



Estd. 1953

# **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**

##### **3.3.3: Percentage of student participation in national priority programmes**

**Documentary evidence in support of the claim along with photographs with caption and date**



  
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**CONSOLIDATED LIST OF NATIONAL PRIORITY PROGRAMME CONDUCTED IN  
THE INSTITUTION DURING ASSESSMENT PERIOD 2018 TO 2023**

<b>Year</b>	<b>Number of activities</b>	<b>Number of students participated</b>
2022-2023	41	116
2021-2022	32	121
2020-2021	26	111
2019-2020	22	109
2018-2019	17	106



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### 3.3.3.1 STUDENT PARTICIPATION IN NATIONAL PRIORITY PROGRAMMES SUCH AS SWACHH BHARAT, AIDS AWARENESS, GENDER SENSITIVITY, YOGA, DIGITAL INDIA, NATIONAL WATER MISSION- 2022-2023

#### 1. ANTI DRUGS DRIVE

Anti-ragging and Anti-Narcotic Observation from 2<sup>nd</sup> October 2022 to 1<sup>st</sup> November 2022

One-month Anti-ragging and Anti-Narcotic Observation was done at our college in association with Higher Education Department, Government of Kerala from 2<sup>nd</sup> October 2022 to 1<sup>st</sup> November 2022.

#### 1.1 Poster designing competition-7<sup>th</sup> October 2022.

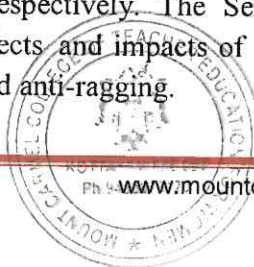
##### 1.2

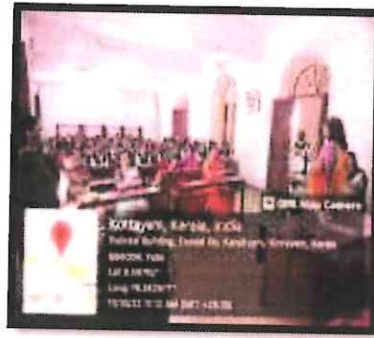
To mark the beginning of the same, a poster designing competition was conducted for B.Ed. and M.Ed. students at Mount Carmel College of Teacher Education for Women on the topic 'Say No to Drugs and Ragging' at College Assembly Hall on 7<sup>th</sup> October 2022. Twenty-six participants participated in the poster designing competition. The participants have portrayed the negative effects of drugs on mental, physical, social, financial health and also brought the causes, effects and impacts of ragging through their artistic skills. All the posters brought awareness on the social crimes: Drugs and Ragging.



#### 1.3 A seminar on Anti- Drug Awareness and Anti- Ragging Awareness (09-10-2022 to 15-10-2022)

A seminar on Anti- Drug Awareness and Anti- Ragging Awareness was organized for the students of Mount Carmel College of Teacher Education for Women, Kottayam on 11/10/2022. The Seminar was resourced by our Students Ms. Rosy Dennis 1st Year M.Ed. Student and Ms. Bency Benedict 1st Year B.Ed. Student on the topics 'Ragging: A social Crime' and 'Addressing Drug Challenges in Health and Humanitarian Crisis' respectively. The Seminars put forth the importance of curbing the menace of Ragging and the effects and impacts of drugs in one's health. The speakers were able to create awareness on Anti-drug and anti-ragging.





#### 1.4 'Bodhapoornima: Break the Chain' (16-10-2022 TO 22-10-2022)

Mount Carmel College of Teacher Education for Women, Kottayam in Collaboration with 'Bodhapoornima: Break the Chain' – Higher Education Department, Government of Kerala conducted Short Film, Poetry Writing Competition, Story Writing, Essay Writing and E-poster making on the topic "No to Drugs" on 20/10/2022 at college auditorium. Participants have penned the effects of drugs into beautiful Scripts, Poetries, Stories and Essays. The Participants came up with different views, perspectives and spheres on the effects of drugs in daily life. Creative and attractive E- posters were also developed by participants.



#### 1.5 Debate on the topic "No to Drugs" on 25/10/2022

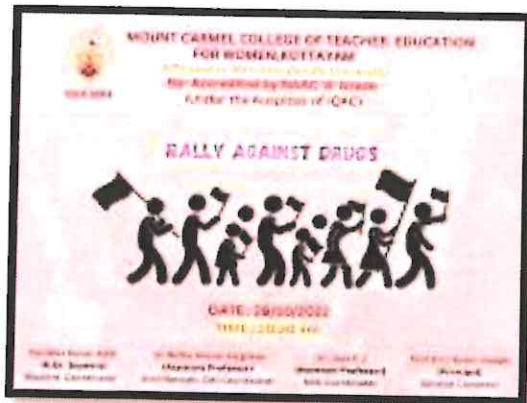
A class room debate was conducted by Mount Carmel College of Teacher Education for Women, Kottayam in Collaboration with 'Bodhapoornima: Break the Chain'- Higher Education Department, Government of Kerala on the topic "No to Drugs" on 25/10/2022. There were a group of 10 students who strongly spoke for the motion and a group of 8 students who spoke against the motion by bringing forward the necessities of drugs, in a small scale, for the existence of human life. The moderator at the end of the one- hour strong debate brought to a conclusion that drugs in its limited usage can help the existence of human life while it's over usage can destroy the human life existence.



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### 1.6 Rally on awareness regarding 'no to drugs' – 28/10/2022

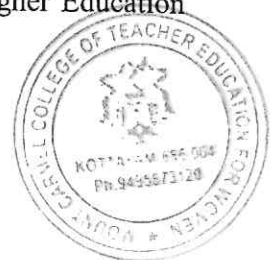
Administering pledge and rally by B.Ed. Students of Mount Carmel College of Teacher Education For Women, Kottayam marked the awareness on drug prevention on 28<sup>th</sup> October, Friday. Dr. Mary Sheba Jose, Associate Professor and Principal-in-charge flagged off an awareness rally at 10.30 am within 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 AVLP Kanjikuzhy, Nursery, Mount Carmel Vidyaniketan Senior Secondary School, Mount Carmel High School and Higher Secondary School campus and finally back to the college campus.

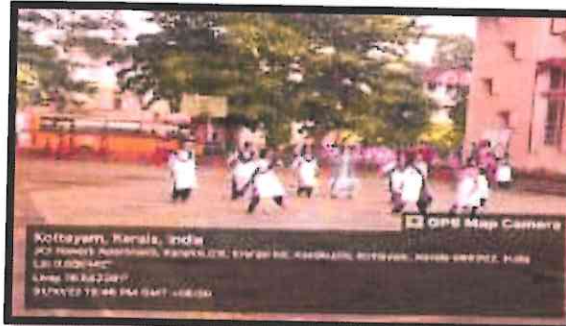


### 1.7 Flash Mob on 31st October, 2022

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

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1.8 'World No Tobacco Day' was celebrated on 7<sup>th</sup> June 2022. Ms. Nimmy Kurian, M.Ed. Student, was the Resource Person.



## 2. ENVIRONMENTAL PROTECTION

### 2.1 Word Environmental day celebration-6th June 2022

BIOS and ECOZONE club of Mount Carmel College of Teacher Education for Women, Kottayam conducted World Environmental Day celebrations on 6th June 2022. The official function started at 10.30 am, Ms. Amala Jayan welcomed everyone to the program. Students of various optional participated in the programme enthusiastically. Ms.Namitha Suresh presented the theme of Environment Day 2022: "Only One Earth". It was followed by the Oath Taking Session and the message was delivered by the chief guest of the day, Shri. Mahadevan K.K. (Rtd. Deputy Rubber Production Commissioner). Plant distribution as part of World Environment Day celebration was

*Nimmy Kurian*  
 Prof. Dr. Sams Joseph  
 Principal  
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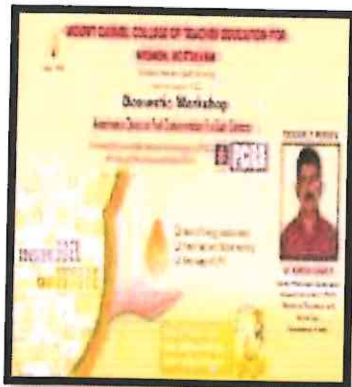


initiated by Dr. Jaya P.J., teacher co-coordinator by handing over a plant sapling to our college principal Dr. Suma Joseph. The Vote of Thanks was delivered by Blazy Mol P.C. and the program came to an end by the National Anthem.



### 2.2 Fuel Conservation' and a 'Quiz Contest-13th March 2023

A Domestic Workshop Awareness Class on 'Fuel Conservation' and a 'Quiz Contest' was conducted on 13th March 2023 by Petroleum Conservation Research Association (PCRA) for the B.Ed. I Year by Shri Suresh Kumar, Faculty from PCRA.



### 3 YOGA

#### 3.1 'Workshop on Yoga'-9th June 2022

A 'Workshop on Yoga' was organized and executed on 9th June 2022. Mr.Biju B. Yoga and Kalaripayattu Instructor was the Resource Person.



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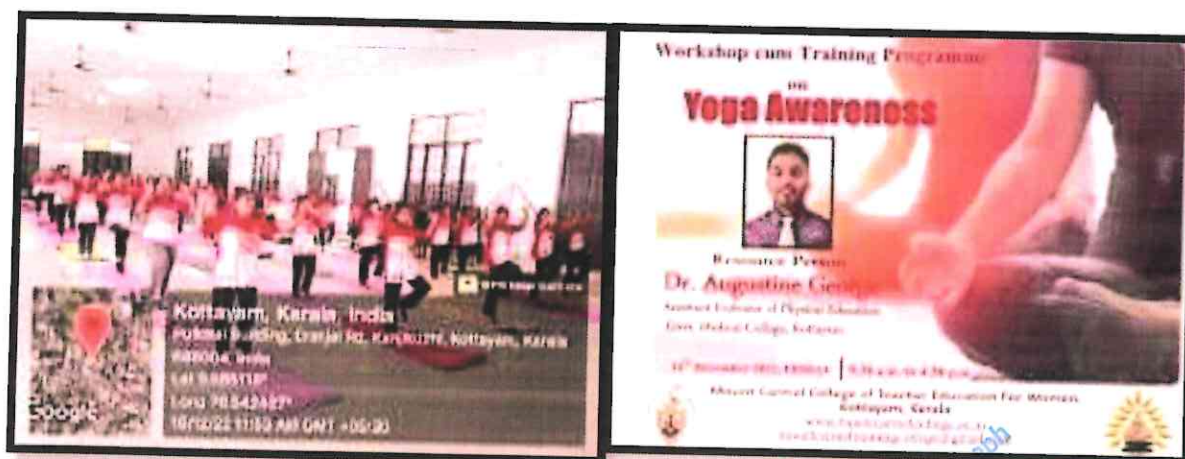
### 3.2 International Yoga Day

Seminar on 'Quotidian Yoga' was organized on 21st June 2022 and. Ms. Amala Jayan (M.Ed. 2020-2022 Batch) Student was the Resource Person.



### 3.3 Workshop-cum-Training Programme on Yoga and Aerobics'

A One day 'Workshop-cum-Training Programme on Yoga and Aerobics' was conducted for the I year B.Ed. students on 16th December 2022. Dr. Augustine George, Assistant Professor of Physical Education, Govt. Medical College, Kottayam was the Resource Person.



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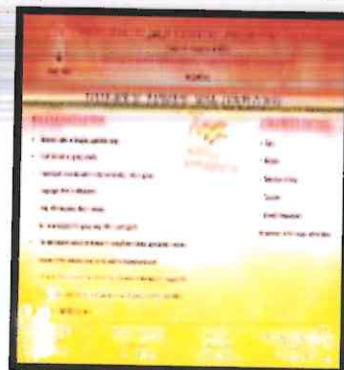




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#### 4. NATIONAL INTEGRATION-CELEBRATION OF NATIONAL IMPORTANCE DAYS

4.1 Independence Day Celebration was held online on 15<sup>th</sup> August 2022 at 9am by Archives (social science club) in collaboration with M.Ed. Department. Ms. Amala Jayan M.Ed. (2020-2022 Batch) Student was the Resource Person. Archives arranged an Exhibition in the M.Ed. block related to Independence Day on 16<sup>th</sup> August 2022.



*Amala Jayan*  
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#### 4.2 Gandhi Jayanti- 6th October 2022

As part of Gandhi Jayanti, Social Science Association Archives conducted a program on the theme "GANDHI LIVES" on 6th October 2022 at 10 am in the College Auditorium. The program started off with a prayer song led Anjana Elizabeth Augustine. Welcome Speech and an introduction to the programme were given by Mariya Xavier and Tanuja Manoj. A speech was delivered by Saranya M B.

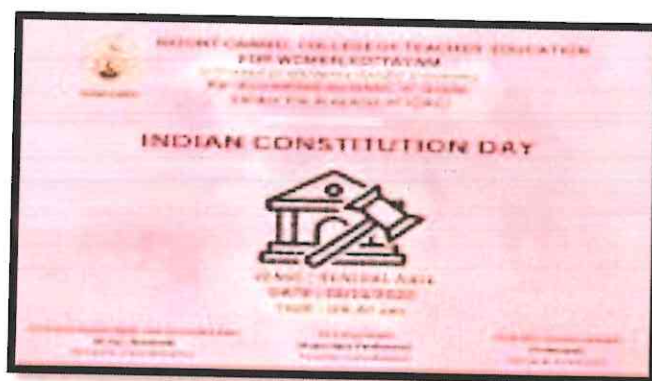


We also presented a group song ‘ Raghupati Raghav Raja Ram’ before the audience. A quiz competition based on Mahatma Gandhi’s life and journey was organized as part of the program under the direction of Tanuja Manoj. The entire audience took part in the quiz competition in a lively manner. There were a total of 15 questions, and each participant who provided the right answer received a small prize.



### 4.3 Indian Constitution Day’ 25th November 2022

‘Indian Constitution Day’ was observed under the auspices of IQAC on 25th November 2022 at our Institution.



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### 5.AIDS

‘World AIDS Day’ was observed on 1st December 2022 by BIOS and Health Club. The resource person was Ms. Amala Jayan, Assistant Professor, M.Ed. Department. The club conducted an E-Slogan competition and arranged a street play.





## 6. GENDER SENSITIZATION

### 6.1 XXI Carmel Forum Webinar Series 'Gender Sensitization for Futuristic Society' on 10th February 2023

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.



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**6.2 XIII of Webinar Series - Carmel Forum Gender and Sexuality: An Analysis of LGBTIQA+ Spectrum' on 30th June 2022.**

The Session XIII of Webinar Series - Carmel Forum was handled by Ms. Agatha Kurian, B.Ed. Students on the topic 'Gender and Sexuality: An Analysis of LGBTIQA+ Spectrum' on 30th June 2022.



**6.3 An awareness class on 'Sexual Harassment against Women 25<sup>th</sup> November 2022**

An awareness class on 'Sexual Harassment against Women' was conducted on 25<sup>th</sup> November 2022 under the auspices of IQAC by Ms. Aiswariya Joseph of Ist year B.Ed. The need to be aware of the social crimes was reflected through the class.



**6.4 Slogan Writing Competition On "Sexual Harassment Against Women"- 02/12/2022**

A slogan writing competition was conducted on the topic "Raise your voice against Women Harassment" on 02-12-2022 at Mount Carmel College of Teacher Education for Women.



*Handwritten signature:* Aiswariya Joseph  
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**6.5 Collage making competition on “SEXUAL HARASSMENT AGAINST WOMEN” - 06/12/2022**

A collage making competition was conducted on the theme “Sexual Harassment against Women” on 06-12-2022 at Mount Carmel College of Teacher Education for Women, Kottayam



**6.6 International Human Rights Day 9<sup>th</sup> December 2022**

As a part of International Human Rights Day, Social Science Association Archives has conducted a programme on 9<sup>th</sup> December 2022. The programme started with a silent prayer. Then it further proceeds with a welcome speech by Mariya Xavier. The pledge was dictated by Denova Mary Felix before the students. As part of International Human Rights Day, we conducted an “E- Slogan Competition” and Story Writing Competition earlier. The programme came to an end with a vote of thanks by Mahima M.V. and followed by National Anthem.



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**6.7 Manuscript Magazine Competition on the topic: “Women in Action” on 8<sup>th</sup> March 2023**

An Intra optional Manuscript Magazine Competition on the topic: “Women in Action” was held on 8<sup>th</sup> March 2023 in relation to International Women’s Day Celebration–XYPNIOS 2023 by the Women’s Cell of our Institution.



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**6.8 Pathway Social Life Wellness Program’- 7th to 9th February 2023**

The ‘Three-Day Pathway Social Life Wellness Program’ 2022-2023 was organized for the B.Ed.and M.Ed. students from 7th to 9th February 2023. The sessions were arranged by the Minority Youth Training Centre, Kanjirapally. The wellness programme was inaugurated by Rev. Dr.Sibichen K. K., Director of Jeevadhara and former Vice- Principal of St. Joseph’s Training College, Mannanam, Kottayam.



## 7. INAUGURATION OF NSS UNIT NO. 246 & ONE-DAY WORKSHOP

One day workshop on 'NjanMarunnu, Enniloode e Samoohavum' was conducted at the college auditorium in collaboration with the Department of Student Services (DSS), Mahatma Gandhi University, Kottayam on 09/11/2022. Rev. Sr. Mrudul, Local Manager presided over the function of inaugurating the NSS Unit no. 246 on the same day. Sri M. N. Shivaprasad, Deputy Excise Commission, Kottayam, inaugurated the function. Prof. Mathew Thomas Zacharias, Faculty, Institute of Humanistic Psychology, Germany was the Resource Person of the day. Students were encouraged to have peer discussions on the past, the present and the future and provided a room to analyse their talents, strengths, weakness and areas of improvement. The afternoon Session began with an art exhibition where each student had to describe their problems whether overcome, overcoming or facing on a piece of paper and exhibit. This activity encouraged the students to analyse and identify the different challenges that a person experiences. The one-day workshop was concluded by making us aware how one's actions, thoughts and habits transform them into addiction and brought forth the idea of converting the negatives into positive.



## 8. SwachhBharath-

Cleaning day -24/02/2023 and 25/02/2023

Cleaning day was observed on 24/02/2023 and 25/02/2023. Students cleaned the campus and its premises. Frequently campus cleaning and beautification were conducted during year.



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## 9. NATIONAL WATER MISSION



## 10. DIGITAL INDIA

### 10.1 'Zotero: An Aid in Managing References in Academic Writing' 23rd September 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.



### 10.2 'A Teacher's Role for India @75' was on conducted on 16th March 2023

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.



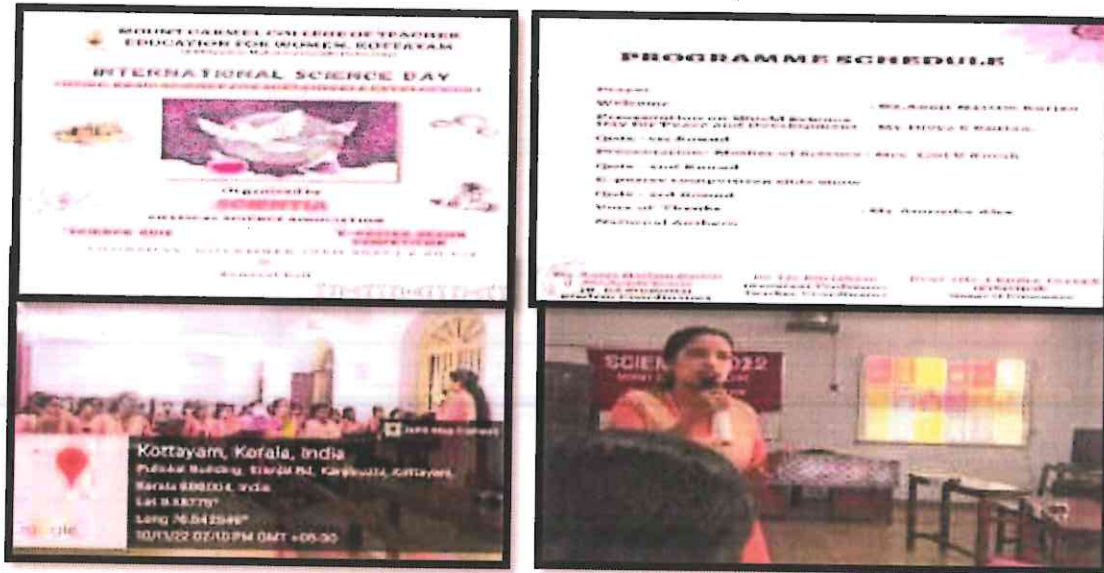
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### 10.3 International science day – 10/11/2022

International Science Day was celebrated on 10<sup>th</sup> November 2022 based on the theme 'Source of Sustainable Development'. Scientia organized an e-poster designing competition on the same day.



### 10.4 Webinar Series on the topic 'Entrepreneur Skills: A Need for Millennial Teachers' 13th December 2022

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.



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**10.5 XVII session of Carmel Forum Webinar Series on the topic 'Soft Skills for Smart Life - 27/10/2022**



**11 WOMEN EMPOWERMENT-**

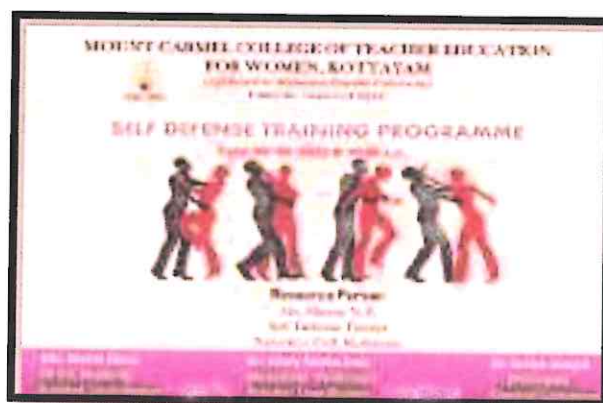
**11.1 Carmel Tailoring Centre**

Carmel Training Centre has been started functioning in the college for the empowerment of marginalised 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.



**11.2 Self-defense Training Programme -8<sup>th</sup> June 2022**

Self-defense training programme was conducted on 08.06.2022 by Ms.Sheme N. P., Self Defense Trainer, Narcotics Cell, Kottayam. It's the need of the hour for prospective teachers to know self-defense and pursue interest towards techniques for keeping oneself safe while living in the society and also impart the knowledge to the students.



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11.3 '27<sup>th</sup> National Reading Week' celebration was conducted from 20<sup>th</sup> to 24<sup>th</sup> June 2022.

## 12. Adult Literacy Programme

M.Ed. Students visited Kottayam Prison and its Library under the leadership of Sr. Rosy Leema P W., UGC Librarian on 13<sup>th</sup> July 2022 to promote reading habits among the inmates. The library was rearranged under the leadership of Sr. 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.



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## NATIONAL PRIORITY PROGRAMMES 2021-22

### 1. Environment Day Celebration

Environment day celebration was held on 5<sup>th</sup> June 2021 from 10 AM onwards. The theme “Ecosystem Restoration”, of the day was presented by Ms.Amala Jayan of 1<sup>st</sup> year M.Ed. department. After the presidential address of Dr. Mary Sheba Jose, principal, Ms.Vijaya K of Natural Science recited a Malayalam poem on the consequences of degrading mother nature. Later the poem recitation was followed by the video presentation of the competition Robust Cookery’s first prize winner and also the winners of Nature photography competition and fallen leaf art competition. Dr.Soosamma P.A of M. Ed Department delivered the message for the day.



### 2. International Yoga Day

International Yoga Day 2021” was organized by the Health Club under the leadership of Dr.Suma Joseph, Associate Professor on 21st June 2021. The theme was “Be with Yoga, Be at Home”. A Poster Designing Competition was organized on behalf of the day, on 19th June 2021 and the result was declared on 21<sup>st</sup> June 2021. Dr. Sharon Anna Thomas, Yoga and Naturopathy Medical Officer, AyushmanBhava project, District Homoeo Hospital, Kottayam delivered the Keynote address.



### 3. National Reading Week

The National Reading Week was celebrated with a Webinar on 25th June 2021. The programme introduced the students to the world of writers and media persons. It was organized under the leadership of Sr. Rosy Leema P.W., UGC Librarian.



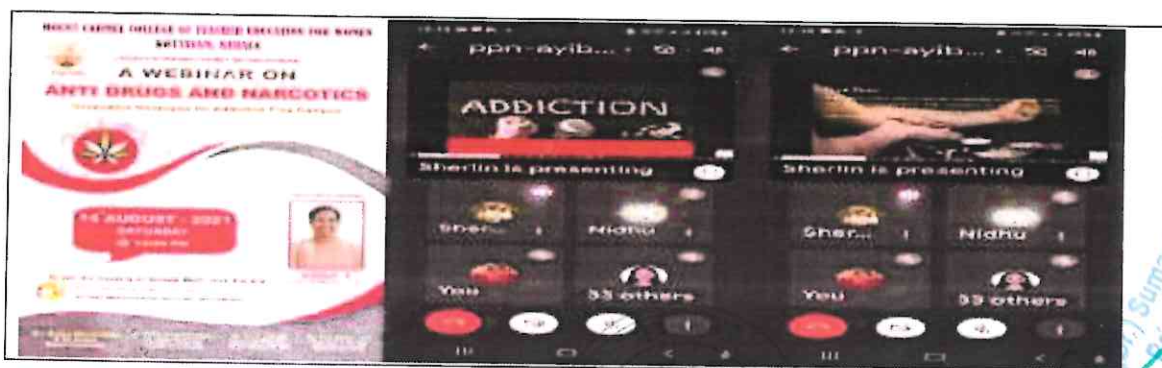
### 4. World Zoonoses Day-05/07/2021

The 'Bios Club' organized a Quiz programme on 5<sup>th</sup> July 2021 as a part of "World Zoonoses Day". The World Zoonoses Day commemorates the work of the French Biologist Louis Pasteur who successfully administered the first vaccine against Rabies, a Zoonotic disease on 6th July, 1885. The programme was organized under the leadership of Dr. Jaya P.J., Assistant Professor and the Teacher Coordinator.



### 5. Webinar on "Anti-Drugs and Narcotics-14th August 2021

A Webinar on "Anti-Drugs and Narcotics: Innovative Strategies for Addiction Free Campus" was organized on 14th August 2021. It was coordinated by Dr. Suma Joseph, Associate Professor and Dr. Nidhu Neena Varghese. The Resource Person was Sr. Sherlin B of 2nd year M.Ed. Student.



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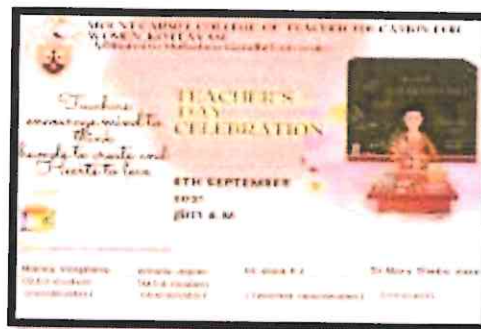
## 6. Independence Day 2021

As part of Independence Day, talk by Dr. Sumy M. Scaria, Assistant Professor, Carmala Rani training College, Kollam on 14/08/2021. On the occasion of Independence Day, 15th August 2021, a Quiz competition was organized by the Social Science Association Archives. The programme was organized under the leadership of Dr. Anjana B. Nair, Guest Lecturer. A display about the celebrations of Independence Day was held on August 16 by the Social Science Association Archives. The social science classroom of the M Ed Block housed the display. Freedom warriors were the subject of the display. They were offered a succinct description. The exhibition was attended by students and educators. 38 different freedom fighters were displayed in the exhibition.



## 7. Teacher's Day Celebration-06/09/2021

Teacher's Day Celebration was conducted on 6th September 2021 as a reminder to uphold the value of education among the B.Ed. trainees.



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## 8. Carmel Forum-"Inclusive Education"- 14/09/2021

The Session IV of Webinar Series - Carmel Forum was conducted on 14th September 2021. The Resource Person was Ms. Chippy Babu, M.Ed. Student who presented an effective class on the topic "Inclusive Education"



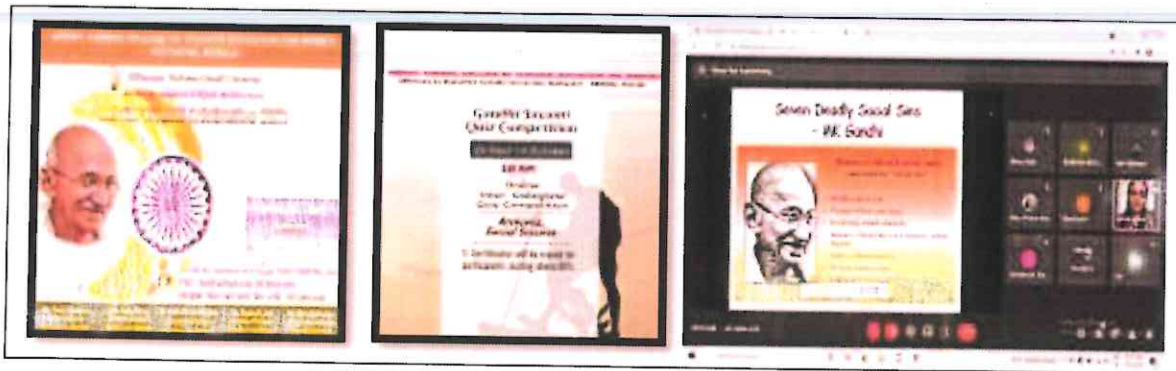
### 9. Ozone day celebration-17/09/2021

Reshma Merin Abraham conducted an awareness class on Ozone depletion on 17/09/2021



### 10. Gandhi Jayanti Celebration- 02/10/ 2021

Gandhi Jayanti Celebration 2021 was organized on 2nd October 2021 by Dr.Anjana B. Nair and Dr.Nidhu Neena Varghese, both Guest Lecturers.



### 11. Kannal"- A Gender Awareness programme

Kannal"- A Gender Awareness programme was organized under the Leadership of Ms. Joicy Martin, 2<sup>nd</sup> Year M.Ed. student who was the resource person. The topic was "Break the Silence".



## 12. Communal Harmony Week Celebration-19/11/2021-25/11/2021

As part of Communal Harmony Week Celebration organized by National Foundation of Communal Harmony from 19th November to 25th November 2021, various programmes like Seminar Presentations, Essay Competition and Poster Making Competition was arranged for the students.



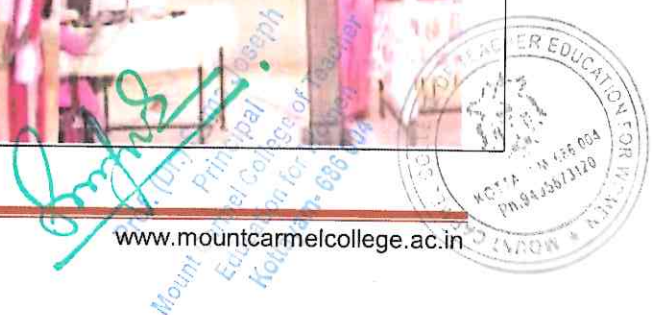
## 13. Constitution Day-26/11/2021

The Constitution Day Pledge was read out on 26th November 2021 in order to focus on the importance of Constitutional Values.



## 14. World AIDS Day-01/12/2021

World AIDS Day was observed on 1st December 2021 following this; a Health Awareness Class was presented by 2nd Year M.Ed. Student Ms. Amala Jayan.





### 15. Human Rights day-10/12/2021

The B.Ed. and M.Ed. students attended a Seminar on Human Rights at Darsana Auditorium, Kottayam on 10th December 2021. Two students from the B.Ed. and M.Ed. Departments presented seminar papers for the same. The college won a trophy for maximum student participation.



### 16. Pledge violence against women and Girls -15/12/2021



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### 17. Mathematics Day Celebration-22/12/2021

The Mathematics Day Celebration of ARITHMETICA 2K21 was organized by 'Ganithika' the Mathematics Club under the guidance of Ms. Honey Mathew, Guest Lecturer in 22nd December 2021. Students and employees received official invitations to the event through a flash mob on December 21, 2021. First-year B.Ed. student Anila T.R presented a PowerPoint in honour of National Mathematics Day. A debate was held. Fun gaming sessions featuring three games were played and participants from optional groups participated. Aparna Antony, student in the first year of the B.Ed. Natural Science programme, was selected as the best debater.



### 18. Awareness Programme on Nirbhaya App

Two officials from the Police Department (Janamythri) conducted an Awareness Programme on Nirbhaya App for our students on 23rd December 2021. The officials Mr. Sunil Kumar and Ms.Ambika from the West Police Station, Kottayam addressed the students about safety issues they might encounter.



### 19. Online Awareness Programme on “Law of Protection and Welfare of Parents and Senior Citizens-2007”-07/01/2022

The college in collaboration with District Social Justice Department, Government of Kerala organized an Online Awareness Programme on the “Law of Protection and Welfare of Parents and Senior Citizens-2007” on 7th January 2022. The Resource Person was Advocate Shincy Gopi, District Court, Kottayam. The second session was led by Sri. Senzen Joseph, Director, Best Dementia Care Home, Kottayam, on the topic “Dementia”.Smt. Chithra P.H., Technical Assistant and Co-coordinator, Maintenance Tribunal, Kottayam gave initiative in organizing the event.

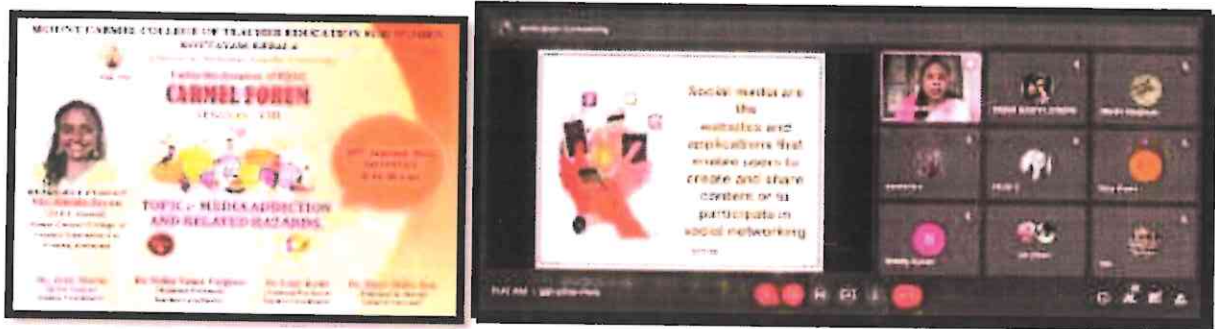


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Prin. (Dr.) Surma Joseph  
Principal  
Mount Carmel College of Women  
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## 20. Carmel Forum- Media Addiction and Related Hazards-07/01/2022

The Session VIII of the Webinar Series - Carmel Forum was based on the topic “Media Addiction and Related Hazards” and the session was handled by Ms.Amala Jayan, 2nd Year M.Ed. Student on 7th January 2022.



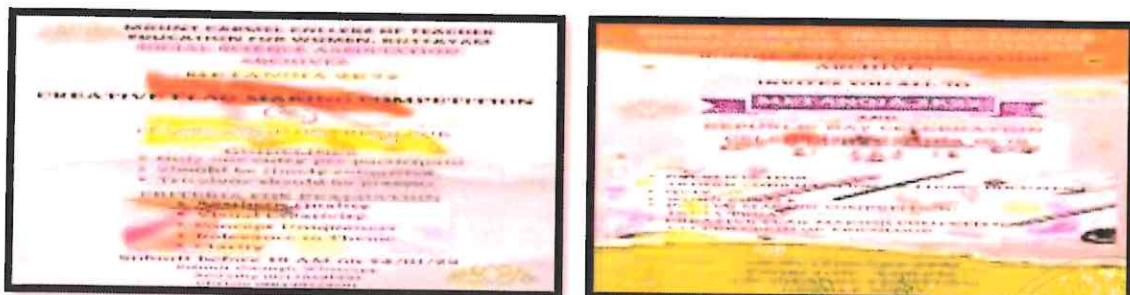
## 21. 'Family Counselling- Marriage Laws and Rights'-13/01/2022

A Seminar on 'Family Counselling- Marriage Laws and Rights' was conducted by the Department of Minority Welfare, Government of Kerala on 13th January 2022. Mr.Sanju T Kurian, was the Resource Person for the Programme.



## 22. Republic Day Celebration-25/01/2022

The Social Science Association ‘Archives’ organized Republic Day Celebration on a virtual platform on 25th January 2022. The programme was named ‘Metonia 2K22’. The programme included presentation on the Indian Constitution, Quiz, Word Puzzle, Poster Making competition and Flag making competition. This was done under the leadership of Dr.Anjana B. Nair, Guest Lecturer.



### 23. Training session on embroidery was organized on 07-02-2022

Peer skill training session on embroidery was organized on 07-02-2022 in an online mode on Google meet virtual platform by Sr.Leema and Divya of M.Ed. department who trained the students on Flower Stitching.



### 24. Awareness Programme on 'Gender Awareness' named Kannal-16/02/2022

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.



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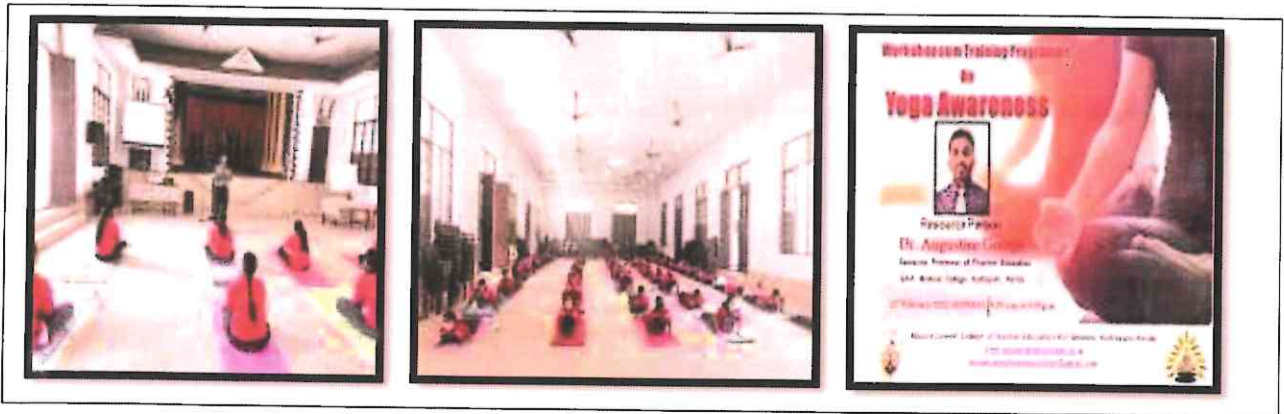
### 25. Hands-on Training Programme on Patch Budding- 16/02/2022

The Natural Science Association "BIOS" of Mount Carmel College of Teacher Education for Women conducted a hands-on training programme by Malavika Mohanan (1 B.Ed. Natural Science) for the students of the college. The programme was held on February 16, 2022, at General Hall.



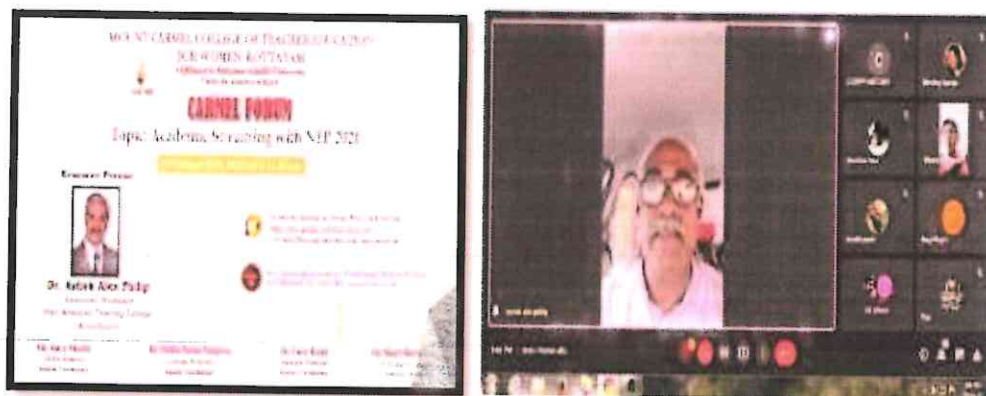
## 26. Workshop-Cum-Training Programme on Yoga-21/02/2022

A One-Day Workshop-Cum-Training Programme on Yoga Awareness was conducted to spread awareness about the importance of Yoga among the B.Ed. and M.Ed. students on 21st February 2022. The Resource Person was Dr. Augustine George, Associate Professor of Physical Education, Government Medical College, Kottayam.



## 27. Carmel Forum-“Academic Streaming with NEP 2020”-28/02/2022

The session IX of the Webinar Series - Carmel Forum was organized on 28th February 2022. The Resource Person was Dr. Ashok Alex Philip, Associate Professor, Peet Memorial Training College, MaveliKkara and the topic of the webinar was “Academic Streaming with NEP 2020”.



## 28. A Debate Competition – “Dowry System-02/03/2022

A Debate Competition – “Dowry System will come to an End” was organized by the Women and Child Development Directorate, Poojappura on 2nd March 2022.

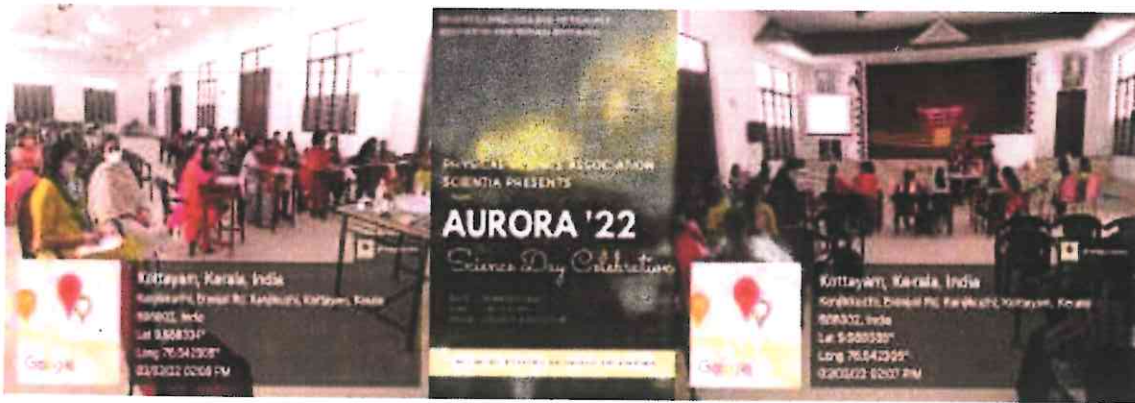
  
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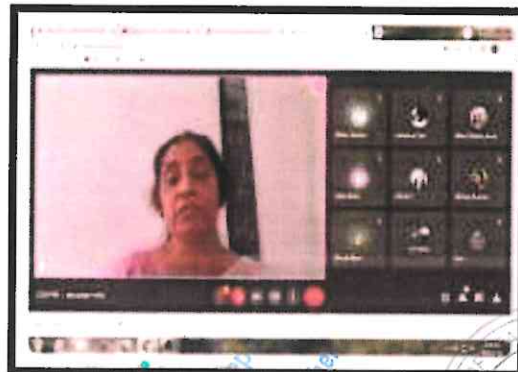
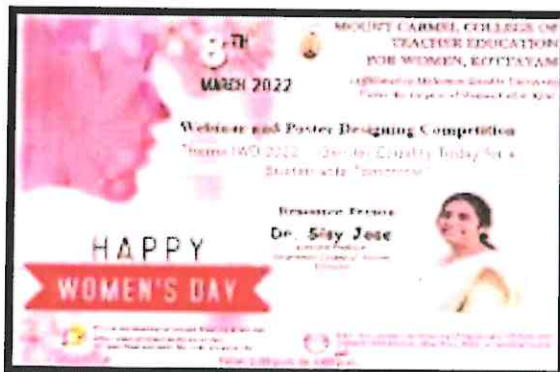
**29. National Science Day Celebration-03/03/2022**

As a part of its science day celebration, Scientia, the physical science association of Mount Carmel College, conducted "Aurora 2022" on March 3, 2022, from noon to 1:30 p.m. As part of it, Physical Science Association 'SCIENTIA' conducted Quiz Competition on 3rd March 2022.



**30. Women's Day Celebration -08/03/2022**

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. A poster designing competition was also held.



*Sisy Jose*  
 Prof. (Dr.) Suma Joseph  
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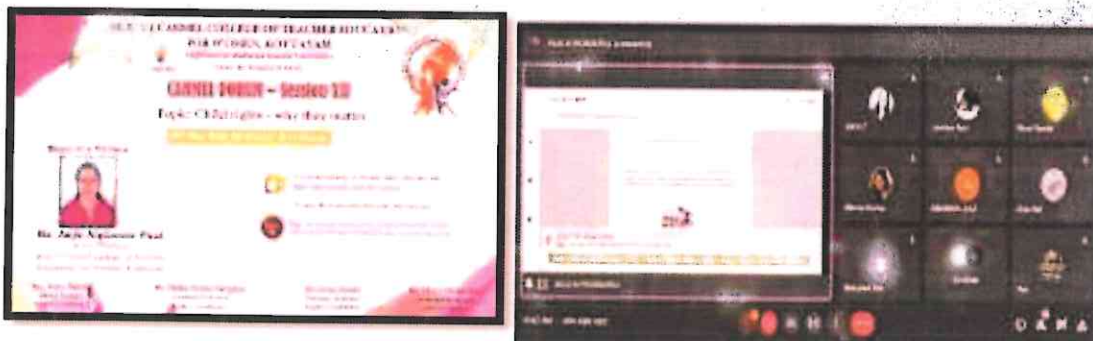
### 31. Carmel Forum-“Women Empowerment-29/04/2022

The Session XI of the Webinar Series - Carmel Forum was on the topic “Women Empowerment” and Ms.Veena A. S., M.Ed. student, the Resource person threw light on the ‘Constitutional and Legal provisions’ held on 29th April 2022.



### 32. Carmel Forum on the topic “Child Rights-23rd May 2022

The Session XII of Webinar Series - Carmel Forum on the topic “Child Rights” was handled by Ms.Anju Alphonsa Paul of 2nd year M.Ed. on 23rd May 2022.



### National Priority programmes 2020-2021

#### 1. Online Environmental Day Celebration –05-06-2020

Talk regarding environmental protection and also Quiz, discussion and documentary making were conducted as part of Environmental day celebration – Coordinated by Dr. Jaya P.J .



## 2. Reading day -19/06/2020



## 3. Online Workshop on 'Digital Skills for Teaching and Learning in the 21st Century'- 05-06-2020

Online Workshop on 'Digital Skills for Teaching and Learning in the 21st Century' was coordinated by Dr Mary Sheba Jose and Dr Liz Kuriakose



## 4. International Yoga Day Celebration (online) -21-06-2020

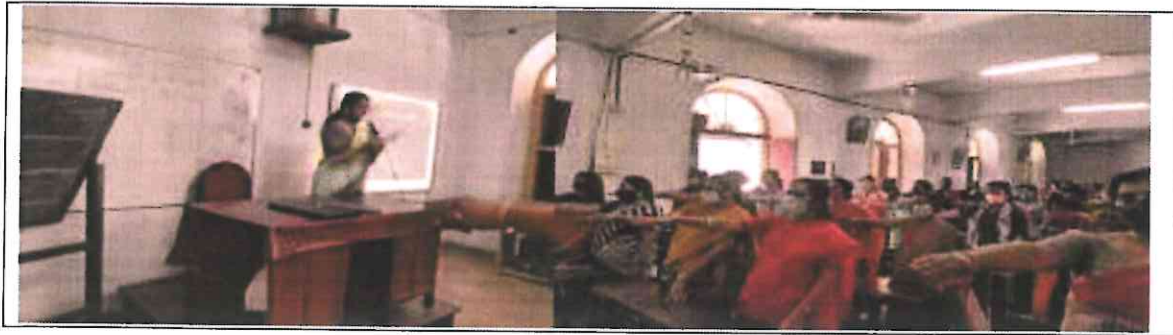
On the occasion of International Yoga Day a national level online quiz on yoga Conducted from 17th June to 22<sup>nd</sup> June for student teachers. coordinated by Dr. Suma Joseph. On 24th June, 2020 International Yoga Day celebrations were conducted through zoom Platform. A video presentation on various Yogic practices was demonstrated by B.Ed. students.





**5. Anti-drugs day-26-06-2020**

Oath taking and a speech competition for B.Ed. students was organized on 26th June in connection with anti- drugs day.



**6. Online Quiz and Patriotic Song competition as part of Independence Day Celebration-13-08-2020**

In connection with the celebration of 74th Independence Day, the Social Science students organized an Inter-collegiate online Quiz and Patriotic song competition from 13th August to 15th August.



**7. Online webinar on 'Gender Bias and Stereotyping'-20-08-2020**

Online webinar on 'Gender Bias and Stereotyping' by Dr. Sisy Jose, Associate Professor, Government Nursing College, Kottayam; coordinated by Sr. Rosy Leema, UGC Librarian.



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**8. Three-Day Online Certificate course in Video Content Creation by Scientia-21-08-2020**

A three day online certificate course on Video Content Creation was organized for students on 21st August by the members of Scientia.



**9. Webinar on 'Digital Tools for Smart Teachers' -16-09-2020**

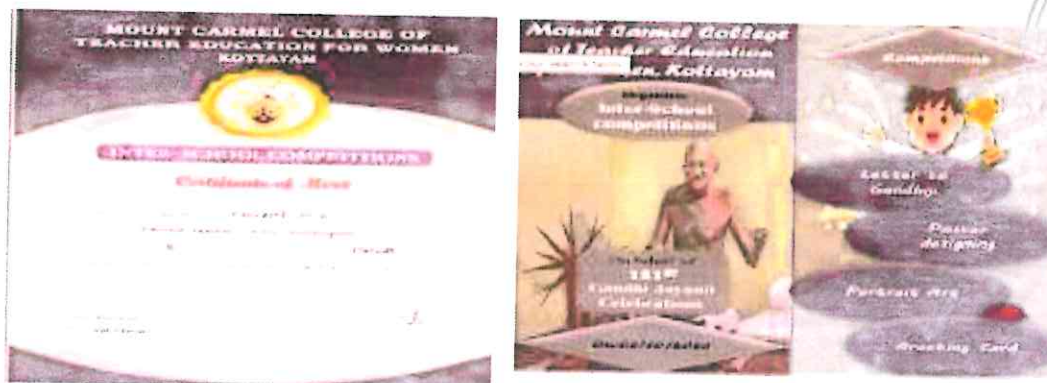
Webinar on 'Digital Tools for Smart Teachers' by Dr. K.S Sajan, Assistant Professor, NSS Training College, Ottapalam in collaboration with St. Joseph's Training College, Mannanam.

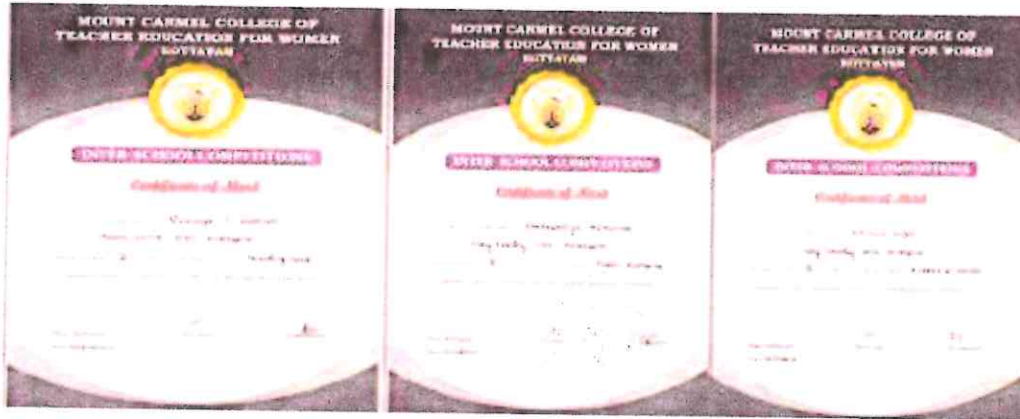


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**10. One week Interschool competitions in connection with 150th Gandhi Jayanthi Celebrations-2-10-2020**

Inter school competitions were held in connection with 151th Gandhi Jayanthi celebrations for the students of the practice teaching school through online mode from 2<sup>nd</sup> October. Letter to Gandhiji, Poster making, Card making and Portrait drawing.





### 11. World Space Week Competition-04-10-2020 to 10-10-2020

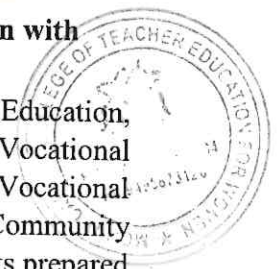
An online quiz competition was arranged for students studying in High School and Upper Primary classes of the practice teaching schools. 130 high school students and 175 UP school students participated in the quiz.



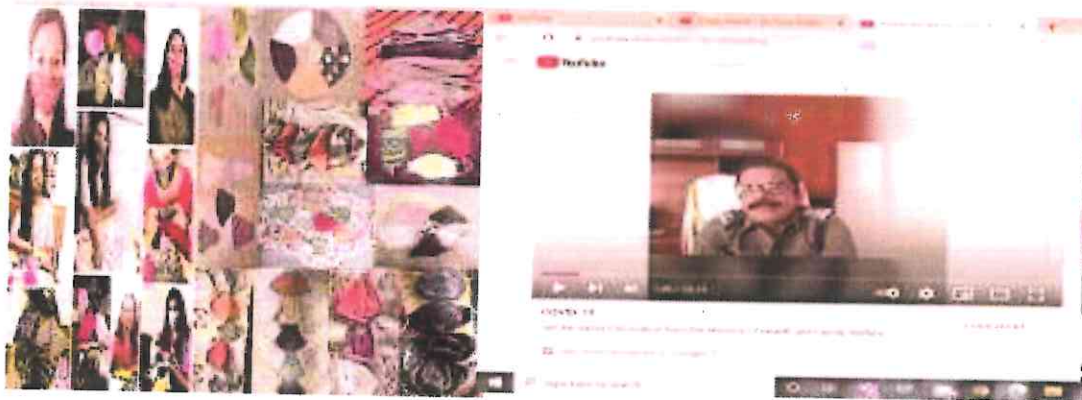
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 Prof. (Dr.) Suma Joseph  
 Principal  
 Mount Carmel College of Teacher  
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### 12. National level online workshop on VENDEL Action Plan in collaboration with MGNCRE, Ministry of Education, 21-10-2020

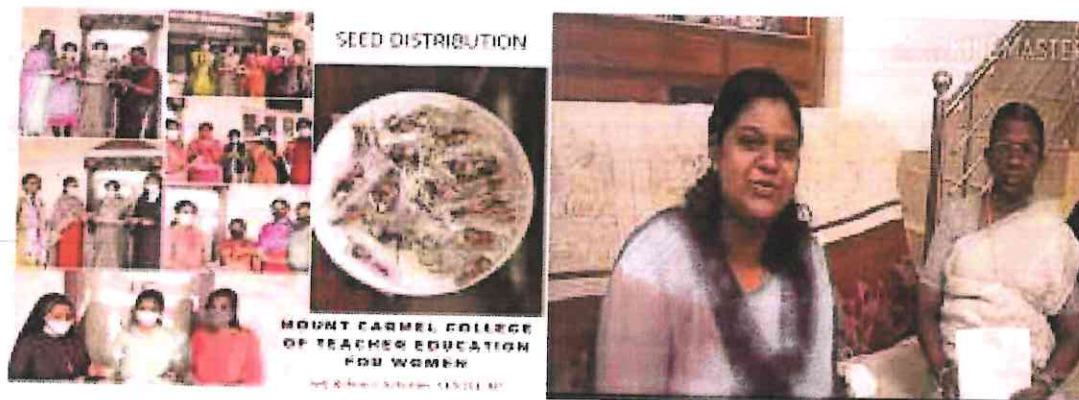
Our College collaborated with Mahatma Gandhi National Council for Rural Education, Hyderabad under Ministry of Education Government of India in the VENDEL (Vocational Education NaiTalim Experiential Learning) Programme. Four subthemes namely Vocational Education, Self Reliance Activities, Swachatha and 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 taken by Mr. Atly P. John, Health Inspector of Kattappana, Municipality and on class Kitchen Gardening was given 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 glycerin.



**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 YouTube channel of our college Carmel Tube and link was provided.



**Swachtha 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.





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

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.

### 13. Workshop on Yoga 13-01-2021

Workshop on Yoga for Junior Batch of students by Dr. Augustine George, Assistant Professor in Physical Education, Government Medical College, Kottayam.



### 14. Republic day celebration and online Quiz competition-26-01-2021



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**15. Webinar on 'Intellectual Property Rights and Rights of Women and Children'--  
15-02-2021**

Webinar on 'Intellectual Property Rights and Rights of Women and Children' by Dr. Jasmine Alex, Assistant Professor, School of Legal Thought, MG University



**16. Webinar on 'Queer Freedom in India' -16-02-2021**

On 16th February Sheedhal Shyam, member of the State Trans Justice Board, Patron of the National Organization of Violence" led webinar on "Queer Freedom in India



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**17. Class on 'Sex Education' by Mrs. Reenu Elizabeth Abraham-17-02-2021**

Awareness Class on 'Sex Education' by Mrs. Reenu Elizabeth Abraham,  
Alumni of the institution and ASAP Trainer.



**18. Awareness class on 'Covid and Mental Health'-18-02-2021**

Awareness class on 'Covid and Mental Health' by Dr.Sisy Jose, Associate Professor, Government College of Nursing, Kottayam on 18-02-2021.



**19. Awareness on 'POCSO Act and Juvenile Justice Act' 19-02-2021**

Awareness on 'POCSO Act and Juvenile Justice Act' by Mr. George Kutty, District Probation Officer, Grade II, Department of Social Justice, Kerala on 19-02-2021.



**20. National Science Day Celebration -27-02-2021**

National Science Day was celebrated on 27th February 2021. A presentation based on the theme for national Science Day 2021 was done by Ms. Chinju Shajan. A science quiz competition was conducted for other four optional subjects.



*Chinju Shajan*  
Associate Professor  
Department of Teacher Education for Women  
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## 21. Celebration of Pi Day by Ganithika, the Mathematics Association -10-03-2021



## 22. Seminar on 'Cyber Security'-16-03-2021

Seminar on 'Cyber Security' by Mr.Jins T. Thomas, Digital Forensic Examiner arranged by Women's Cell in association with Kerala State Women's Development Corporation Ltd. and Department of Social Justice, Government of Kerala, Thiruvananthapuram.



## 23. Completion of MOOC course

Five of our students successfully completed online courses offered SWAYAM platform and received certification. All the students of our new B.Ed. batch have enrolled for various courses in SWAYAM. Two of our faculty members Dr. Liz Kuriakose and Dr.Anjana B. Nair also completed a course in Swayam.



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## 24. International Family Day-15-05-2021

International Family Day and Family Selfie Contest was conducted on 15-05-2021



## 25. International Biodiversity Day 22-05-2021

International Biodiversity Day was celebrated and Essay Competition 'Nature; Sustenance to Life' was arranged on 22-05-2021



## 26. A One-week Online Summer camp 'Esperanto' was conducted for the school students studying in the CSST managed schools-24-05-2021-29-05-2021

The institution organized a one week online Summer Camp ESPERANTO for the inmates of Children'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.



*Suma Joseph*  
Prof. (Wt.) Suma Joseph  
Principal  
Mount Carmel College of Teacher  
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[https://www.youtube.com/live/F2TvZa\\_majw?si=Jwadh04xGoiVylcX](https://www.youtube.com/live/F2TvZa_majw?si=Jwadh04xGoiVylcX)



Summer Camp - ESPERANTO - Inaugural Ceremony



*Prof. (Dr.) Yuma Joseph*  
Principal  
Mount Carmel College of Teacher  
Education for Women  
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**27. World Tobacco Day -31-05-2021**  
 World Tobacco Day was celebrated and an All Kerala Inter-Collegiate Short Video was conducted for the B.Ed. and M.Ed. students-31-05-2021



**NATIONAL PRIORITY PROGRAMMES 2019-2020**

**1. Celebration of World Environment day-06-06-2019 to 07-06-2019**

Celebration of World Environment day was sponsored by Kerala State Council for Science, Technology and Environment. Natural science Association (Bios) took initiative in celebration and Dr.Pushpa Marian, principal of the college distributed the plants. Then students took active part in cleaning the college premises and campus. They also revived the medicinal garden of the college. Meanwhile Essay writing competition in Malayalam was commenced at 11.30 a.m. based on the theme “Sudhavayu–Ente Avakasham” and seven teacher training students participated in the competition

Orientation class on Air Pollution by Dr. V C Sunil Kumar, Faculty Member of Suchithwa Mission was conducted on 07-06-2019



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 Prof. Dr. Sunil Kumar  
 Mount Carmel College of Teacher Education for Women  
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## 2. 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" was done by Ms. Suminamol K. John in connection with reading week.



## 3. International Yoga Day celebration-21-06-2019

Yoga Day was celebrated. An awareness talk on the benefits on the yoga by Dr. Alma of Kottayam District Ayurveda Hospital.



## 4. Hiroshima Day -06-08-2019

Hiroshima Day was observed on 6th August under the leadership of Archieves (social science club).they organized different competitions such as Quiz, slogan writing, and poster making.



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Kottayam-686 004  
Ph. 435673120  
AGW \* NEWOM

### 5. Live telecast Chandrayan II Launch-19-08-2019

The members of the Scientia club initiated programmes for the live telecast of the launch of the historic Chandrayan II satellite on 19th August, 2019. The members also provided a talk on the satellite describing its distinctive features and other technical aspects related with it to the students as well.



### 6. The national Independence Day celebrations-15/08/2019 & 22-08-2019

On the Independence Day the staff and the students took part in the flag hoisting ceremony. The national Independence Day celebrations were conducted at the college on 22nd August, 2019. The Archives club arranged the programmes and evoked in students a sense of patriotism and devotion to one's country. The members of the club also performed a skit highlighting the theme of Independence in free India. The most attractive programme of the day was the Bharthmatha competition. A letter writing competition and a performance of the cultural heritage of different states of the nation were also conducted on the occasion.



*Joseph*  
Principal  
Mount Carmel Training College for Women  
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**7. Teacher's day celebration-05-09-2019**

Teacher's day was celebration, College Union and Arts Club inauguration by Mini screen artist and singer Sri. Anil Mathai and Sri Linu J, Art instructor M D Seminary H.S, Kottayam.



**8. 150th Gandhi Jayanthi celebration-03/10/2019 to 05/10/2019**

Celebrations to commemorate 150th Birth Anniversary of Mahatma Gandhi were held from 3rd October to 5th October. The competitions based on Gandhiji's life and thoughts were conducted such as tableau, card making, letter writing, cross word puzzle, poster making, debate, painting and ethnic show.



### 9. Ozone Day Celebration-10-10-2019

The observation of the Ozone Day was also conducted by the Bios Club on 10th October, 2019. The members of the club arranged a series of programmes in relation with the day's observations which included a quiz related to the environment and the ozone layer. Apart from the quiz, a poster making and essay writing competition were also organized for the students on the theme "Environmental Protection". All the optional students took an active participation in the programmes.



### 10. "Vigilance Awareness Week" & "Bharana Bhaasha vaaraghosham"-28/10/2019 to 30/10/2019

On 28th October as part of the Vigilance Awareness Week and Malayalam Week, Daffodils conducted quiz and other competitions. During the observance of Vigilance Awareness Week, the Rubber Research Institute of India, Kottayam conducted Poster designing and Elocution Competitions at Mount Carmel College of Teacher Education on 29th October for college students on the topic, "Integrity: A way of Life" The natural Science students organized games on literary awareness on the 29<sup>th</sup> of October 2019.



Prof. (Dr.) Juma J. Principal  
Mount Carmel College of Teacher Education for Women  
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### 11. "Madhuram Malayalam" programme-30/10/2019

The Archives conducted "Madhuram Malayalm" programme on 30th October in relation with Malayalam Week, including quiz and tongue twister competitions for students.



### 12. Rashtriya Sankalp Divas & National Rededication-31-10-2019

31st October 2019 was celebrated as Rashtriya Sankalp Divas & National Rededication Day by the members of the Mathematics Club. There was an oath taking ceremony, in which the oath was delivered by Dr. Pushpa Marian, Principal of the college. A talk was given by the members of the club on the life history of Sardhar Vallabhai Patel.



*Dr. Pushpa Marian*

### 13. World Science Day-11/11/2019

Scientia Club members took initiative for observing the World Science Day at college for B.Ed students on 11th November, 2019. The members of the club convened a special meeting and delivered a brief talk on the various women scientists of the world highlighting their contributions in the scientific world. The talk was truly inspirational for the students as it motivated each one of them to present their best version in their fields of study.





#### 14. Awareness class on energy conservation 16-11-2019

An Awareness class on the wise usage of LPG was held on 16th November, 2019 led by Mr. George Thomas of Indane Gas and Commander Gas Agency.



#### 15. National Integration Day-19-11-2019


The National Integration Day celebrations and week-long events were conducted from 20th to 25th of November.



#### 16. Linguistic Harmony Day Celebrations: 20-11-2019

On 20th November, 2019 the Linguistic Harmony Day celebrations were held at the college by the Daffodils club. The members of the club conducted an interactive quiz for the I B.Ed. batch followed by a number of other programmes creating an awareness of the necessity of maintaining linguistic harmony in the nation. The members also showcased a performance highlighting the linguistic debates in the nation regarding national language as well.



  
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### 17. National Minority/weaker section Day- 22-11-2019

On 22nd November, 2019 the National Minority Day was observed by different clubs. The day marks the importance of putting forward the legitimate needs of the minorities and to create awareness among the public about the protection of the minority communities. The Scientia club focused on creating awareness among students. The members initiated programmes such as rally competition and placard making competitions. All the students actively participated in the events. The club Bios a quiz competition was organized for the students of our college and most of them actively participated and made it to be a successful one.



### 18. Cultural Diversity Day: 24/11/2019

On 24th November, 2019 the Cultural Diversity Day was observed by the Archives club. The day emphasizes on the cultural diversity of our nation. The various competitions conducted on this day consisted of a quiz related to various cultures of India as well as an interactive programme on the presentation of the cultural heritage of different states of India. The day's celebrations came to an end with the sharing of sweets among the students.



### 19. "Conservation of Biodiversity" day -25-11-2019

On 25th November, 2019, the Biodiversity Conservation Day was observed. The day marks the importance of protecting and conserving our ecosystem and natural resources for posterity. The club members took an initiative in conducting various programmes in this regard such as collage making competition, treasure hunt and a talk on waste management. A talk on waste management was delivered by the students of the Bios club which also dealt with the environment friendly methods of disposing our waste products.



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Kottayam - Kerala

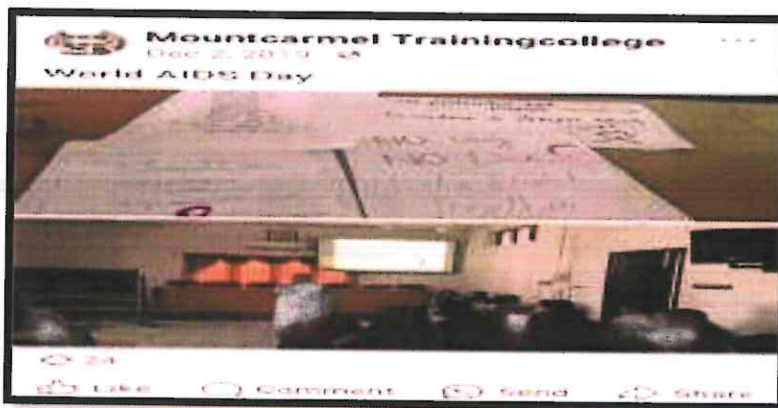


**20. Constitution Day- 26/11/2019**

The Constitution Day was observed on 26th November 2019. The club members mainly arranged a quiz competition for the students of both I and II B.Ed. batch, focusing on different aspects related to the constitution of India.

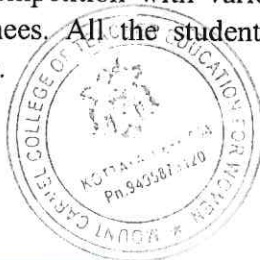


**21. World AIDS day Celebration - 02/12/2019**



**22. Celebration of National Mathematics Day-13-12-2019**

Mathematics day was observed. The club members gave a talk on the life of the great Mathematician Srinivasa Ramanujan, whose birthday is celebrated as National Mathematics Day. The programme had a quiz competition with various rounds focused on promoting Mathematics among the B.Ed. trainees. All the students from both the batches actively participated to conduct it successfully.



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Principal  
Mount Carmel College of Teacher Education for Women  
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**23. Republic Day celebrations- 27/01/ 2020**

On 27th January the Archives (Social science club) conducted Quiz with regard to Republic Day



**24. National level one week workshop on Digital Skills for Teaching and learning-19-05-2020 to 25-05-2020**

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



*Signature*  
 Prof. (Dr.) Stina Joseph  
 Principal  
 Mount Carmel College of Teacher Education for Women  
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## NATIONAL PRIORITY PROGRAMME-2018

### 1. Celebration of World Environment day-05/06/2018

Celebration of World Environment day was conducted in the college by Natural Science (BIOS) and Environmental (ECOZONE) club on 5th June 2018 based on the theme of the year "Beat Plastic Pollution" and a pledge will be taken. Dr. Pushpa Marian, Principal initiated distribution of plant saplings to all and a video was shown based on the theme of the year. All participants took pledge to save our environment especially from plastic pollution.



### 2. Reading Day Celebrations 19/06/2018

Reading day was celebrated on 19th June 2018 under the leadership of Scientia (Physical Science Club) and a Quiz Competition was conducted based on it.



### 3. Celebration of International Yoga Day -21/06/2018

Celebration of International Yoga Day was observed on 21st June 2018 and a Yoga demonstration was arranged. A power point completion and a video presentation were arranged for students. The students performed various 'Asanas' in the college general hall.



#### 4. Independence Day celebrations- 14/08/2018 &15/08/2018

The Social Science Association 'Archives' celebrated Independence Day on August 14, 2018. The meeting was presided by Ms.Soosamma. The association members presented a mime during the function. To show respect to the nation, they lighted lamps and arranged it in the shape of India. A quiz competition and a patriotic song competition were also conducted on the same day. Our staff and students took part in flag hoisting in the campus on 15th August 2018.Sr. Jenin delivered the Independence Day message and sweets were distributed.



#### 5. Class on Women Self Defense - 31/08/2018 &01/08/2018

Arrange classes on Women Self-Defense and inaugurated Skill Development Programme on 31st August 2018 by Civil Police Officers of Kottayam district.



### 6. Teacher's Day Celebrations-05-09-2018

Teachers' Day Celebrations was conducted by teacher trainees on 5th September 2018.



### 7. Workshop on Yoga-05-09-2018

5th September 2018 witnessed a one day workshop on the theoretical and practical aspects of Yoga led by Mr. Sreejith, Yoga Master, M.E.S Training College, Aluva.



### 8. Ozone Day Celebrations 14/08/2018

Ozone Inauguration of the Associations to be done by Dr. Jacob Joseph, State President, Energy and Environment Conservation Society, Kerala on 14th September 2018. Various competitions like painting competition, caption writing and dry wood decoration were held during the programme. Students from all departments participated in the programme.



### 9. Celebration of Gandhi Jayanthi- 01-10-2018

Homage was paid to the Father of our Nation by celebrating Gandhi Jayanthi on 1st October 2018. Campus cleaning was also done as part of swachatha mission.



### 10. National Re-dedication day/ Rashriyasangalp divas -31-10-2018

As part of National Re-dedication day an oath was taken by the teachers and students of the college on 31st October 2018.

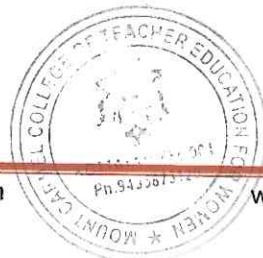


### 11. Celebration of Communal Harmony and National Integration Day-22-11-2018

Communal Harmony and National Integration Day was celebrated on 22nd November 2018 and competitions connected to the theme were conducted.



  
Prof. (Dr.) Surra Joseph  
Principal  
Mount Carmel College of Teacher  
Education for Women  
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### 12. Awareness class on Plastic Pollution and nearby Market Cleaning-11-01-2019

An Awareness class on Plastic Pollution was held at general hall by Swachatha Action Plan on 11th January 2019 and after class as part of Extension activity senior students cleaned the nearby Market.



### 13. Republic Day Celebration-26-01-2019

The republic day flag was hoisted by Sr. Tessa local manager of the institution on 26th January 2019 at Mt. Carmel School ground. The teaching and non-teaching staff and students of the college were present during the function.



### 14. International Mother Language Day-21-02-2019

As part of the International Mother Language day, on 21st February 2019, a pledge emphasizing the importance of mother tongue was administered by Ms. Liz Kuriakose, faculty, Department of Physical science and the students actively participated in the ceremony.



  
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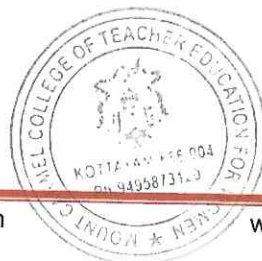
### 15. National Science Day Celebrations-26-02-2019 –28-02-2019

National Science Day celebrations were arranged in the College from 26th to 28th February 2019. Followed by the inauguration session, a workshop on “ Eco Friendly Products” was conducted by Dr. Sunil Kumar S., Naturopathy Physician and State Faculty of Suchithwa Mission Kudumba Shree unit. Selected students from each department and some of the representatives of Mount Carmel Tailoring center 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.



### 16. Workshop on 'Energy Conservation'-27-02-2019

A Workshop on ‘Energy Conservation’ was taken by Ms. Annie Thomas, External Faculty Member of Petroleum Conservation Research Association ( PCRA) on 27th February 2019.



*Annie Thomas*  
Prof. (Dr.) Suma Josephi  
Principal  
Mount Carmel College of Teacher  
Education for Women  
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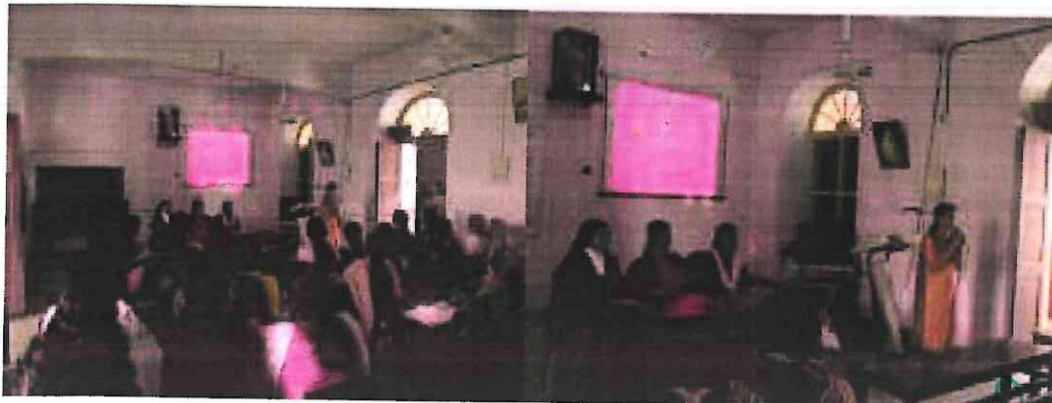


### 17. Workshop on Yoga-28-02-2019

A Workshop on Yoga and meditation conducted by Mr. Biju B., Kalari expert (Yoga instructor, Kumarakom, CVN Kalari)



### 18. Women's day celebration-08/03/2018



*Amrita*  
Prof. (Dr.) Amrita Joseph  
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