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Editorial

Greetings to all, this is not just a document, but a chronicle. It speaks the moments those we won, the flash we enjoyed, the occasion we enlightened. It presents the timer. The lines are proclaiming the triumphs, co-operation, skill practices, celebrations and life skill practices. Every student teacher has woven their inner dreams to transform to outward realities. Let all our academic pursuits combine humanitarian activities along with professional training. Let us work in collaboration with the desires, dreams, aspirations, ambitions and talents of the students who are studying in our campus.

World Mental Health Day and World Smile Day Celebration

To raise awareness of mental health issues around the world to mobilize efforts in support of mental health and to promote goodwill and positivity by smiling at others and performing acts of kindness while serving as a reminder of the power of a simple smile to brighten someone's day and improve the world around us, College union 2023- 2024 in association with NSS, IQAC, Health and Fitness club decided to celebrate World Mental Health Day and World Smile Day on 9th October 2023. The program was named "SMILESYNC: CONNECTING HEARTS AND NURTURING MINDS". Mr. Sunil Kumar S.V, the Worldwide Book of Records holder for the longest laughter yoga by an individual addressed the program virtually. Union members prepared small to kens of gifts in the mode of smile quotes for every teacher and student. The program started at sharp 9:45 AM in the multipurpose hall. All the teachers and students were welcomed with a smile inspiring quotes as a token of gift. Our beloved Principal, Dr. Jessy N. C gave the presidential address, stating the importance of mental well-being. She also commented on the necessity of smiling from our inner self. Then our honourable guest Mr. Sunil Kumar S.V. addressed everyone virtually. He explained in detail about laughter yoga. He also explained the benefits of smiling from our inner self. He also taught us about the duration of a real laugh and a fake laugh. Also through his actions, he taught us how to laugh open-heartedly. The students were really excited and seemed to laugh open-heartedly. The union members captured this moment with the unexpected smiles of everyone. A smiling context was conducted throughout the day in such a way that beautiful smiles were captured unknowingly. Miss. Pretty George won the smiling context. Chairperson Aneetta Biju gave the prize to Pretty. The program ended with a vote of thanks by Mr. Arun Jaimon, College Union general secretary by 10.45 am.

NSS unit inauguration, orientation Programme, and Interaction session

Our Institute's new NSS Unit was inaugurated by Dr. Nafeesa Baby, DSS, Kannur University on 10th October 2023. Staff Coordinator Dr. Sinoj Joseph welcomed everyone and the presidential address was given by Dr. Jessy N C, Principal, Fr. Philip Ramachanattu, Local Manager, of P.K.M College of Education delivered the keynote address. Mr. Shijith V, NSS Kannur District Coordinator released the jersey. Student Coordinator Rifna M.P delivered the vote of thanks. After the inaugural session, there was an orientation class on from 11.30 a.m. to 1 p.m. Afterwards Mr. Shijith V, took a class on the importance of NSS in the field of education and society. An orientation class was also organized at 2 pm. Nirmalagiri College Malayalam Department Head and best NSS Coordinator award winner Dr. Deepamol Mathew gave more awareness about NSS.

Awareness Programme on Waste Management- A medical emergency

In this era where pollution and waste are significant problems, reducing waste is of utmost importance. In this context, an awareness class on "Pollution Management - A Medical Emergency" was organized by N.S.S. Unit in association with IQAC on 13/10/2023 at 1.15 pm. Principal, Dr. Jessy N. C, delivered the welcome address, and Sri Sukumaran P. P., who is actively involved in the Haritha Kerala Mission, shed light on the impact of pollution and waste crisis and the emergency it poses. The class ended at 2:15 pm, with a vote of thanks of class coordinator Ashly David.

GOV. AUDIT

Serrina Madam, Mohandas Sir, Amal and Vijitha visited the College as a part of Audit, from DD Office Kozhikode. It was carried out on 09&10 of October 2023



- World Mental Health Day and World Smile Day Celebration
- GOV. AUDIT
- NSS unit inauguration, orientation Programme, and Interaction session
- Awareness Programme on Waste Management- A medical emergency
- Kannur University Inter Collegiate Basketball Tournament
- COLLEGE UNION & FINE ARTS



Kannur University Inter Collegiate Basketball Tournament

Our college hosted for the Intercollegiate Men's and Women's Basketball Tournament for the 2023-2024 academic year. Dr. Sinoj Joseph, Head of Physical Education Department was the tournament coordinator. The decision to conduct the tournament on October 30th and 31st, 2023, was made. Ashwin Baburaj and Gokul were assigned as student coordinators. Subsequently, the registration, refreshments, documentation, and other committees were formed to manage the event efficiently, along with the appointment of volunteers and referees for the competition. Registration started at 9:00 AM. At 9:30 AM, the official inauguration ceremony took place with Dr. Sinoj Joseph, the tournament coordinator, welcoming everyone. Dr. Jessy N.C., the Principal, adorned the position of Chief Guest and officially inaugurated the tournament. Afterwards, participants from various colleges in the sports department gathered to offer their best wishes. The women's basketball tournament featured teams from Govt. Brennen College, Kanhangad Nehru College, Krishnan Menon Smaraka Vanitha College, Chinmaya College, Don Bosco College, and S. E. S. College. In the first match, Govt. Brennen College and Nehru College competed, with Govt. Brennen College emerging victorious with a score of 22-18. The first match concluded at 11:30 AM. In the second match, Chinmaya College and Krishna Menon Smaraka Vanitha College faced off, with Krishna Menon Women's College winning 37-0. At 12:15 PM, Don Bosco College and Govt. Brennen College played their match, with Don Bosco College prevailing with a score of 20-3. This match ended at 12:40 PM. Finally, at 12:50 PM, S. E. S. College and Krishna Menon Smaraka Vanitha College competed, and S. E.S. College won with a score of 15-10. At 1:00 PM, registration for the men's teams began, and the teams had a 45-minute lunch break. After the break, competition resumed. Initially, in the men's basketball competition, Govt. Brennen College and S.E.S. College faced off, with S.E.S. College emerging victorious with a score of 0-17. In the end, S.E.S. College secured the first position, Don Bosco College the second, and Krishna Menon Smaraka Vanitha College the third in the women's category. Winners of the competition were honored by Dr. Anoop, the Assistant Director of Physical Education at Kannur University. Subsequently, the final match for men was played between Nehru College and Don Bosco College, with Nehru College emerging as the champions with a score of 93-38 points, becoming the winners of the men's division. In finals, Nehru College secured the first position, Don Bosco College took the second position, and S.E.S. College finished in the third position. The tournament concluded at 1:30 PM. During the closing ceremony, Dr. Jo Joseph (Deputy Director of Physical Education, Kannur University), Dr. Sister Jessy M.C. (Principal, P.K.M. College), and Dr. Wilson V.E. (Associate Professor, School of Physical Education, Kannur University) presented awards to the participants. The tournament officials were also appreciated. Vineed Kumar Araman, the Vice President of Kasargod Basketball Association, led the officials during the tournament. The College Chairman, Aneetta Biju, thanked everyone and brought the closing ceremony to an end.

COLLEGE UNION & FINE ARTS

Our College Union and Fine Arts for the academic year 2023-24 inaugurated on 26/10/23 under the leadership of chairperson Aneetta Biju and other Union members. Teacher Educators were given the opportunity to propose a name for the union. The inauguration ceremony started by 2 p.m in the college auditorium, with a prayer song by Anusree and Jyothis. Vishnu Krishnan, the fine arts secretary, delivered the welcome speech. College Union chairperson Aneetta Biju delivered the presidential address. After that, Ms. Sanly N.P. sang a song and smoothed the minds of the listeners. The program was inaugurated by Dr. Joby K. Jose, Registrar Kannur University. Principal Dr. Jessy N. C. spoke a few words about the inauguration ceremony. After that, Dr. Joby handed over memento to Smt. Shailaja V.C., the Kerala State Teacher's Award winner, and Dr. Jessy honored her with a golden shawl. Smt. Shailaja addressed her views about modern-day teaching methods and how to be a good teacher. Later, P.T.A. president Sri Cyriac Abraham, alumni president Sri Nithin Nanghoth, staff advisor Smt. Jomol Jose, and student coordinator Sisira V delivered felicitation addresses. After that, Teacher Educator Anchristy achieved a gift for the issue of naming Union. The programme ended with a vote of thanks by Arun Jaimon, general secretary