



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

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2.3.5: Continual mentoring is provided by teachers for developing professional attributes in students

TWINNING PROGRAMME



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Twinning Programme

2019


PKM COLLEGE OF EDUCATION
MADAMPAM, KANNUR


REPORT ON
INSTITUTIONAL TWINNING PROGRAMME 2019

*For final year B.Ed students of P.K.M college of education Madampam,
Kannur in association with Anju Boby Sports Academy Bangalore*

On 9th November 2019

Venue: Anju Boby sports Academy, Bangalore




Principal
PKM COLLEGE OF EDUCATION
MADAMPAM, KANNUR

REPORT ON INSTITUTIONAL TWINNING PROGRAMME

PKM college of Education in collaboration with department of physical education and Anju Boby Sports Academy Bangalore conducted an Institutional Twinning programme for the final year B.Ed students of PKM college of education on 9th November 2019. The main objectives of this trip was to visit Anju Boby Sports Academy, Good Earth Malhar and organic farm living with nature, interaction with Olympian Anju Boby George Training for YIP, Fit India Movement and EPC. Faculty members Dr sinoj joseph and jomol miss, office staff sr karunya and basketball coach pressana ma'am accompanied with the 44 students.

We started our journey from the college at 6:45 PM on 8/11/2019, Friday. Throughout the journey there were various entertainment programmes to mark this as a remarkable one. We had our dinner at Bhavana retreat centre around 9:50 PM. On the next day 9/11/2019, saturday we reached at the benedictine Asramam around 6:30AM. We had our breakfast around 7:45 AM. At 8:30 we reached Anju Boby sports accademy close to kengeri. Byju George, one of the brother of jimmy George along with his wife sherly welcomed us. Mr Byju George gave us a brief introduction on this academy and about their major projects. Works of synthetic track all were only in the beginning stage. All those works would come into a completion only after one or two years. Even though the works has not come to a completion they has given training for few of the athlete at sayi. He also pointed out that in 2024 they would probably have a chance to get an Olympic medal. Badminton courts, squash court, swimming pool, table tennis, Gymnasium etc were also well introduced by Byju George and joe the son of jimmy george.

At 9:45 a documentary video on various achievements of Anju Boby george was shown just before the interactive session with Anju Boby George. In the interactive session ma'am pointed out that there are two types of athlete, one is with inborn talent and the other one with interest, which can be person with talent or without inborn talent. However a teacher should be a person who give importance to both curricular and extracurricular activities. Ma'am also noted down that it is the person in sport who is healthier, smarter and brilliant in accademic performance too. sports act as a medium to grasp discipline, concentration and to lead an orderly life.ma'am


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KATHIRGODI
BELLARY DISTRICT
KARNATAKA

also listed down various memorable events and bad events that she faced during the journey towards an olympian. A video on 'Green Peravoor Marathon' was shown and we were insisted to be part of this great event. The 'Green Peravoor Marathon' started for promoting physical fitness among the new generation and highlighting the importance of keeping villages and towns clean. After the end of this session we were served tea and snacks. later we were having a photo session with Anjuboby george and their team members.

At 11:30 AM we move on to visit Good Earth Malhar which is nearby the academy. The Good Earth Orchard in Bengaluru, set up by architect couple Jeeth and Natasha and partner Stanley George, is a community of sixty houses which exemplify how traditional building methods can be used in the contemporary context to great advantage. There were two patterns of malhar, patterns A and patterns B. we were first introduced malhar patterns A then the second patterns by stanley. Here in all patterns the constructions were done with maximum conservation without disturbing the actual landscape. What really sets this place apart however, is the amazingly profuse green cover. 'Bio diversity' seems to be the keyword here and they have striven to revive the fast disappearing flora varieties that were once common all over Bengaluru. It is interesting to see how all the residents have their own idea of what makes a perfect front garden. Almost all residents are keen fruit and vegetable gardeners too and use their backyards for this. And in the true spirit of community living, they often distribute the harvest generously among their neighbours. All kinds of herbs and salad vegetables are also seen in abundance. Ground lighting were given much importance. Rainwater harvesting and a decentralised sewage treatment plant ensure that water is recycled and reused for the gardens. Waste management, segregation of waste and recycling are taken very seriously here, with a lot of the residents chipping in to help oversee the process. Here one can enjoy the amenities of an apartment, while staying in an independent house. So you have your shared facilities like power backup, common central parks, security, sewage management, club house, pool and gym and at the same time you have the luxury of your own little patch of green. And community living notwithstanding, you can be as private as you want to be. The bricks used in those houses were made using the same mud present in that region. We were then taken to those bricks making area where they exhibited the way of making those bricks and gave clear view on materials used in this process.



PERAVOOR
MARATHON
FOUNDATION
BENGALURU

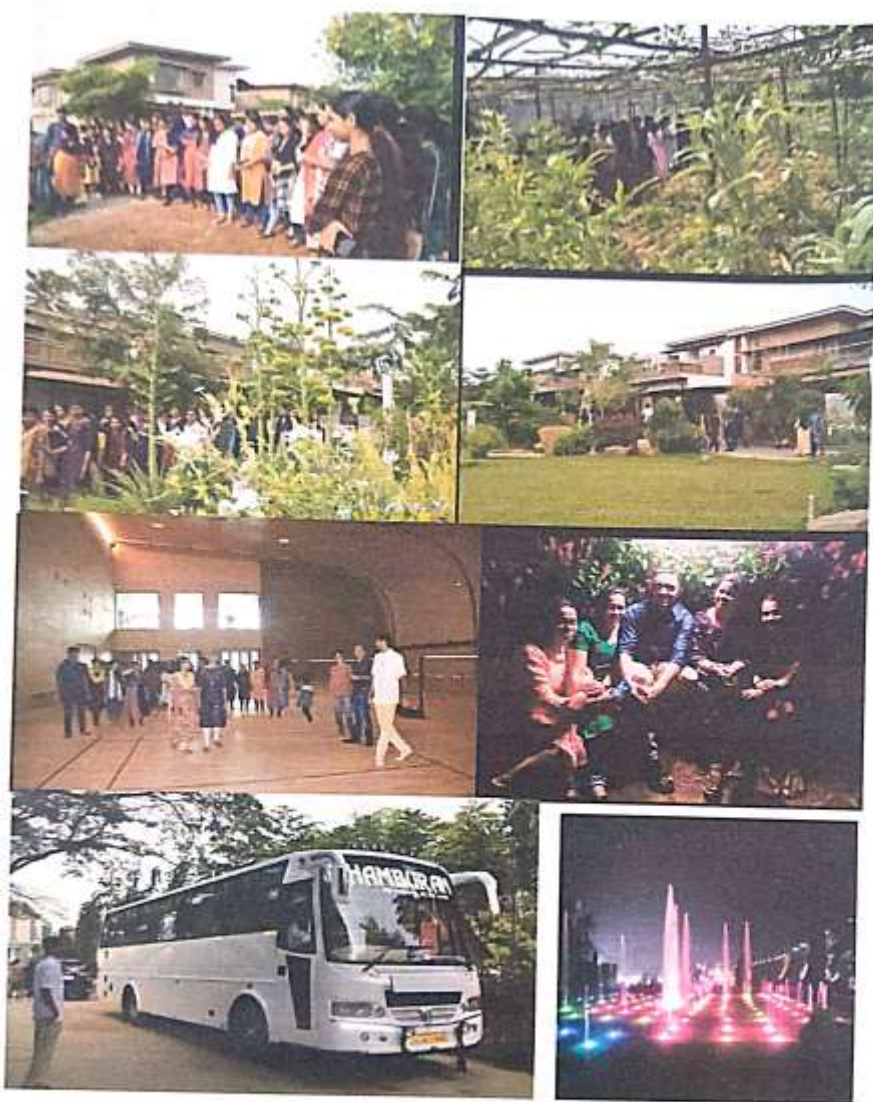
After lunch at 1:30PM we started our journey to the next destination Brindavan Garden. In between there was a tea break at 4PM. We reached Brindavan Garden at 6:30 PM. The biggest attractions of the Brindavan Garden is the musical fountain, a choreographed play of water bursts synchronised with tunes of songs. Many come to view these fountains at night, where they are displayed in their full glory. We returned from Brindavan at 8:30PM and had our dinner at 8:45PM, from there we started our return journey at around 9:30 PM and reached college at 7:00 AM.

This twinning programme was successful and we believed that all our objectives were achieved. We learned a lot and it was actually beneficial for all of us.


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KATKUNUR
BRINDAVAN GARDEN



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