



P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P. O., KANNUR – 670 631

(Govt. Aided Teacher Education Institution affiliated to Kannur University)

Recognized by NCTE included under UGC 2(f) & 12(B) category

Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary


1.3.1: Curriculum of the institutions provides opportunities for the students to acquire and demonstrate knowledge, skills, values and attitudes related to various learning areas

YOGA





1.3.1: Curriculum of the institutions provides opportunities for the students to acquire and demonstrate knowledge, skills, values and attitudes related to various learning areas

P.K.M. COLLEGE OF EDUCATION, MADAMPAM
REPORT
3-Days Yoga Class by PKM College of Education and
People's Movement for Peace



The 3-days yoga class organized by PKM College of Education in collaboration with People's Movement for Peace concluded on a refreshing note, leaving the participants' minds and bodies rejuvenated. The event, aimed at promoting the practice of yoga among students, featured insightful speeches and engaging sessions.




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EVENT HIGHLIGHTS:

1. Inaugural Address:

Dr. T.C. Venugopal, the esteemed speaker, emphasized the relevance of Gandhian principle "Swaraj," relating it to the collective well-being of humanity. He emphasized that the nation of mankind is akin to the body and mind of an individual. Given the changing lifestyles, he stressed the importance of yoga as a means to maintain mental and physical health.

2. Participation:

Approximately 60 students actively participated in the program, showcasing their enthusiasm for adopting a healthier lifestyle through yoga.

3. Guest Speeches:

Several distinguished speakers shared their wisdom during the event. N. Y. P national coordinator, Sukumaran Karayil, People's Movement for Peace Vice Chairman, Mr. Haridas Mangalassery, and People's Movement for Peace Chairman, Fr. Scaria Kalloor, all spoke about the significance of peace, harmony, and the role of yoga in achieving these goals. PKM College of Education Principal, Dr. Jessy N.C, Dr. Rekha R, and Sr. Karolin also addressed the gathering, emphasizing the transformative power of yoga in individual and societal well-being.

4. Program Details:

The event was organized in collaboration with the Art of Living foundation and was part of the COVID care initiatives. The program included various yoga sessions and relaxation techniques, promoting mental and physical well-being among the participants.



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5. Conclusion:

The 3-days yoga class served as a testament to the power of yoga in promoting holistic health and well-being. Participants left the event not only physically rejuvenated but also spiritually enriched. The collaboration between PKM College of Education, People's Movement for Peace, and other organizations showcased the importance of collective efforts in promoting health and harmony, especially during challenging times like the ongoing pandemic.

The event successfully achieved its objective of providing a space for students to learn and practice yoga, contributing to their overall well-being. The organizers are grateful for the enthusiastic participation and support received from all attendees, making the event a resounding success.




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E-mail: pkmcedn@yahoo.co.in Website: - www.pkcollege.org

Tel: 0460 2230929, Fax: 04602 232449

Circular No: 2/PKM/2021-22

Date: 03/06/2021

Sub: COVID Care Art of Living Program

CIRCULAR

In this challenging time, it's important to prioritize our physical and mental well-being. We are excited to announce our COVID Care Art of Living Program in association with Peace and Harmony Foundation on 07-06-2021 to 09-06-2021. Ensuring your participation make this event successful.

Event Details:

Date: 07-06-2021 to 09-06-2021

Time: 6.30 P.M to 7.45 P.M

Platform: Zoom Platform

Best regards,

Principal

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Copy to

All TS, NTS and Students



International Yoga Day Celebration



P.K.M. COLLEGE OF EDUCATION
 MADAMPAM, KAITIYAPURAM, SREEKANTHUR, DISTRICT
 KANNUR, KERALA



**INTERNATIONAL
YOGA DAY**

Friendly inviting you for the Workshop on
REVIVAL OF WELLNESS THROUGH YOGA

21st JUNE 2021
 MONDAY, 9:00 a.m.

Programme

Session - I
Inaugural Session

Angel
 Presidential Address
 Felicitation
 Vote of Thanks

Session - II
Technical Session



Resource Person



Dr. P. ANBALAGAN
 Professor
 Department of Physical Education
 Bharathiyar University
 Coimbatore.



Dr. Sinaj Joseph
 Asst. Prof. Physical Education
 P.K.M. College of Education



Dr. Jessy N C
 Asst. Prof. Physical Education
 P.K.M. College of Education



P. J. Joseph
 Asst. Prof. Physical Education
 M.T.S.S. Ananthapadmanabhan

Department of Physical Education

On the occasion of the 7th International Day of Yoga, Dr.P.Anbalagan, Physical Education Department of Bharathiyar University, addressed the gathering under the leadership of Physical Education department, PKM College of Education Madampam. He spoke on the theme 'Revival of Wellness Through Yoga' a motto aligned to the current preoccupations. He insisted that Yoga is something inevitable where the World is in the fear of corona virus. Yoga intends to unite the body and mind to bring harmony. In the meeting presided over by college principal Dr.Jessy N C. Dr Sinoj Joseph, welcomed everyone. Prof.P.J Joseph sir felicitated, (Retd Prof.Teacher Education Campus, Kasargod) vote of thanks by Kavya V, College sports coordinator. In the meeting around 60 persons participated. The staff and non teaching staff participated actively in this one hour class by Dr.P.Anbalagan . Since yoga is known for its amazing health benefits, staff and students participated in yoga and tries to reach it to others through YouTube channel this year.




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 SREEKANTHUR, KANNUR DT., 670631



Welcome Speech
Dr. Sirinj Joseph



Presidential Dress
Dr. Jessy N.C.



Felicitation
P J Joseph



Technical Session
Dr. P. Anbalagan




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E-mail: pkmcedn@yahoo.co.in Website: - www.pkmcollege.org

Tel: 0460 2230929, Fax: 04602 232449

Circular No: 6/PKM/2021-22

Date: 18/06/2021

Sub: International Yoga Day

CIRCULAR

We are happy to inform you about the upcoming Yoga Day Celebration. This is organized by the department of Physical Education to promote the importance of health and wellbeing. All are invited.

Event Details:

Date: 21-06-2021

Platform: Zoom

Best regards,

Principal

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Copy to

All TS, NTS and Students

ANTHARDESHIYA YOGA DINAM

PARTICIPATION LIST

2021 – 2023 BATCH

21/06/2022

SL.NO.	NAME	OPTIONAL SUBJECT	ATTENDANCE
1	AMITHA GEORGE	ENGLISH	✓
2	ANUSREE K.	ENGLISH	✓
3	ASWATHI V.	ENGLISH	✓
4	DARIYA BABY	ENGLISH	✓
5	JINISHA JOHN	ENGLISH	✓
6	KARISHMA SURESH	ENGLISH	✓
7	RESHMA G.R.	ENGLISH	✓
8	ROSHA B ROY	ENGLISH	✓
9	ALEX JOSE	MALAYALAM	✓
10	JISHNU T P	MALAYALAM	✓
11	ALEN MARIA BINNY	MALAYALAM	✓
12	ANAGHA CHANDRAN M.	MALAYALAM	✓
13	ANAGHA N P	MALAYALAM	✓
14	JAHNA T V	MALAYALAM	✓
15	SRUTHI P V	MALAYALAM	✓
16	VISMAYA E M	MALAYALAM	✓
17	AKHILA JAMES	MATHEMATICS	✓
18	HARITHA P.V.	MATHEMATICS	✓
19	JISNA AUGUSTINE	MATHEMATICS	✓
20	JOYAMOL T. BABY	MATHEMATICS	✓




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21	JWALA MARIYA CYRIAC	MATHEMATICS	✓
22	MANJUSHA N.	MATHEMATICS	✓
23	SANJIYA BENNY	MATHEMATICS	✓
24	SNEHA V.	MATHEMATICS	✓
25	EMIL THANKACHAN	NATURAL SCIENCE	✓
26	AISWARYA MANOJ	NATURAL SCIENCE	✓
27	AKSHAYA AV	NATURAL SCIENCE	✓
28	ANJANA T	NATURAL SCIENCE	✓
29	ATHIRA T C	NATURAL SCIENCE	✓
30	HARSHA SANTHOSH	NATURAL SCIENCE	✓
31	INDUKUMARI U K	NATURAL SCIENCE	✓
32	SUHAIRA N.	NATURAL SCIENCE	✓
33	ANAND RAVI	PHYSICAL SCIENCE	✓
34	VAISHAKH K	PHYSICAL SCIENCE	✓
35	AHANA THOMAS	PHYSICAL SCIENCE	✓
36	ANJANA CHANDRAN	PHYSICAL SCIENCE	✓
37	ANN KURIAN	PHYSICAL SCIENCE	✓
38	ARYA K I	PHYSICAL SCIENCE	✓
39	CHRISTEENA RAJU	PHYSICAL SCIENCE	✓
40	ELSITTA JOSE	PHYSICAL SCIENCE	✓
41	MANEESHA P	PHYSICAL SCIENCE	✓
42	NIHA PADMANABHAN	PHYSICAL SCIENCE	✓
43	HRISHIKESH BABU M.C	SOCIAL SCIENCE	✓
44	JOMAL JOY	SOCIAL SCIENCE	✓
45	AKSHARAMOL	SOCIAL SCIENCE	✓



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46	ANUMOL A M	SOCIAL SCIENCE	✓
47	ANUSREE K P.	SOCIAL SCIENCE	✓
48	HITHA K	SOCIAL SCIENCE	✓
49	PRAJINA DAS K P	SOCIAL SCIENCE	✓
50	SIMNA N.P.	SOCIAL SCIENCE	✓




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Name of the programme : International Yoga Day Celebration

Date: 29/06/2022

PKM College of Education Madambam has Celebrated International Yoga day on 29th June 2022 emphasising the message 'Yoga for humanity'. As part of the day observance a yoga practical class was also conducted. Dr. Navaneeth V, Chief Consultant, Samatha Hospital Karimbam and his wife Dr. Sariga led the practical class. Dr.father Sinoj Joseph, physical Education trainer, PKM College of Education Madampam, welcomed the chief guests. Karishma Suresh, vice chairperson PKM College of Education Madampam has done the Presidential address.The program was Inaugurated by Dr. Sister Jessi N C Principal PKM College of Education Madampam. Mr. Navaneeth, the chief guest gave an overview about the greatness of Yoga and led a Yoga practical class. Vyshakh K,general captain, proposed the vote of thanks. The program came to an end at 12.30.




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1st INTERNATIONAL YOGA DAY CELEBRATION- 2022
'YOGA FOR HUMANITY'

Chief Guest
DR. RAJALEKSHMI PANKAJI
 Professor & Chief Guest
 Bharathi Arts & Science Institute
 Karamba, Talapuzha

Date
 27 June 2022

Time
 10:00 a.m.

College Address
 P.K.M. College of Education
 Health Street & Sports Club, P. O., M. College of Education
 Kannur, Kerala

Cardially invite you for the programme

www.pkmcollege.edu.in Email: pkmce@pkmcollege.edu.in

P.K.M. COLLEGE OF EDUCATION KANNUR

മാതൃഭൂമി അസം പത്രം 2022 ജൂൺ 30

യോഗ ദിനാചരണം

കേരളം • രാജ്യത്തെ യോഗാദിനാചരണത്തോടനുബന്ധിച്ച് പീഠകോശം കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ മാതൃഭൂമി യോഗ പരിശീലനനടത്തി. ഡോ. സവനീന്ദ്, ഡോ. സരീഗ എന്നിവർ നേതൃത്വം നൽകി. കോളേജ് മെമ്പർ കോർസേഴ്സുകൾക്ക് കരിഷ്മ സുരേഷ് അധ്യക്ഷത വഹിച്ചു. കാതോലിക്ക പരിശീലന അധ്യാപകൻ ഡോ. സിറീനാജ് ജോസഫ് ആദ്യവ്യക്തികളായി സിസ്റ്റർ ജെസ്സി ഉദ്ഘാടനം നിർവഹിച്ചു. കോളേജ് ജനറൽ മെമ്പർമാർ കൈവശമാൽ പ്രസംഗിച്ചു.

കട്ടിയു വയ്പ് നടത്തി

അടക്കം • മാതൃഭൂമി ഉള്ളൂർ, മാതൃഭൂമി കോളേജ് നിർമ്മിക്കുന്ന കെട്ടി

യോഗ ദിനാചരണം

കേരളം അന്താരാഷ്ട്ര യോഗാദിനാചരണത്തോടനുബന്ധിച്ച് കേരളം പീഠകോശം കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ യോഗ പരിശീലന പരിപാടി സംഘടിപ്പിച്ചു. പ്രീതി സിസ്റ്റർ സിസ്റ്റർ ജെസ്സി ഉദ്ഘാടനം ചെയ്തു. കരിഷ്മ സുരേഷ് ആദ്യവ്യക്തികളായി ഡോ. സവനീന്ദ്, ഡോ. സരീഗ എന്നിവരും പരിശീലനത്തിന് നേതൃത്വം നൽകി. മെമ്പർ കോർസേഴ്സുകൾക്ക് കരിഷ്മ സുരേഷ് അധ്യക്ഷത വഹിച്ചു. ഡോ. സിറീനാജ് ജോസഫ്, ഡോ. വി. സവനീന്ദ്, കെ. മൈക്കൽ എന്നിവർ പ്രസംഗിച്ചു.

MATHRUBHUMI 2022 JUNE 30

<https://apnades.in/pkm-yoga2022/>



[Signature]
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 SREEKANDAPURAM, KANNUR DT.,-870631



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Tel: 0460 2230929, Fax: 04602 232449

Circular No. /2022-23

Date: 27/06/2022

Sub: International Yoga Day Celebration

CIRCULAR


We are pleased to inform you that PKM College of Education Madampam has successfully celebrated International Yoga Day on 29th June 2022 at 10:00 am, emphasizing the message 'Yoga for Humanity.' The event took place at the College Auditorium.

Event Details:

- Celebration: International Yoga Day
- Date: 29th June 2022
- Time: 10:00am
- Venue: College Auditorium
- Resource person: Dr. Navaneeth V, Chief Consultant, Samatha Hospital Karimbam, Dr. Sariga.

Best Regards,




Principal

Copy to:

All Teaching Staff (TS), Non-Teaching Staff (NTS), and Students

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SREEKANDAPURAM, KANNUR DT., 670631

ABSTRACT FOR REPORT

Assessment Year – 2022-23

Office File No : Digital File No:


ABOUT THE PROGRAMME			
Programme Title		9TH INTERNATIONAL YOGA DAY CELEBRATION	
Sub Programme	Programme 1:		
	Programme 2		
Nature of the Programme		Personality Development and awareness programme	
Level of the Programme		College	
Type of the Programme	In-house/outreach	In-house	
	Online/offline	Offline	
Objectives		<ul style="list-style-type: none"> • Personality development • To increase awareness about Yoga and its benefits • To develop a positive attitude towards health fitness and mind training 	
Issues / Themes addressed		Yoga for Children	
Date & time		29/06/2022, 10am to 12.30 pm	
Venue		College auditorium	
Duration		2 hours	
ORGANIZING LEVEL			
Organized by		Health fitness and Sports club, PKM College	
Association/ Collaboration with		IQAC	
Sponsored by	External		
	Internal		
Sanctioned amount			
Sanction order details			
Faculty in charge		Dr. Fr. Sinoj Joseph	
Student co ordinators (Programme)			
Student co ordinators (Anchors)			
Student co ordinators (Reporting)			
Student co ordinators (ICT)			
Student co ordinators (Media)			
RESOURCE TEAM			
Resource Persons/Experts	Name	Designation	Role
	Mrs. Yamuna P. V	Yoga trainer	Resource person
Public Person			
Management Representative			
PTA Representative			
Alumni Representative			
Cooperative School Representative			
PARTICIPANTS			
Student participants	Batch I:		




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	Batch 2:		
Teacher Educators			
Administrative staff			
Student Teachers outside PKM			
Teacher Educators outside PKM			
Researchers			
School Teachers			
School students			
Alumni			
General public			
FEEDBACK			
Oral feedback	Yes		
Written feedback			
Google form	Yes		
On the spot	Yes		
UPLOADING DOCUMENTS			
Plan of Action			
Notice/ circular			
Brochure			
Programme sheet			
Photograph with titles			
Reports	printed	Yes	
	Digital	yes	
Geo tagged photos			
Videos edited for uploading			
Participant list			
Programme certificates			
Duty certificates			
Statement of Expenditure			
Mass media	News paper	Yes	
	Local channel		
	Radio		
	Online news	Yes	Yes
Social media	Website		
	Facebook	Yes	
	Instagram		
Link of the document			
Publications/ proceedings if any			
Major outcomes		Students learned different asanas and principles of Yoga. They got to know about the importance of Yoga in maintaining health of body and mind.	
ICT/ Digital resources (Devices, Softwares, Apps etc)			




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**INTERNATIONAL YOGA DAY: A TALK ON YOGA
FOR HUMANITY**

PARTICIPATION LIST

2021 – 2023 BATCH

29/06/2022


SL.NO.	NAME	OPTIONAL SUBJECT	ATTENDANCE
1	AMITHA GEORGE	ENGLISH	✓
2	ANUSREE K.	ENGLISH	✓
3	ASWATHI V.	ENGLISH	✓
4	DARIYA BABY	ENGLISH	✓
5	JINISHA JOHN	ENGLISH	✓
6	KARISHMA SURESH	ENGLISH	✓
7	RESHMA G.R.	ENGLISH	✓
8	ROSHA B ROY	ENGLISH	✓
9	ALEX JOSE	MALAYALAM	✓
10	JISHNU T P	MALAYALAM	✓
11	ALEN MARIA BINNY	MALAYALAM	✓
12	ANAGHA CHANDRAN M.	MALAYALAM	✓
13	ANAGHA N P	MALAYALAM	✓
14	JAHNA T V	MALAYALAM	✓
15	SRUTHI P V	MALAYALAM	✓
16	VISMAYA E M	MALAYALAM	✓
17	AKHILA JAMES	MATHEMATICS	✓
18	HARITHA P.V.	MATHEMATICS	✓
19	JISNA AUGUSTINE	MATHEMATICS	✓
20	JOYAMOL T. BABY	MATHEMATICS	✓




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KATTAPPURAM, P. O., MADANAPATTAM
SREEKANThAPURAM, KOLLAM DT., 670531

21	JWALA MARIYA CYRIAC	MATHEMATICS	✓
22	MANJUSHA N.	MATHEMATICS	✓
23	SANJIYA BENNY	MATHEMATICS	✓
24	SNEHA V.	MATHEMATICS	✓
25	EMIL THANKACHAN	NATURAL SCIENCE	✓
26	AISWARYA MANOJ	NATURAL SCIENCE	✓
27	AKSHAYA AV	NATURAL SCIENCE	✓
28	ANJANA T	NATURAL SCIENCE	✓
29	ATHIRA T C	NATURAL SCIENCE	✓
30	HARSHA SANTHOSH	NATURAL SCIENCE	✓
31	INDUKUMARI U K	NATURAL SCIENCE	✓
32	SUHAIRA N.	NATURAL SCIENCE	✓
33	ANAND RAVI	PHYSICAL SCIENCE	✓
34	VAISHAKH K	PHYSICAL SCIENCE	✓
35	AHANA THOMAS	PHYSICAL SCIENCE	✓
36	ANJANA CHANDRAN	PHYSICAL SCIENCE	✓
37	ANN KURIAN	PHYSICAL SCIENCE	✓
38	ARYA K I	PHYSICAL SCIENCE	✓
39	CHRISTEENA RAJU	PHYSICAL SCIENCE	✓
40	ELSITTA JOSE	PHYSICAL SCIENCE	✓
41	MANEESHA P	PHYSICAL SCIENCE	✓
42	NIHA PADMANABHAN	PHYSICAL SCIENCE	✓
43	HRISHIKESH BABU M.C	SOCIAL SCIENCE	✓
44	JOMAL JOY	SOCIAL SCIENCE	✓
45	AKSHARAMOL	SOCIAL SCIENCE	✓
46	ANUMOL A M	SOCIAL SCIENCE	✓




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47	ANUSREE K P.	SOCIAL SCIENCE	/
48	HITHA K	SOCIAL SCIENCE	/
49	PRAJINA DAS K P	SOCIAL SCIENCE	/
50	SIMNA N.P.	SOCIAL SCIENCE	Absent



A handwritten signature in black ink, appearing to be "J. S. S.", written over the printed name of the Principal.

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International Yoga Day

International Yoga Day Yoga training was started at PKM college of Education on the occasion of International Yoga Day. The Principal Dr. Jessie N.C gave a talk on the importance of the Yoga Day. The classes were guided by Dr. Fr. Sinoj Joseph and Dr. Veena Appukkuttan. As a part of everyday yoga training, student teachers were given yoga mats on 28th and Dr. Navneeth V, Samatha Ayurvedic hospital Taliparamba inaugurated the program on 29th.



P.K.M. COLLEGE OF EDUCATION
Recognized by K.T.E., Institute since 1962, 2018, 2021, 2022
Approved by I.M.C. since 2004, 2014, 2021, 2022



8th International day of Yoga celebration



"Yoga for Humanity"

Organized by
Health fitness & sports club, PKM College of Education

13/10/22 10:15 AM
Time: 10:00 AM

Venue: College auditorium

All the eagerly invites you to the programme




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Name of the programme : Jersey and yoga mat distribution

Date: 28-06-2022

As part of International Yoga Day, PKM college of education distributed yoga mat and jersey to the student-teachers on 28th June 2022. This programme was conducted on the commemoration day of fr. Mar Kuryakose Kunnasseri, the founding head of PKM college of education. Student coordinators Manisha and vaishak received jersey from the college pro-manager fr. Joy Kattiyankal. College Principal, Dr Jessy N C, president, Mr. Siriyak Abraham, Dr fr. Sinoj Joseph, Assistant professor in Physical education, witnessed the programme.




PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KAITHAPURAM P. O., MADAMPAM
SREEKANDAPURAM, KANNUR DT.,-670531



P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P O, KANNUR – 670631

(Govt. Aided Teacher Education Institution affiliated to Kannur University)

Recognized by NCTE and included under UGC 2(f) & 12B category

Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

E-mail: pkmcedn@yahoo.co.in, Website: - www.pkcollege.org

Tel: 0460 2230929, Fax: 04602 232449

Circular No: /PKM/2022-23

Date: 18/06/2022

Sub: International Day of Yoga Celebration -2022

CIRCULAR

We inform you that P. K. M. College of Education, Madampam, will be organizing a grand celebration in honour of the International Day of Yoga on 21st June 2022. The event will commence at 10:00 AM and will focus on the theme "Yoga for Humanity."

Event Details:

Date: 21-06-2022

Time: 10:00 A.M

Venue: College auditorium

Best regards,


Principal

Copy to

All TS, NTS and Students



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ABSTRACT FOR REPORT

Assessment Year – 2022-23

Office File No : Digital File No:

ABOUT THE PROGRAMME				
Programme Title		Mar Kuriakose Kunnassery Anusmaranam		
Sub Programme	Programme 1:	Endowment distribution.		
	Programme 2			
Nature of the Programme		Mar Kuriakose Kunnassery Anusmaranam and Endowment distribution.		
Level of the Programme		College level		
Type of the Programme	In-house/outreach	In-house		
	Online/offline	Offline		
Objectives		<ul style="list-style-type: none"> To develop a sense of identity and belonging by exploring their cultural, national, or local history. 		
Issues /Themes addressed				
Date & time		28/06/2022 & 2.30 pm		
Venue		Auditorium		
Duration		2 hrs.		
ORGANIZING LEVEL				
Organized by		P K M College Of Education, Madampam		
Association/ Collaboration with				
sponsored by	External			
	Internal			
Sanctioned amount				
Sanction order details				
Faculty in charge				
Student co ordinators (Programme)				
Student co ordinators (Anchors)				
Student co ordinators (Reporting)				
Student co ordinators (ICT)				
Student co ordinators (Media)				
RESOURCE TEAM				
		Name	Designation	Role
Resource Persons/Experts				
Public Person				
Management Representative		Fr.Joy Kattiyankal	Promanager	Inauguration
PTA Representative		Cyriac Abraham		
Alumni Representative				
Cooperative Representative		School		
PARTICIPANTS				
Student participants	Batch 1:			
	Batch 2:			
Teacher Educators				
Administrative staff				




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 KATHAPRAM, P. O., MADAMPAM
 SREEKANDAPURAM, KANNUR DT.,-670631

Student Teachers outside PKM		
Teacher Educators outside PKM		
Researchers		
School Teachers		
School students		
Alumni		
General public		
FEEDBACK		
Oral feedback		
Written feedback		
Google form		
On the spot		
UPLOADING DOCUMENTS		
Plan of Action		
Notice/ circular		
Brochure		
Programme sheet		
Photograph with titles		
Reports	Printed	Yes
	Digital	Yes
Geo tagged photos		
Videos edited for uploading		
Participant list		
Programme certificates		
Duty certificates		
Statement of Expenditure		
Mass media	News paper	
	Local channel	
	Radio	
	Online news	
Social media	Website	
	Facebook	
	Instagram	
Link of the document		
Publications/ proceedings if any		
Major outcomes		<ul style="list-style-type: none"> Student teachers are got the importance of the programme
ICT/ Digital resources (Devices, Softwares, Apps etc)		




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ABSTRACT FOR REPORT

Assessment Year – 2022-23

Office File No :Digital File No:

ABOUT THE PROGRAMME			
Programme Title		International Yoga Day Celebration by Staff	
Sub Programme	Programme 1:	Nil	
	Programme 2	Nil	
Nature of the Programme		To celebrate the International Yoga Day	
Level of the Programme		College level	
Type of the Programme	In-house/outreach	In-house	
	Online/offline	offline	
Objectives		<ul style="list-style-type: none"> To highlight the importance of Yoga and its benefits on our mind and body. To develop the habit of meditation among all age group. 	
Issues / Themes addressed		Importance of good healthy habits.	
Date & time		21/06/2022 at 10 am	
Venue		College Auditorium	
Duration		1 hour	
ORGANIZING LEVEL			
Organized by		Health, Fitness and Sports Club, P.K.M. College of Education, Madampam	
Association/ Collaboration with			
sponsored by	External		
	Internal		
Sanctioned amount			
Sanction order details			
Faculty in charge		Dr. Sinoj Joseph and Dr. Veena Appukkuttan	
Student co ordinators(Programme)			
Student co ordinators(Anchors)			
Student co ordinators(Reporting)			
Student co ordinators (ICT)			
Student co ordinators (Media)			
RESOURCE TEAM			
	Name	Designation	Role




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 SREEKANDAPURAM, KANNUR DT., 670631

Resource Persons/Experts			
Public Person			
Management Representative			
PTA Representative			
Alumni Representative			
Cooperative School Representative			
PARTICIPANTS			
Student participants	Batch 1:		
	Batch 2:		
Teacher Educators		9	
Administrative staff		7	
Student Teachers outside PKM			
Teacher Educators outside PKM			
Researchers			
School Teachers			
School students			
Alumni			
General public			
FEEDBACK			
Oral feedback			
Written feedback			
Google form			
On the spot	Yes		
UPLOADING DOCUMENTS			
Plan of Action			
Notice/ circular	Yes		
Brochure			
Programme sheet			
Photograph with titles			
Reports	Printed	Yes	
	Digital	Yes	
Geotagged photos			
Videos edited for uploading			




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Participant list			
Programme certificates			
Duty certificates			
Statement of Expenditure			
Mass media	News paper		
	Local channel		
	Radio		
	Online news		
Social media	Website		
	Facebook		
	Instagram		
Link of the document			
Publications/ proceedings if any			
Major outcomes			<ul style="list-style-type: none"> • Student teachers motivated to inculcate good healthy habits in their day to day life. • Student teachers showed also their interest in yoga.
ICT/ Digital resources(Devices, Softwares,Apps etc)			




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YOGA DAY ENDING MEETING REPORT



Alex Nagar Sathyan Memorial Library and PKM College of Education Madamba jointly organized yoga classes from 22-8-2022 to 28-8-2022 at the Library Vice President of the Library M.V. Under the chairmanship of Sunil Kumar, PKM College Principal Dr. Jesse NC Inauguration and certificate distribution. College physical education teacher Dr. Fr. Sinoj Joseph Greetings Yoga Teacher Mukundan Koyam Class Review Reading Room Secretary Joby Mathew Welcome Jo. Secretary Saji Kallidukil also thanked.




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ABSTRACT FOR REPORT

Assessment Year – 2022-23

Office File No : Digital File No:

ABOUT THE PROGRAMME			
Programme Title	Yoga Day Ending Meeting		
Sub Programme	Programme 1:	Nil	
	Programme 2:	Nil	
Nature of the Programme	Aims to raise awareness worldwide of the many benefits of practicing yoga.		
Level of the Programme	College Level		
Type of the Programme	In-house/outreach	Outreach	
	Online/offline	Offline	
Objectives	<ul style="list-style-type: none">To reduce health problemsTo promote good mental and physical health of people through yoga.To connect people through international yoga day.To connect people to the nature by practicing yoga.To make people get used of meditation through yoga.To draw attention of people worldwide towards the holistic benefits of yoga.		
Issues / Themes addressed	"Yoga for Humanity"		
Date & time	28/08/2022, 10.00 am		
Venue	Sathyan Smaraka Vayanashala, Alex Nagar		
Duration	3 hours		
ORGANIZING LEVEL			
Organized by	P. K. M College of Education, Madampam		
Association/ Collaboration with	Sathyan Smaraka Vayanashala, Alex Nagar		
Sponsored by	External		
	Internal		
Sanctioned amount			
Sanction order details			
Faculty in charge	Dr. Fr. Sinoj Joseph		
Student co ordinators (Programme)			
Student co ordinators (Anchors)			
Student co ordinators (Reporting)			
Student co ordinators (ICT)			
Student co ordinators (Media)			
RESOURCE TEAM			
Resource Persons/Experts	Name	Designation	Role
Public Person	M. V Sunil Kumar	Vice President of Sathyan Smaraka Vayanashala	Presided the ending ceremony
Management Representative			
PTA Representative			





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Alumni Representative			
Cooperative Representative	School		
PARTICIPANTS			
Student participants	Batch 1:		
	Batch 2:		
Teacher Educators			
Administrative staff			
Student Teachers outside PKM			
Teacher Educators outside PKM			
Researchers			
School Teachers			
School students			
Alumni			
General public			
FEEDBACK			
Oral feedback	Yes		
Written feedback			
Google form			
On the spot	Yes		
UPLOADING DOCUMENTS			
Plan of Action	Yes		
Notice/ circular	Yes		
Brochure	Yes		
Programme sheet			
Photograph with titles			
Reports	Printed	Yes	
	Digital	Yes	
Geo tagged photos	Yes		
Videos edited for uploading	Yes		
Participant list	Yes		
Programme certificates			
Duty certificates			
Statement of Expenditure			
Mass media	News paper		
	Local channel		
	Radio		
	Online news		
Social media	Website		
	Facebook		
	Instagram		
Link of the document			
Publications/ proceedings if any			
Major outcomes			<ul style="list-style-type: none"> • To strengthen the global coordination among people through yoga. • To make people aware of physical and mental diseases and its solutions through practicing yoga. • To reduce the rate of health challenging diseases all over the world. • To get win over all the health challenges through regular yoga practice. • To link between protection of health and sustainable health development.




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ICT/ Digital resources (Devices, Softwares, Apps etc)

Photoshop, Canva




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