



Malabar Training College, Peravoor

(Affiliated to Kannur University, Recognized by NCTE New Delhi)

Peravoor, Kannur, Kerala

NAAC Accreditation 2024

Cycle I

SSR – Criterion III

3.4.1 Report of each linkage along with videos/photographs

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, Kerala.




PRINCIPAL
MALABAR TRAINING COLLEGE
PERAVOOR
KANNUR DT., KERALA - 670673

Faculty Exchange

PROGRAM MINUTES

Place: Staff Room

Date: 15/05/2023

Time: 3 PM

The faculty members of Malabar B.Ed. Training College assembled for a meeting at 3:00 p.m. on 15th May 2023 in staff room under the guidance of Smt. Indu K Mathew, principal of Malabar B.Ed. Training College Peravoor. In the meeting both the principal and faculty members decided to conduct a faculty development program on 18/05/2023.

PROGRAM MINUTES

Place: Staff Room

Date: 16/05/2023

Time: 3 PM

The faculty members of Malabar B.Ed. Training College assembled for a meeting at 3:00 p.m. on 16th May 2023 in staff room under the guidance of Smt. Indu K Mathew, principal of Malabar B.Ed. Training College Peravoor. In the meeting both the principal and faculty members decided to conduct a faculty development program on 20/05/2023.



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Date of event: 19/05/2023

Organized by: IQAC

Venue: Seminar Hall, Malabar B.Ed. Training College Peravoor

Number of participants: 15

Resource person: Soumya C K, IQAC Coordinator, Gurudev Arts and Science College.

Event coordinator: Neenu James, Assistant Professor of English, Malabar B.Ed Training College

Objectives of the program

- Foster continuous learning and development among faculty members to keep up with the evolving educational practices, technologies and research.
- To support faculty in designing and updating curriculum with the latest educational standards.
- To enhance communication skills.
- You develop leadership skills.

Report

The faculty development program is a skill development program specially designed for academic educators. It was a beneficial program for the teachers of Malabar B.Ed. Training College. The topic was accreditation and quality enhancement for higher education institutions. The resource person covered everything related to the NAAC criteria in detail. The program was conducted on 18th May 2023. Soumya C K, IQAC Coordinator, Gurudev Arts and Science College handled the class.

Report prepared by

Mrs. Neenu James Assistant Professor of English



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Malabar B.Ed Training College

Peravoor

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**Faculty Development
Program on:**

**Phase
2**

ACCREDITATION & QUALITY ENHANCEMENT FOR HIGHER EDUCATION INSTITUTIONS

Resource Person:



Smt. Soumya CK

**IQAC Coordinator
Gurudev Arts & Science College**

**Organized by IQAC, Malabar
B.Ed Training College**



www.malabarbedcollege.com

**May 19th 2023
10:00 AM**

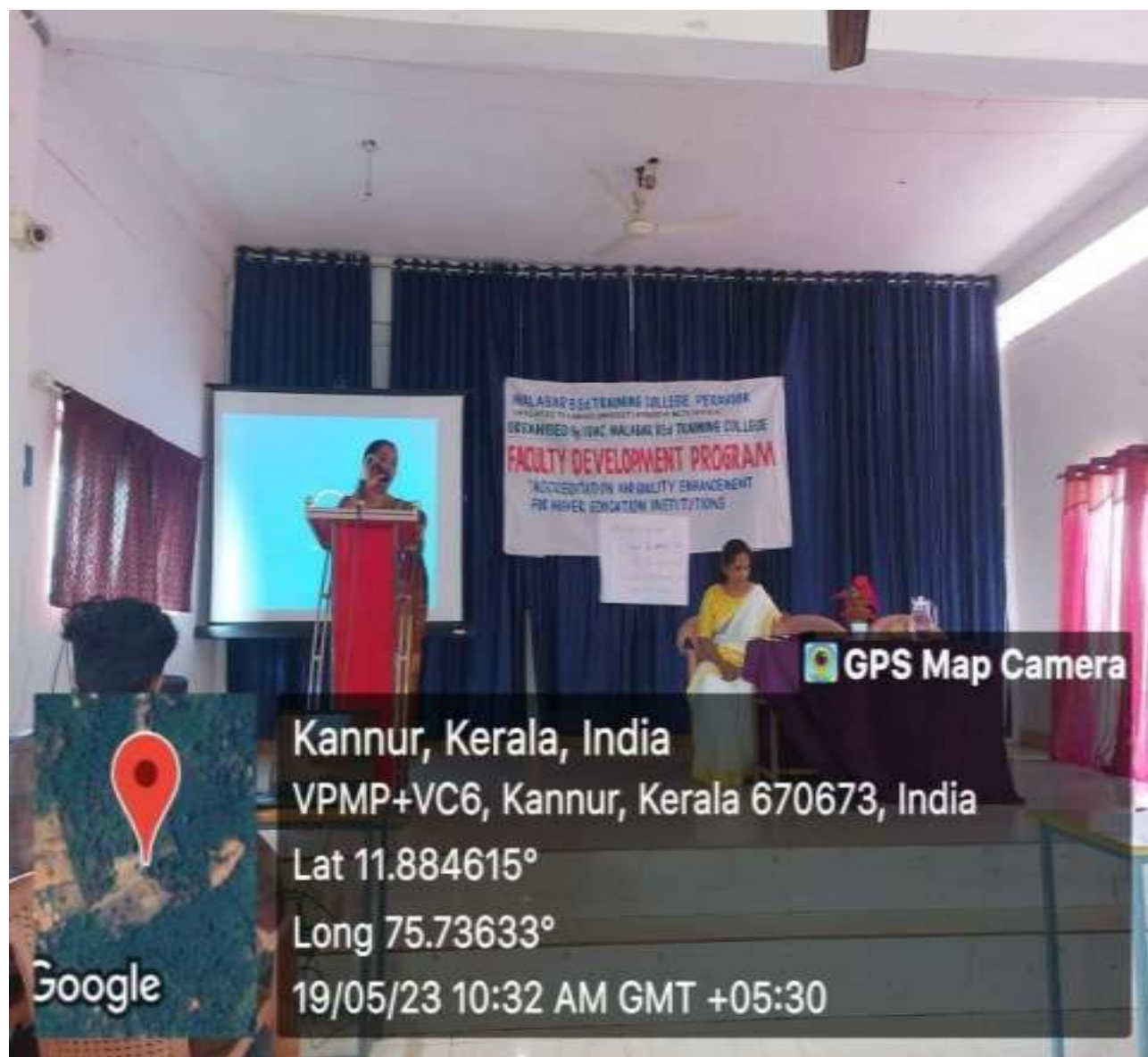
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Inauguration Session



Interaction Session




PRINCIPAL
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 PERAVOOR
 KANNUR DT., KERALA - 670673

Date of event: 20/05/2023

Organized by: Dr. Jessy N S, Principal PKM College of education, Madambam

Dr. Prasanth Mathew, Vice principal, PKM College of education Madambam.

Venue: Seminar Hall, Malabar B.Ed. Training College Peravoor

Number of participants: 15

Resource person: Dr. Jessy N S, Principal PKM College of education, Madambam

Dr. Prasanth Mathew, Vice principal, PKM College of education Madambam.

Event coordinator: Meera Thomas, Assistant Professor of social science, Malabar B.Ed. Training College

Objectives of the program

- Foster continuous learning and development among faculty members to keep up with the evolving educational practices, technologies and research.
- To support faculty in designing and updating curriculum with the latest educational standards.
- To enhance communication skills.
- You develop leadership skills.

Report

Faculty development program is a skill development program specially designed for academic educators. It was very useful program for the teachers of Malabar B.Ed. Training College. The topic was accreditation and quality enhancement for higher education institution. The resource persons covered everything related to the NAAC criteria in detail. The program was conducted on 18th may 2023. The class was handled by Dr. Jessy N S, Principal PKM College of education, Madambam and Dr. Prasanth Mathew, Vice principal, PKM College of education Madambam.

Report prepared by

Meera Thomas

Assistant professor of social sciences




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Malabar B.Ed Training College

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**Organized by IQAC, Malabar
B.Ed Training College**

**Faculty Development
Program on:**

**Phase
3**

**ACCREDITATION &
QUALITY ENHANCEMENT
FOR HIGHER EDUCATION
INSTITUTIONS**

Resource Team : IQAC,PKM



Dr. Jessy NC
Principal



Dr. Prasanth Mathew
Vice Principal



Dr. Veena Appukutten
IQAC Coordinator

PKM College of Education, Madampam



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**May 20, 2023
10:00AM**



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Discussion session




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KANNUR DT., KERALA - 670673

PROGRAM MINUTES

Place: Staff Room

Date: 22/05/2023

Time: 3 PM

The faculty members of Malabar B.Ed. Training College assembled for a meeting at 3:00 p.m. on 22nd May 2023 in staff room under the guidance of Smt. Indu K Mathew, principal of Malabar B.Ed Training College Peravoor. In the meeting both the principal and faculty members decided to conduct a faculty development program on 22/05/2023.



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Malabar B.Ed Training College

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Faculty Development
Program on:

ACCREDITATION & QUALITY ENHANCEMENT FOR HIGHER EDUCATION INSTITUTIONS

Phase: 4



Resource Person:

Ms. ANUSHA CV

Assistant Professor

Dept. of English

St. Francis De Sales College

Bangalore



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**26 May 2023
10:00AM**



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Date of event: 26/05/2023

Organized by: IQAC

Venue: Seminar Hall, Malabar B.Ed. Training College Peravoor

Number of participants: 15

Resource person: Anusha CV, Assistant Professor of English St. Francis De sales College Bangalore.

Event coordinator: Neenu James, Assistant Professor of English, Malabar B.Ed Training College

Objectives of the program

- Foster continuous learning and development among faculty members to keep up with the evolving educational practices, technologies and research.
- To support faculty in designing and updating curriculum with the latest educational standards.
- To enhance communication skills.
- You develop leadership skills.

Report

Faculty development program is a skill development program specially designed for academic educators. It was very useful program for the teachers of Malabar B.Ed. Training College. All activities related to NAAC accreditation were explained in detail. And also clarified all doubts related to NAAC criteria. The program was conducted on 26th may 2023. The class was handled by Miss Anusha CV, Assistant Professor, St Francis De sales College Bangalore.

Report prepared by

Meera Thomas

Assistant professor of social science



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Formal Programme Session, introduction given by the Principal Indu K Mathew




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Faculty development programme




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interactive session with Miss Anusha CV , Asst Prof, St Francis De Sales College Bangalore




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Faculty development programme




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" Necessity of Mental Wellbeing among students" by Preetha Kuriakose

Venue: Malabar Arts and Science College

Date: 10/010 /2023

Time: 10:00 am

Mrs. Preetha Kuriakose Assistant professor in Education, Malabar Bed Training College Peravoor lead class on "Necessity of Mental Wellbeing among students"

In today's fast-paced world, the mental wellbeing of students is becoming increasingly crucial. This report delves into the necessity of prioritizing mental health among students and explores the various factors contributing to its significance.

Importance of Mental Wellbeing:

1. **Academic Performance:** Mental wellbeing significantly impacts students' academic performance. Stress, anxiety, and depression can hinder cognitive functions, leading to poor grades and decreased productivity.
2. **Personal Development:** A positive mental state fosters personal development by enhancing self-esteem, resilience, and interpersonal relationships.
3. **Long-term Success:** Cultivating good mental health habits during student years lays the foundation for long-term success and overall well-being in adulthood.

Challenges Faced by Students:

1. **Academic Pressure:** High academic expectations, competitive environments, and the fear of failure contribute to stress and anxiety among students.
2. **Social Pressures:** Social media, peer pressure, and societal expectations can lead to feelings of inadequacy and isolation.
3. **Transition Periods:** Major life transitions such as moving away from home, starting college, or entering the workforce can trigger mental health challenges.




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Strategies for Promoting Mental Wellbeing:

1. Education and Awareness: Implementing mental health education programs to raise awareness, reduce stigma, and equip students with coping mechanisms.
2. Access to Support Services: Providing easily accessible mental health resources, including counselling services, support groups, and helplines.
3. Creating Supportive Environments: Fostering a culture of empathy, understanding, and inclusivity within educational institutions to support students' emotional needs.

Conclusion:

The necessity of mental wellbeing among students cannot be overstated. By prioritizing mental health initiatives, educational institutions can empower students to thrive academically, personally, and professionally. It's imperative for stakeholders to collaborate in creating environments where students feel supported, valued, and capable of achieving their full potential.




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MALABAR B Ed TRAINING COLLEGE, PERAVOOR

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COLLABORATION WITH
MALABAR ARTS AND SCIENCE COLLEGE

**"NECESSITY OF MENTAL WELLBEING
AMONG STUDENTS"**

RESOURCE PERSON



PREETHA KURIAKOSE

(Asst. Professor Malabar B Ed training college, peravoor)



10/10/2023



Malabar arts and science college



10:00am



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MALABAR TRAINING COLLEGE
PERAVOOR
KANMUR DT., KERALA - 670673

Class Report on "Value-Oriented Education" Session by Ms. Akhila

Date: 13/02/ 2023

Time: 10:00 am - 1:00 pm

Venue: Chembilode H.S.S

Ms. Akhila Miss, Assistant Professor in Malayalam at Malabar B.Ed. Training College Peravoor, conducted an enlightening session on the topic "Value-Oriented Education."

Objective: The main objective of the session was to explore the significance of integrating values into the education system and its impact on holistic development.

Session Highlights:

Definition and Scope: Ms. Akhila provided a comprehensive definition of value-oriented education and discussed its scope in contemporary society.

Theoretical Framework: She introduced various theoretical perspectives on value education, providing insights into its philosophical and psychological foundations.

Case Studies: Real-life case studies were presented to illustrate the practical implementation of value-oriented education in educational institutions.

Role of Teachers: The session emphasized the pivotal role of teachers in imparting values and nurturing students' ethical and moral development.

Interactive Activities: Engaging activities were conducted to encourage active participation and foster reflection on personal values.

Open Discussion: Ms. Akhila facilitated an open discussion forum where students shared their perspectives on the importance of values in education.

Conclusion: Ms. Akhila's session on value-oriented education was thought-provoking and insightful. Through her engaging presentation and interactive approach, students gained a deeper understanding of the significance of integrating values into the education system to foster holistic development.




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**COLLABORATION WITH
CHEMBILODE HSS**

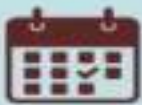
"VALUE ORIENTED EDUCATION"

RESOURCE PERSON



AKHILA ANTONY

(Asst. Professor Malabar B Ed Training college, Peravoor)



13/2/2023



10:00am



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**PRINCIPAL
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Class Report on "Health Awareness" by Ms. Bhavya K.K.

Date: 22/02/2023

Time: 10:00 am - 1:00 pm

Location: Chambilode H.S.S.

Presenter: Ms. Bhavya K.K.

Position: Assistant Professor in Natural Science, Malabar B.Ed. Training College Peravoor

Summary: Ms. Bhavya K.K., Assistant Professor in Natural Science at Malabar B.Ed. Training College Peravoor, conducted a class on "Health Awareness" at Chambilode H.S.S. on 12/12/2023. The session lasted from 10:00 am to 1:00 pm.

Key Points Covered:

Importance of Health Awareness: Ms. Bhavya emphasized the significance of being aware of one's health status and how it impacts overall well-being.

Health Promotion: Strategies and techniques for promoting health were discussed, including regular exercise, balanced diet, and stress management.

Disease Prevention: Methods to prevent common diseases through lifestyle changes and hygiene practices were outlined.

Nutrition Education: The importance of proper nutrition for maintaining good health was highlighted, with practical tips provided.

Q&A Session: A question-and-answer session allowed participants to clarify doubts and seek additional information on health-related topics.

Overall, the class provided valuable insights into health awareness, empowering participants to make informed decisions regarding their well-being.



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COLLABORATION WITH

CHEMBILODE HSS

Health Awareness



**AWARENESS
PROGRAM**

**On the
importance
of health**



AT

 **Chempilad HSS**

 **February 22, 2023**

RESOURCE PERSON



Bhavya K K

Asst. Professor
Malabar B.Ed. Training
College Peravoor



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Class Report on "Green Chemistry in Daily Life" Session by Ms. Vinaya Miss

Date: 22/11/2023

Time: 10:00 am - 1:00 pm

Venue: Chembilode H.S.S

Ms. Vinaya Miss, Assistant Professor in Physical Science at Malabar BEd Training College Peravoor, delivered an informative session on the topic "Green Chemistry in Daily Life."

Objective: The primary objective of the session was to familiarize students with the principles of green chemistry and its practical applications in everyday scenarios.

Session Highlights:

Introduction to Green Chemistry: Ms. Vinaya provided an overview of green chemistry principles, emphasizing the importance of sustainable practices in chemical processes.

Case Studies: She presented case studies showcasing the implementation of green chemistry techniques in various industries and household products.

Environmental Impact: The session explored the environmental benefits of green chemistry, including reduced pollution and resource conservation.

Hands-on Activities: Students engaged in hands-on activities to illustrate green chemistry concepts, such as recycling and eco-friendly product design.

Discussion: Ms. Vinaya facilitated a discussion on the challenges and opportunities associated with incorporating green chemistry principles into daily life.

Future Implications: The session concluded with a discussion on the potential future advancements and innovations in the field of green chemistry.

Conclusion: Ms. Vinaya's session on green chemistry in daily life was insightful and engaging. By combining theoretical knowledge with practical examples, students gained a deeper understanding of the importance of adopting sustainable practices in everyday activities.



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Class Report: Understanding "Articles" with Ms. Krishnapriya Miss

Date: 13/12/2023

Time: 10:00 am - 1:00 pm

Location: Chembilode H.S.S

I Ms. Krishnapriya Miss, Assistant Professor in Education at Malabar BEd Training College Peravoor, conducted a comprehensive session on the topic "Articles." The class aimed to enhance students' understanding of the usage and significance of articles in the English language.

Session Highlights:

Concept Clarification: Ms. Krishnapriya elucidated the basic concept of articles, distinguishing between definite (the) and indefinite (a, an) articles. She provided clear examples to illustrate their usage in sentences.

Rules and Exceptions: The session delved into the rules governing article usage, covering exceptions and common errors encountered by learners. Ms. Krishnapriya engaged students in interactive discussions to reinforce understanding.

Practical Exercises: To reinforce theoretical knowledge, practical exercises were conducted. Students were given sentences to analyze and correct article usage where necessary. This hands-on approach enabled active participation and enhanced comprehension.

Application in Writing: Emphasizing the practical application of knowledge, students were encouraged to incorporate correct article usage in their writing assignments. Ms. Krishnapriya provided constructive feedback to help students improve their writing skills.

Q&A Session: The class concluded with a question-and-answer session, allowing students to seek clarification on any doubts or queries regarding articles. Ms. Krishnapriya addressed each query comprehensively, ensuring all students left with a clear understanding of the topic.

Conclusion: The class conducted by Ms. Krishnapriya Miss proved to be highly informative and engaging, providing students with a solid foundation in understanding articles. Through interactive discussions, practical exercises, and application-oriented learning, students gained confidence in utilizing articles effectively in both spoken and written English. Ms. Krishnapriya's expertise and teaching methodology significantly contributed to the success of the session, leaving a positive impact on the students' language skills.



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“ARTICLES”

RESOURCE PERSON



Ms.Krishnapriya K T

(Asst.prof in English,Malabar B.Ed
Training College,Peravoor)

DATE :13 - 12 - 2023

TIME : 10:00 AM

Venue: Chembilode HSS



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Class on Empowering Life Skills among Students by Indu K Mathew

Date: 06/12/2022

Venue: Malabar ITE, Chakkarakkal

Facilitator: Indu K. Mathew

The class on Empowering Life Skills among students conducted by Indu K. Mathew at Malabar ITE, Chakkarakkal, was an enlightening session aimed at equipping students with essential life skills necessary for personal and professional development. The session commenced with an introduction to the importance of life skills in today's dynamic world.

Indu K. Mathew, an esteemed educator, delved into various aspects of life skills, emphasizing their significance in fostering holistic growth and success. Through interactive discussions and engaging activities, students were encouraged to explore and cultivate key life skills such as communication, critical thinking, problem-solving, and emotional intelligence.

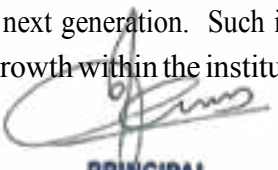
The session was structured to address real-life scenarios and challenges commonly faced by students, providing practical strategies and techniques to overcome them. Indu K. Mathew's insightful anecdotes and relatable examples resonated with the audience, fostering a conducive learning environment.

Furthermore, the class incorporated role-playing exercises and group discussions to encourage active participation and peer learning. Students were encouraged to reflect on their strengths and areas for improvement, empowering them to take ownership of their personal development journey.

Overall, the class on Empowering Life Skills by Indu K. Mathew received positive feedback from participants, who expressed gratitude for the valuable insights gained. It served as a catalyst for self-discovery and empowerment, equipping students with the tools necessary to navigate life's challenges with confidence and resilience.

The management of Malabar ITE extends its sincere appreciation to Indu K. Mathew for her exemplary facilitation and commitment to nurturing the potential of the next generation. Such initiatives are instrumental in fostering a culture of lifelong learning and personal growth within the institution.




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COLLABORATION WITH MALABAR ITE, CHAKKARAKKAL

*“Empowering life skills
among students”*



RESOURCE PERSON



Smt. Indu.K.Mathew

(Principal, Malabar B.Ed Training
College, Peravoor)

DATE : 4 - 10 - 2021

TIME : 10:00 AM

Venue: Malabar ITE, Chakkarakkal



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Class Report: First World War Lecture by Assistant Professor Meera Thomas

Date: October 4th, 2021

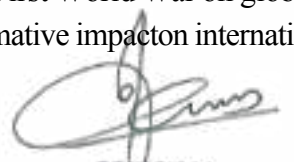
Time: 10:00 AM – 1:00 PM

Venue: Chembilod Higher Secondary School, Malabar B.Ed. Training College

Assistant Professor Meera Thomas conducted an insightful lecture on the topic of the First World War at the Chembilod Higher Secondary School. The lecture aimed to provide students with a comprehensive understanding of the causes, events, and consequences of one of the most significant global conflicts in history.

Key Highlights:

- **Engaging Presentation:** Assistant Professor Meera Thomas captivated the students' attention with a well-structured and visually appealing presentation. Utilizing multimedia resources, she effectively conveyed the complex historical narrative of the First World War.
- **Interactive Discussion:** The lecture fostered active participation among the students, encouraging them to ask questions and share their perspectives on various aspects of the war. Meera Thomas skillfully facilitated discussions, promoting critical thinking and analytical skills.
- **Comprehensive Coverage:** Meera Thomas provided a thorough overview of the factors leading to the outbreak of the First World War, including political tensions, militarism, imperialism, and nationalism. She also delved into key battles, diplomatic negotiations, and the eventual aftermath of the war.
- **Contextual Understanding:** Through insightful analysis and contextualization, Meera Thomas helped students grasp the broader implications of the First World War on global politics, society, and culture. She highlighted the war's transformative impact on international relations and the emergence of new geopolitical dynamics.



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Reflection and Conclusion: The lecture concluded with a reflective session where students were encouraged to contemplate the lessons learned from the First World War and its relevance in contemporary times. Meera Thomas emphasized the importance of studying history to gain insights into the complexities of human conflict and promote peace and understanding

Assistant Professor Meera Thomas's class on the First World War at the Chembilod Higher Secondary School was an enriching educational experience. Through her expertise and dedication, she successfully conveyed the historical significance of the war while fostering critical thinking skills among the students. The lecture undoubtedly contributed to the intellectual growth and historical awareness of the participants.



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TOPIC : FIRST WORLD WAR

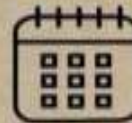
RESOURCE PERSON



Mrs:MEERA THOMAS
(Asst. prof in Social Science
Malabar B. Ed Training college,
Peravoor)



**CHEMBILODE
HSS**



04/12/2022



10:00 AM



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Class report – Simple Tricks in Mathematics by Anjuna M P

Date: 05/10/2021

Time: 10:00 AM to 1:00 PM

Venue: Chembilod HSS

On the specified date and time, Anjuna, Assistant Professor in Mathematics from Malabar B.Ed Training College, Peravoor, conducted a class on “Simple Tricks in Mathematics” at Chembilod HSS. The session aimed to introduce students to efficient and innovative methods to solve mathematical problems.

Anjuna began by outlining the importance of mathematical techniques in everyday life and academic pursuits. She emphasized the role of simple tricks in enhancing problem- solving skills and fostering a deeper understanding of mathematical concepts.

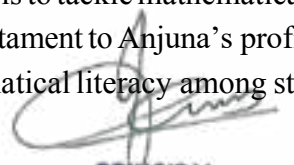
Throughout the class, Anjuna demonstrated various tricks and shortcuts for arithmetic operations, algebraic manipulations, and geometric calculations. She encouraged active participation from the students, inviting them to solve problems using the newly introduced techniques.

The session covered topics such as mental math strategies, quick multiplication and division methods, algebraic identities, and geometric constructions. Anjuna illustrated each concept with practical examples and provided step-by-step explanations to ensure clarity.

The Interactive nature of the class facilitated a dynamic learning environment, where students could exchange ideas and clarify doubts. Anjuna’s engaging teaching style and enthusiasm for mathematics captivated the students’ interest and motivated them to explore the subject further.

In conclusion, the class conducted by Anjuna on “Simple Tricks in Mathematics” was a resounding success, equipping students with valuable tools to tackle mathematical challenges with confidence and efficiency. The session served as a testament to Anjuna’s proficiency as an educator and her commitment towards promoting mathematical literacy among students.




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NEWDELHI

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CHEMBILODE HSS



SIMPLE TRICKS IN MATHEMATICS

RESOURCE PERSON



Mrs: ANJUNA MP
(Asst. prof in Mathematics
Malabar B.Ed Training college,
Peravoor)



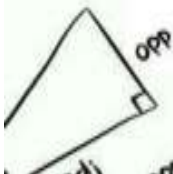
**CHEMBILODE
HSS**



05/10/2021



10:00 AM



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KANNUR DT., KERALA - 670673

Class on Communicative English by Mrs. Neenu James

Date: 06/10/2021

Time: 10:00 am to 1:00 pm

Location: Chembilod Higher Secondary School

Neenu, Assistant Professor at Malabar B.Ed. Training College, Peravoor, conducted a session on Communicative English for school students at Chembilod HSS. The session aimed to enhance students' English communication skills through interactive activities and exercises. Neenu employed various teaching methodologies, including group discussions, role plays, and language games, to engage the students effectively. The class received positive feedback from both students and faculty, with participants expressing appreciation for Neenu's engaging teaching style and the practical relevance of the content covered.

Overall, the session contributed to fostering a conducive learning environment for improving English language proficiency among school students.



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Student Exchange

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 .



Communicative english classs




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Awareness class about physical fitness

October 3, 2023

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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A Demonstration class for Physical education conducted at Vekkalam Govt UP School




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A Demonstration class for Physical education conducted at Vekkalam Govt UP School




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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

13/10/23

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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Awareness class on gender equality




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Our student conducts an awareness class on gender equality at St. Joseph HSS Peravoor




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Interactive session during awareness class




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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



**PRINCIPAL
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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 Abhijith 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.



Class taken by our student Abhijith about road safety




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Interacted with students about road safety rules




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EKNS GHSS VENGAD

In association with

**MALABAR B Ed TRAINING COLLEGE ,
PERAVOOR**

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.



GHSS Vengad mental health class




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KUTHUPARAMBA HSS

IN ASSOCIATION WITH MALABAR B.ED
TRAINING COLLEGE, PERAVOOR

AWARENESS ON

**CYBER
SAFETY**

RESOURCE PERSONS:

AMBILI K

SARANYA PADMANABHAN

VENUE : SMART CLASS ROOM

DATE : 13.10.2023



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Awareness class on cyber safety

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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St Thomas HSS Kelakam

In association with

**Malabar BEd Training College
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Awareness on How to Organise Study Time & Limit screen time

Resource Person



Nima Rose Thomas



**30th September
2023
At School Auditorium**



*Designed by
Nima*

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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.

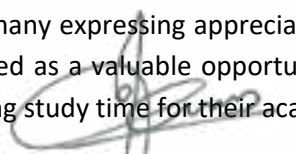
Interactive Activities:

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



RESOURCES PERSON: AMITHA.N
MUNAWWIRAV


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KANNUKUR DIST., KERALA - 670673

VENUE: SMARTCLASSROOM

DATE: 13/10/2023

TIME: 1.30 PM TO 2.30 PM

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



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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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Distributing menstrual cup to students




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Distributing menstrual cup to students




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Distributing menstrual cup to students




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Distributing menstrual cup to students




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Giving awareness class on menstrual hygiene and menstrual cup




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Giving awareness class on menstrual hygiene and menstrual cup




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Giving awareness class on menstrual hygiene and menstrual cup




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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.



Interaction session with students




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Giving awareness class on menstrual hygiene and menstrual cup




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Giving awareness class on menstrual hygiene and menstrual cup




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Adolescence – problems and solutions
13th October 2023

**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.G
ARYA P.V
ABHIRAMI.C
SWETHA.K**

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



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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. Theclass 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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Conducts

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



Resource Person: Akshara Kavalan

 VENUE: SCHOOL AUDITORIUM

**ON
20-09-2023**




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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 conservatio

n 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

Vigyantotsavam is an event that has greatly influenced assessment methods in the Kerala curriculum. Through Vigyantotsavam, 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



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in association with

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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

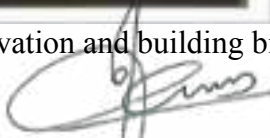
As part of Eureka Knowledge Festival, an awareness class and a debate was conducted on 20-09-2023. It was conducted as a continuation of Eureka Science Festival which held on 19/09/2023. Jyotish Raj, a student teacher, managed the programs the activities. An awareness class and debate was conducted for the students of 10B. The topic chosen for the awareness class was bio-diversity conservation and building bio-walls which are conservation activities. The 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.



Discussion on the topic biodiversity conservation and building bio-wall




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AWARENESS CLASS REPORT- social media on youth

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 unfavorable impact on the child's development. We discussed these aspects of Mobile Phone addiction in the awareness class about the illeffects 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

MALABAR B.ED TRAINING COLLEGE , PERAVOOR

AWARENESS CLASS ON

MOBILE PHONE ADDICTION

Resource Persons:

Akshaya Vinod

Nada Mumthas

Nivedya M



11 October 2023



2:45PM



Smart Classroom



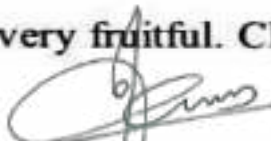
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AWARENESS CLASS ON PERSONAL HYGIENE AND HEALTHY FOOD HABITS

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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IN ASSOCIATION WITH
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AWARENESS CLASS ON

HEALTH AND HYGIENE

RESOURCE PERSONS



Ajay PV



Fathima Irfana



Aashima Joshi



12 OCTOBER 2023
MOTHER TERESA HALL

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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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KHSS KUTHUPARAMBA

In association with
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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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ST. JOSEPH HSS PERAVOOR

In association with

MALABAR B.ED TRAINING COLLEGE PERAVOOR

AWARENESS CLASS ON "HEALTHY FOOD HABBITs "



RESOURCE PERSONS : Pooja Jayaprakash
Aishwarya lakshmi
Ardra Krishnan

On 12 October ,Thursday



School Auditorium



@ 2.30 pm



with **HEALTHY FOOD**

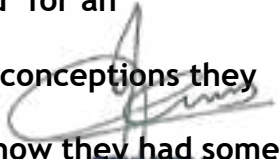

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REPORT ON THE CLASS CONDUCTED ON AWARENESS ABOUT MENTALHEALTH AND THE STIGMA AROUND IT

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




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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

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



Awareness about mental health and stigma around it




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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

Malabar B.Ed Training college, Peravoor

Awareness class on



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




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AWARNESS 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
Malabar BEd Training College Peravoor

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



Snehitha



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

12, 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



 School Auditorium

 11/10/2023

 2:00 pm - 3:15 pm




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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



Discussion with the headmistress




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Interaction with students of Kunnoth School




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Interaction with students of Kunnoth School




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Interaction with students of Kunnoth School




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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'.



Interaction session about the topic addiction in teenage




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Interaction session about the topic addiction in teenage




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In Association With
**MALABAR B. Ed TRAINING
COLLEGE, PERAVOOR**

TALK ON SOCIAL MEDIA ADDICTION



**RESOURCE
PERSONS :**

➔ **GANGA SUNIL**
➔ **SNEHALATHA. C**



03/OCTOBER 2023




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Talk on social media addiction

Talk on social media addiction
13/10/23

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. It was learned that the children understood very well about the misuse of social media and the problems and solutions.




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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



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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, Thoniyil. 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, Thoniyil, 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.



Physical fitness awareness class




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Physical fitness awareness class




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REPORT ON LSS- USS EXAM INVIGILATION

16/08/2023

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 16 th 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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REPORT ON LSS- USS EXAM INVIGILATION 12/06/2023

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	: മി. ജി. ജി.
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]
KPTSTA
IRITTY SUB DISTRICT



[Signature]
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PERAVOOR
KANNUR DT., KERALA - 670673**

AIDS DAY AWARENESS

On 01/12/2021

Time : 10 am

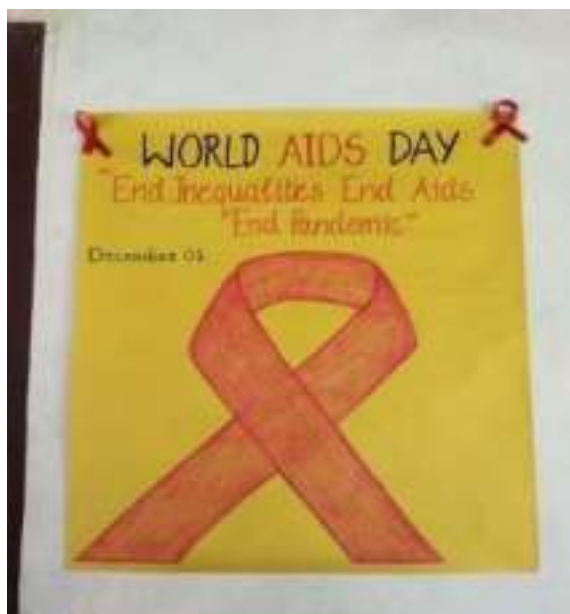
Venue : St Thomas HSS, Manikadavu

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 celebration



Aids day awareness




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Antidrug Awareness Program by MS. Akshara V V

Venue: Chembilode Higher secondary school

Date: 17/ 10/2022

The Antidrug Awareness Program organized by Ms. Akshara at Chembilode Higher Secondary School on 17/10/2022 was a comprehensive event designed to address the issue of drug abuse among students. Ms. Akshara, a seasoned advocate for drug prevention, meticulously planned the program to provide students with a deep understanding of the consequences associated with substance abuse.

During the event, Ms. Akshara utilized various educational tools such as multimedia presentations, real-life case studies, and interactive discussions to engage the audience.

She effectively conveyed the physical, emotional, and social ramifications of drug addiction, illustrating how it can adversely affect one's health, relationships, and prospects.

Moreover, Ms. Akshara emphasized the importance of building a supportive community and seeking help when faced with challenges related to substance abuse. She encouraged students to be proactive in supporting their peers and to approach trusted adults or professionals for assistance if needed.

Throughout the program, students actively participated in discussions, asked questions, and shared their own experiences and concerns. The inclusion of testimonials from individuals who had successfully overcome addiction added a personal touch and underscored the message of hope and recovery.

By the end of the Antidrug Awareness Program, students left with not only a heightened awareness of the dangers of drug abuse but also with practical strategies and resources to resist peer pressure and make positive choices. The event served as a catalyst for fostering a culture of prevention and support within the school community, empowering students to lead healthy and drug-free lives.



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Antidrug awareness



Antidrug awareness




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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'.

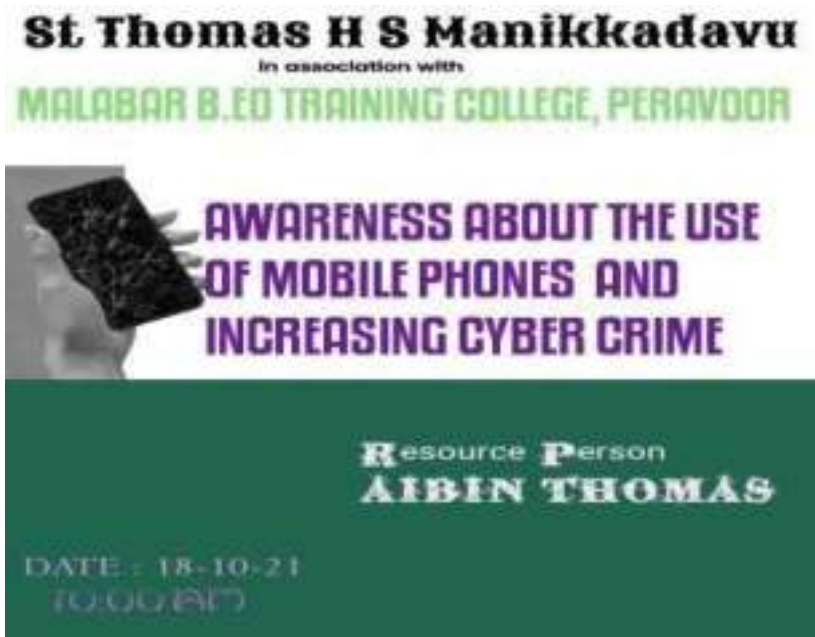


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18 OCTOBER 2021

Awareness about the use of mobile phone and increasing cyber crime

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.



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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 sashtra 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.




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Adolescence – problems and solutions

19/10/2021

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.




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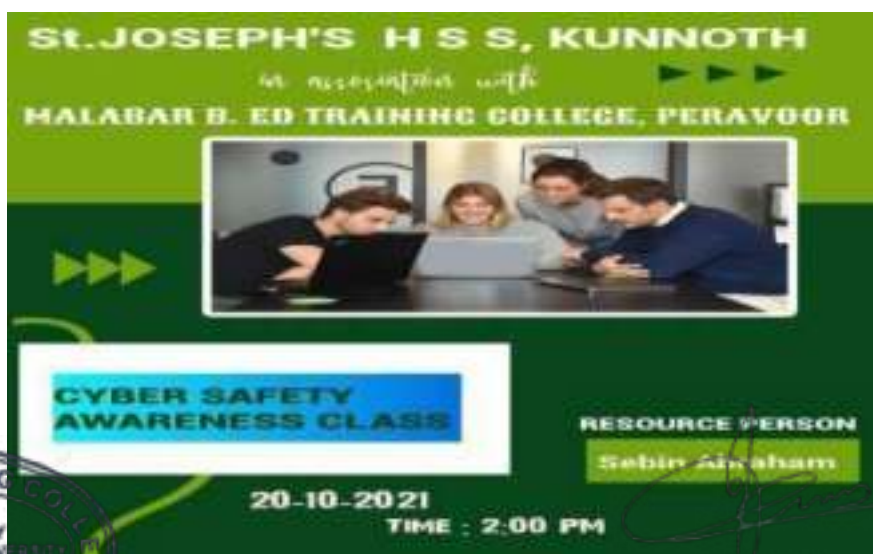
AWARENESS CLASS REPORT- cyber safety

20/10/2021

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.



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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

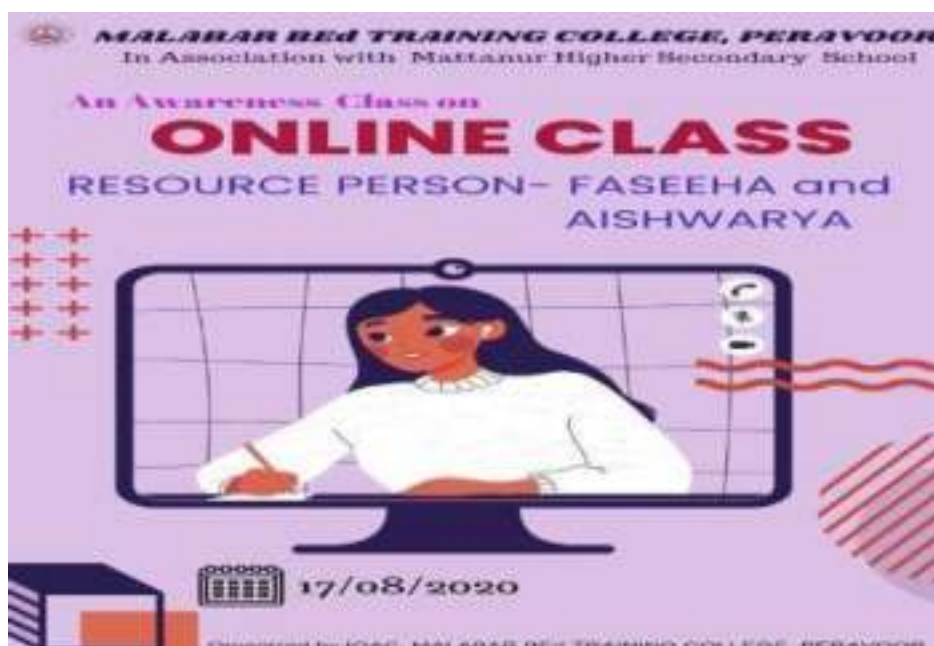
Date: August 17, 2020

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

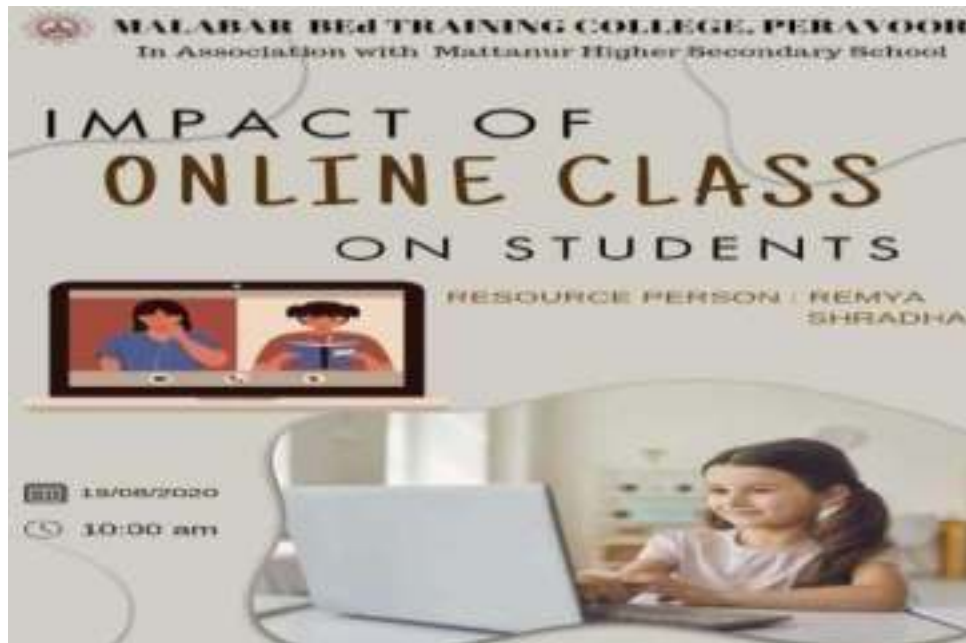
Malabar BEd Training College, Peravoor, conducted an awareness class focused on the impact of online classes. The session aimed to educate attendees on the advantages, challenges, and future prospects of online education, drawing insights from recent experiences during the COVID-19 pandemic. The session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

19/08/2020

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 th




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Resource Person:
Anjali Vijayan

DATE : 19/08/2020
Time : 10 am



Organised by IQAC Malabar
B. Ed College, Peravoor

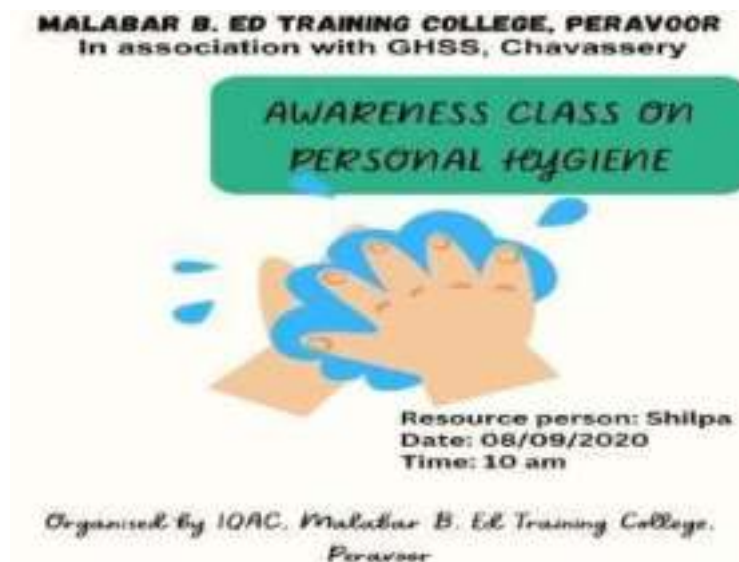
Awareness on Personal Hygiene 8/0/2020

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

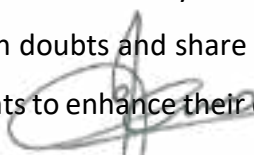
St. Thomas HSS Kiliyanthara

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.




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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



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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.

Promoting Health and Hygiene Practices during COVID-19 Pandemic

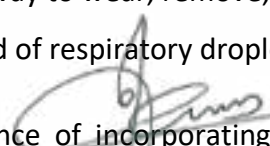
October 2, 2020

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




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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.



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.



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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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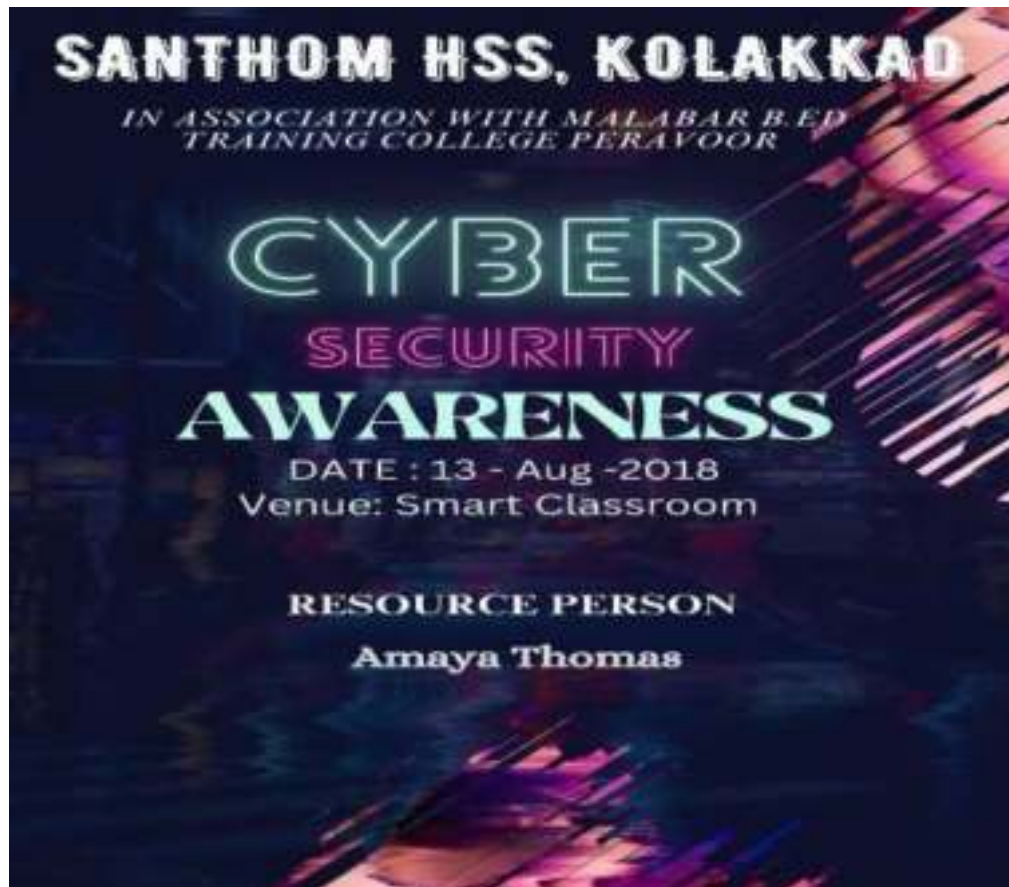
AWARENESS CLASS REPORT ON MENTAL HEALTH
10-10-2019

An awareness class on the topic mental health for the students of 9 standards 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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Cyber security awareness class
13-08.2018



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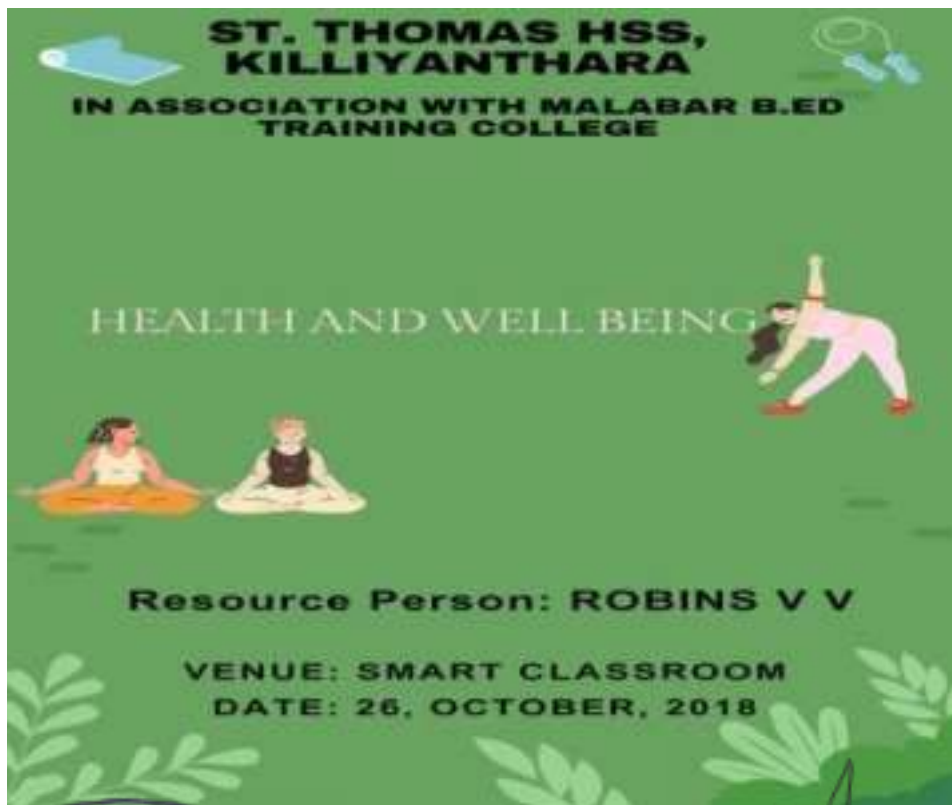
An awareness class was conducted for VIII standard students about cyber security and awareness. The class was conducted by Amaya Thomas .It was a one house program started at 2pm held in a smart classroom. Nowadays the number of cyber-attacks continues to rise each year with the addition of networked 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 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
26/10/2018

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.




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Awareness class on Goal setting and achievement

27/09/2018

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.

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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GOAL SETTING AND ACHIEVEMENT

Resource person

Bilicy Cherian

27th, September , 2018



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Report on awareness on social responsibility
14/09/2018

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.




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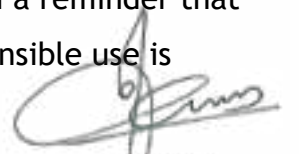
Safe Social Media Use

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.

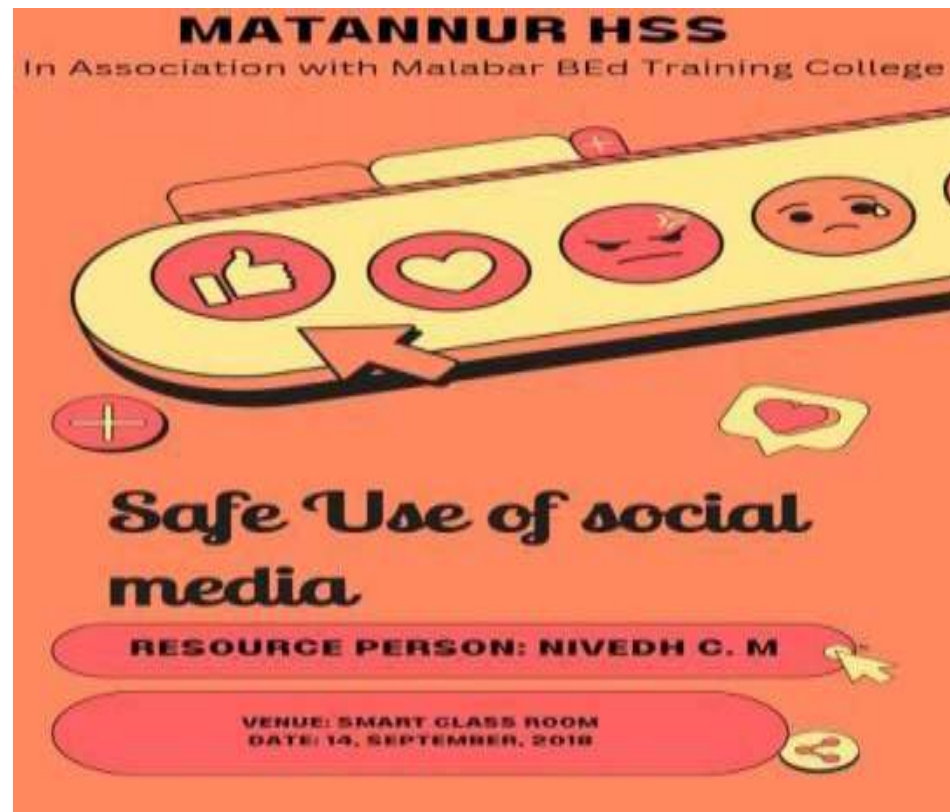
Cyber bullying is a serious issue on social media platforms. Students were advised to be respectful in their interactions and to report any instances of bullying or harassment to appropriate authorities. The spread of misinformation on social media can have far-reaching consequences. Students were encouraged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



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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.

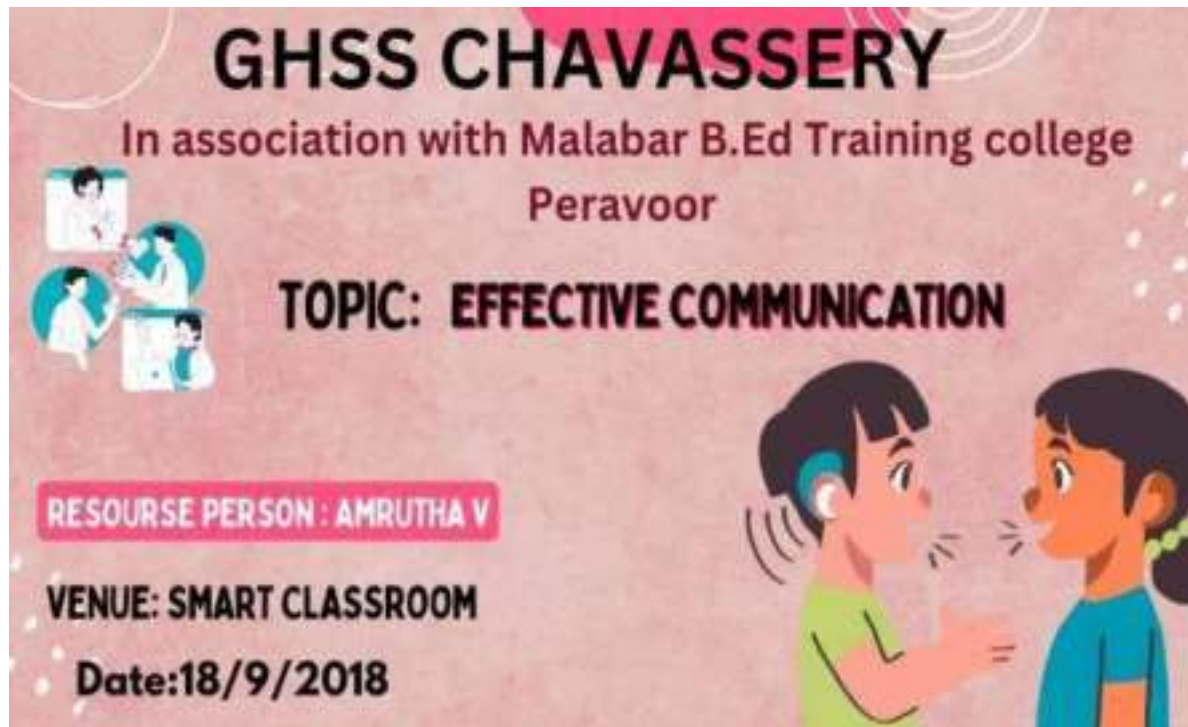
Ms. Amritha V began the workshop with an insightful overview of communication fundamentals. She emphasized the importance of clarity, active listening, and non-verbal communication in conveying messages effectively. Participants were encouraged to actively participate through interactive exercises and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




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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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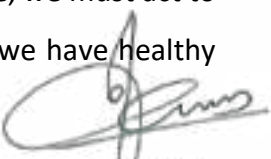


REPORT ON AWARENESS CLASS ON ENVIRONMENTAL SUSTAINABILITY

11,September 2019

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




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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.

**ST. SEBASTIAN'S HSS VELIMANAM
IN ASSOCIATION WITH MALABAR B.ED TRAINING
COLLEGE ,PERAVOOR**



TOPIC : ENVIRONMENTAL SUSTAINABILITY

RESOURCE PERSON: DHANASREE KV

Date :11/9/2018
VENUE:
SMART CLASS ROOM



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



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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.




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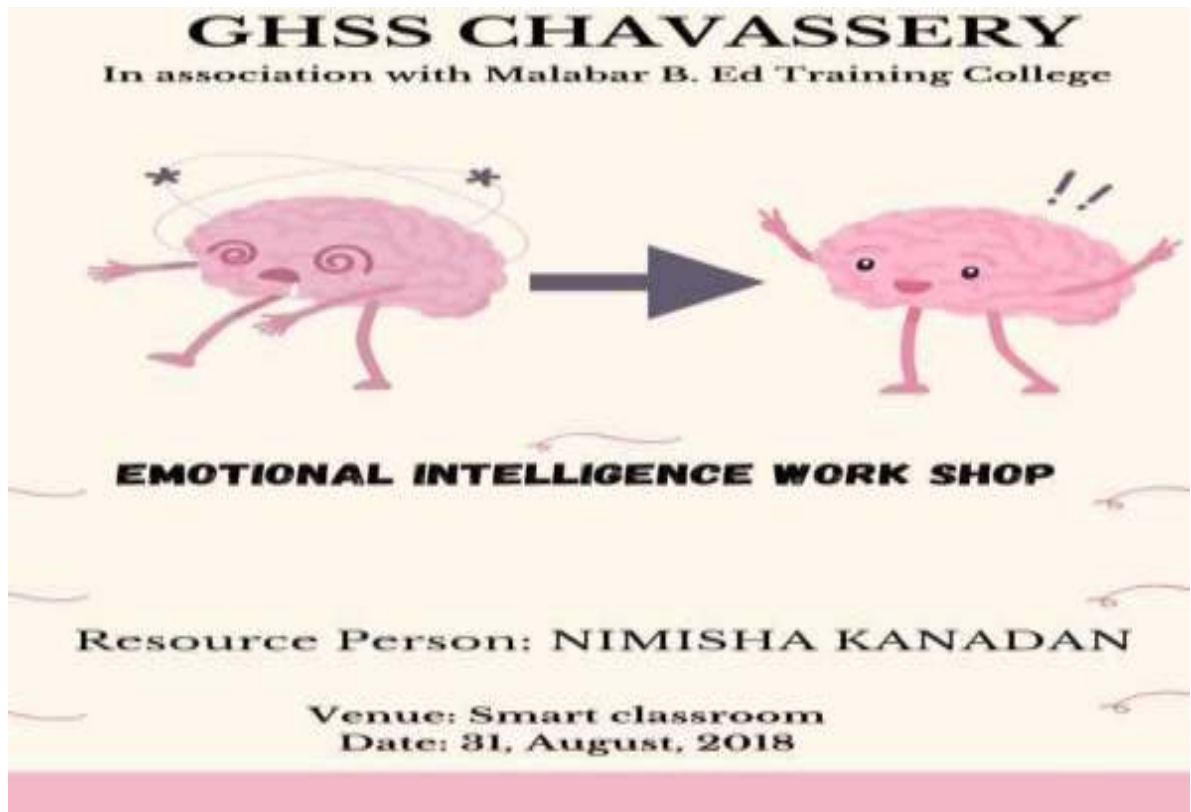
Feedback from participants was overwhelmingly positive, highlighting the workshop's relevance and the effectiveness of Nimisha's teaching methods. Many expressed intentions to apply EI strategies in their personal and professional lives. The workshop concluded with a recap of key takeaways and an open floor for 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.



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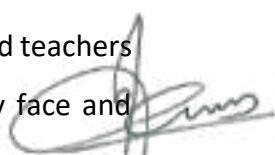
Report on awareness class on water conservation 24/09/2018

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.

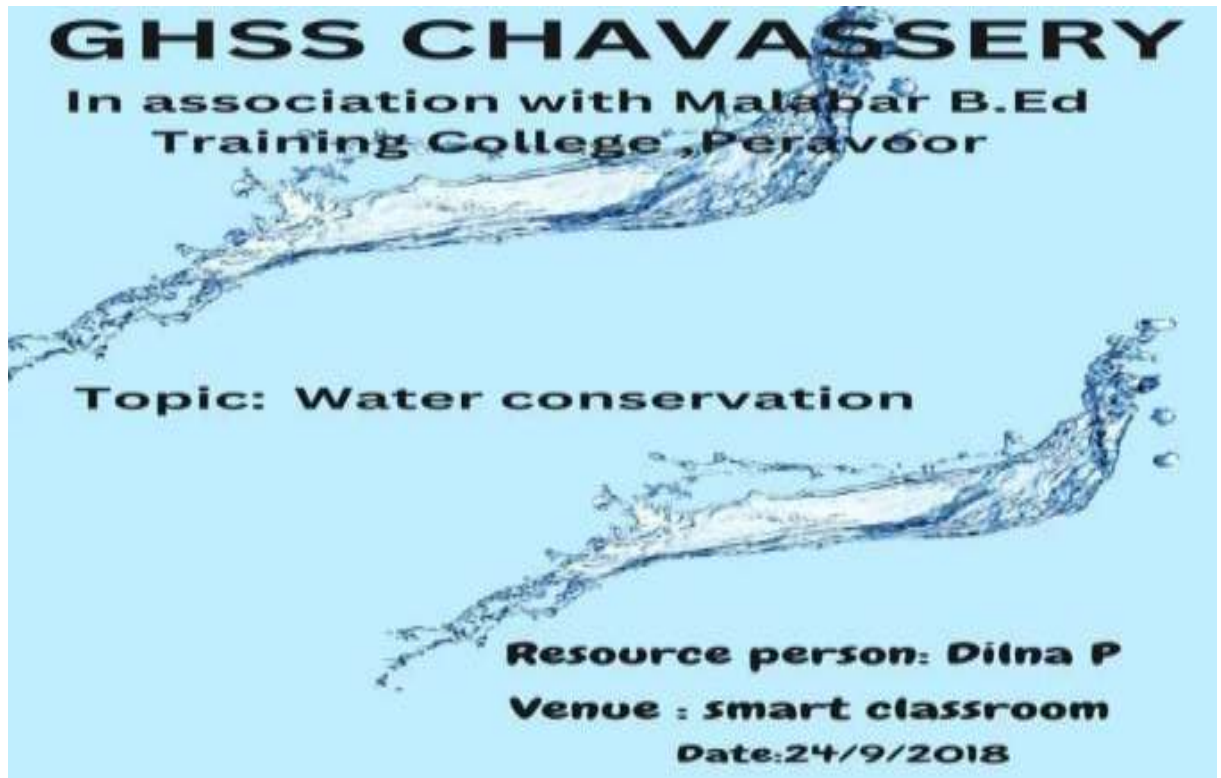
The session aimed to educate students and staff about the importance of conserving water, practical measures to reduce water waste, and ways to sustainably manage water resources. Dilna P highlighted the global and local challenges related to water scarcity. She emphasized the finite nature of fresh 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




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advice from Dilna P. There were also group activities aimed at brainstorming innovative water-saving ideas.



Report on First Aid and CPR Training

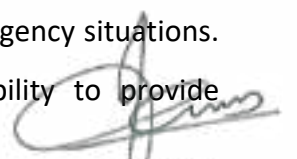
Date: October 22, 2018

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



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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.




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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

20/08/2018

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.

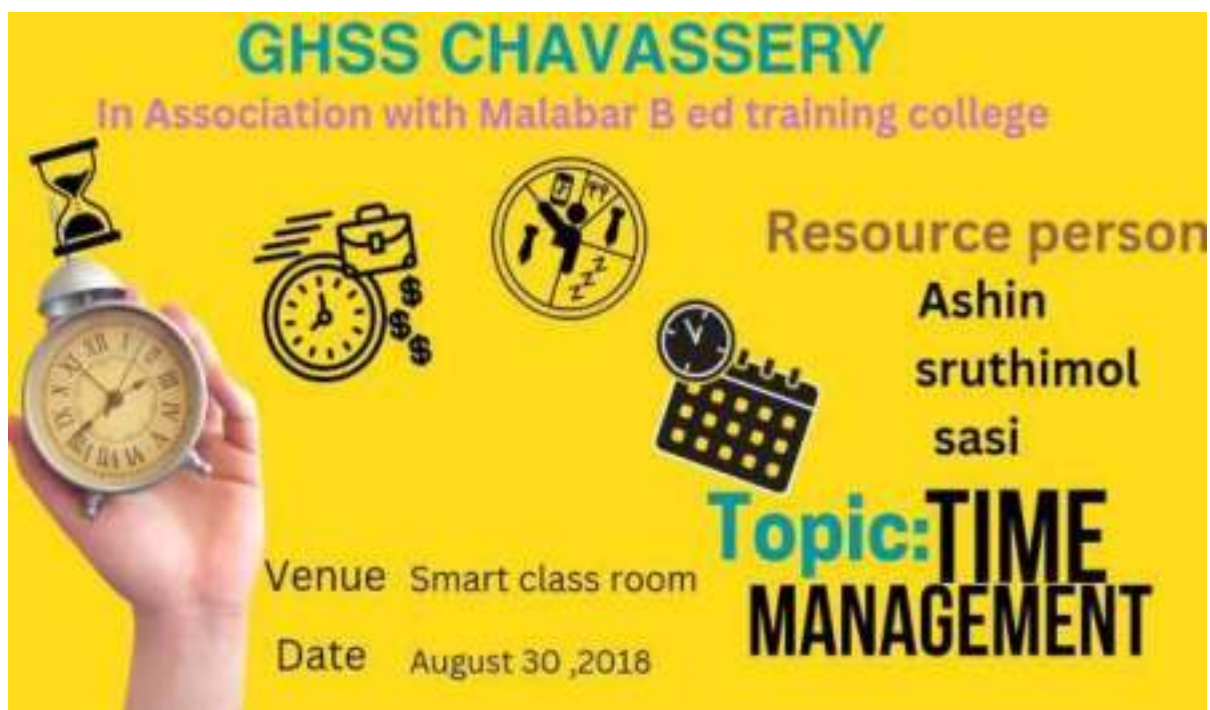
Sasi concluded the session with interactive activities that engaged the students in practical applications of the concepts discussed. He conducted a time management exercise where students were asked to plan their day, allocating time for studies, extracurricular activities, and relaxation. This hands-on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

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.



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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.



GHSS CHAVASSERY
In Association with Malabar B ed training college

Resource person
Ashin
sruthimol
sasi

**Topic: TIME
MANAGEMENT**

Venue Smart class room
Date August 30 ,2018



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Awareness class on energy conservation

22/09/2018

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 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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GHSS CHAVASSERY

**IN ASSOCIATION WITH MALABAR B.Ed
TRAINING COLLEGE, PERAVOOR**

ENERGY CONSERVATION

DATE : 22 -Sep - 2018

VENUE :Smart Classroom

RESOURCE PERSON

LAYANA K.S



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Research



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Nomenclature of plants

(04/01/2023)

Plants play a significant role in our lives. Without plants, there would be no more life existing on planet earth. There are around three to four lakh identified plant species, and this list is still increasing. Plants are the primary producers, and all other living organisms on this planet depend on plants.

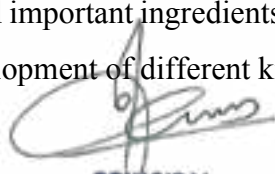
Medicinal plants are plants that have a recognized medical use. Their use ranges from the production of mainstream pharmaceutical products to herbal medicine preparations.

Herbal medicine is one of the oldest forms of medical treatment in human history and could be considered one of the forerunners of the modern pharmaceutical trade. In the past our ancestors were using plants and herbs to preserve and flavour food, reduce pain, treat headache and even prevent diseases including epidemics. The knowledge of their healing properties has been transmitted over the centuries within and among human communities. Active compounds produced during secondary metabolism are usually responsible for various purposes including treatment of infectious diseases.

According to modern history, many life threatening diseases were cured by preparing pastes from roots, herbs, barks, and different plants' leaves. Aspirin, sandalwood, basil leaves, clove oil, tulsi, aloe vera etc.. are a few examples of medicinal plants used even today in many pharmaceutical industries. Plants synthesize hundreds of chemical compounds for various functions, including defence and protection against insects, fungi, diseases, and herbivorous mammals.

Medicinal plants have started to be considered as an essential source in treating, preventing a variety of diseases. Each plant consists of several important ingredients that can be used in the medical field, and can be involved in the development of different kinds of




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drugs. It also helps in maintaining human wellbeing, personal health condition, and treating certain types of disease such as cough, dengue fever, facial problems etc..

We decided to conduct a study on “IDENTIFICATION OF MEDICINAL IMPORTANCE OF FLOURA AROUND 200 METERS OF THE CAMPUS” with the objective follows:

- To identify the medicinal important plants around 200 meters of the campus.
- To find out the medicinal importance of the plants identified.

REVIEW OF LITERATURE

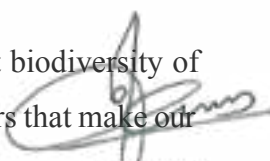
Plant is one of the major forms of life on earth. It can produce its own food but cannot move about. Plants have well organized structures. Usman and his colleagues in 2014 by their study mention that plants are beautiful and they determine local climates and are used as live fences. They Phyto remediate and cool our environment. They provide us with oxygen, medicines, fuel, timber, recreation, industrial products; preservatives, pesticides in addition to all the three necessities of life: food, clothing and shelter.

They purify the air and water bodies. According to the Oxford Advanced Learner’s Dictionary (2006 Edition), a plant is a living thing that grows in the earth and usually has stem, leaves and roots. In other words, the term plant refers to a living thing that usually can produce its own food, reproduce, but cannot move around. These include trees, shrubs, herbs and vines. Plant is one of the major kingdoms of life forms, a life form we cannot live without because Plants are the only life forms that can produce their own food.

People depend upon plants to satisfy their basic human needs such as food, clothing, shelter, and medicine. To date, these basic human needs are growing rapidly because of a growing world population, increasing incomes, and urbanization. Plants make up the largest proportion in our diet, in many countries the staple diet comes from rice or wheat. Humans get 85% of their calories from 20 plant species and interestingly 60% of that comes from three plant species, wheat, rice and maize (Bennett, B.C. 2010).

Fernado and Dilantha from their work done in 2012 gave information that biodiversity of plants on the Earth provides aesthetic value to humans, especially the flowers that make our




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gardens so pleasant. Trees provide wood and many other useful possessions. Plants, especially trees can help make and preserve soil. Researchers have found that plant biodiversity can aid in reducing the effects of climate change. According to a 2010 study conducted by the Royal Botanic Gardens in the UK, 22% of the approximately 380,000 known plant species (or about 83,600 plant species) are endangered [1]. It is more important than ever to turn around the loss of biodiversity and conserve all plants.

Medical plants have started to consider an essential source in treating/preventing a various kind of disease (Rakotoarivelo NH et al., 2015). Each plant consists of several important ingredients that can be used in medical field, and can be involved in the development of different kind of drugs (Yuan H, Ma Q., 2016). A lot of undeveloped countries or even developed countries are using herbal medicine in maintain human well-being, personal health condition, and treating certain type of disease such as It is predicted that plants and herbs are going to play an essential role in the medical field, especially in the treatment of critical disease such as cancer, so that their medical efficacy should be tested in the present and future studies.

A review on medicinal plants by Singh .R in 2015 informed that active compounds produced during secondary metabolism are usually responsible for the biological properties of plant species used throughout the globe for various purposes, including treatment of infectious diseases .Munita JM and Arias after their study on Mechanisms of antibiotic resistance warned people about the risk and dangerous of pathogenic microorganisms that have become resistance to discovered antimicrobial .It is predicted that plants and herbs are going to play an essential role in the medical field, especially in the treatment of critical disease such as cancer, so that their medical efficacy should be tested in the present and future studies.

MATERIALS AND METHODS

STUDY AREA

200 metres of area around Malabar B Ed Training College, Peravoor was selected as the study site. Malabar B Ed Training College, Peravoor is an institution run by Malabar



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Educational and charitable Trust, Kannur, affiliated to Kannur University and was approved by NCTE. The college is functioning at Peravoor, Kannur.

COLLECTION PERIOD

The observation and the data collection were done on 09th October, 2023.

METHODS

Eleven members of the class was divided into four random groups and each group was allocated a direction to collect data. The plant species were observed carefully and data was recorded. Images were collected and the plant species were identified.

entified.



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RESULTANDDISCUSSION

Table: 1 showing different species of flora present in 200 meter of the college campus.

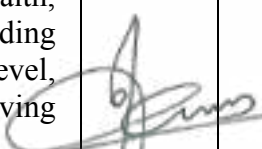
Sl. No	Common Name	Scientific Name	Medicinal Uses	Total no. Of plants in given area.
1	Tapioca	Manihot esculenta	Free of common allergens, Easy to digest, source of calcium, protecting heart health, support weight gain.	8
2	Brinjal	Solanum melongena	It may help to lower the risk of heart attack, stroke, reducing the damage .It good for diabetics,	11
3	Ladies finger	Abelmoschus esculentus	It good for digestion. It has high fibre content and it prevent constipation. It also protects liver against free radical damage. Helps in managing cholesterol level and keep heart healthy.	20
4	Cocconut	Cocos nucifera	Coconut is high in fibre and low in carbs, so it helps control blood sugar level. It contains numerous antioxidants that fight against cell damage. The anti-oxidants reduce the risk of cancer. Extract will have used to treat diarrhoea, stomach aches. Coconut oil prevent hair loss and coconut water used for renal disease.	33
5	Sapota	Manilkara zapota	Sapota cata compound named tannins, that neutralizes acid secretion in gut. Hence it is beneficial in treating hypersensitivity symptoms. It also helps in providing relief from constipation and lower infection of intestine.	1
6	Pea	Pisum sativum	Pea are good source of vitamins C and E and other antioxidants that strengthen immune system. Other nutrients such as Vitamins A& B reduce inflammation, diabetes, heart disease, arthritis.	35
7	Turneri	Curcuma longa	It is used as a herbal medicine for rheumatoid arthritis, skin cancer, small pox, chicken pox, wound healing, urinary tract infection, conjunctivitis.	40



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			Today, turmeric promoted digestive disorders, respiratory infection etc.	
8	Colocassia	Colocasia esculenta	It uses for the treatment of asthma, arthritis, diarrhoea, internal haemorrhage, neurobiological disorders and skin disorders. Colocasia contain valuable bioactive molecules effective against cancer and cancer related risk factor.	10
9	Chilli	Capsicum frutescens	High amount of vitamin C and antioxidants found to help prevent lifestyle disease including cancer and stomach ulcers. to create heat within the body has also linked to weight loss and lowering risk of type II diabetes.	39
10	Thulsi	Ocimum Tenuiflorum	Tulsi has proved to be highly effective in protecting our body from various infectious diseases of liver, skin, kidney etc. Maintain our blood pressure level and cholesterol level. It also effective in treating cold, coughs, respiratory infections. It also boost immunes system.	7
11	Cashew	Anacardium occidentale	Similarly, to nuts, cashew promote weight loss, blood sugar control and heart rate. Cashew is used for diabetes, high cholesterol, stomach and intestinal ailments, skin problems.	4
12	Acacia	Acacia baileyana	As a medicine acacia is taken by mouth to reduce cholesterol level and increase weight loss. In manufacturing, acacia used as a pharmaceutical ingredients in medication for throat or stomach inflammation and used agent in peel off skin masks.	1
13	Papaya a	Carica papaya	It can be used as a skin dressing for burns under clean conditions and ointment are useful in treating decubitus ulcers. Papaya is also known to increase hair health, because of its Vitamin A content. It aiding digestion, improving blood sugar level, lowering blood pressure and improving wound healing.	18

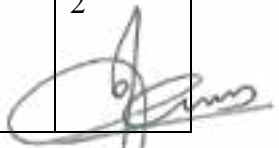



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14	Neem	Azadirachta indica	Neem is effective against variety of skin disease, septic sores, infectious burns. The oil is used for skin disease such as scrofula and ring worm. Neem leaves are considered as immune modulatory age. It is	1
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			used as best treatment for leprosy, eye problems.	
15	Mango	Mangifera indica	Mango is a strong antioxidant, anti-lipid peroxidation, immune modulations, wound healing, anti-degenerative, antidiabetic and anti-fungal and bacterial activities (mango leaves). It may support eye health, digestive health	2
16	Cosmos	Cosmos Bipinnatus	It medicinal properties include anti-diabetic, anti-hypersensitivity, anti-inflammatory, bone protective and anti-microbial activity.	22
17	Ridge Gourd	Luffa acutangula	It is anti-inflammatory and is high in beta carotene and thus enhance eye health. It boost liver health and act to detoxify the liver also protecting it from alcohol intoxication.	15
18	Nut grass or Muthanga	Cyperus rotundus	Muthanga boiled in goat's milk and given as a milk decoction is useful for all type of diarrheal diseases. It has no side effect. It control excessive formulation of pigment, melanin in the skin and treat severe skin conditions.	2
19	Nutmeg or jathi	Myristica fragrance	This is a good source of potassium, manganese, zinc, iron, calcium etc. Potassium essential constituent's in body fluids and control blood pressure and heart rate. Also used for treatment of diarrhoea, nausea, stomach spasm, intestinal gas etc.	6
20	Golden shower or kanikkonna	Cassia fistula	Cassia has wide range of pharmacological effects including anti-tumour, anti-inflammatory, anti-diabetic, anti-obesity activities.	2




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21	Globe amaranth	Gomphrena globosa	It is rich in anti-oxidants, anti-microbial properties and also has cytotoxic that fight cancer. It fight against Plasmodium falciparum, the parasite that cause malaria.	99
22	Areca nut	Areca catechu	It is highly recommended for removing tape worm and other intestinal worms and chewing this nuts along with betel leaves serves as natural mouth freshener. Strengthen heart muscle and regulating menstrual flow.	15
23	Indian gooseberry	Phyllanthus emblica	It effects include anti-aging, cancer prevention, heartburn reduction.	1

Gomphrena globosa



Cocos nucifera




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Leucas aspera



Pisam sativum




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Mimosa pudica



Solanum melongena




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Azadirachta indica



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Capsicum frutescens



Magifera indica




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Manihot esculenta




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Abelmoschus esculentus



Curcuma longa




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Carica papaya




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The most abundant plant species seen in the studied area include Chilli (*Capsicum frutescens*), Turmeric (*Curcuma longa*), and Globe amaranth (*Gomphrena globosa*).

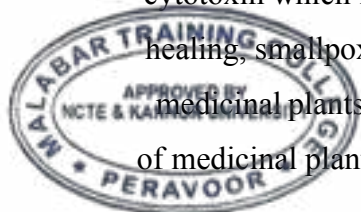
A total number of 99 *Gomphrena globosa* plants are seen in the given area. This plant is rich in anti-oxidants, anti-microbial properties and also has cytotoxin that fights cancer. It also fights against *Plasmodium falciparum*, the parasite that causes Malaria. 40 number of *Curcuma longa* plants are present in the given area. Turmeric is an herbal medicine used for skin cancer, small pox, chicken pox, wound healing, urinary tract infection, rheumatoid arthritis, etc. Another abundant plant seen in the locality is *Capsicum frutescens*, a total of 39 plants are found. It contains high amount of vitamin C and anti-oxidants, which help to prevent lifestyle diseases including stomach ulcers.

The plants such as Sapota (*Manilkara zapota*), Acacia (*Acacia bailevana*), Neem (*Azadirachta indica*), and Indian Gooseberry (*Phyllanthus emblica*) are seen less in number.

Manilkara zapota is beneficial in treating hypersensitivity symptoms. *Acacia bailevana* is a medicine used to reduce cholesterol level and increase weight loss. *Azadirachta indica* is effective against variety of skin diseases, septic sores, and infectious burns. *Phyllanthus emblica* is effective for prevention of cancer, include anti-aging agents, etc.

CONCLUSION

Plants are very crucial for life on earth. There is a wide variety of plants species available, and the number is increasing every year. Having some species knowledge is very necessary and this makes species identification an interdisciplinary interest. we had conducted a study on identification of medicinal importance of flora around 200 meters of our campus. We identified a lot of varieties of plants. Among them lots of medicinal plants was there. Each plants have its own different uses. We identified 23 varieties of plant species. The most abundant plant species seen in this area include Chilli (*Capsicum frutescens*), Turmeric (*Curcuma longa*) and Globe amaranth (*Gomphrena globosa*). Chilly are of 39, Turmeric are of 40 and Globe amaranth are of 99 in number. The plants such as Sapota, Acacia, Neem, Indian Gooseberry are seen less in number. Sapota, neem, gooseberry and acacia are only 1 in number. All of the identified 23 plant species are of having great medicinal importance. Most of them have anti-oxidant and anti-microbial property. Among this globe amaranth contain cytotoxin which fight against cancer. Turmeric is a herbal medicine used for skin cancer, wound healing, smallpox. Acacia used to reduce cholesterol level. Thus a variety of medicinal plants are identified from our campus. This study helped us to find out different varieties of medicinal plants in our campus. Also this project helped us to study different uses




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of many of the plants.

Towards Sustainable Solutions: Innovations in Waste Disposal” -05/09/2022

Research Study Report: Waste Management at Malabar B.Ed Training College

Introduction:

Waste management is a critical aspect of sustainable development, especially in educational institutions where significant volumes of waste are generated daily. This

research study focuses on analysing the waste management practices at Malabar B.Ed Training College in the year 2022, with a particular emphasis on plastic waste, e-waste, and paper waste. The study aims to identify the amount of plastic waste generated within the campus, types of waste, measures adopted for waste management, and suggestions for improvement.

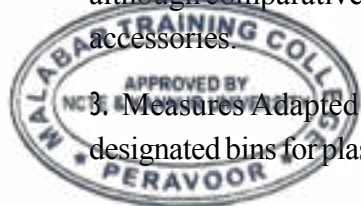
Methodology

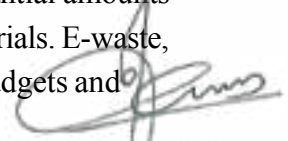
1. Data Collection: Data was collected through survey among prospective teachers and interviews with college staff responsible for waste management, and analysis of waste disposal records.
2. Waste Segregation: Waste baskets were categorized into three types: plastic waste, e- waste, and paper waste.
3. Quantification: The amount of plastic waste was measured by conducting waste audits and weighing the collected plastic waste over a specified period.
4. Analysis: Data collected was analyzed to identify trends, challenges, and potential areas for improvement.

Findings

1. Amount of Plastic Waste: The research revealed that plastic waste accounted for a significant portion of the total waste generated within the campus. Daily observations and waste audits indicated a consistent flow of plastic waste, primarily from packaging materials, water bottles, and stationery items.
2. Types of Waste: Apart from plastic waste, the campus also generated substantial amounts of paper waste, including discarded notebooks, printouts, and packaging materials. E-waste, although comparatively lesser in volume, consisted of obsolete electronic gadgets and accessories.

3. Measures Adopted: The college has implemented basic waste segregation practices, with designated bins for plastic, paper, and e-waste. However, there is a lack of awareness among students




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and staff regarding proper waste disposal techniques and the importance of recycling.

4. Involvement of Harithkarmasena: The college has initiated discussions with Harithkarmasena, the local environmental conservation group, to collaborate on waste management initiatives. This partnership aims to enhance waste segregation, promote recycling, and conduct awareness campaigns within the college community.

Suggestions for Improvement:

1. Each floor in our college there are separate waste bins
2. We decided to make vermi compost in our college
3. We also decided to make biogas plant in our college.
4. Awareness Campaigns: Organize regular workshops, seminars, and awareness campaigns to educate students and staff about the importance of waste management, recycling, and environmental conservation.
5. . Enhanced Infrastructure: Invest in improved waste segregation infrastructure, such as color-coded bins, signage, and collection points, to facilitate effective waste segregation and disposal.
6. Student Involvement: Encourage student participation in waste management initiatives through volunteer programs, competitions, and incentivized recycling schemes.
7. Curriculum Integration: Integrate waste management and environmental conservation topics into the college curriculum to instill a culture of sustainability among future educators.

Conclusion:

Effective waste management is crucial for promoting environmental sustainability and reducing the carbon footprint of educational institutions like Malabar B.Ed Training College. By implementing targeted interventions, fostering partnerships with local stakeholders, and raising awareness among the college community, significant progress can be made towards achieving a greener and cleaner campus environment.

References:

- Interviews with college staff responsible for waste management.
- On-site observations and waste audits conducted at Malabar B.Ed Training College.
- Discussions with Harithkarmasena regarding potential collaboration on waste management initiatives.




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Waste disposal



Waste disposal




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Waste disposal

Diamond jubilee people campaign : Understanding the geoscience and socio-economic consequence of the kolayad landslide in Kanichar panchayath – 20-08-2022

Kolayad and Kanichar are two panchayats belonging to the eastern hilly region which is a part of the Western Ghats in Kannur district. These panchayats share borders with Wayanad district and Kozhikode district. It is a rich terrain with mountains, forests, wild streams, farmlands and valleys. Agriculture is the main means of livelihood of the people in Kanichar which has an area of 519 sq km and Koliyad panchayat which is spread over 33.17 sq km. The famous Churam Road SH 59, which connects Kannur district with Wayanad, passes through the border of the two panchayats. The western side of the road is Kannavam Reserve Forest

Socio-Economic Impact - Information

Disaster zone Nidumpurumchal Pulakutty, Velli, Seminary village. In areas such as Nellani Kal, students, Sasra Sahitya Parishad workers, social workers etc. divided into groups and completed the survey in one day.




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Everyone participated in the survey very enthusiastically. A pre-prepared survey form was used for this purpose. The survey form was also given to the groups online. The team visited all the houses and other establishments affected by the calamity and collected information.

Most of the people in the disaster area are farmers. Majority of the people grow long-term crops like coconut, cowpea, tapioca, rubber, cocoa, cashew and short-term crops like yam, sorghum and banana, are also cultivated.

As a result of the landslides, the agricultural land became uncultivable. Stones, soil, rock, mud and huge trees were washed away - crops like pepper, coconut, banana and cashew were destroyed in the Chedari area. The damage estimate is given in Table (1). Domestic animals such as pigs, chickens, ducks, cows, dogs, etc. were also lost and the water source in the disaster area disappeared and new springs appeared. In places like Madassery Mala, Nellanikal and Seminary Villa, the wells are covered and the water used is discolored and tastes different. In Nellanikal, Vellara, Madasseri Mala, the people were in dire straits as their houses were completely destroyed and their household goods were lost. The Kanjirapuzha overflowed as a result of the landslide, causing the loss of a large amount of agricultural land, houses and household goods to the people of Kanichar, Kola Yat and Peravoor panchayats, as well as children's books and other study materials, which temporarily halted the study. Although there was heavy rain from 3 o'clock on August 1, no safety instructions were received, as there is a possibility of further eruptions in the disaster areas, the disaster victims requested the survey team to take measures to relocate them to safer places. In the landslide at Chekeri in Kolayad panchayat, the Punnapalam river overflowed and flooded houses in the nearby areas. Many are suffering from severe psychological stress as they have lost their homes and their livelihoods. 4 Crores 10 Lakhs in Kanichar Panchayat alone and 55 Lakhs in Kolayad Panchayat and Peravoor pachayath. There was also a loss of Rs 93 lakh. Most of the farmers are in debt. It is estimated that there was a loss of around 20 lakhs in the dairy sector alone. For the complete reconstruction of the disaster area, it is essential that the local self-government bodies take the initiative and make a concerted effort to remove the concerns of the people. Steps should be taken to provide adequate compensation at the earliest




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photos of Land slide in Kanichar panchayath




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Photos of survey conducted by students




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Landslide kanichar panchayath




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Landslide kanichar panchayath



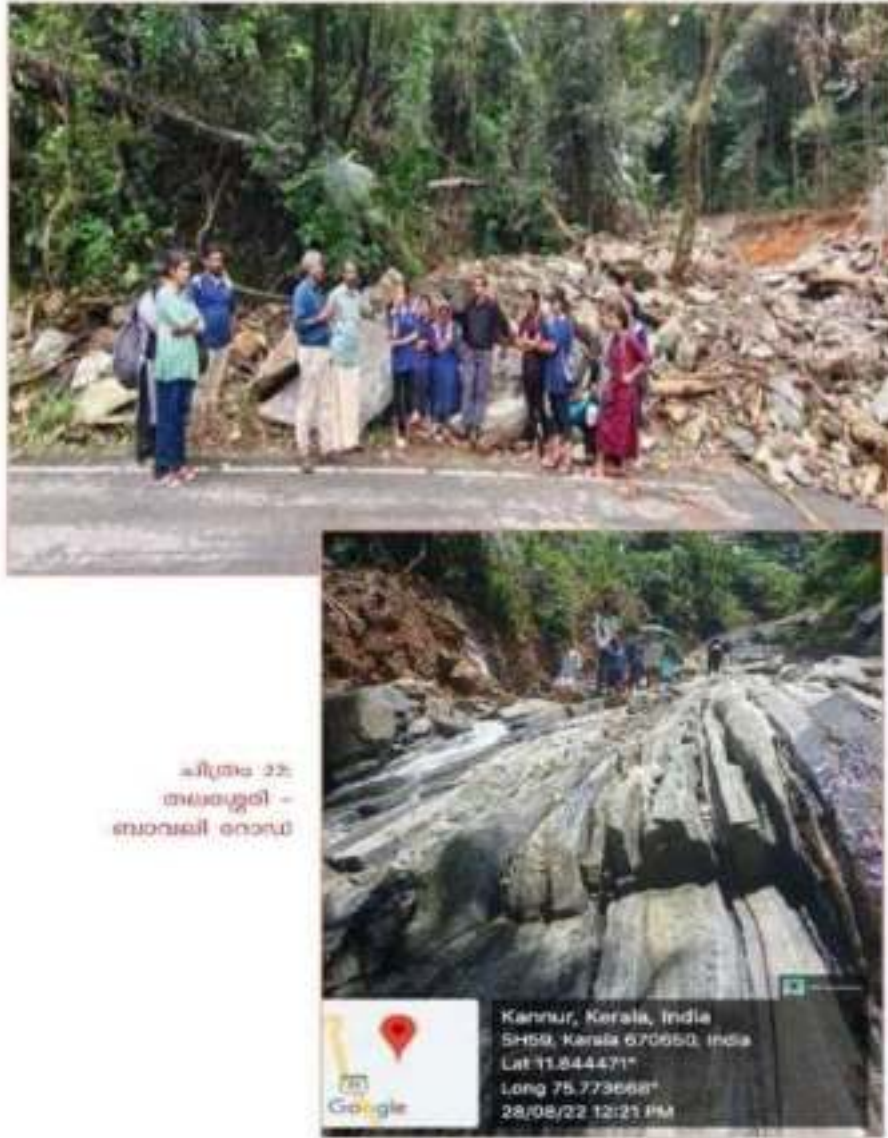

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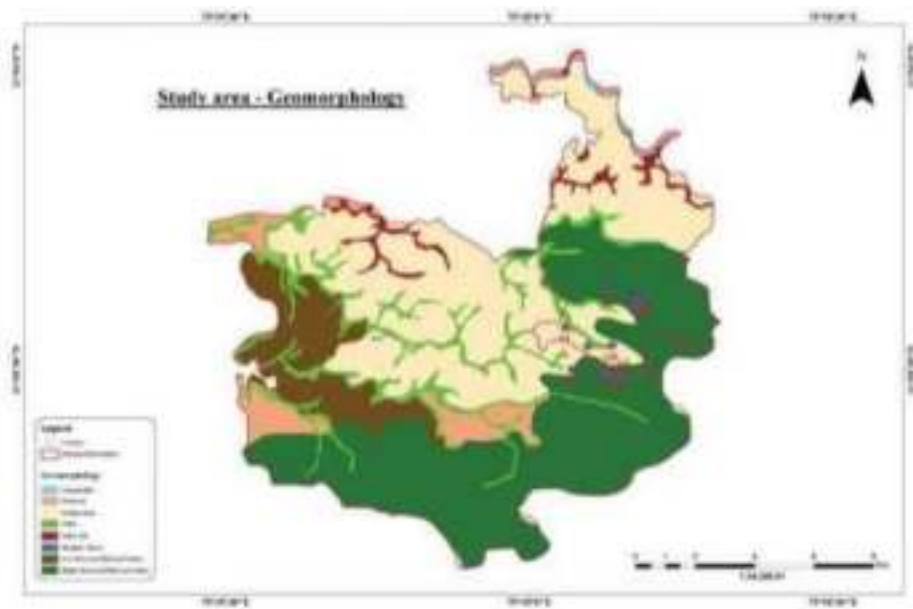

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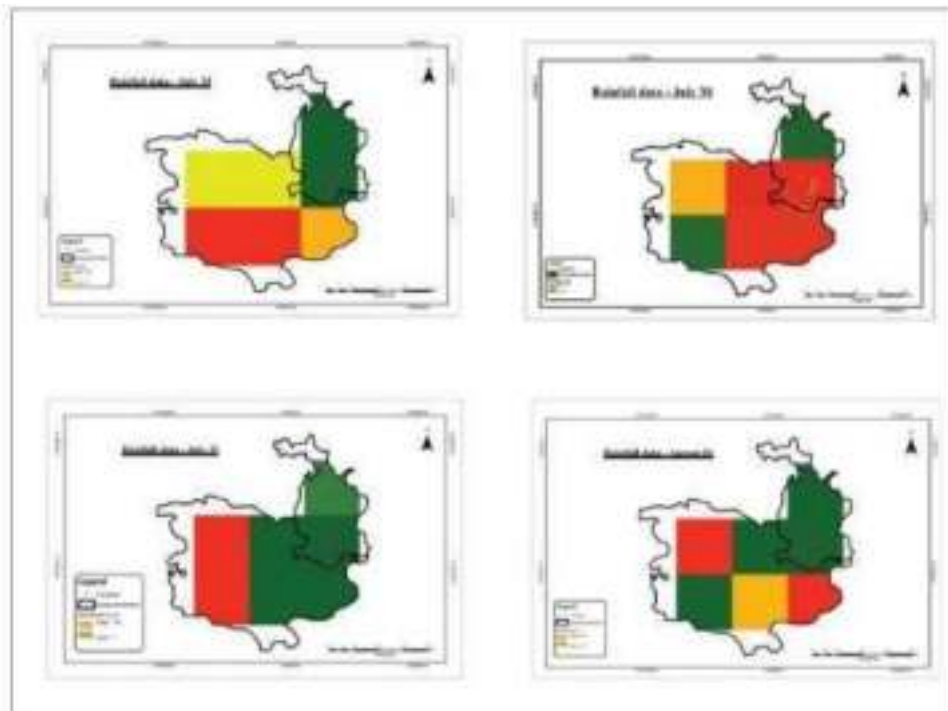



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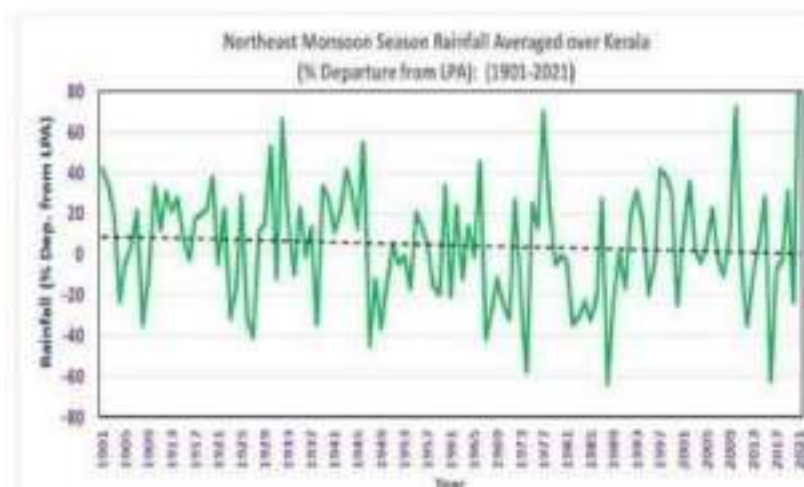
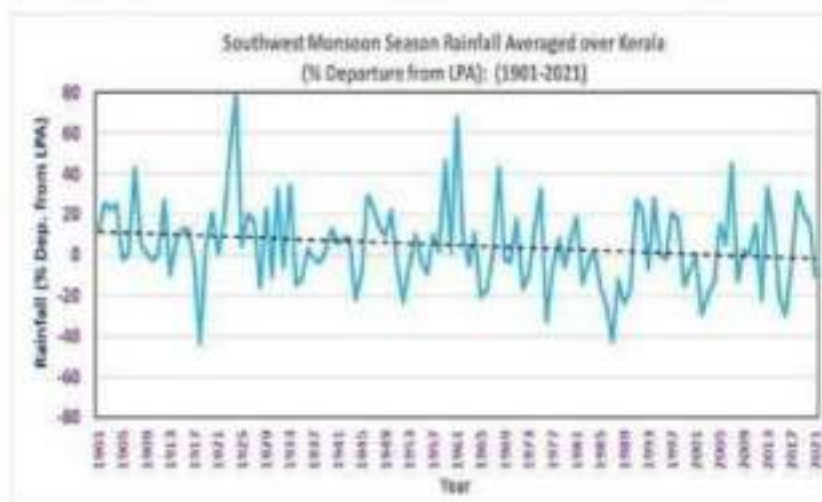
SL NO	LATITUDE	LONGITUDE	LOCATION	SLOPE in degree
1	11.868058	75.782855	MADASSEERY	12-24
2	11.861611	75.783884	MADASSEERY	12-24
3	11.868058	75.782855	MADASSEERY	12-24
4	11.868058	75.782855	MADASSEERY	12-24
5	11.868058	75.782855	MADASSEERY	12-24
6	11.863298	75.781907	MADASSEERY	24-37
7	11.863128	75.781977	MADASSEERY	24-37
8	11.865309	75.774021	MADASSEERY	12-24
9	11.848674	75.787491	VELLARA	12-24
10	11.854596	75.778618	VELLARA	24-37
11	11.854596	75.768777	NELLANICKAL	24-37
12	11.841698	75.762928	CHEKVERI	0-12
13	11.841496	75.773546	SH59 ROAD	24-37
14	11.840682	75.777484	SH59 ROAD	24-37
15	11.841554	75.773546	SH59 ROAD	24-37
16	11.844736	75.785708	SH59 ROAD	12-24




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Title

Environmental and Social impact of Landslides on high slope areas of
Kannur District

Objectives

Research question

Methods

Livelihood

House

Asset

Public health

Education

Indicators environment

Soil, Productivity, Water, surface water, groundwater, vegetation,
biodiversity, wild life, population, natural resources




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ENVIRONMENTAL IMPACT OF LANDSLIDE

പൊതുവിവരങ്ങൾ

പേര് :

വയസ്സ് :

ജാതി/വർഗ്ഗം :

സാമൂഹിക വിഭാഗം :

പ്രധാന വരുമാന മാർഗ്ഗം :

സ്വന്തമായി ഏതെങ്കിലും സ്ഥലമുണ്ട് :

ഭൂമിയുടെ തരം :

കുടുംബങ്ങളിൽനിന്നു ഉറവിടം :

No.	വ്യക്തിയുടെ പേര്	ഗൃഹനാശനശ്ശിതമായ സ്ഥലം	വയസ്സ്	സ്ത്രീ/പുരുഷൻ	വിദ്യാഭ്യാസ യോഗ്യത	ജോലി	സാമ്പത്തിക നില (APL/BPL)
1.							
2.							
3.							
4.							
5.							



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6.							
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1. ഉദ്യോഗപ്പാട്ടിൽ പ്രകൃതിയിൽ ഏതൊക്കെ ഭീതിയിലുള്ള മാറ്റങ്ങളാണ് വരുത്തിയത്?
2. മണ്ണിന്റെ ഘടനയിൽ ഉദ്യോഗപ്പാട്ടിൽ മാറ്റം വരുത്തിയിട്ടുണ്ടോ?
3. ജീവികളുടെ ആവാസവ്യവസ്ഥയിൽ ഉദ്യോഗപ്പാട്ടിൽ മാറ്റങ്ങൾ വരുത്തിയിട്ടുണ്ടോ?
4. ജലസ്രോതസ്സുകളിൽ ഉദ്യോഗപ്പാട്ടിൽ ഏതെങ്കിലും തരത്തിലുള്ള മാറ്റം വരുത്തിയോ?
5. ഉദ്യോഗപ്പാട്ടിന് ശേഷം ജലത്തിന്റെ ഗുണനിലവാരത്തിൽ മാറ്റം വന്നിട്ടുണ്ടോ?
6. ഉദ്യോഗപ്പാട്ടിന് ശേഷം വളർത്തു മൃഗങ്ങളിൽ ഏതെങ്കിലും തരത്തിലുള്ള അസുഖങ്ങളോ ആരോഗ്യ പ്രശ്നങ്ങളോ ഉണ്ടായിട്ടുണ്ടോ?
7. ഉദ്യോഗപ്പാട്ടിന് ശേഷം മൃഗങ്ങൾ ഏതത്തോളം പഴയ ഭിത്തിയിലേക്ക് തിരിച്ചു വന്നിട്ടുണ്ട്?
8. ഉദ്യോഗപ്പാട്ടിൽ കാരണം മൂലി ഉപയോഗശൂന്യമായി തീർന്നിട്ടുണ്ടോ?
9. വനമേഖലയിൽ ഉദ്യോഗപ്പാട്ടിൽ കാരണം നാശനഷ്ടം ഉണ്ടാക്കിയോ?
10. മൂലർജ്ജ ജലസ്രോതസ്സുകളിൽ ഉദ്യോഗപ്പാട്ടിൽ കാരണം ഏതെങ്കിലും തരത്തിലുള്ള മാറ്റങ്ങൾ വരുത്തിയിട്ടുണ്ടോ?
11. ഉപരിതല ജലസ്രോതസ്സുകളിൽ ഉദ്യോഗപ്പാട്ടിൽ മാറ്റങ്ങൾ വരുത്തിയിട്ടുണ്ടോ?




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12. പുഴയളുടെ ബുക്കിൽ ഉരുൾപ്പൊട്ടൽ മാറ്റങ്ങൾ വരുത്തിയിട്ടുണ്ടോ?
13. ജലസേചനസൗകര്യം ഉരുൾപ്പൊട്ടൽ കാരണം തടിയടിക്കപ്പെട്ടിട്ടുണ്ടോ?
14. എന്തെങ്കിലും ചെടികൾ ഉരുൾപ്പൊട്ടലിന് ശേഷം പ്രദേശത്ത് നിന്നും ഇല്ലാതായിട്ടുണ്ടോ?
15. എന്തെങ്കിലും ജീവികളുടെയോ സസ്യങ്ങളുടെയോ എണ്ണത്തിൽ ഉരുൾപ്പൊട്ടലിന് ശേഷം കുറവുണ്ടായിട്ടുണ്ടോ?
16. ഉരുൾപ്പൊട്ടൽ മണ്ണിന്റെ ഫലഭൂയിഷ്ടതയിൽ മാറ്റങ്ങൾ വരുത്തിയിട്ടുണ്ടോ?
17. ഉരുൾപ്പൊട്ടലിന് ശേഷം ചെടികളുടെ വളർച്ചയിൽ എന്തെങ്കിലും തീർതിയിലുള്ള മാറ്റങ്ങൾ വരുത്തിയിട്ടുണ്ടോ?
18. പാതമ്പര കൃഷിയിലൂടെ ഉരുൾപ്പൊട്ടൽ ഇല്ലാതാക്കിയിട്ടുണ്ടോ?
19. ജൈവവൈവിധ്യത്തിൽ എന്തെന്താളും നഷ്ടങ്ങൾ അല്ലെങ്കിൽ ഉരുൾപ്പൊട്ടൽ ഉണ്ടാക്കിയത്?
20. ഭൂമിയുടെ ചെരിവിൽ ഉരുൾപ്പൊട്ടലിന് ശേഷം എന്തെന്താളും മാറ്റങ്ങൾ വന്നിട്ടുണ്ട്?
21. ഉരുൾപ്പൊട്ടലിന് ശേഷം വനശൃംഗശല്യം കൂടിയിട്ടുണ്ടോ?
22. പ്രകൃതിവിഭവങ്ങളിൽ ഉരുൾപ്പൊട്ടലിനു ശേഷം ഗോഷണം ഉണ്ടായിട്ടുണ്ടോ?
23. കാലാവസ്ഥയിൽ പ്രകടമായ മാറ്റങ്ങൾ ഉരുൾപ്പൊട്ടലിനു ശേഷം അനുഭവപ്പെട്ടോ?




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24. ഏതത്തൊളം കൃഷിയിടമാണ് ഉരുൾപ്പൊട്ടലിന് ശേഷം നഷ്ടപ്പെട്ടത്?
25. ഉരുൾപ്പൊട്ടലിന് ശേഷം വനമേഖലയിൽ കടന്നുകയറ്റം ഉണ്ടായിട്ടുണ്ടോ?
26. ഉരുൾപ്പൊട്ടലിന് ശേഷം പ്രദേശത്തെ സസ്യങ്ങളുടെ വളർച്ചയിൽ ഏതെങ്കിലും തരത്തിലുള്ള മാറ്റങ്ങൾ ഉണ്ടാക്കിയോ?
27. ഉരുൾപ്പൊട്ടലിന് ശേഷം കാടുകളിൽ ഉണ്ടായ വിടവുകൾ ഏതത്തൊളം നികത്തപ്പെട്ടിട്ടുണ്ട്?
28. ജലസ്രോതസ്സുകളുടെ ഔക്കിനെ ഉരുൾപ്പൊട്ടൽ ബാധിച്ചിട്ടുണ്ടോ?
29. ഉരുൾപ്പൊട്ടൽ കാരണം ഉണ്ടായ മാലിന്യങ്ങൾ നദികളിൽ നിന്നും പുർണമായും നീക്കം ചെയ്തിരുന്നോ?
30. ഏതെങ്കിലും തരത്തിലുള്ള പുതിയ സസ്യങ്ങൾ ഉരുൾപ്പൊട്ടലിന് ശേഷം പ്രദേശത്ത് കാണാൻ കാരണമായോ?
31. ഉരുൾപ്പൊട്ടൽ മൃഗരൂപ ജലനിരപ്പിൽ മാറ്റങ്ങൾ ഉണ്ടാക്കിയോ?

SOCIAL IMPACT OF LANDSLIDE

1. ഉരുൾപ്പൊട്ടൽ നിങ്ങളെ ഏതൊക്കെ രീതിയിലാണ് ബാധിച്ചത്?
2. ഏത പ്രാവശ്യം നിങ്ങൾക്ക് ഉരുൾപ്പൊട്ടൽ രീക്ഷണി നേരിടേണ്ടി വന്നിട്ടുണ്ട്?




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3. ഏതെല്ലാം രീതിയിലുള്ള നാശനഷ്ടങ്ങൾ ആണ് ഉണ്ടായത്?
4. നീങ്ങളുടെ ഉപജീവന മാർഗത്തെ ഉരുൾപ്പൊട്ടൽ ബാധിച്ചിട്ടുണ്ടോ?
 - a. ഉരുൾപ്പൊട്ടലിന് മുമ്പ് എന്ത് തൊഴിലാണ് ചെയ്തിരുന്നത്?
 - b. ഉരുൾപ്പൊട്ടലിന് ശേഷം എന്ത് തൊഴിലാണ് ചെയ്യുന്നത്?
5. ഉരുൾപ്പൊട്ടൽ മാനസികമായുള്ള പ്രശ്നങ്ങൾക്ക് കാരണമായിട്ടുണ്ടോ?
6. വിദഗ്ദ്ധർ പറഞ്ഞ സുരക്ഷാ നിർദ്ദേശങ്ങൾ പാലിക്കാവുന്നതോ?
7. വിദഗ്ദ്ധരുടെ ഉപദേശ പ്രകാരമുള്ള ശാസ്ത്രീയമായ രീതിയിലാണോ കൃഷി ചെയ്യുന്നതും കെട്ടിടങ്ങൾ പണിയുന്നതും?
8. ഉരുൾപ്പൊട്ടൽ കാരണം കൃഷിയ്ക്കി ഉപയോഗ ശൂന്യമായി തീർന്നിട്ടുണ്ടോ?
9. പണ്ട് ചെയ്തിരുന്ന വിളകൾ തന്നെയാണോ ഇപ്പോഴും ഇവിടെ കൃഷി ചെയ്യുന്നത്?
10. സാമ്പത്തികമായി ഏതെല്ലാം രീതിയിലുള്ള നഷ്ടങ്ങൾ ആണ് ഉണ്ടായത്?
11. ഉരുൾപ്പൊട്ടൽ കാരണം ഉണ്ടായ നാശനഷ്ടങ്ങൾക്ക് നഷ്ട പരിഹാരം ലഭിച്ചിരുന്നോ?
12. ഉരുൾപ്പൊട്ടലിന് ശേഷമുള്ള ജീവിതം പഴയ രീതിയിലേക്ക് തിരിച്ചെത്തിയോ?
13. ഉരുൾപ്പൊട്ടൽ കാരണം സാമ്പത്തിക ബുദ്ധിമുട്ടുകൾ ഉണ്ടായിട്ടുണ്ടെങ്കിൽ അത് പൂർണ്ണമായും പരിഹരിക്കപ്പെട്ടോ?
14. ഉരുൾപ്പൊട്ടൽ കാരണം കുടുംബത്തിലെ ഏതെങ്കിലും വ്യക്തികൾക്ക് ജീവൻ നഷ്ടപ്പെട്ടോ അല്ലെങ്കിൽ അപകടങ്ങൾ ഉണ്ടാവുകയോ ചെയ്തിട്ടുണ്ടോ?




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15. കുട്ടികളെയും പ്രായം ചെന്നവരെയും ഏതെങ്കിലും രീതിയിൽ ബാധിച്ചിട്ടുണ്ടോ?
16. കുട്ടികളുടെ പഠനത്തെ ഏതെങ്കിലും രീതിയിൽ ഉരുൾപ്പെടുത്ത് കാരണം ബാധിച്ചിട്ടുണ്ടോ?
17. ഉരുൾപ്പെടുത്ത് കുട്ടികളിൽ മാനസികമായി ഏതെങ്കിലും പ്രശ്നങ്ങൾക്ക് കാരണമായോ?
18. പ്രായം ചെന്ന വ്യക്തികളിൽ ഏതെങ്കിലും പ്രശ്നങ്ങൾക്ക് കാരണമായോ?
19. ആരോഗ്യപരമായ ഏതെങ്കിലും പ്രശ്നങ്ങൾ ഉരുൾപ്പെടുത്ത് കാരണം ഉണ്ടാക്കിയോ?
20. ഉരുൾപ്പെടുത്ത് ഉപജീവന മാർഗത്തിൽ ഏതെങ്കിലും മാറ്റങ്ങൾ ഉണ്ടാക്കിയോ?
21. ഉരുൾപ്പെടുത്തിന് മുമ്പ് ഏതെല്ലാം വിളകളാണ് ഇവിടെ കൃഷി ചെയ്തിരുന്നത്?
22. ഉരുൾപ്പെടുത്തിന് ശേഷം ഏതെല്ലാം വിളകളാണ് കൃഷി ചെയ്യുന്നത്?
22. ഉരുൾപ്പെടുത്ത് ഗതാഗത സംവിധാനത്തെ ബാധിച്ചിരുന്നോ? ബാധിച്ചുവെങ്കിൽ അത് പഴയ രീതിയിലേക്ക് പുനസ്ഥാപിക്കപ്പെട്ടോ?
23. ഉരുൾപ്പെടുത്തിന് ശേഷം വീടിനു ബലക്ഷയം ഉണ്ടായിട്ടുണ്ടോ?
24. ഉരുൾപ്പെട്ടിയ സ്ഥലത്തിന് സമീപത്തായി ഏതെങ്കിലും ക്യാനികളോ റിസോർട്ടുകളോ പ്രവർത്തിക്കുന്നുണ്ടോ?




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25. ഉദ്യോഗപ്പട്ടലിന് ശേഷം കൃഷിയിൽ നിന്നുള്ള വരുമാനത്തിൽ ഏതെങ്കിലും തരത്തിലുള്ള മാറ്റങ്ങൾ വന്നോ?

26. കഷ്ടത കർഷകരെ ഏതൊക്കെ രീതിയിൽ ആണ് ഉദ്യോഗപ്പട്ടൽ ബാധിച്ചത്?

27. ഉദ്യോഗപ്പട്ടൽ കാരണം ടൂറിസം മേഖലയിൽ ഏതെല്ലാം തരത്തിലുള്ള മാറ്റങ്ങൾ ആണ് വരുത്തിയത്?

28. പ്രദേശത്തെ വളർത്തുമൃഗങ്ങളിൽ ഉദ്യോഗപ്പട്ടൽ കാരണം ഏതെങ്കിലും മാറ്റങ്ങൾ ഉണ്ടാക്കിയോ?

29. നെൽപ്പാടങ്ങളെ ഉദ്യോഗപ്പട്ടൽ ഏത് രീതിയിലാണ് ബാധിച്ചത്?

30. പഴയ രീതിയിൽ തന്നെ കൃഷി ചെയ്യാൻ ഉദ്യോഗപ്പട്ടലിനു ശേഷം സാധിക്കുന്നുണ്ടോ?

31. ഉദ്യോഗപ്പട്ടലിന് ശേഷം ഭക്ഷ്യക്ഷാമം അനുഭവപ്പെട്ടിരുന്നോ?

32. ഉദ്യോഗപ്പട്ടൽ കാരണം മൃഗങ്ങളുടെ മേച്ചിൽ പുറങ്ങൾ നശിക്കപ്പെട്ടോ?

33. മേച്ചിൽ പുറങ്ങൾ നശിക്കപ്പെട്ടത് വളർത്തു മൃഗങ്ങളെ ഏത് രീതിയിലാണ് ബാധിച്ചത്?




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The Red Chilli Report: Production, Processing, and Impact in Aralam Farm& Mangattidam Panchayath, Kuthuparamba

(10/06/2022)

Introduction

Red chilli (*Capsicum annum*) is a significant spice crop widely cultivated in India. In Kerala, areas like Aralam Farm and Mangattidam Panchayath in Kuthuparamba have become notable for their chilli production. This report examines the production and processing of red chilli in these regions and assesses its socio-economic and environmental impact.

Objectives

1. Explore the possibilities of decentralized commercial farming.
2. Analyze the challenges faced in decentralized commercial agriculture.

Methodology

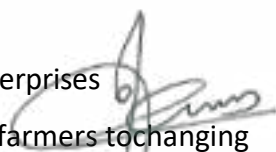
A mixed methodology using both qualitative and quantitative methods was used for the study. Interviews and questionnaires were used for primary data collection and books, articles, records and websites for secondary data collection.

As part of primary data collection, interviews were conducted with Agriculture Department officials, representatives of self-help groups and people's representatives. In addition, data collection was also done from the farmers who were cultivating 'Red Chillies' using questionnaires. Data collection was done from one third (1/3) farmers

Findings

- Decentralized agriculture is a system of production that can be adapted to areas with limited land availability.
- Farmers get an opportunity to switch from traditional crops, which face falling prices, to market value crops.
- Creating a better income for the farmers.
- Local entrepreneurship is not only the production of agricultural products but also value addition
- It also enables development.
- Youth into agricultural entrepreneurship through growing local enterprises
- Capable of attracting generations. Sustainable income by adapting farmers to changing conditions
- Krishi Bhavan also plays a major role in achieving




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- Consumers have access to safe-to-eat food items.
- Promotion of local brands is possible.

Discussion

Commercial farming is not viable everywhere in Kerala due to the fragmentation of agricultural land. However, commercial farming can be done in a decentralized manner by integrating small farmers. Red Chillies planned and implemented under Kuthuparamba block in Kannur district have adopted this type of production method. Cultivation of red chillies on a commercial basis in small plots and marketing them through value addition enables farmers to secure sustainable income and move towards food self-sufficiency. It also provides consumers with access to safe food items.

To decide to create a red farm at Malabar B Ed training college. We become with the method of farming and the technique needed to get a good yield in the chili production from examining the chili production which was successfully done at Magattidam Panchayath and Aralam farm. We deeply study the farming techniques and the method of farming needed to have a good yield at chili production. We visited the farm both in the magattidam and Aralam and was greatly influenced by the crop yield that they produce each year. thus we started a new garden at our college for the chili production and with the participation of both the teachers and students.

Recommendations

- As the price of the product is a factor affecting the demand, the awareness of the quality of the product should be created among the people. Also, by providing 100 gram chilli powder packets, it can be delivered to more people.
- Investigate the potential of using solar dryers to reduce the production cost of chilli processing.
- Use local resources for product promotion. Prepare advertisements and social media pages with the help of media students and others. Work with enterprises working in the co-operative sector to market the product.
- Expand operations by setting up a farmer producer company.




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അനുബന്ധം ഒന്ന്
പോസ്റ്റ്വർക്ക്

1. പൊതു വിവരങ്ങൾ

പേര് :

ലിംഗം : സ്ത്രീ/പുരുഷൻ

വർഷം :

വാർഡ് നമ്പർ :

മറ്റു തമ്പർ :

1. സാമൂഹിക - സാമ്പത്തിക രൂപ രേഖ

1. വയസ്സ്

30 വയസ്സിന് താഴെ ☐

40-50 വയസ്സിനു ഇടയിൽ ☐

60 വയസ്സിനു മുകളിൽ ☐

30-40 വയസ്സിന് ഇടയിൽ ☐

50-60 വയസ്സിന് ഇടയിൽ ☐

2. സാമൂഹിക വിഭാഗം

പട്ടിക ജാതി ☐

മറ്റു പിന്നോക്ക വിഭാഗം ☐

പട്ടിക വർഗ്ഗം ☐

പൊതു വിഭാഗം ☐

3. വിദ്യാഭ്യാസ യോഗ്യത

നിരക്ഷരൻ ☐

ഹൈസ്കൂൾ ☐

ബിരുദം ☐

ഡിപ്ലോമ ☐

പ്രാഥമിക വിദ്യാഭ്യാസം ☐

പ്രീഡിഗ്രി/+2 ☐

ബിരുദാനന്തര ബിരുദം ☐

പ്രൊഫഷണൽ ഡിഗ്രി ☐

4. കൃഷിയിലോടുള്ള ആശ്രിതത്വം

പൂർണ്ണസമയ കർഷകൻ ☐

കാലികസമയ കർഷകൻ ☐

5. കാര്യക്ഷമമായ അനുബന്ധ പ്രവർത്തനങ്ങളോടുള്ള ആശ്രിതത്വം

ബിസിനസ്സ് ☐

ഉപി തൊഴിൽ ☐

സേവനം ☐

ധനകാര്യ ഇടപാടുകൾ ☐

മറ്റുള്ളവ ☐




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6. സാമ്പത്തിക വിഭാഗം (റെ-ജർ കോർഡ് പ്രകാരം)
അനുസൃതമായ ☐ മുൻഗണന ☐

മുൻഗണനയോ ☐

7. കുടുംബത്തിന്റെ വാർഷിക വരുമാനം

50,000 ന് താഴെ ☐

1,00,000 -1,50,000 ഇടയിൽ ☐

2,00,000 ന് മുകളിൽ ☐

50,000-1,00,000 ഇടയിൽ ☐

1,50,000- 2,00,000 ഇടയിൽ ☐

8. മൂലി സംബന്ധിച്ച വിവരങ്ങൾ

1. മൂലി ഭൂമിയുടെ വിവരങ്ങൾ

ഭൂമിയുടെ തരം	വിസ്തീർണ്ണം
സ്വന്തം ഭൂമി	
പാട്ട് ഭൂമി	
അനുകൂല ഭൂമി	

2. മൂലി ചെയ്യുന്ന വിളകളുടെ വിവരങ്ങൾ

ക്രമ നം.	വിള	വിസ്തീർണ്ണം
1	നെല്ല്	
2	വാഴ	
3	പച്ചക്കറി	
4	തെങ്ങ്	
5	കപ്പൂങ്ങ	
6	റബ്ബർ	
7	കശുമാവ്	
8	പയറുവർഗ്ഗങ്ങൾ	

3. ഭൂമി മൂലി ചെയ്യുന്ന ഭൂമിയുടെ വിസ്തീർണ്ണം എത്രയാണ്?

4. മൂലി ചെയ്തിട്ടില്ലാത്ത തെളിവുകളുടെ എണ്ണമെത്രയാണ്?




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മുക് കൃഷിയിലൂടെ ആകർഷിക്കപ്പെട്ടവരുള്ള കാരണമെന്താണ്?

- എ വിളകൾ നഷ്ടമായതിനാൽ ☐
- പരിശീലന കൃഷിയിലുള്ള താൽപ്പര്യം ☐
- പുതിയ വിളയുടെ സാധ്യതകൾ ☐
- മറ്റുള്ളവ ☐

മുക് കൃഷിയുമായി ബന്ധപ്പെട്ട ഉല്പാദന ചെലവിന്റെ വിവരങ്ങൾ

ക്രമ നം	ഇനങ്ങൾ	ചെലവായ തുക
1	വിത്ത്	
2	വളം	
3	കാർഷ്വർക്കറുകൾ	
4	ഉലിപ്പുലവ്	
5	കീടനാശിനി	
6	മറ്റുള്ളവ	

മുക് കൃഷിയുടെ ഉത്പാദനവും വരുമാനവും സംബന്ധിച്ച വിവരങ്ങൾ

ക്രമ നം	കാലയളവ്	ഉത്പാദനം	വരുമാനം
1	1 ആഴ്ച		
2	1 മാസം		
	ആകെ		

മുക് കൃഷിയിന്റെ വിപണനത്തിന്റെ സ്വഭാവമെന്തെയാണ്?

- പൊതു വിപണി ☐ നേരിട്ടുള്ള വിപണനം ☐
- സ്വയംസഹായ സംഘം വഴി ☐ മുഖ്യ വർത്തന നടത്തി ☐

സ്വയംസഹായ സംഘങ്ങളിൽ അംഗമാണോ?

- അംഗമാണ് ☐ അംഗമല്ല ☐

സ്വയംസഹായ സംഘങ്ങളിലൂടെ മതിയായ സേവനങ്ങൾ ഏതെടുമെന്ന്?

മുക് കൃഷിയിൽ നേരിട്ട വെല്ലുവിളികൾ ഏതെല്ലാമാണ്?

12. ഉദ്ദേശ്യ കൃതികൾ പരിശോധിച്ചതിനായുള്ള നിർദ്ദേശങ്ങൾ എന്തൊക്കെയാണ്?

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Red chilli cultivation

Red chilli cultivation



Red chilli cultivation




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From Crisis to Classroom: Exploring Post COVID Education and Dynamics at Malabar Bed Traning College, Peravoor

(03/01/2022)

Abstract:

The COVID-19 pandemic has significantly impacted various facets of education, including the behavioral learning adjustment of prospective teachers. This research report explores the challenges faced by teacher faculties in facilitating behavioral learning adjustments among prospective teachers at Malabar B.Ed Training College in the post-pandemic era. Through qualitative analysis and empirical research methods, the study identifies key issues, assesses their implications, and proposes strategies to address them.

Introduction:

The COVID-19 pandemic has disrupted traditional modes of teaching and learning, necessitating adaptations in educational practices. Prospective teachers, undergoing training at institutions like Malabar B.Ed Training College, encounter unique challenges in adjusting to behavioral learning in the post-pandemic context. This report aims to shed light on these challenges and provide insights for educators and policymakers.

Methodology:

The research employed a mixed-methods approach, combining qualitative and quantitative techniques. Surveys, interviews, and observational data were collected from teacher faculties and prospective teachers at Malabar B.Ed Training College. Data analysis involved thematic coding, statistical analysis, and triangulation to ensure validity and reliability.

Findings:

1. Digital Divide: Many prospective teachers lacked access to reliable internet and digital devices, hindering their participation in online learning activities.




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2. for behavioral learning adjustment among prospective teachers.

Addressing these challenges requires a concerted effort from educational institutions, policymakers, and stakeholders to ensure the holistic development and well-being of future educators. By implementing the recommendations outlined in this report, Malabar B.Ed Training College can effectively support its students in adapting to the demands of the post-pandemic educational Social-Emotional Impact: The pandemic-induced stress and isolation affected the mental well-being of prospective teachers, impacting their learning and engagement.

3. Pedagogical Challenges: Teacher faculties struggled to adapt traditional teaching methods to online platforms, leading to ineffective instruction and disengagement among students.

4. Professional Identity Crisis: Prospective teachers faced uncertainty about their future roles and responsibilities in a rapidly evolving educational landscape, impacting their motivation and commitment.

Recommendations:

1. Bridging the Digital Divide: Provide equitable access to technology and internet infrastructure for all prospective teachers.

2. Support for Mental Health: Implement comprehensive mental health support services and resilience-building programs for students and faculty.

3. Training for Online Pedagogy: Offer professional development opportunities for teacher faculties to enhance their proficiency in online teaching methods.

4. Career Guidance and Mentorship: Establish mentorship programs to guide prospective teachers in navigating their professional identity and career paths.

Conclusion:

The COVID-19 pandemic has posed unprecedented challenges landscape.




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From Disruption to Recovery: Studying Habits of Tribal Students in the Wake of COVID-19 Among Students of Peravoor Grama Panchayath, Kannur

(17/12/2021)

Introduction

The COVID-19 pandemic has profoundly affected education systems worldwide, disrupting traditional learning environments and forcing a sudden shift to online education. Tribal students, who already face various socio-economic challenges, have been particularly impacted. This report examines the studying habits of tribal students in Peravoor Grama Panchayath, Kannur, focusing on how they have adapted in the wake of the pandemic and the steps taken towards educational recovery.

Objectives

1. To assess the impact of COVID-19 on the studying habits of tribal students in Peravoor Grama Panchayath.
2. To identify the challenges faced by these students during the transition to online learning.
3. To explore strategies and support systems that facilitated educational recovery and adaptation.

Methodology

The study employed a mixed-methods approach, including quantitative surveys and qualitative interviews with tribal students, teachers, and parents in Peravoor Grama Panchayath. Data was collected from local schools, community centers, and through online surveys where feasible.

Findings

1. Impact of COVID-19 on Studying Habits




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Disruption of Routine: The sudden closure of schools disrupted the daily routines of tribal students, who found it challenging to establish new studying habits at home.

Access to Technology: Limited access to digital devices and internet connectivity hindered the transition to online learning for many tribal students.

Parental Support: Many parents, due to lack of education or resources, struggled to support their children's learning at home.

2. Challenges Faced

Digital Divide: The lack of digital infrastructure in tribal areas led to unequal access to online education. Many students had to share devices or rely on limited data plans.

Learning Environment: The home environment was often not conducive to studying, with many students lacking a quiet and dedicated space for learning.

Economic Strain: The pandemic exacerbated financial difficulties for many tribal families, leading to increased child labor and reduced emphasis on education.

3. Adaptation and Recovery Strategies

Community Support:

Local community centers and NGOs played a crucial role in providing digital devices and internet access to tribal students.

Volunteer tutors and community mentors were instrumental in offering personalized support and guidance.

School Initiatives:

Schools adopted hybrid learning models, combining limited in-person classes with online sessions to ensure continuity in education.

Teachers made extra efforts to engage with students through phone calls, home visits, and distributing printed learning materials.

Government Interventions:




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Government schemes and programs provided financial aid, digital devices, and internet subsidies to support tribal students' education.

Initiatives such as "Vidya Vahini" mobile classrooms and community-based learning centers were introduced to reach remote tribal areas.

Parental Engagement:

Workshops and training sessions for parents helped them understand the importance of education and equipped them with skills to support their children's learning.

Parent-teacher associations facilitated regular communication and collaboration to address the unique needs of tribal students.

4. Impact on Learning Outcomes

Improved Adaptability: Tribal students demonstrated resilience and adaptability, gradually developing new studying habits suited to the pandemic scenario.

Academic Performance: While there was an initial decline in academic performance, targeted interventions and support systems helped mitigate long-term impacts.

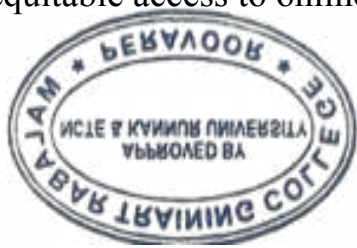
Skill Development: Exposure to digital tools and online learning platforms enhanced the technological skills of tribal students, preparing them for future educational and career opportunities.

Discussion

The COVID-19 pandemic highlighted and exacerbated existing educational disparities faced by tribal students in Peravoor Grama Panchayath. However, the community's resilience, combined with targeted support from schools, government, and NGOs, facilitated a significant recovery and adaptation in studying habits. The transition from disruption to recovery underscores the importance of a multi-faceted approach to addressing educational inequities.

Recommendations

1. **Enhanced Digital Infrastructure:** Invest in robust digital infrastructure to ensure equitable access to online education for all tribal students.




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2. Continuous Community Support: Strengthen community support systems, including volunteer tutoring and mentorship programs, to provide ongoing educational assistance.
3. Parental Involvement: Increase efforts to engage and educate parents about the importance of their involvement in their children's education.
4. Tailored Learning Solutions: Develop and implement tailored learning solutions that address the unique needs and circumstances of tribal students.
5. Monitoring and Evaluation: Establish mechanisms for continuous monitoring and evaluation of educational interventions to ensure they are effective and inclusive.

Conclusion

The studying habits of tribal students in Peravoor Grama Panchayath were significantly disrupted by the COVID-19 pandemic. However, through community support, school initiatives, government interventions, and increased parental engagement, these students have shown remarkable resilience and adaptability. Moving forward, it is essential to build on these efforts to ensure sustainable educational development and equity for tribal students.

Impact of Online Learning Among Prospective Teachers

(22/12/2020)

Introduction

The rapid advancement of technology has revolutionized education, making online learning an integral part of modern teaching and learning processes. This project report explores the impact of online learning on prospective teachers, focusing on how it influences their teaching skills, professional development, and overall preparedness for the educational field

Objectives

1. To evaluate the effectiveness of online learning platforms for prospective teachers.
2. To identify the benefits and challenges of online learning for teacher training.




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3. To assess the impact of online learning on the teaching competencies of prospective teachers.

Methodology

The study utilized a mixed-method approach, combining quantitative surveys and qualitative interviews. Participants included prospective teachers enrolled in various online teacher training programs. Data were collected through:

Surveys: Assessing the satisfaction, perceived effectiveness, and challenges faced by prospective teachers in online learning environments.

Interviews: Providing in-depth insights into the personal experiences of prospective teachers with online learning.

Findings

1. Effectiveness of Online Learning Platforms

Accessibility and Flexibility: Online learning platforms provide prospective teachers with flexible schedules, allowing them to balance their studies with personal and professional responsibilities.

Diverse Resources: Access to a wide range of resources, including video lectures, interactive modules, and digital libraries, enhances learning opportunities.

2. Benefits of Online Learning for Teacher Training

Technological Proficiency: Prospective teachers develop essential technological skills, including the use of educational software, online assessment tools, and virtual collaboration platforms.

Self-Paced Learning: The ability to learn at their own pace allows prospective teachers to fully grasp complex concepts before moving forward.

Global Exposure: Interaction with peers and instructors from diverse geographical locations broadens their educational perspectives and cultural understanding.

3. Challenges of Online Learning for Prospective Teachers

Limited Hands-On Experience: Lack of in-person teaching practice can hinder the development of practical classroom management skills.




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Technical Issues: Internet connectivity problems and technical difficulties with online platforms can disrupt learning.

Engagement and Motivation: Maintaining engagement and self-motivation in an online setting can be challenging for some prospective teachers.

4. Impact on Teaching Competencies

Improved Content Knowledge: Access to up-to-date information and resources helps prospective teachers enhance their subject knowledge.

Development of Innovative Teaching Strategies: Exposure to various online teaching methods encourages prospective teachers to adopt innovative and technology-integrated instructional strategies.

Assessment and Feedback Skills: Online learning environments provide opportunities for prospective teachers to develop effective online assessment and feedback techniques.

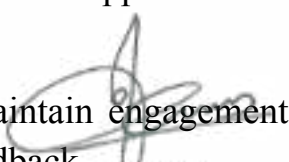
Discussion

The impact of online learning on prospective teachers is multifaceted, offering both significant advantages and notable challenges. While online learning platforms enhance accessibility and flexibility, they also necessitate a higher level of self-discipline and motivation. The development of technological skills and innovative teaching strategies positions prospective teachers to thrive in modern, technology-rich classrooms. However, the lack of hands-on teaching experience and potential technical issues must be addressed to maximize the benefits of online learning.

Recommendations

1. Hybrid Learning Models: Combine online learning with in-person teaching practice to ensure prospective teachers gain practical classroom experience.
2. Enhanced Technical Support: Provide robust technical support to address connectivity and platform-related issues.
3. Engagement Strategies: Implement strategies to maintain engagement and motivation, such as interactive sessions and regular feedback.




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4. Continuous Professional Development: Encourage ongoing professional development to keep prospective teachers updated with the latest educational technologies and methodologies.

Conclusion

Online learning has a profound impact on the training and development of prospective teachers. By leveraging the strengths and addressing the challenges of online learning, teacher education programs can prepare highly competent and adaptable educators for the future. The integration of technology in education is inevitable, and equipping prospective teachers with the necessary skills and experiences is crucial for their success in the evolving educational landscape.




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Critically analyse the reason behind flood in 2018 in Kannur

(04/01/2019)

Introduction

The 2018 floods in Kerala, including the district of Kannur, were among the worst natural disasters the region has faced in recent history. This project critically analyzes the various reasons behind the flood in Kannur, examining natural and human-induced factors that contributed to this calamity.

Objectives

1. To identify the primary causes of the 2018 flood in Kannur.
2. To evaluate the role of environmental and human activities in exacerbating the flood.
3. To propose measures to mitigate future flood risks in Kannur.

Methodology

The study is based on a comprehensive review of available literature, reports from government agencies, and expert analysis. Data sources include meteorological data, geological surveys, and assessments from environmental organizations.

Findings

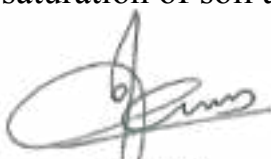
1. Meteorological Factors

Unprecedented Rainfall: Kannur experienced exceptionally high rainfall during the monsoon season. According to the India Meteorological Department (IMD), Kerala received 164% more rainfall than the average for the monsoon season in August 2018.

Heavy Downpour: Continuous heavy downpours led to the saturation of soil and overflow of rivers, causing widespread flooding.

2. Geological and Topographical Factors




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Western Ghats: The Western Ghats play a crucial role in the region's climate and hydrology. The steep slopes and narrow valleys contribute to rapid runoff during heavy rainfall, exacerbating the flood situation.

River Systems: Kannur's river systems, including the Valapattanam and Kuppam rivers, overflowed due to excessive rainfall, inundating adjacent areas.

3. Human-Induced Factors

Deforestation and Land Use Changes: Extensive deforestation and conversion of forests into agricultural land and urban areas have reduced the land's natural ability to absorb water.

Construction Activities: Unregulated construction in floodplains and along riverbanks has obstructed natural waterways, leading to increased flooding.

Poor Urban Planning: Inadequate drainage systems and poor urban planning have exacerbated flood risks in Kannur.

4. Water Management Issues

Dam Management: The sudden release of water from dams, including the Cheruthoni dam, contributed to the flood. Poor dam management practices, such as delayed release of water, led to an overwhelming volume of water being released simultaneously.

Inadequate Flood Control Measures: Lack of adequate flood control measures and infrastructure, such as embankments and levees, exacerbated the impact of the flood.

5. Climate Change

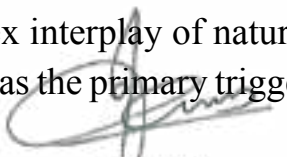
Increased Frequency of Extreme Weather Events: Climate change has led to an increase in the frequency and intensity of extreme weather events, including heavy rainfall and floods.

Rising Sea Levels: Rising sea levels have increased the vulnerability of coastal areas in Kannur to flooding.

Discussion

The 2018 floods in Kannur were the result of a complex interplay of natural and human-induced factors. While unprecedented rainfall was the primary trigger, the




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impact was significantly magnified by deforestation, unregulated construction, poor urban planning, and inadequate water management practices. Additionally, climate change has played a role in increasing the frequency and severity of such events.

Recommendations

1. **Reforestation and Afforestation:** Implement large-scale reforestation and afforestation programs to restore the natural water absorption capacity of the land.
2. **Regulated Construction:** Enforce stricter regulations on construction activities in flood-prone areas, particularly along riverbanks and floodplains.
3. **Improved Urban Planning:** Develop and implement comprehensive urban planning strategies that include adequate drainage systems and flood control measures.
4. **Enhanced Dam Management:** Improve dam management practices to ensure timely and controlled release of water, minimizing the risk of sudden flooding.
5. **Climate Resilience:** Develop strategies to enhance climate resilience, including early warning systems, community preparedness programs, and infrastructure improvements to withstand extreme weather events.

Conclusion

The 2018 floods in Kannur were a devastating event with multifaceted causes. Addressing these causes requires a holistic approach that combines environmental conservation, improved urban planning, better water management practices, and climate change mitigation strategies. By implementing these measures, Kannur can reduce the risk of future floods and enhance its resilience to natural disasters.




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Photos of flood




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