

TEACHERS AS HEALTH PROMOTERS



Next Gen @PKM
Teacher
NEXT GENERATION TEACHER AT PKM

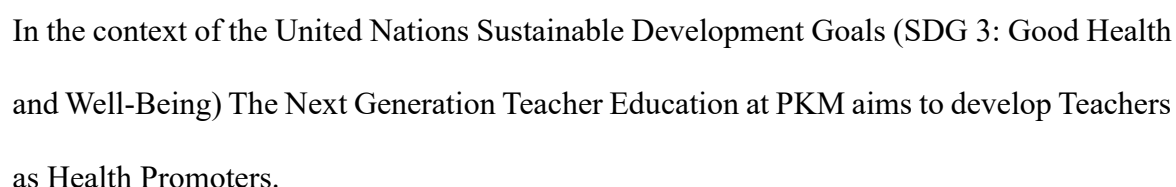
PROGRAMME OF ACTION
2019-2024



P.K.M COLLEGE OF EDUCATION

KAITHAPRAM P.O, MADAMPAM, KANNUR, KERALA, INDIA, PIN – 670631
GOVT. AIDED TEACHER EDUCATION INSTITUTION AFFILIATED 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

Health awareness Initiatives of P.K.M. College of Education



State Level Inter Collegiate ‘Fitness and Health Promotion’ Training Programme

As part of the Fit India Movement and student exchange programmes between institutions managed by the same management, both celebrating their silver Jubilee, a State Level Inter Collegiate ‘Fitness and Health Promotion’ Training Programme was organised by St. Pius X College (Arts and Science College) and P.K.M. College of Education on 28th September 2019 at St. Pius X College, Rajapuram. The programme intended to promote the importance of health and fitness in solving day to day stressful situations. Students from different colleges of Kanur and Kasaragod participated in the programme.

Dr. Anoop K. V. (Head of Physical Education, GPM Govt. College Manjeswer) delivered a talk on “Positive Health Trends and Challenges” in the fore noon session and in the afternoon session, training in Zumba Dance was given by Mr Sreejith (Asst. Prof. Physical Education, Kannur University). This was followed by interactive sessions and experience sharing of participants.

Institutional Twinning Programme

An Institutional Twinning Programme was organized by P.K.M. College of Education with Anju Bobby George Sports Academy, Bangalore on 9th November 2019. Student teachers (2018-20 batch) participated in this programme. They got the chance to interact with and interview the Olympian, Anju Bobby George.

PKM Sports Academy

PKM Sports Academy has a dream of making it a health fitness promoting centre. In view with the Government’s “Fit India Movement”, the academy is doing its best to make it an effective centre of general fitness for children, adults and the aged groups. Another objective of PKM Sports Academy is to introduce various games such as basketball, volleyball, badminton and table tennis to the children at the young age itself and to offer training by professional coaches. The Academy has also set another objective of providing training for those who aspire to attempt government job tests such as the Defence, Police, Civil tests, Fitness tests etc. Another objective of the Academy is to give training for yoga and aerobic dance as part of general fitness. There are also programmes like providing personal physical fitness training to the people with various physical disabilities and illness. The Academy takes special interest to send people to different educational institutions to conduct sessions on health education. It

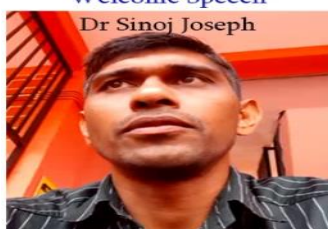
gives importance in health education survey program, psychological tests, general health checkup, and personal training for children with postural deformities. We provide sports training for the marginalized, mentally challenged, and those affected with autism. It also intends to give training for the teachers with the teaching methodology of the differently abled children.

The academy also prepares the wards for special Olympics, and sports and games training for the children. These are the purposes and objectives of PKM Academy. It has a main intention of giving general awareness to the public with regard to the area of health and fitness.

Yoga day 2021 June



Welcome Speech



Felicitation
P J Joseph



Presidential Dress



Technical Session
Dr P Anbalagan



On the occasion of the 7th International Day of Yoga, Dr.P.Anbalagan, Physical Education Department of Bharathiyar University, addressed the gathering under the leadership of Physical

Education department, PKM College of Education Madampam. He spoke on the theme 'Revival of Wellness Through Yoga' a motto aligned to the current preoccupations. He insisted that Yoga is something inevitable where the World is in the fear of corona virus. Yoga intends to unite the body and mind to bring harmony. In the meeting presided over by college principal Dr.Jessy N C. Dr Sinoj Joseph, welcomed everyone. Prof.P.J Joseph sir felicitated, (Retd Prof.Teacher Education Campus, Kasargod) vote of thanks by Kavya V, College sports coordinator. In the meeting around 60 persons participated. The staff and non teaching staff participated actively in this one hour class by Dr.P.Anbalagan . Since yoga is known for its amazing health benefits, staff and students participated in yoga and tries to reach it to others through YouTube channel this year.

National sports day celebration (August 29)

National sports day was celebrated by PKM College of education on August 29th at 11:00 am through Zoom under the leadership of Department of Physical education. The programme was initiated by the prayer. The gathering was welcomed by Dr Sinoj Joseph, HOD of Physical education. Dr Jessy N C, Principal of PKM college of education delivered the presidential address.

Birth anniversary of famous hockey player Dhyan Chand is celebrated as National sports day. The session was inaugurated by Dr P T Joseph (Former director of physical education and HOD of kannur university). He spoke about the importance of sports and its position in a human life. He also spoke about the effects that are caused by reduced physical exercise in one's life. He also recommended to include physical activities as a part of one's life. The session was felicitated by Dr Rekha Jose, physical education teacher, GHSS Chittariparamba and Vishnu prathap M, Secretary of student council PKM college of education. DR Rekha jose mainly focused on the diseases that are seen in women due to the reduced physical exercises in them. She also recommended to do physical activities like skipping, aerobics and zumba thereby its possible to get rid of diseases like osteoporosis, breast cancer.

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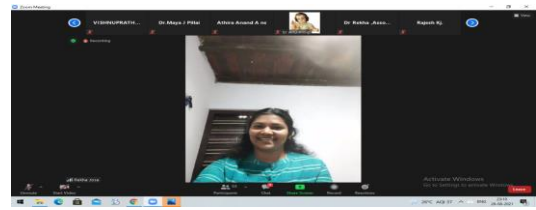
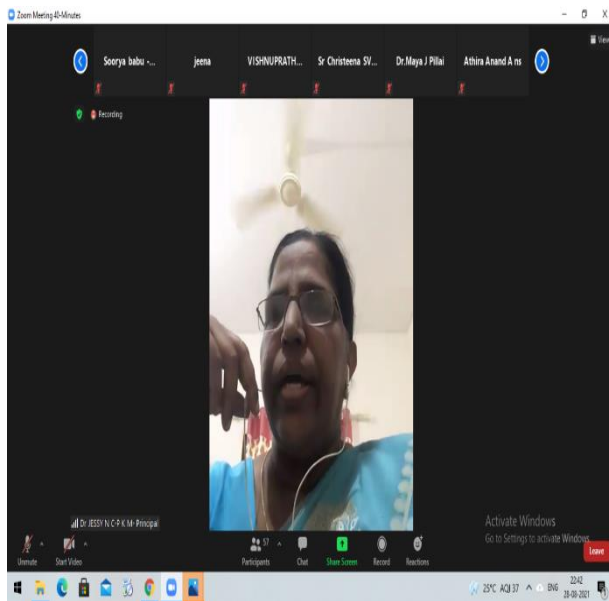
National Sports Day Celebration
29th August 2021
SUNDAY 11.00 AM

Inauguration
Dr. P. T. Joseph
Former Director of
Physical Education and HOD,
Kannur University

Felicitation
Dr. Rekha Jose
Physical Education Teacher
GHSS Chittariparamba

Presidential address
Dr. Jessy N. C
Principal
P. K. M. College of education

Department of Physical Education



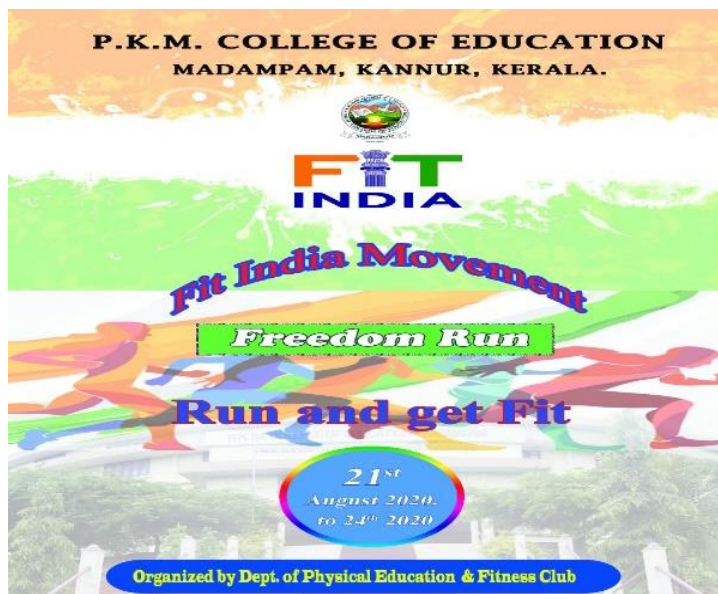
Followed by the celebration, Dr Jessy NC, principal of PKM college released the publication named “Victory” a pedago literary publication by students of Department of English. It is a publication on learning the English language and literature through sports and is a tribute to the recently concluded Tokyo 2020 olympic games. A quiz competition and a photo collage competition was conducted as part of this programme. Results of these two programmes were declared by Dr Sinoj Joseph. The session was concluded by the vote of thanks delivered by Kavya V, Sports coordinator of PKM college of education.

Fit India Movement at PKM College of Education



The Fit India Movement was the first step towards a healthy India. It aims at upbringing a healthy culture among the citizens of our nation. This movement was inaugurated by the respected Prime Minister of our nation, Mr. Narendra Modi and now it has been spread to most of the educational institutions all over the country.

Being a part of the Fit India Movement, PKM College of Education has started online Yoga classes for students from 15th of July 2020. During these days of the pandemic, our students became a part of the Yoga practice from their own homes.



As a part of the Fit India Movement, the student teachers of PKM College of Education became a part of the 3km fitness run from 21-08-2020 to 25-08-2020 from their own home surroundings.

Aims*

- * It encouraged the citizens of our nation to build up a healthy community.
- * Encouraged students to do regular physical activities to stay fit.
- * To gain a healthy mind and body.

Educational Implications

- * Do regular exercises
- * Include family members in day to day work out.
- * Understand the importance of fitness especially during these days of lockdown



Registered as : Subscriber
Welcome Pkm College Of Education, Madampam

Organise an Event

Event Category*
111 PKM'S HELLGIRL RUN

Upload a poster image for event*
[Browse...] (Maximum file size: 5 MB)

Event Date*
From Date: 24/02/2020 To Date: 24/02/2020

Event Name*
Run and get it

Organization's name*
P.K.M College of Education, Madampam

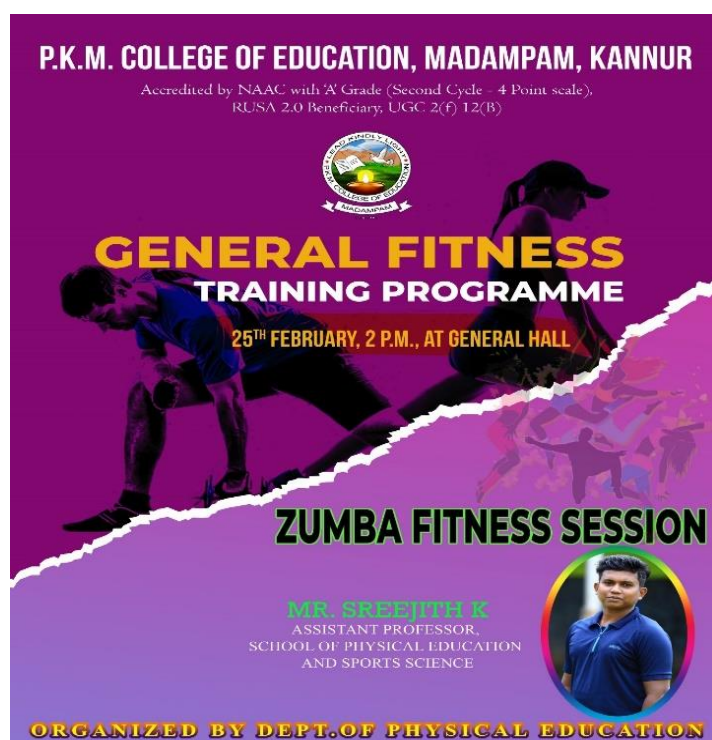
No of Participants
45

Cumulative KM RunCovered (all Participants)
5 KM

Underwriting*
[?] I understand to submit complete details of the number of participants and the cumulative KM RunCovered after the event. I also undertake to follow the guidelines of 10 km and 5 km for the event.

General Fitness Training Programme

PKM College of Education, Madampam organized a Zumba fitness session for General fitness



Training programme, under the department of Physical Education for the B.Ed. batch 2020-22 on 25th February 2021. Physical fitness is a significant requirement for a healthy individual.

The programme was conducted at 2.00 pm and it was initiated with the introductory speech by Dr. Sinoj Joseph, Head of the Department of Physical Education in PKM College. He welcomed the chief guests of the day. Mr. Sreejith K, Assistant Professor at School of Physical

Education and certified Zumba instructor. Along with him, Mrs. Divya Sebastian was also invited.

The session started smoothly thereafter under the guidance of Mr. Sreejith K. All the students took voluntary participation in the Zumba session. The Programme was undoubtedly very lively and interactive. Various musical genres from Spanish, Punjabi and Malayalam languages were played.

The session met its end by 3.30 pm. Thereafter many student representatives actively came forward and shared their first Zumba experience. The success of the event was quite evident

from their words. Both Mr. Sreejith and Mrs. Divya Sebastian shared their experience Zumba instructions as well.

Session marked its official conclusion after the delivering of vote of thanks by Dr. Sinoj Joseph, HOD of Physical Education Department. All together the programme was a great endeavor.

International Yoga Day. 21.06.2020 - Webinar @Zoom

The poster is for a National Level Webinar titled "Yoga & Physical Fitness INAUGURATION". It is organized by P.K.M College of Education, Madampam, Kannur, Kerala, in association with SanthiYoga International Training Centre. The resource person is Yogacharya K.P. Mohandas. The topic is "Yoga & Physical Fitness". The inauguration is on Sunday, 21st June 2020, from 3.00 PM to 4.00 PM. The poster also lists the following speakers and their roles:

- Yogacharya K.P. MOHANDAS** (Resource Person)
- DR. UDHAYA SANKAR** (Director of Physical Education in Govt. Arts & Science College, Mettur, Salem, Tamilnadu. Yoga Master, Head Coach for Indian Special Olympics - Basket Ball Team, Former National Gymnast.)
- Dr. Jessie N.C** (Principal, P.K.M College) - Presidential Address
- Dr. Sinoj Joseph** (Assistant Prof. in Physical Education P.K.M College) - WELCOME SPEECH
- Ragesh T** (General Captain, P.K.M College) - Vote of Thanks

A banner on the left side of the poster reads "Yoga at Home & Yoga with Family".

Under the able leadership of the department of Physical Education of PKM College of Education, Madampam, International Yoga day was celebrated in the College. A National level Webinar was held on the topic "Yoga and Physical Fitness". Yogi KP Mohandas who is the current Director of Shanthi Yoga International Training Center led the session on the above said topic and Dr. Uday Shankar, the Director of Physical Education at Govt. Arts and Science College, Tamilnadu inaugurated the event and delivered an inaugural talk. Dr. Jessie NC, the Principal of the College presided over the function while Dr. Sinoj Joseph, Asst. Professor of Physical Education Dept delivered the welcome speech and General Captain Rakesh T gave the vote of thanks.



The slide presentation of Sir Uday Shankar and the session by Yogi KP Mohandas were indeed beneficial and remarkable. The event went on almost for an hour in which there were nearly sixty participants.

All the staff and students of the college participated in this Yoga day celebration and in the associated webinar event with joy and a lot of enthusiasm.



Webinar: Fitness Portfolio Management (30-05-2020)

The Dept of Physical Education, of PKM College of Education, Madampam organized One day Webinar on 30.5.2020 at 11 am on the topic "Fitness Portfolio Management." Dr. Sinoj Joseph, was the Co- ordinator of this Webinar.

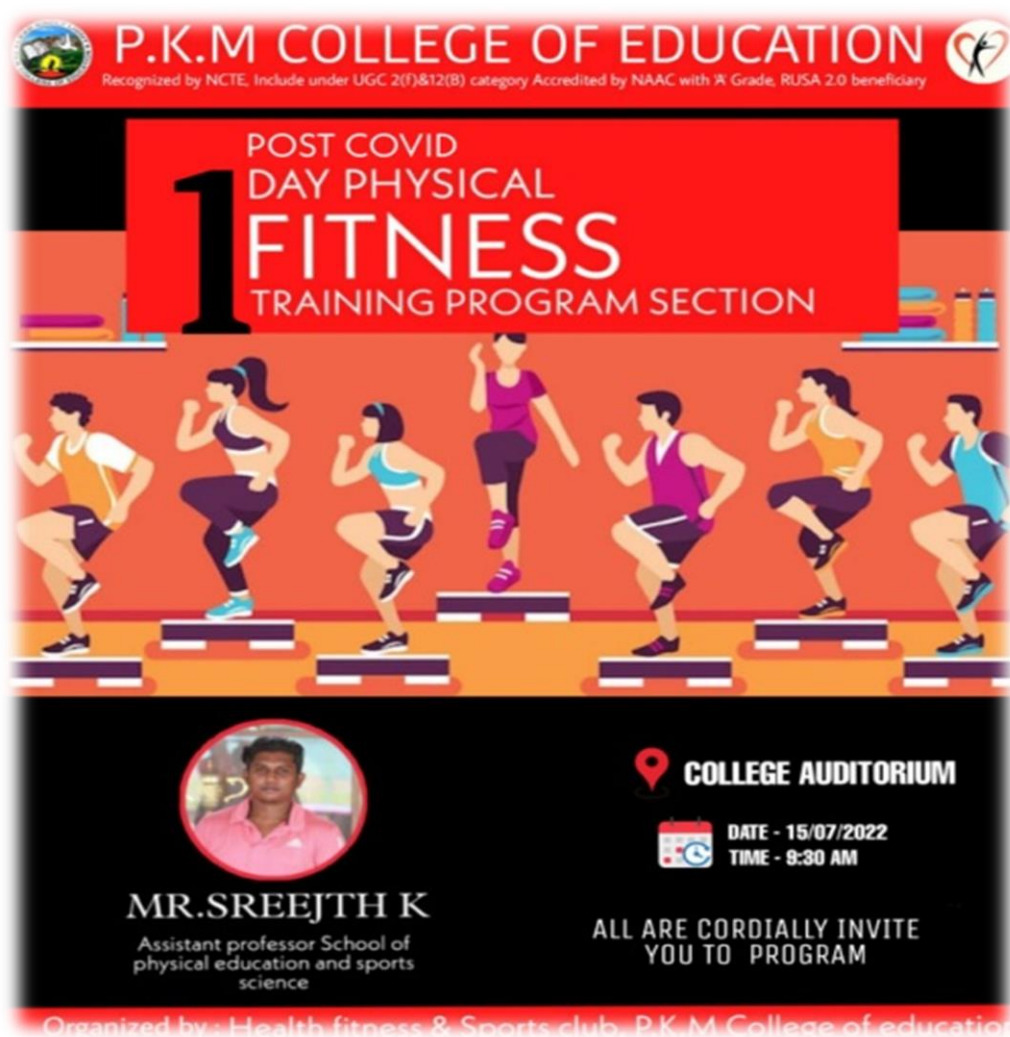
As we are going through the difficult period of Covid19, lock down and stress, the Dept of Physical education, of PKM College,Madampam thought of conducting this online program which would be beneficial to everyone. Dr. Sinoj Joseph welcomed everyone to the Webinar. Dr. Jessy NC, the Principal of PKM College of Education inaugurated the session. This program was made possible only with her effort and guidance.

The resource person of the web seminar was none but Dr. Anoop KV who enlightened the participants on the topic "Fitness Portfolio Management."

Dr. Anoop is the Asst.Professor of Physical Education, GPM Govt.college, Manjeshwar. He is an eminent personality with wide knowledge. He conducts several seminars and courses in and outside Kerala and he is a perfect Guide too. He is an expert in the area of Fitness Management. Dr...Prasad Mathew, the head of the Dept of PhysicalScience and the Vice Principal of PKM College of Education expressed words of gratitude at the end of the session.

All staff and students of PKM College of Education and staff and students of various other colleges also participated in this Webinar. We had almost 200 participants joining us in the Webinar. It was a great success. It's a real credit to the department of Physical Education of PKM College of Education, Madampam.

Post Covid One Day Physical Fitness Training Programme (Date: 15/07/22)



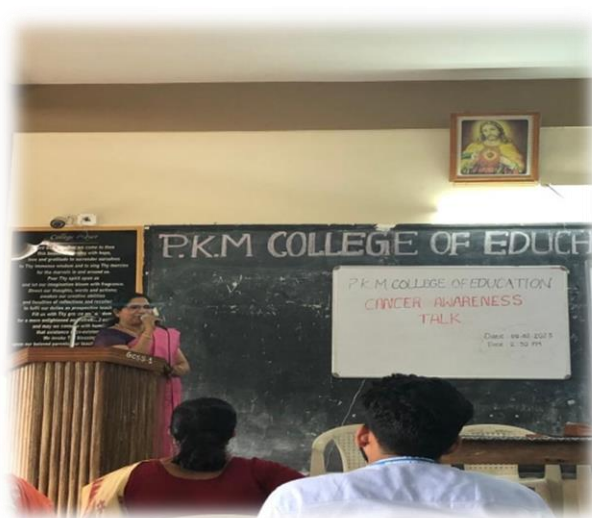
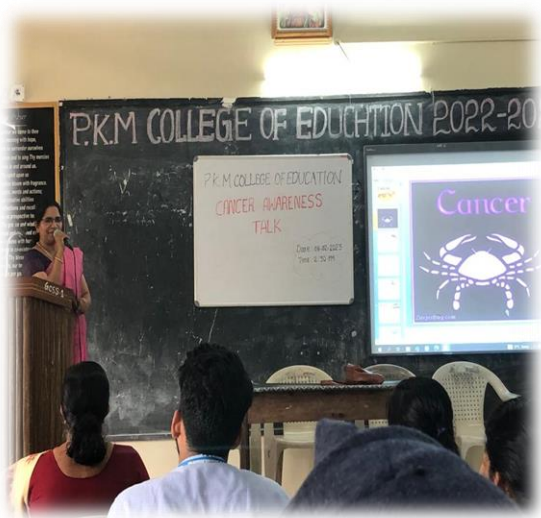
PKM College of Education, Madampam and Health, fitness and sports club organized a post COVID physical fitness training programme on 15/07/2022 Friday. The morning section started with the warm up section by physical science student Vaishakh K at sharp 9:30. Students are ready for the Zoomba section after the warm up exercise. The resource person Mr. Sreejith K was arrived at 10:00 clock and the inaugural section begins.



It started with the prayer song of the social science student Anusree KP. Jomal Joy, social science student gave the inaugural address. Physical education professor Fr. Dr. Sinoj Joseph goes through the presidential address and hands over the stage to our resource person. Sreejith sir started with a small awareness section about the importance and merits of exercise, mainly walking. Then he started the interesting Zoomba section. The entire student teachers danced in a very happy mood and each section went very well. All students danced energetically throughout the section. The interesting thing about this programme is not only students but some teachers also participated in the Zoomba. At 11:20 the group had a break and after that the students formed a circle and the dance continued. Then the Zoomba section ended up with the melodious song 'Pavizha Mazha Yee' and the group prepared their body to an end. After that the vote of thanks section started and the principal Dr. Sr. Jessy NC who couldn't attend the morning section had a talk. And after that Jessy Miss handed over the certificates to Sreejith sir and to the programme coordinators, Jomal Joy and Anumol AN. And the programme ended up with the thankful speech of Anumol.



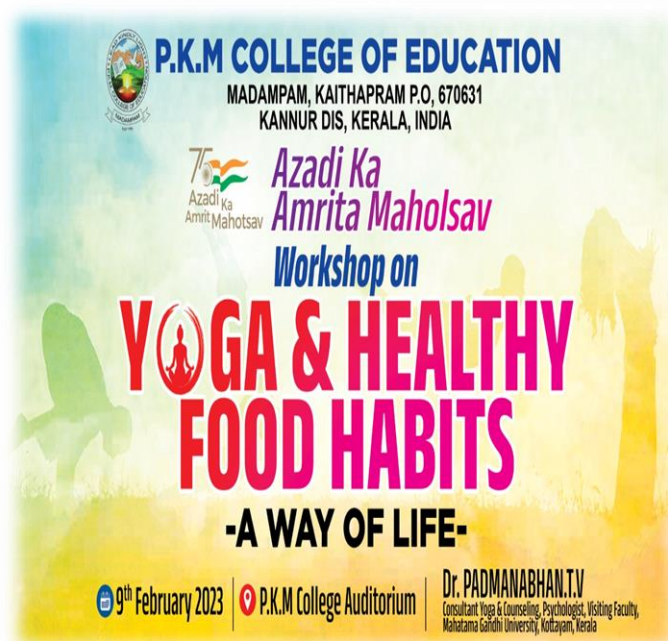
World Cancer Day (Date: 08-02-2023)



World Cancer Day is observed every year on 4 February. World Cancer Day aims to prevent millions of deaths each year by raising awareness and education about cancer, and pressing governments and individuals across the world to take action against the disease.

An awareness class on the significance of celebrating cancer day (February 4) was conducted at P K M College of Education Madampam, on 08/02/2023 Wednesday. The class began with the welcome address by Dr. Jessy N C, Principal, P K M College of Education Madampam. The class was led by Ms. Thresiamma Kuriakkose Assistant Professor, Koyili Nursing College. The misconceptions regarding the disease cancer, the increasing number of cancer patients, treatment, etc were elaborately discussed in the class. The class was ended at 3.30 p. m with the vote of thanks by Amitha George, student Coordinator.

‘Yoga & Healthy Food Habits – A Way of Life’: AKAM Workshop



As part of increasing the spread of the second phase of **Azadi Ka Amrit Mahotsav**, P.K.M. College of Education Madambam organized a workshop on Thursday 9th February 2023 titled **‘Yoga & Healthy Food Habits – A Way of Life’**. The official ceremony started at 9:30 am with a divine prayer by second year teacher student Jwala Maria Syriac. Student Coordinator Chaitanya C. K welcomed the gathering. College Principal Dr. Sister Jessy N. C. presided over the function . Program Coordinator and Head of Physical Education Department Dr.Father Sinoj Joseph delivered the felicitation address. Anusha V., a first year teacher student delivered the vote of thanks.

Consultant Yoga & Counselling Psychologist and Professor of the M.G University Dr. Padmanabhan T. V. handled the workshop. The workshop was conducted in two sessions. In the first session he interacted with the students about principles of yoga, importance of yoga, diet and lifestyle. Then some basic techniques of yoga were taught by Padmanabhan Sir with a demonstration by second year teaching student Vysakh T. Everyone practiced it.

For India, which is advancing towards the goal of becoming a developed country in 2047, healthy citizens are the country's wealth. Keeping this goal in mind, the purpose of the workshop was to clarify the importance of yoga in health care among teachers and students.

The workshop ended at 1 pm with the active participation of first and second year teacher students.



Awareness Program on Palliative Care (Date: 21-02-2023)



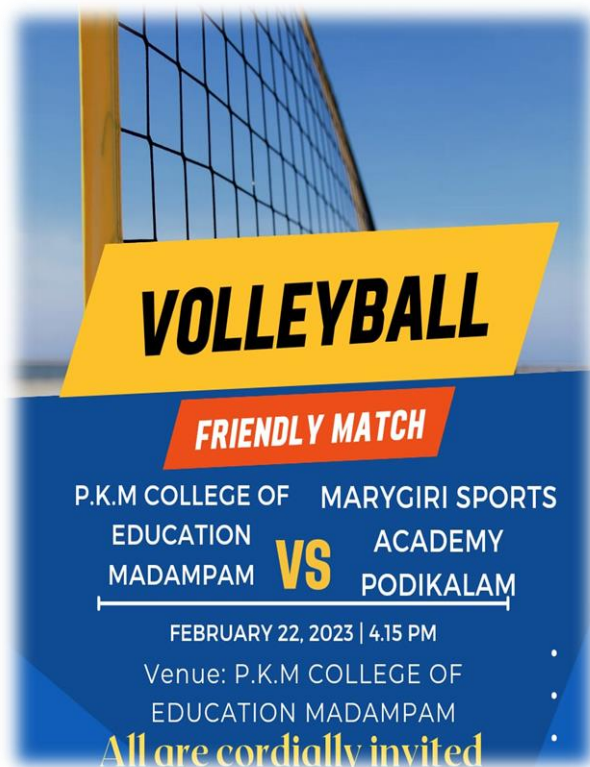
PKM College of Education Awareness Program on PALLIATIVE CARE conducted on 21st February 2023 in the college auditorium.

The programme started at 2:30 pm. The Chairman, Kaniv Palliative care unit Mr. K N Anirudhan welcomed the program. The presidential address delivered by Dr. Sr. Jessy N C, College principal. Followed by the felicitation by Mr. N F Mathew, The Chairman Training, PIK Mr. K D Joseph Master delivered the resource talk to student teachers.

Sir explained to the children the need to treat and visit the elderly and the bedridden. Sir's class was useful in shining some light of kindness among student teachers. The programme ended at 4:15 pm with the words of gratitude by Amitha George, the student coordinator.



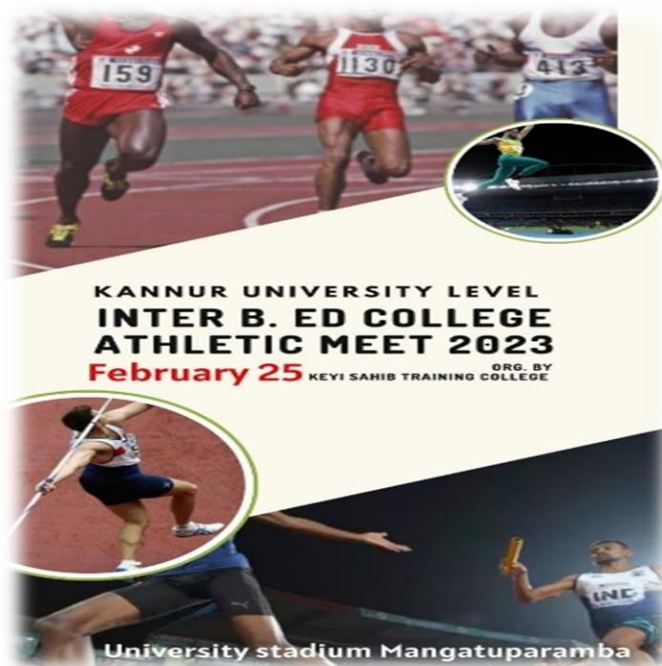
Yodhav Anti-Drug Campaign - Volleyball Match (Date: 22-02-2023)



As part of the second phase activities of 2022-23 Yodhav Anti-Drug Campaign P. K. M College of Education organized a friendly volleyball match on Tuesday 22nd February 2023 evening at the college ground. The competition was between student - teachers of P. K. M. College and those who are undergoing training at Merygiri Sports Academy, Podikkalam. The head of the physical education department and Yodhav anti-drug campaign coordinator Dr. Father Sinoj Joseph presided over the competition. The main objective of the competition was to convey the message that “Games are the drugs” with the intention of creating awareness among student- teachers and local youth, against addiction in the face of the increasing use of drugs. Student representatives of the Yodhav Anti-Drug Campaign and other student teachers participated in the supporting the competition.



Kannur University Level Inter B.Ed College Athletic Meet (Date: 25-02-2023)



The 7th Kannur University Level Inter B.Ed College Athletic Meet 2023 was held at the university stadium Mangatuparamba on 25th February 2023. The athletic meet was hosted by the defending champions Keyi Sahib Training College. The inaugural session started at 9.30am and was inaugurated by Dr K V Anoop (Kannur University Physical Education Dept Asst Director) which was followed by the march past. Almost 300 student teachers from Kannur, Kasaragod and Wayanad teacher education institutes took part in the Athletic Meet. 17 student teachers represented P. K. M College of Education in the athletic meet which had 22 events. All the student teachers of P. K. M took part in their respective events and successfully completed it.



Emil Thankachan became the men's individual champion by bagging first place in discus throw, shot put and javelin throw. Amal Tomy secured first position in high jump and second position in 100M dash and long jump. With a total of 28 points P. K. M College of teacher education became the runners up in the men's overall championship. The valedictory session came to an end by 5.30pm.



P.K.M. COLLEGE OF EDUCATION

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അഭിനന്ദനങ്ങൾ



എമിൽ തങ്കച്ചൻ



അമൽ ടോമി

കണ്ണൂർ യൂണിവേഴ്സിറ്റി Inter B.Ed
Athletics മീറ്റിൽ ചോട്ടപ്പുട്ട്
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എന്നിവയിൽ ഒന്നാം സ്ഥാനം നേടി
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കുടുംബത്തിന്റെ അഭിനന്ദനങ്ങൾ



Kannur University Inter B.Ed Collegiate Men Volleyball Competition (Date: 25-02-2023)

KANNUR UNIVERSITY INTER B. Ed COLLEGIATE VOLLEYBALL COMPETITION 2022-2023

DATE : 28TH FEB 2023

**VENUE : INDOOR STADIUM
PKM COLLEGE OF EDUCATION**

REGISTRATION : 8AM TO 9 AM

COMPETITION STARTING TIME : 9.15 AM

**ORGANIZED BY
P. K. M COLLEGE OF EDUCATION,
MADAMPAM**

Kannur University Inter B. Ed Collegiate Men's Volleyball competition was hosted by PKM College of Education, Madampam on 28th February 2023 at P K M College of Education. Kannur University Teacher education centre (KUTEC) Dharmasala, KUTEC Mananthavady, KUTEC Kasaragod, PKM college of Education Madampam, Keyi Sahib Training college Taliparamba ,Malabar B Ed Training college Peravoor ,Rajeev Memorial college of Teacher Education Thillankeri and Crescent BEd College Pazhayangadi were the eight institutions participated in the competition.



The competition began around 10 am .Mr.Prajil, Mr.Dijil and Mr.Aswanth were the officials for the matches. The initial set consisted of 4 matches . They were Malabar vs crescent, KUTEC Mananthavady vs KUTEC Kasaragod, KUTEC Dharmasala vs Keyi sahib training college, PKM vs Rajeev memorial training college respectively. Malabar training college, KUTEC Mananthavaady, KUTEC Dharmashala and P.K.M college qualified for the semi finals. Malabar training college won the first semi final match between KUTEC Dharmasala and Malabar training college. The second semi final match was between P.K.M College of education and KUTEC Manthavady. P.K.M College of education won the match and qualified for the finals. After the noon break, the looser's final match between KUTEC Dharmashala and KUTEC Mananthavady started at 2.45 p.m. Both teams gave their best performance and KUTEC Dharmasala was the winner of the match. A total of 48 players fiercely claimed the ground which culminated in PKM college of education raising the trophy, with Malabar B.Ed Training college and Kannur University Teacher education centre, Dharmasala taking the first and second runners-up spot respectively. Savad from KUTEC Dharmasala bagged the best player award and Sijan Lal from Malabar B Ed training college secured best diffender award.Fr.Amal Tomy from PKM College of education Madampam secured best attacker award.Habeeb Rahman from KUTEC Mananthavady bagged best promising player award. Apart from this the best All-rounder award was given to Hrishikesh Babu from PKM college of Education for his exceptional performance. The valedictory session witnessed Dr. Fr. Sinoj Joseph delivering welcoming address and Dr. Sr. Jessy N C, Principal of P K M College of Education giving the presidential address. Subsequently, the prizes were distributed to the winners by Fr.Stephen Kolakkattukudi(Vicar,Kotturvayal church)Biju Puthusseri(ward member) ,Dr.sr.Jessy N.C(Principal P.K.M College of education Madampam). Dr.Prashanth Mathew (vice principal,P.K.M College), Rahul Raveendran (Asst. Professor in Physical education,KUTEC Mananthavady), Aiswarya K(Chairperson,PKM College) gave the felicitation address. The programme came to an end at 5.20 p.m with the vote of thanks delivered by Vaishak. K, Student teacher P.K.M College.

Anti-drug pledge and joined the human chain. (Date:01-11-2022)



PKM College of Education organized a human network in association with Mary Land High School Madampam on 1st November at Madampam town. More than thousand students, teachers, locals and general public took the anti-drug pledge and joined the human chain. The human chain that mobilized thousands to educate our society and country against the growing drug addiction was a powerful and important one. Through this human chain, the student community was able to send a strong message that if there is a strong presence, cooperation and collective action, no drug can enter our society or cannibalize anyone. A flash mob performed by the student teacher of PKM College along with the human chain made the event very colourful. It was the beginning of a good tomorrow when the children stood united in front of the society and shouted loudly in front of the society that life is their addiction. This flash mob was also a firm step that they are ready to burn the poison of addiction from the society and lead the society on a straight path.



Health Fitness Training Programme (Date:09-11-2022)

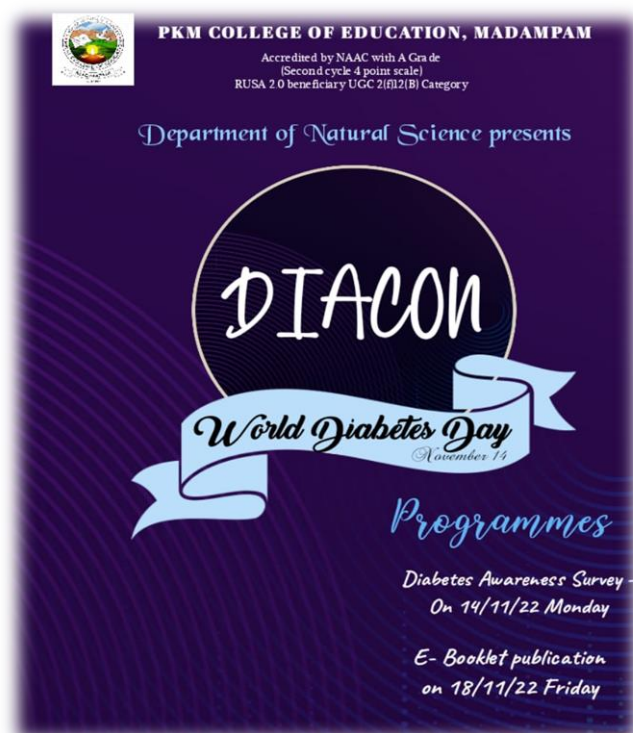


A Health and Fitness Training Programme was conducted for the student teachers of P K M College of Teacher Education under the combined efforts of the Physical Education Department and Fitness Club on 9th November. A coordination committee comprising Harikishor K V (General Captain PKM), Zia R (Dept of Mathematics), Akhil C K (Dept of Malayalam) and Aiswarya K (Chairperson PKM) was formed for the smooth functioning of the programme. The programme which commenced at 9.30am in the general hall was welcomed by Aiswarya K (Chairperson), Dr Sis Jessy N C (Principal, PKM College) introduced the resource person for the student teachers.

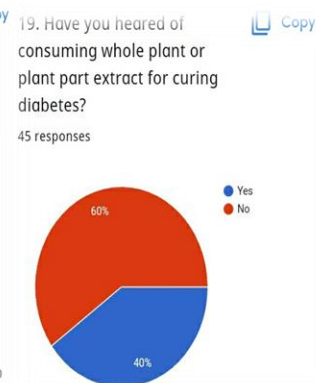
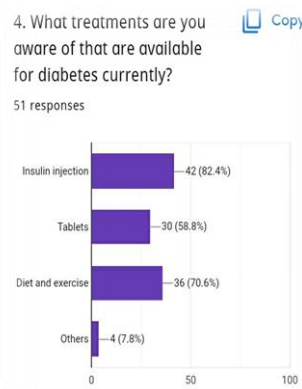
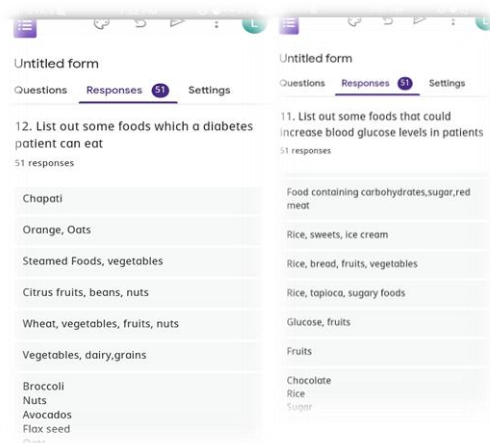
Renowned Zumba Instructor and Wellness coach Mr Sreejith K handled the training session. With the incorporation of different forms of Zumba such as the Afro style Sreejith brought out the importance of exercise and its mental benefits. In the beginning of the session he reiterated how physical fitness and knowledge about basic exercises influence teaching methods and overall wellbeing of the society. Later on the whole class showed their whole hearted involvement in the session with their smooth and energetic dance steps.

At the end of the training session Anusha V (Dept of Physical Science) and Fr Amal Tommy (Dept of Social Science) shared their feedback experience. The energy packed training session came to an end with the vote of thanks delivered by Harikishor K V (General Captain).

Diacon – Diabetes Awareness Programme (Date:18-11-2022)

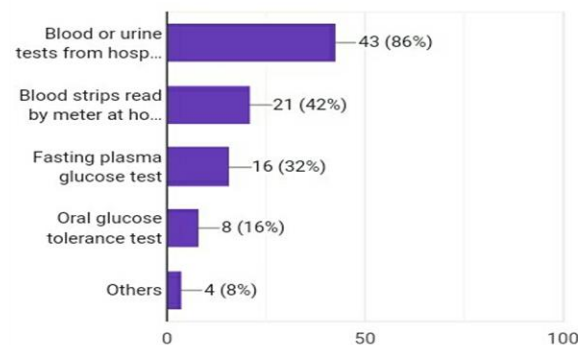


As a part of World Diabetes Day, the department of Natural Science conducted a survey among student-teachers and teachers of PKM College of education, Madampam. The survey was conducted on 14th November 2022 via google forms. The main objective of the survey was to understand the level of knowledge about diabetes and its control. The questions like the causes and symptoms of diabetes, available methods of testing diabetes, and also the available treatments for diabetes were included in the Google form. It also included the problems faced by the diabetic patients, the foods which increase the blood glucose level and its preventive measures. From the result of the survey, we can see that most of them don't aware of the different causes of diabetes and also they don't have much idea about all the available treatments for diabetes. Only very few of them were aware of all the methods of testing diabetes and the majority of them know about the food that diabetic patients can eat. From that, we realized the need for an awareness program and we have decided to prepare an e-booklet.



10. What all methods do you know for testing diabetes?

50 responses



22. What is your opinion about eating as much as sugar and sweets when young and healthy?
45 responses

We should follow a balanced diet despite of the age we are in

PartialY It is Good. Sugar is ConvertinG into carbohydrates .Having too much sugar in the blood for long periods of time can cause serious health problems if it's not treated.

If you are health conscious control your food habits and if you want to enjoy the moment eat anything you want.

Bodhapoornnima Campaign Competitions (Date: 21-10-2022)



As part of the BodhaPurnima campaign, an initiative of the Kerala collegiate education department, P.K.M College of Education, Madampam conducted a series of competitions. Story, poem, essay, and e -poster competitions were held on 21st October 2022 at the college. Teacher students actively participated in the competitions which were on the topic 'No to drugs.' The selected best pieces of writing were sent for state-level competitions. The e posters prepared by teacher students in optional wise marked the creativity of the students and conveyed the theme remarkably.



(DATE:29-08-2022 to 30-08-2022)




Out-reach Programme

As a part of celebrating National Sports Day, P.K.M College of Education, Madampam has organised an out-reach programme at A.L.P.S Kotturvayal on 29th August 2022. Twelve student teachers of P.K.M College including Ms. Ahana Thomas, Ms. Maneesha P, Ms. Anagha Chandran, Ms. Vismaya E M, Ms. Elsitta Jose, Mr. Vysakh K, Mr. Emil Thankachan, Mr. Hrishikesh Babu, Mr.Jishnu T P, Mr.Anand Ravi, Mr.Alex Jose and Mr.Jomal Joy along with the staff coordinator, Dr.Sinoj Joseph, have visited the school and conducted various activities for the school students as a part of the out- reach programme. The programme began at 12.00 p.m by conducting 100 m race for both boys and girls of fourth standard. The race was followed by a small practical class on minor exercises and aerobic dance. Mr.Alex Jose, student teacher of P.K.M. College of Education, demonstrated simple exercises to the students and made them to do it. The practical class on aerobic exercise was led by Ms. Maneesha P, Ms. Ahana Thomas, Ms. Elsitta and Ms. Vismaya. It was followed by the formal session which began with the welcoming address by Mr.Hrishikesh Babu, student coordinator. The session was chaired by

Mr.Benny K, Head Master of A.L.P.S Kotturvayal. Rev.Fr.Stephen Kolakkattukuzhiyil, school manager, formally inaugurated the function. The next event in the session was to distribute prizes to the winners of 100-meter race. The programme came to an end at 1.00 p.m with the vote of thanks expressed by Dr. Sinoj Joseph, Head of the Department of Physical Education, P.K.M College of education.





Reinforcing Sporting Culture at P.K.M & Inauguration of Anti- Human Trafficking Club (Date: 30-03-2023)

Reinforcing Sporting Culture at PKM
and
**Inauguration of
Anti Human Trafficking Club**




Mr Arun Johnson
Former Indian Navy Kabaddi Player
Founder of
Midline Academy Mumbai
&
Piller Events Dubai
30th March 2023
At College Auditorium

CHIEF GUEST

| | | | |
|--|--|---|--|
| <p>Presidential Address</p>  <p>Dr Jessie N.C Principal PKM College</p> | <p>Felicitation Address</p>  <p>Dr Prasanth Mathew Vice Principal PKM College</p> | <p>Welcome Speech</p>  <p>Dr Sinoj Joseph Asst. Prof in Physical Education</p> | <p>Vote of Thanks</p>  <p>Ms Aishwarya K Chairperson College Union</p> |
|--|--|---|--|

Organized by
P.K.M. COLLEGE OF EDUCATION, MADAMPAM,
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, RUSA 2.0 beneficiary



The inauguration of Anti-Human Trafficking Club was held on March 30, 2023, in the college auditorium, from 11:30 am to 12:30 pm on behalf of Health & Fitness Club and IQAC, P.K.M. College of Education.

The program began with a solemn prayer, followed by a warm welcome note delivered by Dr. Fr. Sinoj Joseph, the Assistant Professor in Physical Education. Then, Dr. Jessy N. C., the Principal of P. K. M. College, gave the presidential address, where she emphasized the importance of student's overall development, highlighting the significance of sports and extra-curricular activities in shaping an individual's personality.

The inaugural note was delivered by Mr. Arun Johnson, a former Indian Navy Kabaddi Player, and founder of Midline Academy, Mumbai, and Piller Events, Dubai. He inaugurated the Anti-Human Trafficking Club, highlighting the importance of such initiatives in today's world. He emphasized that education and sports are equally important and complement each other. He stated that sports teach essential life skills like teamwork, perseverance, and leadership, which are equally important in education and professional careers and urged the students to focus on their physical and mental well-being, stay away from drugs and other vices, and participate in sports and other extracurricular activities. He shared his life experiences and spoke about the importance of sports in shaping his personality and career and also highlighted the negative effects of drug usage and abuse among students and how it can ruin their careers.

Dr. Prasanth Mathew, Vice Principal of P.K.M. College, gave a felicitation address at the inauguration of the Anti-Human Trafficking Club Programme. He emphasized the importance of addressing human trafficking through education, prevention, and rehabilitation of victims and expressed his gratitude to the students and partners who contributed to the establishment of the club and urged everyone to join hands in the fight against human trafficking. Ms. Jobina Jose, student coordinator of this club introduced the club. The club aims to raise awareness and fight against human trafficking, which is one of the most pressing issues in today's society. By creating awareness and empowering students to take action, the club can play a crucial role in preventing human trafficking and protecting vulnerable individuals from exploitation.

The event was concluded by Ms. Aiswarya K, the Chairperson of the College Union, who delivered the vote of thanks. She expressed her gratitude to all the dignitaries, guests, and participants who made this event a grand success.



GPS Map Camera

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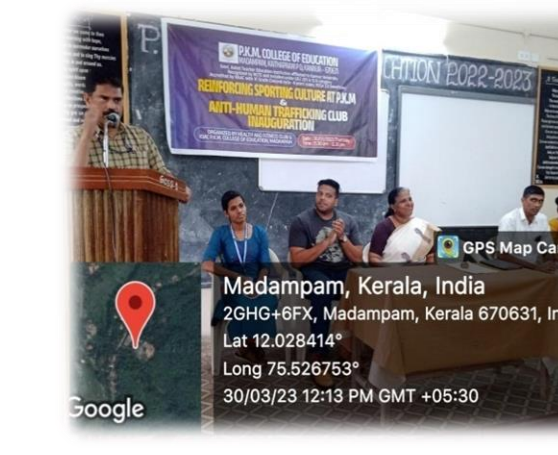


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Aids Awareness Logo Display Date:01-12-2022



On December 1, 2022, at 12:30 pm, Health and fitness club's meeting committee chaired by Dr. Fr.Sinoj Joseph met at General Hall. Sir selected three student coordinators and allocated duties for the next day related to World AIDS Day.

On December 1, 2022, morning, we gathered at the college entrance for distributing the AIDS Logo ribbons to the students, teachers and other non-teaching staff corresponding to the instructions given by Dr FrSinoj Joseph. We provided these awareness ribbons during the morning time for teachers, non-teaching staff and students of PKM College of Education, Madampam.

As part of WORLD AIDS DAY, the Health and Fitness Club committee of PKM College of Education, Madampam conducted and made an AIDS logo display together with teachers, non-teaching staff and students to show and spread support for people living with and affected by HIV and to remember those who lost their lives to AIDS at 4.00 pm. All the students, teacher and non-teaching staff joined together and participated to spread this message during that time.

Inter College Women's Volleyball Competition – 2022-23



P.K.M College of education Madampam organized the inter-college women's volleyball competition on 9th Dec 2022 at Mangattuparamba indoor stadium. The program began with an inauguration session at 10 am. The inaugural session started with a prayer by student teacher Divya. Introductory speech was given by Dr. Sinoj Joseph, Assistant professor in physical education, P.K.M college. The presidential address was delivered by the Kannur University physical education director in charge Mr. Jo Joseph. The program was inaugurated by the syndicate member M C Raju, assistant professor of physical education at Kasargod college. Mr. Arunachalam, international referee, delivered the felicitation speech. PKM college union general captain Mr. Harikishor proposed vote of thanks and the inaugural session came to an end by 10 45 am. The 4 colleges participated in the competition are Govt Brennen College, Payyannur college, Krishna Menon memorial government women's college, and Nirmalagiri college. The tournament was controlled by the state panel referee Akhil.K.Sreedhar and second referee was Mr. Prajil. After the open selection final competition between Payyannur college and KMM college was conducted. Anil Ramachandran, the head of the department of the school of physical education and earlier assistant professor in physical education at PKM college of education madampam. In a spectacular five set match, the KMMGWC Became the champion of women's volleyball and Payyannur college become the first runner-up. The

competition came to an end at 3: 45.pm. Prizes were given to the winners and published the list of players who have been selected to the University volleyball team. Vote of thanks was proposed by Fr. Dr. Sinoj Joseph, assistant professor in physical education at PKM College.

The program came to an end by 4 .15 pm.



Health and Fitness Club – Kids Fest (Date: 13-12-2022)

Under the joint leadership of P. K. M College of education and the Health and Fitness Club a kid's fest was organized in the college with the participation of the students of St. Thomas LP Schools KooturVayil, on December 13, 2022. Dr Jeccy NC (Principal, P.K.M College of Education) inaugurated the function which was welcomed by Dr Sinoj Joseph (Assistant Prof P.K.M College). St. Thomas LP Schools KooturVayi Manager, Fr Stephen Kulakattukuzhi greeted the gathering. The program officially began with the students of St. Thomas LP Schools taking part in the goal challenge.

At this time when the whole world is in the excitement of the World Cup football, with the aim of inculcating the taste in the field of sports among the growing generation, suggestions were given to increase the sports ability of children and various sports competitions were organized along with it. Potato race (Boys and Girls), One legged race (Boys and Girls) and Rolling ball (Boys and Girls) were the games which was conducted. Aythan VG, Mohammad Aman V.P. SivadaRameshan, Josemi Maria Joy. Aythan VG, Razeen. Josemi Maria Joy, SivadaRameshan. Jain Joseph, Mohammad Aman V.P. Shikalakshmi, Anshiga Rajesh respectively won first

and second prize. In the valedictory function Dr Jeccy NC (Principal, P.K.M College of Education) delivered the presidential address. While Dr Sinoj Joseph (Assistant Prof P.K.M College) welcomed the gathering, P.K.M College vice principal Dr Prasanth Mathew, St. Thomas LP Schools KooturVayi Manager, Fr Stephen Kulakattukuzhi, St. Thomas LP Schools KooturVayi teacher, Bobysir delivered the blessing note. For the students who secured first and second prize in the kids fest, Dr Jeccy NC (Principal, P.K.M College of Education)P.K.M College vice principal Dr Prasanth Mathew and St. Thomas LP Schools KooturVayi Manager, Fr Stephen Kulakattukuzhi gave away the prizes. The program came to an end with HariKishor K V (General Captain, P.K.M College) delivering the vote of thanks.







Next Gen @PKM Teacher

NEXT GENERATION TEACHER AT PKM

