



# HALLO

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## Editorial

August is the month of new beginnings. For the Second year students, their practice teaching the core element of B Ed course started. Another journey kick off with fifty energetic young minds A handful of programs conducted to refresh their minds with variety programs. Come and glance to explore the beauty of events in our temple of learning.

### Induction- Bridge Programme 2024 Open Mic

The 'Open Mic' event was a vibrant showcase of talent, presided over by our esteemed Vice Principal, Dr. Prashant Mathew, and attended by distinguished faculty members such as Dr. Jessy N.C, Dr. Sholy Joseph, Dr. Maya J. Pillai, Dr. Veena Appukkuttan, Mrs Jomol Jose and Dr. Jisha James. The presence of M.Ed. scholars added further prestige to the occasion. Throughout the event, students captivated the audience with an array of enthralling performances, demonstrating their diverse talents. Highlights included group songs performed by both boys and girls, and unique presentations such as a whistle song, short story narration, riddles, anchoring, and inspiring speeches. Each performance reflected the creativity and dedication of the participants. The event was hailed as a resounding success, with every student actively participating, ensuring that the spirit of inclusivity and enthusiasm was upheld. Dr. Prashant Mathew concluded the event with insightful and inspirational remarks, leaving the audience with much to ponder. The M.Ed. scholars also shared their reflections on the event, contributing to the sense of community and shared learning. Presna Prem delivered the vote of thanks, expressing her appreciation for the event and sharing her personal experience. The event concluded on a patriotic note with the national anthem, bringing the memorable day to a close.

### EXPRESSO 2024: OPEN STAGE PROGRAMME

The 'Open Stage' programme started at 2.30 pm. The announcement was made by the Student Coordinator Am-in Mathew and Zuhra. Then various art programmes of the student teachers were staged. Programmes like group dance, fusion oppana, mono act, ramp walk, dumb charades etc. were presented. The performances ended at 4:00 p.m. After the principal Dr. Jessy. N. C and Sister Caroline spoke.

### OPEN KITCHEN

Open kitchen program started at 1 30pm. Most of the students prepared food from home, which they shared for the event. Some group members cooked on the spot. All the students involved in collective cooking venture which reflects the sense of togetherness between us. Then all the groups decorated the dishes and arranged them beautifully on the table. After everything was arranged nicely, the teachers and the college staffs reached the dining hall. The college staff also came up with dishes which make our event complete. Our principal Dr. Jessy officially inaugurated the event. All the students presented their art of cooking and all the ingredients used. Then each teacher tasted the dishes and gave valuable comments. Then we all shared all the food items which became a most delightful event and a token of taste and share in our memory.

### Participation in Inter B.ed college sports quiz competition

An Inter B.ed sports quiz competition was organised by Department of Physical Education, Keyi Sahib Training college, Thaliparamba Total of seven team with two members each representing seven B.Ed colleges of Kannur University participated in the event. The quiz was handled very dynamically and insightfully by Dr. Abdul Rahiman in presence of principal, Dr Ashraf T.P. Joel Joseph and Asha Mary Jose of P.K.M college of Education participated in the competition and brought laurels for our institution by securing third position in the quiz competition.

### PHYSICAL FITNESS PROGRAMME-ZUMBA

Mr. Sreejith (International Zumba Trainer) Sir arrived to conduct the session. Physical Fitness Training Program The program started at 9.30 AM. Fr.Sinoj delivered the welcome address and then Sreejith sir managed the classes. The program was conducted in two phases. In the first phase, there was a class to convey a general understanding of physical fitness to everyone. In the second phase, it was practical. The second phase started at 11.00 AM. He engaged the entire students with a very entertaining Zumba dance. The entire class participated in the zumba dance. The class was handled interestingly by bringing the students to the stage and dividing them into two groups.



### P.K.M. Family



### INDUCTION PROGRAMME

The resource person for the program was Mr. Nithin Nangoth (International Celebrity Mentor, Next Generation Coach, Spiritual & Social Orator) who is also the president of Alumni association of P.K.M College, Madampam The Induction programme started at 9:30 am with college prayer in the college auditorium. The introduction of the resource person and welcome speech was delivered by Dr. Sholy Joseph. After the speech everyone took anti-drug pledge as a part of the anti-drug campaign. Nithin sir carried out the class in a very interactive manner. He provided valuable information to develop skills to get equipped with competencies in the present world of Ed Tech and AI. The sessions were conducted as games and at the end of each, students were let to evaluate themselves. Students were trained how to perform well in group discussions by dividing them into groups, providing them different topics and allowed to discuss in groups and present it. Questions were raised by other groups which were answered. Towards the end of the program each student was given opportunities to share their feedback after attending the program.

### WORKSHOP ON YOGA

Vaishakh K (BSc, Bed, MSc Yoga therapy), a former student of PKM College and 2020 International Yoga Championship contestant, has come in to handle the yoga classes. The program started at 9.30am. Dr. Sinoj delivered the welcome address. Then Vaishakh Sir managed the classes in two phases. In the first stage it was a theory class about yoga. For the first time he introduced the definition and meaning of yoga, after that discuss the history and origin of yoga. He shared the misconceptions about yoga that exist today and made us understand that such misconceptions are unnecessary. Also he shared about who can do yoga, when to do yoga and precautions to be taken before doing yoga and job opportunities in Yoga. He introduced our B-Ed syllabus- Bed 401.2: Health and physical education and also shared previous year questions. The first phase was concluded by introducing the yoga postures to be performed in the second phase. The second phase was the practice of yoga postures. It started with a prayer. After that we did warm up. The training consisted of four parts namely standing asana, sitting asana, supine and prone postures. In standing we did vrikshasana, ardhaghadichakrasana, padahasthasana, thadasana, veerabhadrasana also we did vajrasana, janusheershasana, paschimothanasana, parvathasana in sitting asana cycling, uthanapadasana, setu bandha sarvangasana, pavanamuktasana in supine and bujanganasana, shalabasana in prone posture. After that we did pranayama. Then he stopped yoga training after savasana. After the feedback section the entire class was concluded.

### DRAMA AND ART IN EDUCATION

For handling the session on "Art and drama in education". Shobharaj P. (Assistant professor in Malayalam, Kannur university teacher education centre, Kasaragod) came as a resource person. The program started at 9.30. Dr. Sholy teacher delivered the welcome speech. Then Shobharaj sir managed the classes in 6 stages. In the first step, he told about how painting can be useful for teachers. After that, all the students were asked to draw their favourite shapes on the drawing board and Sir introduced how to transfer the end of the line to the shape of a girl through the pen. In the second stage, the class was about 'doodle art'. As part of this, a fish was drawn and taught to draw it beautifully as doodle art. The third step was 'stick art'. This step is very helpful for anyone who doesn't know how to draw to bring out their ideas as well as talent. The fourth step was 'chart writing practice'. As teachers, it was understood that chart writing is an important factor in conveying ideas to children. In the afternoon session, the students were taught how to express their ideas in the form of pictures and how to use crayons, watercolours, paints etc. To beautify them. Collage making was taught as the last step. He also taught us how to make a collage using the things around us.

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