



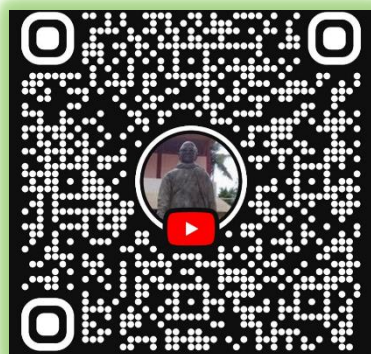
PATTOM THANUPILLAI MEMORIAL COLLEGE OF EDUCATION

Maruthoorkonam, Kottukal P.O., Balaramapuram, Thiruvananthapuram, Kerala - 695501

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REPORT OF EACH OUTREACH ACTIVITY





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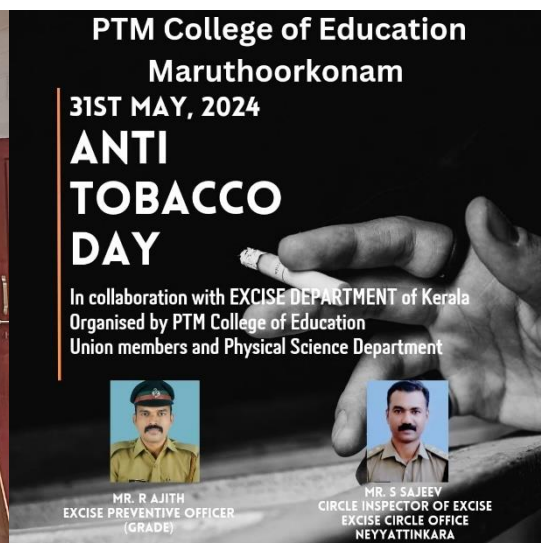
PARTICIPATION IN NATIONAL PRIORIT PROGRAMS SUCH AS SWACHH BHARAT, AIDS AWARENESS, GENDER SENSITIVITY, YOGA, DIGITAL INDIA AND AYUSH MISSION

Year 2023-24

Anti-Tobacco Day Awareness Programme, Date: May 31, 2024

Organized by PTM College of Education in collaboration with the Excise Department of Kerala.

On May 31, 2024, PTM College of Education, in collaboration with the **Excise Department of Kerala**, observed **Anti-Tobacco Day** with an awareness programme aimed at educating students, faculty, and the local community about the dangers of tobacco use. The event was organized by the PTM College Union members and the Department of Physical Science, with distinguished guests from the Excise Department gracing the occasion. The programme commenced with an inaugural session, where **Mr. R. Ajith, Excise Preventive Officer Grade I**, and **Mrs. Sajeev, Circle Inspector of Excise, Excise Circle Office, Neyyattinkara**, were the chief guests. The event was formally opened by **Dr. Anukrishnan R**, Principal of PTM College of Education, who emphasized the importance of Anti-Tobacco Day and the need for strong awareness campaigns to reduce tobacco use, especially among the youth.





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2. Awareness Programme on Environment Day June 5, 2023

In observance of World Environment Day on June 5, 2023, the Internal Quality Assurance Cell (IQAC) and the Eco Club jointly organized an Environmental Awareness program. The primary focus of this initiative was to promote awareness about environmental conservation and sustainable practices among the students and faculty. Students from various departments actively participated by creating and displaying placards with powerful messages related to environmental conservation. The placards included slogans on reducing plastic usage, planting more trees, conserving water, and combating pollution. In addition to the placard campaign, short interactive sessions were held by members of the Eco Club. These sessions aimed to educate the participants about the pressing environmental issues and the role individuals can play in creating a greener planet.



3. International Women's Day Celebration - 8th March 2023

On the occasion of **International Women's Day** on **8th March 2023**, the PTM College of Education organized a seminar aimed at promoting **gender sensitivity** among students. This event was part of a series of educational activities designed to raise awareness about gender equality and encourage discussions on social issues related to gender. The students participated in a **seminar** where they presented papers on topics related to gender sensitivity, equality, and inclusivity. Each presentation was followed by an interactive Q&A session where the audience engaged in meaningful discussions.



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4. Well Women Campaign & Basic Life Supporting (BLS) Training, August 18 , 2023

On August 18, 2023, PTM College of Education successfully organized a **Well Women Campaign & Basic Life Supporting (BLS) Training** programme aimed at promoting women's health and providing life-saving training in CPR. The session was both informative and interactive, with expert speakers and practical demonstrations. One of the highlights of the campaign was a small yet very informative session on "**How to Use a Menstrual Cup.**" **Dr. Deepa** demonstrated the proper usage of menstrual cups and explained their benefits, such as sustainability, hygiene, and comfort. The second part of the programme was dedicated to **Basic Life Supporting (BLS) Training**, conducted by the **SP Fort Hospital team**. The trainers provided a detailed explanation of the steps involved in performing CPR (Cardiopulmonary Resuscitation) and highlighted its importance in emergency situations. Participants were taught how to apply CPR correctly, especially in cases of cardiac arrest, and how timely intervention can save lives. The **Well Women Campaign & BLS Training** programme was an exceptional and informative event. The health session by **Dr. P. Deepa** and the **BLS Training** by the **SP Fort Hospital team** offered invaluable knowledge and skills that are both relevant and practical.



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SWACHH BHARATH: CAMPUS CLEANING DRIVE, 2 October 2023

On 2 October 2023, PTM College of Education organized a campus cleaning drive in observance of Gandhi Jayanti and as part of the Swachh Bharat Mission. This initiative aimed to promote cleanliness and hygiene on campus, aligning with the principles of Mahatma Gandhi's vision for a clean and healthy India. The cleaning drive was inaugurated with a brief address highlighting the significance of cleanliness and the spirit of Gandhi Jayanti. The event was marked by a collective commitment to contributing to a cleaner environment, reflecting Gandhi's values of simplicity and self-discipline. The cleaning drive was inaugurated with a brief address highlighting the significance of cleanliness and the spirit of Gandhi Jayanti. The event was marked by a collective commitment to contributing to a cleaner environment, reflecting Gandhi's values of simplicity and self-discipline. The drive saw enthusiastic participation from students. Volunteers were divided into groups, each assigned specific areas of the campus to clean. The collective effort underscored the community spirit and responsibility towards maintaining a hygienic campus environment. Participants actively collected litter and waste from various parts of the campus. The collected waste was sorted into recyclable and non-recyclable categories to ensure proper disposal and recycling. The enthusiastic participation and the subsequent impact on the campus environment reflect the commitment of the college community to the ideals of cleanliness and national pride.



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5. Helping Hands Initiative Organized by PTM College of Education Union Members

22, January 2024



As part of the union activities, the union members of PTM College of Education came together for a noble cause under the banner of the **Helping Hands Initiative**. The objective was to raise funds to help electrify a house for a deserving family in need. This heartwarming effort resulted in the successful collection of **Rs 7,000**. With the funds raised, the house was successfully electrified, greatly improving the quality of life for the family. The initiative was not just about providing electricity, but also about spreading hope and kindness to those in need. It served as a reminder of the power of collective action and the difference it can make in the lives of others.

6. INTERNATIONAL YOGA DAY 2023 - 21 June 2023

On 21 June 2023, in celebration of International Yoga Day, the Ayush Mission organized a special program aimed at promoting the practice and benefits of yoga at the Central Stadium,



Thiruvananthapuram. This year's theme, "Yoga For Vasudhaiva Kutumbakam," emphasized the global harmony and unity that yoga can promote. The event was inaugurated by the Honourable Health Minister, Veena Mam, and was attended by a diverse group of participants including health professionals, yoga enthusiasts, and community members. The program commenced with an inspiring inaugural address by Honourable Health Minister, Veena Mam, who emphasized the significance of yoga in enhancing physical health, mental well-being, and overall quality of life. Her speech highlighted the universal benefits of yoga in fostering global wellness and also the integral role of yoga in achieving holistic health and encouraged participants to incorporate yoga into their daily routines.

The program not only provided valuable knowledge and practical skills but also fostered a strong sense of community among participants.



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Year 2022-2023

5. **Food donation and blood donation conducted as a part of LIBERTE** December 21, 2022 & 22 December 2022

On December 21, 2022, the LIBERTÉ Subject Association of the Department of Social Science conducted a significant humanitarian event as part of its outreach initiatives. There is a presentation on Human Rights Day and its history. The human rights pledge was taken by all the students. A skit on Human Rights was also performed by Department of Social science. On 22nd December 2022, the program was also focused on food donation and blood donation, aimed at contributing to the well-being of the community, particularly to those in need of medical support. **The blood donation** drive was organized at the Blood Bank in Thiruvananthapuram Medical College. A group of students, staff, and volunteers actively participated in this noble cause. The donated blood will be utilized for patients in need of urgent transfusions, particularly those undergoing treatments like surgery, cancer therapy, and trauma care. **The food donation** drive was held at the Thiruvananthapuram Medical College Hospital. The initiative focused on providing nutritious meals to patients and their caregivers, many of whom come from economically disadvantaged backgrounds and struggle to access adequate food during their hospital stay. The collective efforts of the students and faculty members contributed to making a positive impact on the community, particularly in aiding those in need of both medical and nutritional support. The program also fostered a sense of social responsibility and compassion among the students involved.

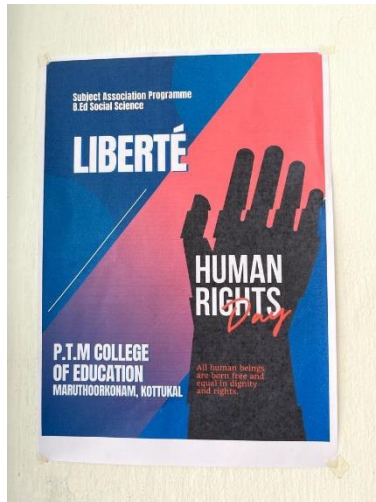


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2. International Women's day

On 8th March 2022, the Women's Study Unit of the college has organised an awareness class on the topic Women Safety and Laws in relation to International Women's Day 2022. All the teachers and Principal of

PTMCE lead an interactive session with the student teachers and teacher educators. The highlight of the program was a powerful candlelight ceremony, where participants lit candles to symbolize the light of empowerment, hope, and solidarity with women everywhere. This poignant gesture represented the spark of change that woman can bring to the world, and the commitment to illuminating the path towards gender equality. The event was a resounding success, inspiring participants to become beacons of change in their own communities.





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Awareness Programme on World Climate Day On 23 March 2022

On March 23, 2022, PTM College of Education organized an awareness programme in observance of **World Climate Day**. The event aimed to educate students, faculty, and the local community about the critical issues of climate change, its impact on the environment, and the steps that can be taken to mitigate its effects. The programme emphasized the global need for sustainable practices and collective responsibility in preserving the planet for future generations.



Year 2021-22

PTM College of Education Students' Visit to Buds School

On June 22, 2022, the students of PTM College of Education organized a special visit to **Buds School**, as part of their community outreach and educational support activities. Buds Schools are institutions dedicated to providing care and education to differently-abled children, offering them a nurturing and supportive environment. The students of PTM College organized several interactive activities for the children at Buds School. This included storytelling, singing, and group discussions, which helped create a joyful and engaging atmosphere for the children. An art and craft session were conducted where the children were encouraged to express their creativity. PTM students provided materials and assisted the children in making simple crafts. This session allowed the children to develop their fine motor skills and gave them an opportunity to showcase their talents. A variety of recreational games were arranged to promote physical activity and teamwork among the children. The PTM students played alongside the



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Buds School students, ensuring that every child participated and enjoyed the games. The activities included ball games, simple races, and group coordination exercises. At the end of the visit, the PTM College students distributed small gifts, such as stationery items and toys, to the children. These tokens were well-received, bringing smiles to the faces of the Buds School students. The visit had a profound impact on both the children and the students of PTM College of Education. The Buds School students enjoyed the activities and the attention they received, while the PTM students gained a deeper understanding of the challenges and rewards of working with differently-abled children. The experience also helped in fostering empathy, patience, and a sense of community service among the B.Ed students.



International Yoga Da, June 21, 2022

On June 21, 2022, in celebration of **International Yoga Day**, the B.Ed students of PTM College of Education, under the **Recreational Club**, organized a yoga session for the Higher Secondary School students of **PTM HS, Maruthoorkonam**. The event was designed to promote the practice of yoga for physical and mental well-being among the students.





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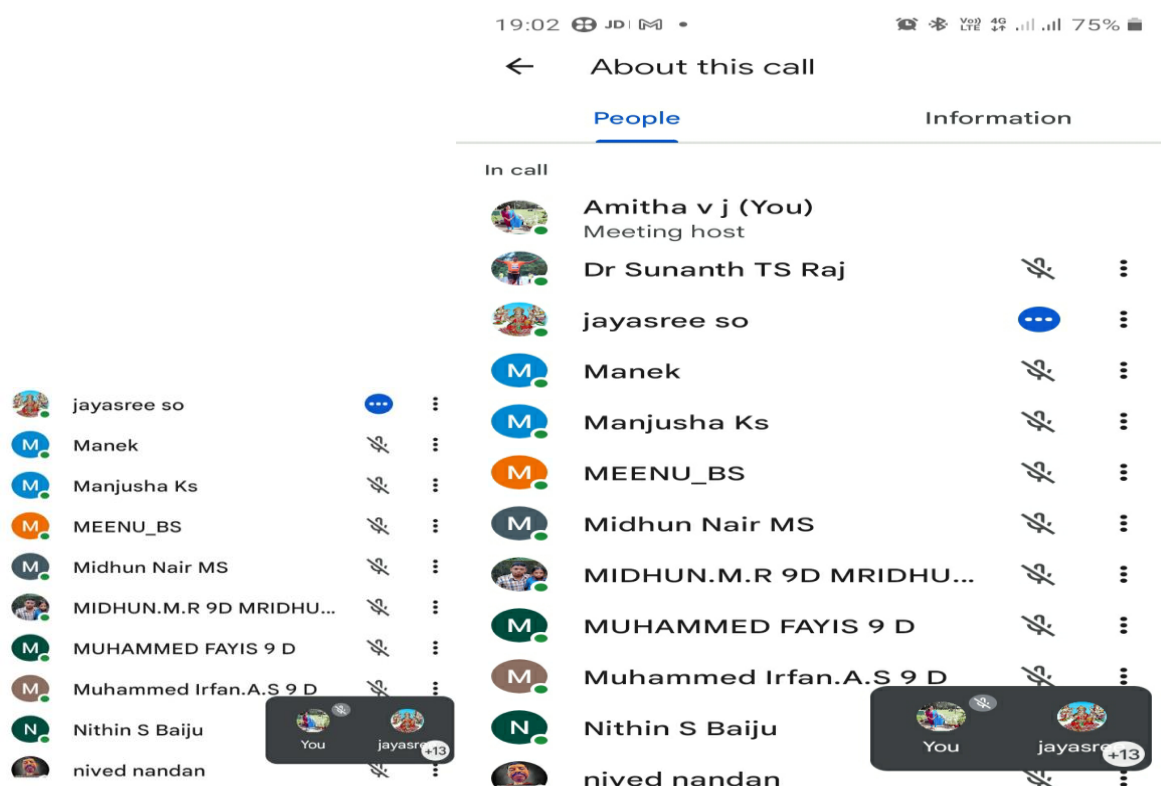
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Year 2020-21

Stress Relief Online Workshop June 7, 2020 Online (via Video Conferencing)

On June 7, 2020, an online **Stress Relief Workshop** was conducted by **Dr. Sunanth TS Raj**, organized by the Health Club Wing of PTM College of Education. Given the surge in anxiety and stress levels due to the COVID-19 pandemic, the workshop aimed to provide attendees with effective strategies to manage their mental health during these challenging times.



IT @ Covid Initiative Organized by IT Club, PTM College of Education Schools Involved: G.V.H.S.S, Kottukal & PTM HS, Maruthoorkonam

Amid the challenges brought about by the COVID-19 pandemic, PTM College of Education launched the **IT @ Covid** initiative through its **IT Club**. The initiative aimed to ensure the continuity of education despite the disruptions caused by the pandemic, by conducting online classes for students of **G.V.H.S.S, Kottukal** and **PTM HS, Maruthoorkonam**. The classes were designed to be interactive, encouraging students to ask questions and clarify doubts. After each session, feedback was collected from the students to improve the quality of teaching. The B.Ed students also provided additional learning materials and assignments to help the school students grasp concepts better.



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Year 2019-18

Report on the Session: "Drugs Abuse & Life Skills", June 24, 2019



On June 24, 2019, a session on **"Drugs Abuse & Life Skills"** was conducted by Ajith R, a Preventive Officer from the Excise Department. The session was organized to raise awareness among participants about the growing menace of drug abuse and to equip them with essential life skills needed to combat and prevent addiction.

Ajith R began the session by discussing the alarming rise in drug abuse, particularly among young people. He provided an in-depth look at the types of drugs commonly abused, their effects on the body and mind, and the long-term consequences of addiction. The session also addressed the social and legal implications of drug abuse, highlighting the role of law enforcement and community efforts in combating this issue. Ajith R explained the various types of drugs that are commonly abused, including their short-term and long-term effects on physical and mental health. He emphasized how addiction can lead to severe health problems, financial ruin, and strained relationships. The session highlighted the broader social impact of drug abuse, including the strain it places on families and communities. Ajith R also discussed the legal ramifications, such as the penalties for drug possession and trafficking, and how the law enforcement agencies work to curb drug-related crimes. A significant portion of the session was dedicated to discussing life skills that can help individuals avoid falling into the trap of addiction. These skills included decision-making, stress management, and effective communication. Ajith R encouraged participants to cultivate these skills to build resilience against the pressures that might lead to drug use. The session also stressed the importance of community involvement in the fight against drug abuse. Ajith R urged participants to be vigilant and proactive, not only in their own lives but also in their communities, to help prevent the spread of drug abuse.



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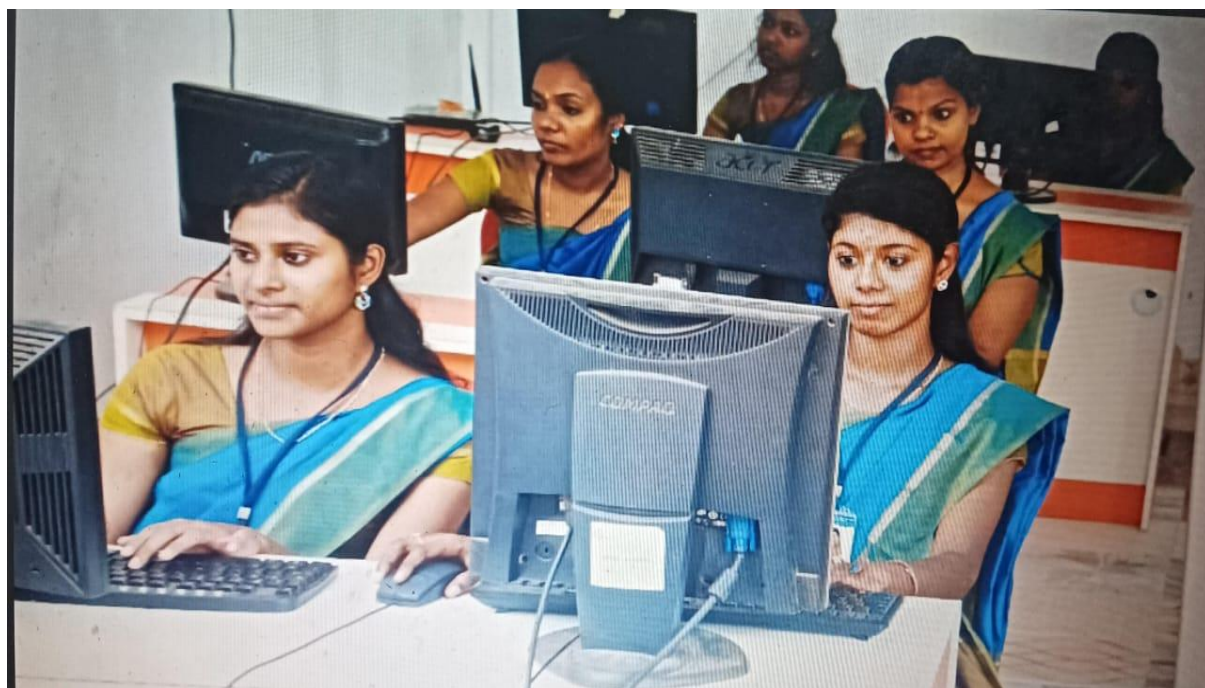
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4.Digital Literacy Workshop

PTM College of Education, Maruthoorkonam, conducted a digital literacy workshop on 08-07-2019 to enhance the digital skills of its students and faculty members. The resource person was Mr Umesh Mohan M U, Head of operations Web Trait Technologies, Trivandrum. He gave an energetic thought-provoking talk. The workshop aimed to bridge the digital divide and promote online engagement within the college community. The participants, comprising student teachers, faculty members, and staff, received hands-on training in basic computer skills, online safety, and digital tools. They learned about basic computer operations, online navigation, email management, Microsoft Office applications, and online safety. The workshop also introduced participants to online platforms such as Google Classroom and Moodle. The participants provided positive feedback, expressing appreciation for the interactive sessions and hands-on training. The workshop successfully empowered the participants with essential digital skills and confidence to engage in online activities. By conducting this workshop, the college demonstrated its commitment to promoting digital literacy and online engagement.





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Independence Day Rally, August 15, 2018 Route: PTM College of Education to Balaramapuram, Mukkola, and back to college

To commemorate the Independence Day of India, the Recreation Club of PTM College of Education organized a rally on August 15, 2018. The rally was conducted to honor the memory and struggle of the great leaders who fought for the nation's freedom. It began from the college and proceeded through Balaramapuram, up to Mukkola, and then returned to the college.

The rally was preceded by a flag hoisting ceremony at the college premises. The National Flag was hoisted by the principal of the college, followed by the singing of the National Anthem.

The principal gave a brief speech emphasizing the significance of Independence Day and the importance of remembering the sacrifices made by the freedom fighters. The rally passed through the **Balaramapuram**

junction and continued to **Mukkola**. The participants covered a considerable distance, drawing attention from the local community along the way. Several

passersby joined in for brief stretches, adding to the enthusiasm and spirit of the event. Upon reaching Mukkola, the rally turned back and headed towards the college. An educational conclave was also conducted in the afternoon session about the future of Indian Educational system with special reference to Kerala state.





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International Yoga Day, Date: June 21, 2018

As part of the Recreational Club activities, the B.Ed students of PTM College of Education conducted a yoga session on June 21, 2018, in celebration of International Yoga Day. The session was organized for the higher secondary school students of NEW Higher Secondary School, Nellimodu. Basic yoga postures such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), and Surya Namaskar (Sun Salutation) were demonstrated by the B.Ed students. The higher secondary students actively participated, following the guidance of the instructors. Each posture was explained in terms of its benefits and correct technique.



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