



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

EPC04

Understanding the self

Faculty in charge: Minimol George (Sr. Caroline FCC)



2020-22 BATCH

EPC 04 – UNDERSTANDING THE SELF

SEMESTER IV

BATCH 2022-22

Faculty in-charge: Minimol George (Sr. Caroline)

The objective of the EPC course - Understanding the self- is to facilitate the development of individuals who can take responsibility for their own learning and give a conscious direction to their lives. Various activities and workshops were organised under the guidance of the Staff Coordinator Minimol George (Sr. Caroline) as part of the course.

Objectives of the course:

- Exploring the aim of life
- Developing sensitivity
- Building harmony and peace

Learnig outcome:

- Made student-teachers to recognise and strengthen their qualities.
- Improve creativity of student-teachers.
- Gave practice to student teachers to chart different programs.
- Developed a sense of oneness towards marginalised/disadvantaged groups in society.

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Inner beauty and Eco Beauty

EPC – WORKSHOP



Resource person :Minimol George
(sr. Caroline)

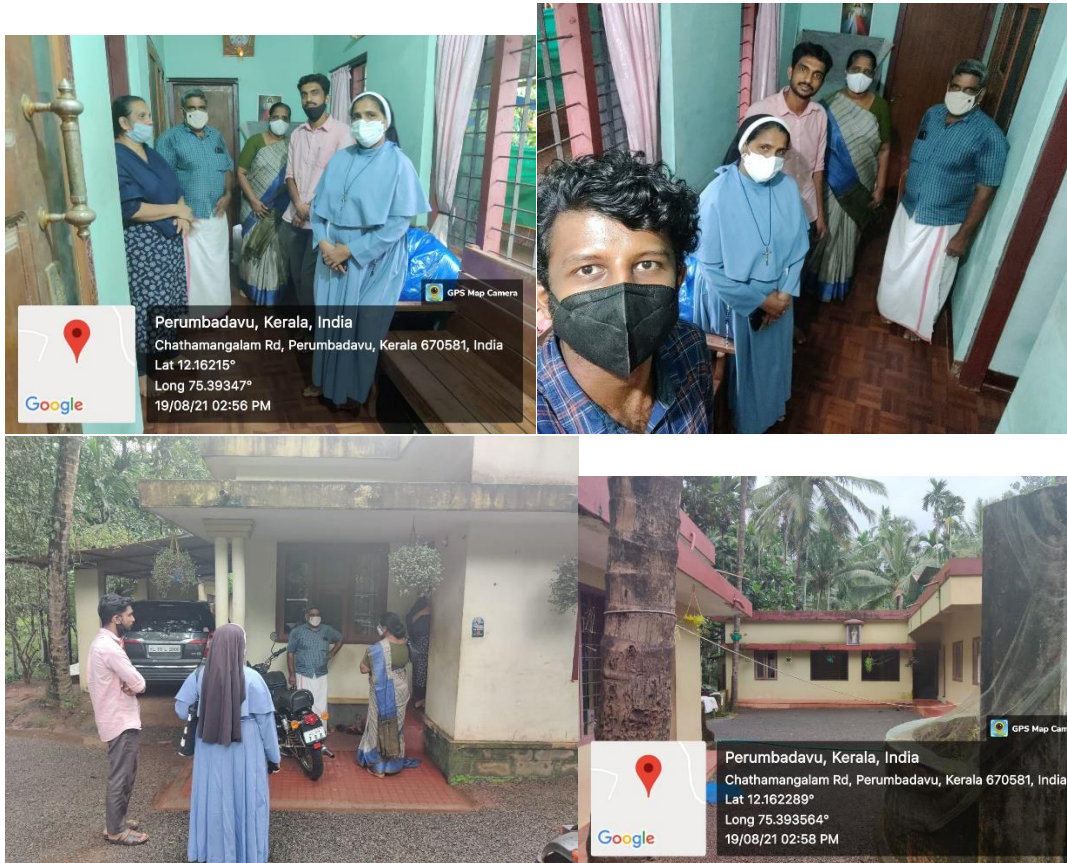
2021-2022 batch

Programs organised:

1. Orphanage visit

In order to develop social sensitivity among student-teachers a visit to an orphanage – Mariabhavan in Alakode , was organised as part of the EPC on 19th August 2021. A team comprising the college principal Dr. Jessy N.C.,

course instructor Sr. Caroline and student council members visited the orphanage. Money and useful materials collected by students and staff was gifted.



2. Workshop: CHARACTER STRENGTHENING PROGRAMME

A workshop titled 'Character Strengthening Programme' was organised at the PKM College of Education as part of the EPC course in the fourth semester for the 2021-22 batch. The event was conducted as three phase. During the first phase on 9th February 2022, students were made to write positive qualities of their classmates. In the second phase these qualities were collected and presented by the students on the dates 25th February and 10th March 2022. In the third phase arranged on 22nd March, the students were made to make a rabbit craft stuffed with qualities of students. The craft making was led by student coordinator Anu Lakshmi.





3. One-Day Workshop and Exhibition

A One-day workshop was organised as part of the EPC course Understanding the Self on 22nd March 2022. Students brought to the workshop different plants they were growing at home and delivered messages based of the plants. Later the students made bouquets using natural raw materials. An exhibition of these was arranged at the end.







4. Program chart making

On 30th March 2022, the students were made to make '3-day Program Chart' for high school students on challenges faced by the students. Topics such personality development, health education, English language training, use of drugs, art and creativity, importance of peace education, etc. were covered in the program chart. The work done was submitted as both hard and soft copies.



St. Ann's High School'Payyavoor

Expression

a workshop on need for communication

stay connected!

01/04/22-03/04/22 | 10 AM

School Ats room

EPC ASSIGNMENT

Detailed programme Chart for a
3 Day Workshop Conducted
for Teenage School Students

TOPIC : SEX EDUCATION FOR A BETTER NATION

Submitted to,
Sr. Caroline FFC
Asst. Prof. In Malayalam
PKM College of Education

Submitted by,
Sandhra Biju
Mathematics
Roll no - 2023

PROGRAMME CHART FOR 3 DAYS NATURE CAMP

MARCH 24-26,2022

**HOLY FAMILY HIGHER SECONDARY SCHOOL
RAJAPURAM 671532**



ഉണർവ് @ 2022


**3 DAYS WORKSHOP ON
HEALTH AND NUTRITION**



**VENUE : SCHOOL AUDITORIUM
DATE : 21/03/2022 - 23/03/2022
TIME : 10 AM TO 4 PM**

ഉണർവ്
 ഉത്തരഗീരിയിലെ കുമരമരക്കാരിൻ
 മാതൃപീഠകോളാപാഠശാലയിലെ പ്രവർത്തനങ്ങൾ

ശ്രീദിന ക്യാമ്പ്
 (05/04/2022 - 07/04/2022)



കാര്യപരിപാടികൾ

കാലിപ്പല 10 കമ്പിക്സ്

പ്രവേശനം :
 സ്വീകരിക്കും :
 അപേക്ഷകൾ :
 ഉദ്യോഗാർത്ഥികൾ :
 ഉദ്യോഗാർത്ഥികൾ :
 ഉദ്യോഗാർത്ഥികൾ :
 അപേക്ഷകൾ :
 തീയതി :
 05/04/2022 - 07/04/2022

EVERYONE IS INVITED!

NATURE CAMP FOR EARTH WARRIORS

A nature camp for teenagers who want to Go Green

MARCH 24 - 26, 2022
PEPPARA WILDLIFE SANCTUARY, TRIVANDRAM

Let's show Mother Nature some love! Let's all learn about the many things we can do to show the planet that we care!

EPC ASSIGNMENT

Detailed programme Chart for a 3 Day Workshop Conducted for Teenage School Students

TOPIC : SEX EDUCATION FOR A BETTER NATION

Submitted to,
 Sr. Caroline FFC
 Asst. Prof. In Malayalam
 PKM College of Education

Submitted by,
 Sandhra Biju
 Mathematics
 Roll no - 2023


ST. MARY'S HSS KIDANGOOOR

Three day workshop
 on
SEX EDUCATION FOR A BETTER NATION

ON 18/04/2022

RESOURCE PERSONS

Swati Jagadeesh (Psychologist and Sex therapist)
 Dr. Dwany Mathew (Sexologist)
 Sheetal Shyam (Transgender Activist)
 Dr. Sheeba Mathew (Gynecologist)



For High School Students

PROGRAM SHEET

DAY - 1

09:00am to 11:00am : INAUGURAL SESSION

Welcome speech - Suja Jose (Staff Representative and Program coordinator)
Felicitation - Sreeja Binu (PTA president)
Presidential address - Aby Mathew (School Headmaster)
Inauguration and talk - Swati Jagadeesh (Psychologist and Sex therapist)
Topic : Introducing the term sex and taboos surrounding it
Vote of thanks - Anupama Raju (School Leader)

11:00am to 11:30pm : TEA BREAK

11:30am to 1:00pm : ICE BREAKING SESSION

Handled by Swati Jagadeesh (Psychologist and Sex therapist)

- * Students are given with a paper containing 10 questions to understand and check their awareness about sex.
- * Students are asked to sit in a circle and each of them are asked to talk about the first time they heard the term sex and what was that.
- * Resource person concludes the session by admitting the rights and wrongs told by the students.

1:00pm to 2:00pm : LUNCH BREAK

2:00pm to 4:00pm, : DRAMA

Monitored by Swati Jagadeesh (Psychologist and Sex therapist)

- * Students are divided into 15 groups each containing 15 students
- * They are asked perform dramas on the topic 'IMPORTANCE OF SEX EDUCATION IN TEENS'.
- * The resource person evaluate the dramas presented by students and corrections and suggestions were given.

DAY - 2

09:00am to 11:00am : RESOURCE SESSION

Handled by Dr.Dwany Mathew (Sexologist)

- * The session is handled by Introducing male and female reproductive system and different parts to students
- * Displaying images of different parts in the reproductive system
- * Introducing the terms related to reproduction

11:00am to 11:15pm : TEA BREAK

11:15pm to 1:15pm : INTERACTIVE SESSION

Handled by Sheethal Shyam (Transgender Activist)

- * Introducing LGBTQI2S+ community students and explaining features each group
- * Talk and interactive session lead by SHEETAL SHYAM, transgender activist on the issues faced by them from our society and importance of identifying sexual orientation.

1:15pm to 2:00pm : LUNCH BREAK

2:00pm to 4:00pm : FILM TIME

Handled by Dr.Dwany Mathew (Sexologist)

- The short film Maa is presented for the students and an open discussion on the topics discussed in the short film
- * Teen age relationship
 - * Teenage pregnancy
 - * Abortion
- After the discussion the resource person concludes the session.

DAY - 3

09:00am to 11:00am : RESOURCE SESSION

Handled by Dr. Sheeba Mathew (Gynaecologist)

- * Session on safe sex practice
- * Sexually transmitted diseases and how to prevent them
- * Need and importance of sex in daily life
- * Misconceptions about sex
- * Homosexuality

11:00am to 11:15pm : TEA BREAK

11:15pm to 12:00pm : TECHNICAL SESSION

Handled by Dr. Sheeba Mathew (Gynaecologist)

- * Introducing and displaying female and male intimate products, explaining their uses and making students familiar with each of them

12:00pm to 1:15pm : DEBATE

Moderated by Dr. Sheeba Mathew (Gynaecologist)

- * Students were divided in two groups and debate is conducted on the topic 'HOMOSEXUALITY IS GOOD OR BAD'

1:15pm to 2:00pm : LUNCH BREAK

2:00pm to 4:00pm : VALIDATORY FUNCTION

Welcome Speech : Anu Anna (Student Coordinator)
Chief guest : Dr. Sheeba Mathew (Gynecologist)
Report Presentation : Suja Jose (Staff Coordinator)
Experience sharing : Student Representatives
Vote of thanks : School Leader