



# 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

**7.1.9: Institution has a prescribed Code of Conduct for students, teachers, administrators and other staff, and conducts periodic programmes to appraise adherence to the Code through the following ways**

- 1. Code of Conduct is displayed on the institution's website**
- 2. Students and teachers are oriented about the Code of Conduct**
- 3. There is a committee to monitor adherence to the Code of Conduct**
- 4. Professional ethics programmes for students, teachers, administrators and other staff are organized periodically**

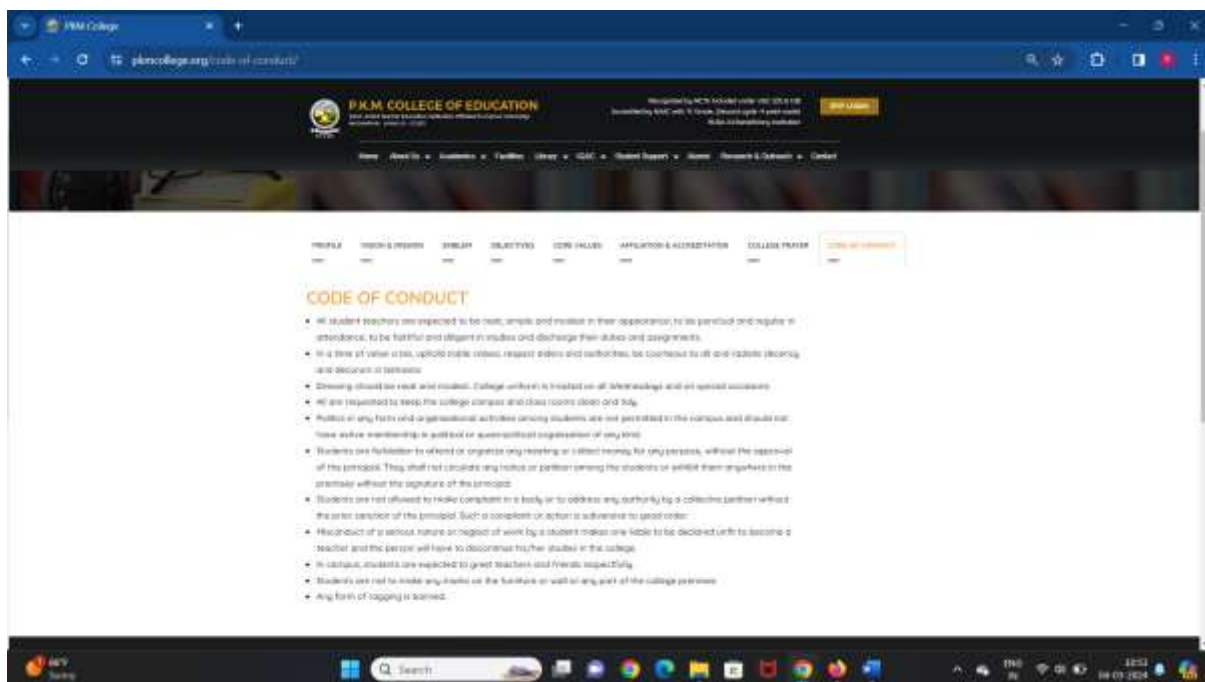
## CODE OF CONDUCT



**7.1.9: Institution has a prescribed Code of Conduct for students, teachers, administrators and other staff, and conducts periodic programmes to appraise adherence to the Code through the following ways**

- 1. Code of Conduct is displayed on the institution's website**
- 2. Students and teachers are oriented about the Code of Conduct**
- 3. There is a committee to monitor adherence to the Code of Conduct**
- 4. Professional ethics programmes for students, teachers, administrators and other staff are organized periodically**


**Code of Conduct is displayed on the institution's website**



<https://pkmcollege.org/code-of-conduct/>

## Report of the Code of Conduct Initiatives

**PKM College of Education, Madampam**



**REPORT OF THE CODE OF CONDUCT INITIATIVES OF PKM**

This report provides an overview of the activities and outcomes of the Code of Conduct Committee at PKM College of Education during the last five years. The Code of Conduct Committee is entrusted with ensuring adherence to ethical standards, professional behavior, and disciplinary procedures among students, faculty, and staff within the college and its activities.

The Code of Conduct Committee comprises the members representing various stakeholders including faculty, administrative staff, and student representatives. The committee regularly monitors, review, update, and enforce the college's code of conduct policies.


**Rules and Regulations and Code of Conduct of the College**


**College Rules & Regulations**

Prof. Kandoth Memorial College of Education, nurtures a very noble vision for the future. The student teachers who are the members and leaders of the society, should imbibe personal maturity, acceptable social relations in family spirit, healthy study habits, responsible freedom and above all fear of God, which is the beginning of Wisdom. Hence all the students are expected to abide by the following rules and regulations.

**Code of conduct**

- All student teachers are expected to be neat, simple and modest in their appearance; to be punctual and regular in attendance; to be faithful and diligent in studies and discharge their duties and assignments.
- In a time of value crisis, uphold noble values, respect elders and authorities; be courteous to all, and radiate decency and decorum in behavior.
- Dressing should be neat and modest College uniform is insisted on all Wednesdays and on special occasions
- All are requested to keep the college campus and class rooms clean and tidy. Time is precious. Students should fruitfully make use of free time.
- Politics in any form and organizational activities among students are not permitted in the campus and should not have active membership in political or quasi political organization of any kind.
- Students are forbidden to attend or organize any meeting or collect money for any purpose, without the approval of the principal. They shall not circulate any notice or



  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631  
7.1.9

petition among the students or exhibit them anywhere in the premises without the signature of the principal.

- Audio-Visual equipment's shall be made use for academic purpose in class room, with the consent of the class teacher. If they are used for purposes other than academic, prior permission from Principal is required.
- Students are not allowed to make complaint in a body or to address any authority by a collective petition without the prior sanction of the principal. Such a complaint or action is subversive to good order.
- Misconduct of a serious nature or neglect of work by a student makes one liable to be declared unfit to become a teacher and the person will have to discontinue his/ her studies in the college.
- In campus, students are expected to greet teachers and friends respectfully. Students are not to make any marks on the furniture or wall or any part of the college premises.
- Cinematic dances, Fashion shows and Mobile phones with camera are not permitted in the campus.
- Any form of ragging is banned.

#### **Review and Revision of Code of Conduct**

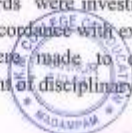
- The calendar committee conducted a comprehensive review of the existing Code of Conduct to ensure its alignment with the college's mission, values, every year during the preparation of the college handbook and academic calendar .
- Amendments were proposed and discussed to address emerging issues, and for strengthening college rules and regulations.
- Feedback from stakeholders including faculty, staff, and students were collected and incorporated for the revision of the Code of Conduct.

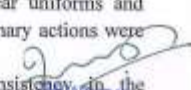
#### **Education and Awareness Campaigns**

- Thought for the day programme was organised on every class days to encourage students to think positively and be strong when facing problems.
- Orientation Programme and Bridge Course which was conducted at the beginning of the course help them to become aware of the importance of adhering to the Code of Conduct.
- Workshops, seminars, and orientation sessions on peace education, life skill training classes and weekly value education sessions were conducted to familiarize students, faculty, and staff with the implications of Code of Conduct of the institution.

#### **Monitoring and Implementation**

- The monthly staff co-ordinator and student co-ordinator actively monitored compliance with the Code of Conduct through regular assessments, incident reporting mechanisms, and through informal feedbacks.
- Instances of small violations like late comings, not wearing wear uniforms and identity cards were investigated promptly, and appropriate disciplinary actions were taken in accordance with existing rules and regulations.
- Efforts were made to ensure fairness, transparency, and consistency in the enforcement of disciplinary measures.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O., MADAMPAM  
SRIRANGAPATNAM, KANNUR DT., KERALA

#### **Collaboration with Stakeholders**

- The committee collaborated with various stakeholders including other departments like vigilance, anti -corruption, anti-drug , human rights commission, women cell, student organizations, and other NGOs to promote a culture of ethical conduct and accountability.
- Partnerships were established to address specific issues related to academic integrity, professional ethics, and student well-being.

#### **Challenges and Future Directions**

- While significant progress has been made in promoting a culture of integrity and accountability, several challenges persist, including
- Ensuring continuous awareness and understanding of the Code of Conduct among all members of the college.
- Addressing some complex issues in the education sector.
- Enhancing resources and support systems for prevention, intervention, and rehabilitation efforts in some sensitive issues.

#### **To address these challenges, the committee intends to**

Continue monitoring and evaluating the effectiveness of the Code of Conduct policies and procedures.

Strengthen partnerships with relevant stakeholders to make use of their expertise and resources.

Foster a supportive and inclusive environment conducive to ethical decision-making and professional growth.

#### **Conclusion**

The institutional Code of Conduct remains committed to upholding the highest standards of ethical conduct and professionalism within the Teacher Education College. Through collaborative efforts and proactive initiatives, the institution seeks to promote integrity, respect, and accountability as fundamental values of the institution.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KATHAPRAM P.O, MADAMPAM  
TEERKANDAPURAM, KANNUR DT.,-670631

**VALUE EDUCATION**

**DATE: 02-12-2022**



**PRINCIPAL**  
**P.K.M. COLLEGE OF EDUCATION**  
**VAITHAPRAM P.O, MADAMPAM**  
**KANDAPURAM, KANNUR DT.,-670631**

**(IPR) AWARENESS PROGRAMME**

**DATE: 06-12-2022**



*[Signature]*  
**PRINCIPAL**  
**P.K.M. COLLEGE OF EDUCATION**  
**KAITHAPRAM P.O, MADAMPAM**  
**SREEKANDAPURAM, KANNUR DT., -670631**

### LAHARI LOGO PRAKASHANAM

Date : 14-10-2022



**PKM COLLEGE OF EDUCATION, MADAMPAM**  
 Accredited by NAAC with A grade  
 (second cycle 4 point scale)  
 RUSA 2.0 beneficiary UGC 2(f)12(B) category

**യോദ്ധാവ്**  
**NO**  
**DRUGS**

ലഹരി വിരുദ്ധ ലോഗോ പ്രകാശനം

പ്രകാശനം



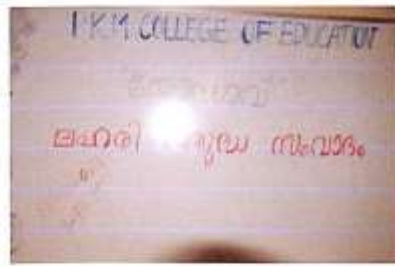
*Date: 14/10/2022*  
*Time: 4.00 pm*  
*All General Hall*



**PRINCIPAL**  
**PKM COLLEGE OF EDUCATION**  
**KAITHAPPAM P.O, MADAMPAM**  
**HEEKANDAPURAM, KANNUR DT., -670631**

**ലഹരി വിരുദ്ധ സംവാദം**

Date : 18-10-2022



**LAHARI- QUIZ COMPETITION - Date: 26-10-2022**



P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

### ANTI – HUMAN TRAFFCKING CLUB INAUGURATION DATE 30-03-2023



FINANCIAL LITERACY  
DATE : 30/03/2023



*[Signature]*  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
TREEKANDAPURAM, KANNUR DT., -670631

**CONTRIBUTION OF TEACHERS IN LIFE SKILL DEVELOPMENT OF STUDENTS**  
**DATE: 28-03-2023**

Invited Lecture on  
**CONTRIBUTION OF TEACHERS IN  
 LIFE SKILL DEVELOPMENT OF STUDENTS**

**Guest Speaker**  
**PROFESSOR (COLONEL) Dr. KAVUMBAYI JANARDHANAN**  
 MSc., MA, MEd, PGDB, PhD, PWA, PGDM, BNC, PGDM, PGHM, MEd, PhD (PwD)

**28<sup>th</sup> March 2023  
 Tuesday**

**10:30 am to 12:00 pm**  
**College Auditorium**



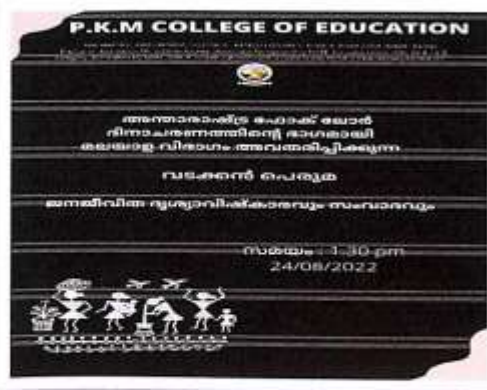
Organized by  
**INTERNAL QUALITY ASSURANCE CELL**  
**P.K.M. COLLEGE OF EDUCATION**  
 WEENKANDAPURAM P.O., MADAMPAM, KANNUR DISTRICT  
 KANNUR DISTRICT, KANNUR DISTRICT, KANNUR DISTRICT



*[Signature]*  
**PRINCIPAL**  
**P.K.M. COLLEGE OF EDUCATION**  
**KAITHAPRAM P.O., MADAMPAM**  
**WEENKANDAPURAM, KANNUR DT., -670631**

### അന്താരാഷ്ട്ര ഫോക്ലോർദിനം വടക്കൻ പെരുമ(ഉടുക്ക്)

24-08-2022



PRINCIPAL  
 P.K.M. COLLEGE OF EDUCATION  
 ATHAPRAM P.O, MADAMPAM  
 MADAMPAM, KANNUR DT. 576

### EPC WORKSHOP - DAY-I

Date : 27/03/2023



*[Signature]*  
**PRINCIPAL**  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631





PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

### EPC WORKSHOP - DAY - 2 DATE 28-03-2023 (നീളം)



**PRINCIPAL**  
**P.K.M. COLLEGE OF EDUCATION**  
**KAITHAPRAM P.O, MADAMPAM**  
**REEKANDAPURAM, KANNUR DT.,-670631**

# EPC WORKSHOP – DAY 3

Date : 29/03/2023



*[Signature]*  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

### EPC WORKSHOP – DAY – 4

DATE : 30/03/2023



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KATHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631



<https://fb.watch/jymbb8GNEv/> , <https://youtu.be/...>  
  
**PRINCIPAL**  
**P.K.M. COLLEGE OF EDUCATION**  
**KAITHAPRAM P.O, MADAMPAM**  
**SREEKANDAPURAM, KANNUR DT., -670631**

## PKM COLLEGE OF EDUCATION, MADAMPAM



### THOUGHT FOR THE DAY PROGRAMME

PKM College of education Madampam has commencing everyday with a thought for the day programme by the student teachers. Starting the assembly with a good thought is a great way to engage the students and encourage them to reflect on important ideas or issues. Commencing the assembly with a thought of the day serves as a source of daily inspiration. It provides a moment for each of us to pause, reflect, and set a positive tone for the tasks and challenges that lie ahead. The shared experience of contemplating a thought creates a sense of unity among us. It fosters a community spirit, as we come together not just physically, but intellectually and emotionally, sharing in the exploration of ideas that resonate with our common aspirations. At last the thought of the day the staff coordinator will summarise the thought presented on that day.

#### OBJECTIVES

- To inspire and motivate student teachers by providing a positive and uplifting thought at the beginning of the assembly.
- To foster a positive mindset among student teachers, encouraging them to approach challenges with optimism and resilience.
- To build a sense of unity among student teachers through a shared experience of contemplating a common thought.
- To promote open communication and the exchange of ideas within the student teaching community.

#### PROCESS

The process of commencing the assembly with a good thought of the day for student teachers at PKM College involves careful planning and execution to create a positive and reflective atmosphere.



  
PRINCIPAL,  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANGAPURAM, KANNUR DT.,-670631

7/19

**Selection of Thought:** Choose a thought that aligns with the values, goals, vision, mission and aspirations of student teachers of PKM College. Ensure that the thought is positive, motivational, and relevant to the educational context.

**Announcement and Gathering**

Begin the assembly by announcing the start and inviting all student teachers to gather.

Create a calm and focused environment, announcing the beginning of the session.

**Introduction to the Thought**

Introduce the thought of the day with a brief explanation of its significance.

Provide any context or background information that may enhance understanding.

**Moment of Reflection**

Allow a moment of silence for reflection on the presented thought.

Encourage student teachers to contemplate its meaning and relevance to their roles as educators

Encourage student teachers to express their thoughts, share experiences, or relate the thought to their personal and professional lives.

**Connecting to Daily Agenda**

Seamlessly transition from the thought of the day to the main agenda of the assembly.

Emphasize how the positive and reflective mindset cultivated during this exercise can enhance the overall learning experience.

**Main Agenda of the Assembly**

Proceed with the main agenda of the assembly,

Carry the positive and reflective energy from the thought of the day into the rest of the assembly.

**Concluding Remarks**

Conclude the assembly with closing remarks, summarizing key points by staff coordinator and expressing gratitude for the active participation of student teachers.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANTHAPURAM, KANNUR DT.,-670631

## OUTCOME

- Increased Motivation

Student teachers may experience a heightened sense of motivation and inspiration as they start the assembly with a positive and uplifting thought. This motivation can carry over into their daily activities and interactions.

- Positive Mindset

The practice of beginning the assembly with a thought of the day can contribute to cultivating a positive mindset among student teachers. This positive outlook can influence their attitudes toward challenges and learning experiences.

- Enhanced Reflection

Student teachers may engage in reflective thinking about the presented thought, connecting it to their roles as educators. This reflection can promote deeper self-awareness and a better understanding of their responsibilities.

- Community Building

The shared experience of contemplating a common thought fosters a sense of unity among student teachers. This can contribute to the development of a supportive and collaborative community within the college.

- Improved Communication

The interactive session following the thought of the day encourages communication and discussion among student teachers. This open dialogue can enhance interpersonal relationships and create a culture of sharing ideas and insights.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

16/7/19

## Education

Nelson Mandela once said, "Education is the most powerful weapon which you can use to change the world."

As we all know 'pen is mightier than the sword', we all are among those lucky ones who are capable of holding the pen in our hands. Education takes up a great place in modifying our character and our behaviour.

Girls and boys who learn to read, write and count on basically, who are educated, provide a better future for our families and countries. With improved education, so many other areas are positively affected.

Education has the power to make world a better place. Both on personal and national level, education has been shown to increase economic growth and stability.

It is more one of those rare possessions which could not be taken away from you. It is our weapon to conquer the world.

It gives you self satisfaction and helps in building up self confidence. We live in a society where superstitious beliefs are still prevalent. But education taught us to distinguish between the right and the wrong.

In our cases we all are much more special, when it comes to education. For us education is a give and take process. Teachers are said to be the surrogate parents of each and every child they teach. We are the ones in charge of the upcoming generation. We mould their character, attitudes and behaviour. So let us all take an oath to earn our asset of education and pass it over to generations.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPPAM P.O., MADAMPAM  
SREEKANTHAPURAM  
THRISUR DISTRICT - 670631

SIONA JACOB  
I<sup>st</sup> BEd  
ENGLISH

10/2/19

"The question is whether you want to be you or everyone else?" This penetrating words of former president A P J Abdul kalam would definitely surface the importance of hardwork in everyone's life. In life we all set some goals and to achieve this goal it is important that we work with our heart and soul. It is important that we put in hardwork and do not go for shortcuts. Sometimes in life our goals seem to be unachievable and we start losing patience, so we start looking for shortcuts. But success achieved by shortcuts is short lived. It is better to believe in the magic called hardwork, it has its own pace, and you will definitely get to taste the sweet fruit of hardwork. Keep giving your best; put in all your efforts, atleast the guilt of not giving your 100% will not bother you. We have chosen a course that demands hardwork and perfection as we are heading towards a greater task of inspiring and guiding the future generation.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O., MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

MRIDULA B.P  
ENGLISH

09/10/2019

### Thought of the Day

" Light tomorrow with today"

- Elizabeth Barrett Browning

It is one of the inspirational quote by the famous writer Elizabeth Barrett Browning, which speaks of how we live our present will define the course of our future. Many people worry about failures of past or worry about future. But they hardly make any efforts today to make a brighter tomorrow. Today and tomorrow are interdependent. We should chalk out the plan for our future today and lay the building blocks for tomorrow. We should work hard, and shouldn't leave today's job for tomorrow. Make our present productive and active to secure our future. Yet only we can take our life in the direction we want.

  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

Rasika. K.P

English



06/07/19

### Thought of the day

Everything in Life starts off as an Idea

Nine years ago on this day, the 8<sup>th</sup> of July, the movie "Inception" premiered in London. The 2010 movie directed by Christopher Nolan with its clever plot of inducing dreams within dreams and acting that has depth, enjoys cult status. Technical and aesthetic aspects aside, the movie offers many personal development lessons.

The film lays emphasis on the fact that everything in life starts off as an idea. The character played by Leonardo Di Caprio in the film is hired by a businessman to plant an idea in the mind of a rival businessman. If we think about our goals and dreams, they all have to start off as ideas in our minds. It's not possible for anything to exist in the physical world without ever having been created mentally. Our house, clothes, mobile phones were at some point in time a seed, an idea in someone's mind - whether it's the architect, the designer or the engineer.



PRINCIPAL  
COLLEGE OF EDUCATION  
KATHAPRA, J. MADAMPAM  
REEKANDAPURAM, KAGNUR DT., -670631

We must not prevent ourselves from becoming big. It's only by first knowing what we want that we will be able to bring them to life. We must not limit ourselves because of our fears and inhibitions. If we set our mind and heart to what we are doing we will succeed. The kind of seeds we plant in our mind are also important. We need to expose ourselves to the best materials available so that the best ideas take shape resulting in great outcomes.

JOMAL JOSE  
ENGLISH



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPERAI, MADAMPAM  
SREEKANTHAPURAM

11/2/19

## Positive Thoughts

Positive thoughts can let you focus on the brighter side of life. A positive person can enjoy happiness and success. We can easily overcome all the obstacles and difficulties that come to our way. Some of them consider it as a nonsense. However, there are a number of people who believe in its effectiveness.

Positive thinking is a mental and emotional attitude that focuses on the bright side of life. And we expect positive results. A person with positive thinking mentally anticipates happiness, health and success. Positive thinking is a way of life with a positive attitude we experience pleasant and happy feelings. When positivity comes to our mind, we walk tall, our voice becomes more powerful and our body language shows the way we feel. There are some methods to keep our mind as positive; use positive words in our inner dialogue and smile a little more. Don't be pushed around by the fears in your mind. Be led by the

dreams in your heart.

*[Handwritten signature]*

P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O. MADAMPAM  
SREEKANDAPU - PIN, KANNUR DT. - 670631

Lojia Jose.

English



*[Faint, mostly illegible handwritten text, possibly bleed-through from the reverse side of the page.]*

11/11/2019

Amrutha Sijy  
English.

Good Morning,

So we all are back here after our small trip, a trip of love, and togetherness.

So Today's thought is that,

Every morning is a new opportunity to do things you missed yesterday. Every morning starts with a new hope and new opportunities. You can always finish what you didn't yesterday. So use every day wisely and achieve more.

One day wasted due to others is, one day you didn't invest on yourself. It is always wrong to waste time. Enjoy with friends, learn and cheer the moments, but wasting time and doing nothing is also the time you didn't invest on yourself.

So always we have to find something new everyday.

Thank You.

Have a Pleasant Monday.



  
PRINCIPAL  
J.K.M. COLLEGE OF EDUCATION  
AITHAPRAM P.O., MADAMPAM  
THEEKANDAPURAM, KANNUR DT., -670631

04/11/19

Jomal Jose  
English  
1903

## Thought of the Day

"A Stitch in Time Saves Nine"

This is a famous English proverb which has got immense meaning. Its meaning is quite simple; don't procrastinate. Procrastination means to delay or put off doing something until a later time.

It is better to deal with a problem right now and spend little time and effort than to wait until later. After a while the problem might grow out of our control and will do immense damage.

It is true in our daily lives, be it in our college, workplace or in our relationships. If we are committed to our studies, we must do it that we go through the portions taught daily. If we don't do that we won't be able to cover the syllabus during exam time.

It is also true with our relationships. If we communicate on a daily basis misunderstandings won't grow. Hoping you all won't procrastinate, let me conclude.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O., MADAMPAM  
SREEKANTHAPURAM, KANNUR DISTRICT  
KERALA - 670631

Date: 04/12/2019

Don't judge others before you know them.

"A 24 year old boy seeing out from the train's window shouted...

'Dad, look the trees are going behind!'

Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed...

'Dad, look the clouds are running with us!'

The couple couldn't resist and said to the old man..

'Why don't you take your son to a good doctor?'

The old man smiled and said... 'I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today.'

It's general human tendency; We all judge each other in different situations and come to a conclusion about the person.

Every single person on the planet has a story.

Don't judge people before you truly know them.

The truth might surprise you.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION,  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670 631  
English Optional  
1908

Meenu.T.c

Roll No: 06

English

2018-20 batch

28-01-2020

Good Morning all

Thought for the day

"You cannot change your future  
But you can change your habits.

And Surely Your habits will change Your Future"

It is one of the most famous quote by Dr. APJ Abdul Kalam. And it says the importance of changing habits in our life. We all know that the fact that our future is not in our hand. But we always worried about it. What we have to do is we have to focus more on our habits, we have to change it and we should promote good habits. It will lead a good future.

So, Focus on your mind to change your habits which will later change your future.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KANTHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

Revathi Parameswaran

Roll NO: 07

English - 2018-2020

Date: 27/01/2020  
Monday

Goodmorning all

Thought for the day

Take Risks in Your life.

If you win, You can Lead

If you loose, You can Guide

It is <sup>quote</sup> by Swami Vivekananda. And it says that when we take risks in our life we can lead or we can guide.

But usually we are worried about to take risks.

If we try new things without any worries we get new knowledge. There are lots of way to try new things. and Both the experiences are different. So take risks without worries and experienced the new knowledge.

Have a nice day. Thank You



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPHAM P.O, MADAMPAM  
EKANDAPURAM, KANNUR DT., -670631

## Importance of time management for Students

\* ————— \* ————— \* ————— \*

Time management is important for students to do the study with focus. Time management is important for students to get high marks. Student's success in studies depends much on managing time efficiently. The habits and moral they acquire during schools time and home will stick with them throughout the future.

Time management shapes the student's mind into the direction of discipline and sense of duty. Discipline is extremely important especially in school life to become better students. Time management is a skill that enables students to use their time productively and efficiently.

Time management is not taught as an academic subject in schools. Students have to utilize their 24 hours to become the best students and experts in the subject. The focus of learning time management skills is just to develop the habits of spending time wisely.

So, friends, as we are preparing for our exams, let us manage and utilize our precious time properly.

PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

Thank You.



Johns Biju  
English optional  
1000

22-10-19

"DON'T BE AFRAID OF FAILURE, THIS IS THE WAY TO  
SUCCEED"

-Lebron James


Most of us might have heard of the famous basketball player Lebron James, one of the best players in NBA. He was born in 1984 to a 16-year old mother who struggled to raise him on her own. His mom eventually decided that it was better for him to be in a more stable family environment, allowing him to move with the family of a local football coach, who later introduced James to basketball. Before becoming a star he faced a lot of difficulties and failures in his life. Still now he is facing challenges to become the best player. He overcomes them with courage and hardwork. Some analysts rank James among the greatest players in NBA history. His abilities and hardwork took him to the top. He is a great player who never forgot the hard times he went through, but didn't use them as an excuse for not becoming a star.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KATHAPPAM PO, MADAMPAM  
GRIFFKANDAPURAM, KANNUR DT., -670631

So what I would like to convey from this is that we should make LeBron James an example. We face a lot of difficulties and challenges in our life, we should face them and move on instead of holding back. We should work harder and harder to reach our goal just like LeBron James. We might fall in our life, we should treat them as a lesson and learn from the mistakes and work harder. So don't be afraid of failure, try your best and work hard to reach your destination. Thank you and have a wonderful day.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

3-09-19

THOUGHT OF THE DAY

"If you salute your Duty,  
you no need to salute anybody.  
But, If you pollute your duty,  
you have to salute everybody."

Dr. A.P.J. Abdul Kalam.

These are the words of an eminent scientist and "Missile man of India" Dr. A.P.J. Abdul Kalam. Kalam was an important personality in the field of education. He was one of the most inspired person to Indians. He says that we should do our duties with full respect and perfection then we should never have to salute anybody. Otherways we should forced to salute everybody in the society. and be sincere to our duties.

PRINCIPAL

P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

Sirakeerthana Dinesh  
Natural Science

R.No : 31



## Thought of The day

"Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles begins with a single step."

- Lao Tzu

Starting early with your learning will mean that you have time to deal with things in small steps. Even a large goal is more approachable if you break it down into smaller ones and just get started.



  
PRINCIPAL.  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

Hirha. k  
Social Science

## THOUGHT OF THE DAY

"Strength is Life, Weakness is Death.

Expansion is Life, Contraction is Death

Love is Life, hatred is death"

- Swami Vivekananda

Powerful people are able to do whatever they like. They are often considered morally right because of their strength only. They enjoy life as they are physically, mentally, socially and emotionally strong. Besides they have strong will power and that is why they can scale great heights in life. So it is rightly said that strength is life. On the other hand, the weak have no place in the world. Weakness leads to all kinds of miseries. Weak minded people do not possess strong will power and cannot even dream of accomplishing great tasks. All evils in the world are due to weakness, the weak have no place in the world. Be strong & optimistic ..... enjoy our marvellous life.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM, THRISSUR  
SREEKANTH

Simna.N.P (social science)

Thought of the Day.

Daaraja Baby  
English.

A frog decided to reach the top of a tree  
All frogs shouted,  
"It's impossible, it's impossible"...

Still the frog reached the top

How?  
because

He was deaf  
and he thought...

everyone was encouraging him to reach the top...

"Be deaf to negative thoughts  
if your aim is to reach your goal".

Thankyou



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

25-11-2021

## Thought for the Day

"Only those who will risk going too far can possibly find out how far one can go"  
— T.S. Eliot.

To achieve something big in life, you need to constantly chase your dreams and work deliberately. Only those who are willing to go far beyond their fears and limits can ever possibly discover how far they can travel in life.

When you push your limits and try again until you succeed, you will grow confident, stronger and wiser than before.

So, Challenge yourself, work on improving your performance and keep trying new things.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

— Aswathi V.  
BEd English  
No: Q103

26-11-21

## Thought of the Day

"Tell me, what is it you plan to do with your one wild and precious life?"

- Mary Oliver
- nature poet, poem 'Summer Day'
- believes that world has no much to offer and we have got less time to enjoy and appreciate it all
- She puts forth the question on how we intend to live our life to the fullest.



*[Signature]*

PRINCIPAL

A.K.M. COLLEGE OF EDUCATION  
ITHAPRAM P.O, MADAMPAM  
BEKANDAPURAM, KANNUR DT., -670631

- KARISHMA SURESH

ENGLISH (OPTIONAL)

Thought of the Day.

Time and tide waits for none.

- This is an old English proverb which means that, both time and tide are uncontrollable. It can't be stopped or deflected in any way. One must perform his duties considering the fact that time once lost, can't be regained back.

It warns us that we must not waste time and also be prepared for every eventuality. So, don't waste time, instead utilize it to the fullest.

Thank you and stay blessed.

Amitha George

English optional



*J. M. George*  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

8-2-22

## Thought of the Day

Bernard Shaw, in his essay, 'The Sources of Idealism', projects his opinion of the society, based on the people's attitude towards norms existing in community. If one is to take a cross section of the society of 1000 people, 700 form the majority, where they are indifferent to norms. The 299 finds the norm unacceptable to them, while the last remaining one not only finds the norm unacceptable but also has the courage to voice it.

The reaction of 700 will be of ignorance, to the rebel. The 299 will be terrified of the proclamation and will try to suppress the voice of the rebel though they know what the rebel is saying is true. The courage of the 299 will exceed the courage of the rebel in suppressing its voice.

In today's world one need to have an open mind and as teachers we should accept all kinds of opinions and envision inclusion.



PRINCIPAL  
K. COLLEGE OF EDUCATION  
K. KATHAPRAM P.O., MADAMPAM  
K. KANDADURAM, KANNUR DT., -670631

Submitted By  
Iraal Joy  
optional subject: Social  
Science

"Try to be a rainbow in  
someone's cloud"

Maya Angelou

A Good teacher can be a beautiful rainbow in his/her student's life. A teacher should bring light in the hearts of students by instilling all the good values in their hearts being kind and compassionate enough to make them confident and happy when they are sad and broken.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KATHAPRAM P.O., MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

## THOUGHT OF THE DAY

"I speak to everyone in the same way, whether he is a garbage man or the president of the University" - Albert Einstein

John Cogley, a famous Journalist told "Tolerance implies, a respect for another person, not because he is ~~at~~ wrong, or even because he is right, but because he is human".

Respect everyone without looking into their power, money, caste, job or beauty.

As Richard Branson said "Respect is how you treat everyone".

So let us respect everyone. Everyone should be respected as an individual.



Harshini Sankaran  
Roll no: 2130  
Natural Science

PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

Thought for the day :

'Don't stop when you are tired

Stop when you are done.'

This thought gives a message of hardwork and determination. Yes life isn't perfect we have to face struggles and trials this will make our body and soul exhausted. It will tempt us to give up and believe that all this hardwork are worthless. "But we should never give up and should not allow them to defeat us". You need to stay firm and promise yourself not to rest. You should rest only after you are done with your task and achieve your aims. Only then the world will dance with you to celebrate your victory.



PRINCIPAL AHANA THOMAS  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

Physical Science

## THOUGHT OF THE DAY

"Everything you have ever wanted is on the other side of fear"

-This is a quote made by George Addair.

As this quote says, naturally, we all have fear. And we know that, courage is the only choice that we can make over fear. Courage is not the absence of fear. Being courageous means, we are fearful, but we choose to face our fears and take a step forward. Always remember that, if you will ever feel afraid in front of any situations in life, then definitely something valuable is waiting for you on the other side. The only way to reach there is by conquering the fear. Otherwise we cannot grow. So, instead of running away from your fears try to encounter them.

Thank you.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631



Emil Thankachan  
1<sup>st</sup> Natural Science

2129

### Thought of the day

A woman once came to Gandhi ji and said with folded hands, to tell her son not to eat sugar anymore. Because if his habit continues he may get sick.

Gandhi ji asked the woman to bring the boy back in a week. Exactly one week later the woman returned, and Gandhi ji said to the boy.

"Please give up eating sugar". The woman thanked Mahatma and as she got up to go asked him why he had not said those words a week ago. Gandhi ji replied.

"Because a week ago, I had not given up eating sugar."

Try to be the change you want to see in the world. Don't merely ask others to change. When you change, you can have the right to ask someone else to change. otherwise no one gonna hear you out.



  
PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

- Anjana.T  
Neural science  
2021-2023

24-11-2021

### Thought of the Day

All birds find shelter during rain.

But eagles avoid rain by flying above the clouds.

Problems are common, but attitude makes the difference.

So don't run off from problems, Face them with courage?



Reshma GR  
English

PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

23-11-2021  
Tuesday

Jinisha John  
B.Ed English

## Thought of the day

"Teaching is the profession that teaches all the other professions."

by

Mark Van Doren.

Today's thought emphasizes the importance of being a good teacher. A teacher can mould the future of a child. A teacher can change the world. Because, the teacher is the key stone of all professions. So let's all become good teachers. Wish you a good day. Thank you.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KATHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

## Thought of the Day.

29/11/2021.  
Rasha B Roy  
English.

Today I would like to speak about 'Walt Disney'. He has been known as one of the famous cartoonist and creator of famous cartoon creatures such as Mickey Mouse, Donald Duck, etc to name a few. He even failed several times in his life. His unsuccessful attempt to join armed forces finally forced him to drop out of the schools and leave his further studies. His initiative Laugh-O-Gram Studios even went bankrupt and finally, after joining a newspaper agency named Missouri Newspaper, he was fired because of not being creative enough as per the expectations.

Even if you have 1000 failures in your life, you must overcome it. At last, you can taste the chocolate of success. It would be sweet. ✨

Chocolate of hardwork + Peanut butter of patience  
= Success.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KATHAPRAM P.O, MADAMPAM  
SREEKANTHAPURAM, KANNUR, PIN - 670631

2-11-21  
Tuesday

Amitha George

2101

English

### Thought of the day.

\* If wealth is lost nothing is lost, if health is lost something is lost and if character is lost everything is lost.

— These words are by Billy Graham.

Character is our virtue that describes the person. It is built with discipline and good values. Being a person with good character means we act with honesty, respect, responsibility, caring and other good traits. Money loss can be gained. Because it's not a stable thing. Loss of health may disturb our abilities. But that can also be regained.

But loss of character leaves a person vulnerable to worst situations, loss of respect and loss of credibility. So, good character is a very important factor. As budding teachers lets maintain a good character and reflect to the society.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KATHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670631

## Topic: Be positive and spread positivity

Good morning,

I am here to present thought of the day for today, i.e., Be positive and spread positivity. As we are in the period of covid-19, I am not asking you to spread covid positive. Here I would like to cite an example which I have faced and many of you sitting in front of me have faced this situation. As we are students we usually wish our teachers or professors when ever we see them. So may reply to us with a cheerful smile but some will not. That creates a kind of worry in our minds and we think about that whole the day because we are disturbed by that situation. So, here we are not losing anything or we are not paying anything for giving a smile. As we are the future generation teachers I hope that everyone would take this to your minds and do accordingly. Actually being positive and finding positivity in all situations you face is the gift that many didn't get. Do try to include this attitude in your lives. Thank you.



PRINCIPAL  
P.K.M. COLLEGE OF EDUCATION  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT., -670651  
Anu merya  
Natural Science.