

# **BEST PRACTICE I PROGRAMME OF ACTION**



#### P.K.M COLLEGE OF EDUCATION KAITHAPRAM P.O, MADAMPAM, KANNUR, KERALA, INDIA, PIN – 670631

KAITHAPRAM P.O, MADAMPAM, KANNUR, KERALA, INDIA, PIN – 670631 GOVT. AIDED TEACHER EDUCATION INSTITUTION AFFLIATED TO KANNUR UNIVERSITY ACCREDITED BY NAAC WITH 'A' GRADE, (SECOND CYCLE -4 POINT SCALE) RECOGNIZED BY NCTE INCLUDED UNDER UGC 2(F) & 12B RUSA 2.0 BENEFICIARY INSTITUTION

## P K M College of Education Madampam



### **BEST PRACTICE 1**

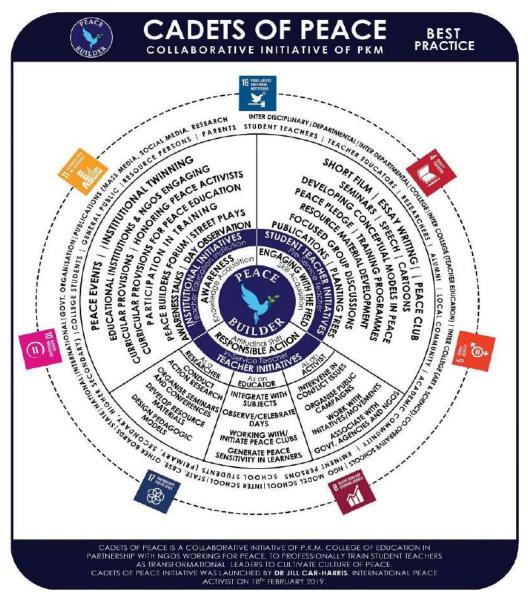


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#### **BEST PRACTISE 1: Cadets of Peace**

Cadets of Peace is a unique initiative of P.K.M. College of Education that focuses on developing the knowledge, skills, attitudes, and values necessary to promote a culture of peace. The initiative has been designed by the college with the goal of professionally train prospective teachers as peacebuilders, which is one of the seven goals of The Next Generation Teacher, a 10-year megaproject launched by the college in the context of the United Nations Sustainable Development Goals (SDG16). The relevance of Cadets of Peace lies in its capacity to equip future teachers with the necessary knowledge and skills to address conflicts, promote human rights, and contribute to the creation of a more sustainable, just, and peaceful global community.



#### **Programmes and Activities**

#### Peace Builders Forum at P K M

In association with the Peace and Harmony Foundation, Kannur; Peace Channel, Nagaland and other Peace Movements, a Peace Builders Forum is functioning in the college. Dr. Jill Carr-Harris (International Peace Activist) inaugurated the Peace Builders Forum at PKM on 18th February 2019. Peace Builders forum includes all the student teachers of the college. This Forum intends to train teachers and student teachers to be peace lovers, peace educators and peace promoters by adopting the principles of non-violence and transforming them to be instruments of peace in their own milieu and outside through soft skill development, capacity building, sharing, learning and living in peace with self, Nature, God and others. As part of the initiatives of the Peace Builder's Forum at PKM, various activities that promote peace sensitivity have been undertaken with the aim of developing student teachers into nonviolence promoters, prominent among which are initiatives like 'Goodness Tree' for experiencing inner peace through good deeds; creation of Organic Vegetable garden for establishing harmony with nature; Field works on Conflict Resolution; conduct of Competitions in the form of speeches, cartoons, short films, essay writing etc that develop creative ideas for peace establishment; Satsanghs and opportunities for meditation for developing inner peace etc.

The activities under the Peace Forum were recognised by various bodies and we received the following awards:

State Level Awards of Peace and Harmony Foundation received in 2019:

- □ PKM College of Education as the Best Peace Building Institution
- □ Dr Jessy N C as the Best Peace Building Institution Principal
- □ Ms Minimol George (Sr Caroline FCC) as the Best Peace Animator





Organic Vegetable Garden

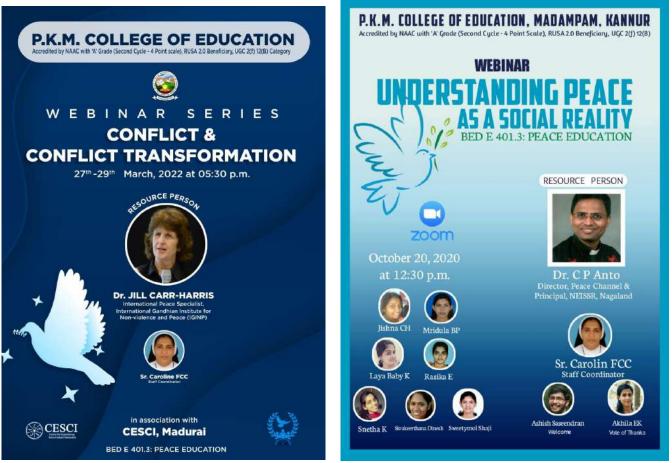




**Goodness Tree** 

#### **Interaction with Eminent Peace Activists**

The student teachers get insightful opportunities to interact with well-known and experienced peace activists through different programmes and initiatives. Through meaningful interactions with them, the student teachers acquire new insights and it facilitates their transformation as cadets of peace. In house and outreach programmes organised by Peace Forum and collaborative activities act as platforms for sensitizing student teachers about the importance of peace and related issues both at the global and local level. They get opportunities to discuss issues and seek solutions by interacting with eminent personalities working in the filed for a long time. Through webinars, seminars, peace conventions and outreach programmes students interacted with internationally known peace activists such as Dr. Jill Karr Harris, (international specialist at the International Gandhian Institute for Nonviolence and Peace (IGINP), Ms. Garrol Lotha, international peace activist, Dr. C.P Anto Director, Peace Channel & Principal, NEISSR, Nagaland, Dr Scaria Kalloor, Chairman, People's Movement for Peace, Prof. Dr. M. P. Mathai, Adjunct Professor, Peace Research Centre, Gujarat Vidyapith, Ahmedabad & Editor, "Gandhi Marg", research journal of Gandhi Peace Foundation, New Delhi.







#### Participation in National and State Level Peace Conventions

Participation of student teachers and faculty in Peace Conventions conducted at different levels helped to conscientize the stakeholders about the importance of peace in the changing global scenario. In addition, they also got opportunities to interact with eminent peace activists working on different fields. Five Student Teachers and a faculty participated in the 5th National Peace Convention at Gurgaon, New Delhi held on 30th January to 1st February 2019. The convention on the theme BA – BAPU 150 (commemorating the 150<sup>th</sup> birth anniversary of Gandhiji) provided a platform to discuss the peace issues at the local and state level as far as the student teachers are concerned. Also, they interacted with well-known peace activists like Dr. C.P Anto (Director, Peace Channel & Principal, NEISSR, Nagaland), Dr Scaria Kalloor (Chairman, People's Movement for Peace), Shri Gyanendra Purohit, Dr Suresh Mathew, Ms. Seema Shaik and Shri Ashish Franklin. In the State Convention on Peace organized by Peace and Harmony Foundation, Kannur on 15th December 2018 the participants blessed with the presence and interaction with Dr. Rajagopal G (International Peace activist) and Hon. Minister Kadannapilly Ramachandran.

Ten student teachers and faculty participated in the State Level Residential Peace Training Programme for Youth at Kannur on 23rd and 24th August 2019. Resource persons of the programme were Dr. Fr. C.P Anto (Director, Peace Channel, Nagaland) and Ms. Garrol Lotha, international peace activist.







#### **International Orientation Programme – Teachers as Peace Builders**

The international orientation programme - "Teachers as Peace Builders," was a remarkable and enlightening experience. Held on February 18, 2019, it provided a platform for educators, students, and the broader community to come together and discuss the pivotal role that teachers play in promoting peace and harmony. The international peace activist Dr. Jill Carr-Harris was the chief guest of the day. The program highlighted the importance of peace in schools. The event featured a distinguished panel of speakers, including International Peace Campaigner Dr. Jill Carr, who gave an interesting keynote speech in which she emphasized the crucial role teachers play in fostering peace in classrooms. A group of seasoned instructors and Dr. Rekha K. R. discussed their experiences and methods for encouraging calmness in the classroom. The student coordinator, Shyna N. Raju, spoke about the impact of teachers on shaping their perspective on peace and conflict resolution. The event facilitated a rich exchange of ideas, strategies, and experiences, inspiring educators, students, and community members to actively promote peace and harmony in their respective spheres. It is evident that teachers, as peace builders, have the power to transform individuals, communities, and society as a whole. This event reinstated the importance of peace education and the need to empower educators to be effective agents of peace. In conclusion, "Teachers as Peace Builders" was a resounding success, fostering a sense of responsibility and commitment among all participants to work collectively towards a more peaceful and harmonious future.











#### **Peace Forum Street Play**

Peace and Harmony Foundation Kannur organized a street play at Madampam as part of "Maithri Sandesa Kalayatra" on September 25, 2018, delivering a powerful message of peace and unity. The event aimed to create a sense of communal harmony and understanding among the diverse audience present. The street play unfolded in the courtyard of P.K.M. College of Education, Madampam, captivating the attention of the audience. The program began with an introduction to the Peace and Harmony Foundation and its mission to establish peace in society. The storyline of the play depicted different scenarios, showing the importance of understanding, tolerance, and unity among people from various backgrounds. Spectators were engaged through thought-provoking discussions and Q&A sessions. Several members of the Peace and Harmony Foundation participated in the program, taking on various roles to convey the message effectively. The program included speeches by the members of the Foundation, addressing the audience on the importance of having a peaceful society. The event left a lasting impact on the community, promoting the values of unity and understanding in the pursuit of a more harmonious society.







#### One Day National Training Programme: Peace and Conflict <u>Transformation for Teachers</u>

On August 22, 2019, a one-day national training program was conducted at the college auditorium of PKM College Education, Madampam. The program was organized in collaboration with the Peace and Harmony Foundation, Kannur, and aimed to empower educators as agents of peace. The training program featured sessions conducted by notable individuals in the fields of peace and education. The founder and director of Nagaland Peace Channel, Fr. Dr. C.P. Anto, and Peace Channel Project Coordinator, Ms. Garol Lotha, were responsible for conducting the sessions. Their expertise and insights were invaluable to the program's success. The "Teachers as Peace Builders" program was a significant and successful initiative aimed at equipping educators with the tools and knowledge to foster peace and harmony in educational settings. It brought together students from various colleges in Kannur, and their active participation exemplified their commitment to this cause. The sessions conducted by Fr. Dr. C.P. Anto and Ms. Garol Lotha were instrumental in achieving the program's objectives.





#### **International Webinar Series on Conflicts and Conflicts Transformation**



Peace Forum PKM College in association with CESCI (Centre for Experiencing Socio Cultural Interaction) Madurai organised a webinar series on Conflicts and Conflict transformation from 27th to 29th March 2022. Dr. Jill Carr Harris, international specialist at the International Gandhian Institute for Nonviolence and Peace (IGINP) was the resource person. The webinar series was conducted in Zoom platform starting every day at 5.30 pm. Dr. Jill Harris spoke on topics like conflict management in the classroom, conflict management through non-violence, strategies of conflict transformation and approaches in the three-day webinar series. The thought-provoking lecture and interaction with the resource person were enlightening experience for the student teachers and other participants. The webinar series was also part of the elective course on Peace Education - BED E 401.3 - dealt by Sr. Caroline FCC.



#### Institutional Twinning Programme with NEISSR, Nagaland

On the concept of Teachers and Parents as Peace Builders, an institutional twinning programme between P.K.M. College of Education and North East Institute of Social Science & Research, Dimapur, in association with Bethlehem Educational Research Foundation and Peace Channel Nagaland, was materialized from December 11th to 14th, 2019 at NEISSR, Dimapur, Nagaland, India. In the context of the United Nations Sustainable Development Goals (SDG16), The Next Generation Teacher at PKM is a mega project initiated during its Silver Jubilee year, and this project has set seven goals to be attained within a period of 10 years (2020–30), one of which is to develop teachers as peacebuilders. P.K.M. College, being situated in Kannur, a politically sensitive district of Kerala that has recorded numerous incidents of violence, has realized the urgency of initiating peace movements centered around families and schools, the pivot for root corrections. In association with the Peace & Harmony Foundation, Kannur, P.K.M., has developed a **Peace Sensitivity Model** based on which it has undertaken several peace initiatives to realize its objectives of developing teachers as peace builders. The originator of the Peace Sensitivity Model, Dr. Prasanth Mathew, the Peace Forum

coordinator, Ms. Minimol George, senior faculty at P.K.M., Dr. Rekha K.R., and student delegate Fr. Reji P. George represented PKM College at NEISSR.

The objectives set for the Programme are:

- Joint Global Peace Building Initiatives.
- Peace education for the marginalized.
- Peace Education for Techsary Kids.
- Peace and conflict resolution in the family.
- Faculty and student exchange programmes.
- Peaceful collaboration across cultures.

The Programme was a resounding success as it became a platform for inter cultural exchange, knowledge and experience sharing and interaction with eminent peace activists and professionals.





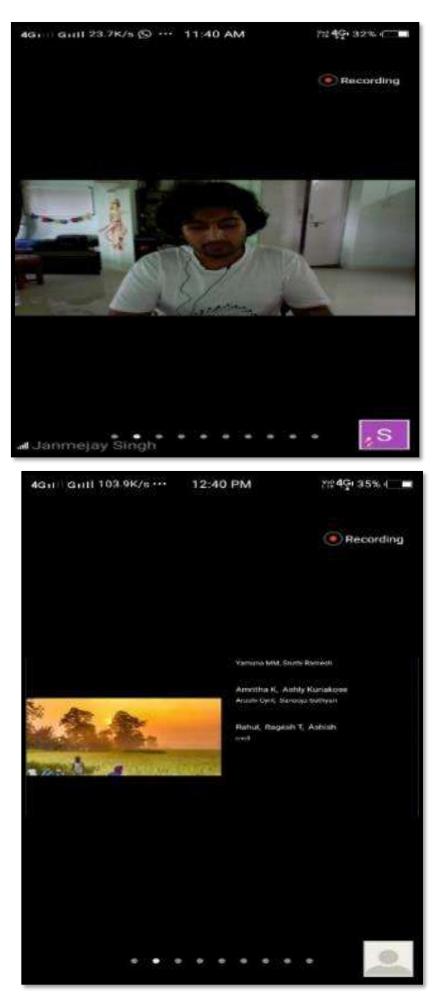




### International Webinar on Folklore Tradition: Celebration of Peace, Love and Harmony

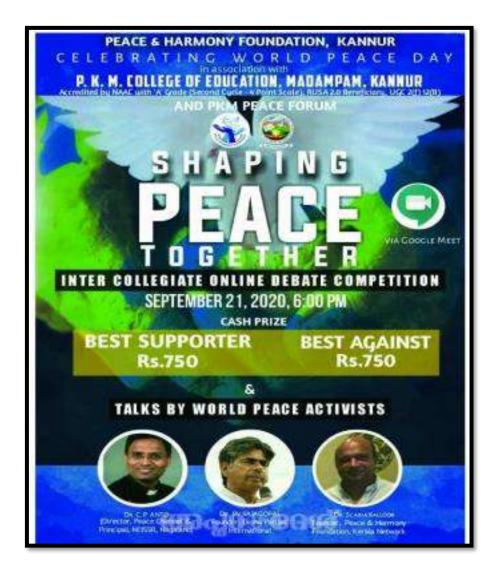
On the occasion of World Folklore Day, Folklore Club and IQAC, P.K.M. College of Education, along with Jai Jagat Peace Movement, organized an international webinar on August 24, 2020. The webinar was held on the topics of "Folklore Tradition: A Celebration of Peace" and "Love and Harmony." The objective of this webinar is to highlight the importance of indigenous art forms and culture, to recover the cultural qualities of the tradition and heritage of Kerala society, and to bring the hidden aspects of praktana to people's minds through advanced technology. There were around 40 participants in the webinar conducted on the Zoom platform. Dr. Raghavan Payyanad, retired professor at Calicut University and Kerala Academy Award winner, inaugurated the webinar. He talked about the relationship between globalization and culture and the importance of folk tales and folk traditions. Poet and Jai Jagat Global Peace Campaign filmmaker Janmajay Singh presented the theme. Music from different parts of the world and different cultures was showcased. The cultures of countries like New Zealand, "Tanzara" of Armenia, and "Hinech Iafa" of Babylon were screened and discussed in the session.





#### **Shaping Peace Together: Peace Debate**

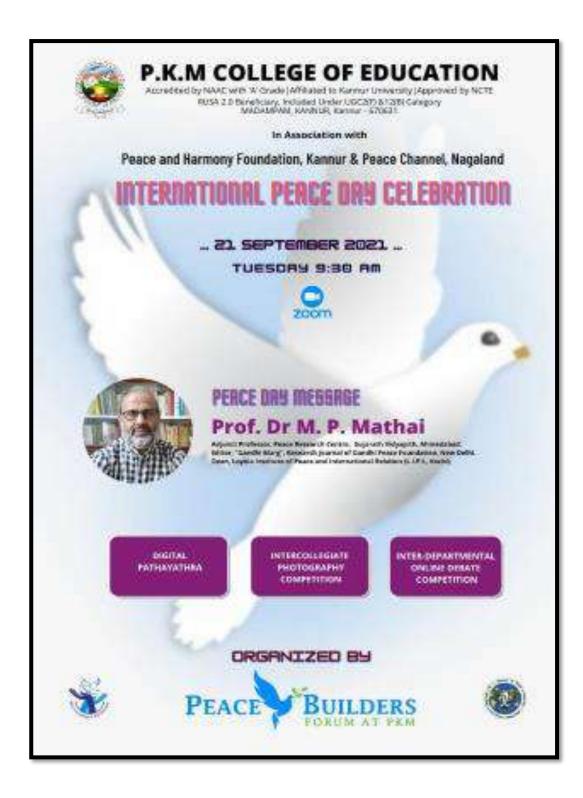
On September 21, 2020, as part of World Peace Day, the Peace & Harmony Foundation and PKM College of Education organized an inter-college online debate competition, 'Shaping Peace Together'. Dr. PV Rajagopal (Founder, Ekta Parishad International) inaugurated the webinar. He added that such programs would be useful in creating a sense of peace among the youth. In the program, world peace activists Dr. C. P. Anto (Director, Peace Channel & Principal, NEISSR Nagaland), Dr. Skaria Kallur (Founder, Peace & Harmony Foundation, Kerala), and others also shared their views. Peace activists from Bangalore, Nagaland, Meghalaya, and Bhopal, as well as teachers and students from various colleges, participated in the webinar. In the debate competition, in which students from five colleges participated, teacher student Jomal Jose from PKM College of Education was selected as the best supporter, and Ashwathi K. M. from Malabar B.Ed. Training College, Peravoor, was selected as the best opponent.

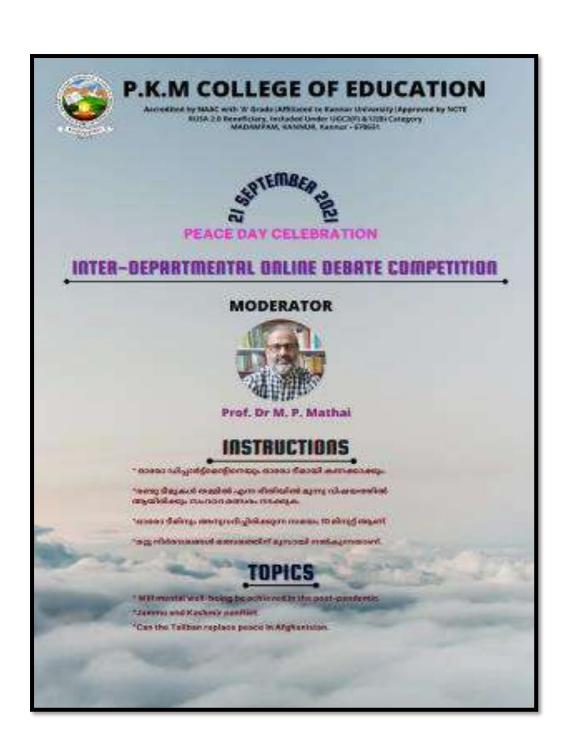




#### **International Peace Day Celebration**

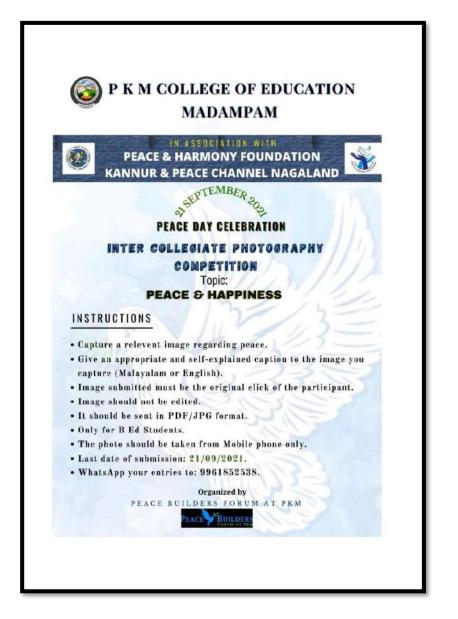
International Peace Day was observed under the joint auspices of the Peace and Harmony Foundation, Kannur, and Peace Channel Nagaland. The program was organized on the Zoom platform on September 21, 2021, at 9.30 a.m. The teachers, non-teaching staff, students, and parents of PKM College participated in the session. Peace Research Center Ahmedabad Adjunct Professor Dr. M. P. Mathai spoke on the theme of 2021 International Peace Day: "Recovering Better for an Equitable and Sustainable World." In his speech, he emphasized the importance of thinking creatively about helping everyone recover better, building resilience during pandemic times, and thereby transforming the world into a more just, equitable, and sustainable one. Then, under his leadership, an interdepartmental debate was conducted.





### Photography Competition as part of International Peace Day Celebrations 2021

PKM College of Education Madampam in association with Peace and Harmony Foundation Kannur and Peace Channel Nagaland organized an intercollegiate photography competition on 21 September 2021 as part of International Peace Day celebration. The topic of the competition was 'Peace and Happiness'. Eight students from different colleges participated in the competition. Sandhra Biju from PKM College of Education won the first prize. Nivya from Rajeev memorial Kavumpadi and Krishnapriya from PKM College of Education Madampam won the second prize. Third prize was won by Ahalya from Crescent B.Ed. College Pazhayangadi. The programme was intended to promote the message of peace and its intimate connection with happiness.







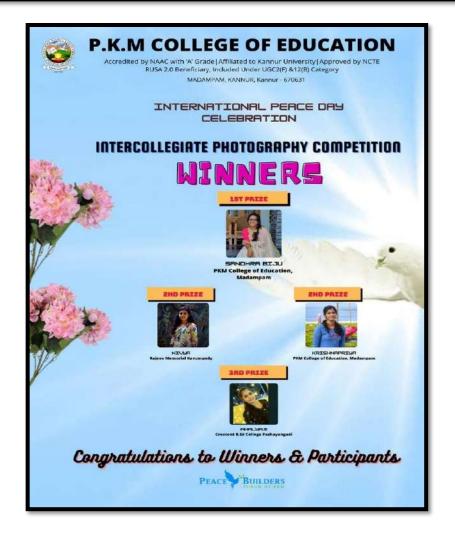
(FIRST PRIZE)



AHALYA M, CRESCENT B ED COLLEGE( 3rd Prize)



At the bridge of my thoughts, I stare at the sky... From there, he shed the rays of his peace and calmness!!



#### National Seminar on Building a Peaceful and Just Society: A Joint Venture by the Institute of Parliamentary Affairs and PKM College



The Institute of Parliamentary Affairs, an autonomous institution of the Government of Kerala, and P.K.M. College of Education, Madampam, jointly organised a one-day national seminar on "Building a Peaceful and Just Society: Role of Democracy, Social Justice, and Religious Harmony, on November 25, 2022, Friday at the College Auditorium. The objective of the seminar was to shed light on the New Normal era by understanding the role of democracy, social justice, religious harmony, and social harmony in building a peaceful and just society. The official programme began with a blessed peace prayer. The seminar was inaugurated by Adv. Sajeev Joseph, MLA, in the presence of distinguished guests and officers from the Institute of Parliamentary Affairs. Srikandapuram Municipality Chairperson Dr. Philomena KV delivered the keynote address. The thought-provoking technical sessions were handled by Dr. Sabu Thomas (Professor, Department of Political Science, University of Calicut) and Shri. Mujeeb Rahman, hon. Judge at Taliparamba Special Fast Track POCSO Court. During the seminar, the launching ceremony of the PKM College of Education - Forum for Democracy and Social Justice was conducted, and Dr. Sabu Thomas unveiled the logo of the forum. The seminar papers were presented in five parallel sessions. Students and faculty from different colleges and schools presented their papers. Out of the 33 papers presented, 28 were from the student teachers at PKM College. The valedictory session that began with an astounding peace march was inaugurated by Shri. Mujeeb Rahman, hon. Judge. Following the valedictory address, certificates were distributed to the participants and paper presenters. In its attempts to build a peaceful world, PKM College added one more feather to its cap through this wonderful event.





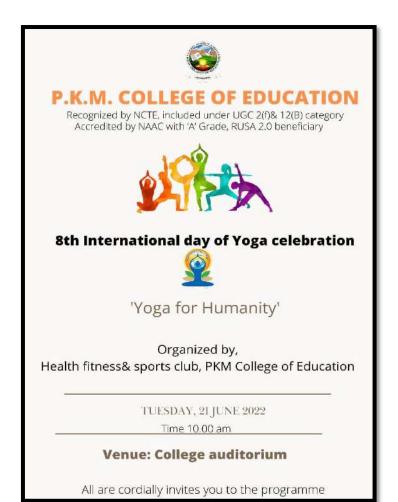




## Yoga and Healthy Food Habits Workshop

P. K. M. College of Education, Madampam, in association with the Health-Fitness and Sports Club and Peace Forum, organised a Yoga and Healthy Food Habits workshop on June 21, 2022, to prepare the student teachers for achieving holistic wellness and empowering individuals through yoga and healthy food habits. "Yoga for Humanity" was the theme of the workshop.

Physical education department assistant professor Dr. Fr. Sjnoj Joseph and Peace Forum staff coordinator Sr. Minimol George jointly coordinated the workshop programme along with student coordinator Mr. Vaishak. K. As an experienced person in the field of yoga and fitness, Mr. Vaisakh gave an introductory talk on the benefits of yoga and its effectiveness in curbing lifestyle diseases and problems. Following the remarks, he demonstrated useful yogasanas that can be practiced by everyone in the day-to-day busy schedule of life. The event culminated as an eye-opener for many students as well as teachers.











## Workshops on Understanding the Self as part of EPC Course

The main aim of workshops conducted as part of EPC (Enhancing professional Competency) course is to facilitate the development of individuals who can take responsibility for their own learning and give a conscious direction to their lives. Students are encouraged to explore and develop through self-reflection a greater insight into their aims of life, strengths and weaknesses and dynamics of formation of identity. Students also develop a capacity for social-relational sensitivity, effective communication skills and ways to create harmony within one's own self and society. The workshops are also aimed at equipping the students with positive attitudes, attributes and skills that help in facilitating the personal growth of their own students while teaching. Innovative and creative tasks such as craft making, bouquet making, salad preparation etc., are given to the student teachers during workshops enabling them to be active and take responsibility in initiatives. From a wider perspective, through 'understanding the

self', they realise their internal conflicts and find solutions on their own thereby, transforming themselves as cadets of peace.













### Peace Art

On the occasion of the renowned Malayalam poet P. Kunjiraman Nair's birthday, a peace art event was organized at P. K. M. College of Education, Madampam, on November 4, 2022, at 10:30 a.m. The Malayalam department head, Sr. Minimol George (Sr. Caroline FCC), welcomed the program, and the college principal, Dr. Sr. Jessy N.C., inaugurated the program by drawing a dove, a symbol of peace. With the collective participation of student teachers, his poems were expressed in pictorial form, incorporating a peace element. The main objective of the program was to establish the basic ideology of peace through his poems in a society where nature is subjected to exploitation and people are struggling for peace. The program also tried to identify and encourage artistic skills in students. Teachers, non-teachers, and an alumni representative, Ms. Marisa Marcos, participated and made the program a great success.





## State Level Webinar On 'Folk Songs: Songs of Mental Health'

In association with IQAC & Folklore Club and Peace Builders Forum PKM college organized a State Level Webinar On 'Folk Songs: Songs of Mental Health' on 30th July 2020 at 11:00 am via online. The programme was intended to create awareness on the role of folklore in Peace building among the student teachers and to build creative abilities in them through collaborative discussions. It also aimed at enhancing the knowledge of different folklore tradition of different regions of Kerala folks and communities. The programme was inaugurated by Dr. Y V Kannan, Kerala Folklore Academy winner and former secretary of Kshetrakala Academy). Sri KumaranVayaleri, Sree Sankaracharya Sanskrit University Payyannur Regional Center Malayalam Department Retd. Professor and winner of the Kerala Folklore Academy Award delivered the keynote address. SaneshVerikkara, lecturer Payyannur Psychology College and Flowers Comedy Ulsawam Fame sang folk songs. Sr. Karolin and Dr. Jessy N C coordinated the programme. The event created an awareness on the role of folksongs in peace building among the student teachers and it also served the purpose of knowledge sharing on different folksongs and its evolution in Kerala communities.

## International Webinar On 'Non-Violence: A Developmental Pillar For <u>Human Race'</u>

In association with IQAC & Peace and Harmony Foundation, Kannur, PKM college organized an international webinar on Non-Violence: A Developmental Pillar for Human Race on 14<sup>th</sup> August 2020 in Zoom platform. The webinar was intended to discuss the idea of non violence as propounded by Gandhiji and other eminent personalities and its role in maintaining peace across the globe. The webinar also discussed how to bring nonviolent practices into the classroom in the form of peace clubs, fasts, school cleanliness programs, inter religious festivals, creating peace through the arts, and so on. Dr Jill Car Harris, a noted activist in the fields of women empowerment, environment protection and peace making gave a lecture on 'Linking Classroom Work to an External Campaign' by sharing insightful thoughts and her own life experiences in areas ranging from the business of war, violence in media and indirect violence to responses to violence and non-violence education. Dr. P.V Rajagopal, founder, EkdhaParisad International, delivered a lecture on 'Key Concepts of Non-violence' and shared his experiences regarding restoring peace to an area plagued with incidents of violence and crime. Janmajay Singh, activist, Jai Jagat Campaign, presented videos and a documentary on the Jai Jagat foot march from Delhi to Geneva.

Dr Scaria Kalloor, director, Peace and Harmony Foundation – Kannur, delivered a lecture on 'Non-violent Practices and Classroom Application' wherein he shared his thoughts on propagating peace and harmony in the society through students. He stressed on the importance of classroom activities including various competitions and projects such as handicraft work. Five peace activists from across the country also participated in the webinar. Sr. Karolin delivered the welcome address and Sr. Jessy N C gave introductory remarks.

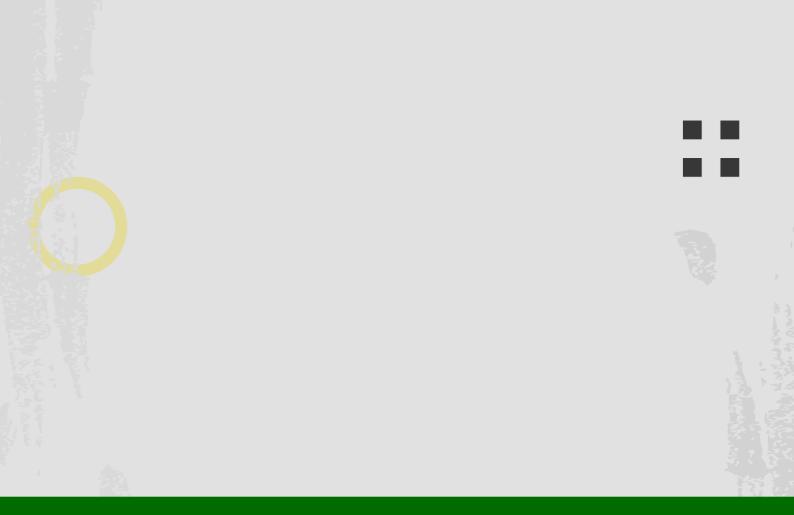
#### Peace Walk

People's movement for peace, Kannur in association with Mahatma mandir organised a peace message walk on 21<sup>st</sup> of September. Recovering better for an equitable and sustainable world was the theme of International Peace Day of 2021. This day is usually celebrated all over the world to strengthen the ideas of peace and to promote global solidarity for building a peaceful and sustainable world. The programme was inaugurated by Ramachandran K adannaapalli MLA. The walk began from Puthiyatheru and terminated in Mahatmamandir covering almost 5.5km. Peace club members of PKM college of education - Sr. Caroline, Arun Shaji, Vishnuprathap M and Anu Mariya participated in the peace walk. The prominent aim of the programme was to spread the message of peace. The concluding remarks was delivered by Kannur mayor, T O Mohanan.

As an outreach programme, Peace Walk reminded the student teachers the hardships faced by the father of our nation, Mahatma Gandhi who always strode on the paths of non-violence even in the middle of severe violent brutalities by the British Raj. They got a hands on experience in conducting a very peaceful yet effective campaign by walking for global peace and harmony.







# **CADETS OF PEACE**

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GOVT. AIDED TEACHER EDUCATION INSTITUTION AFFLIATED TO KANNUR UNIVERSITY ACCREDITED BY NAAC WITH 'A' GRADE, (SECOND CYCLE -4 POINT SCALE) RECOGNIZED BY NCTE INCLUDED UNDER UGC 2(F) & 12B RUSA 2.0 BENEFICIARY INSTITUTION