



Malabar Training College, Peravoor
(Affiliated to Kannur University, Recognized by NCTE New Delhi)
Peravoor, Kannur, Kerala

NAAC Accreditation 2024

Cycle I

SSR–Criterion III

3.3.1. Report of each outreach activity with seal and signature of the principal

Affidavit

I do here by certify that, all the pages in this document are duly authenticated by me, under my privilege as the Head of the Institution of Malabar Training College, Peravoor, Kannur.




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KANNUR DT., KERALA - 670673

Date: 26-12-2023

SNEHARAMAM PROJECT

The project 'SNEHARAMAM' was hosted by Malabar B.Ed Training College. The project was conducted on the behalf of 'THELICHAM' 7 day residential camp organized at MG College, Iritty. Volunteers visited a place near Keezhur ST School which was under the ownership of Iritty Municipality. The aim was to convert this place into a park. Since the land was quite large it took almost 3 days to complete the project.

On the first day the volunteers tried to clear all the wastes deposited there. They cleared almost all the unwanted plants. Amidst of the cleaning they found a beehive. They received help from the municipality in clearing it. Since the whole day program was scheduled volunteers had to stop that day's work by 1:30 pm.

Next day volunteers reached the location early morning and started their work. They cleared all the remaining plants and separated some plantlets for replanting. Volunteers collected many things from the trash and used it for decorating the park. Health department officials and DSS Kannur University Dr. Nafeesa T P visited the place..

Next day only the final arrangement was left. Volunteers made a seating arrangement, drew many pictures and made a beautiful walkway. The way this place turned into was really soothing.

On the final day of the residential camp the park was inaugurated by the honourable municipal chairperson Smt. Sreelatha. This was a proud moment for all the Teacher trainees since this was their dream project and all their hardwork paid well



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Sneharamam Park



Sneharam – land preparation



Sneharam – land preparation



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Sneharamam




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Sneharamam Park




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Date: 26 -12-2023

A VISIT TO PAKALVEEDU -OLDAGE HOME VISIT

Teacher trainees of Malabar B. Ed Training College visited Pakalveed at Keezhur, Iritty on 26th December. It was an institution under supervision of Gramapanchayath which allowed senior citizens residing in that locality to come together and spent everyday from morning to evening. They were provided with provisions for doing exercise. Volunteers accompanied by Preetha Kuriakose mam, Principal Smt. Indu K Mathew mam, Shana mam and Ashna mam reached Pakalveed around 5 pm. Members of pakalveed were waiting for us there.

Volunteers were split into 6 teams and each team organised several cultural programmes for the members. Shana mam surprised everyone with her monoact. As a Christmas gift volunteers also gifted the members cakes. Some of them members also participated in the cultural programme. Everyone enjoyed the evening very well.

Interactive section Pakalveedu




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MALABAR BED TRAINING COLLEGE , PERAVOOR

Date: 24-12-2023

Aasadh sadass

Malabar Bed Training College participated in ward meeting of ward 16 at Punnad Madrassa Hall. It is really shocking to realise that our younger generation is being brutal victims of drugs. As parents and guardians it is our responsibility to prevent this. To provide an awareness on that student coordinator Anagha took class against drug abuse. Teacher trainees and college union chairman Abhijith Devan lead a pledge against drug abuse.

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STUDENTS PALLIATIVE WING INAUGURATION AND WHEELCHAIR DISTRIBUTION



As part of the Christmas celebration, palliative care students wing has been set up in Malabar B.Ed. Training College. Peravoor Panchayat President Sri. P.P Venugopal inaugurated programme. Fr. Thomas Kochukarot delivered a Christmas sermon. Wheelchairs were distributed to Ajitha and Vipin as the first event of palietive care students wing in corporation. College Chairman Abhijit Devan welcomed the program College Principal Indu. K. Mathew presided. Peravoor Panchayath Vice President Nisha Balakrishnan delivered the blessing speech. College Suprand Mohanan, P. T. A President Prakashan. P. V, Ex-Chairman Sijin Lal and Assistant Professor Mrs. Anjuna extended their greetings. College Joint Secretary Theja. P. K thanked the programme.

Field Trip Report: Saarang Eco village , Maloor

Date:14/12/2023

Location: Saarang ,Good earth 's Eco village




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Participants: Students of Malabar Training College

On 14.12.23 the students of Malabar training College embarked on an educational field trip to Saarang Eco village, located in Maaloor. This trip was organized by the Department of Natural science under the guidance of option teacher Bhavya K.K, college principal Indu k Mathew and teacher as well as social worker Mr. Vinod sir to provide students with practical insights into ecotourism and environmental conservation.

The day began with a guided tour led by experienced environmentalists Biju sir and tour guides. We started by exploring the diverse flora and fauna of the region. The guide pointed out various endemic plant species and their ecological significance. Students actively engaged in identifying different species and learning about their habitats.

A highlight of the trip was the butterfly-watching session. Ewe observed numerous butterfly species native to the area. The tranquil environment of Maloor Sarang provided an ideal setting for butterfly enthusiasts to spot and study these creatures in their natural habitat.

Later, we visited the on-site conservation center where we learned about the efforts taken to protect species and preserve biodiversity. The center showcased various initiatives such as reforestation projects and wildlife rehabilitation programs. Students gained valuable insights into the practical aspects of conservation efforts and their impact on local ecosystems.

The field trip proved to be immensely educational and enriching for the students. It provided a practical understanding of ecotourism principles, emphasizing the importance of sustainable tourism practices in preserving natural environments. Students learned about the delicate balance between tourism development and environmental conservation, which is crucial for future generations.

Overall, the field trip to Maloor Saarang Eco-village was a resounding success. It not only enhanced our knowledge of environmental science but also instilled a sense of responsibility towards protecting our natural heritage. We are grateful to Malabar Training College and the organizers for facilitating such a valuable learning experience. We look forward to applying these learning in our academic pursuits and future careers in environmental stewardship.

This field trip will undoubtedly remain a memorable and impactful experience for all participants, inspiring us to contribute positively to environmental conservation efforts wherever we go.



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field trip to Saarang Eco village




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Date : 05-12-2023 – Visit to Vekkalam school



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As the part of the program, the Teacher trainees of Malabar B.Ed. training college visited Vekkalam Govt. UP school. An interactive session was held with the students at the school. The session included various cultural programs also. During the session the volunteers interacted with the students through games and other activities. The session was good and helpful to understand them. Everyone was engaged and shared a lot of ideas. Students also participated in the cultural program.

Cultural Program Session




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Game Session




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DATE : 04-12-23

FOODKIT PACKING




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About ten food kits were packed by Teacher trainees of Malabar B.Ed training college which will be distributed to palliative Institute Peravoor.




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Communicative English Class

Date : 04/12/2023



On December 04, 2023, Malabar B. Ed Training College, Peravoor, initiated a one- hour communicative English class for students of Vekkalam Government UP School from 3 PM to 4 PM. This initiative aims to enhance students' English language proficiency. Our tailored curriculum includes interactive activities and practical exercises designed to instill confidence and fluency in students .

Field Visit Report: Agro Farm of Retired Principal Joselet Mathew

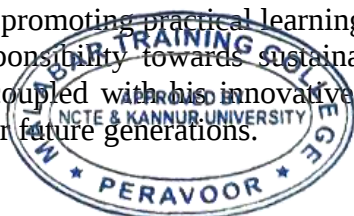
Date : 06/12/2023

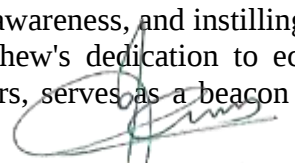
The field visit took place at the agro farm maintained by retired Principal Joselet Mathew of Nirmalagiri College. The farm serves as a remarkable example of eco-spirituality, emphasizing the importance of sustainable farming practices and biodiversity conservation.

Joselet Mathew's farm boasts a diverse array of sustainable practices and ecosystems. It includes:- Cultivation of various fish species, growth of commercial tree crops, Establishment of ecosystems supporting endangered species like frogs, Zero use of chemical fertilizers or pesticides. Joselet Mathew's farm operates solely on bio-pesticides, natural predators, and organic fertilizers such as fish pond slurry and cow dung. This approach ensures minimal environmental impact and promotes soil health. Joselet Mathew utilizes biological indicators to understand pollution levels and oxygen deprivation in his ponds. These indicators serve as early warning signs, allowing him to take corrective measures promptly and maintain the health of his aquatic ecosystems. Joselet Mathew has received numerous awards and recognitions for his exemplary farm practices. These accolades commend his efficient waste management, rich biodiversity, and odor-free environment, all managed single-handedly.

The visit provided students with invaluable insights into sustainable farming and the significance of ecological balance. They witnessed firsthand the harmony between humans and nature, inspiring a deeper appreciation for environmental stewardship.

The field visit to Joselet Mathew's agro farm was a resounding success, fulfilling its objectives of promoting practical learning, fostering environmental awareness, and instilling a sense of responsibility towards sustainable practices. Joselet Mathew's dedication to eco-spirituality, coupled with his innovative use of biological indicators, serves as a beacon of inspiration for future generations.




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Agro Farm Visit




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Malayalam Option - Field Trip Report
Date ; 19/12/2023

Field trips are invaluable educational experiences that offer students the opportunity to step out of the confines of the classroom and immerse themselves in real-world learning environments. Beyond textbooks and lectures, field trips offer hands-on experiences that cater to different learning styles, making complex concepts more tangible and relatable. Whether visiting historical sites, museums, or natural landmarks, each field trip presents a chance for students to connect theoretical knowledge with practical application, enhancing retention and comprehension. Moreover, field trips stimulate curiosity and critical thinking as students navigate new surroundings, encounter unfamiliar cultures, and interact with diverse communities.

Field trips provide BEd students with practical, hands-on experience in planning, organizing, and leading educational activities outside the classroom. It also allows them to observe different teaching methods and classroom management techniques in action. Additionally, experiencing the educational value of field trips firsthand can help BEd students appreciate their importance and integrate them into their future teaching practices.

As per the B.Ed curriculum Malabar B.Ed college Malayalam option Students has conducted the field trip on 19-Dec-2023 to Kannur Kotta, Folklore Museum, Payyambalam Beach, Arakkal Palace A field trip is a visit to an area outside of the normal classroom where students can try new things have different experience and learn valuable life lessons .A field trip to different location provides hand on opportunities in a wide variety of experience .The field trip provide a unique opportunities for learning that are not available within the four walls of a classroom .It provide a memorable and positive experience to student.

For the field trip also we had need an effective planning. We had taken two or three weeks time for planning. First of all we had decide place for the field trip ie.Kannur Kotta, Folklore Museum, Payyambalam Beach and Arakkal palace.

Then we had decided the date and time after considering various factors we decide 19-Dec-2023 as the adequate time and to start the trip at morning 8.O Clock and expected to reach at 8.PM. The planning was done by the student with the guidance of the Akhila miss, Bhavya miss&Indu miss. After getting sanction from Indu miss we had arranged the bus and food from the proper place.

After fixing the above said activities we had decide the amount to collect from the students the amount is Rs.500/-.After finishing these activities informed the students and teachers to reach the college at 7.30AM on 19-Dec-2023



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Morning the students and teachers had reached the college at sharp 6.30. The journey has begun. We had reached at 10Am at **St. Angelo Fort (Kannur Fort)** and spent up to 12oo clock.

. Kannur Kotta, also known as Kannur Fort or St. Angelo Fort, is a historic fort located in Kannur, Kerala, India. Built by the first Portuguese Viceroy of India, Dom Francisco de Almeida, in the early 16th century, the fort has witnessed centuries of colonial influence and regional power struggles .




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Students and teachers at **St. Angelo Fort (Kannur Fort)**




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After half an hour drive we reached **Arakkal palace**. It was the ancestral home of the Arakkal Ali Raja, the only Muslim royal family in Kerala. The term "Tharavadu" refers to a traditional joint family residence common in Kerala's matrilineal society. Today, the Arakkal Taravad has been converted into a museum, preserving and showcasing the heritage and legacy of the Arakkal family. Visitors to the museum can explore the palace interiors, view artifacts, portraits, and personal belongings of the Arakkal rulers, and learn about the dynasty's history, achievements, and contributions to Kerala's cultural tapestry.

. Then we ate our lunch. After half an hour drive we reached **Folklore accademy**, The Academy, located in Kannur, Kerala, is an institution dedicated to the preservation, promotion, and study of folk culture and traditions. Established with the aim of safeguarding Kerala's rich folklore heritage, the academy serves as a hub for research, documentation, and dissemination of folk arts, music, dance, rituals, and oral traditions. For visitors interested in exploring Kerala's folk culture, the Folklore Academy offers a wealth of resources, including libraries, archives, and interactive exhibits. Whether through guided tours, educational programs, or hands-on workshops, visitors have the opportunity to immerse themselves in the vibrant tapestry of Kerala's folklore and gain a deeper appreciation for its enduring significance in the modern world.



Students and teachers at **Folklore accademy, Kannur**




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Walk through Folklore Academy, Kannur

**Attractiveness of
Folklore academy, Kannur**




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We had spend almost 1 ½ hours there then we start our journey to the last destination. After a long drive we had reached **Payyambalam Beach**, located in Kannur, Kerala, is renowned for its natural beauty, golden sands, and tranquil atmosphere. Stretching along the Malabar Coast, this picturesque beach attracts visitors with its pristine shoreline, swaying palm trees, and breathtaking sunsets over the Arabian Sea. One of the highlights of Payyambalam Beach is its iconic sculpture of Mother and Child, designed by renowned sculptor Kanayi Kunhiraman. This striking monument, set against the backdrop of the sea, serves as a symbol of motherhood, love, and the timeless bond between parent and child. Beyond its natural beauty, Payyambalam Beach holds cultural significance as well. It is a popular venue for local festivals, cultural events, and traditional art performances, attracting visitors and artists from across Kerala. During the annual Theyyam festival, the beach comes alive



Students with tourists during **Payyambalam Beach** visit

From the field trip conducted, the students are able to plan and organize a trip/tour program in




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an effective manner. This field trip help us to develop a close relationship between students and teachers.Kannur kotta, arakkal travad and folklore accademy offers a fascinating window into kerala's past.The field trip proved to be an enriching and fulfilling experience for both students and teachers alike. Each participant thoroughly enjoyed and made the most of the excursion, successfully achieving the objectives set out for the trip. The hands-on nature of the field trip allowed students to immerse themselves fully in all aspects of the experience, resulting in a memorable and impactful learning opportunity



Students and teachers during Payyambalam Beach visit




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BLOOD DONATION CAMP

Date : 05/12/2023



As part of National Volunteer Day on December 5 a voluntary Blood Donation Camp was organized at Malabar BEd Training College. Students and teachers have actively participated in voluntary blood donation. N.S.S Unit (unit no. 101) of college organized the camp in collaboration with Blood Donors Kerala Iriti Taluk Committee and Thalassery Blood Center .The camp was inaugurated by Peravoor Panchayath Member Ms. Reena Manoharan N.S.S Program Officer Mrs. Preeta Kuriakose welcomed all, the Principal Mrs. Indu. K. Mathew presided, Mrs. Nisha O.k (Asst.proffessor,Malabar B.Ed. training college), Blood Donors Kerala Iriti Taluk Secretary Mr. M. Chandran and Abhijith, Chairman of the College Union, offered greetings and spoke. N.S.S representative Anagha.K thanked the program.

ELIGIBILITY CHECKING

This session was managed by doctors and others medical staffs from Thalassery blood center.




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Experts checking eligibility of each participant

BLOOD DONATION

Both students and teachers actively participated in voluntary blood donation.



Students during blood donation




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CERTIFICATE DISTRIBUTION

Certificate of conducting the camp, certificate of blood donation to each donors were distributed. The HDFC bank provided a gift for each blood donor and selected volunteers.



Students receiving appreciation certificates from concerned authority




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Children's day celebration

Date :14/11/2023



Procession at Peravoor town

Malabar B.Ed Training College organized Children's Day celebration in various Anganwadis of Peravoor area. Member Raju inaugurated the meeting presided over by Mr. James, Member of Anganwadi Committee. Mr.Cibi Kalapurakal, Binu, Anagha K (Student Coordinator) Aarsal Asee Bin Muhammadali spoke to welcome the program. In the meeting attended by the locals and parents, Ms. Beena, Asha worker gave a vote of thanks. In the said program, Anganwadi teachers were paid respect to, followed by Anemia awareness class led by Jesna Sister. Anemia screening camp was also organized. Along with the celebrations, Children's Day Rally, various art programs for children, gift giving and sweet distribution were held to highlight the importance of Children's Day.

Report On Talk by Indhu K Mathew On Children's Day

Date :14/11/2023

On November 14, at St. John's UP School in Thondiyil, Indhu K. Mathew delivered an inspiring talk on the significance of Children's Day. She highlighted that this day, celebrated in honor of Pandit Jawaharlal Nehru's birth anniversary, underscores the importance of nurturing and protecting children's rights and welfare. Indhu emphasized that children are the foundation of our future and deserve to grow in an environment that promotes their holistic development. She encouraged the students to embrace their creativity, pursue their dreams, and contribute positively to society. By commemorating Children's Day, she explained, we reaffirm our commitment to providing a safe, supportive, and enriching environment for every child to thrive. She emphasized the importance of the day, which commemorates the birth anniversary of Pandit Jawaharlal Nehru, India's first Prime Minister, who was fondly known as Chacha Nehru by children. Indhu highlighted Nehru's deep love and concern for children, advocating for their education and well-being. She encouraged the students to embody Nehru's vision by nurturing their curiosity, creativity, and compassion. The talk underscored the significance of recognizing and fostering the potential of every child, reminding the audience that the future of the nation rests in their hands. Through her words, Indhu inspired both students and teachers to create a supportive and enriching environment where every child can thrive and contribute to society.



Inaugural function of children's day celebration



Honoring the Guests

Awareness class about physical fitness
October 3, 2023



Students participating in physical fitness class


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On October 3, 2023, St. Joseph's HSS Kunnoth hosted an awareness class about physical fitness. The event was organized with the aim of educating students about the importance of maintaining physical fitness for a healthy lifestyle. The session began with an introduction to the concept of physical fitness, emphasizing its significance in maintaining overall health and well-being. The fitness trainer demonstrated a series of simple yet effective exercises that can be performed at home without any equipment. Students were encouraged to participate in a few exercises to experience the benefits first-hand.

The class included group activities, these activities also aimed at building teamwork and camaraderie among students. The session concluded with a summary of the key points discussed, and a motivational speech by the principal, who emphasized the importance of integrating physical fitness into daily routines.



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Awareness class: Report

ST. JOSEPH H.S.S PERAVOOR

In association with Malabar B.Ed
training college, Peravoor

Awareness class on :

GENDER EQUALITY

Resource persons:



Ansila biju



Ratheesh ER



Aswathi P



Date: 13 October 2023

Venue: Mother Teresa Hall


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Awareness class: Report

Topic: Gender Equality

On 13-10-23 at St. Joseph HSS Peravoor we conducted an awareness class to children on Gender equality. The class was led by student teachers such as Ratheesh, Aswathi and Ansila. Aswathi gave some introduction to gender equality. A video on gender equality was then shown. Then the material from the video was discussed with the children. Ratheesh then took the class a bit on the extent of existing gender equality.

Gender equality means ensuring equal treatment for women, men, transgender groups and other gender sexual minorities and not discriminating on the basis of gender. This is the purpose of the United Nations. Physical and mental characteristics of a gender should not be a reason to deny their rights. Gender justice is the term used in connection with this. The children were taught about the rights and upliftment of each group through gender justice.

Afterwards, time was given for discussion to give the children an opportunity to get their views. Children like Steve, Ashima participated in the discussion by putting forward their opinion. The children said that they want gender equality and even today there are some obstacles to it.

The awareness program was concluded by Ansila. Ansila spoke about gender equality and included a few other things. Then it was time for feedback. The class was completed in one hour.



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Gender equality awareness class




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GHSS CHITTARIPARAMA

IN ASSOCIATION WITH MALABAR B.ED TRAINING COLLEGE

**TOPIC: SOCIAL MEDIA
ADDICTION
IN TEENAGERS**



RESOURCE PERSONS: AMITHA.N



MUNAWWIRA.V.K



VENUE::SMART CLASSROOM



TIME:10.30.PM TO 11.30 PM



DATE:13/10/2023



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12 october 2023

AWARENESS CLASS OF INFLUENCE OF SOCIAL MEDIA ON TEENAGERS

The awareness class of influence of social media on teenagers was taken by Amitha and munawwira at GHSS Chittariparmba. The program was from morning 10:30 to 11:30 a m. The venue was smart classroom at October 12th 2023. Amitha begun the class by telling about the various influence of social media on teenagers. they discussed various problems and the negative and positive influence of social media on teenagers. after that the class was handed over by Munawwira.

The class was really interesting as students are very familiar with social media. It helped helped the students to gain awareness about the positive and negative influence of social media and also the problems that they can have by using the social medias. And the students were able to acquire more knowledge about the cheatings behind social media. students could also get a detail understanding of phone addiction also. The awareness class was ended by 11.30.



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GOVT. HSS CHAVASSERY

IN ASSOCIATION WITH

MALABAR B. ED TRAINING COLLEGE, PERAVOOR

ROAD SAFETY AWARENESS CLASS



SEPTEMBER 20,

2023



SMART CLASS ROOM

RESOURCES PERSONS

ABHIJITH K V

ATHIRA K



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20/9/2023
ROAD SAFETY AWARENESS

As part of the Road Safety Week, a road safety debate was organized under the leadership of Athira Abhijith, teacher students of Malabar Training College. The class was taken by Aathira teacher in 8 A and Abhijit sir in smart classroom.

Interacted with the students about road safety rules and other matters. In today's society, where road accidents are increasing, this class helped to tell the children about road safety in a good way and what are the road rules to follow as a student. At the end, a child gave feedback.



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Road safety awareness class




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EKNS GHSS VENGAD

In association with

MALABAR B Ed TRAINING COLLEGE,
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AWARENESS OF CHILDREN'S MENTAL HEALTH



WORLD

Mental Health
10 OCTOBER

RESOURCE PERSONS



Navya v



Nithyasree T

Venue: School Auditorium

Time: 1:30 pm



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AWARENESS CLASS REPORT ON CHILDREN'S MENTAL HEALTH

10th October 2023

An awareness class on the topic mental health for the students of 9 standard was conducted on 10th October 2023. The program started at 2 PM, 45 students participated in the awareness programme. Navya V gave an introductory speech to the students on the topic of mental health. Later, Nithyasree T talked about the consequence of mental health. Then with the help of a power point presentation, we explained the responsibility of children in the society to lead a peaceful life. The awareness class was very effective to all the students

Mental health Awareness class




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KUTHUPARAMBA HSS

IN ASSOCIATION WITH MALABAR B.ED
TRAINING COLLEGE, PERAVOOR

AWARENESS ON
**CYBER
SAFETY**

RESOURCE PERSONS:

VENUE : SMART CLASS ROOM

AMBILI K

DATE : 13.10.2023

SARANYA PADMANABHAN




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AWARENESS CLASS REPORT

13 October 2023

An awareness class was conducted for VIII standard students about cyber safety on 13 October 2023. It was a one hour program started at 2 pm, held in smartclass room. Now a days number of cyber- attacks continues to rise each year with the addition of networked devices. Cyber criminals have also developed more sophisticated tactics to gain access to private information. So it is very important to give awareness among students about cyber safety.

As a part of this program we made a brochure and a video related to cyber safety. The program was started with an introduction about the importance of cyber safety. Then showed a video related to cyber safety measures. After that conclude by saying how to ensure safety from cyber-attacks , and how to overcomesuch situations. Instruct the student not to share personal details in internet platforms, use strong and varied passwords, keep your system update etc. and handle such situations legally.

Cyber safety is one of the burning issues today and to make student aware of it. This campaign was to make students aware of cyber threats, Ethical hacking, howto secured on the internet and start up in cyber safety. Last session aimed to exchange experiences and expertise on cyber security awareness by discussion. Thesession ended with the positive feedback from the students.



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**AWARENESS CLASSES ON INFLUENCE OF
CHANGE IN TRENDS ON STUDENTS**

Resource

Persons :

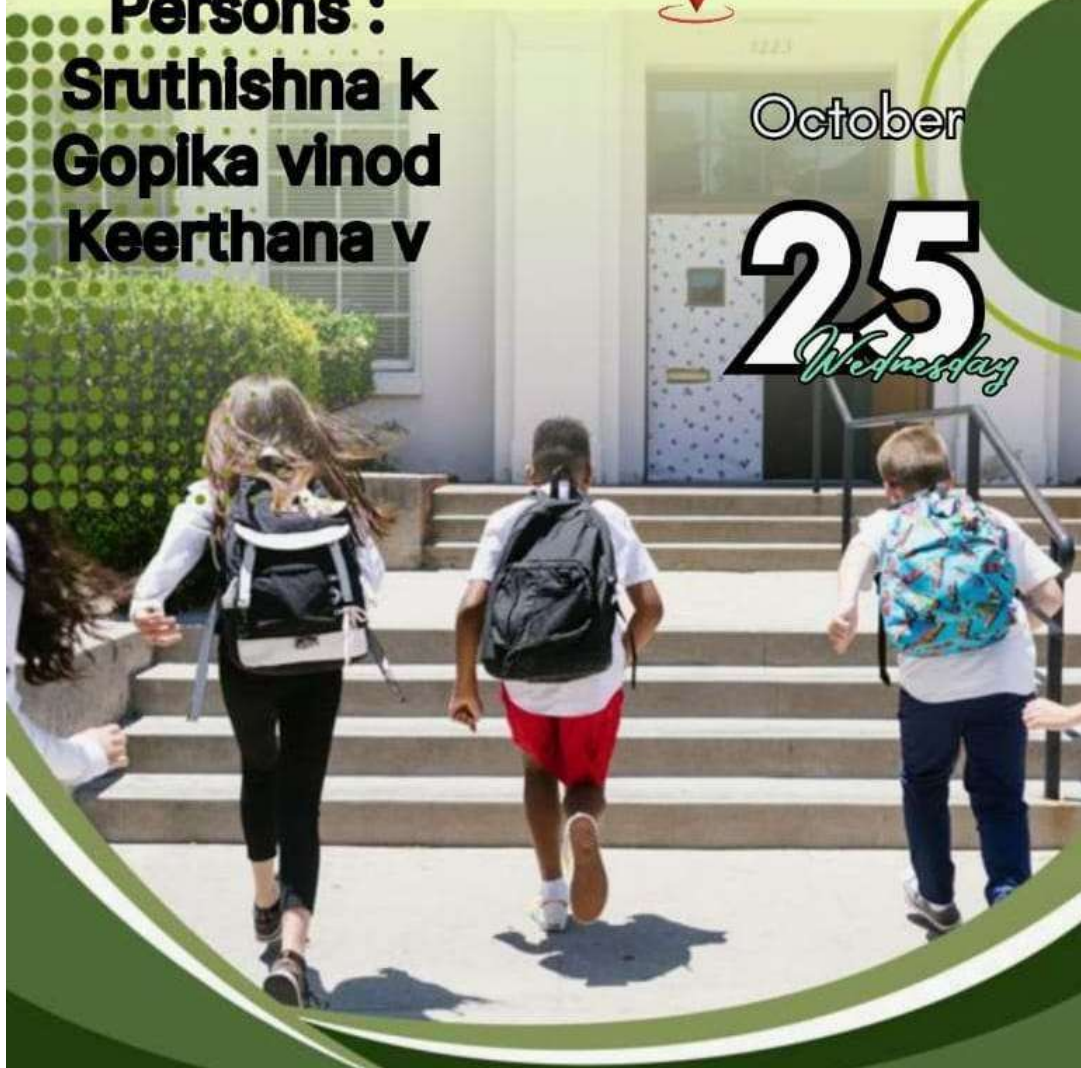
**Sruthishna k
Gopika vinod
Keerthana v**



Smart Class

October

25
Wednesday



Awareness program on influence of Change in trends on students

25 October 2023

Wednesday

An awareness class on the topic influence on change in trends on students of 8 standard was conducted on 12th October 2023. Program was started at 2:00 pm, forty-five students participated in the awareness programme. Sruthishna was given introductory part of the program make students aware about changing trends. Then Gopika gave it in detail then we show a ppt presentation about change in trends on students. Then Keerthana was concluding the awareness class then we showing a video about the topic The awareness session was effective for all the students.



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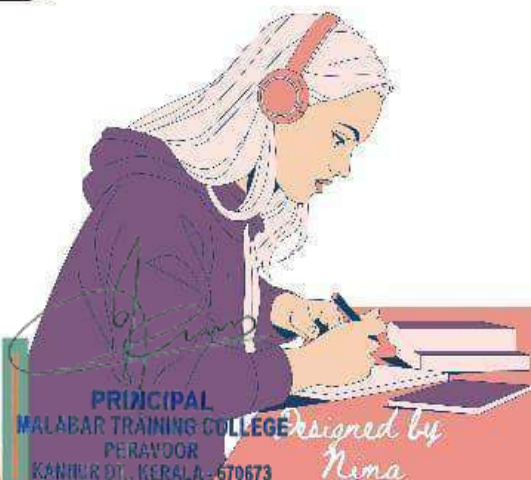


Awareness on How to Organise Study Time & Limit screen time

Resource Person



Nima Rose Thomas



Awareness Class Report on the Topic “How to Reduce Screen time and Organize Study Time”

**Date: September 30th
2023**

The awareness class on "How to Reduce Screen Time and Organize Study Time" was conducted on September 30th, 2023, at the school auditorium. The purpose of the session was to educate students on the importance of balancing screen time and study time for their overall well-being and academic success.

1. **Understanding the Impact of Screen Time:** The session began with an overview of the negative effects of excessive screen time on physical and mental health, including eye strain, poor posture, sleep disturbances, and decreased academic performance.
2. **Strategies to Reduce Screen Time:** Various strategies were discussed to help students reduce their screen time, such as setting limits on device usage, scheduling screen-free activities, and practicing mindfulness techniques.
3. **Importance of Study Organization:** The importance of effective study organization was emphasized, highlighting the benefits of creating a study schedule, setting specific goals, and prioritizing tasks to maximize productivity.
4. **Practical Tips for Study Organization:** Practical tips were provided to help students better organize their study time, including breaking tasks into smaller, manageable chunks, finding a quiet and comfortable study space, and minimizing distractions.
5. **Encouraging Healthy Habits:** The session concluded with a discussion on the importance of maintaining a healthy lifestyle, including regular exercise, adequate sleep, and nutritious diet, to support optimal cognitive function and academic performance.

Interactive Activities:

The class included interactive activities such as group discussions, brainstorming sessions, and role-playing exercises to actively engage students and reinforce key concepts.

Feedback and Conclusion:

Feedback from students indicated a positive reception to the session, with many expressing appreciation for the practical tips and strategies provided. Overall, the awareness class served as a valuable opportunity for students to learn about the importance of reducing screen time and organizing study time for their academic success and overall well-being.




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TOPIC: MENSTRUAL HYGIENE



RESOURCE PERSON : AMITHA.N

MUNAWWIRA.V.K

VENUE: SMART CLASSROOM

DATE: 13/10/2023

TIME: 1.30 PM TO 2.30 PM



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13 October 2023

MENSTRUAL HYGIENE AWARENESS CLASS

A menstrual hygiene awareness class was conducted at GHSS chittariparamba on October in 2023. The class was taken by Amitha and Munawwira. They were the B.ed trainees from Malabar B.Ed training College. The class was begun at 2.30 p.m. the class was begun by Amitha by introducing a detailed explanation about menstruation. Then munavira explained about menstrual hygiene. There was good interaction with the students and they clarified the doubt of students. The class was for 8th standard girls which was really effective. The students got solutions for many of their problems. The the class was ended at 3.30 pm.



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AWARNESS CLASS ON MENSTRUAL HYGINE AND MENSTRUAL CUP

20th October 2023

Menstruation is also known by the terms menses, menstrual period, menstrual cycle or period. Menstrual blood which is partly blood and partly tissue from the inside of uterus flows from uterus through cervix and out of body through vagina. Sanitary pads have fibers that are chlorine bleached to give them a clean and sterile appearance. This bleaching process creates dioxin, a highly toxic pollutant that can cause pelvic inflammatory disease, hormone dysfunction, endometriosis, and even cancer. Menstrual cup is now gaining popularity as a solution to these problems. The M-Cup distributed by the KFL is made of environment-friendly medical-grade silicone, as an alternative to costly and non-biodegradable sanitary napkins. These M-Cups guarantee safety for its users for 8 to 10 hours and can be kept for up to 10 years.

Based on this programme GHSS Pala also selected as one of the school. Peravoor Grama Panchayath Member (Kannur) Mrs. Jubili Chacko came to the school on 20th October 2023, and gave a small introduction about M- Cup. She inaugurated the function by Distributing the cup to a few selected students



Menstrual hygiene awareness class




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School principal Mr. Saju and PTA president MR. Manikandan address the students



Menstrual hygiene awareness class

After the official programme We three, Anjali, Aswathi and Nikhila , from the teachers trainees conducted an awareness class on Menstrual Hygiene and Menstrual Cup. Anjali started the session and talk about what is menstruation. Aswathi mention the disadvantages of menstrual pads. After them Nikhila, talked to the students about the use of Menstrual cup and its environmental, health and financial benefits. Student's doubt answered.

After distribution of cups to all the class ended b 4.30 PM.



Menstrual hygiene awareness class




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AWARENESS ON
MENSTRUAL HYGIENE
AND
MENSTRUAL CUP



RESOURCE PERSONS

- 1) ANJALI K
- 2) ASWATHI M
- 3) NIKHILA T K

20 October 2023 Tuesday 1-45 Pm
@ SEMINAR HALL

Tap To
REMOVE




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**MATTANNUR HIGHER SECONDARY SCHOOL
IN ASSOCIATION WITH MALABAR B.ED
TRAINING COLLEGE,PERAVOOR**



**AWARENESS CLASS ON
ADOLESCENCE :PROBLEMS
AND SOLUTIONS**

Resource persons :

**RITHWIK PUSHPARAJ T.C
ARYA P.V
ABHIRAMI.C
SWETHA.K**

- venue : smart class room**
- date:13/10/2023**



A handwritten signature in blue ink, appearing to be "A. Arun", written over a horizontal line.

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REPORT

13th October 2023

The awareness class was conducted on 13th October 2023, based on the topic “Adolescence – problems and solutions, at Mattannur higher secondary school. The class was begin at 11 AM in the smart classroom. The class was took by the student teachers ;Rithwik Pushparaj TC ,Arya.P.V ,Abhirami.C andSwetha.K .45 Students of 9th standard attended the class. The class discussed about the various problems like drug abuse,sexual violence, mental problems and social media issues faced by teenagers. The class helps the students to aware about the solutions of these issues. Students were given opportunity to share their experiences, opinions about these current issues. The class provide informations about various systems and organizations that helps the children in such situations. Studentsrepresentatives Anuraj T.P and Fathima Fidha shared their feedback about the class.



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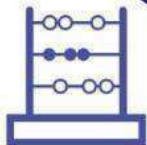
ST CORNELIUS H S S KOLAYAD

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Conducts

**A TALK ON BIODIVERSITY
CONSERVATION AND DEBATE
ON CONTROVERSY OF
EVOLUTIONARY PRINCIPLES**



Resource Person: Akshara Kavalan

 VENUE: SCHOOL AUDITORIUM



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Awareness Class and Debate

20/09/2023

An awareness class and children's debate was conducted on 20/09/2023 as part of Eureka Knowledge Festival. The program of activities and debate was held in continuation of the Eureka Science Festival held on 19/09/2023. Akshara Kavalan, a student teacher, led the activities. The awareness class and debate was conducted for selected students of classes 8 and 9.

The topic chosen for the awareness class was bio-diversity conservation and building bio-walls which are conservation activities. With the help of modern technology, the teacher imparted the different natural measures of biodiversity conservation and the need to maintain biodiversity on earth. Through awareness classes, children were prepared to use natural conservation methods through the small concept of bio wall.




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Student teacher, organized a debate on “Evolutionary Theory and its Limits”, which is at the center of controversy, discussing the encroachment of faith and superstition on science in contemporary times. A student named Martin studying in 9C division was chosen as the moderator from among the children. The children had a very active discussion. Then the program was codified and concluded with the help of the teacher.

Eureka Vigyanotsavam is an event that has greatly influenced assessment methods in the Kerala curriculum. Through Vigyanotsavam, the Sasthra Saahithya Parishad promotes the idea that assessments should not be a burden or fear for the child but should become a festival for the child. The aim of this program is to develop logical thinking and scientific awareness in children.



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GHSS CHAVASSERY

in association with

Malabar b.ed training college
peravoor

conducts

A DEBATE ON CONTROVERSARY OF EVOLUTION PRINCIPLES

RESOURCE PERSON: JYOTHISH RAJ P V

ON 20-09-2023

AT 10B CLASS



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Awareness class and discussion

20-09-2023

As part of Eureka Knowledge Festival, an awareness class and a debate was conducted on 20-09-2023. It was conducted as a continuation of Eureka Science Festival which held on 19/09/2023. Jyotish Raj, a student teacher, managed the programs the activities. An awareness class and debate was conducted for the students of 10B. The topic chosen for the awareness class was bio-diversity conservation and building bio-walls which are conservation activities. Thee teacher imparted to the children about the importance of biodiversity and the need to maintain biodiversity on earth by using the modern technology. Through awareness classes, children were prepared to use natural conservation methods through the small concept of bio wall.

The next program conducted by Jyothish Raj was a debate on “Evolutionary Theory and its Limits”, which is currently a controversial topic discussing the contemporary encroachment of faith and superstition on science. A student named Irfad was chosen as the moderator from among the children. The children had a very active discussion. Then the programs were codified and concluded with the help of the teacher.

Menstrual hygiene awareness class




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AWARENESS CLASS REPORT

3 october 2023

An awareness class was conducted for IX standard students about influence of social media on youth held on 3 october 2023. It was a half hour program started at 1.30 pm, held in smart classroom. Now a days the use of social media is very much increased among youth especially among school children. Social media has an influence in student's studies.

The class discussed that mobile phone use among children has to some extent adversely affected their learning and participation in society. The class also discussed the need to reduce screen time. Social media can have both positive and negative impacts on students. On the positive side, it can facilitate effective communication, collaboration, and access to educational resources. However, it can also lead to distractions, cyber bullying, and decreased face to face social interactions, affecting mental health and academic performance. Balancing its use is crucial for student's well being and academic success.

During the covid period the school classroom was replaced by virtual platforms like google meet, zoom etc and the students whom showed their talents through social media platform were also discussed in the class. Children break into groups and discuss the advantages and disadvantages of social media. At the end of the session teacher gave a conclusion.



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ST CORNELIUS HSS, KOLAYAD

IN ASSOCIATION WITH

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PERAVOOR**

Awareness class on
influence of social media on
youth



**Resource person :
Dipsa Mookkayi**

Venue: smart classroom

October 3, 2023

Time : 1.30-2 pm

Designed by Dipsa Mookkayi



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REPORT ON AWARENESS CLASS

11/12/2023

Awareness plays a crucial role in the classroom environment. A teacher has a huge role in

Creating awareness about different topics in students. Three teacher trainees (Akshaya Vinod, Nivedya M and Nada Mumthaz) from Malabar B Ed training college, Peravoor has taken awareness class for the students of St. Mary's HSS , Edoor on the topic 'mobile phone addiction '. Smart phones are constantly being improved by expanding upon their functionalities, Which in turn increases the likelihood of overuse and addiction. Several researches have Linked smartphone over use with physical and psychological effects, like sleep disturbances, depression, anxiety and more. In today's digital world our children use

phones limitlessly and they are slowly becoming addictive as there are many pros to the

online world and might leave an unfavourable impact on the child's development. We discussed these aspects of Mobile Phone addiction in the awareness class about the ill

effects of mobile phones which was conducted on 11 October 2023 in the smart classroom with the help of PowerPoint presentation.



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ST. MARY'S HSS EDOOR

IN ASSOCIATION WITH
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AWARENESS CLASS ON MOBILE PHONE ADDICTION

Resource Persons:

Akshaya Vinod

Nada Mumthas

Nivedya M



11 October 2023



2:45PM



Smart Classroom



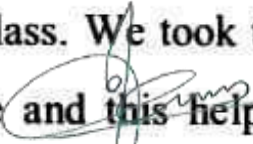

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AWARENESS CLASS ON PERSONAL HYGIENE AND HEALTHY FOOD HABITS

An awareness class was conducted on St. Joseph HSS Peravoor on 7th October 2023 in class 9G. The resource persons were Arsha Joshi, Irfana and Ajay. Class was taken for 45 minutes with the aid of PowerPoint presentation.

The personal hygiene and healthy food habits awareness class effectively conveyed essential information. Attendees gained insights into maintaining proper hygiene practices, including handwashing and dental care Foot care and so on. The significance of a balanced diet was highlighted, promoting awareness about making nutritious food choices for overall well-being. Overall, the session contributed positively to participants' understanding of personal health. Students were very interested to attend the class and asked doubts in class. We took the class by using everyday examples of unhygienic living style and this helped students to easily understand the concept. The class was very fruitful. Class was well organized and was perfectly time bound.




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AWARENESS CLASS ON

HEALTH AND HYGIENE

RESOURCE PERSONS



Ajay PV



Fathima Irfana



Arsha Joshi



12 OCTOBER 2023

MOTHER TERESA HALL



Awareness class on ‘An initiative on-preventing bullying and promoting inclusion’

16th OCTOBER, 2023

“No one heals himself by wounding another”

Bullying, cyber-bullying and violence in schools are human rights violations, which infringe on the rights of children and young people to live a life free from violence.

An awareness class – ‘An initiative on-preventing bullying and promoting inclusion’, in association with Malabar B.Ed Training

College, Peravoor was conducted on 16th October, 2023 for VIII A students. The tagline of the class was “Be A Buddy, Not A Bully”.

Students who are bullied are more likely to suffer from depression and anxiety, health issues, poor academic achievement and behaviour problems at school, including higher drop-out rates. Students who bully others are more likely to exhibit other behaviour problems at school and to suffer from alcohol or drug abuse, and to engage in criminal activity and abusive relationships in adulthood. Children who witness bullying and violence are also more likely to have mental health difficulties and miss or drop out from school. Students and parents need to be a part of the solution and involved in safety teams and anti-bullying task forces. Students can inform adults about what is really going on and also teach adults about new technologies that kids are using to bully.

The points and contents on how to prevent bullying and what are the after effects of bullying as well as how to promote inclusion by considering everyone as equal were highlighted in the class. The students were able to grasp the points and catch up.



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GHSS KUTHUPARAMBA

in association with

**MALABAR B.Ed TRAINING COLLEGE,
PERAVOOR**
presents

**'An Initiative on-Preventing Bullying
and Promoting Inclusion'**

**BE A
BUDDY**



**NOT A
Bully**



Resource Person : Fathimathul Shaharaban
Venue : Smart Classroom
Date : 16th October 2023




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AWARENESS CLASSES ON INFLUENCE OF
CHANGE IN TRENDS ON STUDENTS

**Resource
Persons :**

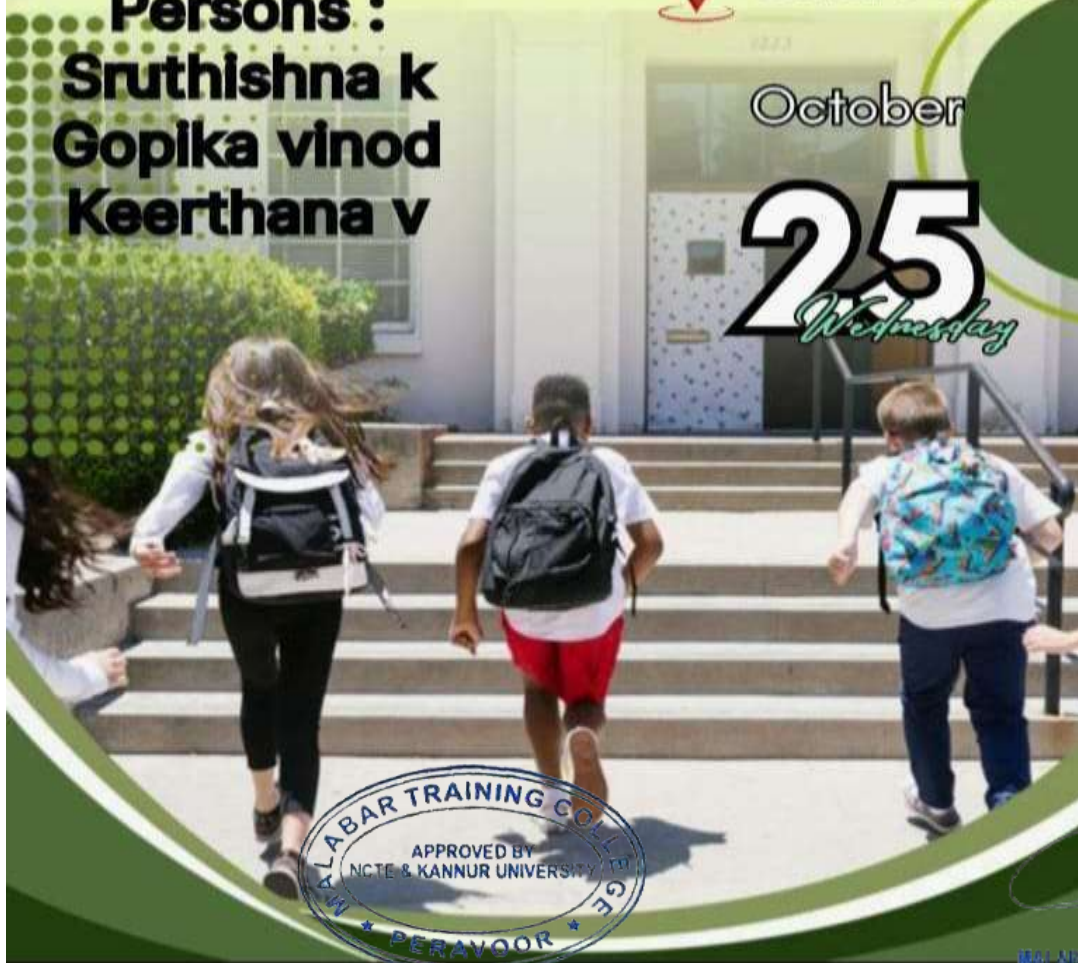
**Sruthishna k
Gopika vinod
Keerthana v**



Smart Class

October

25
Wednesday



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Awareness program on influence of Change in trends on students

25 October 2023

Wednesday

An awareness class on the topic influence on change in trends on students of 8 standard was conducted on 12th October 2023. Program was started at 2:00 pm, forty-five students participated in the awareness programme. Sruthishna was given introductory part of the program make students aware about changing trends. Then Gopika gave it in detail then we show a ppt presentation about change in trends on students. Then Keerthana was concluding the awareness class then we showing a video about the topic The awareness session was effective for all the students.



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AWARENESS PROGRAMME ON HEALTHY FOOD HABITS

12/10/2023

An awareness class On the topic healthy food habits for the students of 8 standard was conducted on 12th October 2023. Program was started at 2 PM, forty five students participated in the awareness programme. Pooja jayaprakash gave an introductory speech to the student on the topic lifestyle diseases and food habits. after that Aishwarya Lakshmi talked about the importance of healthy food habits in children for their growth. Then we presented a

PowerPoint presentation regarding the topic healthy food habit. After that Ardra Krishnan discussed about how to eat healthy and what is a balanced diet with the students. the awareness session was effective for all the students .we concluded the session by showing the students a short film of length ten minutes which conveys the message 'Healthy eating for Healthy life'.



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AWARENESS CLASS ON "HEALTHY FOOD HABBITTS "



RESOURCE PERSONS : Pooja Jayaprakash
Aishwarya lakshmi
Ardra Krishnan

On 12 October ,Thursday



School Auditorium



@ 2.30 pm

HEALTHY LIFE *with* **HEALTHY FOOD**

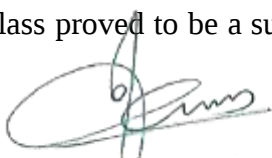
REPORT ON THE CLASS CONDUCTED ON AWARENESS ABOUT MENTAL HEALTH AND THE STIGMA AROUND IT

1st November 2023

An awareness class was conducted on 1st November 2023 on the topic 'Mental Health and the Stigma Around it' for the class VIII-A. It was conducted by the trainee teacher Ms. P.Lavanya. The main objective of the awareness class was to educate the students of the class on the problems which affect the mental health of students in the present day world. The aim was to reduce the misconceptions on mental health problems and promote empathy and support within school and community. The class was attended by a total of 35 students and the class teacher Mrs. Praveena who gave the moral support for the session. The session began with the overview on mental health and its relevance. Then introduced various mental health disorders like anxiety, depression, bipolar and other common disorders. The students also learned about the various factors which contribute to mental health issues. The students shared how awkward they feel talking about such issues with others especially with adults. Through interactive discussions and sharing of real life examples some of the common misconceptions and myths surrounding mental health were debunked which encouraged students to participate more on the topic. They were also encouraged to prioritize their mental health and seek help if it's found necessary. Some simple mindfulness techniques were practiced which would help students manage their stress and improve their wellbeing.

At last a feedback session was also held in which the students thanked for an informative class which helped them debunk some of the misconceptions they had about mental health issues. Some students talked about how they had some personal experiences with mental health issues which they were afraid to talk about but the class showed them that it was alright to feel the way they feel and even talk about it with others. The class proved to be a success




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as students themselves started to discuss these things with each other and it led to a hope that these stigmas would go away they interact and find it alright to be themselves.



Awareness class on Mental Health and the Stigma Around




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**REPORT ON WORKSHOP CONDUCTED ON LIFE STYLE DISEASES FOR
THE BOYS OF CLASSES VIII – X**

B.Ed. Interns of Malabar B.Ed. Training college, Peravoor conducted a workshop for the boys of class VIII – X on **LIFE STYLE DISEASES** on 13 October 2023.

The workshop was conducted by Mr. Alwin T Sunny , Mr. Ebin Thomas , Sr. Teenu George and Sr. Amala Thomas. Lifestyle disease may soon have an impact on the workforce and the cost of health care. Treating these non-communicable diseases can be expensive. It can be critical for the patient health to receive primary prevention and identify early symptoms of these non-communicable diseases. These lifestyle diseases are expected to increase throughout the years if people do not improve their lifestyle choices. During the session the students were told about the importance of maintaining a healthy life and the diet they should follow. And clarified their myth concepts of some food items. Briefly explained the cause and effect of high cholesterol level in blood. The students seemed very enthusiastic during the whole session. Also we discussed about the effective exercise practice to follow a healthy life style. The face to face interaction session made a huge impact among the learners.



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St. Thomas HS Manikkadavu

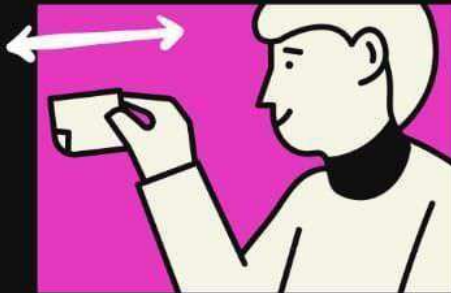
In association with

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Awareness class on



LIFE STYLE DISEASES



13 OCTOBER 2023 | 11.45AM



SMART CLASSROOM

RESOURCE PERSONS

Alwin T Sunny

Sr. Amala Thomas

Ebin Thomas

Sr. Teenu George

A healthy outside starts from the inside.” – Robert Urich

AWARNESSE PROGRAMME IN ANTI DRUGS

12th October 2023

Awareness programme in anti drugs, “say not to drugs” organized by G.H.S.S vengad in association with MALABAR B.Ed TRAINING COLLEGE, PERAVOOR was held on oct 12 from 1:30 pm to 2:30 pm for 8 th standard students.

The class began with a welcome speech by Charisha, followed by the lecture sessions conducted by hrithwick took a brief session on the topic passion and profession relating with usage of drugs . The class is based on drug activities and effect of drug usage. Then we use PowerPoint presentation we explained the responsibility of children in society to lead a healthy life. We also discussed about how tough is to fight drug addition with the help of short film the awareness class was very effective to all students

After the class, students took part in a small interactive session and the queries were answered by the speakers which helped them to clear their doubts.

Charisha concluded the awareness class by summing up the main points and taking feedbacks from the students.



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St. Cornelius HS Kolayad
In association with
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Good Touch & Bad Touch

**" Awareness
programme for Students "**

(I am the boss of my body)



Sr. Shilpa
Resources Person



October - 4
Venue: Music Room
Time - 1.30 PM




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Awareness class Good Touch & Bad Touch

The modern world has achieved a lot of progress in the field of science and technology, in the field of education and in the field of development, but there has been no reduction in the exploitation and sexual violence among children. An awareness class was organized for 8th class children of St. Cornelius H. on Wednesday 4/10/2023 to create awareness on how to deal with the problems faced by children in today's society and how to overcome problems positively. Shilpa Mol Baby, a teacher student of Malabar B.D. Training College, is the resource person of this awareness class. The class was held on Wednesday 4/10/2023 from 1.30 pm to 2 pm. 45 children actively participated in the class.

What is "Good Touch Bad Touch" was able to be conveyed to the children very precisely through this class. It was possible to convey ideas to the children through video and power point presentation. The class moved forward by solving the small doubts of the children. Through this class, the children gained awareness of how to interact with strangers and how to create a positive gap in relationships. It was possible to understand how useful this class was from the children's evaluation conversation. The class ended by taking feedback from the children.



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E.K NAYANAR SMARAKA GOVT.HSS

IN ASSOCIATION WITH MALABAR B.ED
TRAINING COLLEGE, PERAVOOR

AWARENESS CLASS ON

**'use of mobile phones and increasing
cyber crimes'**

RESOURCE PERSONS



Sneha



Sayana



12 october 2023



school auditorium

**it is not data
that is being exploited
it's people that are being exploited**




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REPORT ON AWARENESS CLASS

13, OCTOBER 2023

An awareness class was conducted for VIII standard students about cyber safety. It was a one house program started at 2pm held in smart class room. Now a days number of cyber-attacks continues to rise each year with the addition of networked devices cyber criminals have also developed more sophisticated tactics to gain access to private information. So it is very important to give awareness among students about cyber safety. As a part of this program made a brochure and a video related to cyber safety. The program was started with an introduction about the importance of cyber safety. Then showed a video related to cyber safety measures. After that conclude by saying How to ensure safety from cyber-attacks, and how to overcome such situations. Instruct the students not to share personal details in internet platforms, Use strong and varied passwords, keep your systems updated etc. and handle such situation legally. Cyber safety is one of the burning issues today and to make student aware of it. This campaign was to make students aware of cyber threats, Ethical hacking how to be secured on the internet, and start up in cyber safety. Last session aimed to exchange experiences and expertise on Cyber security awareness by discussion. The session ended with the positive feedback from the students.



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AWARENESS CLASS ON 'PROBLEMS FACED BY TEENAGERS AND CHILD ABUSE'

ST JOSEPH HS KUNNOTH

In association with

MALABAR B.Ed TRAINING COLLEGE

Awareness class on

**" PROBLEMS FACED BY TEENAGERS
AND
CHILD ABUSE "**

Resource persons ,

- ★ JANEESA PM
- ★ ATHIRA WINNY
- ★ JERALD THOMAS

STOP

X

School Auditorium

11/10/2023

2:05 pm - 3:15pm




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AWARENESS CLASS ON ‘PROBLEMS FACED BY TEENAGERS AND CHILD ABUSE’

Date: 11/10/2023

Venue: School auditorium, St. Joseph's HSS Kunnoth

Conducted By: Jerald Thomas, Athira Winny, and Janeesa P.M

As a crucial part of our B.Ed. curriculum, an awareness class on the topic of ‘problems faced by teenagers and child abuse’ was conducted during the school internship program at St. Joseph's HSS Kunnoth. This session targeted students of class VIII and IX and took place in the school auditorium. The aim was to educate and empower students about sexual harassment and the challenges faced by teachers and teenagers alike. An introduction for the session about the awareness class was given by Athira Winny to the students. After that, the session commenced with the screening of a short film titled "5 Sundarikal," which effectively conveyed messages pertinent to the issue of sexual abuse against girls. The film, projected on the auditorium's screen, served as an impactful introduction to the sensitive topic under discussion.

Following the screening, another short film titled "Komal" was presented, focusing on the importance of discerning between good touch and bad touch. This film was instrumental in sensitizing the students about recognizing and responding to inappropriate physical contact. Subsequently, Athira, Janeesa, and Jerald facilitated a discussion on the topic, encouraging students to actively engage and share their thoughts and concerns. The interactive session provided a platform for students to voice their queries and apprehensions regarding sexual harassment. The class proved




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to be immensely beneficial for the students, as it infused in them the importance of open communication with their family members regarding any issues they encounter. By addressing the realities of sexual abuse and the challenges faced by teenagers, the session empowered students to seek support and guidance when confronted with such situations. At the end of the class, school Headmistress Raji maam also delivered a talk to the students about the topic.

In conclusion, the awareness class on sexual harassment conducted by Jerald Thomas, Athira Winny, and Janeesa was instrumental in fostering a safe and supportive environment for students to address and combat issues related to sexual abuse. Such initiatives play a crucial role in promoting awareness, prevention and support mechanisms for those affected by sexual harassment.

Discussion with the headmistress, Raji maam before fixing the time and venue for the awareness program




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Problems faced by teenagers and child abuse




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Awareness program on Social media

Addiction In Teenage

12 October 2023

An awareness class on the topic Social media addiction in teenage for the students of 8 standard was conducted on 12th October 2023. Program was started at 12 PM, thirty two students participated in the awareness programme. Jisna rose gave an introductory speech to the student on the topic social media addiction. After that Ajanya m talked about the uses and after effect of different social medias and remedial measures. Then we presented a PowerPoint presentation regarding the topic different social medias. The awareness session was effective for all the students. we concluded the session by showing the students a short film of length ten minutes which conveys the message 'social media addiction and how it impacts teenagers'.

Awareness class on Social media addiction in teenage




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Lat 11.896476°
Long 75.741716°
11/10/23 02:57 PM GMT +05:30




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Talk on social media addiction

Report

Considering the increasing use of social media among children, an awareness class was organized for children on Monday 3/10/2023 under the leadership of teacher students Snehalatha.C and Ganga Sunil of Malabar B,Ed Training College.

Social media use, problems, and dopamine (Ganga Sunil)

Ways to Avoid Overuse of Social Media (Snehalatha. C)

An awareness class was given to the children of classes 8A and 8C at exactly two o'clock in the smart classroom. The children listened to the class very attentively. It was a question and answer class. The children have their own opinions on this issue.




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CAREER GUIDANCE AWARENESS PROGRAMME

Awareness programme on Career guidance, "KNOW YOUR STRENGTHS" organized by G.H.S.S PALA in association with MALABAR B.Ed TRAINING COLLEGE, PERAVOOR was held on oct 12 from 1:30 pm to 2:30 pm for 10th standard students.

The class began with a welcome speech by Shinsina Suresh, followed by the lecture sessions conducted by Pratyusha K, Anjana CK and Salmath TV. Prathyusha took a brief session on the topic passion and profession relating with the inborn ability skills and how a passion can be taken as a profession. The next session was lead by Anjana CK. The session made students aware on the importance and scope of medical field in current scenario by introducing various medical courses. Salmath delivered a talk on the scope of artificial intelligence and IT in every profession and importance of technological knowledge in students with the help of Power Point Presentation.

After the class, students took part in a small interactive session and the queries were answered by the speakers which helped them to clear their doubts. Shinsina concluded the awareness class by summing up the main points and taking feedbacks from the students.



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G.H.S.S PALA

IN ASSOCIATION WITH

MALABAR B.Ed TRAINING COLLEGE, PERAVOOR

KNOW YOUR STRENGTHS

CAREER GUIDANCE SESSION FOR 10TH STUDENTS

RESOURCE PERSONS

ANJANA CK

PRATHYUSHA K

SALMATH TV

SHINSINA SUREESH



Smart Classroom



12/10/2023

Diya Joseph, Student of Malabar B.Ed Training College, Imparts Margamkali Skills to School Students
October 2023

As part of her teacher training practice, Diya Joseph, a student of Malabar B.Ed Training College, took the initiative to teach the traditional art form of Margamkali to school students of St. Joseph Higher Secondary School, Thondiyil. This endeavor was undertaken to prepare the students for the upcoming Kerala School Kalolsavam.

Diya, who is pursuing her B.Ed degree, demonstrated exceptional leadership and teaching skills by training the students in the intricacies of Margamkali. Her dedication and passion for the art form were evident in the way she guided the students, helping them to master the complex steps and movements. The students of St. Joseph Higher Secondary School, Thondiyil, greatly benefited from Diya's expertise and enthusiasm. They showcased remarkable progress and confidence in their performance, thanks to her mentorship. They got 1st price in sub district school kalolsav and 4th with A grade in District school kalolsav.

This initiative highlights the commitment of Malabar B.Ed Training College to fostering community engagement and promoting cultural heritage. Diya's efforts embody the spirit of teacher training, which goes beyond mere academic instruction to include the preservation and transmission of traditional art forms.



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Awareness class about physical fitness 20th September 2023

An awareness class about the topic physical fitness for the students of 8th class was conducted on 20th September 2023. Program was started at 2pm, 30 students participated in this program. The class was conducted by Teenu George at St. Thomas HSS Manikkadavu. Then showed a presentation about different exercises and demonstrated it. Also given a practical section for maintaining physical fitness. The awareness class was effective and concluded the section by telling them to maintain physical fitness.



Awareness class on physical fitness



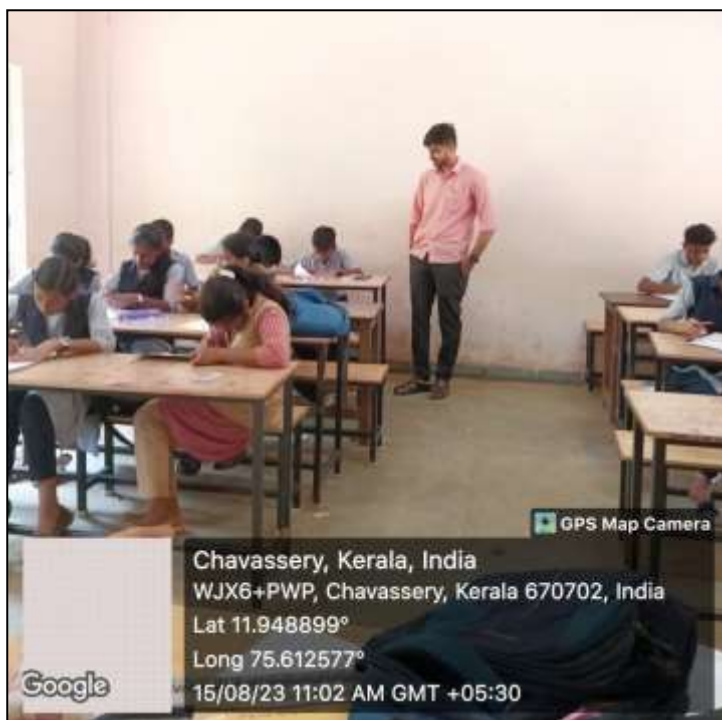

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REPORT ON LSS- USS EXAM INVIGILATION

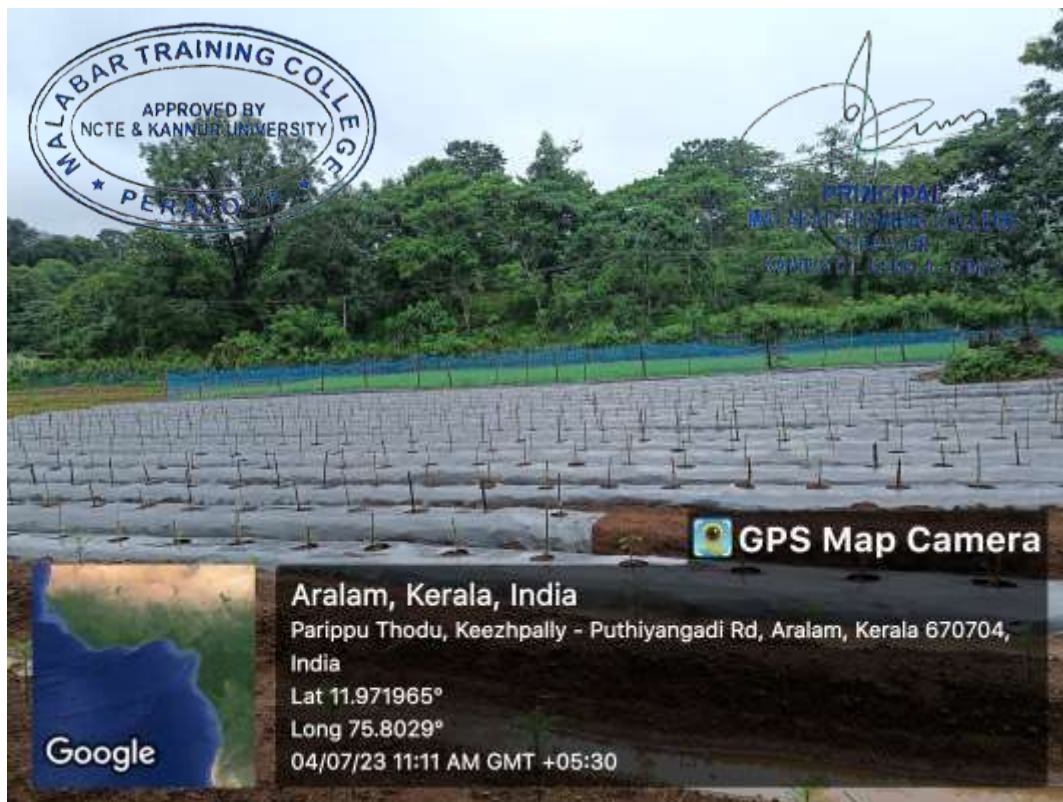
The kerala scholarship exam, also known as KERALA LSS USS scholarship exam, is a state level examination designed for students enrolled in class 4 and class 7, attending government or aided schools in Kerala. Selected candidates will be given Rs 1000/500 annually in the form of scholarship. Teacher trainee from Malabar Training College went as invigilators for conducting LSS USS model examination on 15th August 2023 at Ghss Chavassery. Being an exam invigilator can have several benefits. It helps one to gain experience in a responsible role. The student teacher gathered at school around 12:00 and they arranged the exam hall with the help of school staffs. The exam started at 1:30 pm and ended at 5:00 pm. After examination trainees evaluated the answer paper and handed it over to the school authority. This opportunity helped student teacher of Malabar Training College to develop organizational and time management skills and to stay updated with educational systems and exam procedures.



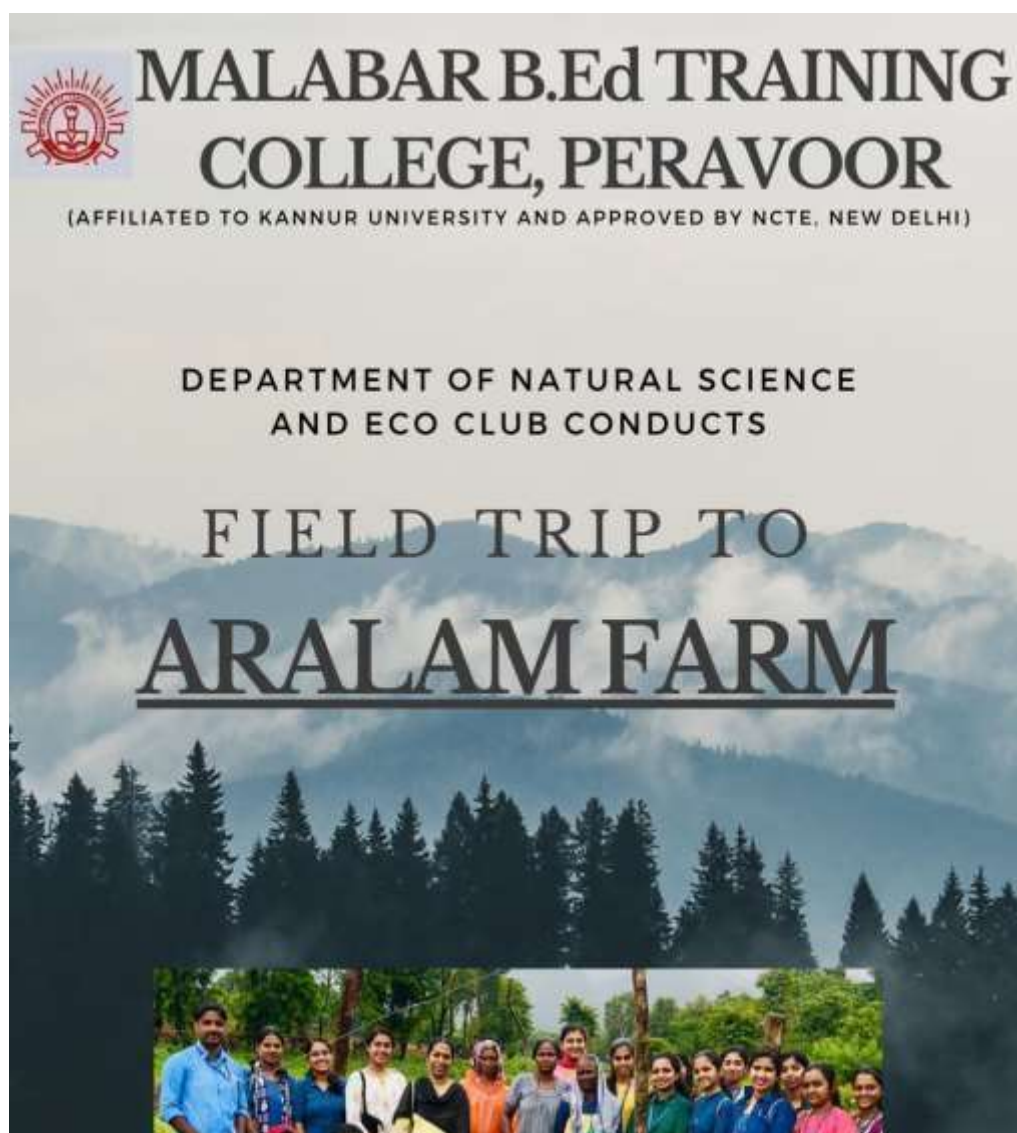
LSS USS Exam duty




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Field Trip To Aralam Farm



Field trip report

A field trip is an outdoor lesson which provide opportunities for learning through the experience and the use of many techniques other than reading and speaking. Natural science option of Malabar B.Ed training college has visited 12 th block of Aralam farm on 04/07/2023. The field trip was coordinated by department of Natural Science and Eco club in association with IQAC. The trip includes 15 teacher students with principal Indu K Mathew , natural science option teacher Bhavya and one of the college faculty Meera. The field trip was guided by Agriculture officer Mr.Sumesh.

Aralam Farm was established by the Government of India in the year 1970 with the assistance of erstwhile Soviet Union. It is situated in the Kappad and Aralam Villages of the Thalassery Taluk of Kannur District, 56 km away from Thalassery and Kannur Town and 16 km from Iritty Town. It was subsequently taken over by the SC & ST Development Department, Government of Kerala, to distribute half of the area to the landless tribals and to run the remaining area as a Farm for the welfare of tribals. Aralam Farming Corporation (Kerala) Limited, a fully Government owned Company, under the administrative control of Scheduled Caste & Scheduled Tribes Development Department, was incorporated on 10th June 2010.

The main objectives of the Farm are to produce and distribute quality planting materials of plantation/horticultural crops, commercial production of crops in large scale, and above all to provide all manner of support services to further the social and economic welfare of the tribals resettled in Aralam. Farm is spread over 1530 hectares of land, encircled by rivulets and the Aralam Wildlife Sanctuary. Aralam Farm is the single largest producer of Coconuts in India. The Company also specializes in the production of quality planting materials of various plantation and horticultural crops to meet the growing demand of the farming community in the State and nearby States. The Farm land was originally under forest tree growth and the entire vegetation was clear-felled between the years 1970 and 1975 and taken up for cultivation for plantation crops. The Farm is situated at an elevation ranging from 50M to 1145M, the highest peak being Kattibetta. Atmospheric temperature varies from 21 to 40 degree Celsius at the foot hills and 8 to 25 degree Celsius at higher levels. The Farm experiences humid tropical climate with annual rainfall ranging from 2500 to 5000 mm. Though the rainfall is very high, the entire precipitation is received during a period of about 6 months from the middle of May to the end of November. Therefore, there is a very conspicuous

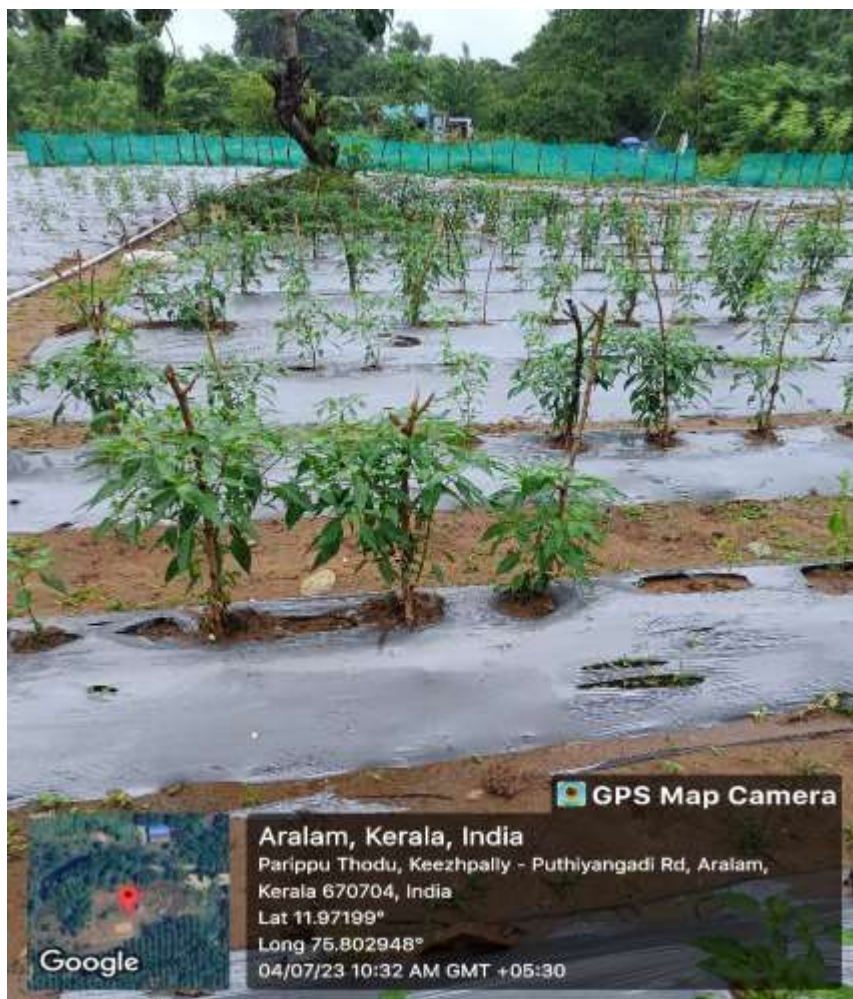
summer season from the beginning of December to the middle of May.

RED CHILLY

We were all reached at Keezhpally at 10 am. There is two jeeps were arranged for ou journey to Aralam farm. We were met Sumesh sir at the checkpost and then he guided us to the 1.5 acre chilly plot. It was a rainy day. But the workers were actively doing their work even when it was raining. Sumesh sir has introducedthe chilly plot and explained the about the method, fertilizer and cultivation, processing and shipping of chillyand clarified our doubts. About 1.5 acre plot was planted by chilly by using Drip irrigation venture Method. The fertilizers mainly using are akthari and COC. It is provided in the ratio of 30 ml in 3 litre water. After 1 hr workers will check each plant is they got the mixture or not. For avoiding weed the mud is covered by plastic sheet. The phosphorus nitrogen and potassium ratio was19:19:19. No red and yellow fertilizers are using here. About 60 to 65 days are the period for the chilly cultivation. The workers are the Mahatma Gandhirural employment guarantee scheme members. More than 10 tribal community were actively working in Aralam farm. In this tribal communities paniyar tribel are considered to be the original tribal people. There are 16 workers working in chilly field .While processing period no chemical are adding to the chilly that's why it became one of the best of all chili powder. The sale were carried by eco shops and a team of Karmasena. The price for 1kg chilly powder is 1000 Rs. When it compared to rate in market, it is high. So thesale is limited and the people who were aware about the chemicals used in chillies are primary customers of this chilly. Sumesh sir has told that the agricultural department, the education department and the health department are only people who are promoting the chilly powder. The export of chilly powder is now in discussion, and they have to overcome many obstacles to fulfill the dream



Red chilly visit




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MILLETS

After visiting the chilly farm, we had got the opportunity to visit Millet farm. It was really beautiful to see the farm. Millets are group of highly variable small seeded grass widely grown around the world as cereal crop or grains for both human food and fodder. They can have a pivotal role in the prevention of severe health issues. Millets are rich source of fiber and minerals, enriched with goodness of nature. The cold breeze of rainy weather was making us to feel fresh inside along with the green grasses of millet which are mended by tiny tree branches, which was made for protecting the farm land from wild animals.

visit Millet farm





(The place where the plantlets are transplanted)

MARIGOLD

After visiting the millet plot next we had visited a beautiful garden with lots of yellow marigold and in between the yellow flower we could see orange flower which was very rare in our locality. Most probably the marigold can be cultivated in early summer until hard frost in late fall. Sumesh sir told us that sowing of marigold can be done around the year. In rainy season, sowing is done in mid june and transplanting in mid july. In winter sowing is done in mid of september and the transplantation completed in mind October. Sir told that mostly these flowers are sold in market for making bouquets and also there were many workers in the field for the proper maintainance. Later we wander around the field and we enjoyed the enchanting beauty of that land a lot and from there then our wise chair person Diya Joseph told our sincere thanks to Sumesh sir and to the workers of the field. After visiting the entire filed we stopped at black plum tree to have the sweet and sour plum to make our trip even more sweeter. The Trip was really an informative, wonderful and memorable one. After that we were left the filed by 12 pm.




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Field visit




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Report on visit at Kottiyoor to study and learn the process in manufacturing of Odapoovu

The students Malabar B.Ed. Training College, Peravoor made a visit to Kottiyoor on 6th of June 2023 in understanding and studying the process of manufacturing Odapoovu as Kottiyoor is famous for that. During our visit to Kottiyoor, the students of Malabar B.Ed. Training College, Peravoor, had the unique opportunity to study and learn about the intricate process of manufacturing Odapoovu. This traditional craft, integral to the local culture and heritage, involves the delicate creation of floral garlands used in religious and festive occasions. The artisans welcomed us warmly and meticulously explained each step, from selecting the freshest flowers to skilfully threading them into beautiful garlands. Students observed the precision and care involved in this craft, appreciating the artisans' dedication and expertise. This hands-on learning experience provided valuable insights into the cultural significance and economic importance of Odapoovu manufacturing in Kottiyoor. The visit not only deepened our understanding of traditional craftsmanship but also highlighted the importance of preserving and promoting such cultural practices. The students left with an newfound respect for the artisans and a greater appreciation for the rich cultural tapestry of their region

Visit at Kottiyoor

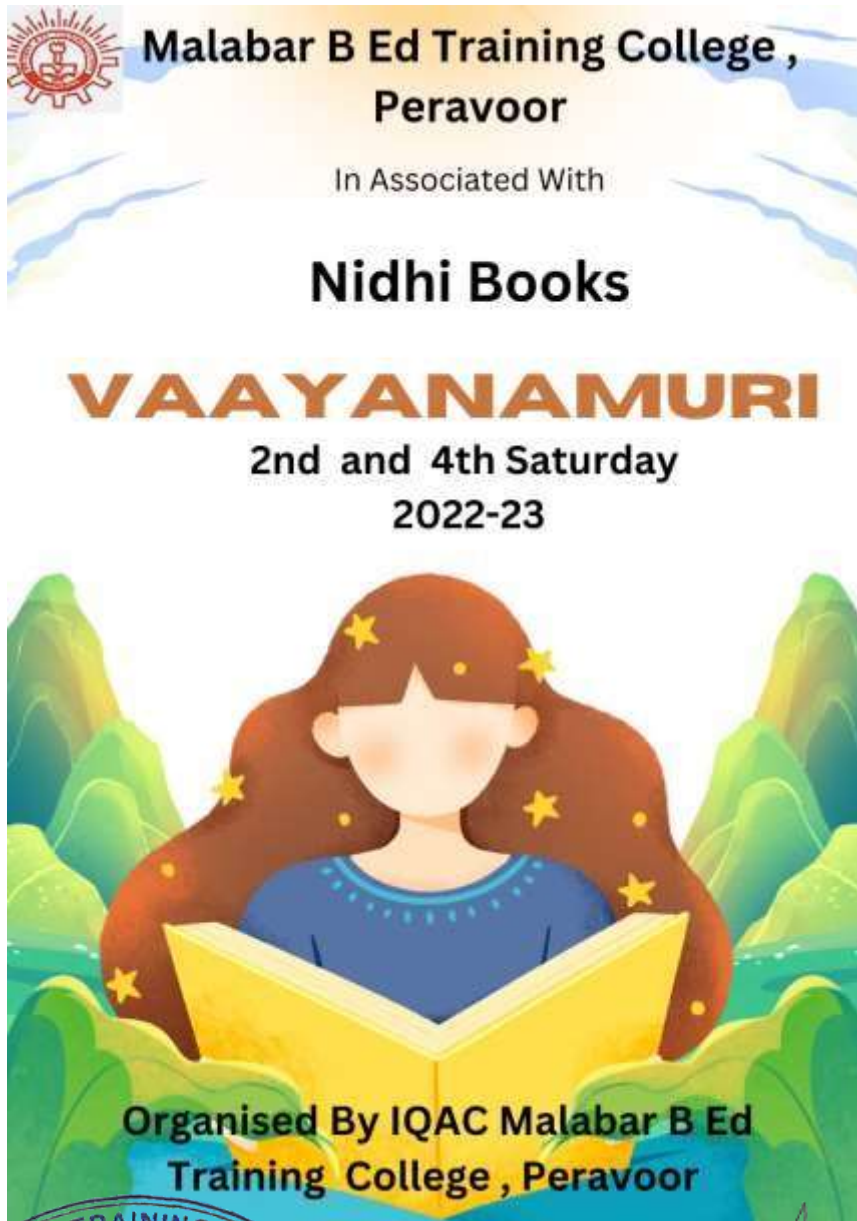


Reading Programme Report - Malabar B Ed Training College, Peravoor, and Nidhi Books

Date : 10/06/2023

Overview

Malabar B Ed Training College, Peravoor, in collaboration with Nidhi Books, initiated a reading programme conducted on the 2nd and 4th Saturday of every month. The programme was designed to encourage reading habits, enhance literacy skills, and provide a platform for participants to engage in literary discussions. Participants took turns reading passages from selected books. Quizzes, games, and creative writing exercises related to the books. Participants maintained logs of their readings and shared reviews. Noticeable improvement in reading comprehension and vocabulary among regular attendees. Participants were introduced to various genres and authors, broadening their literary horizons. Reading clubs engage members in a variety of activities designed to promote reading, encourage discussion, and build a community of readers. Members take turns reading passages from a book aloud, enhancing public speaking skills and shared enjoyment of literature. Meetings centred around a particular theme, such as books about travel, historical events, or holidays. It also included visits to hospitals, senior centres, or shelters to read to those who may not have access to books.




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Short Report on Donating Stone Bench to St. Joseph's School, Peravoor

Overview

Malabar B.Ed Training College, Peravoor, donated a stone bench to St. Joseph's School, Peravoor, on 1st June 2023 with the aim of creating a more friendly and welcoming atmosphere for the children. This initiative is part of the college's commitment to supporting local educational institutions and enhancing the school environment. The stone bench was strategically placed in the school playground under a shaded area to ensure comfort and accessibility for students. A small ceremony was held to inaugurate the new bench, attended by school staff, students, and representatives from Malabar B.Ed Training College. An announcement was made to inform students about the new addition and encourage its use. The bench provides a comfortable seating option for students during breaks and outdoor activities. The school administration thanked Malabar B.Ed Training College for their thoughtful donation, noting its positive impact on the students. The local community appreciated the initiative, recognizing the effort to improve the school's facilities. The donation of a stone bench by Malabar B.Ed Training College to St. Joseph's School, Peravoor, has successfully contributed to creating a more friendly and welcoming atmosphere for the children. This initiative underscores the importance of community support in enhancing the educational environment and fostering positive social interactions among students.



Donating Stone Bench to St. Joseph's School, Peravoor




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Report On Supporting In Development Of Basketball Court

In a commendable effort to promote sports and physical fitness, Malabar B.Ed. Training College, Peravoor, has donated funds and extended additional support for the development of a basketball court at St. Joseph's High School, Peravoor. This initiative aims to provide students with enhanced recreational facilities, encouraging their interest in sports and contributing to their overall well-being. The college's contribution underscores its commitment to fostering community development and supporting local educational institutions. Malabar B.Ed. Training College, Peravoor, has generously contributed to the development of a new basketball court at St. Joseph's High School, Peravoor. This support is set to enhance the school's sports infrastructure, providing students with a dedicated space for physical activity and team sports. The college's involvement reflects its commitment to community engagement and improving educational facilities for local youth.



Basketball Court




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Book Donation By Student Trainees - St. Thomas HSS, Kelakam

On March 24, 2023, student trainees from St. Thomas HSS, Kelakam, organized a remarkable book donation drive to promote reading habits, knowledge, and inspiration within their community. This initiative, driven by the trainees' understanding of the transformative power of literature, aimed to provide local students with access to a diverse range of books. The collection included educational materials, classic literature, contemporary novels, and inspirational biographies, catering to various interests and age groups. By donating these books to local schools and libraries, the trainees sought to ignite a passion for reading, broaden the horizons of young minds, and inspire a thirst for knowledge. The event also featured interactive reading sessions and discussions, where students could share their thoughts and ideas, fostering a collaborative learning environment. Through this endeavor, the student trainees of St. Thomas HSS, Kelakam, demonstrated their dedication to community service and their belief in the profound impact that reading can have on personal and academic growth. This initiative not only enriched the educational resources available to students but also encouraged them to explore new worlds, ideas, and possibilities through the pages of a book.



Book Donation




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Report On Book Donation By Student Trainees - St. Mary's HSS, Edoor

On March 17, 2023, student trainees from St. Mary's HSS, Edoor, organized an inspiring book donation drive aimed at promoting reading habits and literacy within the local community. Recognizing the pivotal role that access to books plays in the educational and personal development of young minds, the trainees gathered a diverse collection of books suitable for various age groups and reading levels. These books were donated to local schools and community libraries, providing students with valuable resources to enhance their learning experiences. This initiative underscored the importance of literacy in personal and academic development and reflected the trainees' commitment to fostering a culture of learning and intellectual curiosity. The initiative was not just about donating books; it was about igniting a passion for reading, encouraging intellectual curiosity, and fostering a lifelong love for literature among young learners. The event also featured reading sessions and storytelling activities, further engaging students and emphasizing the joy and importance of reading. Through this thoughtful and impactful effort, the student trainees of St. Mary's HSS, Edoor, demonstrated their commitment to community service and their dedication to enhancing literacy and education in their community.



Book Donation




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Report to field visit to En Ooru , The Tribal Heritage Village

On February 17, 2023, the Social Science students of Malabar B.Ed. Training College, Peravoor, embarked on a field visit to En Ooru, a vibrant tribal heritage village. This immersive experience was a unique opportunity to explore and understand the rich cultural traditions and lifestyle of the indigenous communities. Guided by local elders, the students toured the village, witnessing traditional dwellings, artisanal crafts, and age-old agricultural practices. They engaged in insightful conversations with the villagers, learning about their customs, rituals, and the challenges they face in preserving their heritage in a rapidly changing world. The visit also included demonstrations of traditional music, dance, and culinary practices, providing a holistic view of tribal life. This enriching experience not only broadened the students' knowledge of tribal cultures but also fostered a deeper appreciation for the diversity and resilience of these communities. The visit to En Ooru left a lasting impact, inspiring the students to advocate for the preservation and celebration of tribal heritage in their future endeavours. The field visit to En Ooru, a tribal heritage village, offers an enriching glimpse into the vibrant culture and traditions of indigenous communities. Visitors are guided through the village by local elders, who share fascinating insights into their way of life, customs, and rituals. The tour includes viewing traditional dwellings, observing artisanal crafts, and learning about sustainable agricultural practices that have been passed down through generations. Participants often engage in interactive sessions, experiencing traditional music, dance, and culinary practices firsthand. This immersive experience provides a deep appreciation for the resilience and cultural richness of the tribal communities, highlighting the importance of preserving their heritage in a rapidly evolving world. A visit to En Ooru is not just an educational journey but also a heartwarming encounter with a community that values its traditions and embraces visitors with warmth and hospitality.

TRIBAL CRAFT WORK - ENNOORU



TRIBAL ART -ENNOORU




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DISTRIBUTION OF SUPPORTING MATERIALS TO SCHOOL

Clock donation -St Thomas HSS Manikadavu

Date: February 8, 2023

Subject: Report on the Clock Donation Program as part of the Malabar Mentorship Program

The Malabar Training College, in alignment with its ongoing Malabar Mentorship Program, organized a Clock Donation Program on February 8, 2023. The initiative aimed to support local schools and community centers by providing them with essential timekeeping resources, thereby enhancing their educational environment and fostering a sense of punctuality and discipline among students. The event was inaugurated by the Headmaster of St. Thomas HSS, Manikadavu who welcomed the Malabar Training College team and expressed appreciation for the support provided. Feedback was collected from the school's staff and students regarding the impact of the new clocks and any additional needs or suggestions for future initiatives.

The Study Materials Distribution Program was a notable success, achieving its goals of supporting educational institutions and students by providing essential resources. The initiative not only addressed immediate needs but also contributed to the broader objective of improving educational outcomes in the community. Malabar Training College remains dedicated to continuing such programs and supporting the educational development of our local communities.




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CLOCK DONATION




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On February 10, 2023, the Malabar Mentorship Program organised a distribution event at GHSS Chala. The event aimed to support the educational environment by providing essential materials, such as clocks, to the school. It was a successful endeavour that underscored the importance of supporting educational infrastructure. By addressing the school's needs, the program demonstrated its commitment to fostering better learning environments and contributing to the overall development of students. By providing these materials, the Malabar Mentorship Program aims to address the often-overlooked infrastructural needs of schools, thereby contributing to a more effective learning environment.

Date:30-12-2022

Visit to neighboring houses

Varam U P School hosted an NSS camp during Christmas vacation for the students of Chembilode Higher Secondary School. As part of the NSS camp the students were divided into groups and instructed to visit neighboring houses near to the school. Group of students along with a teacher in charge visited around 20-25 houses. Teacher trainees from Malabar Bed Training College also accompanied the Teacher trainees.

Students conducted awareness against drug abuse. With the permission of house owners. Students also pasted a sticker on the house entitling those houses as 'Snehabavanam' and they would be free of drugs.

Students also gave plantlets of different plants for those house owners who were interested. They even helped in planting them.

The Teacher trainees also collected data about the senior citizens in those houses visited and asked them about their health conditions. This was a different experience for the Teacher Teacher trainees. The day went very well.




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REPORT ON FOOTBALL QUIZ

Date: 21/12/2022

The high school football quiz competition held at GHSS Pala was a resounding success, attracting enthusiastic participation from students. Quiz competition was Organized by the dedicated teachers of Malabar B.Ed Training College Peravoor, the event aimed to promote football knowledge and sportsmanship among the youth.

The competition consisted of multiple rounds, each designed to test the participants' understanding of football history, rules, famous players, and current events in the world of football. Students demonstrated their quick thinking and strategic knowledge as they competed for the coveted title. The atmosphere was energetic as students showed their passion for the sport. The competition not only fostered healthy competition but also served as a platform for students to enhance their knowledge.

At the end of an intense battle of the winners were recognized for their outstanding performance, receiving accolades and prizes for their achievements. Overall, the football quiz competition proved to be a memorable and enriching experience for all involved, highlighting the importance of sports education in nurturing well-rounded individuals.

FOOTBALL QUIZ




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PERAVOOR
KANNUR DT., KERALA - 670673

Awareness Talk on AIDS by Rama at Malabar B.Ed. Training College, Peravoor

On December 1, 2022, Malabar B.Ed. Training College, Peravoor, hosted an impactful awareness talk on AIDS, delivered by Rama, an individual living with AIDS. This event was part of the college's observance of World AIDS Day, aimed at educating and informing students about the realities of living with HIV/AIDS. Rama's talk was both enlightening and inspiring, as she shared her personal experiences and challenges of living with the virus. Her story highlighted the importance of awareness, early detection, and treatment, as well as the need to combat stigma and discrimination associated with AIDS. Through her candid discussion, Rama emphasized the critical role of community support and understanding in the lives of those affected by HIV/AIDS.

In addition to the awareness talk, students at Malabar B.Ed. Training College initiated a fundraising effort by collecting one-rupee donations. This initiative not only aimed to raise funds for AIDS-related charities but also to foster a sense of solidarity and responsibility among students. The collected donations were directed towards local organizations dedicated to providing support and resources for individuals living with HIV/AIDS.

The event was well-received, leaving a lasting impression on all attendees and reinforcing the importance of education and empathy in the fight against AIDS.

REPORT ON SUB DISTRICT SCHOOL KALOLSAVAM DUTY AT GHSS MANATHANA

Date: From 14/11/2022 To 18/11/2022

The sub district school kalolsavam was held at GHSS Manathana was a resounding success, attracting enthusiastic participation from students . About 100 B.Ed trainees from Malabar Bed Training College recruited for Kalolsavam duties. All duties allotted for trainees successfully coordinated by the dedicated teacher trainees of of Malabar B.Ed Training College Peravoor, the event which lasted for 5 days was systematically organized by a number of teachers including teacher trainees. It was for first time that trainees of Malabar B.Ed Training College got an opportunity to assist in kalolsavam duty and we fulfilled our duties to the maximum end as we can.

Each of us were assigned with various duties such as technical assistance, time calculation, first aid duties, ensuring participation from each registered student and so on. The atmosphere was energetic as students showed their passion for arts performance. The kalolsavam days were really enlighting artistic skills in students from preprimary to high school level and we enjoyed a lot the duties assigned to us as well as with astonishing talents of students. It served as a platform for students to enhance their talents.

We started our duties by 10.00 am and some of us stayed there even after 6.00 pm till the daily competitions ends. The programmes were conducted in an organized manner such that no confusions or conflicts were arise between participants as well as ther responsible teachers. Each of us were very vigilant and impulsive

so that each participation item were conducting in a successful manner. We learnt a lot from these activities and these days working with senior teachers made us more responsible in conducting such a large event. Overall, the subdischool kalolsavam proved to be a memorable and enriching experience for all involved, highlighting the importance of arts and its inclusion in curriculum in nurturing well-rounded individuals



KALOTHSAVAM DUTY



KALOTHSAVAM JUDGING PANNEL



KALOTHSAVAM JUDGING PANEL

SUB DISTRICT SPORTS

Student teachers of Malabar B.Ed Training College, was succumbed by the Principal of St. Joseph HSS, Peravoor to Co-ordinate the Annual Sub- District Sports Meet 2022. The event lasted for 3 days, November 10-12.

Athletes from various schools assembled for the meet. It was a day filled with excitement,

competition and lots of cheering. Various events took place, including track and field events like sprints, long jump, high jump and relay races. The atmosphere was electric, with students, teachers and parents all coming together to support and encourage the participants. The cheers and applause echoed throughout the sports ground, creating vibrant and energetic atmosphere. The student teachers were assigned to maintain discipline, ensure fair play and also to ensure the safety of participants. They also provided guidance to the athlete's and their coaches from other school. During the last day of the annual sports meet the teacher trainees received a huge round of appreciation from the staff and students of St. Joseph HSS, Peravoor for their accountability and enthusiasm in supporting and encouraging their students to achieve overall championship.




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Unleashing the spirit of kerala: Report on A vibrant Kerala Piravi Celebration at St. Thomas HSS, Manikadavu

Kerala Piravi celebration at school holds a great significance as it allows children to honor and cherish the cultural heritage of their state. It serves as the reminder of our roots and helps instill a sense of pride in being a part of vibrant Kerala community. Thus student teachers of Malabar BEd Training College conducted a minuscule Kerala piravi celebration at St. Thomas HSS, Manikadavu on 1st November 2022. The celebration helped to instill a sense of pride in students of being a part of Kerala community. During the celebration students engaged in various activities that showcase the rich traditions and customs of Kerala. The programme started at 10.00 am in co-ordinance with the assembly. A traditional Kerala song was played during the assembly which fostered a sense of belonging and emphasized the importance of unity and harmony. A small talk about our cultural heritage was delivered, to enlighten the students about the myriad of cultural heritage in Kerala. Finally several competitions poster making, poem writing and speech competitions were held and monitored by the student teachers.

Furthermore, Kerala Piravi celebration at schools helps in preserving and passing down our tradition to the younger generation. It ensures that our customs, language and values are not forgotten but are cherished and carried forward.



KERALA PIRAVI CELEBRATION




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IRITTY SUB-DISTRICT SHOOOL KALOISAVAM 2022

Iritty Sub-district school kalolsav was a vibrant and exciting event that brought together students from various schools in the sub –district. St. Thomas HSS, Manikadavu paved the way for the event. The kalolsav began on 9th November 2022 by the lightening of the lamp by district MP Mr. Sudhakaran. Various delegates delivered speech embracing the richness of art and drama. It was a celebration of talent, creativity and cultural diversity which lasted for 4 days.

Teacher trainees of Malabar B.Ed Training College, Peravoor was summoned by the school principal and assigned as stage in charge. There were 12 stages in total. The kalolsavam included a wide range of competitions and performances, showcasing different art forms such as drama, dance, music and literary events. Students participated and show cased their skills in front of an appreciative participants. The judges who were experts in various fields evaluated the performances and provided valuable feedback to the participants. The sub district school kalolsavam was not just a competition, but also a celebration of our cultural heritage. It highlighted the importance of preserving and promoting our traditional art forms and encouraged students to take pride in their cultural roots.




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EMPOWERING HEALTH

Health and physical education are vital for promoting physical fitness, mental well-being, disease prevention, lifelong healthy habits, social skills and body awareness. They contribute to overall holistic development and a higher quality life.

Teacher trainees of Malabar B.Ed Training College, Peravoor conducted an awareness session the importance of health and physical fitness in adolescents' at St. Thomas HSS, Manikadavu on November 18th, 2022. The session enlighten the importance of health and physical education in maintaining their physical fitness, strength, and endurance. Students of class 9th and 10th grade attended the class which also had a minuscule practical session. The student teachers helped the students to gain valuable knowledge and stay updated on important topics

PHYSICAL EDUCATION CLASS




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KANNUR DT., KERALA - 670673

Date: 20-08-2022

SURVEY IN LOCALITIES AFFECTED BY LANDSLIDES

Faculties and students of Malabar BEd Training College in association with Kerala Sahitya Parishadh Peravoor conducted geographic reasons behind it and the socio- economic after effects of that land slide. Just before the survey on 19th August an awareness class was conducted for the students of Malabar BEd Training College. Instructions to be followed during the survey was given through this class.

The visuals of disaster was really disappointing. Hence it is found to be very important to conduct such surveys and studies to prevent such disasters in future.



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REPORT ON LSS- USS EXAM INVIGILATION

The Kerala Scholarship exam, also known as Kerala LSS USS Scholarship Exam, is a state level examination designed for students enrolled in class 4 and class 7, attending government or aided schools in Kerala. Selected candidates will be given Rs 1000/1500 annually in the form of scholarships.

Teacher trainees from Malabar B Ed Training College went as invigilators for conducting LSS USS model examination on 12th June 2022 at St Joseph HSS, Peravoor. Being an exam invigilator can have several benefits. It helps one to gain experience in a responsible role. The student teachers gathered at school around 12.00 and they arranged the exam hall with the help of school staffs. The Exam started at 01:30pm and ended at 05:00 pm. After examination trainees evaluated the answer paper and handed it over to the school authority. This opportunity helped student teachers of Malabar BE.d Training College to develop organizational and time management skills and to stay updated with educational systems and exam procedures.

**KERALA PRADESH SCHOOL TEACHERS ASSOCIATION
ACADEMIC COUNCIL (IRITTY SUB DISTRICT)
LSS/USS MODEL EXAM - 2022**

Duty certificate

This to certify that the below mentioned teacher was perfectly done the assigned duty.

Name of the Teacher	: [Signature]
Institution	: Malabar B.Ed Training college
Examination centre	: St. Joseph's HSS Peravoor
Date	: 12/06/2022
Duty Time	: 1.30 PM to 5 PM

[Signature]
PRESIDENT
KPSYA
IRITTY SUB DISTRICT



[Signature]
**PRINCIPAL
MALABAR TRAINING COLLEGE
PERAVOOR
KANNUR DT., KERALA - 670673**

Report on providing a Medi Support to Shimi Cherian

In a heartfelt gesture of compassion, students at Malabar B.Ed. Training College organized a donation drive to support Shimi Cherian, who is battling severe kidney issues. An amount of ₹ 20000 was given to her family in order to meet the needs of her treatment and other things. Recognizing the immense financial and emotional burden on Shimi and her family, the students collected contributions to help alleviate their struggles. This initiative not only aimed to provide financial assistance but also to show solidarity and support, reminding Shimi Cherian and her family that they are not alone in their fight. In a remarkable show of solidarity, students at Malabar B.Ed. Training College have come together to raise funds for Shimi Cherian, who is currently battling severe kidney issues. Understanding the significant financial and emotional strain on Shimi and her family, the students initiated a donation drive to provide much-needed financial assistance. This collective effort aims to not only alleviate some of the medical expenses but also to offer moral support, reminding Shimi and her family that they are surrounded by a caring and compassionate community.



Transaction Receipt

Sender Name	INDU K MATHEW
From Account	XXXX XXXX XXXX 1034
Beneficiary Name	SHIMI CHERIAN
Account Number	0934 0530 0000 1606
Mode Of Transfer	Third Party Fund Transfer
Amount	₹ 20,000
Remarks	shimi
Reference ID	206122495524
Transaction Date	02 MAR 2022 10:00 PM
Transaction Status	Successful

OPEN AN ACCOUNT
ANYTIME, ANYWHERE
IN JUST A FEW MINUTES!





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Date:27-01-2022

Educational Observation Visit to a Special School – Educompassion

Students of Malabar BEd Training College visited ‘Shishumitra’ a special school located at Kaitheri. The purpose of the visit was to gain practical insights into inclusive education and understand the teaching methodologies and challenges faced in special education settings.

The school was well-equipped with facilities tailored to the needs of students with diverse abilities. Classrooms were organized to accommodate different learning styles and disabilities, with sensory materials, adaptive technologies, and specialized furniture.

Teachers employ various instructional strategies to engage students with different learning needs. Teachers utilized visual aids, manipulative, and assistive technologies to facilitate learning and promote active participation. They also provide personalized attention to individual students, including one-on-one assistance, peer tutoring, and differentiated instruction.

The atmosphere in the school was inclusive and supportive, fostering a sense of belonging among the students. There was a collaborative effort among teachers, therapists, and support staff to address the diverse needs of students and promote their holistic development.

SPECIAL SCHOOL VISIT



SPECIAL SCHOOL VISIT




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PERAVOOR
KANNUR DT., KERALA - 670673

Date: 13- 01- 2022

Kripa bhavan old age home visit – Harmony outreach

On 13th of January 2022, students from Malabar B. Ed Training College conducted a visit to Kripabhavan, an old age home situated in Thettuvazhi, Peravoor. The objective of the visit was to extend support and companionship to the elderly residents. The students distributed food items and clothes to the elderly residents, aiming to provide them with essentials for their daily needs. This gesture aimed to enhance their comfort and well-being. The students entertained the elderly residents with songs and dance performances. This session aimed to uplift their spirits and provide them with moments of joy and happiness. Additionally, the students engaged in cleaning and chores within the premises of the old age home. This activity aimed to contribute to the maintenance and cleanliness of the facility, ensuring a hygienic environment for the residents.

The visit to Kripabhavan was a meaningful and enriching experience for both the students and the elderly residents. The activities conducted fostered a sense of companionship, care, and support among the participants. The smiles and gratitude expressed by the elderly residents reflected the positive impact of the visit. The visit to Kripabhavan by the students of Malabar B. Ed Training College exemplifies the importance of community engagement and social responsibility. Through their efforts, the students demonstrated compassion and empathy towards the elderly residents, contributing to their overall well-being and happiness.

The interaction between the students and the elderly residents was profoundly emotional and heart warming. As the students spent time listening to the stories and experiences of the residents, a sense of empathy and connection blossomed between them. Many residents expressed their gratitude through tearful eyes and warm smiles, touched by the students' genuine acts of kindness. The atmosphere was filled with laughter, shared memories, and a palpable sense of camaraderie, underscoring the significance of human connection across generations. This experience left a lasting impression on both the students and the elderly residents, reinforcing the importance of compassion and companionship in fostering a caring community.



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INTERACTIVE SESSION --OLD AGE HOME

AIDS Awareness Talk by Rama at Malabar B.Ed. Training College, Peravoor

On December 1, 2021, Malabar B.Ed. Training College, Peravoor, hosted an impactful AIDS awareness talk by Rama, an individual living with AIDS. Rama's candid and courageous sharing of her personal experiences aimed to educate students on the realities of living with AIDS, emphasizing the importance of prevention, early detection, and destigmatization of the disease. Her story highlighted the human aspect of the epidemic, fostering empathy and understanding among the audience.

In conjunction with the talk, students organized a fundraising initiative, collecting a one-rupee donation from attendees and the college community. This effort not only raised funds for local AIDS support organizations but also demonstrated the power of collective action in supporting individuals affected by HIV/AIDS. The event underscored the college's commitment to health education and community support, making a significant impact on all who participated. To further support the cause, students organized a fundraising initiative, collecting one-rupee donations to aid local AIDS awareness and support programs. This event highlighted the importance of education, empathy, and community action in the fight against AIDS. Her personal story and insights brought a deeply human perspective to the realities of living with the disease, breaking down stigma and fostering understanding among the students.




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AIDS DAY AWARENESS

On 01/12/2021

Time : 10 am

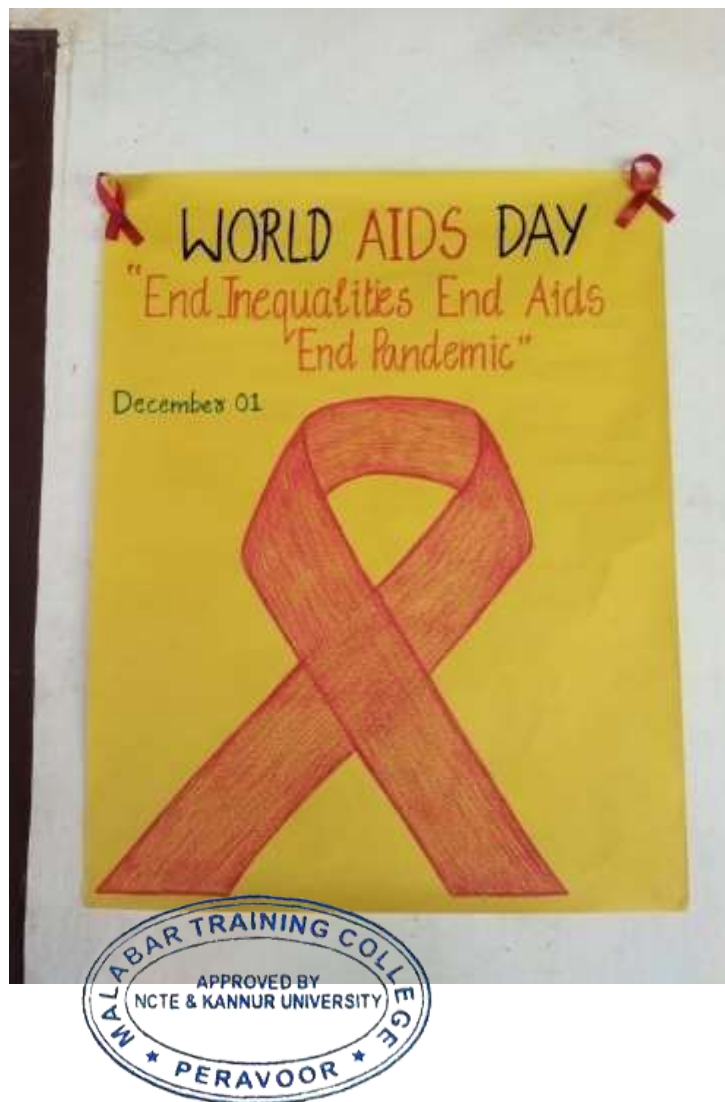
Venue : St Thomas HSS, Manikadavu

Report

The event began with a welcome address by the school Head master, emphasizing the importance of AIDS awareness. A keynote speech was delivered by a guest speaker from a local health organization, covering topics such as HIV transmission, prevention methods, and treatment options. A quiz competition was held, testing students' knowledge about HIV/AIDS. A candlelight ceremony was conducted, symbolizing solidarity with those affected by HIV/AIDS. Red ribbons were distributed to students, promoting the symbol of AIDS awareness.

Activities such as Poster-making competition, Essay writing contest, HIV/AIDS-themed exhibitions, Interactive sessions with experts etc are also conducted.

The World AIDS Day awareness event at St Thomas HSS Manikadavu was a success, educating and sensitizing students and the community about HIV/AIDS. The event reinforced the importance of prevention, treatment, and support for those affected.




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Aids day awareness



Report On Book Donation By Student Trainees - St. Thomas HSS, Manikadavu

On December 10, 2021, student trainees from St. Thomas HSS, Manikadavu, executed a heartening book donation event designed to promote reading habits, foster knowledge, and inspire their local community. This initiative was driven by the trainees' recognition of the crucial role that access to diverse reading materials plays in the intellectual and personal growth of young learners. The event saw the donation of an extensive collection of books, including educational texts, classic literature, engaging fiction, and motivational works, all aimed at catering to various age groups and interests. By distributing these books to local schools and community centers, the trainees sought to enhance educational resources, stimulate a love for reading, and provide students with valuable tools for expanding their knowledge and imagination. The donation drive was complemented by interactive reading sessions and discussions, where students had the opportunity to delve into the world of books and engage with their peers about the joys and benefits of reading. Through their thoughtful and impactful effort, the student trainees from St. Thomas HSS, Manikadavu, not only enriched their community's literary resources but also sparked a renewed enthusiasm for reading and learning, embodying their commitment to nurturing curiosity and educational advancement. These books were donated to local schools and community libraries, providing students with invaluable resources to enhance their learning experiences and stimulate their intellectual curiosity. The event was more than just a donation; it was a celebration of the joy of reading and a commitment to nurturing a culture of lifelong learning. Alongside the donation, the trainees organized reading sessions and discussion groups, encouraging students to engage with the material and share their insights. This initiative exemplified the trainees' dedication to community service and their belief in the power of literature to open doors to new ideas and possibilities. Through their thoughtful efforts, the student trainees of St. Thomas HSS, Manikadavu, not only enriched the educational landscape of their community but also inspired a new generation of readers eager to explore the world through the written word.

Book Donation




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Report on Lab Cleaning at St. Thomas HSS Manikadavu by Students of Malabar B.Ed Training College

Date: 10th November 2021

On 10th November 2021, the students of Malabar B.Ed Training College undertook a lab cleaning initiative at St. Thomas Higher Secondary School (HSS), Manikadavu. This event was organized as part of the college's community service program aimed at fostering a sense of responsibility and teamwork among the students.

A group of students from Malabar B.Ed Training College participated in this event. They were guided by three faculty members who supervised the entire cleaning process. The team began by assessing the condition of the lab and identified areas requiring extensive cleaning and maintenance. Students were equipped with cleaning supplies such as disinfectants, brushes, and waste bags, the students meticulously cleaned the workbenches, shelves, and equipment. Special attention was given to the proper disposal of chemical waste and the organization of laboratory apparatus. Students ensured that all safety protocols were followed. They wore protective gear, including gloves and masks, to safeguard themselves during the cleaning process. The students also conducted a brief session on the importance of maintaining a clean and hygienic laboratory environment, emphasizing its role in preventing accidents and ensuring accurate experimental results.

By the end of the day, the laboratories at St. Thomas HSS Manikadavu were not only sparkling clean but also well-organized. This initiative by the Malabar B.Ed Training College students was highly appreciated by the school authorities, who acknowledged the positive impact of such community service activities. The event concluded with a sense of achievement and a reinforced commitment to community welfare and hygiene.

Lab Cleaning



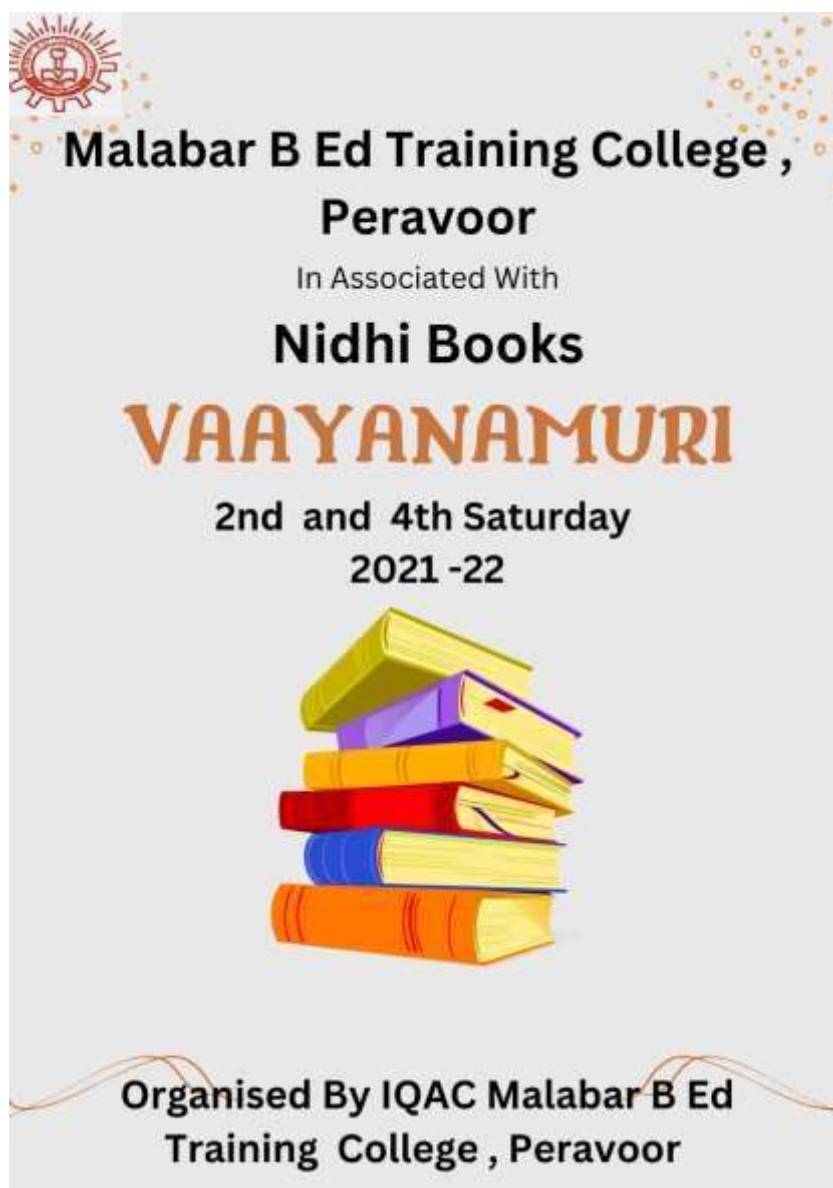

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PIC•COLLAGE

Reading Programme Report by Literacy Club Overview

The programme was an initiative by Malabar BEd Training College along with Nidhi Books in reference to the promotion of reading books and increasing literacy. The Activities of club were being prepared and decided in the year of 2021 – 22. Various activities and programmes were planned in implementing for that academic year. The Literacy Club conducted a reading programme on the 2nd and 4th Saturday of every month. The initiative aimed to foster a love for reading, improve literacy skills, and provide a platform for participants to discuss and share their insights on various books. The programme received positive feedback for its engaging activities and diverse reading materials. Participants suggested extending the duration of sessions and including more guest speakers. Several participants shared personal stories of how the programme improved their reading habits and literacy skills. Some participants found it difficult to attend due to conflicting schedules. The Literacy Club's reading programme on the 2nd and 4th Saturday of every month has been successful in promoting reading habits and improving literacy skills among participants. With ongoing adjustments and improvements, the programme aims to continue its positive impact on the community.

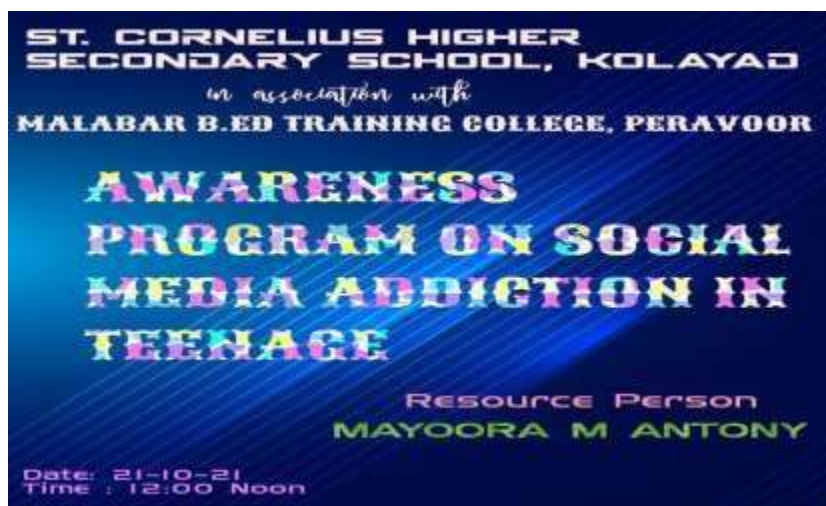



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Awareness program on Social media addiction in teenage

21 October 2021

An awareness class on the topic Social media addiction in teenage for the students of 8 standard was conducted on 21th October 2021. Program was started at 12 PM, thirty two students participated in the awareness programme. Mayoora M Antony talk about the uses and after effect of different social medias and remedial measures. Then we presented a PowerPoint presentation regarding the topic different social medias. The awareness session was effective for all the students .we concluded the session by showing the students a short film of length ten minutes which conveys the message ‘social media addiction and how it impacts teenagers’.



Report on vegetable cultivation at St Thomas HSS Manikadavu -18-10-21

St. Thomas Higher secondary school Manikkadavu has embarked on a vegetable cultivation project to support educational objectives and enhance community engagement through sustainable practices.

Main objectives of this vegetable cultivation is to provide students with hands on learning experiences in agriculture. And also to produce fresh vegetables to supplement school meals and promote sustainability. Engage students and staff in gardening and activities to foster teamwork and environmental awareness.

The cultivation area was selected based on adequate sunlight and soil quality. Soil was prepared using organic compost to ensure fertility. The garden features vegetables such as tomatoes, spinach, banana, chilli, beans etc...Seeds and seedling were planted with appropriate spacing and care. Regular activities include watering, weeding, and pest

management using natural methods.

The project has yielded a variety of fresh vegetables that are incorporated into school meals. The students have gained practical knowledge in gardening and sustainable practices through active participation. The project has strengthened the community ties and raised awareness about the benefits of home grown produce.

The vegetable cultivation at St THOMAS HSS at Manikkadavu has been successful in meeting its educational and community objectives. It has been provided valuable learning experiences for students and contributed positively to the school's sustainability efforts.

vegetable cultivation





കൃഷിപാഠം



18 OCTOBER 2021

An awareness class was conducted for VIII standard students about cyber safety. It was a one house program started at 2pm held in smart class room. Now a days number of cyber-attacks continues to rise each year with the addition of networked devices cyber criminals have also developed more sophisticated tactics to gain access to private information. So it is very important to give awareness among students about cyber safety. As a part of this program made a brochure and a video related to cyber safety. The program was started with an introduction about the importance of cyber safety. Then showed a video related to cyber safety measures. After that conclude by saying How to ensure safety form cyber-attacks, and how to overcome such situations. Instruct the students not to share personal details in internet platforms, Use strong and varied passwords, keep your systems updated etc. and handle such situation legally. Cyber safety is one of the burning issues today and to make student aware of it. This campaign was to make students aware of cyber threats, Ethical hacking how to be secured on the internet, and start up in cyber safety. Last session aimed to exchange experiences and expertise on Cyber security awareness by discussion. The session ended with the positive feedback from the students.

St Thomas H S Manikkadavu
In association with
MALABAR B.ED TRAINING COLLEGE, PERAVOOR



**AWARENESS ABOUT THE USE
OF MOBILE PHONES AND
INCREASING CYBER CRIME**

Resource Person
AIBIN THOMAS

DATE : 18-10-21
10:00AM



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Awareness Class and children's Debate

19/10/2021

An awareness class and children's debate was conducted on 19/10/2021 as part of Eureka Knowledge Festival. The program of activities and debate was held in continuation of the Eureka Science Festival held on 19/10/2021. Arunima C , a student teacher, led the activities. The awareness class and debate was conducted for selected students of classes 8 and 9.

The topic chosen for the awareness class was biodiversity conservation and building bio-walls which are conservation activities. With the help of modern technology, the teacher imparted the different natural measures of biodiversity conservation and the need to maintain biodiversity on earth. Through awareness classes, children were prepared to use natural conservation methods through the small concept of bio wall.

“Evolutionary Theory and its Limits”, which is at the center of controversy, discussing the encroachment of faith and superstition on science in contemporary times. A student named Martin studying in 9C division was chosen as the moderator from among the children. The children had a very active discussion. Then the programs were codified and concluded with the help of the teacher Eureka Vigyanotsavam is an event that has greatly influenced assessment methods in the Kerala curriculum. Through Vigyanotsavam, the sashra saahithya Parishad promotes the idea that assessment should not be a burden or fear for the child but should become a festival for the child. The aim of this program is to develop logical thinking and scientific awareness in children.



Adolescence – problems and solutions

The awareness class was conducted on 19 th October 2021, based on the topic “**Adolescence – problems and solutions**”, at Mattannur higher secondary school. The class was begin at 11 AM in the smart classroom .45 Students of 9th standard attended the class. The class discussed about the various problems like drug abuse, sexual violence, mental problems and social media issues faced by teenagers. The class helps the students to aware about the solutions of these issues.

Students were given opportunity to share their experiences, opinions about these current issues. The class provides information about various systems and organizations that helps the children in such situations. Students representatives Anuraj T.P and Fathima Fidha shared their feedback about the class.



AWARENESS CLASS REPORT- cyber safety

An awareness class was conducted for VIII standard students about cyber safety on 20 October 2021. It was a one hour program started at 2 pm, held in smart class room. Now a days number of cyber- attacks continues to rise each year with the addition of networked devices. Cyber criminals have also developed more sophisticated tactics to gain access to private information. So it is very important to give awareness among students about cyber safety.

As a part of this program we made a brochure and a video related to cyber safety. The program was started with an introduction about the importance of cyber safety. Then showed a video related to cyber safety measures. After that conclude by saying how to ensure safety from cyber-attacks , and how to overcome such situations. Instruct the student not to share personal details in internet platforms, use strong and varied passwords, keep your system update etc. and handle such situations legally.

Cyber safety is one of the burning issues today and to make student aware of it. This campaign was to make students aware of cyber threats, Ethical hacking, how to secured on the internet and start up in cyber safety. Last session aimed to exchange experiences and expertise on cyber security awareness by discussion. The session ended with the positive feedback from the students.



20/10/2021

ROAD SAFETY AWARENESS

As part of the Road Safety Week, a road safety debate was organized under the leadership of Ajitha P A teacher students of Malabar Training College. The class was taken by Ajitha teacher in 8 A .

Interacted with the students about road safety rules and other matters. In today's society, where road accidents are increasing, this class helped to tell the children about road safety in a good way and what are the road rules to follow as a student. At the end, a child gave feedback.



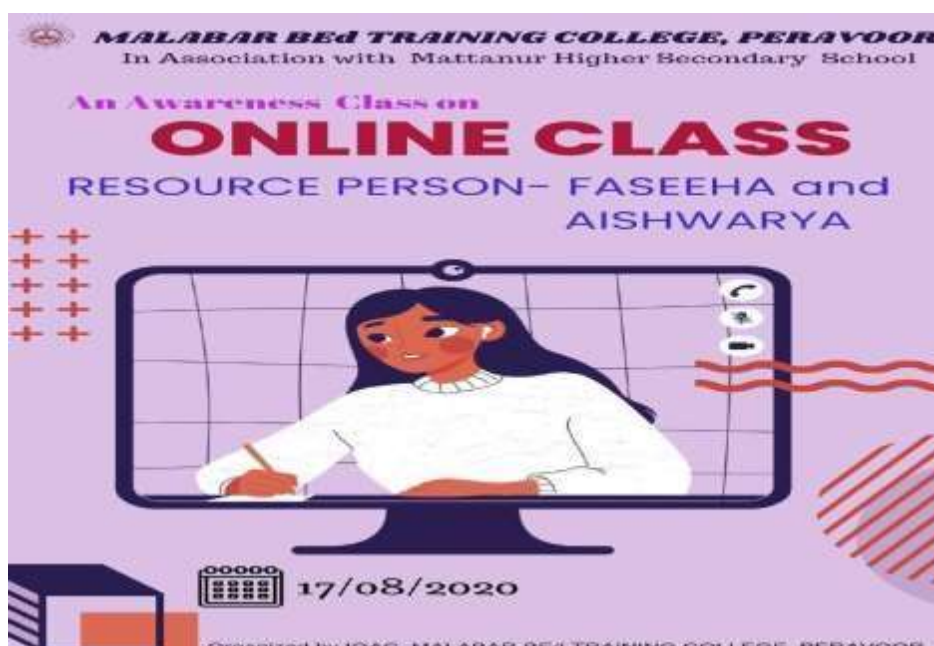

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Report on Awareness Class for Online Learning

Date: August 17, 2020

Malabar Bed Training College organized an awareness class on online learning to educate students of Mattanur Higher Secondary School about digital education. The event aimed to provide a comprehensive understanding of the benefits, challenges, and best practices associated with online classes. The class was conducted by Student Teachers Faseeha and Aishwarya.

The awareness class on online learning organized by Malabar BEd Training College successfully achieved its objectives by providing valuable insights and practical strategies. The college plans to conduct follow-up sessions and workshops to continuously support and update students on best practices in online education. This initiative marks a significant step in preparing students for the dynamic field of digital learning.




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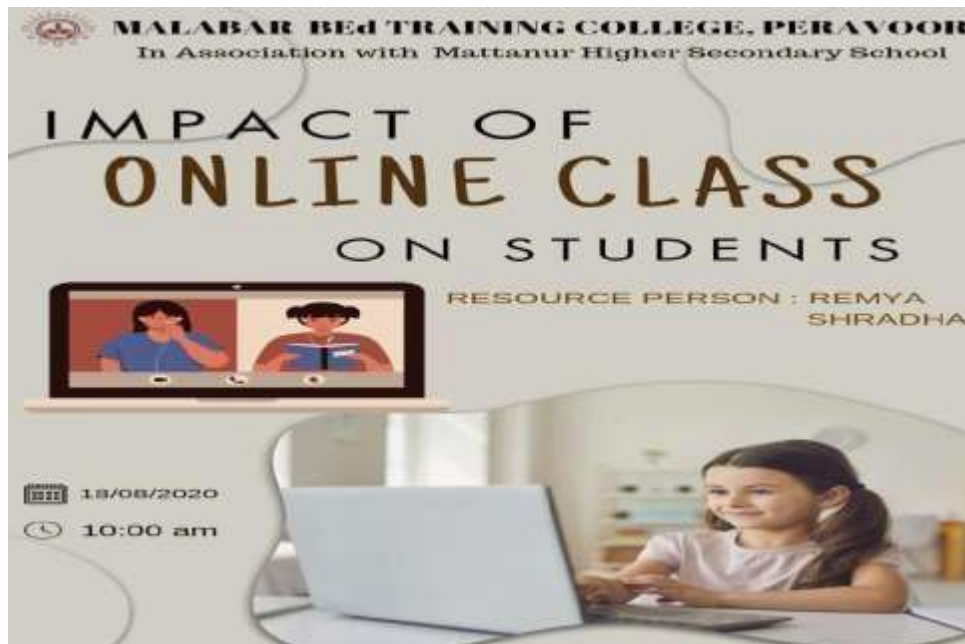
REPORT ON AWARENESS CLASS ON IMPACT OF ONLINE CLASSES

Date: 18/08/2020

Malabar BEd Training College, Peravoor, conducted an awareness class focused on the impact of online classes. The session aimed to educate attendees on the advantages, challenges, and future prospects of online education, drawing insights from recent experiences during the COVID-19 pandemic. The session was conducted by Remya and Shraddha for the students of Mattanur Higher Secondary School.

The aim of the session was :

- To raise awareness about the benefits and challenges of online education.
- To provide insights into effective online teaching and learning strategies.
- To discuss the psychological and social impact of online classes on students.
- To explore future trends and innovations in online education.




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Mental Stress on Students due to COVID Lockdown

On August 19, 2020, an online class was conducted to address the concerning issue of mental stress among students due to the COVID-19 lockdown. The session was organized by the Internal Quality Assurance Cell (IQAC) of Malabar B.Ed Training College, Peravoor, in association with Mattannur Higher Secondary School (HSS). The session was conducted by Anjali Vijayan.

The objectives of the class were mainly to understand the psychological impact of the COVID-19 lockdown on students, to identify coping mechanisms to alleviate mental stress among students and to provide guidance and support to educators in assisting students during these challenging times.

The online class provided valuable insights into the mental stress experienced by students during the COVID-19 lockdown and offered practical strategies to cope with it. By fostering a supportive and understanding environment, educators can play a pivotal role in promoting students' mental wellbeing during these challenging times. Overall, the session was informative and thought-provoking, contributing to the ongoing efforts to address mental health issues in the education sector amidst the COVID-19 pandemic.



Resource Person:
Anjali Vijayan

DATE : 19/08/2020
Time : 10 am



Organised by IQAC Malabar
B. Ed College, Peravoor

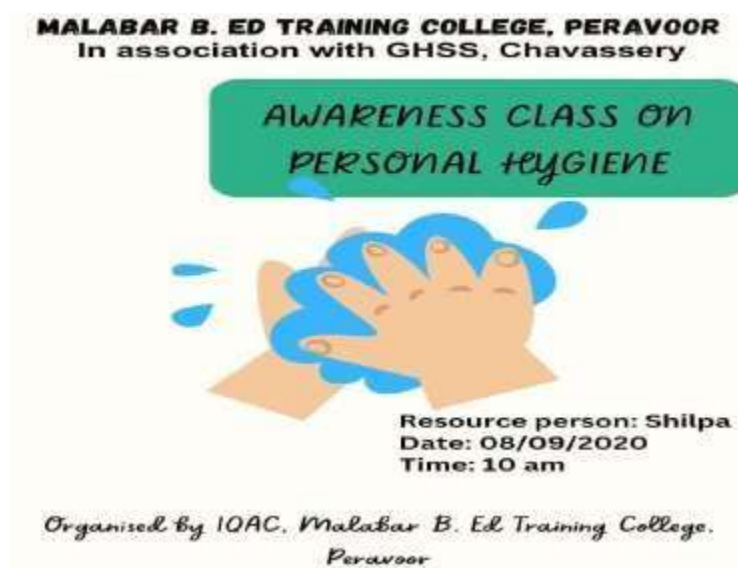


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Awareness on Personal Hygiene

On September 8, 2020, an online class was conducted at 10 am to raise awareness on personal hygiene. The session was organized by the Internal Quality Assurance Cell (IQAC) of Malabar B.Ed Training College, Peravoor, in association with GHSS Chavassery. Shilpa served as the resource person for the session, providing valuable insights into the importance of personal hygiene.

The main objectives of the class is to educate participants about the significance of personal hygiene in maintaining good health, to raise awareness about proper personal hygiene practices, especially in the context of the COVID-19 pandemic and to empower participants with knowledge and skills to incorporate good hygiene habits into their daily lives. The online class on awareness of personal hygiene provided participants with valuable knowledge and practical tips to promote good hygiene practices in their daily lives. By implementing proper hygiene measures, individuals can protect themselves and others from illness and contribute to the creation of a healthier society. Overall, the session was informative and engaging, contributing to the ongoing efforts to promote health and well-being, particularly in the context of the COVID-19 pandemic.




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Report on Social Media Awareness Class

St. Thomas HSS Kiliyanthara

Date:17/09/20

The Social Media Awareness session conducted at St. Thomas HSS Kiliyanthara aimed to educate students about the responsible use of social media platforms and the potential risks associated with them. The awareness conducted through Google platform.

Midhun, the resource person, commenced the session by highlighting the prevalence of social media in today's society and its impact on various aspects of life, including personal relationships, mental health, and academic performance. Different types of social media platforms and their respective features, emphasizing the importance of understanding the purpose and audience of each platform were elucidated. The significance of privacy settings and security measures on social media platforms were discussed to safeguard personal information from online threats and cyber bullying

The Social Media Awareness session at St. Thomas HSS Kiliyanthara concluded with a Q&A segment, allowing students to seek clarification on doubts and share their insights. Overall, the session served as a valuable opportunity for students to enhance their digital literacy skills and foster responsible online behavior.

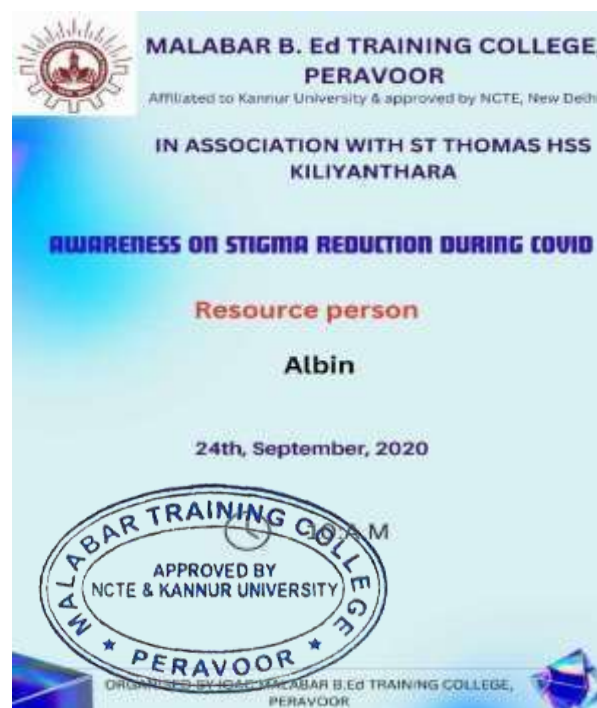


Enhancing Awareness on Stigma Reduction during COVID-19 Crisis

September 24, 2020

In the wake of the COVID-19 pandemic, St. Thomas Higher Secondary School in Kiliyanthara hosted an enlightening session on stigma reduction, emphasizing the importance of fostering awareness and understanding during these challenging times. The session, led by Albin, sought to address misconceptions and prejudices surrounding COVID-19, with the aim of promoting empathy and solidarity within the community. The class was conducted through an online platform. Albin initiated the session by defining stigma in the context of infectious diseases, emphasizing its detrimental effects on individuals and communities. Stigma often arises from fear, misinformation, and prejudice, leading to discrimination against those affected by COVID-19. Participants were made aware of the negative consequences of stigma, including social isolation, mental health issues, and barriers to seeking healthcare.

By providing accurate information based on scientific evidence, participants were encouraged to combat misinformation and promote factual knowledge within their communities. The session emphasized the importance of empathy and compassion towards individuals affected by COVID-19, including patients, healthcare workers, and their families. Participants were urged to offer support and solidarity instead of resorting to judgment or discrimination. Albin stressed the role of education and effective communication in reducing stigma. The session concluded with a call to action for participants to actively contribute to stigma reduction efforts within their families, schools, and communities. By promoting empathy, understanding, and solidarity, individuals can collectively combat stigma and build a more resilient society in the face of the COVID-19 pandemic. Overall, the session on stigma reduction led by Albin at St. Thomas Higher Secondary School served as a significant step towards fostering awareness and empathy amidst the challenges posed by COVID-19.




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Promoting Health and Hygiene Practices during COVID-19 Pandemic

October 2, 2020

The session, conducted by Jerin and Anju, emphasized the importance of adopting proactive measures to mitigate the risk of infection and promote public health. Jerin and Anju commenced the session by providing an overview of the COVID-19 virus, its mode of transmission, and common symptoms. The session was conducted through online platform. Participants were educated about the importance of remaining vigilant and adhering to preventive measures to prevent the spread of the virus. The resource persons underscored the critical role of hand hygiene in preventing the transmission of COVID-19. Participants were guided on proper hand washing techniques, including the use of soap and water for at least 20 seconds or the application of hand sanitizer with at least 60% alcohol content. Anju emphasized the significance of respiratory etiquette in containing the spread of respiratory infections, including COVID-19. Participants were encouraged to practice coughing or sneezing into their elbows or tissues and promptly dispose of used tissues in a proper manner.

Both resource persons highlighted the importance of wearing masks as a protective measure against COVID-19. Participants were educated on the correct way to wear, remove, and dispose of masks, emphasizing the role of masks in reducing the spread of respiratory droplets.

The session concluded with a reaffirmation of the importance of incorporating health and hygiene practices into daily routines to combat the spread of COVID-19. Participants were encouraged to share the knowledge gained during the session with their families and communities, fostering a collective effort to promote public health and safety.



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MALABAR B. Ed TRAINING COLLEGE, PERAVOOR

Affiliated to Kannur University & approved by NCTE, New Delhi

IN ASSOCIATION WITH MANATHANA HSS

AWARENESS ON HEALTH AND HYGIENE PRACTICES DURING COVID

Resource person

JERIN \$ ANJU

2 nd, October, 2020



10:A.M

ORGANISED BY IQAC MALABAR B.Ed TRAINING COLLEGE,
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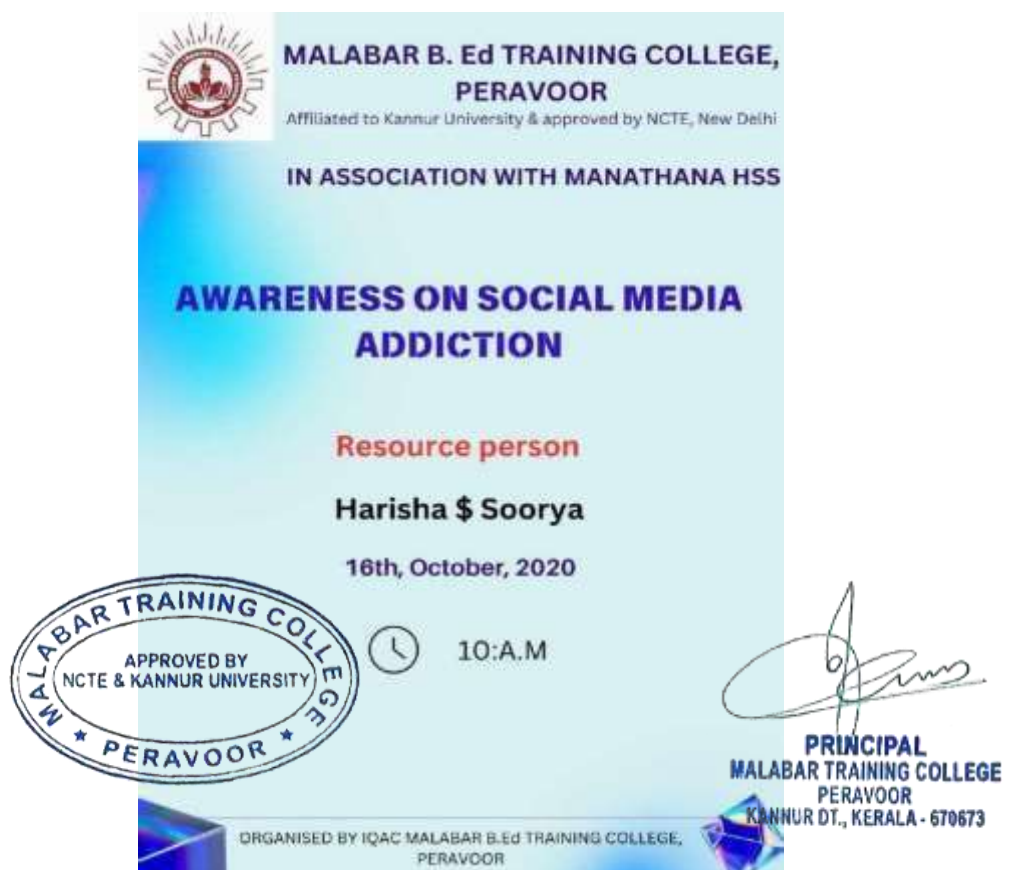
Awareness on Social Media Addiction

16/10/2020

On October 16th, 2020, Manathana HSS School hosted a seminar focused on raising awareness about social media addiction. The seminar was conducted by Harisha and Soorya, experts in the field of digital wellness and mental health.

Harisha initiated the session by defining social media addiction and its consequences on mental health and productivity. She highlighted the addictive nature of social media platforms and their potential to disrupt daily routines and interpersonal relationships. Soorya elaborated on the signs and symptoms of social media addiction, including excessive screen time, constant checking of notifications, and withdrawal symptoms when unable to access social media. Harisha discussed the adverse effects of social media addiction on mental health, such as anxiety, depression, and low self-esteem. She emphasized the importance of maintaining a healthy balance between online and offline activities to safeguard one's well-being. Soorya shared practical coping strategies to combat social media addiction, including setting time limits for social media usage, engaging in alternative activities such as hobbies and exercise, and seeking support from friends and family members.

Both Harisha and Soorya emphasized the importance of creating a healthy digital environment by cultivating mindful usage habits, practicing digital detoxes, and fostering offline connections. The seminar on social media addiction conducted by Harisha and Soorya at Manathana HSS School provided valuable insights into the detrimental effects of excessive social media usage on



mental health and wellbeing. It empowered students with the knowledge and tools necessary to identify and address social media addiction proactively. The school administration expressed appreciation for the resource persons' efforts in promoting digital wellness and mental health awareness among students.



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Imparting Technical Knowledge

20/10/2020

On October 20th, 2020, Manathana Higher Secondary School (HSS) organized a workshop aimed at imparting technical knowledge to its students. The session was conducted by Shibin, an expert in the field of technology and innovation via online platform.

Shibin commenced the workshop by introducing students to various emerging technologies such as artificial intelligence, block chain, and the Internet of Things. He explained the significance of these technologies in shaping the future and encouraged students to explore their potential applications. Shibin conducted hands-on demonstrations to illustrate the practical aspects of technology. He showcased basic programming concepts using interactive tools and demonstrated how to build simple projects using microcontrollers and sensors.

Shibin engaged students in problem-solving activities designed to enhance their critical thinking and analytical skills. He encouraged them to approach challenges systematically and leverage technology as a tool for innovation and problem-solving. Shibin discussed various career opportunities available in the field of technology, including software development, data analysis, and cyber security. He provided insights into the skills and qualifications required for different roles and encouraged students to explore their interests and passions.

The workshop on imparting technical knowledge conducted by Shibin at Manathana HSS was highly informative and engaging. It provided students with valuable insights into the world of technology and inspired them to pursue careers in STEM (Science, Technology, Engineering, and Mathematics) fields. The school administration expressed gratitude to Shibin for his efforts in empowering students with the skills and knowledge necessary to thrive in the digital era.




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Report On Book Donation By Student Trainees - PRMHSS Panoor

On October 18, 2020, the student trainees of PRMHSS Panoor organized a book donation drive to promote reading habits and literacy within the community. By collecting and donating a diverse range of books, they aimed to foster a love for reading among students and local residents, enhancing their educational opportunities and personal growth. This initiative underscored the trainees' dedication to community service and their belief in the transformative power of education. The initiative aimed to enrich the school's library resources and provide students with a wider range of reading materials. This effort not only encouraged the development of reading habits among the students but also highlighted the importance of education and knowledge-sharing within the community. The book donation drive stands as a testament to the student trainees' dedication to enhancing educational opportunities and supporting their peers' academic growth. By donating a diverse collection of books to local schools and libraries, the trainees sought to inspire a love for reading among young students and provide valuable resources for their educational growth. This initiative underscored the importance of literacy in personal and academic development and reflected the trainees' commitment to fostering a culture of learning and intellectual curiosity.



Book Donation

AIDS Awareness Talk by Rama at Malabar B.Ed. Training College, Peravoor

On December 1, 2019, Malabar B.Ed. Training College, Peravoor, hosted a significant talk on AIDS awareness by Rama, who is living with AIDS. Rama shared her personal experiences and insights, aiming to educate students on the realities of the disease, the importance of health and safety, and the need to combat stigma. To further support the cause, students organized a fundraising initiative, collecting one-rupee donations to aid local AIDS awareness and support programs. This event highlights the college's ongoing commitment to health education and community involvement. Her story aims to educate and inspire students, breaking down stigma and fostering empathy. In conjunction with the talk, students will organize a fundraising initiative, collecting one-rupee donations to support local AIDS awareness and support programs. This event underscores the college's commitment to health education and community support. Her personal story and insights brought a deeply human perspective to the realities of living with the disease, breaking down stigma and fostering understanding among the students. The college's contribution reflects a deep sense of compassion and commitment to supporting individuals in their time of need. This act of generosity highlights the college's commitment to helping those in need and underscores the importance of community solidarity in times of hardship.

Date: 06-09-2019- Chavara Speech and Hearing School at Iritty

Students of Malabar BEd Training College, Peravoor visited Chavara Speech and Hearing School at Iritty on September 6th 2019. It was a renowned institution dedicated to provide quality education to students with diverse learning needs. The purpose of the visit was to gain practical insights into inclusive education practices and the unique challenges and opportunities faced by educators in special schools.

During the visit, students had the opportunity to observe various aspects of the school's operations and interact with students, teachers, and staff. Students were able to learn about inclusive learning environments, person centred approach and so on.

Visit to Special School

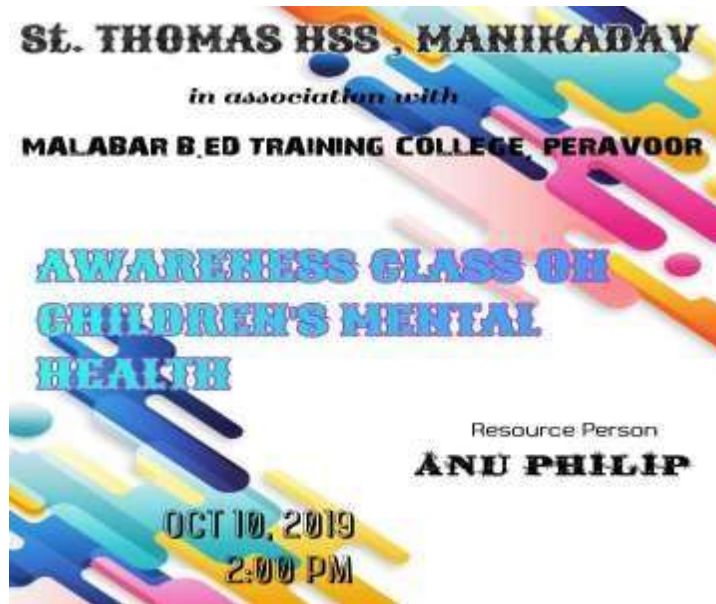


AWARENESS CLASS REPORT ON MENTAL HEALTH

An awareness class on the topic mental health for the students of 9 standard was conducted on 10th October 2019. The program started at 2 PM, 45 students participated in the awareness programme. Anu Philip talked about the consequence of mental health. Then with the help of a power point presentation, we explained the responsibility of children in the society to lead a peaceful life. The awareness class was very effective to all the students.




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AWARENESS CLASS REPORT

An awareness class was conducted for IX standard students about influence of social media on youth held on 15 october 2019. It was a half hour program started at 1.30 pm,held in smart classroom. Now a days the use of social media is very much increased among youth especially among school children . Social media has an influence in student's studies. The class discussed that mobile phone use among children has to some extent adversely affected their learning and participation in society. The class also discussed the need to reduce screen time. Social media can have both positive and negative impacts on students. On the positive side , it can facilitate effective communication ,collaboration , and access to educational resources. However ,it can also lead to distractions, cyber bullying , and decreased face to face social interactions ,affecting mental health and academic performance. Balancing its use crucial for student's well being and academic success. During the covid period the school classroom was replaced by virtual platforms like google meet ,zoom etc and the students whom showed their talents through social media platform were also discussed in the class.Children break into groups and discuss the advantages and disadvantages of social media.At the end of the session teacher gave a conclusion. Awareness class on 'An initiative on-preventing bullying and promoting inclusion' 18th OCTOBER, 2019 "No one heals himself by wounding another" Bullying, cyber-bullying and violence in schools are human rights violations, which infringe on the rights of children and young people to live a life free from violence.




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An awareness class – ‘An initiative on-preventing bullying and promoting inclusion

An awareness class – ‘An initiative on-preventing bullying and promoting inclusion’, in association with Malabar B.Ed Training College, Peravoor was conducted on 18th October, 2019 for VIII A students. The tagline of the class was “Be A Buddy, Not A Bully”. Students who are bullied are more likely to suffer from depression and anxiety, health issues, poor academic achievement and behaviour problems at school, including higher drop-out rates. Students who bully others are more likely to exhibit other behaviour problems at school and to suffer from alcohol or drug abuse, and to engage in criminal activity and abusive relationships in adulthood. Children who witness bullying and violence are also more likely to have mental health difficulties and miss or drop out from school. Students and parents need to be a part of the solution and involved in safety teams and antibullying task forces. Students can inform adults about what is really going on and also teach adults about new technologies that kids are using to bully. The points and contents on how to “revert bullying and what are the after effects of bullying as well as how to promote inclusion by considering everyone as equal were highlighted in the class. The students were able to grasp the points and catch up.

AWARENESS PROGRAMME ON HEALTHY FOOD HABITS

21/10/2019 Wednesday

An awareness class On the topic healthy food habits for the students of 8 standard was conducted on 21th October 2019. Program was started at 2 PM, forty five students participated in the awareness programme. Adhila C K talked about the importance of healthy food habits in children for their growth. Then we presented a PowerPoint presentation regarding the topic healthy food habit. After that discussed about how to eat healthy and what is a balanced diet with the students. The awareness session was effective for all the students . Concluded the session by showing the students a short film of length ten minutes which conveys the message ‘Healthy eating for Healthy life’



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Date: 30-01-2019

Report on Peace National Convention

A student from Malabar BEd Training College Peravoor, participated in The Peace National Convention, held from 30th January to 1st February 2019 at Shofar Conference Centre, Gurgaon. It brought together scholars, activists, policymakers, and community leaders to discuss and explore strategies for promoting peace and conflict resolution in our society. It was organized by National Peace Movement Indore in association with Peace and Harmony Forum , Institute of Assisi. The seminar aimed to foster dialogue, share insights, and inspire collective action towards building a more peaceful and harmonious world.

The seminar covered a wide range of themes related to peace building, including peace education in which participants explored the role of education in promoting a culture of peace, emphasizing the need to integrate peace education into school curricula and community programs. Special sessions were dedicated to empowering youth as agents of peace, highlighting youth-led initiatives and grassroots movements for social change and conflict resolution

Peace National Convention




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VOLUNTEER WORK ON ARTS DAY

On November 12, 2019, Our Malabar Bed training college team has got an opportunity to participate in the Kalolsavam duty at St. Cornelius higher secondary school , Kolayad .

The Kalolsavam, a cultural festival, is an integral part of Kerala's educational system, promoting art, literature, and cultural activities among students.

As a Teacher student, duties primarily revolved around assisting teachers and coordinators in organizing and managing various events during the Kalolsavam. These duties included:

1. **Event Coordination:** Collaborating with teachers and event coordinators to ensure smooth execution of cultural competitions such as music, dance, drama, and literary events.
2. **Participant Assistance:** Providing guidance and support to participating students, helping them understand the competition rules and ensuring they were prepared for their performances.
3. **Logistics Support:** Assisting in setting up venues, arranging seating, managing equipment, and ensuring that all necessary arrangements were in place for each event.
4. **Crowd Management:** Helping maintain discipline and orderliness among the participants and spectators, ensuring a conducive environment for the smooth conduct of the Kalolsavam.
5. **Evaluation and Feedback:** Observing the performances and providing constructive feedback to students to help them improve their skills and performances.

Participating in the Kalolsavam duty at Kolayad School was a rewarding experience that provided valuable insights into event management, teamwork, and the importance of cultural activities in education.



Kalolsavam duty




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OLD AGE HOME VISIT

Venue: Iritty

Date: 6th December 2019

Organised by IQAC

The students of Malabar B.Ed. training college visited the old age home at Iritty on 6th December 2019. Upon arrival at the old age home, we were greeted by the staff and given a brief orientation about the facility. The atmosphere appeared welcoming, with clean and well-maintained surroundings. We had the opportunity to interact with some of the residents during our visit. Conversations revolved around their daily routines, interests, and concerns. It was evident that they appreciated the companionship and support provided by the staff and volunteers. We observed several activities organized for the residents, including cultural activities, recreational games, and social gatherings. These activities seemed to foster a sense of community and engagement among the residents. The staff members demonstrated professionalism and compassion in their interactions with the residents. They appeared attentive to the individual needs of each resident and were proactive in addressing any concerns that arose. Overall, the old age home visit provided valuable insights into the challenges and opportunities associated with elder care. While there are areas for improvement, particularly in addressing social isolation and healthcare needs, the dedication of the staff and the sense of community among residents were notable strengths. It was a remarkable experience for us.

OLD AGE HOME VISIT




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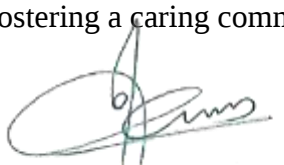
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Kripabhavan old age home visit- Harmony outreach

On the 4th of October 2019, students from Malabar B. Ed Training College conducted a visit to Kripabhavan, an old age home situated in Thettuvazhi, Peravoor. The objective of the visit was to extend support and companionship to the elderly residents. The students distributed food items and clothes to the elderly residents, aiming to provide them with essentials for their daily needs. This gesture aimed to enhance their comfort and well-being. The students entertained the elderly residents with songs and dance performances. This session aimed to uplift their spirits and provide them with moments of joy and happiness. Additionally, the students engaged in cleaning and chores within the premises of the old age home. This activity aimed to contribute to the maintenance and cleanliness of the facility, ensuring a hygienic environment for the residents.

The visit to Kripabhavan was a meaningful and enriching experience for both the students and the elderly residents. The activities conducted fostered a sense of companionship, care, and support among the participants. The smiles and gratitude expressed by the elderly residents reflected the positive impact of the visit. The visit to Kripabhavan by the students of Malabar B. Ed Training College exemplifies the importance of community engagement and social responsibility. Through their efforts, the students demonstrated compassion and empathy towards the elderly residents, contributing to their overall well-being and happiness.

The interaction between the students and the elderly residents was profoundly emotional and heart warming. As the students spent time listening to the stories and experiences of the residents, a sense of empathy and connection blossomed between them. Many residents expressed their gratitude through tearful eyes and warm smiles, touched by the students' genuine acts of kindness. The atmosphere was filled with laughter, shared memories, and a palpable sense of camaraderie, underscoring the significance of human connection across generations. This experience left a lasting impression on both the students and the elderly residents, reinforcing the importance of compassion and companionship in fostering a caring community.



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Kripabhavan old age home visit



Kripabhavan old age home visit

FLOOD RELIEF ACTIVITIES

Malabar B.Ed Training College was a part of Flood Relief Program, 2019. In this program necessary items for relief camps were collected and donated by the students and teachers of Malabar B.Ed Training College.

Students collected notebooks, pens, pencils, erasers and several other study materials which was donated to Kannur Collector Office on August 14, 2019.

The main objective of this activity was to help the people at the time of crisis and to inculcate social responsibilities in students.




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FLOOD RELIEF ACTIVITIES




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Report on AIDS Awareness at Malabar B.Ed. Training College, Peravoor

On December 1, 2018, Malabar B.Ed. Training College in Peravoor held a significant talk aimed at raising awareness about AIDS. This event was part of the college's observance of World AIDS Day, highlighting the importance of education and prevention in combating the spread of HIV/AIDS.

The talk and session was done by Smt Rama , who was infected by AIDS . The talk featured a series of informative sessions led by healthcare professionals and experts in the field. These sessions covered various aspects of AIDS, including its causes, modes of transmission, preventive measures, and the importance of early detection and treatment. The objective was to equip students with the necessary knowledge to make informed decisions and to dispel common myths and misconceptions about the disease.

In addition to the educational sessions, the college organized a unique fundraising initiative. The fund was given to Rama who suffered from AIDS . The fund raising was done in way by 1 rupee challenge by the help of students and the staff Students participated in collecting a one-rupee donation from attendees and the wider college community. This initiative aimed to foster a spirit of solidarity and support for those affected by HIV/AIDS. The funds raised will be directed towards local organizations working on AIDS prevention, treatment, and support services. The seminar and the fundraising effort received positive feedback from both students and faculty members. The event not only raised awareness but also encouraged a sense of community responsibility and active participation in global health issues.

Report On The Cleaning Work At Mariya Bhavan

On August 12, 2018, the students and teachers of Malabar B.Ed. Training College, Peravoor, undertook a significant cleaning initiative at Mariya Bhavan following the devastating floods caused by heavy rainfall. The floods had left the facility in disarray, with debris and mud accumulating throughout the premises. Undeterred by the challenging conditions, the volunteers worked tirelessly, showcasing remarkable teamwork and community spirit. They cleared the debris, cleaned the surroundings, and restored a sense of normalcy to the affected areas. This collective effort not only highlighted their commitment to community service but also provided much-needed relief and support to the residents of Mariya Bhavan. The initiative was a powerful demonstration of solidarity, compassion, and the impact of collaborative action in the face of natural disasters. The unprecedented deluge had left the area submerged and in dire need of restoration. Armed with cleaning supplies and an unwavering spirit of community service, the volunteers worked tirelessly to clear debris, remove mud, and sanitize the premises. Their collective efforts not only helped in rehabilitating the affected area but also brought a sense of hope and solidarity to the residents. This initiative demonstrated the college's commitment to social responsibility and the importance of coming together to support those in need during times of crisis. The dedication and hard work of the students and teachers at Malabar B.Ed. Training College were a testament to their altruistic values and their readiness to contribute positively to the community.



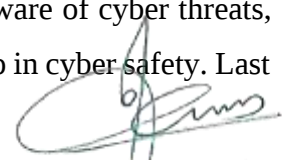

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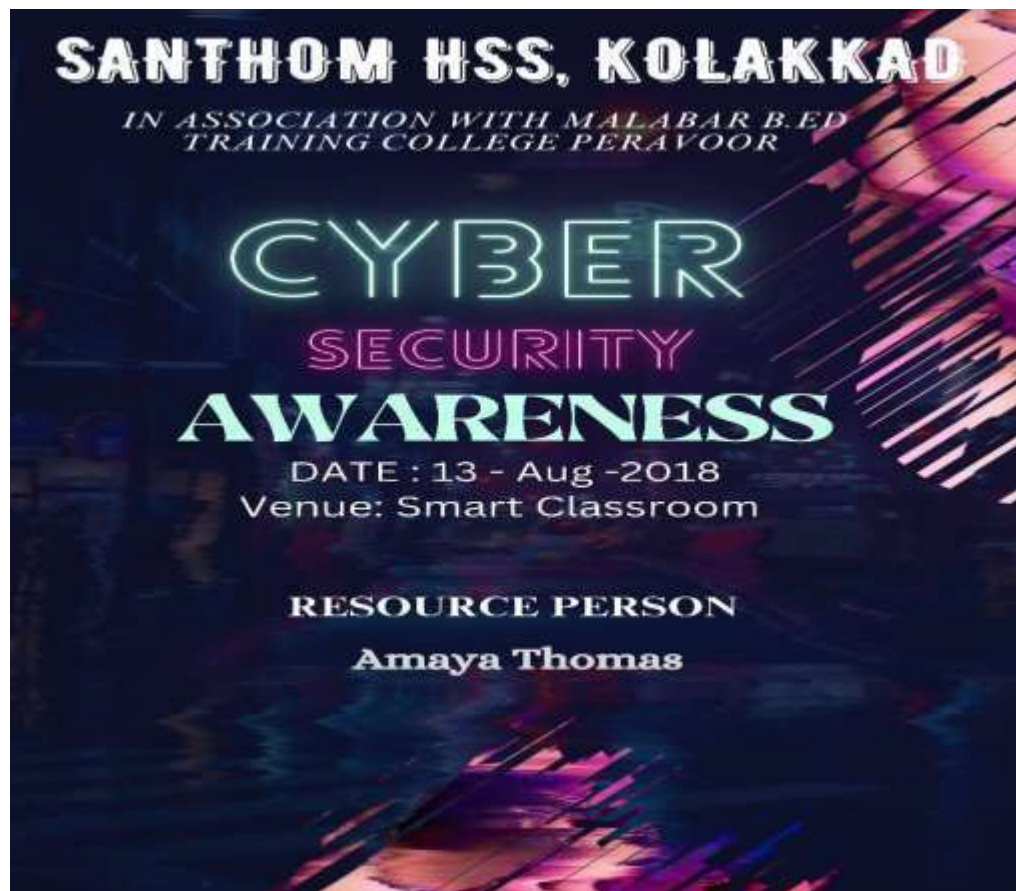
- cyber security and awareness class

An awareness class was conducted for VIII standard students about cyber security and awareness. The class was conducted by Amaya Thomas .It was a one house program started at 2pm held in a smart classroom. Nowadays the number of cyber-attacks continues to rise each year with the addition of networked devices cyber criminals have also developed more sophisticated tactics to gain access to private information. So it is very important to raise awareness among students about cyber safety. As a part of this program we made a brochure and a video related to cyber safety. The program started with an introduction about the importance of cyber safety. Then showed a video related to cyber safety measures. After that conclude by saying How to ensure safety from cyber-attacks, and how to overcome such situations. Instruct the students not to share personal details on internet platforms, Use strong and varied passwords, keep your systems updated etc. and handle such situations legally. Cyber safety is one of the burning issues today and to make students aware of it. This campaign was to make students aware of cyber threats, Ethical hacking how to be secured on the internet, and start up in cyber safety. Last




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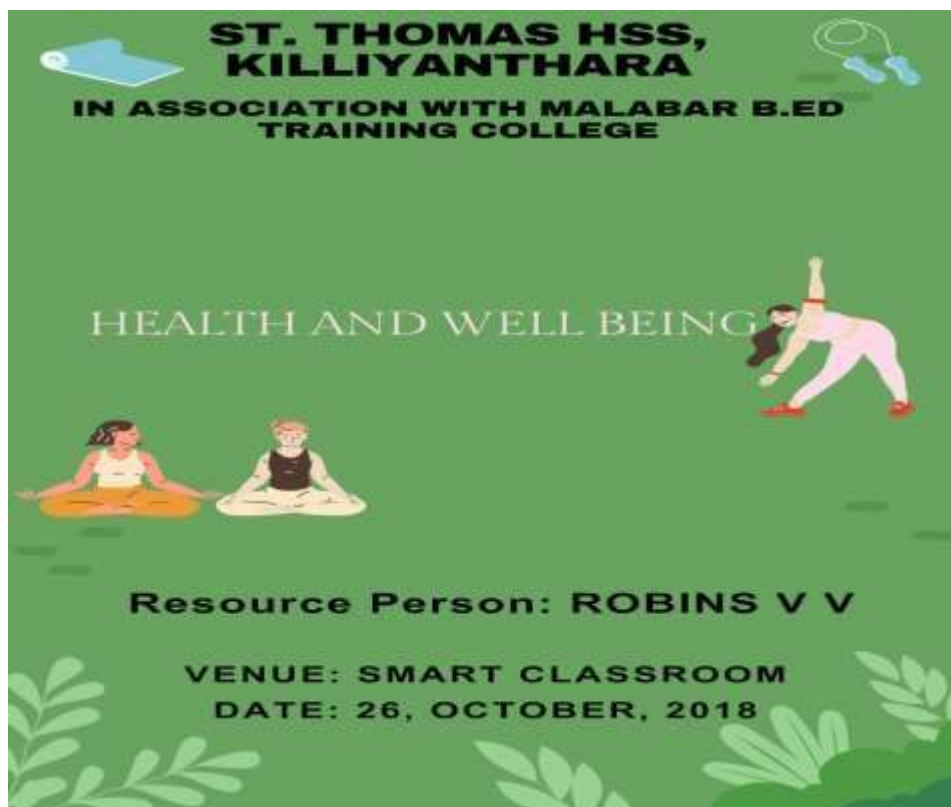
session aimed to exchange experiences and expertise on Cyber security awareness by discussion. The session ended with positive feedback from the students.



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HEALTH AND WELLBEING

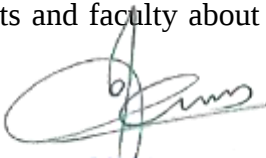
On October 26 , 2018, St Thomas HSS Kiliyanthara hosted an insightful awareness Programme about HEALTH AND WELL BEING. The class was conducted by ROBINS V V .More good messages about health and wellbeing were given by him. The interactive session encouraged active participation from students, who were keen to learn about renewable health sources and their role in mitigating climate change. Robins also introduced the concept of "mental health and mental hygiene " and provided practical tips on how to conduct one at home or school.



Awareness class on Goal setting and achievement

On September 27 2018, St. Joseph HSS Kunnoth, hosted an insightful awareness class on Goal setting and achievement , led by the esteemed resource person Bilicy Cherian, teacher trainee. The session aimed to educate students and faculty about the importance of goal setting and achievement.




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Bilicy Cherian. Began the class by highlighting the current social condition and the pressing need of setting a goal. She elaborated on setting a goal lets you focus on the next step and helps you move in the direction you want. The body follows the mind, so you need to stay focused and not lose motivation. Be always aware of why you should take specific actions and where they will lead you. Goals allow you to measure progress.

The interactive session encouraged the students to be active and is important to set SMART goals, which are specific, measurable, achievable, relevant and time-based, as this can ensure your aims are realistic and manageable. This process helps you identify what you really want to achieve, determine effective ways of quantifying your efforts and ensure that your goal is relevant.

By the end of the session, attendees had gained a deeper understanding of the critical role of goal in our life.. . This event marked a significant step towards fostering a goal by every students.

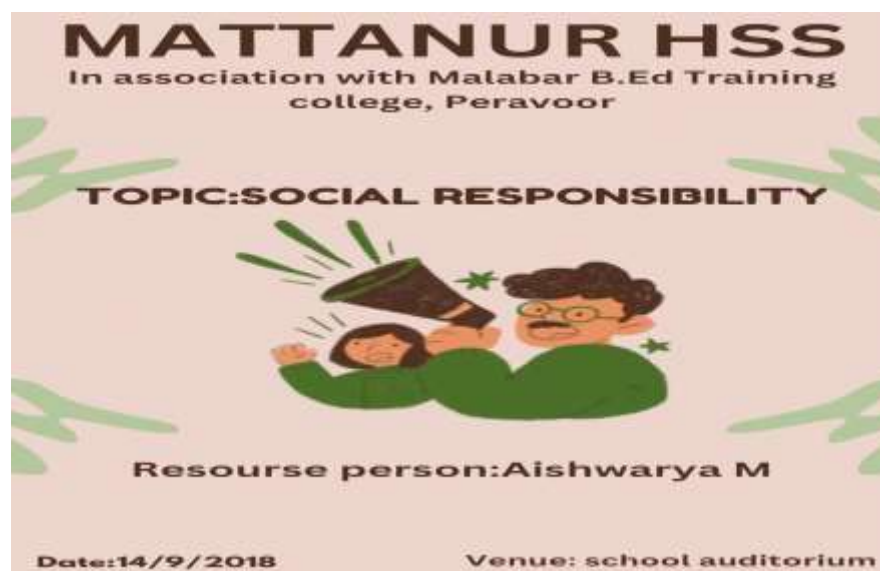



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Report on awareness on social responsibility

The session on social responsibility was held at HSS Mattannur on 14th September 2018, led by resource person Aishwarya M. The primary focus was to enlighten students and staff about the importance of social responsibility in both personal and professional spheres.

The session on social responsibility at HSS Mattannur was a significant step towards fostering a culture of empathy, responsibility, and active citizenship among students and staff. Aishwarya M's presentation effectively highlighted the crucial role of individuals in making a positive impact on society.



Safe Social Media Use

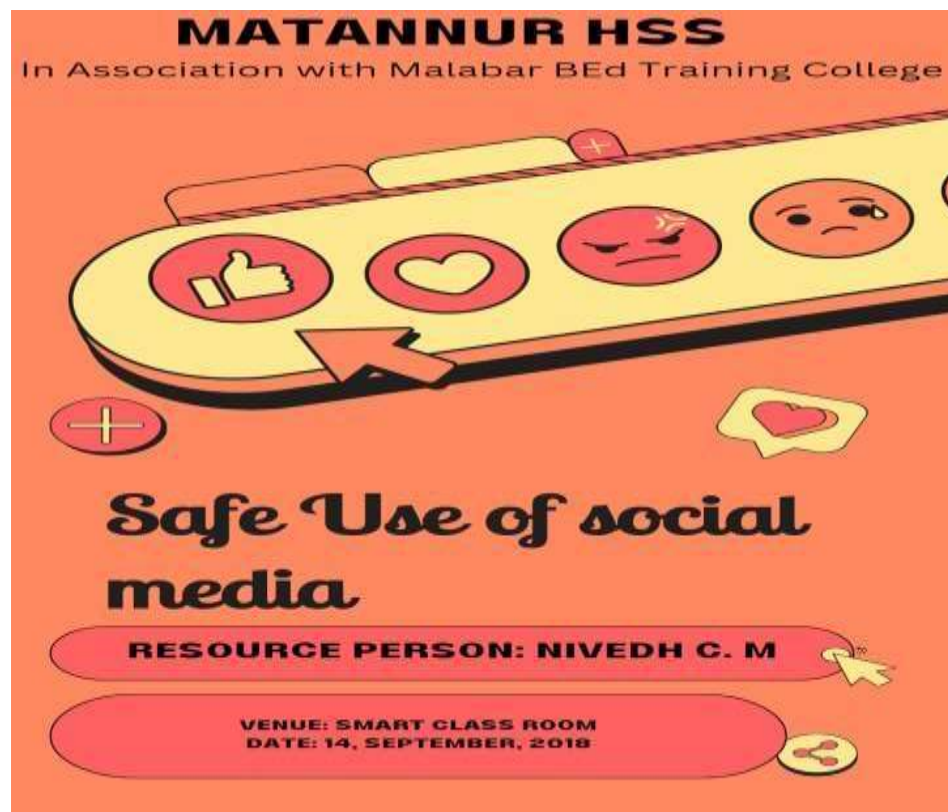
September 14, 2018

The seminar on safe social media use held at Mattannur Higher Secondary School aimed to educate students about the responsible and secure use of social media platforms. Nivedh C.M discussed about the different aspect of safe social media use. It is crucial for users to understand and utilize privacy settings provided by social media platforms. These settings control who can view personal information and posts, thereby protecting users from potential misuse of their data.

Cyber bullying is a serious issue on social media platforms. Students were advised to be respectful in their interactions and to report any instances of bullying or harassment to appropriate authorities. The spread of misinformation on social

media can have far-reaching consequences. Students were encouraged to verify the authenticity of information before sharing it, thus promoting a more informed and responsible online community. Every action taken on social media contributes to a user's digital footprint. Participants were made aware that employers, colleges, and even friends may access this information, underscoring the importance of maintaining a positive online presence.

Excessive use of social media can negatively impact academic performance and personal relationships. Strategies for managing screen time effectively were discussed to ensure a balanced approach to online engagement. The seminar concluded with a reminder that while social media offers numerous benefits, responsible use is essential to mitigate risks. By implementing the discussed strategies, students can enjoy a safer and more productive online experience




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Effective Communication Workshop

September 18, 2018

On September 18, 2018, GHSS Chavassery hosted an engaging workshop on effective communication, facilitated by Ms. Amritha V. The workshop aimed to equip participants with essential communication skills necessary for personal and professional growth.

Ms. Amritha V began the workshop with an insightful overview of communication fundamentals. She emphasized the importance of clarity, active listening, and non-verbal communication in conveying messages effectively. Participants were encouraged to actively participate through interactive exercises and role-playing scenarios.

The session delved into various aspects of effective communication like Techniques to articulate ideas clearly and confidently were discussed. Participants engaged in mock presentations to practice effective speaking. Ms. Amritha highlighted the significance of body language and facial expressions in communication. Participants learned to interpret and use non-verbal cues to enhance their message delivery. Strategies for active listening were explored, stressing the importance of understanding others' perspectives and responding appropriately. The workshop included sessions on giving and receiving feedback constructively, fostering an environment of open communication.



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The workshop concluded with a Q&A session where participants had the opportunity to seek clarification on various communication challenges they faced. Ms. Amritha V reiterated the importance of continuous practice and self-awareness in honing communication skills.



GHSS CHAVASSERY
In association with Malabar B.Ed Training college
Peravoor

TOPIC: EFFECTIVE COMMUNICATION

RESOURCE PERSON : AMRUTHA V

VENUE: SMART CLASSROOM

Date:18/9/2018

The poster features a pink background with white decorative elements. On the left, there are three small circular icons showing people in various communication scenarios. On the right, there is a large illustration of a boy and a girl talking. The text is in a mix of black and pink fonts, with the title 'GHSS CHAVASSERY' in large, bold, black letters.



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The signature is a stylized, cursive script in blue ink, written over the printed name and address of the principal.

23, OCTOBER 2018- Insightful awareness

On October 23, 2018, Koothuparambu HSS hosted an insightful awareness class on Social media safety. Led by the established resource Person Shibina A. It was a one house program started at 2pm held in smart class room. The Organization for Social Media Safety offers practical tips for personal safety on social media platforms. So it is very important to give awareness among students about Social media safety. As a part of this program made a brochure and a video related to Social media safety . The program was started with an introduction about the importance of Social media. Then showed a video related to Social media safety measures. After that conclude by saying How to ensure safety form social media, how to overcome such situations and providing resources to help individuals navigate social media platforms securely. Instruct the students not to share personal details in internet platforms, Use strong and varied passwords, keep your systems updated etc... and handle such situation legally. Integrating social media safety education into the classroom curriculum can play a crucial role in preparing students to navigate the digital landscape confidently and responsibly. Last session aimed to exchange experiences and expertise on social media safety awareness by discussion. The session ended with the positive feedback from the students.




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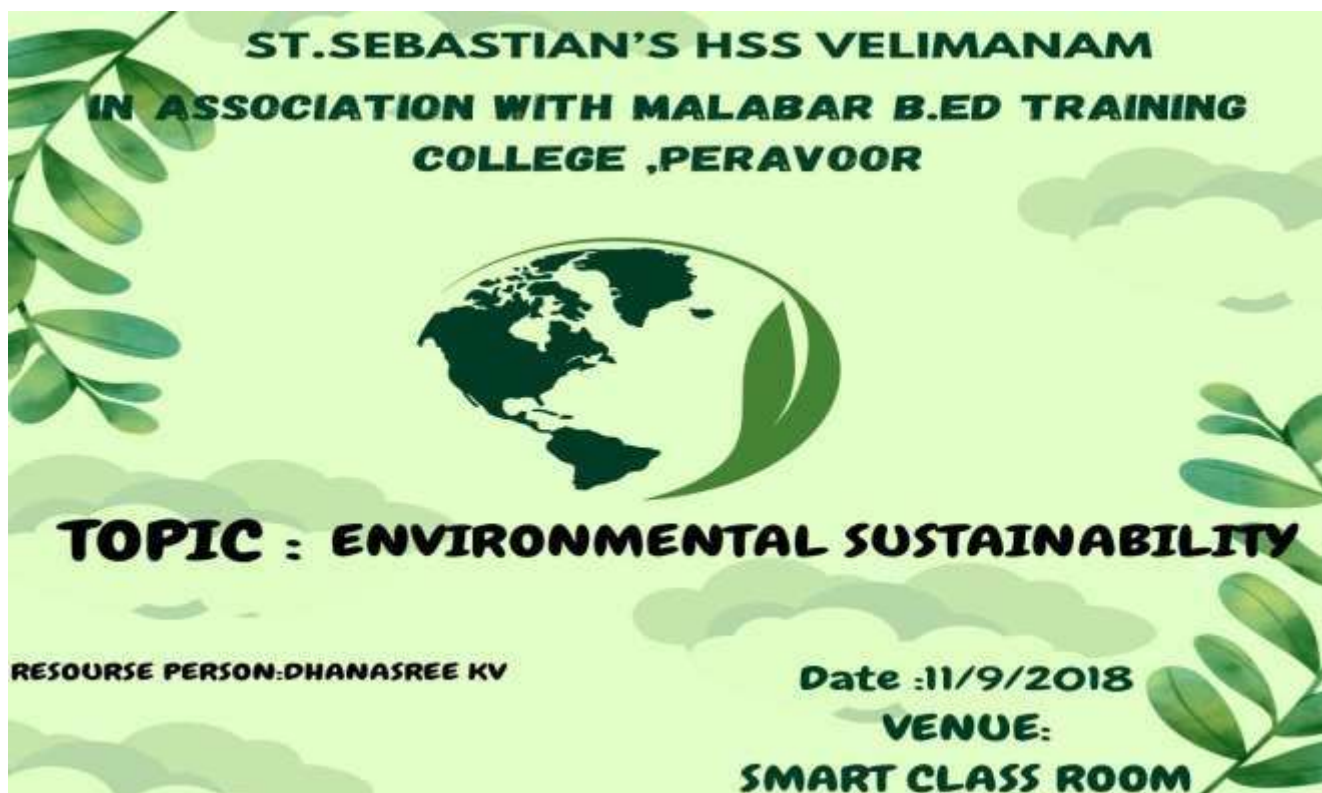
REPORT ON AWARENESS CLASS ON ENVIRONMENTAL SUSTAINABILITY

11,September 2018

On 11 September 2018 An awareness class was conducted by Dhanasree. K. V for VIII standard students in St. Sebastian HSS Velimanam, about Environmental Sustainability . It was a one house program started at 2pm held in smart class room. Environmental sustainability refers to the responsible management of natural resources to fulfill current needs without compromising the ability of future generations to meet theirs.. So it is very important to give awareness among students about Environmental sustainability .As a part of this program made a brochure and a video related to Environmental sustainability . The program was started with an introduction about the importance of Environmental sustainability . Then showed a video related to environmental sustainability measures. After that conclude by saying How to ensure environmental sustainability . As we begin to experience the long-term consequences of exponential industrial growth and energy use, we must act to reverse these effects and prevent further damage, ensuring we have healthy places to live for generations to come. For businesses, it means committing to environmentally sustainable practices to help build thriving communities and secure future growth potential.



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Report on Career Development Planning

Conducted by: Akhila George

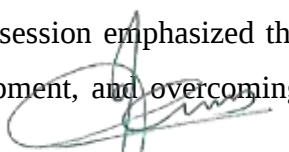
Venue: St. Joseph HSS kunoth

Date: September 27 ,2018

On September 27, 2018, Akhila George conducted a session on career development planning at St. Joseph Higher Secondary School (HSS) Kunoth. The session aimed to provide students with guidance and strategies to effectively plan their careers. Akhila George began the session by explaining the concept of career development and its significance. She emphasized that career planning is a continuous process that involves self-assessment, exploration, decision-making, and goal-setting. The session addressed common challenges students may face in their career planning journey, such as lack of information, fear of failure, and peer pressure.

It provided students at St. Joseph HSS Kunoth with valuable insights and practical strategies to plan their careers effectively. The session emphasized the importance of self-assessment, goal-setting, skill development, and overcoming




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challenges in the career planning process. Overall, the session was well-received and appreciated by the students and faculty.



Report on Emotional Intelligence work shop

Date: August 31, 2018

Venue: GHSS Chavassery

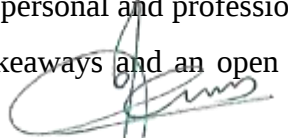
Facilitator: Nimisha Kanadan

On August 31, 2018, GHSS Chavassery hosted a comprehensive workshop on Emotional Intelligence (EI), facilitated by Nimisha. The workshop aimed to enhance participants' understanding and application of EI principles in both personal and professional contexts.

Feedback from participants was overwhelmingly positive, highlighting the workshop's relevance and the effectiveness of Nimisha's teaching methods. Many expressed intentions to apply EI strategies in their personal and professional lives.

The workshop concluded with a recap of key takeaways and an open floor for

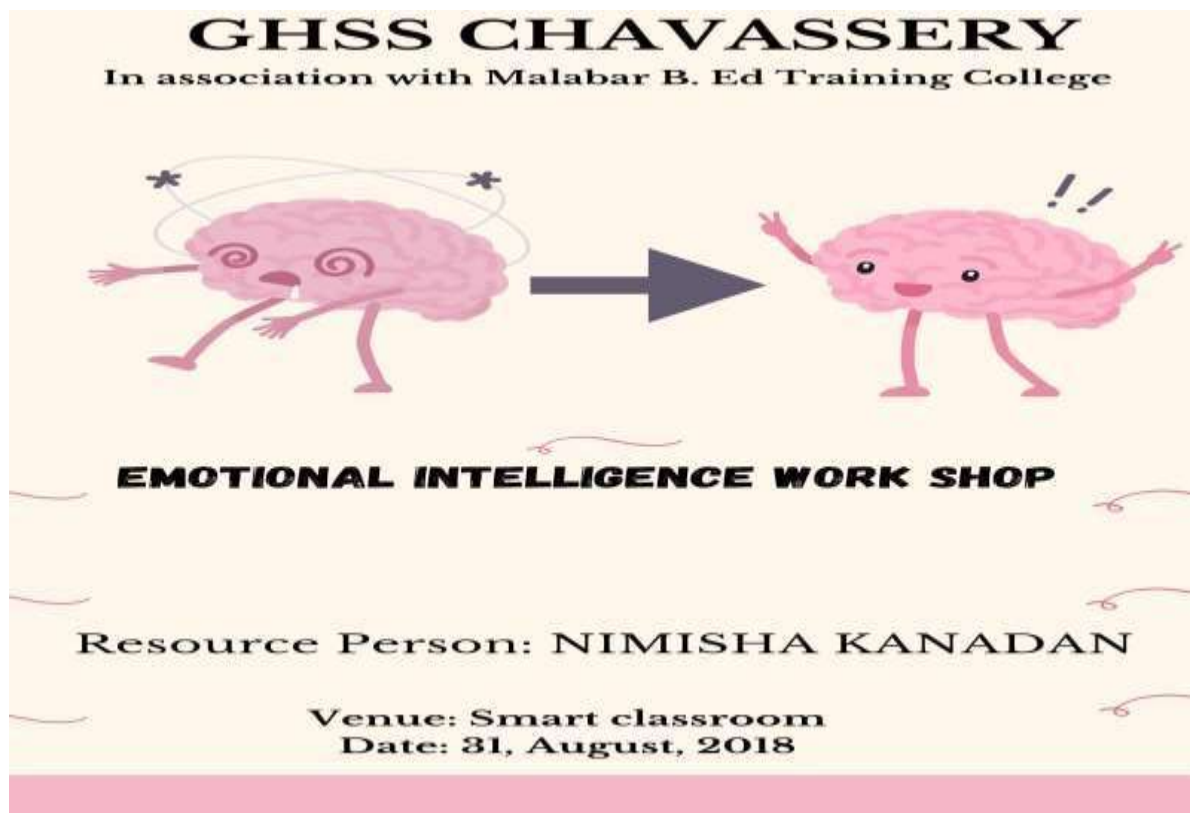



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questions and reflections. Participants expressed appreciation for Nimisha's engaging presentation style and practical insights into EI.

Outcomes of the workshop are Increased awareness and appreciation of EI's role in personal and professional growth. Enhanced interpersonal skills among participants, reflected in improved communication and teamwork. Commitment to applying EI principles in daily interactions and decision-making.

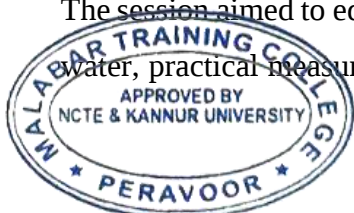
This report encapsulates the key aspects and impact of the emotional intelligence workshop conducted by Nimisha on August 31. The emotional intelligence workshop successfully equipped participants with practical EI skills applicable in various aspects of their lives, fostering a more empathetic and emotionally resilient community within the organization.

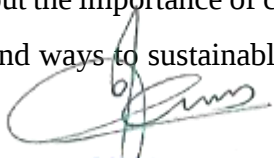


Report on awareness class on water conservation

The water conservation awareness session held on 24 September 2018 at GHSS Chavassery was conducted by Dilna P, an expert in environmental science and water management.

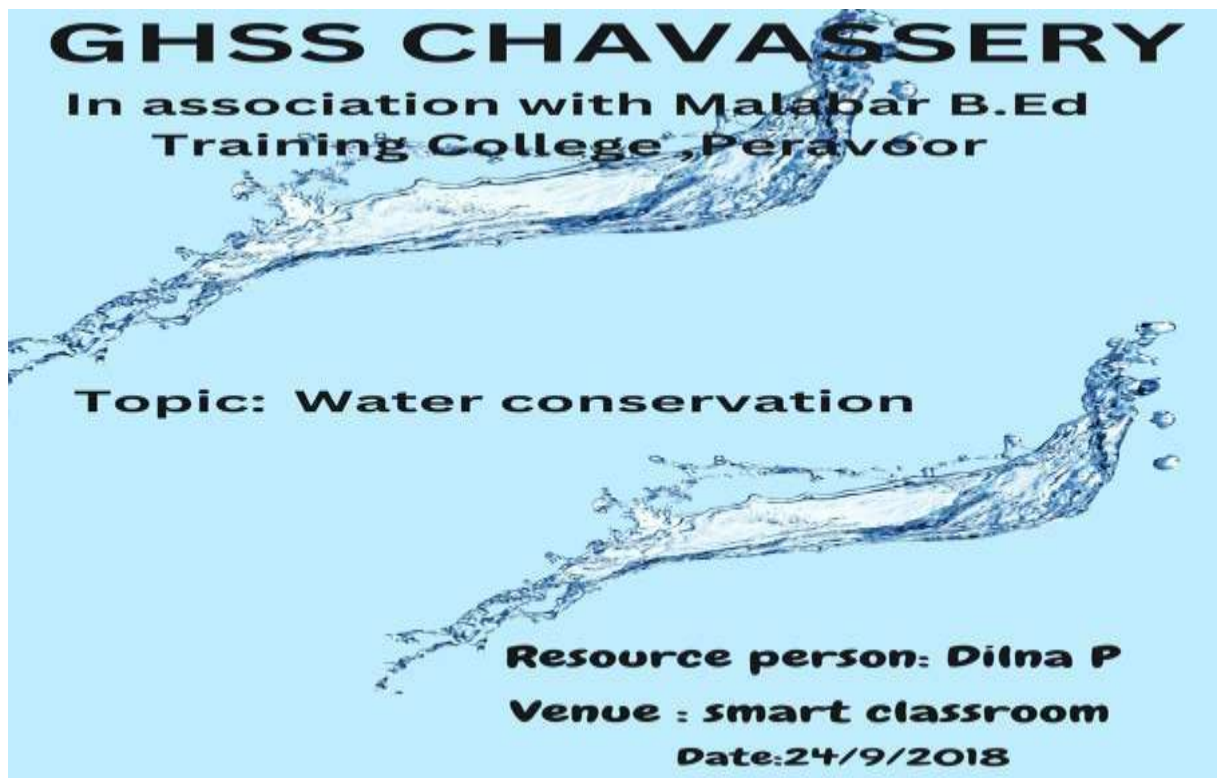
The session aimed to educate students and staff about the importance of conserving water, practical measures to reduce water waste, and ways to sustainably manage




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water resources. Dilna P highlighted the global and local challenges related to water scarcity. She emphasized the finite nature of fresh water and the increasing demand due to population growth and industrial activities

The session included an interactive Q&A segment where students and teachers asked questions about specific water conservation challenges they face and received tailored advice from Dilna P. There were also group activities aimed at brainstorming innovative water-saving ideas.



Report on First Aid and CPR Training

Date: October 22, 2018

Location: Kuthuparamba Higher Secondary School

Trainer: Athulya N.K

The primary objective of the First Aid and CPR training session conducted at Kuthuparamba Higher Secondary School was to equip participants with essential skills and knowledge to respond effectively in emergency situations. The training aimed to empower individuals with the ability to provide immediate assistance until professional help arrives.

The training session utilized a combination of theoretical instruction and practical

demonstrations. Participants engaged in hands-on practice sessions to reinforce skills learned, including CPR on manikins and simulated first aid scenarios. Participants demonstrated improved confidence and competence in applying first aid and CPR techniques by the end of the training session. Feedback received indicated a high level of satisfaction with the content and delivery of the training. The First Aid and CPR training conducted at Kuthuparamba Higher Secondary School successfully achieved its objectives of enhancing participants' readiness to respond to medical emergencies effectively. Continued practice and periodic refresher courses are recommended to maintain proficiency in life-saving skills. This report summarizes the key aspects of the First Aid and CPR training conducted at Kuthuparamba Higher Secondary School on October 22.




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Report on Mental Health and Mental Well-being Awareness Class

Venue: St. Thomas Higher Secondary School, Kolakkad

Date: August 29, 2018

Speaker: Alex

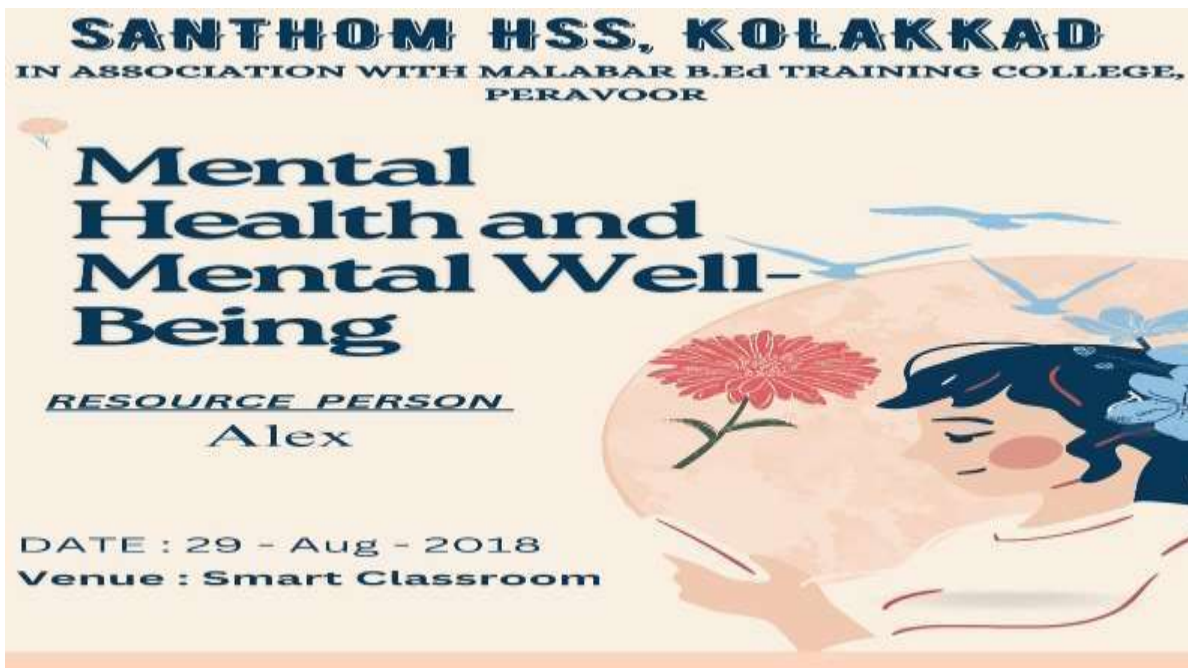
On August 29, 2018, an awareness class on mental health and mental well-being was conducted at St. Thomas Higher Secondary School, Kolakkad. The session was led by Alex, a noted expert in the field of mental health. Alex began the session by defining mental health and explaining its significance in overall well-being. He emphasized that mental health is just as important as physical health and that it affects every aspect of a person's life, including their relationships, academic performance, and physical health. The awareness class was well-received by the students and staff of St. Thomas Higher Secondary School, Kolakkad.

The session successfully highlighted the importance of mental health and provided valuable information on maintaining mental well-being. It also played a crucial role in reducing the stigma associated with mental health issues and encouraged students to seek help when needed.

The school administration expressed their gratitude to Alex for his enlightening session and emphasized their commitment to promoting mental health awareness within the school community.



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Report on Awareness Class on Time Management

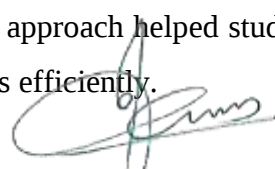
On August 30, 2018, an awareness class on time management was conducted at GHSS Chavassery by teacher trainees Ashin, Sruthi Mol, and Sasi. The session aimed to equip students with essential time management skills, helping them to better organize their academic and personal lives.

The session began with an introduction by Ashin, who highlighted the importance of time management in achieving academic success and personal goals. He emphasized that effective time management can reduce stress and increase productivity, enabling students to make the most of their time.

Sruthi Mol then took over, presenting various strategies and techniques for managing time effectively. She discussed the importance of setting priorities, creating schedules, and breaking tasks into manageable chunks. Sruthi also introduced tools such as to-do lists and planners, encouraging students to use these aids to keep track of their tasks and deadlines.

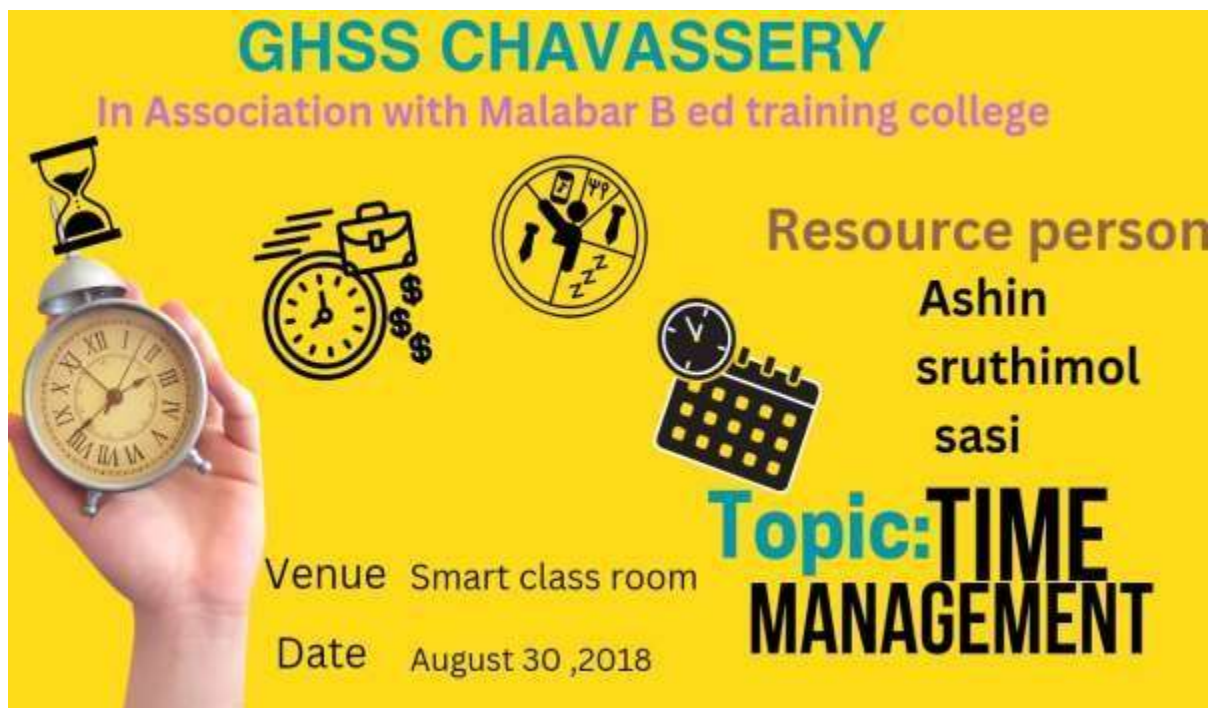
Sasi concluded the session with interactive activities that engaged the students in practical applications of the concepts discussed. He conducted a time management exercise where students were asked to plan their day, allocating time for studies, extracurricular activities, and relaxation. This hands-on approach helped students understand how to balance different aspects of their lives efficiently.




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The class was well-received by the students, who actively participated in the discussions and activities. Many students expressed their appreciation for the practical tips and felt more confident in their ability to manage their time effectively.

The awareness class on time management by Ashin, Sruthi Mol, and Sasi was a valuable session that provided the students of GHSS Chavassery with essential skills to enhance their productivity and reduce stress. The teacher trainees' efforts in organizing and delivering the class were commendable and greatly benefited the students.

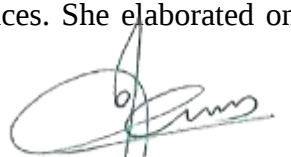


Awareness class on energy conservation

On September 22, 2018, GHSS Chavassery hosted an insightful awareness class on energy conservation, led by the esteemed resource person Layana K.S, teacher trainee. The session aimed to educate students and faculty about the importance of conserving energy, both for environmental sustainability and economic savings.

Layana K.S. began the class by highlighting the current global energy crisis and the pressing need to adopt energy-efficient practices. She elaborated on various

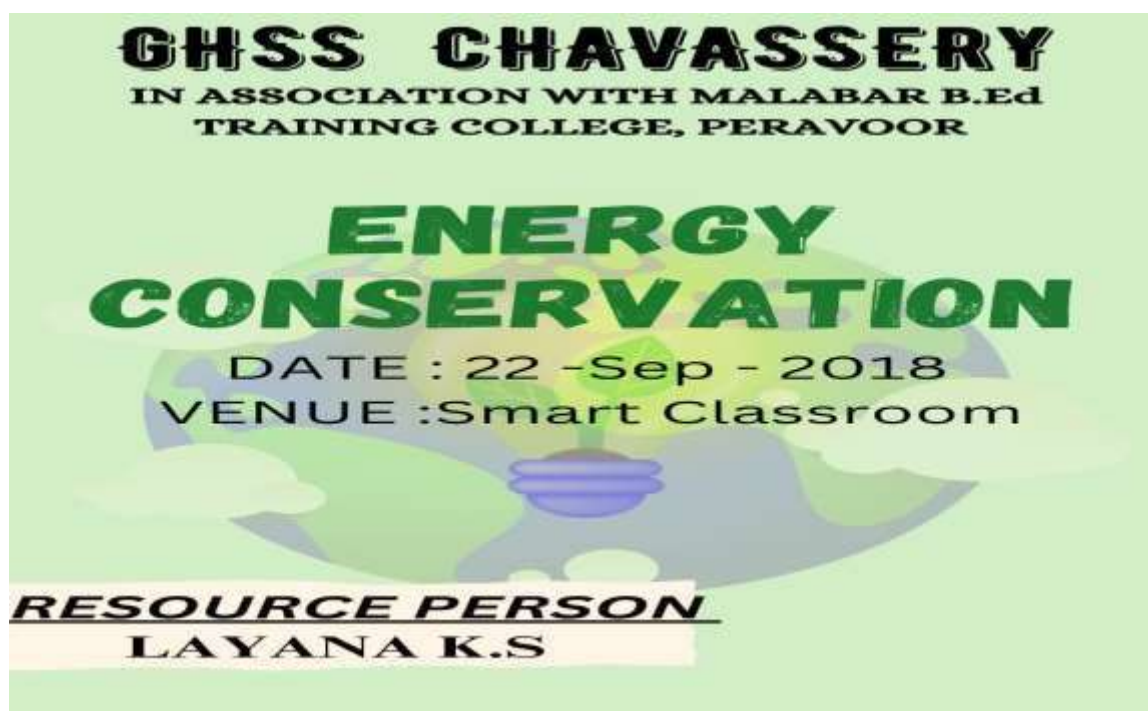



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strategies to reduce energy consumption in daily life, emphasizing simple yet effective measures such as switching off lights and appliances when not in use, utilizing natural light, and opting for energy-efficient devices

The interactive session encouraged active participation from students, who were keen to learn about renewable energy sources and their role in mitigating climate change. Layana K.S. also introduced the concept of the "energy audit" and provided practical tips on how to conduct one at home or school.

By the end of the session, attendees had gained a deeper understanding of the critical role they play in energy conservation. The awareness class concluded with a pledge by students and faculty to implement energy-saving practices and promote the cause within their communities. This event marked a significant step towards fostering a culture of sustainability at GHSS Chavassery.




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