESEARCH AND OUTREACH ACTIVITIES

3.3: Outreach Activities

3.3.1: Average number of outreach activities organized by the institution during the last five years..

Report of Outreach Activities

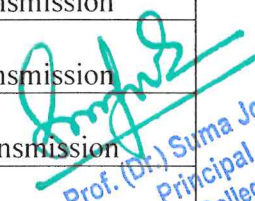



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OUTREACH ACTIVITIES ORGANIZED BY THE INSTITUTION DURING 2022-2023

No.	Year	Name of the activity	Nature of the activity
1	2022-23	Exhibition @ adopted school	Exhibition of Teaching and Learning aids
2	2022-23	NSS Programmes	NSS programmes
2a	2022-23		Visit to adopted schools
2b	2022-23		National farming Day Celebration
2c	2022-23		Ashraya Palliative charitable trust visit - service and clothing donation
3	2022-23	World Environmental day	Distribution of Plants
4	2022-23	Adult Literacy Programme	Visit to Kottayam Prison and setting up of Library to promote reading habits among the inmates.
5	2022-23	Carmel Tailoring Centre	For the empowerment of marginalised women from the locality
6	2022-23	CARMEX 2022	Exhibition of Teaching and Learning Aids
7	2022-23	Social Visit	Visit to Special School
8	2022-23	Anti Drug Campaign	Rally on Awareness regarding 'No to Drugs'
8a	2022-23	Anti Drug Campaign	Flash Mob
9	2022-23	AIDS day	Street Play
10	2022-23	Social Visits	Visit to old age homes - Abhaya Bhavan & Shanthi Bhavan for celebrating Christmas
11	2022-23	Christmas celebration at Sr. Alphonsa UP School	Community Service
12	2022-23	CARMEX 2023	Exhibition of Teaching and Learning Aid
13	2022-23	CARMEL FORUM -Life defining Secrets of Inclusion	Webinar - Knowledge transmission
13a	2022-23	CARMEL FORUM -Zotero- An aid in managing references in Academic Writing	Webinar-Knowledge transmission
13b	2022-23	CARMEL FORUM - Soft Skills for a Smart Life	Webinar - Knowledge transmission
13c	2022-23	CARMEL FORUM -Perspectives of Research in Education	Webinar-Knowledge transmission
13d	2022-23	CARMEL FORUM - Entrepreneur Skills: A need for Millennial Teachers	Webinar - Knowledge transmission
13e	2022-23	CARMEL FORUM -Mentoring: Constructive Partnership	Webinar - Knowledge transmission
13f	2022-23	CARMEL FORUM -Gender Sensitization for Futuristic Society	Webinar - Knowledge transmission
13g	2022-23	CARMEL FORUM -A Teachers Role for india @75	Webinar-Knowledge transmission





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OUTREACH ACTIVITIES ORGANIZED BY THE INSTITUTION DURING 2021-2022

No.	Year	Name of the activity	Nature of the activity
1a	2021-22	Carmel forum-' From a teachers Diary'	Webinar Series -Knowledge transmission
1b	2021-22	Carmel forum-Teacher Metamorphosis	Webinar Series -Knowledge transmission
1c	2021-22	Carmel forum-Self-transformation	Webinar Series -Knowledge transmission
2	2021-22	Adoption of Sr. Alphonsa UP School	Community Service-Uplifting marginalized
3	2021-22	Carmel forum-Teacher Resilience	Webinar Series -Knowledge transmission
4	2021-22	Free Eye Camp	health services-Eye check up
5	2021-22	KTET Coaching	student enrichment
6	2021-22	Social visit to AbhayaBhavan	Interaction and charity
7	2021-22	Fund Collection	Raised funds to support marginalized children and financial contribution to Armed
8	2021-22	Study on regional history of Kanjikuzhy	Descriptive study on regional history of Kanjikuzhy
9	2021-22	Medical Camp	Health check up
10	2021-22	Adult Literacy Programme	Kerala literacy mission -teaching English
11	2021-22	'Changathi 'Literacy Programme	Adult Education Programme
12	2021-22	Changathi Literacy Programme Survey @ Kottayam	Survey of other state labours
13	2021-22	Carmel Tailoring centre	Women Empowerment- Vocational training





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OUTREACH ACTIVITIES ORGANIZED BY THE INSTITUTION DURING 2020-2021

No.	Year	Name of the activity	Nature of the activity
1	2020-21	The study on Impact of Covid 19	Community survey
2	2020-21	Creativity in Teaching'	A motivational session
3	2020-21	Digital Tools for the smart Teacher's	Webinar-Knowledge transmission
4	2020-21	"Prospects of Virtual Learning: Engaging learners and Empowering Teachers"	online -International Faculty Development Programme
5	2020-21	Extension Activity at Sr. Alphonsa School, Chennamattom	Free tuition
6		MCCTE- COURSERA	ONLINE course
7	2020-21	VENTEL	National level online workshop on VENTEL Action Plan in collaboration with MGNCRE, Ministry of Education,
8	2020-21	Carmeltube	youtube channel
9	2020-21	Carmel Tailoring centre	Women Empowerment- Vocational training
10	2020-21	storage and packing station	supplyco
11	2020-21	'Esperanto'	One-week Online Summer camp




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OUTREACH ACTIVITIES ORGANIZED BY THE INSTITUTION DURING 2019-2020

No.	Year	Name of the activity	Nature of the activity
1	2019-20	Reading week Celebration	Competitions - reading and painting, seminar
2	2019-20	Flood Relief camp	Community support
3	2019-20	Remedial classes	Remedial classes for school students
4	2019-20	Medical camp -	health services-Eye check up
5	2019-20	Visit to AbhayaBhavan	Social visit -
6	2019-20	Visit to Ashraya Charitable Trust-Rehabilitation centre	Social visit
7	2019-20	Christmas celebration at AbhayaBhavan, Shanti Bhavan and Children's ward of District Hospital, Kottayam	Interaction and Distribution of essential materials
8	2019-20	Carmel Fest	Interschool Competitions
9	2019-20	Digital Skills for Teaching and learning in the 21st century	National level one week online workshop
10	2019-20	Carmel Tailoring Centre:	Women Empowerment-Vocational training

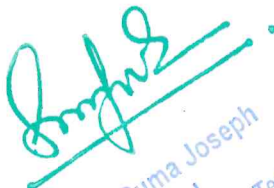



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OUTREACH ACTIVITIES ORGANIZED BY THE INSTITUTION DURING 2018-2019

No.	Year	Name of the activity	Nature of the activity
1	2018-19	Flood Relief Camp in community-	Community services
2	2018-19	Flood Relief Camp in campus	Community support
3	2018-19	Food Fest for charity purpose	charity purpose
4	2018-19	visits to Abhaya Bhavan	social visit
5	2018-19	Food Fest	charity purpose-
6	2018-19	Christmas celebration at Abhaya Bhavan and shanti bhavan	Interaction and Distribution of Gifts
7	2018-19	Visits to blind school, schools for intellectually	Internship to learn about inclusive set up
8	2018-19	visits to Navajeevan trust	Community services
9	2018-19	Kanjikuzhy Market Cleaning	Swachatha mission
10	2018-19	State Level Children's Maths Congress	Knowledge sharing
11	2018-19	Carmel Fest	Inter-school competitions
12	2018-19	Carmel Tailoring Centre:	Women Empowerment- Vocational training
13	2018-19	National Science day Celebration	Workshop on Eco-friendly products




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REPORT OF OUT REACH ACTIVITIES - 2022-2023

1. SCHOOL ADOPTION

The institution has adopted a school. Sr. Alphonsa UP School Chenamattom, and rendering services throughout the academic year.

➤ **Exhibition for Adopted School (St. Alphonsa UP School Chenamattom)**

The B.Ed. Students conducted an Exhibition of various teaching-learning Aids to students of the adopted school, St. Alphonsa UP School Chenamattom, on 15th July 2022. They also arranged puzzles and games in order to entertain the school students.



2. NSS - NATIONAL SERVICE SCHEME

A very well-functioning NSS unit is in the institution. Various programmes are conducted to the socio - cultural development of local population. The details of outreach activities done as part of NSS are:

➤ **Visit**

The entire NSS Unit Team, led by our Program Officer, Rev. Sr.Bindumol T. and other teachers, visited our adopted school Sr. Alphonsa UP School in Chenamattam on 15/11/2022. As aspiring educators, it brought great joy to engage extensively with the young students, providing them with study materials and chocolates. This day also afforded the opportunity to hold comprehensive discussions with the school administrators regarding the implementation of forthcoming NSS initiatives in these schools.



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➤ **National Agricultural Day Celebration**

NSS volunteers, alongside their esteemed Headmistress, Prof. Dr. Suma Joseph, and Program Officer, Rev. Sr. Bindumol T., commemorated National Agriculture Day on 23rd December 2022 at their adopted schools. With the collaborative efforts of all, they initiated a "Kutty Karshaksena" project to inspire children to plant trees, leading to the planting of numerous fruit trees. Clad in traditional farmer attire, the students enjoyed a rewarding experience alongside local farmers and volunteers.



➤ **Ashraya Palliative Charitable Trust visit, service and clothing donation (23-03-2023)**

The NSS team had the privilege of visiting the Ashraya Palliative Charitable Trust to extend our support and solidarity. During our visit, we engaged in various services like helping them in meal preparation, shared lunch with them and donated cloths. Visit to the Ashraya Palliative Charitable Trust was a deeply enriching experience, underscoring the importance of compassion, community service, and collective action in making a positive difference in the lives of others.



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3. PLANT SAPLING DISTRIBUTION WORLD ENVIRONMENT DAY

BIOS and ECOZONE club of Mount Carmel College of Teacher Education for Women, Kottayam conducted World Environmental Day celebrations on 6th June 2022. Plant distribution as part of World Environment Day celebration was initiated by Dr. Jaya P.J., teacher coordinator by handing over a plant sapling to our college principal Dr. Suma Joseph. The plants were distributed to the staff and students of the college.



4. ADULT LITERACY PROGRAMME

M.Ed. Students visited Kottayam Prison and its Library under the leadership of St. Rosy Leema PW., UGC Librarian on 13th July 2022 to promote reading habits among the inmates. The library was rearranged under the leadership of St. Rosy Leema P. W., UGC Librarian, for the effective functioning of the library. Talks on importance of reading were given by the M.Ed. students.

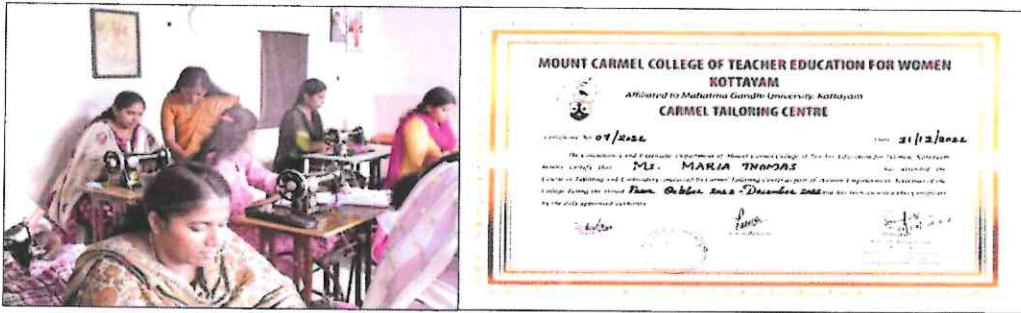


5. CARMEL TAILORING CENTRE

Carmel Training Centre has been started functioning in the college for the empowerment of marginalized women from the locality after the COVID Pandemic. After the completion of 4 months tailoring course, theory and practical examinations are conducted and a certificate of tailoring is given to them. This certificate course helps them to place in many tailoring shops as well as equip them to start a tailoring unit themselves.



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6. CARMEX 2022

The Carmel Fest entitled CARMEX 2022 an exhibition, showcasing the teaching aids prepared by the B.Ed. trainees, was held on 06/07/2022 at Mount Carmel College of Teacher Education for Women, Kottayam. The exhibition was organized by the B.Ed. students, especially for the model school students aimed to provide a platform for educational enrichment and interactive learning. The exhibition included charts, working models, still models, etc. Students and teachers from various schools attended the event and participated in the competitions arranged for them. The event commenced with a grand inauguration ceremony on 06/07/2022, at 10.30 am at Mount Carmel College auditorium. The honorable guest, Rev. Sr. Mrudhul CSST, Counselor of Education of Kerala Province, inaugurated CARMEX 2k22. Her presence and insightful remarks added to the significance of the event. The students have arranged exhibition items in five stalls according to the optional subjects. To make this event more interesting a competition was held to find the best presentation of teaching aids.



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7. VISIT TO SNEHA BHAVAN SPECIAL SCHOOL

On 21st July 2022, M.Ed. Students of 2021-2023 Batch visited Sneha Bhavan Special School, Gandhinagar, Kottayam and S. H. Njanodaya School for the Deaf, Villoomni, Kottayam.



8. RALLY ON AWARENESS REGARDING 'NO TO DRUGS'

Administering pledge and rally by B.Ed. Students of Mount Carmel College of Teacher Education For Women, Kottayam marked the awareness on drug prevention on 28th October, Friday. Dr. Mary Sheba Jose, Associate Professor and Principal-in-charge flagged off an awareness rally at 10.30 am within the College Campus. Students held placards on the ill-effects of drugs and how it affected health and society. From the Institution students moved on through Eranjal road and covered Mount Carmel AVLPS Kanjikuzhy, Nursery, Mount Carmel Vidyaniketan Senior Secondary School, Mount Carmel High School and Higher Secondary School campus and finally back to the college campus.



❖ Flash Mob

The students of Mount Carmel College of Teacher Education for Women conducted a flash mob on 31st October, 2022, on the theme "No To Drugs" in the Carmel School Campus, Kottayam. It was organized on the initiative of the Higher Education Department to raise awareness on the harmful effects of drugs among youth.



9. STREET PLAY ON WORLD AIDS DAY

World Aids Day was conducted on 1/12/2022 at Mount Carmel College of Teacher Education for Women, Kottayam. The programme was organized by BIOS and HEALTH CLUB. The programme started with prayer song. The welcome speech was delivered by Natural Science student Ashly Babu. Natural Science Club 'BIOS' conducted a street play in order to give awareness on AIDS. The street play was also conducted in the Mount Carmel School basketball ground.



10. SOCIAL VISIT TO ABHAYA BHAVAN

Every Wednesday students visit residents of Abhaya Bhavan and interact with them.

Sometimes students render their services such as cleaning, washing and serving food.

Students donated clothes which they have collected.




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11. CHRISTMAS CELEBRATIONS WITH THE INMATES OF ABHAYA BHAVAN AND SHANTHI BHAVAN

Together with the residents of Abhaya Bhavan and Shanthi Bhavan, the B.Ed. students celebrated their Christmas 22nd December 2022. A team of staff and the students went to Abhayabhavan. Another team went to shanti bhavan and gave the inmates Christmas gifts and home garments. To cheer up the inmates, the volunteers also performed Christmas programme with the Santa claus.



12. CARMEX 2023

The Carmel Fest entitled CARMEX 2023 an exhibition, showcasing the teaching aids prepared by the B.Ed trainees, was held on 22nd and 23rd February 2023 at Mount Carmel College of Teacher Education for Women, Kottayam. The exhibition was organized by the B.Ed. students, especially for the model school students aimed to provide a platform for educational enrichment and interactive learning. The exhibition included charts, working models, still models, etc. Students and teachers from various schools attended the event and participated in the competitions arranged for them. The event commenced with a grand inauguration ceremony on 22nd February 2023, at 10.30 am at Mount Carmel College auditorium. The honorable guest, Rev. Sr. Lynette CSST, Counsellor of Education of Kerala Province, inaugurated CARMEX 2k23. Her presence and insightful remarks added to the significance of the event. The students have arranged exhibition items in five stalls according to the optional subjects. To make this event more interesting a competition was held to find the best presentation of teaching aids. Numerous subject associations participated in the exhibition, each showcasing their contributions to the field of education. The Carmex 2023 Exhibition served as a reminder of the value of teaching aids in making education more accessible, engaging, and effective.



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- A poetry writing competition was also conducted by 'Daffodils' as part of the fest. Students from various schools participated in the competition. Maria Sara Mathew and Liya Rose George of Mount Carmel G.H.S.S., Kottayam won the first and second prizes respectively in the competition.
- The programme "Mathletes" for high school students was presented on February 23, 2023, as a part of Carmel Fest by the mathematics association Ganithika. The five teams from various schools in Kottayam participated in the competition. The winning team in the competition was from Holy Family High School.
- As part of the "CARMEL FEST 2023" held at Mount Carmel College of Teacher Education for Women, Kottayam on 23rd February 2023, a quiz competition was conducted by the Physical Science Association "SCIENTIA". The theme for the Quiz competition was, "SCIENCE IN DAILY LIFE". The participants for the competition were students from different schools of Kottayam, including; Holy Family H.S.S, Mount Carmel Vidyaniketan, Mount Carmel G.H.S.S, St Joseph GHSS and M.T H.S.S.
- As part of the "CARMEL FEST 2023" held at Mount Carmel College of Teacher Education for Women, Kottayam on 23rd February 2023, a pencil drawing competition was conducted by the Natural Science Association "BIOS". The theme for the Pencil Drawing Competition was, "AGRICULTURAL CRISIS". Bilan Biju from Holy Family H.S.S secured the first prize, Devika Dhanish from Mount Carmel G.H.S.S secured the second prize, and Adheena Sabu from St. Joseph's C.G.H.S.S secured the third prize for the competition.
- In this regard, ARCHIVES organized a poster-making competition for the high school students of various schools in Kottayam. The topics were allotted as per the stream which is towards a peaceful workplace the pathway we take for bringing growth and prosperity to society. The winners of the competition : 1st Prize: : Jonathan Roshan John (Holy Family HSS Kottayam) 2nd prize : Ruth Susan Shan (MT Seminary HSS Kottayam) 3rd prize : Jiya Jain (St Joseph's CGHSS Kottayam).



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13. CARMEL FORUM –WEBINAR

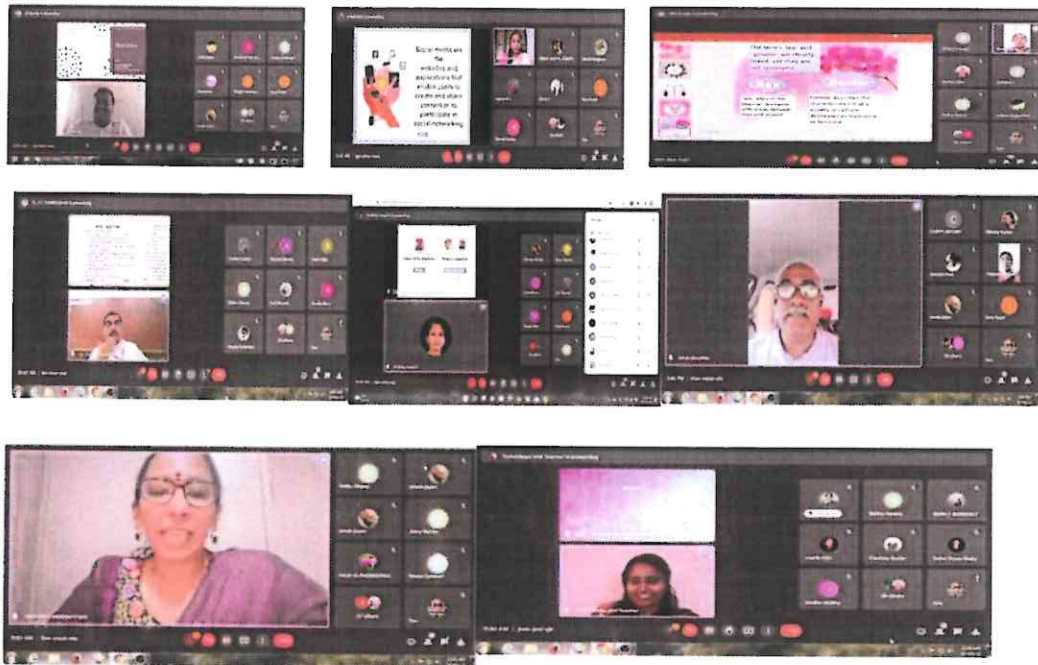
An innovative programme that had been conducted during the academic year was the Webinar Series Carmel Forum, so as to promote research-mindedness and creative thinking among the staff and students. Around fourteen sessions had been handled by faculty members within and outside the institution, as well as members of the student community. There were an array of topics ranging from Teacher Empowerment. research, Mental Health, Media Addiction, Multiple Intelligence, Water Resource Management and the like.

- The Session XV of the Webinar Series - Carmel Forum on 'Life Defining Secrets of Inclusion' by the Resource Person Shri. Jiny Dan T, Lecturer of Composite Regional Center, Calicut was held on 28th August 2022
- The Session XVI of the Webinar Series – Carmel Forum was conducted on 23rd September 2022 on the topic 'Zotero: An Aid in Managing References in Academic Writing' by the Resource Person Dr. Betsy Joseph., Assistant Professor, Titus II Teacher's Training College, Thiruvalla.
- XVIII Session of Webinar Series: Carmel Forum was held on 22nd November 2022 in collaboration with Loretto College, Kolkata. The class on 'Perspectives of Research in Education' was led by Dr. T. C. Thankachan, Vice Principal, St. Thomas College of Teacher Education, Pala, Kottayam.
- XIX session of Carmel Forum Webinar Series on the topic 'Entrepreneur Skills: A Need for Millennial Teachers' was held on 13th December 2022 and the Resource Person was Dr.Rinu V. Antony, Asst. Professor, SNM Training College, Moothakunnam.
- XX session of webinar series – Carmel Forum was conducted on 20th January 2023 on 'Mentoring: A Constructive Partnership' by Dr. Sam Thomas Joy, Assistant Professor, Titus II Teacher Training College, Thiruvalla, Kottayam.
- The XVII Session of the Webinar Series - Carmel Forum was held on 27th October 2022 which was led by Dr.Laya A. B., Assistant Professor, SNM Training College, Moothakunnam on the topic 'Soft Skills for Smart Life'.
- XXI Carmel Forum Webinar Series was conducted on the topic: 'Gender Sensitization for Futuristic Society' on 10th February 2023. The Resource Person for the session was Dr. Marin Jose, Assistant Professor, St. Joseph's College of Teacher Education for Women, Ernakulam.

The Finale of the Webinar Series - Carmel Forum on 'A Teacher's Role for India @75' was on conducted on 16th March 2023 by Dr.Celin Philip, Associate Professor (Rtd.), BCM College, Kottayam in Collaboration with Women's Cell of the Institution.

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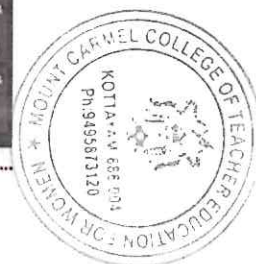
OUTREACH ACTIVITIES 2021-2022

1. Carmel Forum: -

An innovative programme that had been conducted during the academic year was the Webinar Series-Carmel Forum, so as to promote research- mindedness and creative thinking among the staff and students. Around fourteen sessions had been handled by faculty members within and outside the institution as well as members of the student community. There were an array of topics ranging from Teacher Empowerment, Mental Health, Media Addiction, Multiple Intelligence, Water Resource Management and the like.

Webinar Series - Session I-18/06/2021

The first session of the Carmel Forum Webinar Series focused on educational topics using the Google platform on 18/06/2021. The Presidential address was given by Rev. Sr. Dr. Vinitha CSST, Manager, and the Inaugural address by Dr. Sunila Thomas, Associate Professor, Titus II Teachers College. Dr. Lissy Koshi hosted the session titled "From a Teacher's Diary."



Lissy Koshi

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Webinar Series - Session II: Teacher Metamorphosis- 14/07/2021

The second session of the Carmel Forum Webinar Series was on “Teacher Metamorphosis,” with Dr. Joju John, Assistant Professor, Mar Theophilus Training College, as the resource person



Webinar Series - Session III: Self-transformation-06/08/2021

The third session of the Carmel Forum Webinar Series was on ‘Self-transformation through Mindfulness,’ led by Dr. Giby Geevarughese, Associate Professor, Mar Theophilus Training College.



2. Adoption of Sr. Alphonsa UP School -13/09/2021

The B.Ed. students adopted Sr. Alphonsa UP School Chennamattom on 13th September 2021. Free extension classes were organized for one month wherein the B.Ed. trainees actively and effectively taught various classes. In order to promote a clear understanding of certain concepts, some students took classes for an extended period of one more week. Sr. vided timely guidance for the same.




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Webinar Series - Session VII: Teacher Resilience-15/12/2021

The seventh session of the Carmel Forum Webinar Series focused on “Teacher Resilience: Coping with Uncertainty,” presented by Dr. Sumy M. Scaria, Assistant Professor, Carmela Rani Training College, Kollam.



<https://www.youtube.com/watch?v=hXmekpV7n-4>

3. Christmas celebration at Sr. Alphonsa UP School

The School adopted by the college, Sr. Alphonsa UP School, Chennamattom, Kottayam was visited by our staff and students with Christmas gifts for the marginalized students of the school on 22nd December 2021.



4. Free Eye Camp 16/12/2021

Free Eye Camp Organized in collaboration with Vasan Eye Care Hospital for all staff and students on 16/12/2021. All the staff and the students got free eye check up on that day.

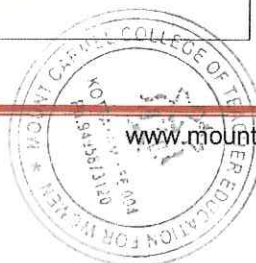


5. KTET Coaching

An orientation programme on K-TET coaching was conducted on the Google platform on 1st March 2022 at 4pm. The programme was the joint venture of St. Joseph's College, Mannanam in collaboration with Mount Carmel College of Teacher Education for Women, Kottayam and St. Thomas College of Teacher Education, Mylacompu. Ms. Honey Mathew, Assistant Professor coordinated the programme. This was an endeavour to provide training to the B.Ed. and M.Ed. students various qualifying examinations like SET, KTET, CTET and the like.



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6. Social visit to Abhaya Bhavan

The Christmas Visit to Abhaya Bhavan, a Home for destitutes was arranged on 22nd December 2021 as part of charity work. The college gifted the residents with useful gifts.



7. Fund Collection-07/02/2022

Raised funds to support marginalized children and made financial contribution to Armed Forces by conducting a food fest and A small financial contribution was collected from the B.Ed. and M.Ed. students, to help the Armed Forces on 7th February 2022. The fund was donated to the Department of Sainik Welfare, Government of Kerala.



8. Study on regional history of Kanjikuzhy

As part of 75th Independence Day celebration, the staff and students of Mount Carmel college of teacher education for women conducted a study and prepared a report on regional history of Kanjikuzhy on 28/02/2022 entitled as ' Kanjikuzhy through Ages: Documenting the Historical roots and traditions of the Region.




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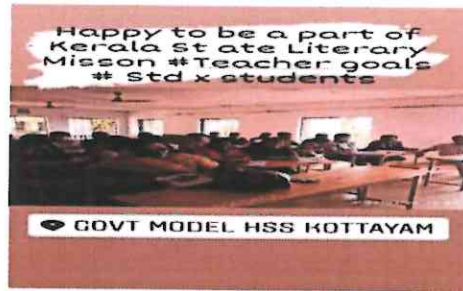
9. Medical Camp

One day Medical Camp Conducted within the college campus by Medical Centre Hospital ,Kottayam on 23/03/2022



10. Adult Literacy Programme

English Class for Adult Literacy Programme - Ms. Anju C., M.Ed. Student conducted a class for English at Govt. Model School, Kottayam on 20/03/2022



11. 'Changathi' Literacy Programme conducted in Vadavathoor Gramapanchayath on 10/04/2022

As part of the initiatives taken by the Government, **CHANGATHI**, the literacy programme for migrant labourers restarted again for the migrant labourers of Vijayapuram panchayat Kottayam district. Adult Education Programme 'Changathi' for other State Labourers was conducted on 4th April 2022. Sr.Rosy Leema P. W., UGC Librarian & Coordinator and Dr.Anjana B. Nair attended the meeting. Mission introduced this programme aiming to end this social exclusion by teaching them Malayalam, orient them to the culture of the state. Apart from introducing them to the social and cultural features of the state, it also aims at creating legal and health-related awareness.



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12. Changathi Literacy Programme Survey @ Kottayam

Students from Mount Carmel College of Teacher Education for Women, Kanjikuzhi joined hands with Vijayapuram Gramapanchayath in conducting the Survey to collect the number of migrant labourers in the locality on 10/04/2022. The survey was inaugurated by the Panchayath President. Panchayath Vice-President, Programme Co-ordinator, Ward member, CDS chairperson and Sr. Rosy Leema P. W., coordinator from Mount Carmel College of Teacher Education for Women, Kanjikuzhi were present at the meeting. There were 50 participants including Prerakhs, B.Ed. trainees and M.Ed. trainees. MRF quarters, Govt. H.S.S. Vadavathoor, Near J.K. Hospital, Ward 12 Perumkunnam, Vadavathoor Seminary, Christeen Retreat center, Kalathipady and ward 10 Manganam were the places visited. Participants reached the places and spoke to their contractors regarding the survey and they gave permission to collect their labourers details. Hindi and Malayalam. Questions related to their interest in learning Malayalam language were asked and they informed that they knew all the basics which were required for daily life.



13. Carmel Tailoring Centre

Carmel Training Centre has been started functioning the college for the empowerment of marginalized women from the locality after the COVID Pandemic. After the completion of 4 months tailoring course, theory and practical examinations are conducted and a certificate of tailoring is given to them. This certificate course helps them to place in many tailoring shops as well as equip them to start a tailoring unit themselves.



REPORT OF OUTREACH ACTIVITIES 2020-21

1. Community survey -The study on Impact of Covid 19

The study on Impact of Covid 19 entitled 'Public awareness about COVID 19: A comprehensive Survey' was done in almost 20 villages mainly adjoining to Kottayam, Ernakulam, Idukki, and Pathanamthita Districts of Kerala on 24-06-2020. The




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study was conducted using survey method with students of our institution and each students were asked to conduct the same study in their own villages or municipality. In this situation of spreading the pandemic the complete survey analysis was done virtually through Google Forms. The Study focused on ten questions related to activities adopted by the villages to fight against the pandemic Covid19. About 337 different responses were collected and analysed in Google Forms and each responses were uploaded in Excel Form.

From the study its very much clear that all villages and municipalities of the districts mentioned above played a crucial role to face this pandemic and the public themselves take their own responsibility to fight against this. But it is noted that some percent of people are unaware about their own surroundings. Sr. Bindhumol T co-ordinated the study.

2. A motivational session on 'Creativity in Teaching'

A motivational session on 'Creativity in Teaching' was organized online on 17th July. Mr. Cherian Varghese, Former Manager of SBI and a Trainer and Motivational speaker led the session.



3. Webinar on 'Digital Tools for the smart Teacher's'

A webinar on 'Digital Tools for the smart Teacher's' was jointly organized by Mount Carmel College of Teacher Education for Women and St. Joseph's Training College, Mannanam on 16th September 2020. Dr. K.S Sajan, Assistant Professor, NSS Training College, Ottapalam led the webinar.



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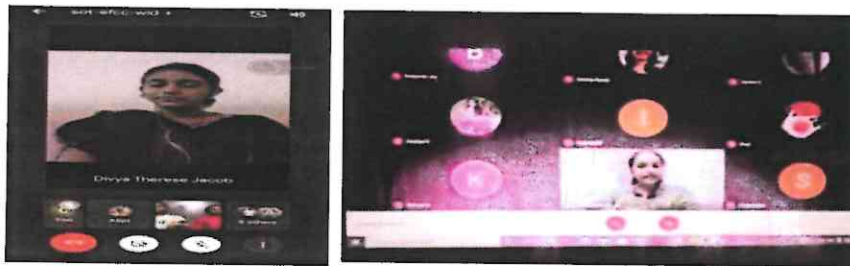
4. International Faculty Development Programme

One week online International Faculty Development Programme on “Prospects of Virtual Learning: Engaging learners and Empowering Teachers” was conducted by the IQAC of the Mount Carmel College of Teacher Education for Women in collaboration with School of Physical Education and Sports Sciences of M.G. University, Kottayam. It was held on 23rd September to 29th September. There were 206 participants including foreign delegates.




5. Extension Activity (Free tuition) at Sr. Alphonsa School, Chennamattom- 06-11-2020

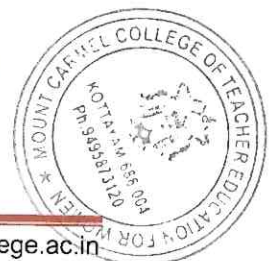
The institution adopted St. Alphonsa U.P. School Chennamattom where there was no teachers. A zoom meeting with the head of the Alphonsa School was arranged to discuss the school's requirement on 6th November. Our students took the responsibility of taking classes for the students of standard 5, 6 and 7. Online classes were arranged on a regular basis and various programmes were conducted for the students. The programme lasted for 3 months. During Covid pandemic it was decided by the institution to initiate Each One Teach One programme. It ensured that each student teacher took the responsibility of teaching a neighbouring student.



6. ONLINE GATEWAYS AND APPLICATIONS-Coursera

Mount Carmel College of Teacher Education for Women collaborated with Coursera and initiated MCCTE- COURSERA learning programme to provide opportunity for the students and public to gain access to various courses and to secure MOOC certificates free of cost during the time of Covid -19 pandemic. MCCTE - Coursera programme offered 4547 courses of worldwide prestigious universities at no cost. In the programme initiated in July 2020, 1500 learners across the globe enrolled for various courses and obtained certification successfully.


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7. National level online workshop on VENTEL Action Plan in collaboration with MGNCRE, Ministry of Education, 21-10-2020

Our College collaborated with Mahatma Gandhi National Council for Rural Education, Hyderabad under Ministry of Education Government of India in the VENTEL (Vocational Education NaiTalim Experiential Learning) Programme.. Four subthemes namely Vocational Education, Self Reliance Activities, Swachhatha and Health Related and Community Engagement Activities were selected. During this three months programme students prepared Face Mask, Hand Wash, Compost and initiated kitchen gardening, stitching, and cleaning of premises and free online classes for the students of the adopted school. Awareness classes on COVID 19 Pandemic conducted by Mr. Atly P. John, Health Inspector of Kattappana Municipality and Kitchen Gardening by Mrs. Saramma Simon, Rtd. Agricultural Assistant.

Vocational Education Activities- Face mask making and hand wash making were the activities conducted under the theme. Videos prepared by our teacher trainees on the making of face mask and hand wash were posted and based on it all trainees prepared a minimum of 5 cloth masks and hand wash using bath soap and glycerene.

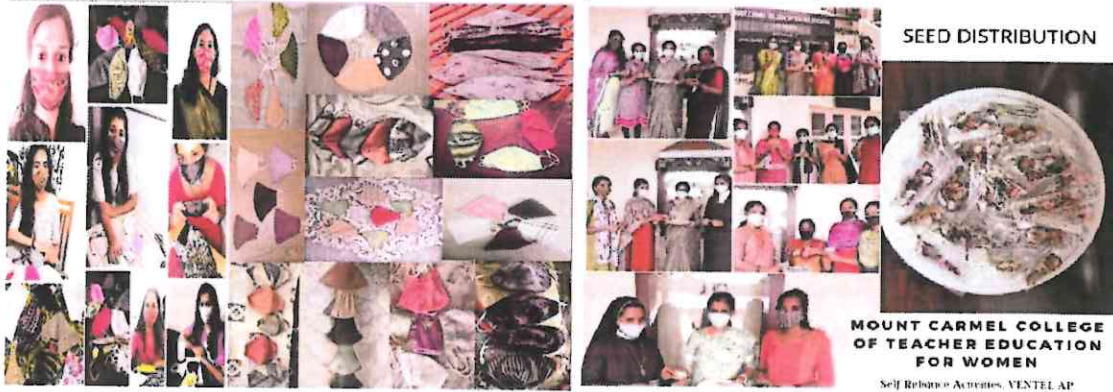
Self-Reliance Activities- Learning the basics of Hand Stitching and Embroidery was the first activity initiated. For guiding the teacher trainees a series of videos on the different stitches prepared by the students themselves were posted. The second action plan was 'Kitchen-Gardening'. As the first phase of this activity a talk on Kitchen Gardening was given by Mrs. Saramma Simon, Rtd. Agricultural Assistant, Senior Grade. The video was uploaded in the you tube channel of our college Carmel Tube and link was provided.

Swachhtha and Health Related activities were conducted under the supervision of Sr. Bindhumol T, the Teacher Coordinator and Archana Krishnan the student coordinator. She pad making, Compost making and cleaning the premises were the activities selected under the subtheme. An awareness talk on Covid-19 Pandemic was organized online by Mr. ATLY P JOHN, Health Inspector & Birth -Death, Marriage Registrar, Kattappana Municipality.

As part of the **community engagement activities** free tuition for the students of St. Alphonsa UP School, Chennamattom was initiated under the guidance of Dr.Anjana B Nair, Teacher Coordinator and Aswathi P S as the student coordinator. The teacher trainees of the institution conducted online classes for the school students for 2 months. English, Mathematics, Natural Science, Physical Science and social science were the subjects in which classes were given.



Ms.Kavya Priya B and Ms. Kavya Vijayan were selected to participate in the cluster level competitions for the students belonging to the affiliated colleges of Mahatma Gandhi University. Ms. Kavya Priya B secured second position in the competition.



<https://www.youtube.com/watch?v=cyl0SMSSpnM&list=PPSVvermicompost>

8. CARMEL TUBE-

CARMEL TUBE- College You Tube Channel This academic year the institution started a YouTube channel named Carmel Tube for disseminating the various programmes and activities of the institution. So far the website of Mount Carmel has been running as www.mountcarmelcollege.com. For the greater interest of the institution, we got registration of the new domain name www.mountcarmelcollege.ac.in.



9. CARMEL TAILORING CENTRE

The institution runs Carmel Tailoring centre and has been conducting certificate course in Tailoring for marginalized women of the locality since 2007. Carmel Training Centre has been started functioning the college for the empowerment of marginalized women from the locality after the COVID Pandemic. After the completion of 4 months tailoring course, theory and practical examinations are conducted and a certificate of tailoring is given to them. This certificate course helps them to place in many tailoring shops as well as equip them to start a tailoring unit themselves.



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10. College as Storage and Packing Station

The college provided a Storage and Packing Station for Supply Co, in order to distribute grocery kits, to the underprivileged in Kottayam locality on 21st May 2021

11. A One-week Online Summer camp 'Esperanto' was conducted for the school students studying in the CSST managed Girl's Home -24-05-2021-29-05-2021

The institution organized a one week online Summer Camp ESPERANTO for the inmates of Girl's Home under the care of Carmelite Sisters of St. Teresa. 86 girls belonging to 8 children's home from 5 districts of Kerala participated in the camp. The camp extended for 5 days at a scheduled time from 7.30 am to 9.00 am daily. The participants were divided into 6 groups about 10 student teachers were in charge of each group. The camp was made active and participatory with orientation classes, life skills training, action songs, quizzes, language games, awareness classes, handicrafts, cooking tips, physical exercises, journal writing etc. ESPERANTO was an innovative and adaptive programme, which was designed to help girls feeling supported, safe and healthy during the pandemic. By using digital tools and online platforms the summer camp supported girls to remain engaged and connected with others. This camp helped girls to combat feelings of isolation and disconnects during lockdown and offered safe, girl-friendly spaces, supporting them to develop new skills, continue learning, and stay connected with their peers. The activities, lessons and competitions across a variety of topics, were helpful in developing self-confidence and life-skills in the participants. The Summer Camp was attended by students from the following Girl's Home and School

1) St. Joseph, Kottayam, 2) Mount Carmel, Kottayam, 3) Sacred Heart, Mundakkayam 4) St. Teresa's, Konniyoor 5) Little Flower, Palliport 6) St. Joseph, Thrissur 7) St. Teresa's, Ernakulam 8) St. Joseph, Chinnakanal, 9) Sr. Alphonsa's U. P. School, Chennamattom

Link - <https://youtu.be/LwTXnaiVoX4> link for summer camp ONE WEEK SUMMER_CAMP_*ESPERANTO*

https://www.youtube.com/live/IDP_ZdRIZMc?si=CgJNX-zAEWpKiNtX
https://www.youtube.com/live/8jpEKmS3hRY?si=W2L_GdzA8xFC90Qk
<https://www.youtube.com/live/VpccinFL-V0?si=EDNidsq67lt0ilss>
<https://www.youtube.com/live/jEIVIQEnzi4?si=rocBinCgD3pjbZql>
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REPORT OF OUTREACH ACTIVITIES 2019-2020

1. Reading week Celebration- 19-06-2019

Reading day was celebrated. The reading club of the college visited conducted a story reading competition and painting competition at Mount Carmel School Library, Kottayam. Seminar on the topic “Vaikom Mohammed Basheerinte Novelukaliloode” by Ms.Suminamol .K. John in connection with reading week.



2. Flood Relief camp was organized in the college auditorium –14-08-2019

Due to heavy rain Flood Relief camp was organized in the college auditorium from 14th August to 20th August. Our students distributed food and clothes and took part in the works of relief camps.

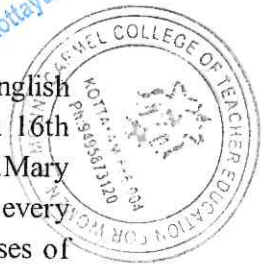



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3. Remedial classes

Communicative English and Remedial classes - The English club started English classes for High School students of Mount Carmel Girls High School, Kottayam on 16th August, 2019. The classes are led and monitored under the constant guidance of Dr.Mary Sheba Jose, faculty in charge of the English optional class, and is continued on every thursdays of the month. The members of the club provide training on various discourses of the English language as per the syllabus of the students along with training in Communicative English. Communicative English and Remedial classes for the disadvantaged students residing in the children’s home of the campus were organized on every Thursday.

On 16th August 2019, the Archives club started special classes for the students of Mount Carmel Girls High School, Kottayam. The extension programme aimed at equipping



the teacher trainees with teaching skills and content knowledge as well as create an attitude of service towards the community. The school students attended the classes regularly and sought the help of the club members in case of doubts. The classes were led under the guidance of Dr. Anjana B. Nair, faculty in charge of the Social Science club.

A remedial programme for assistance in Mathematics for school students was introduced from 16th August 2019 through this club. Initially the programme was carried out by conducting special classes for students residing in the Poor Home of Mount Carmel School. The classes were conducted twice a week soon after the school time. Further, it was noticed that the classes were really beneficial to the students, so the programme was extended to the students of the whole school itself. As a result many students, right from LP to High school, became beneficiaries owing to this programme. Hence it was deemed to be a very successful mission.

The Natural Science optional class students began special classes for the students of Mount Carmel Girls High School, Kottayam on 16th August, 2019. The members took classes in the subjects of biology dealing with the important topics under each lesson. The classes were carried out in an interactive way by dividing the group of students according to their classes and specific needs of study. The special classes are continued periodically on every Monday.

On 16th August, 2019 the Scientia club began classes in the subjects of physics and chemistry for the students of Mount Carmel Girls High School, Kottayam, in relation with the extension programme of the B.Ed students. The classes are periodically taken on every Fridays of the month. The members on a rotational basis take lessons for the students.

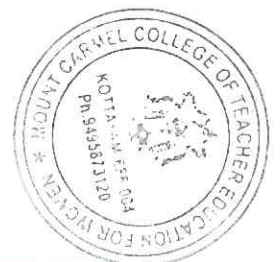


4. Medical camp -14/10/2019

An eye testing and eye camp was conducted on 14th October, led by Dr. Priya Nair from Chaithanya eye hospital, Thellakam.



Anjana B. Nair
Prof. (Dr.) Anjana Josep
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5. Social visit to Abhaya Bhavan

Regular visits are carried out by the B.Ed. and M.Ed. students on every Wednesday to Abhaya Bhavan. Different programmes are arranged by the students, to entertain the inhabitants and small refreshment is provided to them as a token of love.



6. Visit to Ashraya Charitable Trust- Rehabilitation center

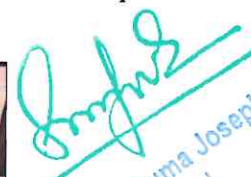
On 20th September, the students of English, mathematics and Social science visited the Ashraya Charitable Trust near Kottayam medical college. They interacted with the office staff and patients at the trust and helped in arranging the firewood and distributing lunch.



7. Christmas celebration at Abhaya Bhavan and Children's ward of District Hospital, Kottayam

Social visit to Abhaya Bhavan and Children's ward of District Hospital, Kottayam on 18-12-2019 were organized. During Christmas season the students visited the Abhaya Bhavan and the District Hospital on 18th December. They interacted with the patients and inmates and also performed carol songs and skits for them. Gifts were given to the inmates and the patients.




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8. Carmel Fest

The Carmel fest, one of the highlighting and landmark events of the college for the academic year 2019-2020 celebrated on 25th February 2020 at the College Campus. The students from all departments took initiative in conducting the programme. It was a blend of many a competition conducted under the banner of various clubs. The participants were students from our practice teaching schools.



The students of the **Literary Association Daffodils club** had organized a **competition on public speaking and advertisement**, entitled as 'AD – MIN'. The students chose their topic of presentation seven minutes before the competition. They had put in a remarkable performance in order to convince the judges to buy the product within 10 minutes. All the teams exhibited great oratorical skills. At the end of the competition the team from Mount Carmel Girls High School was declared as the winner, followed by the teams from Mount Carmel Vidyaniketan and MD Seminary Higher Secondary School bagging second and third prizes respectively. Students of social science also conducted speech competition.

Mathematics Association Ganithika, club conducted a **quiz competition** for the school students aimed at upgrading their interest in Mathematics.

Natural Science Association Bios under the guidance of Dr. Jaya P.J conducted a cartoon making competition on the topic of 'Beat the Plastic' and Social Science Association Archives had arranged a poster making competition for the school students. The participants were asked to create posters based on the theme of democratic values and social relations. All the winners were awarded with mementos and certificates.

The members of the **Scientia club** conducted a **quiz** in the subjects of Physics and Chemistry for the school students of various schools. The conduct of the competition was guided by the faculty in charge of the Physical Science optional class, Dr. Liz Kuriakose. All the members of the club took on various responsibilities for the smooth functioning of the event.

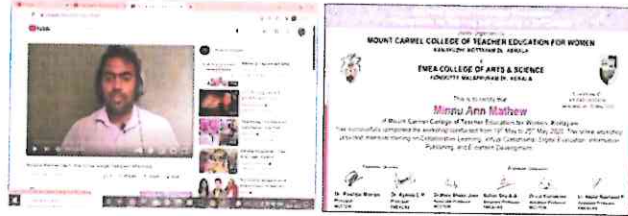


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9. National level one week workshop on Digital Skills for Teaching and learning in the 21st century - 19-05-2020 to 25-05-2020

The webinar on Digital Skills for Teaching and Skills in 21st Century organized in collaboration with EMEA College of Arts and Science, Kondotty, Malappuram, Kerala, from 19th May to 25th May was a great success. Three hundred participants, far and near, from different parts of the globe, assembled digitally for this week-long virtual gathering.



10. Carmel Tailoring Centre:

Carmel Tailoring Centre has been functioning in the college for the empowerment of the marginalized sections. After completing the tailoring course many are employed in tailoring shops and self- help groups.



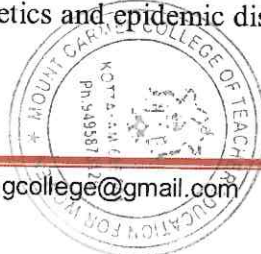
REPORT OF OUT REACH ACTIVITIES - 2018-2019

1. Flood Relief Camp in community- 16-08-2018 & 26-08-2018

Assistance was provided to the inmates of the flood relief camp in the community by the teacher trainees between 16th and 26th of August 2018 by providing food items and clothes. Our institution gave one day breakfast to flood relief camp in Nattakom Government college, Kottayam.

2. Flood Relief Camp in campus-19-08-2018 - 26-08-2018- 8 days

Flood Relief Camp in campus was from 19-08-2018 - 26-08-2018. Student volunteers collected things of essential use such as medicines, baby foods, napkins and drinking water from the general public. The assistance was provided to the inmates of the flood relief camp by giving them clothes and bed sheets. Student teachers conducted survey of persons having high blood pressure, diabetics and epidemic diseases and the report handed over to the health care team.



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3. Food Fest for charity purpose-30-10-2018

Food Fest was conducted at our institution to collect funds for charitable purpose to help the underprivileged individuals in the community.



4. Social visits to Abhaya Bhavan

Regular visits are carried out by the B.Ed. and M.Ed. students on every Wednesday to Abhaya Bhavan. Different programmes are arranged by the students, to entertain the inhabitants. Inmates shared their experience. With the students small refreshment is provided to them as a token of love.



5. Social visits are occasionally arranged to blind school, schools for intellectually disabled, physically handicapped and Government Children's home for Boys.



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6. Social visits to Navajeevan trust

Occasionally student teachers provide service at Navajeevan Charitable trust and Ashraya Trust - rehabilitation centre for patients of Kottayam Medical College.



7. The institution runs Carmel Learning disability centre since 2006, where service is provided to the public in identification, assessment and remediation of children with learning disabilities.

8. X-mas celebration at Abhaya bhavan and shanti bhavan

On 18th December 2018, Students of Mt. Carmel College visited Shanti bhavan and Abhaya bhavan to celebrate Christmas and to convey the message of peace, love and joy to the inhabitants. The programme was planned and presented in an organized manner under the guidance of teaching and non-teaching staff. The students presented the tableau of Christmas Crib and Carol Songs and everyone shared cakes as a token of love and care. The Game session incorporated in the programme helped to make the inhabitants vibrant and energetic



9. Kanjikuzhy Market Cleaning-11-01-2019

An Awareness class on Plastic Pollution was held by DIMC on 11th January 2019 and after class as part of Extension activity senior students cleaned the nearby Market.



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10. State Level Children's Maths Congress-12-01-2019

The Kerala Ganitha Shasthra Parishad organised 18th State Level Childrens' Math Congress at Mount Carmel College on 12th January 2019 in cooperation with Ganithika. The function was inaugurated by Sri. B. Radhakrishna Menon, Financial Committee Chairman, Cochin Shipyard. A project presentation competition was organised for LP, UP, H.S and HSS on the topics, Wonder World of Numbers, Perimeter & Area, Triangles, Quadrilaterals & Circles, Conic Section & Applications respectively. Along with it there was a Mathematics drama competition as well.



11. Carmel Fest-26-02-2019

Our college conducted the 'Carmel Fest' on 26-02-2019 in which the students of our school internship schools were participated. A variety of events were conducted as part of the fest. All the associations of our college conducted different competitions and the winners were given prizes. The English club "Daffodils" conducted a cartoon competition on the topic 'The importance of reading'. A total of 5 groups consisting of 2 members each participated in the competition. They are Thomas and Ashisha Ann Savior. The first and second prizes were won by Vidyaniketan School and Baker Memorial School respectively.



The members of Ganithika the mathematics club and Scientia the physical science club organized quiz competitions in mathematics and science respectively. They were General round, History round, Identification round, Puzzle round and Rapid fire round. The schools that came up in the first three places were: 1. Mount Carmel GHSS, Kanjikuzhy 2. Holy Family HSS, Kottayam 3. M.D. Seminary HSS, Kottayam.




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Natural science association organized poster making competition on the topic 'Save nature, Save future'. The students of M.D. Seminary HSS, Kottayam bagged the first prize. Mount Carmel GHSS, Kottayam received the second prize and the third prize was received by Holy Family HSS, Kottayam Social science club conducted an interschool extempore competition in malayalam.



12. Carmel Tailoring Centre:

Carmel Tailoring Centre has been functioning in the college for the empowerment of the marginalized sections. After completing the tailoring course many are employed in tailoring shops and self- help groups.



13. Workshop on Eco- Friendly -26-02-2019 –28-02-2019

A workshop on "Eco Friendly Products" was conducted by Dr. Sunil Kumar S., Naturopathy Physician and State Faculty of Suchithwa Mission Kudumbasree unit on -26-02-2019 –28-02-2019. Selected students from each department and some of the representatives of Mount Carmel Tailoring centre attended the workshop in which they were taught the procedures of making ecofriendly products like Paper bag, Paper pen, Cloth bag etc. Various programmes in connection with National Science Day were arranged by the department of Physical Science and Natural Science.



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