

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

3.1.4: Institution has created an eco-system for innovations and other initiatives for creation and transfer of knowledge that include

- 1. Participative efforts (brain storming, think tank, etc.) to identify possible and needed innovations**
- 2. Encouragement to novel ideas**
- 3. Official approval and support for innovative try-outs**
- 4. Material and procedural supports**

ENCOURAGEMENT TO NOVEL IDEAS



Encouragement to Novel Ideas

EPC 4 Workshop: Understanding the Self (11th November 2020)

P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P O, KANNUR – 670631
(Govt. Aided Teacher Education Institution affiliated to Kannur University)
Accredited by NAAC with 'A' Grade, (Second cycle-4-year scale), RUSA 2nd Beneficiary, UGC 20th (2018)



WORKSHOP THE REAL ME EPC PART-4: UNDERSTANDING THE SELF

11th November, 2020

REPORT

On 11/12/2020, P K M College of Education, Madampam conducted a workshop on "THE REAL ME" as a part of the 'EPC Part 4: Understanding the self'. The workshop started at 10:00 a.m. and it was conducted online through ZOOM meet. The staff coordinator of the workshop was Sr. Caroline FCC and the student coordinator was Ashish Saseendran.

The online workshop started with the Prayer by Sruthi Ramesh student teacher. Sr. Caroline FCC, Assistant Professor P.K.M. College of Education delivered the welcome speech. She added that understanding the self is a never ending and deep process, which enhances all individual especially prospective teachers. Dr. Jessy NC, Principal, P.K.M. College of Education delivered the presidential address. She wished that the workshop would become a success so that the student teachers can reflect and find their strengths and weakness and improve themselves.

Fr. Justin Johns, Principal, St. Francis EM School, Kozhikode was the resource person of the workshop. He shared the experiences with the audience and also emphasized the importance of self-understanding. During the workshop he went through different stories importance of SWOT analysis, difference between abilities and qualities also emphasized the importance of principles one should follow setting goals how to work out systematically and




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how to gain self-belief through the integrated process of self-reflection. Also he gave tips for easy and efficient way for learning. During the workshop participants prepared a inventory for self-esteem. Went through the process of SWOT analysis separating their strengths weakness, opportunities and threats. Finally there was a session for interaction in which Fr. Justin Johns gave answers for the questions of student teachers. He also expressed his happiness for hearing a group of youth indulging actively in such a process.

Ashish Saseendran, student coordinator, delivered vote of thanks. And the workshop ended by 12:30. The whole workshop was compered by Akhila PV, student teacher, Dept. of Social Science. A feedback session was also provided to them regarding the session. In total the programme was very innovative and successful.

Google form Link for Registration:

https://docs.google.com/forms/d/1Wajc-SocLemNzqblmLDF958apU_gb4vc7agHGDAsoV_1/edit?usp=sharing

Google form Link for Feedback:

https://docs.google.com/forms/d/1r8gY9bbayud6-29-kjv-ujjQ6W22QAI_NpbR9uj7i7E/edit?usp=sharing




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BROCHURE

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THE REAL ME
UNDERSTANDING THE SELF
11th Standard

WELCOME
Sr. Caroline FCC
Asst. Prof., Malayalam Dept.
P.K.M. College of Education

PRESIDENTIAL ADDRESS
Dr. Jessie NC
Principal, P.K.M. College of Education

VOTE OF THANKS
Ashish Saseendran
Student, P.K.M. College of Education

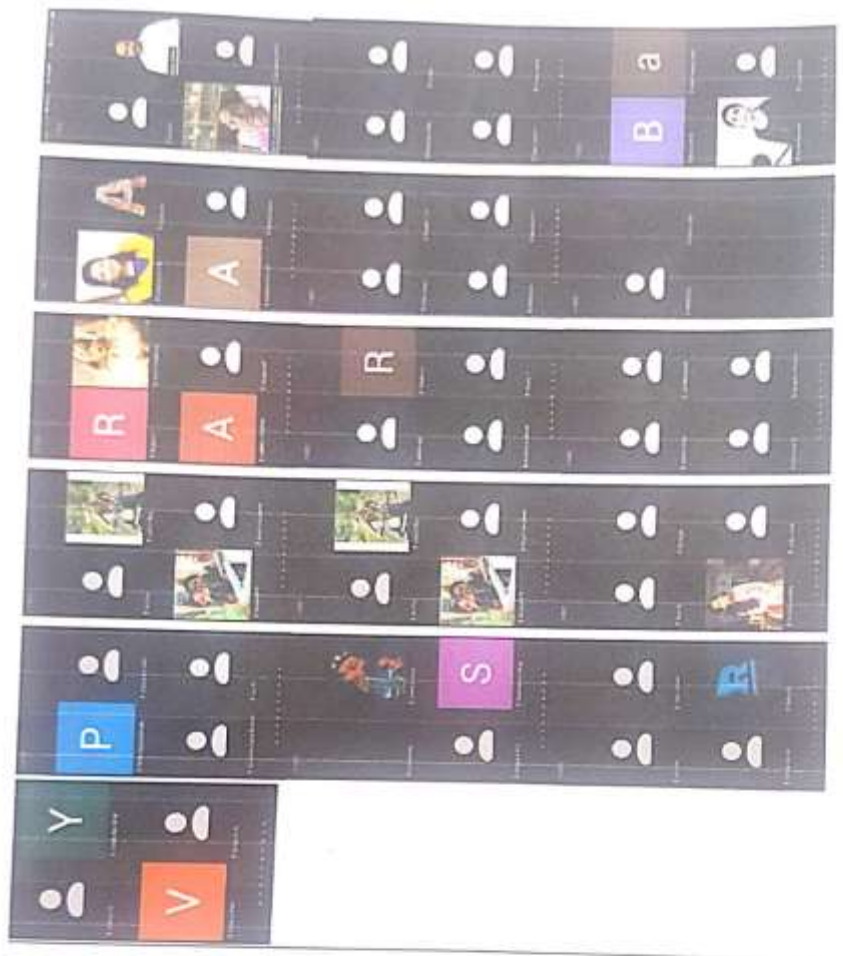
RESOURCE PERSON

Fr. Justin Johns
Principal, St. Francis EM School, Kazhikode

ZOOM




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TREEKANDAIPURAM, KANNUR DT.,-670531

SCREEN SHOTS




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TIRUPUR, KANNUR DT.,-670631

EPC 4 Workshop: Understanding the Self (1 November 2020)

P.K.M. COLLEGE OF EDUCATION, MADAMPAM
State Aided Teacher Education Institute affiliated to Pannur University, Recognized by IVTE,
Included under UGC 2 (B.A) B category. Accredited by NMAC (entry), Grade, Second cycle. A plus,
SMM/LSA 2.0 beneficiary institution

Day 1

Course EPC 04: Understanding the Self
Workshop

Inaugural Ceremony

Team Teaching

Keva: Herbal Garden Exhibition

Punarjani: Dry Bouquet Exhibition

Facilitators
Akhila James
Arya K I
Emil Thankachan
Harsha Santosh

Programme Coordinators
Manesha.P
Prajina Das.K.P

Programme Coordinators
Aksharamol Biju
Akshyaya A V

27 March 2023, 09:30 AM
@ College Auditorium

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DREKKONIPURAM, CANNUR DT., 670321



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Accredited by NAAC with 'A' Grade(second cycle -4 point scale)
RUSA 2.0 Beneficiary, UGC2(f) & 12 (B)

Day 2

EPC- 04 UNDERSTANDING THE SELF WORKSHOP

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Team Teaching

Co-ordinators
Aksharamol &
Karishma Suresh



Talk on Meditation

Co-ordinator
Valshakh K



Payasam Making

Co-ordinators
Jrishikesh Babu &
Jishnu TP


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MADAMPAM, P.O. MADAMPAM
CHANGANASSERY, ZANGUR DT., 679321

On 28th March 2023 at 9.30 AM,
College Auditorium



P. K. M College of Education Madampam

Accredited by NAAC with 'A' Grade(second cycle -4 point scale)

RUSA 2.0 Beneficiary, UGC2(f) & 12 (B)



EPC - 04 Understanding the Self Workshop



MUSIC THERAPY & MEDITATION

Day 3

AYNA: DISCOVERING ONE

Co-ordinators
Is.Minimal George & Mr.Vaishakh K

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Co-ordinators
Ms.Joyamol T Baby & Ms.Elzith



ON 29TH MARCH 2023 AT 9.30 AM

AT COLLEGE AUDITORIUM


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KATHAPRAKAS P. O., MADAMPAM,
SREEKANDAPURAM, THIRUVARUR DL, 620031

P K M COLLEGE OF EDUCATION, MADAMPAM

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Course EPC - 04 Understanding the Self Workshop

DAY - 4

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PEACE ART



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KATHAPPAL, P. O. MADAMPAM
CHERAKKAPURAM, KANNUR DT.-670011

**RUCHIKKODTU: SALAD MAKING
COMPETITION**

Programme Coordinator:
Prajina Das K P



GROUP DISCUSSION



VALEDICTORY SESSION

30 March 2023, 09:30 a.m., College Auditorium



P. K. M. College of Education, Madampam

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DE PROFUNDIS

Course EPC 04: Understanding the Self

4-Day Workshop



Dr. Prasanth Mathew
Asst. Prof. in Physical Science
& Vice-Principal
P.K.M. College of Education
Keynote Address



Dr. Jenny N C
Principal
P.K.M. College of Education
Inaugural Address



Ms. Minimal George
Staff Coordinator
Asst. Prof. in Malayalam
P.K.M. College of Education
Welcome Address

THEMES

UNIVERSAL LIVING

SOCIAL-RELATIONAL
SENSITIVITY

HARMONY WITH
NATURE

INTROSPECTION



27, 28, 29, 30
MARCH 2023



COLLEGE
AUDITORIUM

PROGRAMME COORDINATORS

Ms. ANN KURIAN



Ms. AKSHARAMOL

Ms. KARISHMA SURESH

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MADAMPAM
KANNUR
27/03/2023

P.K.M. COLLEGE OF EDUCATION, MADAMPAM
'DE PROFUNDIS'
COURSE EPC 04: UNDERSTANDING THE SELF
FOUR-DAY WORKSHOP

DUTY LIST

Staff Coordinator	Ms. Minamol George (Sr. Caroline FCC)
General Coordinators	Ms. Karishma Suresh Ms. Aksharamol Ms. Ann Kurian
Committee Members	Ms. Akshaya A V Ms. Anagha Chandran M Ms. Joyamol T Baby Ms. Elsiita Jose Ms. Maneesha P Mr. Jishnu T P
HIGHLIGHTS OF THE WORKSHOP	
Programme	In-Charge
Brochure	Brochure Head Ms. Karishma Suresh
	Day 1-'Kalya' Ms. Athira T C
	Day 2-'Ninnaga' Ms. Amitha George
	Day 3-'Bhuvissu' Ms. Akhila James
	Day 4-'Varidhi' Ms. Jomal Joy
Promo Video	Ms. Saniya Benny
Peace Dance	Ms. Elsiita Jose Ms. Ahana Thomas Ms. Christeena Rau Ms. Maneesha P Ms. Arya K I
Peace Music	Ms. Harsha Santhosh



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'MMADE PEEDIA'- Tea Shop	Ms. Akshaya A V Ms Manjusha N Ms. Aiswarya Manoj Ms. Sneha V Ms. Alex Jose Ms. Anusree K P Ms. Haritha P V Ms. Jisna Augustine Mr. Jomai Joy
'KEVA'-Herbal Plant Exhibition	Ms. Maneesha P
'PUNARJANI'-Dry Bouquet Exhibition	Ms. Akshaya A V Ms. Aksharamol
Peace Games	Ms. Jisna Augustine Ms. Joyamol T Baby Ms. Anagha Chandran M Ms. Haritha P V Mr. Alex Jose Mr. Anand Ravi Ms. Sneha
Expert Talk	Mr. Vaishakh K
Team Teaching	<ul style="list-style-type: none"> • Ms. Karishma Suresh & Ms. Aksharamol • Ms. Arya K I, Ms. Harsha Santhosh, Ms. Akhila James, Mr. Emil Thankachen
'PAKADARPANAM': Payasam Making	Mr. Hrishikesh Babu Mr. Jishnu T P Ms. Anagha Chandran M Mrs. Reshma G R Mrs. Jahna TV Ms. Jwala Maria Cyriac Ms. Anagha N P



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KATHAPURAM, TALUKA KOLLAM DISTRICT

'AYNA'- Discovering oneself	Ms. Joyamol T Baby Ms. Elsitita Jose	
Peace Art	Group 1- Thalam	Mr. Jishnu T P
	Group 2- Ragam	Mrs. Jahna T V
	Group 3- Layam	Ms. Simma N
	Group 4- Sruthy	Mrs. Reshma G R
	Group 5- Swaram	Mr. Hrishikesh Babu
	Group 6- Pallavi	Mr. Jomal Joy
	Group 7- Eenam	Ms. Prajina Das K P
	Group 8-Thudi	Mr. Emil Thankachan
	Group 9-Dhwani	Ms. Hiitha K
	Group 10- Sarangi	Ms. Aksharamol
Focused Group Discussion	Ms. Karishma Suresh Ms. Ann Kurian	
'RUCHIKKOOTTU'- Salad Making Competition	Ms. Prajina Das K P	
Technical Sessions	Mr. Vaishakh K	
Publicity	Mr. Alex Jose Ms. Jahna T V Ms. Sruthi V	
Reporting Head	Ms. Anusree K	
Documentation	Ms. Manjusha Ms. Anagha Chandran M	
Monday, 27th March 2023 (Day 1- 'Kalya')		
Inaugural Ceremony	Ms. Ahana Thomas	
Anchoring	Mr. Anand Ravi & Ms. Manjusha	
Report	Mr. Emil Thankachan & Ms. Anagha N P	
Evaluation	Ms. Arya K I	
Tuesday, 28th March 2023 (Day 2- 'Nimnaga')		
Anchoring	Ms. Amitha George	
Report	Ms. Visamya & Ms. Aswathy V	




 DEPARTMENT OF EDUCATION
 KERALA
 SULLYWAYIL
 KANNUR DISTRICT, PIN-676101

Evaluation	Ms. Alen Maria Binny
Wednesday, 29th March 2023 (Day 3-'Bhuvissu')	
Anchoring	Ms. Anngha Chandran & Ms. Anjana Chandran
Report	Ms. Hitha K, Ms. Reshma G R
Evaluation	Ms. Jwala Mariya Cyrine
Thursday, 30th March 2023 (Day 4-'Varidhi')	
Reflection & Valedictory Ceremony	Ms. Nitha Padamnabhan
Anchoring	Mr. Alex Jose & Ms. Christeena Raja
Report	Mr. Hitha K & Mrs. Resham G R
Evaluation	Ms. Indukumari U K



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 SREERANGAPURAM

P.K.M. COLLEGE OF EDUCATION, MADAMPAM
'DE PROFUNDIS'
COURSE EPC 04: UNDERSTANDING THE SELF-
FOUR-DAY WORKSHOP

PROGRAMME SCHEDULE

Monday, 27th March 2023 (Day 1-'Kalya')

9:30 am- 10:00 am	Session -1 INAUGURAL SESSION
10:00 am- 10:10 am	Kaliyum Chiriyum
10:10 am-10:30 am	Session -2 TEAM TEACHING I
Facilitators: <i>Ms. Arya K I</i> <i>Ms. Harsha Santhosh</i> <i>Ms. Akhila James</i> <i>Mr. Emil Thankachan</i>	Topic: <i>Confronting conflicts in different dimensions: (i) inner self (ii) nature (iii) social life (iv) Universal living</i>
10:30 am- 12:30 pm	Session-3 - 'KEVA'-Herbal Plant Exhibition
12:30 pm - 1:30 pm	Kaliyum Chiriyum
1:30 pm-1:45 pm	Session-4 Peace Game I
1:45 pm-3:30 pm	Session-5 'PUNARJANI'-Dry Bouquet Exhibition
3:30 pm-3:45 pm	Kaliyum Chiriyum
3:45 pm- 4:20 pm	Session-6 EVALUATION SESSION I

END OF DAY I



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Tuesday, 28th March 2023 (Day 2-'Nimnaga')

1:30 pm -1:45 pm	Session-7 Peace Game II
1:45 pm-2:30 pm	Session -8 EXPERT TALK
Facilitator: <i>Mr. Vaishakh K</i> (Physical Science Optional)	Topic: <i>Understanding the Body-Mind-Spirit Connection</i>
2:30 pm - 2:40 pm	Kaliyam Chiriyam
2:40 pm - 3:40 pm	Session -9 TEAM TEACHING II
Facilitators: <i>Ms. Karishma Suresh & Ms. Aksharamol Biju</i> (Student Coordinators)	Topic: <i>Surene Talk: A Brief Overview on the Concepts of Peace</i>
3:40 pm-4:20 pm	Session-10 EVALUATION SESSION II
4:20 pm-5:00 pm	Session- 11 'PAKADARPANAM'

END OF DAY 2



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KATTIPUZHA
SREEKRISHNAPERUVU
THRISUR

Wednesday, 29th March 2023 (Day 3-'Bhuvissu')

9:30 am-10:30 am	Session -12 MEDITATION
Facilitator: Mr. Vaishakh K (Physical Science Optional)	
10:30 am- 10:40 am	Kaliyum Chiriyum
10:40 am- 11:40 am	Session -13 MUSIC THERAPY
Facilitator: Sr. Caroline FCC (Staff Coordinator & Asst. Professor in Malayalam)	
11:45 am-12:30 pm	Session-14 'AYNA'- Discovering Oneself
12:30 pm-1:30 pm	Kaliyum Chiriyum
1:30 pm-1:45 pm	Session-15 Peace Game III
1:45 pm-3:30 pm	Session-14(Continues)
3:30 pm-3:45 pm	Kaliyum Chiriyum
3:45 pm-4:20 pm	Session-16 EVALUATION SESSION III

END OF DAY 3



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Thursday, 30th March 2023 (Day 4-'Varidhi')

9:30 am-11:00 am	Session -17 PEACE ART
11:00 am- 11:10 am	Kaliyum Chiriyum
11:10 am-12:30 pm	Session-18 'RUCHIKKOOTTU'-SALAD MAKING COMPETITION
12:30 pm-1:30 pm	Kaliyum Chiriyum
1:30 pm-2:30 pm	Session-19 FOCUSED GROUP DISCUSSION
<p>Topic: Approaches in Peace Building <i>Integrated Approach; Democracy approach; Justice approach; Reconstructive approach; Top, middle and grassroot approach; Transforantional approach; Feminist approach; Peace keeping; Peace making; Peace Building</i></p>	
<p>Moderator: <i>Dr. Prasanth Mathew</i> Vice Principal & Asst. Professor in Physical Science</p>	<p>Participants: <i>Mr. Jishnu T P</i> <i>Mrs. Jagna T V</i> <i>Ms. Sianna N</i> <i>Mrs. Reshma G R</i> <i>Mr. Hrishikesh Babu</i> <i>Mr. Jomal Joy</i> <i>Ms. Prajina Das K P</i> <i>Mr. Emil Thankachan</i> <i>Ms. Hitha K</i> <i>Ms. Aksharamol</i></p>
2:30 pm-2:45 pm	Session-20 EVALUATION SESSION IV
2:45 pm - 3:00 pm	Kaliyum Chiriyum
3:00 pm-4:20 pm	Session-21 REFLECTION AND VALEDICTORY SESSION

END OF DAY 4 AND WORKSHOP



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