ANNAMMAL COLLEGE OF EDUCATION FOR WOMEN

THOOTHUKUDI

Report on the Quality Initiatives

for the Academic Year 2023-2024

Pre– Practice Teaching Additional Inputs for Student Teachers - Report

17.08.2023

Participants: B.Ed. II year students

Pre– Practice Teaching Additional Inputs for Student Teachers was organized by Annammal College of Education for women, on 28.07.2022. It was conducted by four sessions and four topics were covered.

Session 1
Date: 17.08.2023
Time: 10.00 a.m. to 11.00 a.m.
Topic: Content Mapping
Resource Person: Mrs.D.Shunmuga Selva Sivasankari, Assistant Professor of Mathematics, Annammal College of Education for Women, Thoothukudi

The resource person explained about what content mapping is and how to use it in their intensive teaching practice. Content maps have a variety of uses in supporting the professional development of teachers, including serving as a tool that allows teachers to define the content to be taught in an instructional unit, a teaching tool that can be used to teach content knowledge, and an assessment tool to assess the content knowledge of pre-service and in-service teachers. It helps students to organize new information. It helps students to make meaningful connections between the main idea and other information. They're easy to construct and can be used within any content area. Developing content knowledge in teachers presents a constant challenge for educators.

Session 2
Date: 17.08.2023
Time: 11.00 a.m. to 12.00 p.m.
Topic: Identifying Varied Students Abilities
Resource Person: Mrs. T.Emima Rolanshia, Assistant Professor of Education, Annammal College of Education for Women, Thoothukudi

The resource person explained how to identify students with different learning abilities. Some students may be able to read exceptionally well, while others may not be able to read at all. Conducting assessments can help teachers identify a student's individual academic skills, learning styles and

interests in mixed-ability classrooms. She shared her thoughts about teaching students with various learning abilities, which involves creativity, time and a desire to understand how a student learns best. Some students may be able to read exceptionally well, while others may not be able to read at all. Conducting assessments can help teachers identify a student's individual academic skills, learning styles and interests in mixed-ability classrooms.

Session 3

Date: 17.08.2023
Time: 12.00 p.m. to 01.00 p.m.
Topic: Inclusive Classroom Practice
Resource Person: Mrs.A.Jeyakavitha, Assistant Professor of Computer Science, Annammal College of Education for Women, Thoothukudi

Inclusive education is based on the principle of participation. Inclusive education involves all children in common educational settings where they can learn together without any discrimination. It provides opportunities for students with disabilities for active participation equally. She shared her views on the role of the teacher in an inclusive classroom. Inclusive education happens when children with and without disabilities participate and learn together in the same classes. She explained that when a child with disabilities attends classes alongside peers who do not have disabilities, good things happen. Inclusion is about providing the help children need to learn and participate in meaningful ways.

Session 4

Date: 17.08.2023
Time: 2.00 p.m. to 3.00 p.m.
Topic: Visualizing Differential learning Abilities
Resource Person: Mrs. T.Emima Rolanshia, Assistant Professor of Education, Annammal College of Education for Women, Thoothukudi

Learning disabilities are due to genetic and/or neurobiological factors that alter brain functioning in a manner which affects one or more cognitive processes related to learning. These processing problems can interfere with learning basic skills such as reading, writing and/or math. They can also

interfere with higher level skills such as organization, time planning, abstract reasoning, long or short-term memory and attention. She explained about the types and causes of disabilities. They are visual impairment, Physical disabilities, Dyslexia / Dyscalculia / Dyspraxia, Mental health difficulties, hearing impairment. She explained about visual related cues and information and different assessment methods for visual impaired students. She taught students how to handle physical disabilities. She gave the definition of Dyslexia / Dyscalculia / Dyspraxia and also explained about what the teaching methods were given. We can provide written forms of learning materials for hearing-impaired students.

REPORT ON VALUE ADDED COURSE ON CYBER SECURITY

16.08.2023 TO 23.08.2023

Resource person: Mr. Benaiah , Manager, NIIT Foundation.

Online safety, Cyber Threats and Internet Privacy are the issues faced by each individual. Students and young people, globally, in an increasingly digitally connected world, are among the most active users of Internet and web-based services. Students tend to surf the web to access educational information and content for entertainment, to develop their digital skills to acquire new opportunities, or to maintain their online/digital identities and social relationships. However, increased access to information at various web-platforms also lead to increased exposure to materials which are neither age-appropriate nor suitable for children for viewing, and/or risks/threats that children face online. Owing to their young age and evolving development capabilities, students and young people are vulnerable to abuse and exploitation at the hands of cyber-predators and perpetrators. a shift from attending classes in person to technology-based remote learning through virtual/digital education platforms not only dehumanized learning environments and distorted social interactions for children, but also isolated them in navigating the digital space.

The Cyber Security course is conducted to increase awareness while using digital media and protect their privacy space. The course was the need of the hour for our students as they are very much addict to social media and mobile where they face many issue. The resource person cearly explained the ways to protect us from various threats we face daily.

VALUE ADDED COURSE ON "MUSHROOM CULTIVATION" - 29.08.2023 TO 01.09.2023 & 04.09.2023.

INTRODUCTION TO THE COURSE

The Entrepreneurship Development Cell of Annammal College of Education for Women encourages students to start working on projects right away, rather than learning techniques in isolation. The college plans to organize the Value-Added Course on Mushroom Cultivation for the academic year 2023 – 2024 from 29.08.2023 to 01.09.2023 & 04.09.2023.

Mushrooms are being used as food and medicine from ancient times. Mushroom contains all essential amino acids, vitamin B complex, iron, calcium, potassium, phosphorous, folic acid and other biochemical compounds. It is also a good source of dietary fibre. It is regarded as highly edible even for people suffering from cholesterol problems, heart diseases, diabetes and cancer. Mushroom cultivation has now become a source for income generation since there is a large demand for healthy and quality food products. Many value added products are also obtained from mushrooms. The cultivation procedure is characterised by small initial investment and year round production. It is an eco-friendly agricultural practice.

OBJECTIVES

- To enable the students to identify the edible and poisonous mushrooms.

- To provide hands-on training for the preparation of bed for mushroom cultivation and its harvesting, pests and diseases control and post harvesting management.
- To provide the students awareness about the marketing trends of Mushrooms.
- To give the students exposure to the experiences of experts in the field and to functioning mushroom farms.
- To help the students to learn a means of self-employment and income generation.

COURSE CONTENT

Introduction to mushrooms, Common edible mushrooms, Principles of mushroom cultivation, Health benefits of mushroom.

Outcomes:

- Participants gained a Comprehensive understanding of mushroom biology, cultivation techniques, and entrepreneurial opportunities.
- Hands-on training sessions enabled participants to acquire Practical skills in substrate preparation, spawn inoculation, and mushroom cultivation.
- Participants were equipped with the knowledge and confidence to establish their mushroom cultivation units and explore entrepreneurship opportunities.

REPORT ON ANTI-DRUG AWARENESS PROGRAMME - 24.08.2023

The Youth Red Cross of Annammal College of Education for Women conducted the 'Anti-Drug Awareness Programme' for B.Ed. students. Mr. S. John Moses Giritharan, Assistant Professor, Department of Criminology & Police Administration, Kamaraj College, Thoothukudi served as the resource person. He disseminated the knowledge about drug consumption and its evil effects through discussion and presentation. He also gave awareness through

many case studies as examples. He also revealed the status of drug consumption by the youth population in Thoothukudi. The college Youth Red Cross Programme Officer Dr. N. Sudha Kumari proposed the vote of thanks who organized this programme.

REPORT ON SIMULATION BASED COMMUNICATION PRACTICE
27-09-2023

It is important to develop the communication skills of students by providing situations for practice. Simulation based communication practice was given to students as a part of the Student Induction Programme on 27-09-2023 from 10 a. m. to 4 p. m.

The students were given an introduction about the plan for the day. The term 'simulation' was explained to them. The students provided a situation to the teachers and they demonstrated "Simulation Based Communication Practice". The students were divided into three groups each under Dr. R. Suryakala, Dr. N. Sudha Kumari and Mrs. A.Vinothini Sylvia respectively.

In the first session, the members of each group were paired on the basis of cards they picked up. Each pair was asked to pick up a lot. Situations were written on the lots and they were given time for practice. The situations were related to conversation between a teacher and a student. Then they were asked to take up roles and act the situation. The teachers provided them feedback on their conversation skills.

In the second session "What happens here?", the students were asked to choose chocolates and were grouped into trios. Each trio was asked to pick up a lot. The lots had places like college, bus stand, theatre, ration shop etc. The students were asked to take up roles and enact a scene in the place they had chosen. The teachers observed and provided feedback on their conversational skills.

In the third session "When they meet", students were paired up on the basis of cards they picked up. Each pair picked up a lot which the name of

two personalities. They were asked up to take the role of the personalities and converse for three minutes. In the fourth session, the students were assembled together and asked to present "Just a Minute Feedback" on the day.

The simulations helped students in the following ways:

- Providing them the confidence to speak before others
- Allowing them to demonstrate their creativity
- Providing them an opportunity to communicate in English

The practice was a beginning for the students to know about the importance of communication skills for their chosen profession.

SPECIAL LECTURE ON "EXPERIENTIAL LEARNING FOR CHILD DEVELOPMENT"- 27.10.2023

The IQAC of the institution organized a Special Lecture on "Experiential Learning for Child Development" on 27-10-2023 for the B.Ed. students. The Special Lecture was organized to make the students get acquainted with the Montessori method and its contribution to child development. Ms. S. Muhuntha Devi, Founder and directress, Thalir Montessori Centre, Madurai served as the resource person. The session began with a warm welcome by Dr. R. Suryakala, IQAC Cordinator.

Ms. Muhuntha Devi began her lecture by asking the question "What is the period of childhood in humans?" She explained the reasons behind the prolonged childhood in humans. She explained the four planes of development proposed by Montessori. Elaborating on the needs and tendencies of children belonging to each plane, she focussed on the experiential learning that has to be given in each of these stages. She gave a practical demonstration of the sensorial materials that are designed to educate children belonging to the second plane of development.

The special address provided a detail picture of the Montessori method of education. The students interacted with the resource person and got their

doubts clarified. The session came to an end with a formal vote of thanks proposed by T. Gayathri, M.Ed. student.

WORKSHOP ON "PROFESSIONALISM FOR TEACHERS"- 09.11.2023

The IQAC of the college organized a workshop on "Professionalism for Teachers" on 09-11-2023 for the first year B.Ed. students. Dr. X. Rosary Mary, Formerly Director, Department of Youth Welfare, Manonmaniam Sundaranar University, Tirunelveli served as the facilitator of the workshop.

The workshop was aimed at training students in professional behaviours in their future work places. The facilitator brainstormed ideas for creating a congenial workplace for teachers. She used the ideas generated by the students as a springboard to explain the characteristics of professionalism. She explained the need for the following characteristics of professionalism with suitable examples:

- Competence
- Integrity
- Conscientiousness
- Courteous behaviour
- Mutual Respect
- Confidence
- Emotional Intelligence

The students were divided into groups and asked to discuss the role of the above mentioned characteristics in creating a conducive working environment. They were asked to bring out their ideas in the form of a role play. The session came to an end with a feedback from a few students.

FDP ON "PREPARING TEACHERS FOR ARTIFICIAL INTELLIGENCE DRIVEN EDUCATION"- 06-11-2023 TO 10-11-2023

An International Faculty Development Programme on "Preparing Teachers for Artificial Intelligence Driven Education" was organized by the ELTAI Thoothukudi Chapter and IQAC of the college in association with

Centre for Education beyond Curriculum, Christ (Deemed to be University), Bangalore from 06-11-2023 to 10-11-2023 between 6 p.m. and 7 p.m. The FDP began with a key note address by Dr. Kennedy Andrew Thomas, Director, Centre for Education beyond Curriculum, Christ (Deemed to be University), Bangalore.

The first day of the FDP set the stage for the rest of the days. The session on the first day on "AI in Education: An Introduction" was given by Dr. Vipin K Sharma, Faculty an Director, Planning and Development Unit, English Language Institute, Jazan University, Jazan, Saudi Arabia. Dr.Vipin Sharma gave an overview of the need and ways of integrating artificial intelligence into education. He explained how artificial intelligence can help us to involve, evolve and innovate His words were reassuring to those who had the fear that artificial intelligence would overpower them.

The second day of the FDP was on "AI Infused Technologies for Teaching and Learning". The session was given by Dr. Dilip P. Barad, Professor and Head, Department of English, Maharaja Krishnaumarsinhji University, Bhavnagar, Gujarat. Dr. Dilip Barad began with explaining how technology is invading our spaces by giving us surprises every day. He focussed on the ways of using artificial intelligence to improve the teaching learning process. Explaining the different kinds of artificial intelligences, he emphasized the need to blend human experience with artificial intelligence for better teaching and learning experiences.

The third day of the FDP was on "AI Infused Technologies for Research" given by Dr M. S. Xavier Pradeep Singh, Assistant Professor, PG and Research Department of English, St. Joseph's College, Thiruchirapalli. Dr. Xavier Pradeep Singh traced the origin of artificial intelligence tools to enlighten the participants on the potential uses of it in the field of education. He then proceeded to demonstrate the use of artificial intelligence in refining ideas for research, collecting sources, reading and reviewing research papers, editing and proof reading research papers, citing sources and checking plagiarism through various AI tools.

The fourth day of the FDP was on "AI in Assessment" given by Dr. Kishore Selva Babu, Assistant Professor and Coordinator- Ph.D., Department of English and Cultural Studies, Christ Deemed to be University, Bangalore. Dr. Kishore Selva made a reference to research that shows the promising use of artificial intelligence in evaluation. He demonstrated the use of generative tools to prepare assessment questions. He also explained how they have to be used to make students develop higher order thinking skills.

The fifth day of the FDP on "Chat GPT: Implications for Teaching and Learning" was given by Dr. Chumki Biswas, Associate Professor, Thadomal Shahani Engineering College, University of Mumbai, Maharashtra. Dr. Chumki Biswas pointed out the need to move from fear to hope in using the fourth industrial revolution tools. She demonstrated the features of the free version of Chat GPT and created learning exercises using them.

The FDP helped the participants to consider the opportunities and challenges in using artificial intelligence tools and also to gain confidence in leveraging them for the benefit of all stakeholders in education.

REPORT ON BOOK READING AND DISCUSSION SESSION – 04.11.2023

The Reading Club of the college organized book reading and discussion sessions for the first year B. Ed. students on 04-11-2023. Each student was given the abridged version of the book Jonathan Livingston Seagull for reading. The students were encouraged to read the book during the morning hours of the library. The students were asked to come for a discussion at 3 p.m. on 04-11-2023. They were divided into three groups for the discussion. The discussion in each group was moderated by a teacher. The discussion in the first group was moderated by Dr. R. Suryakala. The discussion in the second group was moderated by Mrs. R. Ponselvi. The discussion in the third group was moderated by Dr. N. Sudhakumari.

The discussion began in each group by giving a small outline of the story. The moderators put forth questions for discussion. Each question was

considered one at a time and the students were asked to respond to it. The responses of the students evoked discussion and presented their multiple perspectives. The session helped to deepen the understanding of the students and enhanced their discussion skills.

**REPORT ON THE SPECIAL ADDRESS ON 'VIOLENCE AGAINST WOMEN'
04.12.2023**

As a mark of the International Day for the Elimination of Violence against Women, a special address on 'Violence against Women' was organized by the Women Development Cell on 04.12.2023 in association with The Federation of Obstetric and Gynaecological Societies of India (FOGSI), Tuticorin. Dr.Archana Ambujan MS(OG), DRM Vice President, Tuticorin FOGSI and Fertility Specialist, Omega Fertility Centre served as the resource person and addressed the students on the topic. Dr.Jasmine, Secretary, Tuticorin FOGSI oriented the students on the services provided by FOGSI.

Dr.Archana expressed that violence is not only a abuse on women's body but also it tests the will power of women. She explained the different forms of violence against women which include domestic violence, sexual assault, human trafficking, female genital mutilation, and forced marriage. She gave many real life cases which she encountered during her medical practice. She advised the students that committing suicide or consumption of poison are not the only way to put an end to harassment.

She added that harassment cannot only be physical it can be psychological too. She explained the do's and dont's when a women face harassment. This programme sensitized the students on the Violence against Women prevalent in the society and also ways to safeguard themselves against these ill practices.

SPECIAL ADDRESS ON "DIFFERENTIATED INSTRUCTION FOR DIVERSE LEARNERS"- REPORT

The IQAC of the college organized a Special Address on "Differentiated Instruction for Diverse Learners" for the first year B.Ed. students on 11-12-2023. Dr. Zulaiha Shakeel, Principal, Wisdom Public School, Veerapandianpattinam served as the resource person. Dr. Zulaiha Shakeel began with the Nation Curriculum Framework (2005) recommendations for inclusive education. She pointed out the importance of inclusive education. By describing the characteristics of learning disabled children, she emphasized the need to differentiate education to suit the needs of the diverse population in the classrooms.

Dr. Zulaiha cited examples of the different categories of learners encountered in the classrooms and the ways in which instruction could be varied to suit their differential needs. By defining the term "Individualized Educational Plan", she made clear the partnership between parents and teachers in developing individualized educational plans. She gave a detailed account of the experience of the school in developing individualized educational plan models. She concluded by reiterating the crucial role of teachers in catering to the diverse needs of learners. The session ended with a formal veote of thanks by the college Principal Dr. A.Joycilin Shermila.

REPORT ON SPECIAL LECTURE ON "ACTIVITY LEARNING METHOD" – 11.10.2023

A special lecture was organised on the topic "Activity Learning Method" on 11.10.2023 at K.P.Kala Hall for our First year B.Ed. students. Mrs. A.Vinothini Sylvia welcomed the gathering. Dr.K.Saravanakumar, B.T.Assistant, Govt.High.School, Mudivaiththanenthal, Thoothukudi District was the resource person. He explained about Activity-based learning nurtures critical thinking and problem-solving skills. Rather than passively receiving

information, students actively engage with concepts, analyze data, and draw conclusions.

The activity learning method represents a transformative approach to education that empowers students to become active participants in their own learning journey. By fostering engagement, promoting collaboration, nurturing critical thinking, and emphasizing practical application, activity-based learning equips students with the skills and knowledge they need to thrive in an ever-changing world. The students were actively participated the program.

REPORT ON WOMEN HEALTH & INTERVIEW SKILLS - 14.12.2023

The health club of Annammal College of Women, Thoothukudi organised an awareness programme on WOMEN HEALTH & INTERVIEW SKILLS on 14.12.2023 in association with Hindustan Unilever Private Limited. The college principal Dr. A. Joycilin Shermila welcomed the gathering. Mrs. Sudha, academic Trainer, Hindustan Unilever Private Ltd. served as the resource person for the programme. She spoke on interview skills and elaborated on the health aspects of women especially adolescents, which benefitted the B.Ed. students. The students were provided a rexona deodorant pack as a token of participation. The health club co-ordinator Dr. N. Sudha Kumari proposed the vote of thanks.

REPORT ON NEW EMERGING MEDIA – AI & AR - 15.12.2023

The new emerging media in education are VR, AR & AI. Augmented Reality (AR) and Virtual Reality (VR) technologies have revolutionized learning approaches through immersive digital experience, interactive environment, simulation and engagement. Yet, these technologies are in developing stage and require massive investment and mass customization to meet the high demand in education.

AI and VR

AI is the ability of machines to perform tasks that normally require human intelligence, such as reasoning, learning, and decision making. AI can enhance VR education by providing adaptive and intelligent feedback, assessment, and guidance to learners and teachers. For example, AI can analyze learners' behavior, performance, and preferences in VR, and adjust the content, difficulty, and pace of the learning activities accordingly. AI can also create realistic and responsive characters, such as tutors, mentors, or peers, that can interact with learners in VR, and provide them with support, motivation, and feedback. AI can also help teachers monitor and evaluate learners' progress and outcomes in VR, and provide them with insights and recommendations to improve their teaching strategies.

AR and VR

AR is the technology that overlays digital information, such as images, sounds, or texts, onto the real world, creating a mixed reality. AR can complement VR education by providing learners with additional or alternative ways of accessing and engaging with the learning content. For example, AR can enable learners to switch between VR and the real world, or to view both at the same time, depending on their needs and preferences. AR can also allow learners to access supplementary or contextual information, such as annotations, explanations, or hints, while they are in VR. AR can also enhance the social and collaborative aspects of VR education, by allowing learners to communicate and share their VR experiences with others, either in real time or asynchronously.

Integrating VR with AI and AR can offer many advantages for education, such as improving learning outcomes, increasing accessibility and affordability, and enabling innovation and creativity. By personalizing, adapting, and immersing learners in the learning experience, integrating VR with AI and AR can boost motivation, engagement, retention, and transfer of knowledge and skills. Additionally, it can reduce the need for expensive and bulky VR hardware and software to make VR education more accessible and

affordable to a greater number of learners and educators. Furthermore, by combining the features of VR, AI, and AR, integrating these technologies can create unique learning scenarios that foster learners' creativity.

Integrating VR with AI and AR in education, however, can present some challenges. Quality and reliability can be compromised by complexity and variability, while ethical and social issues such as privacy, security, consent, bias, accountability, and trust can arise from collecting data from learners and teachers. Additionally, new skills and competencies may be required from learners and teachers in VR, requiring more support and guidance like training, orientation, scaffolding, and feedback.

Here are five creative ways to integrate AR into educational settings:

• Interactive Textbooks.
• Educational Scavenger Hunts.
• Virtual Field Trips.
• Enhanced Science Experiments.
• Language Learning Enhancement.
• AR for Art and Design Education.
• Molecular Biology Made Tangible.
• Historical Reenactments and Time Travel.

As educational technology continues to evolve, the integration of artificial intelligence (AI) into the K-5 classroom holds immense potential to enhance teaching and learning experiences.

1. Adaptive Learning Platforms | such as DreamBox Learning

AI-powered adaptive learning platforms can provide personalized instruction tailored to individual student needs. These platforms analyze student performance data and adjust the learning content accordingly. For example, DreamBox Learning offers adaptive math learning for K-5 students, providing targeted lessons based on each student's strengths and weaknesses.

2. Intelligent Tutoring Systems | such as Carnegie Learning

Intelligent tutoring systems leverage AI to deliver personalized instruction, adapting to students' progress and providing immediate feedback. For instance, Carnegie Learning's MATHia platform offers intelligent tutoring in math, offering interactive lessons and step-by-step guidance based on students' responses.

3. Virtual Assistants | such as Amazon

AI-powered virtual assistants, such as voice-activated devices, can assist students and teachers with various tasks. For instance, Amazon's Alexa for Education can answer students' questions, set reminders, or provide information, fostering an interactive and engaging learning environment.

4. Automated Grading and Feedback | such as Gradescope

AI-based tools can automate the grading process, saving teachers valuable time and providing immediate feedback to students. For example, Gradescope employs AI algorithms to grade assignments, including handwritten responses, reducing grading time and offering consistency.

5. Natural Language Processing (NLP) | such as Duolingo

NLP technology allows computers to understand and process human language. Teachers can integrate NLP-powered applications to enhance language learning. For instance, Duolingo, an AI-driven language learning platform, provides personalized lessons, adapts to learners' abilities, and offers interactive language exercises.

6. Intelligent Content Creation | such as Nearpod

AI can assist teachers in creating engaging and interactive learning content. Tools like Nearpod offer AI-powered content creation features, enabling educators to develop interactive lessons, quizzes, and virtual reality experiences for students.

7. Data-Driven Decision Making | such as D2L: Brightspace

By analyzing vast amounts of data, AI can help teachers make informed decisions about student progress and instructional strategies. Learning analytics platforms like Brightspace Insights provide teachers with actionable insights based on data analysis, aiding in personalized instruction and intervention.

8. Collaborative Learning Platforms | such as Flip (formerly Flipgrid)

AI-powered collaborative learning platforms facilitate teamwork and engagement among students. Platforms like Flip utilize AI to enhance video-based discussions, allowing students to share ideas, provide feedback, and collaborate in a dynamic virtual environment.

9. Intelligent Writing Assistance | such as Grammarly

AI-based writing tools can assist students in improving their writing skills. For instance, Grammarly's writing assistant utilizes AI algorithms to provide real-time feedback on grammar, punctuation, and writing style, helping students refine their written work.

10. Robotics and Coding | such as Lego Education

Integrating AI-driven robotics and coding activities in the elementary classroom can foster creativity, problem-solving, and critical thinking skills. Tools like Lego Education Spike Prime combine robotics and coding, enabling students to design, build, and program their own interactive creations.

The resource person gave a clear cut idea for the students on how to use AI& AR inside the classroom . She quoted the above examples on how to use the new emerging media for class room teaching.

REPORT ON TYPES OF INSTRUCTIONAL MEDIA - 04.01.2024

Instructional media is a tool used by teachers to explain material in the classroom, which is anything that can be used to stimulate children's thoughts, attention, and feelings, to encourage the learning process. Selecting

the appropriate media mix can be often challenging and is a critical component of the instructional design process. The resource person gave various inputs to the student teachers on the following key points.

• Select the best media mix for increased learning and maximum cost-effectiveness.

• Know the different media categories: text, audio, visuals, animations, and real objects.

• Determine how each medium relates to learning.

• Describe how different media can affect a learner's motivation.

• Explain the differences between synchronous and asynchronous technologies.

In education we could think of classroom teaching as a medium. Technology or tools are used (e.g. chalk and blackboards, or PowerPoint and a projector) but the key component is the intervention of the teacher and the interaction with the learners in real time and in a fixed time and place. We can also then think of online teaching as a different medium, with computers, the Internet (in the sense of the communication network) and a learning management system as core technologies, but it is the interaction between teachers, learners and online resources within the unique context of the Internet that are the essential component of online learning.

Within each of these media, there are sub-systems, such as;

• text: textbooks, novels, poems

• graphics: diagrams, photographs, drawings, posters, graffiti

• audio: sounds, speech

• video: television programs, YouTube clips, 'talking heads'

• computing: animation, simulations, online discussion forums, virtual worlds.

The resource person gave a demo and displayed the exhibits prepared by our former batch students as instructional materials for their teaching practice.

REPORT ON AWARENESS PROGRAMME ON "SAVE GIRL CHILD" - 08.01.2024

The Women Development Cell of Annammal College of Education for Women organized an Awareness programme on "Save Girl Child" on 08.01.2024 in association with Roraty club of Tuticorin Trail Blazers. Our Principal Dr. A. Joycilin Shermila welcomed the gathering. Dr. Flora Juanita Nelson, Professor and HOD of Radio Diagnosis, Govt. Medical college, Thoothukudi & Charter President of the Rotary Club of Thoothukudi (Trailblazers) introduce the resource person . MRS.S.Sornalatha, Advocate/Central Govt. Notary Public & State Member, Widow & Destitute Women Welfare Board, Govt. of Tamil Nadu spoke about the importance of education for Girls and she narrated some cases related to child issues. Rtn. Biju B.P., Bike rider served as a resource person and gave an enlightening awareness speech on the topic "Save the Girl child though education". Then he clarified the doubts raised by the participants. Women development cell student representative Ms. Priya Darshini Proposed the vote of thanks.

REPORT ON INTERNATIONAL THEME CENTERED INTERACTION (TCI) WORKSHOP
THEME OF THE WORKSHOP: ME AND MY CHAIRPERSONSHIP: DEVELOPING THE COURAGE TO DO WHAT I REALLY WANT
05-01-2024 TO 09-01-2024

A five day international TCI workshop was organized in collaboration with Ruth Cohn Institute (RCI) for TCI, Thoothukudi, Tirunelveli, Tenkasi, Kanyakumari (TTTK) Chapter of Tamil Nadu from 05-01-2024 to 09-01-2024 at Annammal College of Education for Women, Thoothukudi. 20 participants from different institutions attended the workshop. Dr. R. Suryakala, Mrs. K.C. Shunmugapriya and four B. Ed. students were the participants from Annammal College of Education for Women. Wim Stevens and Marleen Vendenberghe, TCI Graduate Leaders, International Teaching team, RCI for TCI, Belgium served as the facilitators.

The workshop was organized in 16 sessions with the participants working on different themes. The details of the sessions are as follows:

Date	Session number	Theme
05-01-2024	1	My globe and my decision to be here, obstacles I had to overcome, decisions I have to make….
	2	Now that I am here, what are my hopes and desires? And what do I want to learn?
	3	
O6-01-2024	4	The basic attitude of TCI- We explore what it means to us
	5	
	6	
	7	My chairpersonship in action: Let us cooperate
07-01-2024	8	Being connected or not- is the question
	9	Looking at my difficult situation with a broader view. What do we see more?
	10	
	11	
08-01-2024	12	Chairpersonship is the ability to connect even when it is difficult
	13	
	14	From 'it' to 'we'- How do we perceive groups interaction?
	15	My next step with TCI, which possibilities do I see?
09-01-2024	16	Effective communication, how the interaction rules can help?
	17	Collecting and deepening our lessons learned. We develop a ritual and say good bye.

The workshop helped the participants to understand the chairpersonship and the ways of exercising it to do what one really wants to do.

The IQAC of the college organized a Special Address on "Education System in Belgium" for the B.Ed. first year students on 09-01-2024. Wim

Stevens and Marleen Vandenberghe, TCI Graduate Leaders, Germany served as the resource persons. The special address was organized to help students know about the education system in other countries. Wim Stevens began the session by introducing information about his country Belgium. Marleen presented a chart showing the country Belgium in the European map. They explained the different levels of education in Belgium. They explained school education with reference to curriculum, board examination, evaluation strategies and teacher preparation. A comparison was sought between the education system in India and Belgium by interacting with the students.

Being TCI graduate leaders, they emphasized the role of teachers in the teaching learning process. They initiated interaction with the students by asking the following questions:

- What do you think is the most essential characteristic of the teacher?
- Should a teacher be content-centric or student-centric?

Responding to the answers given by the students, they explained how the principles of theme centered interaction could be applied in education. The session ended with a formal vote of thanks by Dr. R. Suryakala.

WORKSHOP ON ONLINE ASSESSEMENT TOOLS - 10.01.2024

IT Club of our college conducted a workshop on Online Assessment, Ms.T.Gayathri served as the resource person. The prospective teachers of B.Ed participated in the workshop. The workshop was conducted as hands on training for the students.

The resource person explained the classification of teachers that is traditional teachers and digital teachers. The digital teachers should equip all technology. Instead of taking too much of technology the teacher should select and balance the appropriate technology. She also explained, teaching, learning, research and evaluation and the infusion of technology in it. The purpose of assessment, types of assessment, number of assessment tools like Nearpod, Mentimeter, Quizizz and how to construct quiz, how to share the

constructed quiz with the students were explained clearly by the resource person.

The workshop has two sessions. One session was held in Shenbagamoorthy Hall with clear cut lecture and demo on how to select and use online assessment tools especially mentimeter.

The resource person handled the sessions in interactive manner. So the students dynamically and enthusiastically participated throughout the session. The resource person clarified all the doubts of the students by interacting with them.

REPORT ON IMPACT OF ALM

18/01/2024

Participants : B.Ed. Pedagogy of English Students

Resource Person : Dr. V. R. YASU BHARATHI

        Assistant Professor,

        Department of English,

        Vel Tech University,

        Chennai -62

The resource person started the session with an orientation on punctuation and told how punctuation id important in our life. Then he has presented on how the following activities can help the teacher to make her classroom teaching engaged and interactive.

-   Ice Breaking
-   Individual
-   Group/Pair
-   Games

He has demonstrated the game Octopus to teach Parts of Speech to children. Following are the other group activities he has demonstrated –

-   Create and Write

- Pick & Match
- Make it Simple

Individuals can be asked to draw mind maps after completing a session. The session was very interactive and it was activity based. Student teachers of English Pedagogy learnt the various ways of giving interesting activities in the classroom.

REPORT ON WILL AI REPLACE TEACHERS? - 19/01/2024

Participants : B.Ed. First Year Students

Resource Person : Dr. V. R. YASU BHARATHI

Assistant Professor,

Department of English,

Vel Tech University,

Chennai -62

The resource person started the session by giving an introduction about AI and the Role of a Teacher. He spoke about teachers being generation Z and students as generation Alpha. Following are the AI tools he has presented.

- Quiz Gecko.
- Research Rabbit.
- Grade Scope.
- Education CoPilot.
- Read Cube Papers.
- Consensus.
- Elicit.
- Opus Pro.
- Chat YouTube.
- Stable Diffusion
- Curipod AI
- Conker AI
- Twee AI
- Forms AI

He has given the chance for all the participants to explore the AI powered portals and to understand how they can help them in their education. The session was packed with information and the various links were share with the participants.

REPORT FOR PROJECT FOCUS – EFFECTIVE PUBLIC SPEAKING

22.01.2024 & 23.01.2024

Rotary Club of Spic Nagar & Virudhunagar jointly organized a programme, "Project Focus 77.0" on 22nd & 23rd January 2024. It is a two days training programme for the enhancement of public speaking skill of our students. Seventy three students from B.Ed I year were participated and got benefitted through this effectual training. Our Principal Dr.A.Joycilin Shermila gave welcome address. Rtn. Radhakrishnan, Rotary Club of Tuticorin, adorned the Inauguration Ceremony of Project Focus 37.0 as the Guest of Honour. The Chief Guest, Dr. J.Poongothai, Principal, Kamaraj College, Thoothukudi, addressed the gathering and she insisted our students to always grab the opportunity given to them. Following her, the former president of Rotary Club, Mr. Prabhaharan gave felicitation.

With that note, the inaugural function got ended and after a small break, the session was started by our resource person Rtn. M.A.P.R.Rengasamy. The resource person gave an activity and divided the allotted students of Group 1 into six groups and gave an activity of introducing the next person seated near them. After that he gave a presentation on effective public speaking which was much useful for our student teachers to come out of their fear and shyness. Six students were selected those were performing well on Group 1.

The same was repeated for the next set of allotted students as Group 2 on the next day 23.01.2024. Six students were selected those were performing well on Group 2. From the selected 12 students there were on to one speaking competiion was held on 23.01.2024 before validictory. Really it was an

amazing opportunity for our students to expose their talents and in addition to get learning and enhancement of their skill of public speaking. The SecondThe resource person has selected top 12 student teachers and they were awarded as 'Best Performer'. The chief guest Rtn. E. Balu gave a felicitation and he gave the awards to the selected top 12 distinctive performers.

REPORT ON THE RESEARCH COLLOQUIUM - 24.01.2024

A research colloquium was organized for the I year M.Ed. research scholars on 24.01.2024 by the Research Club of the college. Dr.S. Francisca, Former Research Director, Associate Professor of History, St. Ignatius College of Education (Autonomous), Palayamkottai served as the resource person. Dr.A.Joycilin Shermila, Principal, Annammal College of Education for Women, welcomed the resource person and the participants. Dr.S.Emimah, Assistant Professor, introduced the resource person. Then the M.Ed. students presented their research proposals on two different titles with the PPT. The resource person appreciated the works of the students and suggested a few tips to make the proposals better. The resource person also interacted with the students by explaining all the aspects of the entire research process in a nutshell. She also explained useful sampling techniques that are used in educational research. She gave many useful ideas which helped the research scholars to refine their research titles. At last the students shared their feedback about the programme. Ms.Bernie, student co-ordinator of the research club proposed the vote of thanks.

A SPECIAL LECTURE ON 'KNOW THYSELF' 24.01.2024

The Counselling cell of Annammal College of education for women organised a special lecture on 'Know Thyself' on 24.01.2024. The program starts with a prayer song. Mrs.D.Shunmuga Selva Siva Shankari, Assistant Professor of Mathematics Education welcomed the gathering and introduced

the resource person. Dr.S.FranciscA, Former Associate Professor & Research Director, St. Ignatius College of Education (Autonomous) Palayamkottai, Tirunelveli served as a resource Person. Throughout her speech she interacted with the students and taught about the following

- How the body posture should be.
- The right posture while we stand
- How to greet others
- How people judge us based on the way we greet them.
- How firm our hand should be while shaking hand with others

As a token of love and appreciation a memento was given by Mrs. R. Thanga Selvam to our Chief Guest. First year student Ms. Selva Malathi proposed vote of thanks followed by the national Anthem

REPORT ON CAREER GUIDANCE PROGRAM - 05.02.2024

The placement cell of Annammal College of Education for Women, organised an career guidance for the second year students on 05.02.2024. The program started with the prayer song. Dr.S. Emimah welcomed the gathering and introduced the resource person. Mr. R. Saravanakumar SSC - Railway Trainer Veranda RACE- Tirunelveli served as a resource Person. He made the students to think about their career goals and motivated them to apply for the government job. He provided a comprehensive overview of the various competitive examination. He explained clearly about syllabus, eligibility criteria, procedure to apply and salary package of TNPSC, Banking and railway exam. Then he interacted with the students and clarified the doubts of the students related to competitive examinations. The session ended with the vote of thanks by our second year student Ms. Paripoorana Jefrina.

REPORT ON ORIENTATION ON CTET -17.02.2024

The placement cell of Annammal College of Education for Women, organised an Orientation Program on CTET for the second year students on

17.02.2024. Dr.S. Emimah welcomed the gathering and introduced the resource person. Our Alumna Ms. K.Sharone Snowfana, English teacher, The Vikasa School, Thoothukudi served as a resource Person. She oriented the students about the procedure to apply for CTET and shared her experience about the CTET Preparation. She explained clearly about syllabus of CTET in a nut shell. Then she interacted with the students and clarified the doubts of the students related to CTET, TET and TRB exams. Mrs. D Shunmuga Selva Siva Shankari presented a memento to the resource person. The session ended with the vote of thanks by placement cell student representative Ms. Stuti Talwar.

WORKSHOP ON RESUME WRITING AND INTERVIEW SKILLS - 22.02.2024

The placement cell of Annammal College of Education for Women, organised a workshop on Resume writing and Interview skills for the second year B.Ed students on 22.02.2024. The program started with the prayer song Ms Suphetha welcomed the gathering and introduced the resource person. Mr.A. Arul Jesuraj, PG assistant, Alagar Public School, Thoothukudi &Founder, Smart Board Academy of Creative Science, Thoothukudi served as a resource person for this workshop. He trained the students on resume writing strategies and presents emphasize the importance of customization, Clarity and relevance. Then the resource person explained about various interview skills with demonstrations. He explained how a applicant should address his/her strengths and weakness in the interview. Then the resource person clarified the questions raised by the students. Ms. Anu Selva Radha proposed the vote of thanks. The workshop was useful to our students to face the interview confidentially with a prefect resume.

A 5-DAYVALUE ADDED COURSE ON COMMUNICATIVE ENGLISH FOR THE STUDENT TEACHERS OF ANNAMMAL COLLEGE OF EDUCATION FOR WOMEN, THOOTHUKUDI

By Team Beehive Communication Club

(March19,2024–March 23,2024)

Training Report

**This report is the outcome of Project PUNCH 79.0, A 5-Days Spoken English Training Programme conducted by Beehive Communication Club at Annammal college of Education for Women, Thoothukudi.

Objective:

- To facilitate the student teachers of Annammal College of Education for Women, Thoothukudi
- To improve their Spoken English and Communication Skills
- To make them confident in theirapproachtowards thestudents in the future.

It's an honor for Beehive Communication Club to have joined hands with the student teachers of Annammal College of Education for Women, Thoothukudi to develop their Spoken English and Communication Skills through PROJECT PUNCH 79.0. The training programme started with a captivating session by Mr.A.Shyamraj. The session acted as a perfect hook to get the students engaged throughout the programme. The participants were so interactive and participative throughout the programme. When the Toast masters Skeleton was introduced, their involvement grew higher. The participants attested that they have understood what effective communication was and they felt that the programme made them skilful at the end.

The developed speaking skills and the writing skills of the participants were checked through assessments and we understand how commendably they had received the lessons. The participants attended the 5-day programme with utmost sincerity. They were outstanding in applying all the lessons meticulously. The trainers felt that the involvement of the students helped

them learn so fast. The Rotarians, Guests and all the students were happy and felt delighted about Project Punch. We thank Mr. V.R.Muthu, PDG, Rotary District 3212, Rotary Club of Spic Nagar and Annammal College of Education, Thoothukudi for the precious opportunity.

REPORT ON PREPARATION OF E-CONTENT - 12.02.2024

Creating Videos Modules in PowerPoint is easy. Creating videos and audio comments in PowerPoint is easy and straightforward. These simple functions can dramatically enhance the presentation. Audio commentary can bring it to life without the need for a presenter. There are some minor differences between PowerPoint versions. The tabs and menu items often have different names. But don't let this confuse you; it's possible to record a video or audio commentary in all current PowerPoint versions.

The resource person being a teacher educator has prepared video modules and posted it in youtube. Some more tips on how to record videos correctly were given by resource person. To make changes to a recording, only the corresponding slide needs to be edited. The order of the slides can also be changed without the need for a new recording.

To make transitions between slides seamless, don't speak right at the beginning of each slide and stop briefly at the end of each slide. This also prevents comments from being cut off between the slides (where no recording is taking place).

- Recording commentary can only be done in desktop versions of PowerPoint, not in PowerPoint for the web.
- The video size can be adjusted and edited. This is done in the edit view.
- Recording is easiest on PCs with a touch screen, which have their own webcam.
- Before starting the recording, check that the PowerPoint version has been configured correctly.

- It's also possible to record several takes per slide. This is useful for slides containing other emphasized elements.
- For the transition between slides, simply record a few seconds with complete silence. This ensures you won't lose any commentary.

Use an external microphone and webcam for the best quality. Built-in hardware is perfectly fine but for a really professional video, external components are much better. After you've recorded the first slide, play it back as a test. This allows you to make any necessary adjustments to audio and video settings before completing the recording.

The students were trained to use their laptops as well as mobiles for recording purpose. The students enjoyed the session and came out with some useful video modules developed by them after the end of the session and posted them as E-content in their blogs.

REPORT ON BOOK READING AND DISCUSSION SESSION – 25.03.2024

The Reading Club of the college organized book reading and discussion sessions for the first year B. Ed. students on 25-03-2024. Each student was given two short stories "Eeram" and "Appavigal" from the book "Neer Pazhi" by Cho. Dharman for reading. The students were encouraged to read the book during the morning hours of the library. The students were asked to come for a discussion at 3 p.m. on 25-03-2024. They were divided into three groups for the discussion. The discussion in each group was moderated by a teacher. The discussion in the first group was moderated by Dr. R. Suryakala. The discussion in the second group was moderated by Mrs. R. Ponselvi. The discussion in the third group was moderated by Dr. N. Sudhakumari.

The discussion began in each group by giving a small outline of the story. The moderators put forth questions for discussion. Each question was considered one at a time and the students were asked to respond to it. The responses of the students evoked discussion and presented their multiple

perspectives. The session helped to deepen the understanding of the students and enhanced their discussion skills.

REPORT OF VALUE ADDED COURSE – HEARTFULNESS MEDITATION 03.04.202 TO 06.04.2024

A value added course on 'Heartfulness Meditation' was organized by Annammal College of Education for Women from 03.04.202 to 06.04.2024 at Shenbagamurthi Hall to the B.Ed. I year students. Mrs. AL. Janaki and Mr. S. Subramanian served as the resource persons to train our students on heartfulness meditation. Mrs.D.Shunmuga Selvasivasankari, Assistant Professor of Mathematics welcomed the gathering and introduced the resource persons.

Day1: 03.04.2024

Mrs.AL.Janaki, Heartfulness trainer introduced about heartfulness meditation and explained the importance of meditation. She highlighted the need for meditation. Then she guided the participants to relax and then to meditate for 20 minutes. The participants shared their feelings after meditation. The session was interactive and the resource person cleared the doubts raised by the participants with patience.

Day 2: 04.04.2024

Mr.S.Subramanian, Heartfulness trainer discussed the benefits of meditation. The purpose of Heartfulness Meditation is to create internal peace through self-connection by meditating on the heart. He explained that while meditating need not concentrate on our thoughts and feelings just observe the heart. Meditation will reduce stress and anxiety. It will make us to be a balanced person.

Day 3: 06.04.2024

Mrs.AL. Janaki explained Heartfulness cleaning. She explained the importance of cleaning mind and body. Then she guided the participants to cleanse their mind and body through meditation. She explained about

heartfulness prayer and made the participants to thank God for giving everything. This prayer is meant for our spiritual growth and development. She requested the participants to meditate daily for about 15 to 20 minutes in the morning and cleanse the mind during bed time. This will create wonders on ourselves and we will be able to handle even the harder situation with calm and bold.

74 B.Ed. I year students benefitted from the sessions. Ms. Shwetha and Ms. Rachel Evangeline shared their feedback about the programme. Ms.Evangeline Elaisiya Rani proposed vote of thanks.

REPORT FOR THE VALUE ADDED COURSE ON TRANSFORMATION OF CLASSROOM FROM BLACKBOARD TO DIGITAL

The value added course on Transformation of Classroom from B To D was conducted from 22.04.2024 to 25.04.2024 & 17.05.2024. Modules were framed for the course. It was provided to all the first year B.Ed. and M.Ed. students on a mandatory basis. The course was conducted offline. ACE faculties provided hands- on-training for each session.

Details of the sessions handled by experts

S.No.	Date	Topic	Name of the Expert
1	22.04.2024	Educandy studio	Mrs.A.Jeya Kavitha
2	23.04.2024	Quizmaker	Mrs. D.Shunmuga Selva Sivasankari
3	24.04.2024	PollEverywhere Piktochart	Mrs.A.Jeya Kavitha
4	25.04.2024	Edpuzzle	Mrs.K.C.Shunmugapriya
5	17.05.2024	Certify'em	Mrs. R. Thangaselvam

Tasks and assignments were assigned for students to enhance their ICT skills which were evaluated by assignment works given for record work in EPC3. The student were given Hands-on-training for each session . After the

completion of the course, course completion certificates were provided to the students.

Short Briefing of the sessions

Mrs.A.Jeya Kavitha introduced the session with a gaming app to learn vocabulary with the help of their mobile phones. The teacher asked the students to download the App prior to the class. The students played the game level by level and learnt vocabulary words. Then the teacher introduced Educandy Studio for online collaborative game by demonstrating it to the students. The students learnt to how to use Educandy to create games and share it collaboratively.

Poll Everywhere is a student engagement tool for K-12 and higher education institutions that allows students and educators to communicate during lectures. It offers several polling and quizzing options so educators can gather feedback and determine student retention for specific topics.

Piktochart is an online infographic application which allows users without intensive experience as graphic designers to easily create professional-grade infographics using themed templates. The program provides tools to add interactive maps, charts, videos and hyperlinks.

Dwelling in a digital era enlightens the efficiency of teachers to the next level. It makes teachers partially stand away from the traditional classroom and immensely involve in the modern digital classroom. To make our student-teachers become the teachers of the digital era the resource person introduced Educandy and Edpuzzle. She made students log in to the apps to have hands-on experience. She demonstrated Edpuzzle as tools to make learning easy as well as interactive. Games available in the educandy are word search, Noughts & Crosses, Crosswords, Spell It, Anagrams, Match-up, Multiple Choice and Memory. Thus she educated our student-teachers to use the app to develop their students' vocabulary. She also presented a video on Types of Sentences from youtube and taught how to edit as per the requirement and how to insert questions in between and how to grade the students' responses by using Edpuzzle. She demonstrated well and gave time for clarification. Our students are benefitted from the session. Edpuzzle was handled by Mrs.K.C.Shunmugapriya.

Mrs.D.Shunmuga Selvasivasankari handled a session on Quizmaker in the Value Added course on Transformation of Classroom form B to D. Quizmaker is a student engagement platform that allows teachers to conduct interactive lessons and quizzes with their students. It allows the teachers and students to create and use one another's quizzes. After providing students with a unique access code, a quiz can be presented live as a timed competition or used for homework with a specific deadline. After the quizzes have been completed, students can review their answers. Furthermore, the resulting data is compiled into a spreadsheet to give the instructor a clear visual of the students' performance in order to analyze trends in which areas might need the most focus in the future. This immediate feedback can be used by teachers to revise future learning activities and altar the focus of material by putting a larger emphasis on concepts that students are struggling with.

1. Go to Quizizz.com and hit "GET STARTED".
2. If you want to use an existing quiz, you can use the "Search for quizzes" box and browse. Once you have selected a quiz, skip to step 8. If you want to create your own quiz, select the "Create" panel, then the "Sign Up" panel and fill in the form.
3. Enter a name for the quiz and an image if you like. You can also select its language and make it either public or private.
4. Fill in a question, as well as answers, and be sure to click the "incorrect" icon next to the correct answer in order to change it to "correct". You can also add a corresponding image if you would like.
5. Select "+ New Question" and repeat step 4. Do this until you have made all of your questions.
6. Hit "Finish" in the top right corner.
7. Select the appropriate grade range, subject(s), and topic(s). You can also add tags to make it easier to search for.
8. You can either select "PLAY LIVE!" or "HOMEWORK" or choose the desired attributes.

9. Students can go to Quizizz.com/join and type in the 6-digit code to participate in the live quiz or complete the homework. They will be asked to enter a name to be identified by.

10. Once the students are finished, refresh your page and you will be able to view the results of the quiz. Click the "+" next to a name to expand and get more detailed, question-by-question results.

The students were taught to use video conferencing to be used in their classroom along with the Google Classroom. The students were introduced to use Google forms, Google docs, Google Sheets, Google Slides and Certify'em. The session was handled by Mrs.R.Thangaselvam.

REPORT ON THE VALUE ADDED COURSE ON "FIRST AID"

12.04.2024 to 22.04.2024

Organized by:

Eco Club and SESRE Cell of Annammal College of Education for Women, Thoothukudi in association with INDIAN RED CROSS Society, Thoothukudi.

Trainers:

- E. Blithe Sudhar, M.A., MSW., M.Phil., MS. Counselling and Psychotherapy, First Aid Lecturer / Disaster Management Trainer, Indian Red Cross Society, Tamil Nadu State Branch, Chennai.

Introduction:

The Value Added Course on 'First Aid' was organized with the objective of imparting essential first aid knowledge and skills to the participants. This comprehensive course was designed to cover a wide range of topics, from basic first aid principles to safety measures in various environments.

Session 1: Introduction to First Aid:

The first Session provided a foundational understanding of first aid, exploring its history, principles, and significance. Participants learned the critical role of first aid in emergency situations and the importance of immediate response.

Session 2: Scope and Goals of First Aid:

On the second Session, the course delved into the broader scope and primary objectives of first aid, including legal and ethical considerations. Emphasis was placed on scene assessment and safety, as well as the critical ABCD approach to first aid.

Session 3: Safety Measures at Home:

The third Session focused on home safety, addressing various hazards and preventative measures. Topics included building safety, surface maintenance, electrical safety, water safety, and the proper storage of drugs and poisons.

Session 4: Safety Measures at Home (continued):

Continuing from the previous Session, the fourth Session covered fire safety and included a practical session on the ABCDs of first aid. This hands-on practice helped reinforce theoretical knowledge.

Session 5: Safety in Schools:

The fifth Session emphasized safety in school environments. Participants learned about health programs, emergency response plans, playground safety, and maintaining classroom safety, highlighting the importance of preparedness in educational settings.

Session 6: Safety in Playfields and Recreational Areas:

On the sixth Session, the focus shifted to safety in playfields and recreational areas. Key topics included equipment safety, supervision, first aid kits in sports facilities, and injury prevention through proper exercises and protective gear.

Session 7: First Aid Kit Essentials:

The seventh Session provided detailed insights into the essentials of first aid kits, their components, and maintenance. Practical sessions enabled participants to apply their knowledge in real-world scenarios, reinforcing their learning.

Session 8: Assessment Session:

The final Session was dedicated to assessments. Participants took a written test to evaluate their theoretical understanding, followed by practical assessments where they demonstrated their ability to use safety equipment and adhere to safety guidelines.

REPORT ON THE VALUE ADDED COURSE ON "FITNESS FOR LIFE"

24.04.2024 to 30.04.2024

Certified Trainers:

1. Dr. G. Anantharaj, Assistant Professor and Head, Department of Physical Education, Kamaraj College, Thoothukudi
2. Mr. S. Ganeshamoory, Assistant Professor, Department of Physical Education, Kamaraj College, Thoothukudi
3. Mrs. T. Shunmuga Prabha, Assistant Professor, Department of Physical Education, Kamaraj College, Thoothukudi

Session 1: Concept and Meaning of Physical Education

The course commenced with a comprehensive introduction to physical education, led by Dr. G. Anantharaj. Participants gained an understanding of the term "physical education", explored its historical development, and discussed its overarching goals and purposes. This session laid the foundation for understanding the critical role of physical education in promoting holistic health.

Session 2: Scope, Need, and Importance of Physical Education

Mr. S. Ganeshamoory highlighted the broad scope of physical education, emphasizing its significance in various settings such as schools, communities, and workplaces. The session underscored the importance of physical education in promoting health and well-being, and its benefits for both personal and social aspects of life.

Session 3: Understanding Physical Fitness

On the third Session, Mrs. T. Shunmuga Prabha delved into the concept of physical fitness. The session provided a detailed explanation of what physical fitness entails, followed by an exploration of its health-related components: muscular strength, muscular endurance, flexibility, cardiorespiratory endurance, and body composition.

Session 4: Benefits of Physical Fitness

Dr. G. Anantharaj returned to discuss the myriad benefits of physical fitness. This session highlighted how physical fitness reduces the risk of chronic diseases, improves immune function, reduces stress, and enhances mood. Additionally, it emphasized the social benefits such as fostering teamwork and building friendships.

Session 5: Physical Aerobics and Anaerobic Exercises

Mr. S. Ganeshamoory provided an in-depth comparison between aerobic and anaerobic exercises. Participants learned about the importance of including both types of exercises in a balanced fitness regimen to achieve optimal health benefits. He trained the students to do the exercises.

Session 6: Effects of Exercise on Various Physiological Systems (Part 1)

The sixth Session, led by Mrs. T. Shunmuga Prabha, focused on how exercise affects different physiological systems. Participants learned about the adaptations to strength and endurance training, improvements in cardiovascular health and blood circulation, and the influence of exercise on metabolism and digestion.

Session 7: Effects of Exercise on Various Physiological Systems (Part 2)

The final Session, also conducted by Mrs. T. Shunmuga Prabha, continued exploring the effects of exercise on physiological systems. This session covered the impact of physical activity on cognitive function and mental acuity, as well as enhancements in lung capacity and respiratory efficiency.

AWARENESS PROGRAMME ON CHILD RIGHTS PROTECTION - 24.04.2024

An Awareness Programme on Child Rights Protection was organized by Child Protection Club of our college in association with Department of Children welfare and Special services, District Child Protection Office, Thoothukudi on 24.04.2024. The program starts with the prayer song. Dr.S.Emimah, Assistant Professor of Education welcomed the gathering and introduced the resource person. Mr.L Alex, District Child Protection Officer Thoothukud delivered the inaugural address on the topic Child rights and protection. Mr Ruban Kishore Chairman, Child Welfare Committee, Thoothukudi served as a chief guest and gave a special address on the topic importance of child protection and ways to protect them from abuse and violence. District Child Protection Unit distributed the Pamphlets regarding child rights to all the students and staff. I year and II year students provided their feedback about the programme. I year B.Ed student Ms. Jessy Samsudeen proposed the vote of thanks followed by the national Anthem.

REPORT ON THE VALUE ADDED COURSE ON "THE POWER OF FOOD: UNDERSTANDING NUTRITION FOR WELLNESS"

29.04.2024 to 03.05.2024

Organized by:

The Eco Club of Annammal College of Education for Women, Tiruchendur Road, Thoothukudi in association with The Department of Food Science and Nutrition, Holy Cross Home Science College, Thoothukudi.

Trainer:

♦ Mrs. A. Karolin, HOD & Assistant Professor, Department of Food Science and Nutrition, Holy Cross Home Science College, Thoothukudi.

Introduction:

The Value Added Course on 'The Power of Food: Understanding Nutrition for Wellness' was organized with the aim of educating participants on the crucial role of nutrition in maintaining overall health and well-being. This course covered a wide range of topics related to food, nutrition, and their impact on health, providing both theoretical knowledge and practical insights.

Session 1: Introduction to Nutrition:

On the first Session, the trainer introduced the fundamental concept of nutrition, explaining its definition and the profound impact it has on health. The session emphasized the importance of nutrition for maintaining overall well-being and preventing diseases.

Session 2: Fundamentals of Food and Nutrition:

On the second Session, the course explored the basics of food and nutrition, highlighting the differences between macronutrients (proteins, carbohydrates, fats) and micronutrients (vitamins, minerals). Participants learned about the essential food groups and how to identify foods rich in nutrients.

Session 3: Essential Nutrients:

The third Session provided an in-depth look at essential nutrients. Participants gained detailed knowledge about the role and sources of macronutrients and micronutrients, including water, in the diet.

Session 4: Building a Balanced Diet and Exploring the Food Pyramid:

Session four focused on constructing a balanced diet, with practical advice on meal planning and the importance of each food group as illustrated in the food pyramid. The session emphasized the benefits of following the food pyramid for optimal health.

Session 5: Energy and Nutrient Metabolism:

On the fifth Session, the course addressed the concepts of energy and nutrient metabolism. Participants learned how to calculate caloric needs and gained a deeper understanding of metabolic processes and the critical role of micronutrients in metabolism.

Session 6: Nutritional Guidelines for Optimal Health

The final Session of the course provided practical guidelines for maintaining optimal health through nutrition. Topics included developing healthy eating habits, managing portion sizes, and ensuring a diet that meets all essential nutrient requirements.

Conclusion:

The Value Added Course on 'The Power of Food: Understanding Nutrition for Wellness' successfully educated participants on the importance of nutrition and how to apply this knowledge to enhance their health and well-being. The course, delivered by Mrs.A.Karolin, was well-structured and comprehensive, combining theoretical understanding with practical advice.

Participants left with a deeper appreciation for the role of nutrition in their lives and were equipped with the tools to make healthier dietary choices. The collaboration between Annammal College of Education for Women and Holy Cross Home Science College provided a rich and insightful learning experience, contributing significantly to the participants' knowledge and well-being.

REPORT ON SPECIAL LECTURE: INTERPRETING AND REPORTING QUANTITATIVE DATA - 07.05.2024
Resource Person: Ms. P. Komala, BT Assistant (Maths), Star Matriculation Higher Secondary School, Thoothukudi

Objective
- To enhance the students' understanding of statistical methods and their application in educational research and teaching.
- To equip future educators with the necessary skills to analyze, interpret, and report quantitative data effectively

The Maths Club of Annammal College of Education for Women organized a special lecture on Interpreting and reporting quantitative data on 07.05.2024 for the B.Ed. I year students. Ms. S. Snowthisha, Secretary of Maths Club welcomed the participants. Ms. P. Komala. BT Assistant (Maths), Star Mat. Hr. Sec. School, Thoothukudi served as the resource person. Ms. Komala began the lecture by providing a comprehensive introduction to statistics, emphasizing its importance in the field of education.The session covered measures of central tendency (mean, median, mode) and measures of dispersion (range, quartile deviation standard deviation). The resource person demonstrated how these techniques help in summarizing and describing the main features of a dataset. She highlighted the application of statistical techniques in evaluating students' performance in achievement tests, stressing the importance of accurate data interpretation for effective decision-making.The lecture was highly interactive, with students actively participating in discussions and asking questions. Ms. M. Haritha Sowmya and Ms. T. JeyaManohari gave feedback about the lecture. The session was ended with the vote of thanks proposed by Ms. A. Jeya Grace Odilya.

REPORT ON PREMARITAL COUNSELLING - 07.05.2024

The Counselling Cell of our College organized Premarital counselling session on 07.05.2024 to navigate through the ups and downs of marital life and to get prepared for the married life. The resource person of this session was Mrs.N.Laxmibai, Counselling Psychologist, Tirunelveli, Palayamkottai. The program started with the prayer song. Dr.S.Emimah, Assistant Professor of Education, welcomed the gathering.

She started her presentation by asking a question "what is a marriage? She narrated many experience from her marital life. She administered a premarital counseling questionnaire to the prospective teachers. The resource person insisted many practical ways to lead a happy and peaceful married life. She clarified all the questions raised by the participants. Three students shared their feedback about the program. Counselling Cell Student representative Ms.Stuti Talwar proposed the vote of thanks. The entire session was highly beneficial and productive.

REPORT ON THE GUEST LECTURE ON 'DIFFERENCE BETWEEN RESEARCH PAPER AND SEMINAR PAPER' - 12.04.2024

The Research Club of the college organized a guest lecture talk on the topic 'Difference between Research Paper and Seminar Paper' on 12.04.2024. Dr.C.Shirley Moral, Assistant Professor of Education, Madurai Kamaraj University, Madurai served as the resource person. The resource person began the lecture by explaining the meaning of research and she brainstormed the need for conducting research. The seminar on paper presentations and research papers was held with the objective of providing students with a comprehensive understanding of the structure, purpose, and nuances of academic writing. The seminar commenced with an insightful presentation on paper presentations, wherein the resource person employed a plethora of relevant examples to elucidate key concepts. Through a step-by-step explanation, students gained clarity on the procedure and purpose of paper presentations.

The resource person ingeniously crafted the session to ensure that students not only grasped the theoretical aspects but also understood their practical applications. Students were guided through the intricacies of paper presentation structure, with the resource person employing suitable examples to illustrate each component. By breaking down the process into manageable steps, students gained a comprehensive understanding of how to effectively structure their presentations. The seminar concluded with an engaging open discussion, allowing students to seek clarification on any doubts or queries they had regarding the topics covered. The interactive nature of the session fostered a conducive learning environment, enabling students to actively participate and consolidate their understanding.