



# P.K.M COLLEGE OF EDUCATION

Accredited by NAAC with 'A' Grade | Affiliated to Kannur University  
Approved by NCTE RUSA 2.0 Beneficiary, Included Under UGC 2(f)&12(B) Category  
Kaithapram, Maampam, Kannur-670631

## EPC 04 UNDERSTANDING THE SELF

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



2021-23 BATCH

# **EPC 04 – UNDERSTANDING THE SELF**

## **SEMESTER IV**

### **BATCH 2021-23**

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.

## DAY 1

### Understanding the Self Workshop Report 2022-23

The 4 day workshop 'DE PROFUNDIS' of EPC-UNDERSTANDING THE SELF of the academic year 2022-23 started on 27.03.2023 in college auditorium. On the first day of the workshop, named 'Kalya', the Staff Coordinator Minimol George welcomed the function and the student



coordinator of the workshop, Aksharamol presided over the event. College Principal Dr .Jessy N.C inaugurated the program by giving paddy plants to the student teachers and unveiling a mirror symbolically to make them realize the extent of their own potential. College Vice Principal Dr. Prashanth Mathew delivered the keynote address. Ms. Jomol the staff coordinator, and Aishwarya the student coordinator, expressed their greetings for the event. Later student teacher Karishma Suresh expressed her gratitude for the program. Then 'Mmde Peediya', a tea stall prepared by the teacher students was inaugurated by Principal Dr. Jessy N.C. After that, a 'team teaching' was conducted under the leadership of the student teachers. Akhila James, Arya K I, Emil Thankachan and Harsha Santhosh presented classes on different aspects of conflicts like natural conflicts, social conflicts, spiritual conflicts and personal conflicts. Later at afternoon 2 PM, there was a discussion on the topic about the different dimensions of conflicts presented by the student teachers under the leadership of principal Dr. Jessy N.C as moderator and Dr. Prashant Mathew. After that a display of medicinal plants named 'Keva' was conducted. About 16 herbs were introduced and their medicinal properties were described. Then at the end of the program, student teachers Alex Jose, Jishnu T.P, Manisha P, Ann Kurian, and Alan Maria gave feedback. After that Arya K I evaluated the program and then concluded the first day of the program with the evaluation made by Dr. Prashant Mathew sir.

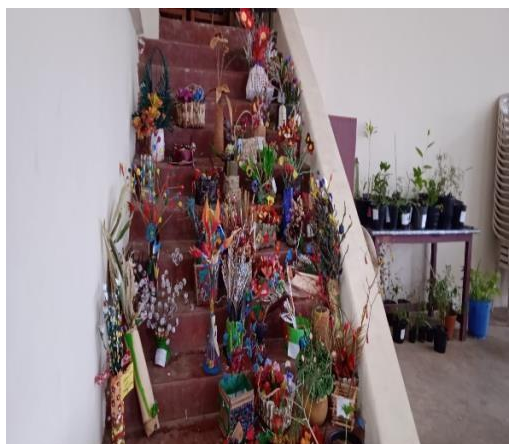


**Photo Gallery**

## ***DAY -2***

### ***NIMNAGA- Second Day of the workshop- EPC 04-Understanding the Self*** **Report**

The first session on the second day-*Nimnaga*- of the workshop as a part of the paper EPC:04- Understanding the Self began at 2.30 p.m with the peace game session. The student teachers were divided into five groups and played a game which gives importance to the cooperation and understanding between the student teachers. The game session was followed by *Punarjani*-Dry bouquet exhibition. It started at 2.50 p.m. In the session, the student teachers shared their experiences of making dry bouquets and how they connected with nature during the making of bouquets. Sr. Caroline, the faculty in charge, led the analysis of the session and praised all the student teachers for their hard work behind the bouquets. After the dry bouquet session, the student teachers were served with the payasam made by themselves at 4.00 p.m and they enjoyed it along with the peace music in the background. An evaluation of the programmes on the second day of the workshop was given by Ms. Alen Mariya Binny, II year Malayalam Optional. The day two ended with the national anthem.



### ***DAY -3***

## ***BHUVISS- Third Day of the workshop- EPC 04-Understanding the Self***

### **Report**

The first session on the third day - BhuviSS of the workshop as a part of the paper EPC:04- Understanding the Self began at 10 am with the meditation, which was lead by student teacher, Vaishakh of Physical Science optional . This session came to an end at 11 am. The next session was Music therapy. It started at 11 a.m. Which was lead by Sr. Caroline. In the session, the student teachers went through various experiences and they shared it in between and at the end of the programme. Sr. Caroline, the faculty in charge, led the analysis of the session and praised all the student teachers for their sincere participation in this programme. This session came to an end at 1 pm. The programme restarted at 2 pm after the lunch break. It started with an interesting game session. The next session was Ayana: Discovering Oneself. In this session every student teachers were handed over the mystery box to their partner and shared positive thoughts about their partner. Through this session each student teacher was able to be aware of their strength. It

was a pleasure full experience to everyone. After this the coordinators contributed the mystery boxes to every teachers and they also shared their thoughts. A few student teachers shared their feedback and Jwala, student teacher of Mathematical optional shared an overview of the day. This session came to an end at 4.40 pm with national anthem.

### **Photo Gallery**







# **P K M College of education, Madampam**

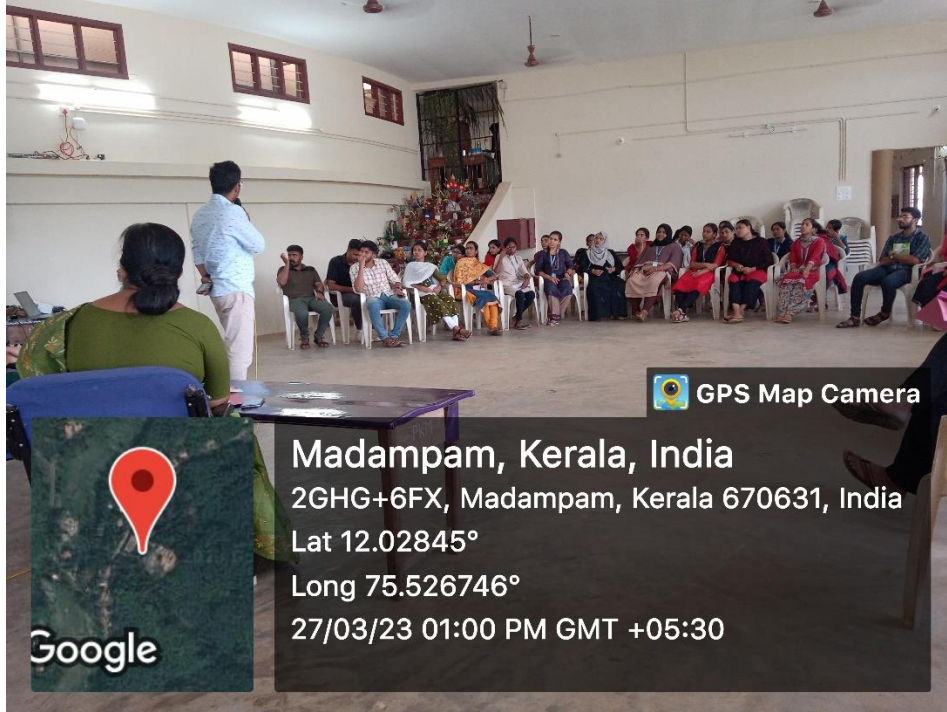
## **Report 4<sup>th</sup> day**

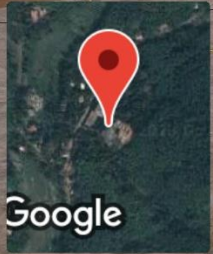
**30/03/2023**

Varidhi”, the fourth day of the four-day long workshop as part of EPC 04 understanding the self for the academic year 2022-23, started on 30/03/2023 at the college auditorium at 10 am sharp. The Peace Art and Peace Plot programs started at 10 am and ended exactly at 12-15. The piece plot and art were made using only natural materials. The ten group members made them based on the theme they were given. Then salad making competition was held in the college auditorium from 12:15 to 01:30. Each group prepared a salad using fruits and vegetables grown by us. The programs were focused only on natural objects. Then from 01:30 PM to 2:00 PM all the items prepared by the teacher students like dry bouquet, herbs etc. were carefully prepared for evaluation in the college auditorium and then from 2:00 PM to 2-45 PM the beauticians of Sreekandapuram evaluated each group based on what they prepared. Then the winners were announced. Then in the valedictory function held from 3-45 to 5:15 PM, second year English optional student teacher Jinsha delivered the welcome speech. After that, College Principal Dr Jesse NC, Staff Coordinator Sister Caroline and Student Coordinator Karishma Suresh delivered their speech. Then Alan Maria, a second year Malayalam department student teacher, presented the report of the workshop. Later, Akshara Mol, Indu Kumari, Manisha, Anjana etc gave

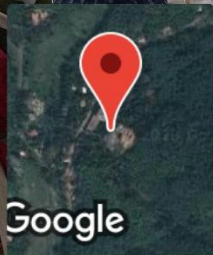
feedback and physical science optional student teacher Ann Kurian came up with the idea of peace bank. Sister Caroline, Staff Coordinator, gave a vote of thanks for the event.



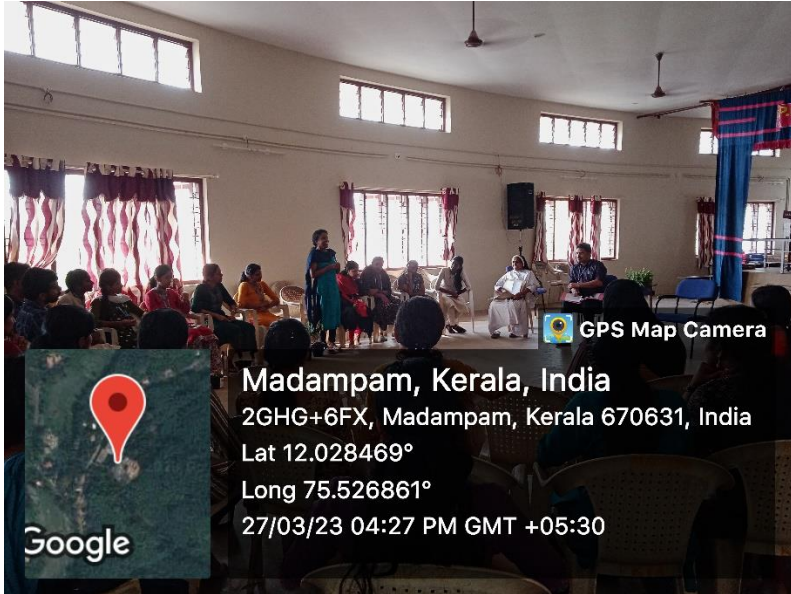




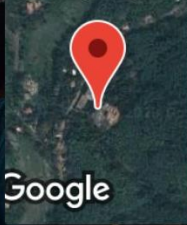
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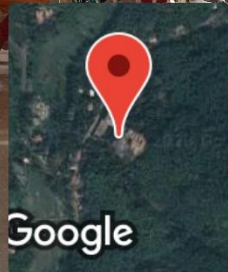
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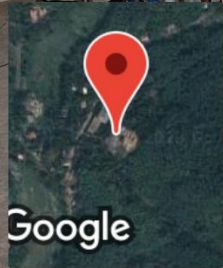
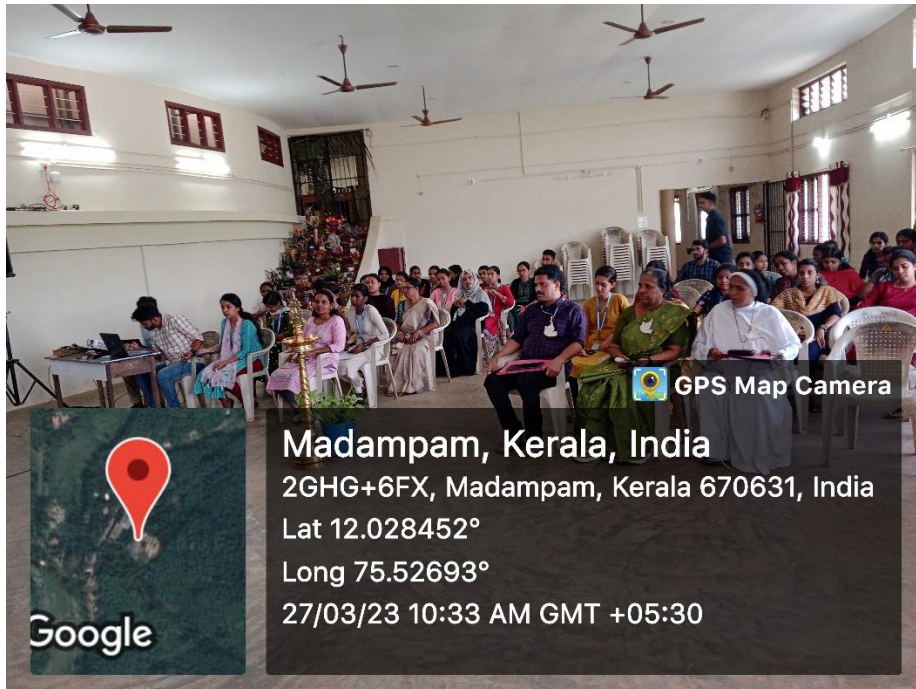
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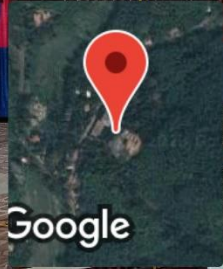
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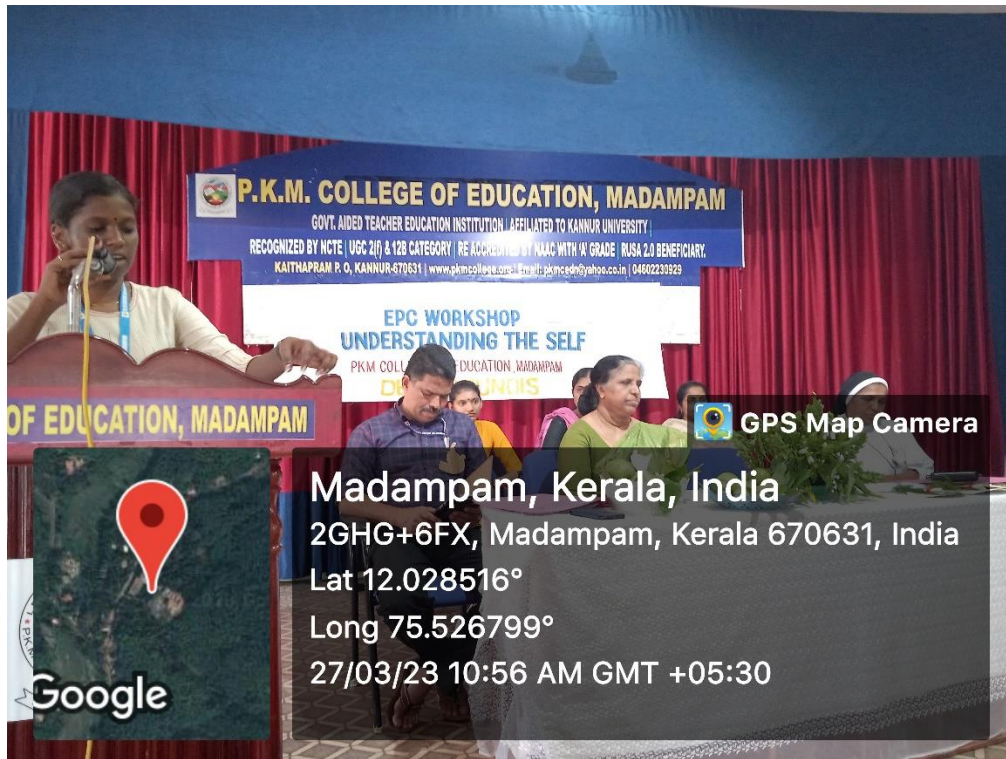
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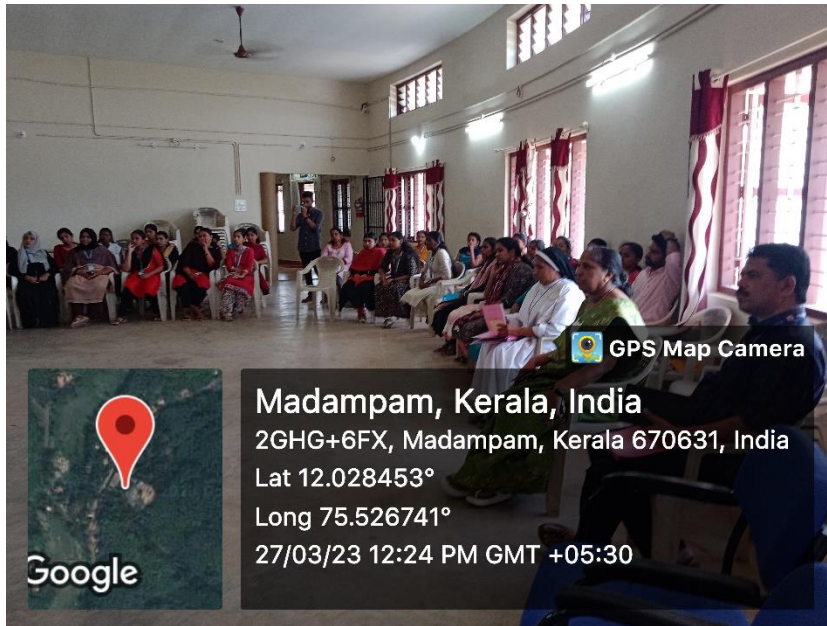
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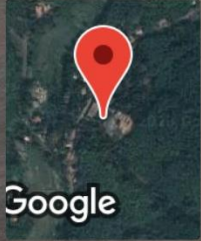








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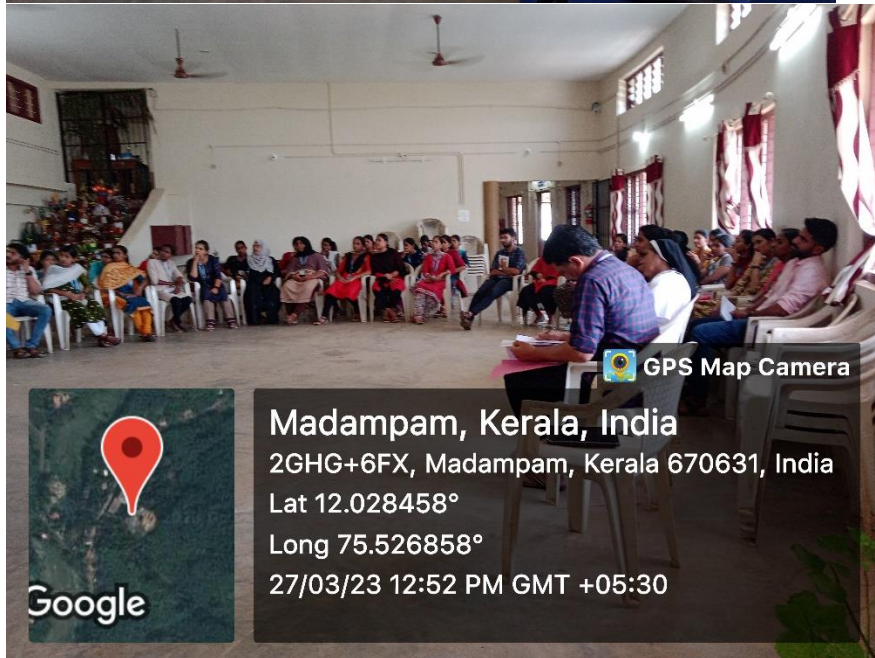
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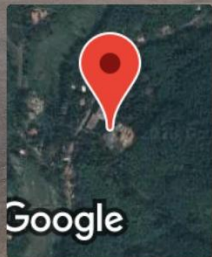
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2GHG+6FX, Madampam, Kerala 670631, India

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Long 75.526858°

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**P. K. M. College of Education, Madampam**  
 Govt. Aided Teacher Education Institution affiliated to Kannur University  
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 Second cycle - 4 point scale, RUSA 2.0 beneficiary institution

# DE PROFUNDIS

Course EPC 04: Understanding the Self  
*4-Day Workshop*



**Dr. Prasanna Mathan**  
 Asst. Prof. in Physical Science  
 & Vice-Principal  
 P.K.M. College of Education  
**Keynote Address**



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



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

<b>THEMES</b>	Universal Living	Socio-Relational Sensitivity
	Harmony with Nature	Introspection

**27, 28, 29, 30**  
**MARCH 2023** | **COLLEGE**  
**AUDITORIUM**

**PROGRAMME COORDINATORS**  
 Ms. Amr Kuttan      Ms. Aksharamol      Ms. Karishma Guresh

**P. K. M COLLEGE OF EDUCATION MADAMPAM**  
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 RUSA 2.0 Beneficiary, UGC2(f) & 12 (B)

**Day 2**

**EPC- 04 UNDERSTANDING THE SELF WORKSHOP**

**നിർമ്മഗ**



**Team Teaching**  
 Co-ordinators  
 Aksharamol &  
 Karishma Suresh



**Talk on Meditation**  
 Co-ordinator  
 Vaishakh K



**Payasam Making**  
 Co-ordinators  
 Hrishikesh Babu &  
 Jishnu T P

**On 28th March 2023 at 9.30 AM,  
 At College Auditorium**

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**Day 3**

**EPC - 04 Understanding the Self Workshop**

**ഭൂവിസ്സ**



**MUSIC THERAPY &  
 MEDITATION**  
 Co-ordinators  
 Ms.Minimol George & Mr.Vaishakh K



**AYNA: DISCOVERING ONESELF**  
 Co-ordinators  
 Ms.Joyamol T Baby & Ms.Esitta Jose

**ON 29TH MARCH 2023 AT 9.30 AM  
 AT COLLEGE AUDITORIUM**

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**Course EPC - 04 Understanding the Self Workshop**

**DAY - 4**

**വാരീഡി**

**PEACE ART**



**RUCHIKKOOTTU: SALAD MAKING  
 COMPETITION**  
 Programme Coordinator:  
 Prajina Das K P



**GROUP DISCUSSION**



**VALEDICTORY SESSION**

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

\*DAY -1\*

Meditation -  
Peace art  
Game session -  
Herbarium

**\*DAY 2\***

Game session -  
Character strength  
Salaad making

**\*DAY 3\***

Meditation  
Game session -  
Dry bouquet



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കണയൻ കഴി m കെ ണെ\* 🎵

**\*Understanding the Self\***  
#Peace#music 🕋

🌿 \*\_Peace art group\*\_ 🌿

🔹 **\*Team 1:**  
👤 \* Alex  
Amitha  
Jishnu  
Harsha  
Joya

🔹 **\*Team 2:**  
👤 \* Jisna  
Anusree K  
Jahna  
Indu

Anjana Chandran

◆ \*Team 3:

എറിക്ക\* Haritha

Aswathy

Sruthi

Anu mol

Simna

◆ \*Team 4:

ജമീന\* Manjusha

Reshma

Vismaya

Niha

Anusree K P

◆ \*Team 5:

സുരേഷ\* Sneha

Jinisha

Akhila

Ann

Rishi

◆ \*Team 6:

പ്രവീണ്\* Akshaya

Sanjiya

Arya

Jomal

Alen

◆ \*Team 7:

ഇന്ദ്രണിമ\* Anjana

T

Karishma

Elsitta

Prajina

Dariya

◆ \*Team 8:

എമി\* Emil

Maneesha

Christeena

Suhaira

Jwala



\*Team 9:

എമ്മി\* Ahana

Anagha N P

Aiswarya

Anand

Hitha



\*Team 10:

സുരഭി\* Akshara

Anagha Chandran

Athira

Vaisakh