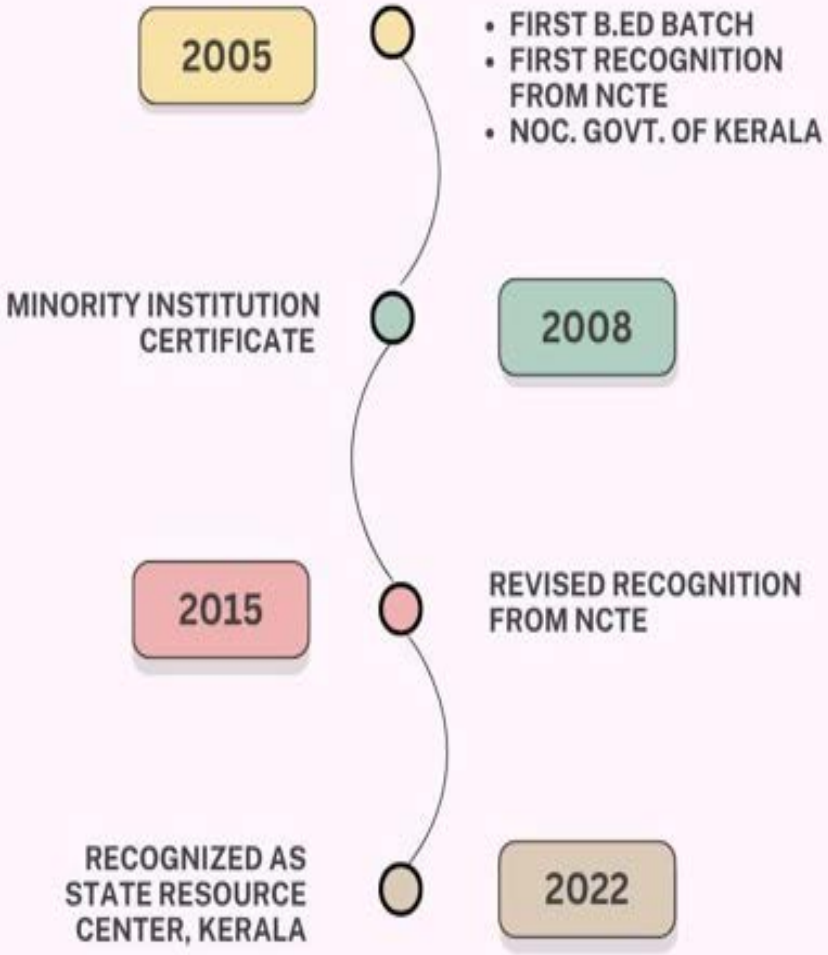
HISTORIC HIGHLIGHTS



CICS College of Teacher Education, one of the pioneer Institutions in the field of teacher education, started functioning with effect from the academic year 2005. Instituted under the Management of Calicut Islamic Cultural Society [CICS] which is wholly dedicated to social service, it is full-fledged college imparting B.Ed. curriculum of the University of Calicut, recognized and approved by NCTE & Government of Kerala and affiliated to University of Calicut. Well qualified, experienced and dedicated teachers, always ready to serve, team of management, with all infrastructural facilities above the requirements of this course, blessed with natural and serene atmosphere add to the grandeur of theinstitution and make it a unique one.

MOTTO:

Enlightening the Essence of Education

LOGO:

The logo of CICS College of Teacher Education depicts a book and a glowing bulb surrounded by a four leaf Clover representing students sitting in a group, pooling their ideas and seeing problems in different perspectives. The motto of the logo is 'Enlightening the Essence of Education'. The Book represents any source of information or skill that develops with the proper scaffolding of teacher which serves as the bulb glowing brightly and enlightening the essence of education. The four leaf Clover highlights four essential elements that students need in order to thrive, learn and develop: Active Engagement, Assertiveness, Belongingness and Reflection. By designing programs in education wherein each of these elements gets nourished, students can work towards their personal and professional balance. Striving for balance between the four leaves of the Clover can help students achieve positive mental health.

VISION:

We envision embarking a teacher education programme that endorses integration ofteaching and learning advancement through research, scholarship and leadership in service and outreach.

MISSION:

- To build competent teachers well versed in the art and science of teaching; focus on 'learning to know' and exhibit true professionalism in the field of education.

- To empower student-teachers with pedagogic principles and enable them to implement their innovative ideas in schools.

- To enthuse prospective teachers to be adaptable, open to change and be role models in society.

- To promote the student-teachers' proximal potential with a view to realize sociocultural values of the society.

- To facilitate a modern outlook to meet the challenges of the 21st century.

- To train the new generation teachers to preserve the values of the society and to redefine the role of teachers in the context of crisis, disaster management.

- To initiate and collaborate with Government and Non-government organizations in community welfare activities, so as to channelize the expansion of education from institution to society.

- To equip the teacher trainee to meet the global challenges and adapt to both off line and online teaching learning skills.



INTRODUCTION

The AY 2021-’23 has been a remarkable period of growth, innovation and excellence. CICS CTE has continued to uphold its commitment to providing high-quality education and training to our students, while also fostering a culture of creativity and community engagement. Throughout the year, our students have been actively involved in a wide range of activities that have enriched the academic experience and contributed to the overall development of our institution. From academic programmes to extracurricular events, and community outreach initiatives CICS CTE has been a hub of activity.

The following are some of the key activities of our college in the academic year 2021-’23. We are proud to showcase the diverse range of activities that have made this year so memorable and impactful.

Take a leisurely stroll through the pages!

Sl. No.	EVENT	DATE
1)	Expedite - People & Tech its Best	08 Nov 2021
2)	Fresher’s Orientation	16 Nov 2021
3)	Talents Day (FORTE- 21)	01 Dec 2021
4)	BASIC LIFE SUPPORT (BLS) & TRAUMA MANAGEMENT TRAINING	20 Dec 2021
5)	Christmas Celebration	23 Dec 2021
6)	Vayalada Field Trip	05 Jan 2022
7)	Badminton Competition	21 Feb 2022
8)	Women’s Day	08 Mar 2022
9)	Sports Day Athletica 2K22	10 Mar 2022
10)	Course Orientation (How to Crack Competitive Exams)	15 Mar 2022
11)	Educational tour - Kulu Manali	05 - 17 May 2022
12)	Environment Day	05 Jun 2022
13)	National Reading Day	19 - 20 Jun 2022
14)	Anti-Drug Day	24 Jun 2022
15)	Medical Health Camp	06 Jul 2022
16)	Community Extension Programme	16 Jul 2022
17)	Community Extension Project – SAHAYOG	20 Jul 2022
18)	Independence Day	15 Aug 2022
19)	Class on Communicative English	16 -17 Aug 22
20)	Felicitation	19 Aug 2022
21)	Onam Celebration	01 Sept 2022
22)	Human Rights Day	10 Dec 2022

23)	Community Living Camp	3 - 6 Jan 2023
24)	National Workshop on ICT	19 Jan 2023
25)	Literary & Creative Competitions	27 Jan 2023
26)	International Mother tongue day	21 Feb 2023
27)	National Science Day	28 Feb 2023
28)	Me Help Mental Health Care	01 Mar 2023
29)	International Women’s Day Celebration	08 Mar 2023
30)	Campus Placement & Pie Day	14 Mar 2023
31)	Inter College Badminton Tournament	23 Mar 2023
32)	Educational Trip - Munnar	23 - 25 Mar 2023
33)	International English Language day	23 Apr 2023
34)	World Environment Day	05 Jun 2023
35)	Self-awareness & Confidence Building day - Unleashed	12 Jun 2023
36)	Arts fest - ωɹო	16 Jun 2023
37)	Puppetry Making Workshop	17 Jun 2023
38)	Convocation	09 Sept 2023

1) Expedite – People & Tech its Best



REPORT

Today's world is all about Information Technology. In fact, it has become the buzzword of the century in almost all sectors and educational institutions are no exceptions for this. The new generation is rapidly moving into the digital era and with the global health disaster COVID 19, remote learning has become a lifeline in education. The pandemic has imposed an unanticipated, unprecedented, unpleasant milieu in every walk of life. Online education has always been embraced by academicians as a supporting tool, but recently it has become a necessity.

To keep in tune with the fast changing needs of the educational sector, especially in a Teacher Education Institution like our college, an ICT resource center seemed to be indispensable. Hence it was decided to set up a good ICT Resource Center in the college, to meet the growing demands. The term EXPEDITE -PEOPLE and TECH AT ITS BEST was coined for the official inauguration program held in the college on November 8th 2021.

‘Expedite’ started at 10:30 am, with an invocation to the almighty, sung by Sanooja and Aliya of the 2nd year English and Physical Science departments.



The welcome note was delivered by Prof. Mohammed Basheer, Manager of CICS College of Teacher education.



The principal of CICS College of Teacher Education, Dr. Indira K delivered the presidential address.





The Manager of P K CICS Arts and Science college and the Executive Director of PK group, Shri. K E Moidu presented a slide and officially inaugurated the function.

He stressed the growing need for building a smart campus that can empower personalized learning environments. Campus resiliency is a must and keeps students and faculty safe through reliable , easy to use and cost effective communication, he added. He pointed out that it helps students, resources and faculties to stay connected seamlessly and securely. It enables learning and collaboration from anyone , anytime and anywhere.



Thereafter the next colourful program of the event was the “Honoring of Excellence”.



Mrs Shyja K G Asst. Professor of Department of Physical Science at CICS College of Teacher Education was honoured for securing the best paper presentation award in an international conference on contemporary teaching pedagogy in a pluralistic society, organised by the department of teacher education D A V College, Dehradun, Uttarakhand, In collaboration with the Council for Educational Administration and Management, Uttarakhand.

The chief guest Shri K. E Moidu presented the memento to Mrs Shyja K G as a token of appreciation.



Subsequently, Mr Vimal T C, Asst. Professor, Department of Natural Science at CICS college of Teacher Education was honoured for being an inspiring teacher and helping 7 out of 10 of his students to get distinction in the university exams. The college topper is also from the same department.

The chief guest Shri K. E Moidu presented the memento to Mr. Vimal T C as a token of appreciation.



The students of the 2019-21 batch who got a distinction in the University examination were appreciated for their hard work and excellence in academics.

The chief guest Shri K. E Moidu presented the memento to Ms vidhya, the college topper



Prof. Mohammed Basheer, Manager of CICS College of Teacher Education, Shri Alikoya sir Member of CICS trust and the principal of PK Arts and Science college and Shri Kuttiyalikutty sir presented the mementoes to the twelve students who got distinction.



The Acknowledgement speech was delivered by Shyja ma'am and then Vimal sir.





Ms. Vidhya the college topper also shared her experiences and motivated the gathering.





Afterwards, the PTA vice President (shri) Mr. Subash M.M. offered the felicitation.

The principal of P K Arts and Science college Shri Kuttiyalikutty sir also felicitated the gathering.





Further, Shri Alikoya sir, Member of CICS trust, felicitated the gathering.

Mr. Sayisreerag union chairman 2019-2021 also felicitated the gathering



Thereafter, there was a small video presentation on the major events of the last academic year of CICS CTE.

The vote of thanks was proposed by Mrs. Myrtle Victor, Vice principal, CICS CTE.



The programme concluded with the National Anthem sung by Sanooja and Aliya of 2nd year English and Physical Science departments.







COMPERING

Gayathre N

Aleena James



DOCUMENTATION

Dr. Indira K

Aleena James

Gayathre N

2) Fresher’s Orientation



Report

Date : 16/Nov/2021
Venue : Conference Hall

Objective

The Fresher's Orientation Day was organized to welcome new students to the CICS College of Teacher Education and provide them with essential information about their academic journey. The event aimed to foster a sense of belonging, introduce faculty members, and help students build connections with peers.

Highlights of the Event

- **Welcome Address:** A warm greeting was extended to all incoming students, emphasizing their role as future educators.
- **Faculty Meet & Greet:** Students had the opportunity to interact with faculty members, learn about their backgrounds, and understand the support system available to them.
- **Course Orientation:** Detailed sessions were held to explain the curriculum, academic expectations, and available resources.
- **Social Interaction:** Ice-breaking activities encouraged students to make new friends and build camaraderie.

Atmosphere & Design

The event was visually vibrant and inviting, with a poster featuring pastel colours and abstract shapes. The cheerful design reflected the welcoming spirit of the college and helped set a positive tone for the day.

Student Feedback

Students expressed appreciation for the warm welcome and informative sessions. Many felt more confident and excited about starting their journey in teacher education.

Conclusion

The Fresher's Orientation Day successfully achieved its goal of integrating new students into the college community. It laid a strong foundation for academic and social engagement, setting the tone for a fulfilling educational experience.

3) Talents Day (FORTE - 21)



Report

Date : 01 December 2021
Time : 10:00 AM – 4:30 PM
Venue : CICS College of Teacher Education

The Talents Day – Forte 21 was conducted on 1st December 2021 at CICS College of Teacher Education with great enthusiasm and participation. The programme began at 10:00 a.m. with a formal inauguration, followed by a series of vibrant cultural performances by the students.

The events included group songs, solo and group dances, skits, poetry recitations, and other entertaining programmes that showcased the creativity and talents of the students. The audience actively cheered for the performers, creating a lively and encouraging atmosphere.

The programme concluded at 4:30 p.m. with a vote of thanks, appreciating the efforts of the participants and organizers for making the event a grand success.


Forte '21
Forte '21
Forte '21
Forte '21

4) BASIC LIFE SUPPORT (BLS) & TRAUMA MANAGEMENT TRAINING



Organised by

CICS COLLEGE OF TEACHER EDUCATION, MATHARA

In collaboration with

ASTER MIMS KOZHIKODE

20 December 2021, 9am to 1pm

PROGRAM



COMPERING: Shabthab, Gayathre



PRAYER: Aliya, Sanooja, Bindhya



WELCOME SPEECH: Dr. Mathew Joseph, Program Coordinator ADDRESS Teacher



PRESIDENTIAL :Dr K Indira. Principal, CICS College of



INAUGURAL ADDRESS:Prof Muhammed Basheer, Manager, CICS College of Teacher Education, Mathara.



INTRODUCING THE PROGRAM : Dr VENUGOPAL P P
Director &Lead Consultant in Emergency Medicine,Deputy Director,MIMS Academy



VOTE OF THANKS: Mr Ashwath Student Representative

BASIC LIFE SUPPORT & TRAUMA MANAGEMENT TRAINING by

ASTER MIMS Kozhikode



TEAM MEMBERS

- Dr Venugopal PP
- Muneer MP
- Muhammed Raneem
- Gokul
- Jishnu
- Rishad
- Aboobacker
- Suhail
- Shahal
- Aswathi
- Adithya

Specialty hospital which is located in the heart of Calicut city is at the forefront of medical technology and backed by internationally trained and highly qualified medical professionals, who administer the best available medical services across all major disciplines of medicine and surgery. MIMS is committed to the achievement and maintenance of excellence in healthcare for the benefit of the humanity. MIMS is the first multi-specialty hospital accredited by National Accreditation Board for Hospitals and Health Care Providers (NABH). Dr. Venugoplan P. P., Medical graduate of Calicut Medical College, post graduations in Anaesthesiology (DA, DNB, MNAMS), Emergency Medicine (MEM GWU-USA), Director, Lead Consultant in Emergency Medicine - Aster DM Healthcare, Site Director, - GWU USA, Regional Faculty AHA, Expert committee member KRSA, Deputy Director, MIMS Academy. Basic Life Support, or BLS, is the fundamental approach to saving lives following cardiac arrest. It generally refers to the type of care that first-responders, healthcare providers and public safety professionals provide to anyone who is experiencing cardiac arrest, respiratory distress or an obstructed airway. It requires knowledge and skills in cardiopulmonary resuscitation (CPR), using automated external defibrillators (AED) and relieving airway obstructions in patients of every age.

OBJECTIVE OF THE TRAINING PROGRAM

To equip the participants with basic knowledge, skills and attitude to perform with confidence basic life support techniques to save lives. Perform high quality CPR for adults, children and infants.

Effective ventilations using a barrier device

Use of an AED

Importance of teams in multi rescuer resuscitation and performance as an effective team member during multi rescuer CPR

Relief of foreign-body airway obstruction (choking) for adults, children and infants.

ABOUT BLS.

Primary aspects of BLS include immediate recognition of sudden cardiac arrest and activation of the emergency response system, early cardiopulmonary resuscitation, and rapid defibrillation with an automated external defibrillator. Initial recognition and response to heart attack and stroke are also considered part of BLS. Check and ensure that the patients surrounding are safe before approaching. If the scene is OK put on gloves or other personal protective equipment as soon as possible.

CHECK THE PATIENT FOR A RESPONSE

The first step is to assess for a response.
Gently shake the patient's shoulders and ask loudly "or Hello can you hear me?" If they respond, the

"Are you alright''.

NON RESPONSE FROM PATIENT.

If there is no response from the patient you need to shout for help. This is absolutely essential, as you will not be able to effectively assess and treat the patient alone.

Open their airway using a head-tilt chin-lift manoeuvre:

1. Place one hand on the patient's forehead and the other under the chin.

2. Tilt the forehead back whilst lifting the chin forwards to extend the neck.

Inspect the airway for obvious obstruction. If an object is seen to be obstructing the airway, use a finger sweep or suction to remove obstructions that are in the line of sight.

ASSESS FOR SIGNS FOR LIFE.

With the airway held open (using the head-tilt and chin-lift manoeuvre), position your head looking down towards the chest, with your cheek above the patient's mouth.

JAW THRUST

If the patient is suspected to have suffered significant trauma (with potential spinal

involvement) perform a jaw-thrust rather than a head-tilt chin-lift manoeuvre:

1. Identify the angle of the mandible.

2. With the index and other fingers placed behind the angle of the mandible, apply steady upwards and forward pressure to lift the mandible.
3. Using the thumbs, slightly open the mouth by downward displacement of the chin.

CAROTID PULSE CHECK

Place two fingers over the carotid artery to assess for a pulse at the same time (you will likely need another person to help do this if you are trying to perform a jaw thrust).

ASSESS BREATHING

Look, listen and feel to assess if the patient is breathing for 10 seconds (ideally, you should expose the chest to assess breathing):

- Observe for the chest rising and falling.
- Listen for any evidence of breath sounds.
- Feel for air blowing against your cheek.
- Look for any other signs of life (e.g. movement).
-

PULSE IS PRESENT BUT RESPIRATORY RATE IS LOW.

If the respiration rate is below 12 – assist ventilation with bag valve mask (BVM) to maintain 10 breaths/min (re-checking the pulse every minute to ensure it is still present).You will likely need two people to perform effective ventilation with a BVM (one ensuring a good seal over the face and the other compressing the bag to deliver the oxygen).The BVM should ideally be connected to high-flow oxygen as soon as possible. If there are no signs of life, you need to call for help from the resuscitation team and commence CPR. If more than one person is present, you can do these tasks simultaneously, however, if you are alone, you should leave the patient and get help first (as this will ensure the resuscitation team attend and can commence advanced life support).

PERFORM CHEST COMPRESSIONS

The patient needs to be positioned on a flat, hard surface for effective compressions to be possible. Deliver 30 chest compressions followed by 2 ventilations and repeat. Place one hand on top of the other in the centre of the lower half of the sternum. Aim to compress the chest by approximately one-third of the depth of the chest wall (5-6cm), as this allows for sufficient emptying of the cardiac ventricles. Perform compressions at approximately 100-120 compressions per minute. Make sure to allow the chest to fully recoil, this allows enough time for the heart's chambers to refill before the next compression. It is absolutely essential to minimise interruptions to chest compressions. Alternate the person performing chest compressions at 2minute intervals (if enough team members are present).If tracheal intubation is performed, chest compressions should then be continued without any interruption at a rate of 100-120 a minute.

VENTILATE THE PATIENT

Perform a head-tilt chin-lift manoeuvre to open the airway and allow effective ventilation.
Pinch the nostrils closed with your thumb and index finger.
Place your mouth tightly over the patient's mouth (or use a pocket-mask or bag-valve-mask if available).
Deliver 2 breaths (with an inspiratory time of approximately 1 second) and watch for the patient's chest rising (which confirms you are ventilating them).

Release the nostrils and observe for the patient's chest falling as the air is exhaled.
You should then begin performing another 30 chest compressions.
Add supplemental oxygen as soon as you are able to.
In clinical settings, mouth-to-mouth ventilation may not be performed due to concerns regarding infectious diseases or because airway equipment is available (e.g. pocket-mask, bag-mask or anaesthetic input for tracheal intubation).If there are clinical reasons to avoid mouth-to-mouth ventilation, perform chest compressions until help and airway equipment arrives.

Once an automated external defibrillator (AED) arrives, it is import to attach the 2 self-adhesive ADHESIVE PAD 1: the right of the sternum below the clavicle.

ADHESIVE PAD 2: the mid-axillary line, with its long axis vertical and sufficiently lateral.

If the patient is hairy, you may need to shave the areas to allow adequate contact between the pads and the skin. Check for and remove any piercings as these can cause burns to the patient during defibrillation (doing this should not significantly delay defibrillation).

Turn on the AED and follow the audio-visual instructions:

- Typically the AED will ask you to pause chest compressions whilst it performs a rhythm check.
- It will then indicate if the rhythm is shockable or non-shockable and instruct you to deliver a shock if it is the former.
- If a shock needs to be delivered, ensure you and no one else is in contact with the patient and press the deliver shock button on the AED.
- Re-commence CPR after the shock is delivered and follow further instructions from the AED (which will typically involve another rhythm check in 2 minutes).

Advanced life support would be commenced once the resuscitation team arrives.

IF SIGNS OF LIFE ARE PRESENT AND PATIENT RESPONDS.

Call for urgent medical assessment which may be the same resuscitation team as for cardiac arrest, or a dedicated medical emergency team.

ASSESS ABCDE9.

Breathing: administer oxygen and monitor SpO2 using pulse oximetry.





5) Christmas Day Celebration



Report

Date : December 23, 2021
Venue : CICS College of Teacher Education
Occasion : Christmas and New Year Celebration

Introduction

The students and faculty of CICS College of Teacher Education came together on December 23, 2021, to celebrate the joyous occasion of Christmas. The event was filled with festive cheer, vibrant decorations, and heartfelt moments that reflected the spirit of the season.

Highlights of the Event

- **Christmas Papa Arrival:** A lively appearance by Christmas Papa (Santa Claus) brought smiles and excitement to the gathering. His playful interaction with students added a magical touch to the celebration.
- **Dress Code:** Students embraced the festive theme by wearing bright red dresses, symbolizing warmth, joy, and unity.
- **Decorations:** The College was beautifully adorned with colourful balloons, streamers, and a Christmas tree, creating a cheerful ambiance.
- **Cake Cutting Ceremony:** A delicious Christmas cake was shared among students and staff, marking the sweetness of the occasion.
- **Carol Singing:** Students performed traditional Christmas carols, spreading joy through music and melody.
- **New Year Wishes:** The event concluded with heartfelt New Year greetings, expressing hope and positivity for the year ahead.

Conclusion

The Christmas celebration at CICS College of Teacher Education was a delightful blend of tradition, fun, and togetherness. It provided a platform for students to showcase their creativity, build camaraderie, and embrace the festive spirit. The event was a resounding success, leaving everyone with cherished memories and renewed enthusiasm for the coming year.



6) Vayalada Field Trip



Report –

Date : January 5, 2022
Destination : Vayalada, Kozhikode
Organized by : CICS College of Teacher Education

Journey Begins

The students and faculty of CICS College of Teacher Education embarked on a one-day educational and outreach trip to **Vayalada**, a scenic hill station in Kozhikode district, on **January 5, 2022**. The journey commenced early in the morning at **5:00 AM** from the college premises, filled with excitement and anticipation.

Tribal Village Visit

A key highlight of the trip was the visit to a **tribal village** nestled in the hills of Vayalada. The group had the opportunity to **interact with the local tribal community**, gaining insights into their lifestyle, culture, and challenges. The interaction was both enlightening and heart-warming, fostering empathy and social awareness among the students.

Acts of Kindness

As part of the college's commitment to social responsibility, the students and staff **donated essential items** to the tribal families. This gesture of goodwill was deeply appreciated and added a meaningful dimension to the trip.

Reflections

The trip not only offered a refreshing escape into nature but also served as a valuable learning experience. It strengthened the bond between students and faculty, encouraged community engagement, and highlighted the importance of compassion and service.





7) BADMINTON TOURNAMENT



Report

Organized by : CICS College of Teacher Education, Mathara
Date : 21st February 2022
Venue : Manalody Alikoya Haji Memorial Badminton Court, Mankav, Kozhikode
Time : 10:00 AM

The GICS College of Teacher Education, Mathara, organized an inter-college Badminton Tournament on 21st February 2024 at the Manalody Alikoya Haji Memorial Badminton Court, Mankav, Kozhikode. The event aimed to promote sportsmanship, teamwork, and physical fitness among teacher education students.

The tournament began at 10:00 AM with an inaugural ceremony. The Principal of the college delivered the welcome address and emphasized the importance of sports in developing discipline and determination among students. The event was officially inaugurated by the chief guest, who encouraged the participants to play with passion and fairness.

Several teams from different teacher education institutions participated in the event, displaying remarkable energy and skill. The matches were played with great enthusiasm and healthy competition. The audience actively cheered for the participants, creating a vibrant and motivating atmosphere throughout the day.

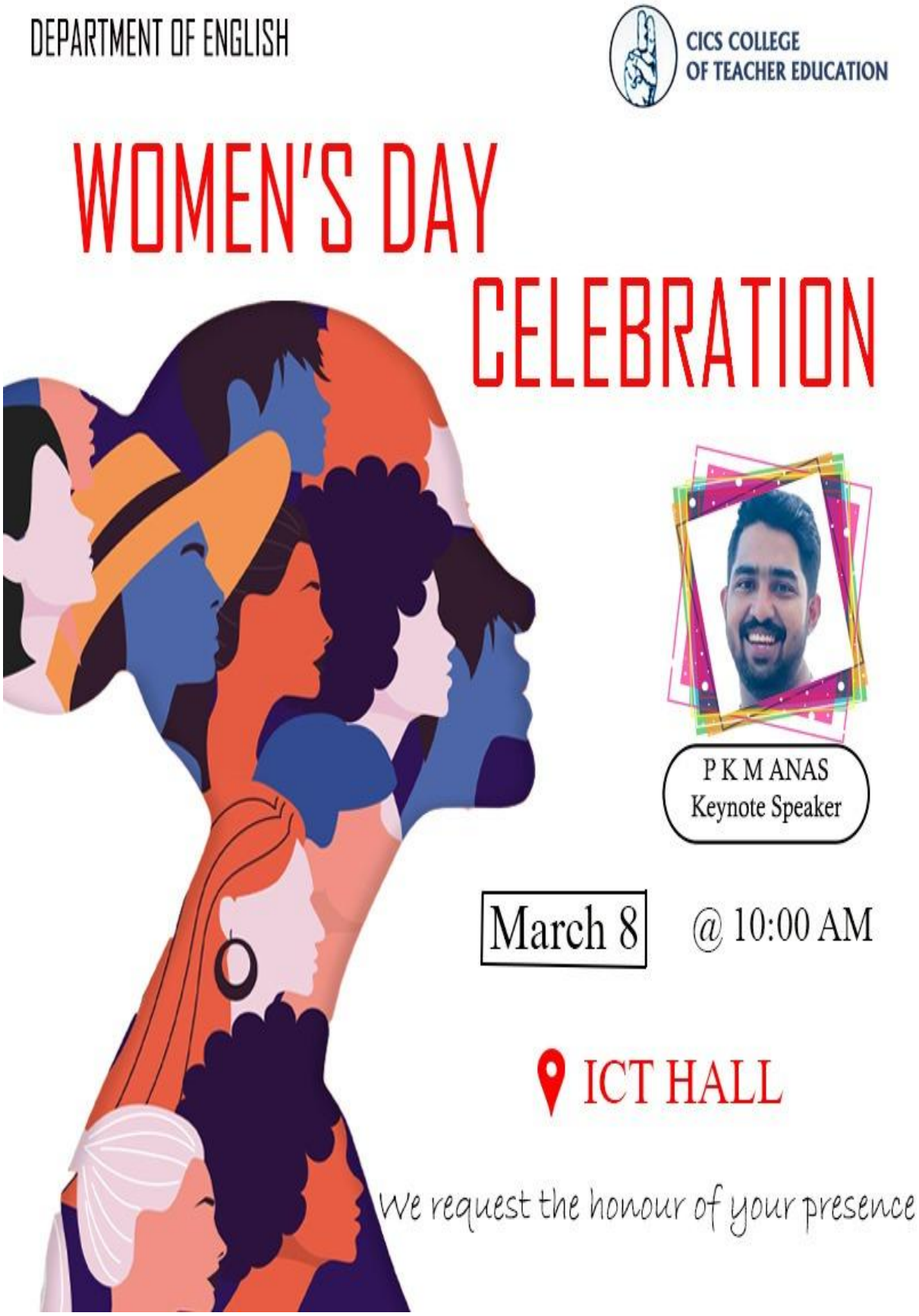
After a series of thrilling matches, the final round was played between the top two teams. The winners and runners-up were awarded trophies and certificates in the closing ceremony. The event concluded with a vote of thanks by the organizing committee, expressing gratitude to all the participants, volunteers, and faculty members who made the tournament a grand success.

The badminton tournament not only provided a platform for showcasing sports talent but also fostered unity, discipline, and a spirit of togetherness among the students.


MANALODY ALI KOYA HAJI MEMORIAL
BADMINTON COURT



8) Women's Day


DEPARTMENT OF ENGLISH
CICS COLLEGE
OF TEACHER EDUCATION
WOMEN'S DAY
CELEBRATION
P K M ANAS
Keynote Speaker
March 8
@ 10:00 AM
ICT HALL
We request the honour of your presence

Report

The Women's Cell of CICS College of Teacher Education is established with the motto "towards a gender fluid world with an open and empowered mind". All the faculty and students of the college are members of the cell. In the year 2022, the teacher-in-charge of the cell is Dr. Shimna Suresh.

The world is advancing towards a time where calibre and potential is valued over gender identities. In a world of opportunities, it is important to instil in girl students the confidence and power to showcase their best potential and conquer the world with their capabilities. The women cell is committed towards empowering girl students, taking up their issues and problems, helping them address the issue and move on in life with confidence and rigour. The cell provides a platform to share their views and experiences regarding their status in society through self-reflective workshops like "I, ME, MYSELF".

The Department of English in collaboration with the Women's cell of CICS College of Teacher Education observed the International women's day on 8th March 2022 in the college ICT resource centre. The students prepped for the day well in advance and conducted diverse programmes to educate, generate awareness, and sensitize both the male and female members to create a harmonious atmosphere in the campus.

Objectives

- To generate the feeling of dignity, leadership and empowerment of girl students
- To help the girl students explore their imminent potential in all aspects
- To counsel and train students to acquire a wide range of skills and knowledge to increase their status and prosper in society
- To sensitize the students on women rights, gender equality and women empowerment
- To provide equal opportunities to students irrespective of gender roles
- To enhance understanding of issues related to women
- To be aware of the importance of women in the society and their rights and duties
- To promote the rights of women and highlight gender equality and the right to life and liberty irrespective of gender bias
- To treat all women with dignity and respect
- To pledge to never physically or mentally abuse women

- To be committed to the elimination of violence against women
- To create an environment of safety and security for women in the campus
- To address practical issues related to the welfare / wellbeing of women in the campus

Aimed at promoting intellectual and social upliftment of women, the institution in collaboration with the women cell organised a guest lecture cum awareness programme along with other activities in the current year 2022.

Gallery walk- The students titled the gallery walk as SHERO. They prepared graffiti of women (origami) and vouched their solidarity towards women empowerment by conducting a parade through the institution carrying placards and posters advocating themes and concepts deemed necessary for equality of women (themes like financial independence, self-sufficiency, encouraging he power to say “ no” etc. to cite a few!)

Talk on women's day - the cell organizer a talk by youth icon Mr. Anas P K M

(Public Speaker, Teacher) State level Elocution competition Champion at the 66 th All India Cooperative week celebration.

Poster making competition- the students also conducted a department wise poster making competition on the theme “women empowerment “. The department of natural sciences and social sciences won first and second places respectively.

The women’s cell in CICS CTE is committed towards promoting gender sensitivity and will continue inculcating leadership skills among girls for up skilling them and promoting their growth as individuals in their own right and for social progress.




WOMEN'S DAY
CELEBRATION
March 8
@10:00 AM
ICT HALL
CICS COLLEGE
OF
TEACHER EDUCATION

10) Sports Day: Athletica 2K22



Report

Date : 10 March , 2022
Time : 9:00 AM
Venue : Peekay College Ground

The annual sports extravaganza, ***Athletica 2K22***, was held on March 10, 2022, at 9:00 AM at the Peekay College Ground. The event was inaugurated by the esteemed Mr. Baiju K Jose, whose inspiring words set the tone for a day filled with energy, enthusiasm, and sportsmanship.

The ceremony began with a vibrant march-past by the participating houses, followed by the hoisting of the sports flag and the lighting of the torch, symbolizing the spirit of fair play and competition. Mr. Baiju K Jose addressed the gathering, emphasizing the importance of physical fitness, teamwork, and perseverance in shaping well-rounded individuals.

A wide array of athletic events was conducted, including sprints, relays, long jump, high jump, and shot put. Students from various departments showcased their talents and competitive spirit, cheered on by an enthusiastic crowd of peers and faculty.

The highlight of the day was the inter-departmental relay, which drew loud cheers and fierce competition. Medals and certificates were awarded to the winners, and the overall championship trophy was claimed by [Insert Winning Team/Department].The event concluded with a heartfelt vote of thanks and the lowering of the sports flag, marking the end of a memorable day that celebrated unity, discipline, and the joy of sport.







10) Course Orientation:

How to Crack Competitive Exams



Report

Date : 15 March , 2022
Time : 8:00 AM – 9:00 PM
Mode : Online Webinar
Organized by : Guidance and Counselling Cell, CICS College of Teacher Education
In Collaboration with: Entri App

The Guidance and Counselling Cell of CICS College of Teacher Education, in collaboration with Entri App, successfully conducted a full-day webinar titled *"How to Crack Competitive Exams"* on March 15, 2022. The session, held from 8:00 AM to 9:00 PM, was designed to empower aspiring educators with the tools, strategies, and mindset needed to excel in competitive examinations and explore diverse career pathways post-graduation.

The orientation began with a warm welcome and an overview of the program’s objectives. Expert speakers from Entri App and seasoned educators shared insights into:

- **Effective preparation techniques** for exams such as CTET, K-TET, PSC, and other government and private sector opportunities.
- **Time management and stress reduction strategies** to maintain focus and motivation.
- **Career mapping guidance** to help participants identify suitable roles in education, administration, and allied fields.
- **Digital tools and resources** available through Entri App to support continuous learning and practice.

Interactive Q & A sessions allowed attendees to clarify doubts and receive personalized advice. The webinar also featured testimonials from successful candidates who shared their journeys and tips for overcoming challenges.

The event concluded with a motivational address encouraging participants to remain committed to lifelong learning and to embrace the evolving landscape of career opportunities in education.

11) Kullu-Manali Educational Tour



Report

Organized by : CICS College of Teacher Education
Duration : 13 Days (5th May – 17th May) 2022
Location : Kullu and Manali, Himachal Pradesh

Objectives of the Trip

- To provide experiential learning through exposure to diverse cultures and geography.
- To foster camaraderie between senior and junior batches.
- To explore the natural beauty and historical significance of Himachal Pradesh.
- To encourage team spirit, responsibility, and leadership among students.

Famous Places Visited

Itinerary Overview: Kullu-Manali Trip (5th May – 17th May)
Day 1 (5th May):
- Departure from CICS College of Teacher Education
- Overnight journey to Manali

Day 2 (6th May):
- Arrival in Manali
- Hotel check-in and orientation session

Day 3 (7th May):
- Visit Hadimba Devi Temple
- Explore Manu Temple and surrounding areas

Day 4 (8th May):

- Adventure activities at Solang Valley (paragliding, zipline, etc.)

Day 5 (9th May):

- Excursion to Rohtang Pass
- Snow activities and sightseeing

Day 6 (10th May):

- Visit Vashisht Hot Springs
- Trek to Jogini Waterfall

Day 7 (11th May):

- Explore Manali Mall Road
- Cultural evening with student performances

Day 8 (12th May):

- Visit Naggar Castle and Nicholas Roerich Art Gallery

Day 9 (13th May):

- Travel to Kullu
- Visit Raghunath Temple
- River rafting in Beas River

Day 10 (14th May):

- Visit Kullu Shawl Factory
- Explore Vaishno Devi Temple (Kullu)

Day 11 (15th May):

- Group activities and reflection session

Day 12 (16th May):

- Departure from Kullu-Manali

Day 13 (17th May):

- Arrival back at college
- Trip concludes

In Manali:

- **Hadimba Devi Temple**: A serene temple surrounded by cedar forests, known for its unique architecture.
- **Solang Valley**: A hub for adventure sports like paragliding, zorbing, and skiing.
- **Rohtang Pass**: A breathtaking snow-covered mountain pass offering panoramic views.
- **Manu Temple**: Dedicated to Sage Manu, believed to be the creator of mankind.
- **Vashisht Hot Springs**: Natural sulfur springs with therapeutic properties.
- **Jogini Waterfall**: A scenic trek leading to a majestic waterfall.
- **Mall Road**: A bustling street for shopping and local cuisine.

In Kullu:

- **Raghunath Temple**: A historic temple dedicated to Lord Rama.
- **River Rafting in Beas River**: A thrilling experience for adventure enthusiasts.
- **Kullu Shawl Factory**: Insight into traditional handloom weaving.
- **Vaishno Devi Temple (Kullu)**: A peaceful shrine nestled in the hills.

Student Engagement & Learning Outcomes



- **Cultural Exposure**: Students learned about Himachali traditions, cuisine, and lifestyle.
- **Adventure & Teamwork**: Activities like rafting and trekking promoted collaboration.
- **Reflection & Journaling**: Daily reflections helped students articulate their experiences.
- **Leadership Development**: Seniors mentored juniors during logistics and coordination.

Memories Captured

- Group photos at Rohtang Pass and Solang Valley.
- Cultural night performances by students.
- Candid moments during treks and market visits.

Conclusion

The 13-day trip to Kullu-Manali was a resounding success, blending education, adventure, and bonding. It provided students with a refreshing break from academics while enriching their understanding of geography, culture, and interpersonal dynamics. The memories and lessons from this journey will remain etched in their hearts for years to come.










BSF
INDIA'S F



12) Environmental Day Celebration

cics college of teacher education mathara



Report

Date : 5 June , 2022

Time : 10:00AM

Introduction
CICS College of Teacher Education observed World Environment Day on June 5, 2022, with a series of engaging and educational activities aimed at raising awareness about environmental conservation and sustainability. The event was organized by the college's Eco Club in collaboration with faculty and student volunteers.

Theme and Objectives
The celebration was aligned with the global theme for World Environment Day 2022: *"Only One Earth"*. The objective was to inspire students and staff to take proactive steps toward protecting the environment and to foster a sense of responsibility for ecological well-being.

Activities Conducted

- **Inaugural Ceremony**: The event commenced with a formal inauguration by the Principal, who emphasized the importance of environmental stewardship in teacher education.
- **Tree Planting Drive**: Students and faculty planted saplings around the campus to promote greenery and biodiversity.
- **Poster Making Competition**: Creative posters highlighting environmental issues and solutions were displayed, showcasing the artistic talents of the students.
- **Awareness Rally**: A rally was organized in the nearby locality, where students carried placards and chanted slogans to spread awareness about environmental protection.
- **Guest Lecture**: An invited environmentalist delivered a talk on sustainable living and the role of educators in promoting eco-consciousness.
- **Clean-Up Campaign**: A campus-wide clean-up drive was conducted to reinforce the value of cleanliness and waste management.

Outcome and Impact
The event successfully engaged the college community in meaningful environmental action. It instilled a deeper understanding of ecological challenges and encouraged participants to adopt sustainable practices in their daily lives.

Conclusion
The Environmental Day celebration at CICS College of Teacher Education was a vibrant and impactful initiative that reflected the institution's commitment to environmental education. It served as a reminder that every individual has a role to play in preserving our planet for future generations.

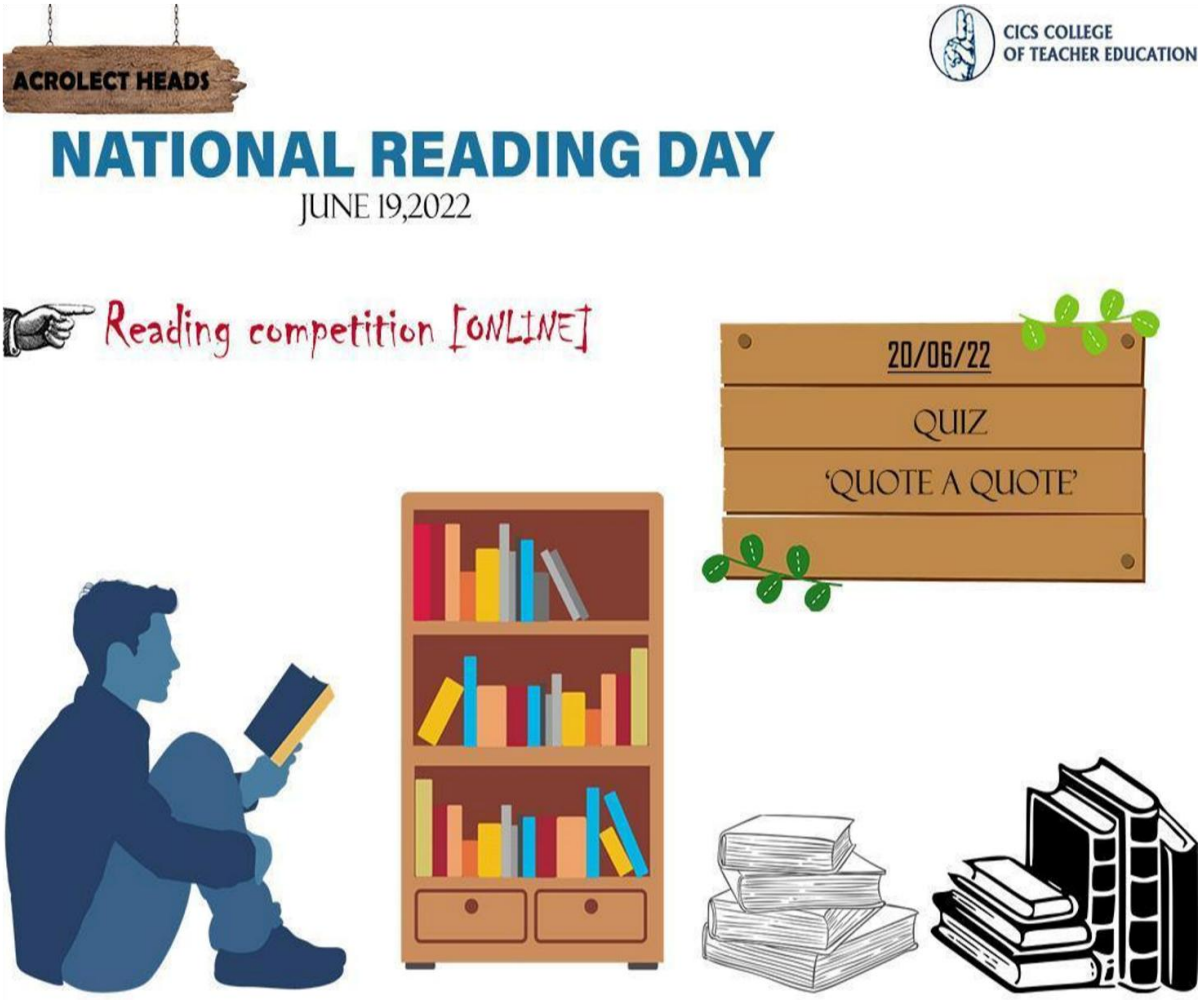








13) NATIONAL READING DAY



ORGANISED BY

The ENGLISH CLUB

ACROLECT HEADS 2022

CICS COLLEGE OF TEACHER EDUCATION

MATHARA.

Report

Embracing reading habits is the best way to show our concern for the future generation. Upholding this motto the English Club of CICS College of Teacher Education celebrated the "**National Reading Day**" on 19/06/2022 and 20/06/2022, Sunday and Monday respectively.

We celebrated the National Reading Day via online and offline mode.

PROGRAMMES CONDUCTED

EMOTE ME: As an inauguration for this venture, we conducted a reading competition online. For this a passage was given to the contestants and they had to deliver it with appropriate pronunciation, emotion, intonation etc. We got many entries out of which Adhila of Physical Science bagged the first position. The second place was awarded to Athulya of Natural Science. The third place added more colour to the programme as it was won by our beloved Principal Mrs. Indira.

SPEECH AND OATH: The offline events began with the usual morning assembly. The programmes were officially started by a talk on the merits of reading and the importance of National Reading Day. Minnah of the English Department delivered the speech. Under the leadership of Athulya of the English Department, a pledge on National Reading Day was undertaken by the students.

MY CURRENT READING LIST: Meanwhile a suggestion chart was prepared which featured the sketched the current reading interests of all students, teachers and non- teaching staff of the institution.

FRAME A QUOTE: A quote competition was conducted, in which contestants were made to frame quotes on reading day. Yadu Krishna Raja of Maths Department won the first prize. The second prize was collectively won by Famnu, Najiya and Dilna of the Social Science Department.

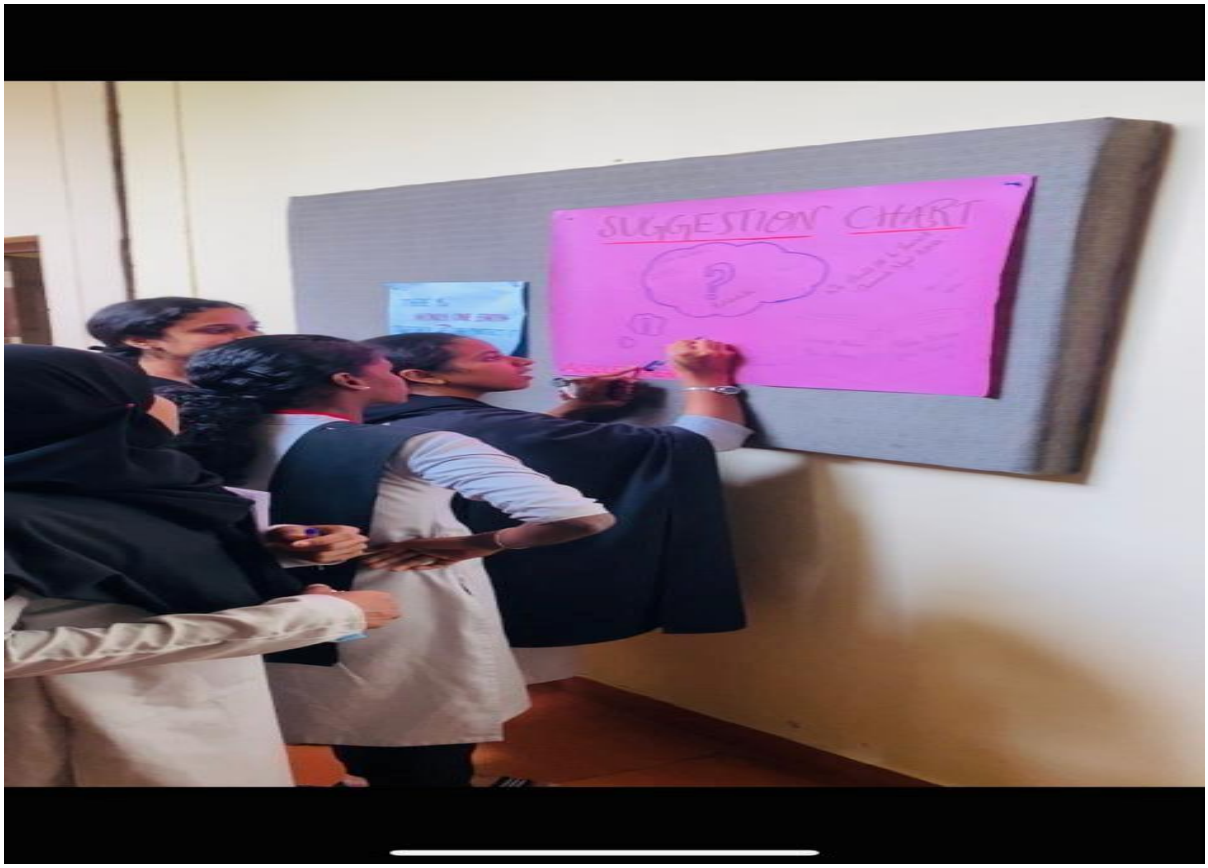
QUIZ COMPETITION: The entire event concluded with a department wise quiz competition. A group of two students from each department participated in the competition. The questions were based on reading day. Shruthi and Shifana of Physical Science bagged the first position and the second place was won by Aneesh and Ismath from the Maths Department.

The winners of each competition were gifted books, acknowledging the importance of reading. The books selected for the winners were curated novels by celebrated authors. Gifts are meant to be colourful and therefore sketch pens and markers were presented to students who won the second and third places respectively. As a token of love and appreciation we gifted pens which are considered as symbols of knowledge and wisdom to our very own Principal Ma'am.

Like every good thing has to end, the National Reading Day celebrations 2022 came to an end by thanking each and every one for their active, timely support and participation



.


SUGGESTION CHART

14) Anti-Drug Day



Report

Date : 24 June 2022
Venue : CICS College of Teacher Education
Theme: പുതുലഹരിക്കൊരുവോട്ട് ("A Vote for a New Wave")

CICS College of Teacher Education observed **Anti-Drug Day** on 24th June 2022 with a series of meaningful activities aimed at promoting awareness and encouraging a drug-free lifestyle among students.

As part of the campaign, students displayed a banner titled *"പുതുലഹരിക്കൊരുവോട്ട്"* in front of the college, symbolizing their collective commitment to stand against drug abuse and support a healthier future.

The event featured a **pledge ceremony** led by **Mr. Mathew Joseph**, who inspired students to take a firm stand against drug use and uphold values of self-discipline and responsibility.

Following the pledge, an **awareness class** was conducted by the Principal, **Dr. Indira**, who addressed the harmful effects of drug addiction and emphasized the importance of education and community support in preventing substance abuse. The program concluded with a message of hope and empowerment, encouraging students to become ambassadors of change in their communities.
















2022 JUNE 26
ANTI DRUG DAY
C.I.C.S COLLEGE OF TEACHER EDUCATION

15) MEDICAL HEALTH CAMP AT

CICS COLLEGE OF TEACHER EDUCATION, MATHARA



ACKNOWLEDGEMENT

The Medical Camp was organized at CICS College of Teacher Education on 6th July, 2022 with support and collaboration of Malabar Hospital and Malabar Eye Hospital, Calicut. We offer our sincere thanks and appreciation to the Medical team of Malabar Hospital and Malabar Eye Hospital for their time and support. We also thank the Manager, the Principal, the teaching staff, non-teaching staff and student volunteers of CICS College of Teacher Education, Mathara.

INTRODUCTION

Being healthy is essential for all human beings for discharging their duties and responsibilities effectively. Free medical camps are setup with a sacred aim to bring awareness among the deprived population of the country who have no access to basic healthcare or knowledge about the diseases they are suffering from. These camps make sure people are getting the healthcare at the correct time, and seeing the doctor early enough before a small health problem turns serious.

It is said that eyes are windows to the soul and without our eyes, we are forced to live a very miserable life. It is evident that there are lots of people in our society who are suffering from eye disorders such as cataract, poor vision, glaucoma night blindness etc. Eye camps are meant to create awareness among people and provide them various services like eye care education, full eye checkups, medical care etc.

The objectives of medical camps are:

- Provide initial care to people in life threatening conditions
- Provide free and high quality medical services to poor population.
- Raise health awareness among the community and to teach them to deal with communicable and non-communicable diseases.
- Register rare and severe cases and refer them to specialized centres.

Medical camps are solely serving humanity by taking care of adults and children and giving them healthcare for free. Healthcare is the basic right of human being that should be available for everyone and shouldn't be treated as a commodity only for those who can spend money to buy the services. When the majority of hospitals and clinics are closed for the poor people, free medical camps step in as their biggest hope. Even the poorest among us deserve the dignity of equal human rights which cannot be declined.

MEDICAL CAMP PROGRAM

PLANNING AND PUBLICITY

CICS College of Teacher Education in collaboration with Malabar Hospital and Malabar Eye Hospital planned to organize a medical camp on 6th July 2022 at CICS CTE Mathara. For publicity, students were divided into ten groups and were given duty to distribute pamphlets in the nearby areas on 4th July 2022. Ms. Shyja was in charge of publicity work. Advertisement about the medical camp was given in Malayala Manorama newspaper. Loudspeaker announcement system was used to increase the publicity of the program headed by Ms Shyja K, Mr. Anulal and supported by Mr. Athul Prakash on 5th July 2022. Permission from Police station was taken for public announcement. Arrangements were made in the college to setup rooms and other facilities for the camp with the help of the Principal, teaching staff, non-teaching staff and students. The purchasing committee purchased all necessary items needed for setting up the arrangements. The campus and its surroundings were properly cleaned prior to the medical camp.





സൗജന്യ മെഡിക്കൽ ക്യാമ്പ് ആറിന്

കോഴിക്കോട്: മാത്തറ സി.ഐ.എ.എസ്. കോളേജ് ഓഫ് ടീച്ചർ എജ്യുക്കേഷൻ ആറിന് ബുധനാഴ്ച കോളേജ് കാമ്പസിൽവെച്ച് രാവിലെ ഒമ്പതുമുതൽ ഒരു മണിവരെ സൗജന്യ മെഡിക്കൽ ക്യാമ്പ് നടത്തുന്നു.

മലബാർ ഹോസ്പിറ്റലുമായി സഹകരിച്ചാണ് ക്യാമ്പ്. ആരോഗ്യ ബോധവൽകരണക്ലാസിൽ ഡോ. കെ.പി. സംഗീത സംസാരിക്കും.

മലബാർ ഐ ഹോസ്പിറ്റലുമായി സഹകരിച്ച് സൗജന്യ നേത്രപരിശോധനയും തിമിരശസ്ത്രക്രിയ നിർണയവും നടക്കും.

ബുക്കിങ്ങിന് ഫോൺ: 9847493239.





PROGRAM PROCEEDINGS

The Medical Camp started with registration at 9 am on 6th July 2022.The registration committee was headed by Mr. Mathew Joseph. There were two registration counters – one for General Check-up and the other for Eye Check-up. Separate tokens were also provided for smooth going of the camp. The Medical team from Malabar hospital and Malabar Eye hospital arrived at 9.10 am. Full eye check-up was offered in the eye camp. In the general health camp, arrangements were made to find Body Mass Index, Blood Pressure and Sugar level. Proper sanitization and masks were provided to the people at the entry. A feedback box was kept to write feedback and suggestions. The first two hours of

the camp were marked by the registration of people residing near the college. Snacks and tea were provided to all staff, non-teaching staff and student volunteers at 10.30 am. Registration reached its peak around 11.30 am with the arrival of school students. There were also teachers from nearby schools and colleges. Patients with altered findings and poor adherence to the old treatment were referred to higher centres for further need. The registration was closed at 1 pm. Lunch was provided to all staff, medical camp faculties and student volunteers by 1.30 pm. Even though it was a rainy day, it didn't affect the smooth going of the camp.







REGISTRATION DETAILS

Out of 302 people who registered for the medical camp, 240 people registered for eye check-up and 62 people registered for general health checkup.146 students from CIRHSS School Mathara registered for the camp.

	MALE	FEMALE	CHILDREN
EYE CHECK UP	35	51	154
GENERAL HEALTH CHECK UP	15	47	-

DIAGNOSIS REPORT

Out of 213 patients diagnosed for eye check-up, 15 of them were found affected with cataract and 9 with Glaucoma as per the diagnosis reports of Malabar Eye Hospital.

MALABAR EYE HOSPITAL FACULTIES

SL NO:	NAME	DEPARTMENT
1	DR. REVATHY	DOCTOR
2	ANUSREE	OPTOMETRIST
3	ATHEERA	OPTOMETRIST
4	NIHALA	VISION
5	THENVIRA	VISION
6	RIYAZ	COUNSELOR

ORIENTATION CLASS

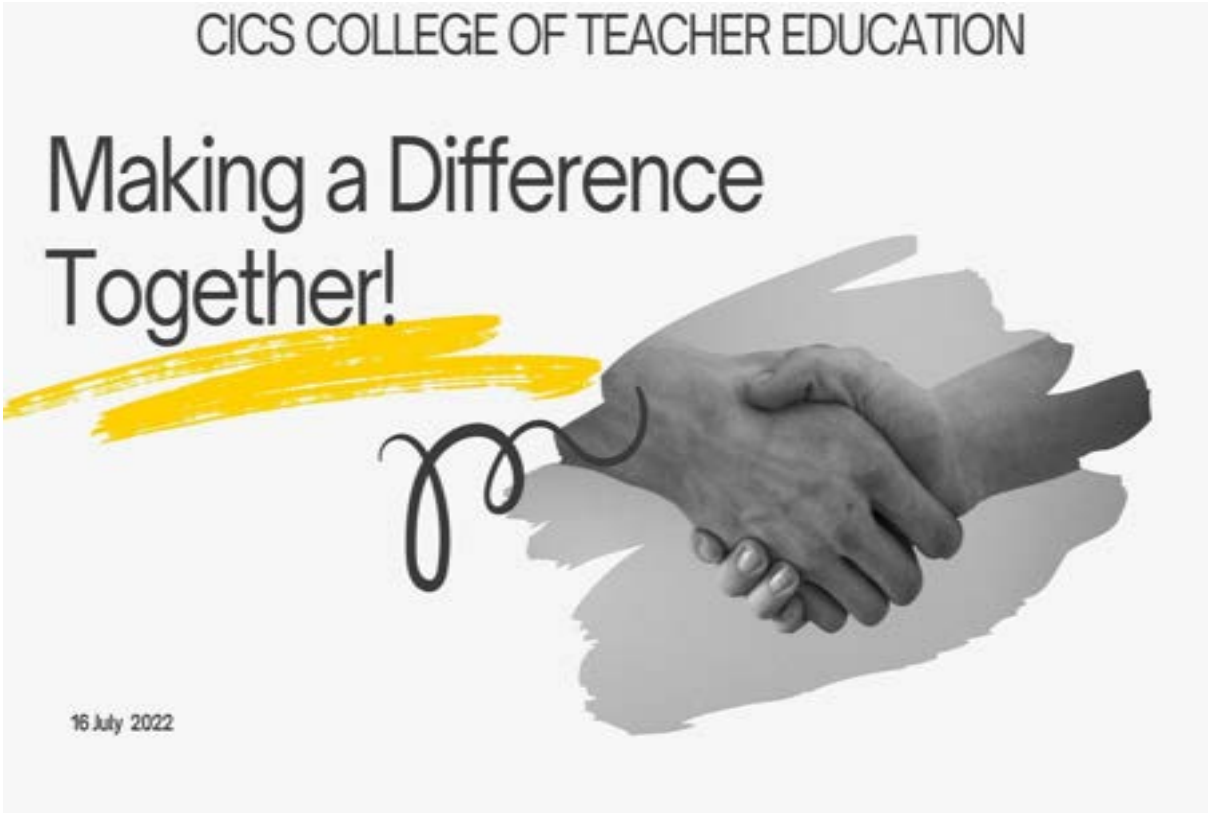
The health orientation class started at 11.45 am. Dr Indira (Principal, CICS College of Teacher Education) delivered welcome speech. The class was handled by Dr Sangeetha K P, Consultant Obstetrician and Gynaecologist of Malabar Hospital Calicut. The orientation class focused on the health problems faced by women like PCOD and lifestyle management stressing the importance of good diet, regular exercise and daily activities. In the second half of the class, Dr Sangeetha gave valuable instructions to care with Menstruation related problems and Delivery. Towards the end of the class, she cleared the doubts and queries of the audience. Miss Adhila (Student, CICS College of Teacher Education) delivered vote of thanks. The class was over by 1 pm.







16) Community Extension Programme



Report

Date: 16/July/2022

Objective:

To extend financial and emotional support to the family of our former office staff member whose daughter became physically handicapped following a serious illness.

Beneficiary:

The daughter of our previous office staff member, who is now living with a physical disability due to a medical condition. This initiative aims to assist with her rehabilitation and immediate needs.

Fundraising Summary:

- **Total Amount Collected:** ₹10,000
- **Sources of Contribution: Both Students and Teachers**

Program Highlights:

- A heartfelt appeal was made to the school community, emphasizing the importance of solidarity and compassion.
- Contributions were voluntarily made by students and teachers over a one-week period.
- The collected amount was handed over to the family in a small gathering, accompanied by words of encouragement and support.
- The event reinforced the values of empathy, community responsibility, and collective action.

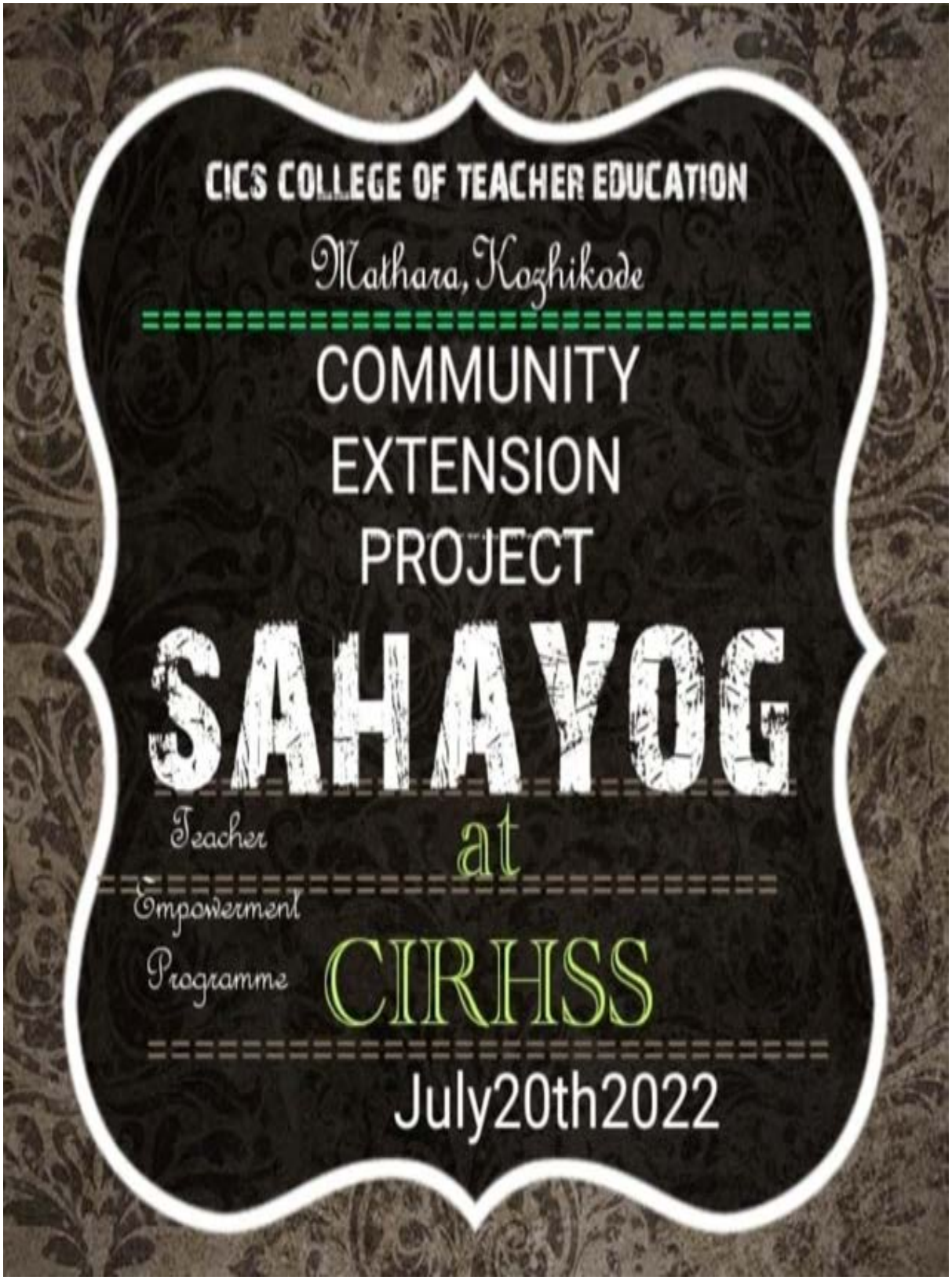


Remarks:

This initiative reflects the spirit of unity and care that defines our institution. By coming together to support one of our own, we not only provided financial aid but also sent a powerful message of hope and humanity.

7) Sahayog

Community Extension Programme



CICS College of Teacher Education (CTE) visited CIRHSS, Mathara, as part of the "Sahayog" project conducted on July 20, 2022. The event involved student teachers from CICS CTE delivering subject-specific classes to school students, while faculty members engaged school teachers in an orientation on advanced teaching methodologies for various educational streams.

Programme Overview

The "Sahayog" community extension project was held at CIRHSS, Mathara, organized by CICS College of Teacher Education. The main objective was to foster collaborative learning and empower both students and teachers through knowledge sharing and professional development sessions.

Activities Conducted

- Student Teacher Engagement:

Student teachers from CICS CTE delivered classes in subjects including Mathematics, Social Science, Physical Science, Natural Science, and English. The sessions were designed to engage learners with interactive teaching methods and subject-specific activities.

- Faculty-Led Orientation:

CICS faculty members led an orientation for the school’s teaching staff, focusing on effective pedagogical techniques and methodologies tailored for various academic streams, ensuring practical exposure to modern educational approaches.

Participants

Student teachers who took classes:

1. Divya Chandran VM – Mathematics
2. Nima Das KP – Social Science 3. Shameena KS – Physical Science
4. Rinsha V – Natural Science.
5. Nishana KP – Social Science
6. Aswathi Krishnan – English

Outcomes

School students received enriched subject knowledge and participated actively in interactive sessions. School teachers were oriented on new teaching methodologies, contributing to their professional growth. The visit reinforced institutional collaboration and extended the college's role in community outreach and teacher empowerment.

CICS College Of Teacher Education, Mathara

Coordinates....

TEACHER EMPOWERMENT PROGRAMME

with CIRHSS, Mathara

On 20-07-2022 (Wednesday)

Time : 10:00AM - 3:30PM

Accompanied by our Student Teachers...



DIVYA CHANDRAN VM
Mathematics



NIMA DAS KP
Social Science



SHAMEEMA KS
Physical Science



RINSHA V
Natural Science



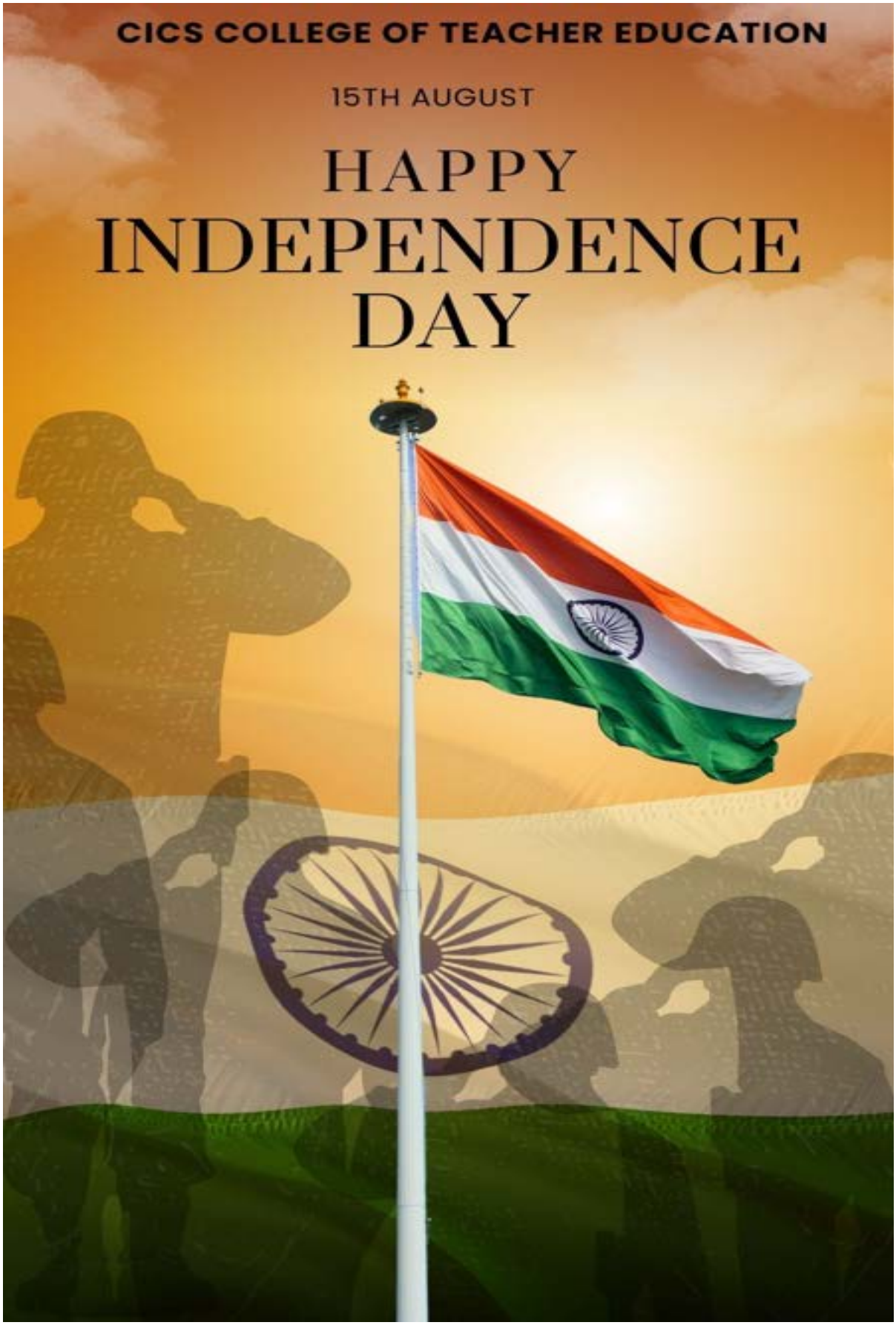
NISHANA KP
Social Science



ASWATHI R KRISHNAN
English

1:47 PM

18) Independence Day Celebration



Report

Venue : CICS CTE Mathara
Date : 15 August 2022
Occasion : 76th Independence Day of India

Introduction

The 76th Independence Day of India was celebrated with great enthusiasm and patriotic fervor at CICS CTE Mathara on 15 August 2022. The event brought together students, teachers, and staff to honor the sacrifices of freedom fighters and reflect on the values of liberty and unity.

Highlights of the Celebration

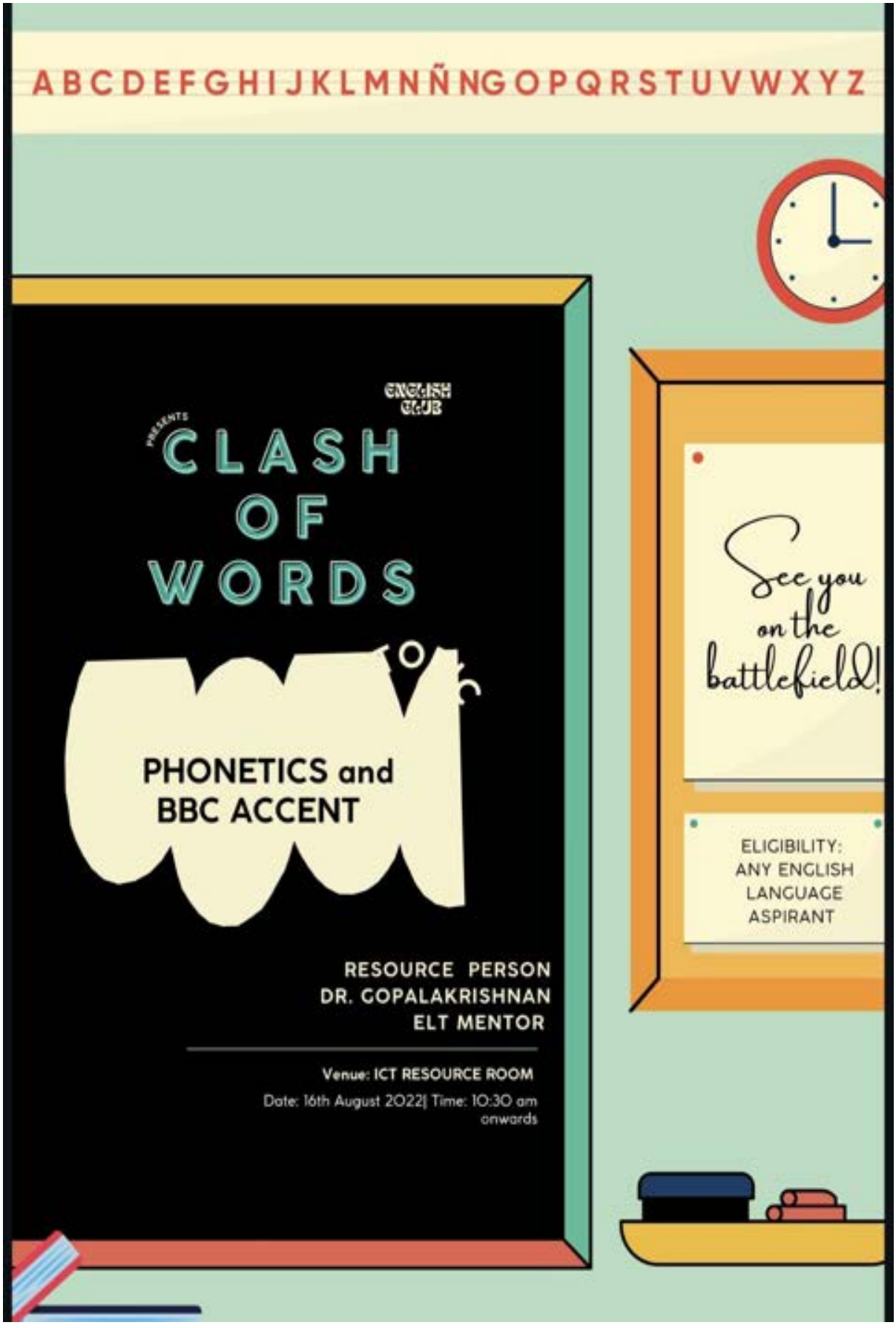
- **Flag Hoisting Ceremony:**
  The celebration commenced with the hoisting of the national flag by the principal, accompanied by the singing of the national anthem. The tricolor fluttered proudly as everyone saluted the spirit of freedom.
- **Pledge Ceremony:**
  Students and staff took a solemn pledge to uphold the ideals of the Constitution and contribute to the progress of the nation.
- **Freedom-themed Speeches:**
  Inspiring speeches were delivered by teachers and students, highlighting the significance of Independence Day, the sacrifices of our freedom fighters, and the responsibilities of citizens in a democratic nation.
- **Patriotic Songs:**
  Students performed a series of soul-stirring patriotic songs that evoked a sense of pride and unity. The melodies echoed the spirit of India’s struggle for freedom and its cultural richness.
- **Special Treat – Payasam:**
  As a gesture of celebration and togetherness, teachers prepared delicious payasam, which was served to all attendees. The sweet treat added warmth and joy to the occasion.

Conclusion

The Independence Day celebration at CICS CTE Mathara was a memorable event that instilled a deep sense of patriotism among all participants. It served as a reminder of the sacrifices made for our freedom and the importance of preserving the values of justice, equality, and unity.



19) Effective Communication in English



Conducted by Prof. Gopalakrishnan and Dr. Shimna Suresh and the

TEAM ENGLISH- ACROLECT HEADS ' 22 on the 16th and 17th of August 2022, @ CICS College of Teacher Education, Mathara, Calicut University.

INTRODUCTION

Gopalakrishnan, a retired Principal and HOD in English Language and Literature, Madapalli College with over 10 years experience of teaching English under Calicut University, was invited to deliver a lecture on the value and importance of effective and impressive communication for future Teachers in today's competitive world in the global environment. Prof. Gopalakrishnan has been serving as a Language Professional, directing and being the Mentor of Pronunciation and BBC Accent ever since his retirement from professional service. Besides this professional profile, he is the President of INDIAN PHONETIC ASSOCIATION (IPAN), based at Calicut, and has conducted several workshops and seminars on the topic, across the state.

DAY 1

CLASH OF WORDS

Prof. Gopalakrishnan was invited by the Management & Faculty of CICS CTE for being the first resource person in the Two Days Workshop on Effective Communication on the 16th, Aug '2022, for a group of 50 students and teachers, belonging to different streams of Teaching. The session began at 10.00 a.m. The conveyor of the workshop Dr. Shimna Suresh welcomed the audience and our respected Principal





Dr. Indira K introduced the guest to the audience.

The main emphasis of the workshop was on the importance of oral communication in a professional world. Prof. Gopalakrishnan deliberated on the topic 'English Phonetics and BBC Accent'.

Prof. Gopalakrishnan explained the importance of phonetics and pronunciation, using all the senses of sight and sound to elaborate one's thoughts through speaking. He also made students aware of the importance of correct accent in Communicative English and the fact that English has its own standards which is to be maintained by teachers, irrespective of their core subject.

The Workshop ended with a pleasant note, with both the student community and the faculty getting benefitted by the Professor's rich experience and knowledge in life.

Mr. Anfas of English option delivered the Vote of Thanks.



Following were the observations/feedback derived from the day -long workshop.

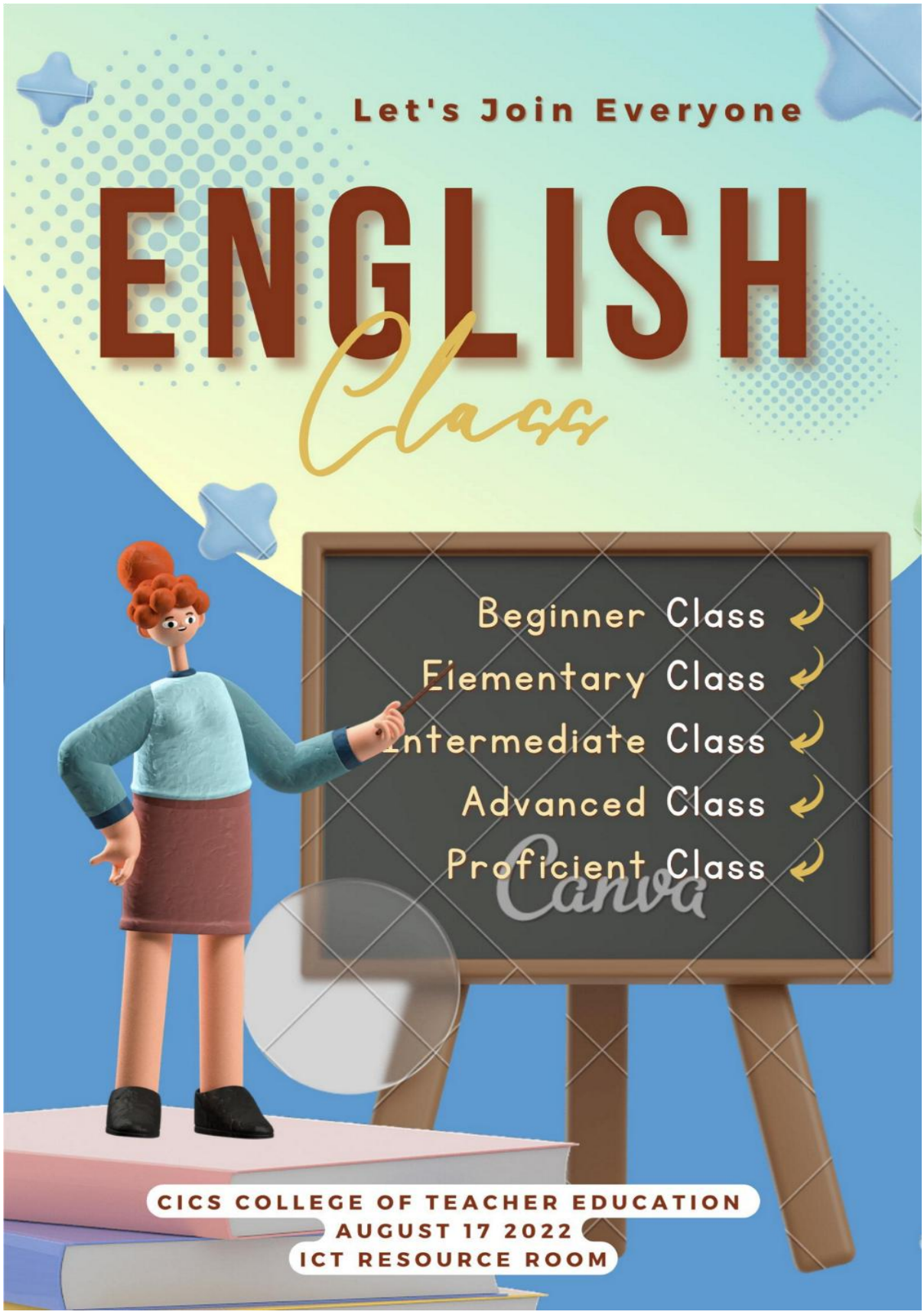
Prof. Gopalakrishnan's Feedback for the students:-

1. The Students must develop the habit of reading novels, essays and poems in English language.

2. They must develop the habit of speaking in English among themselves, especially with their friends.

3. If possible, they must refer to good English Grammar books to improve their English.

DAY 2 *SET THE BALL ROLLING*



On the second day of the workshop, as on 17.08.2022, Dr. Shimna Suresh, Assistant Professor of English, CICS College of Teacher Education, Mathara along with 8 students from the English Department were the resource persons. Dr. Shimna started off the first session and delivered her lecture on Simple Techniques to Master the Art of Communication Skills. Her presentation was on the simple methods, and conventional formulae, which gave necessary tips and guidelines on how to improve the basic communication skills and effective ways to face an interview related topics. The session was followed by the participants' drafting their self-introduction sample on their own. The participants were made to read out the drafts and necessary corrections and clarifications were suggested by the resource person. A total of 37 students and delegates participated in the workshop and benefited during the first session of the workshop. After the presentation, the participants were given a few worksheets on the areas discussed and their performance was evaluated and necessary feedback on how to improve the micro skills viz, strategic competence, discourse markers etc. were given. In the last part of session, the resource person gave some useful information and tips on framing self-introduction and the participants were asked to work in groups and write it out making use of the tips and following the guidelines given. After the groups finished writing, some of them were asked to read out the content drafted by their group and they were given suggestions on how the lntroduction could have been made more appropriate and effective.

The second session was conducted by a group of 8 students of English Option who voluntarily chose different topics deemed important for everyday communication in English

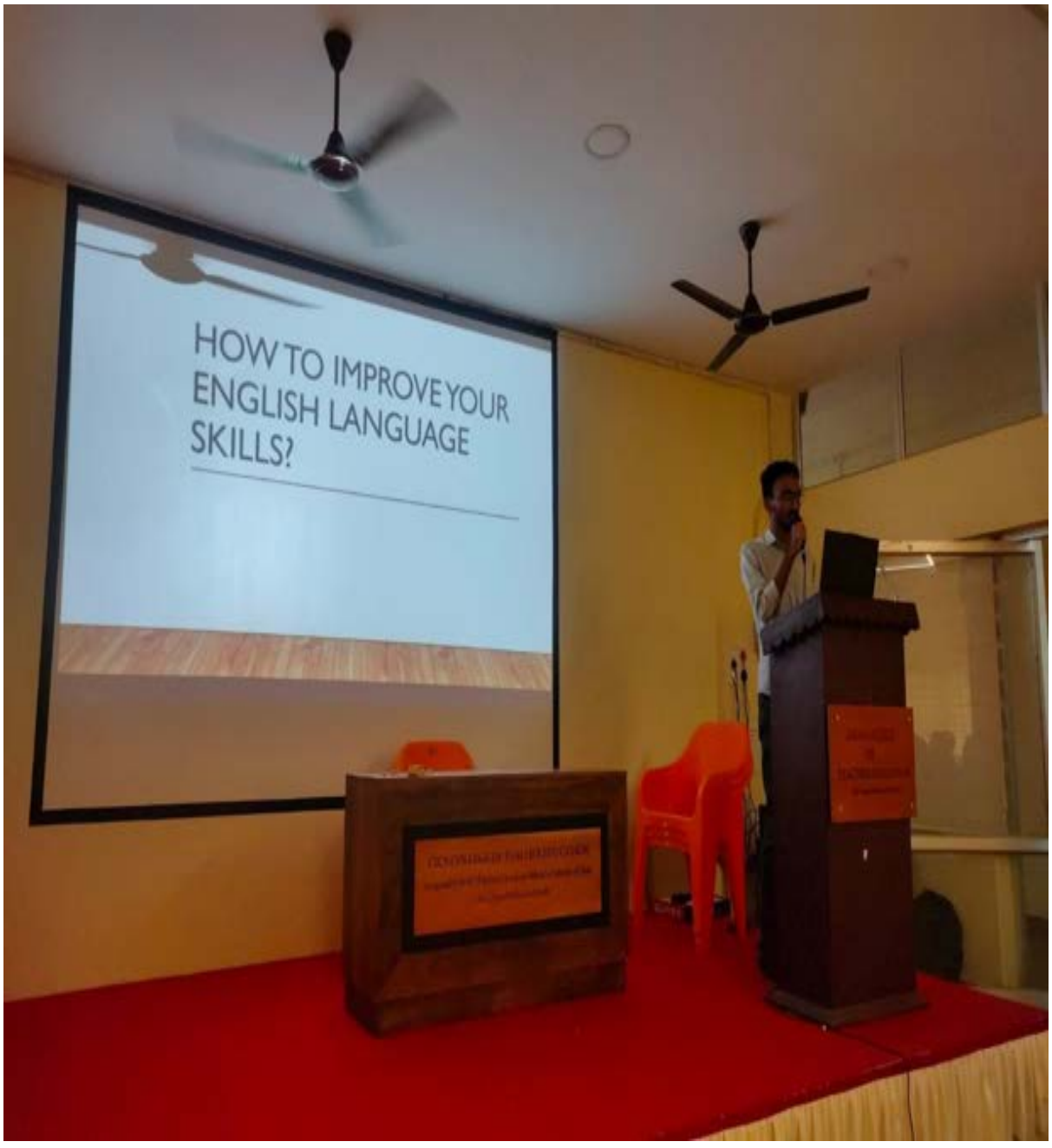
.

The choice of themes/ topics along with the name of Presenters are listed below:

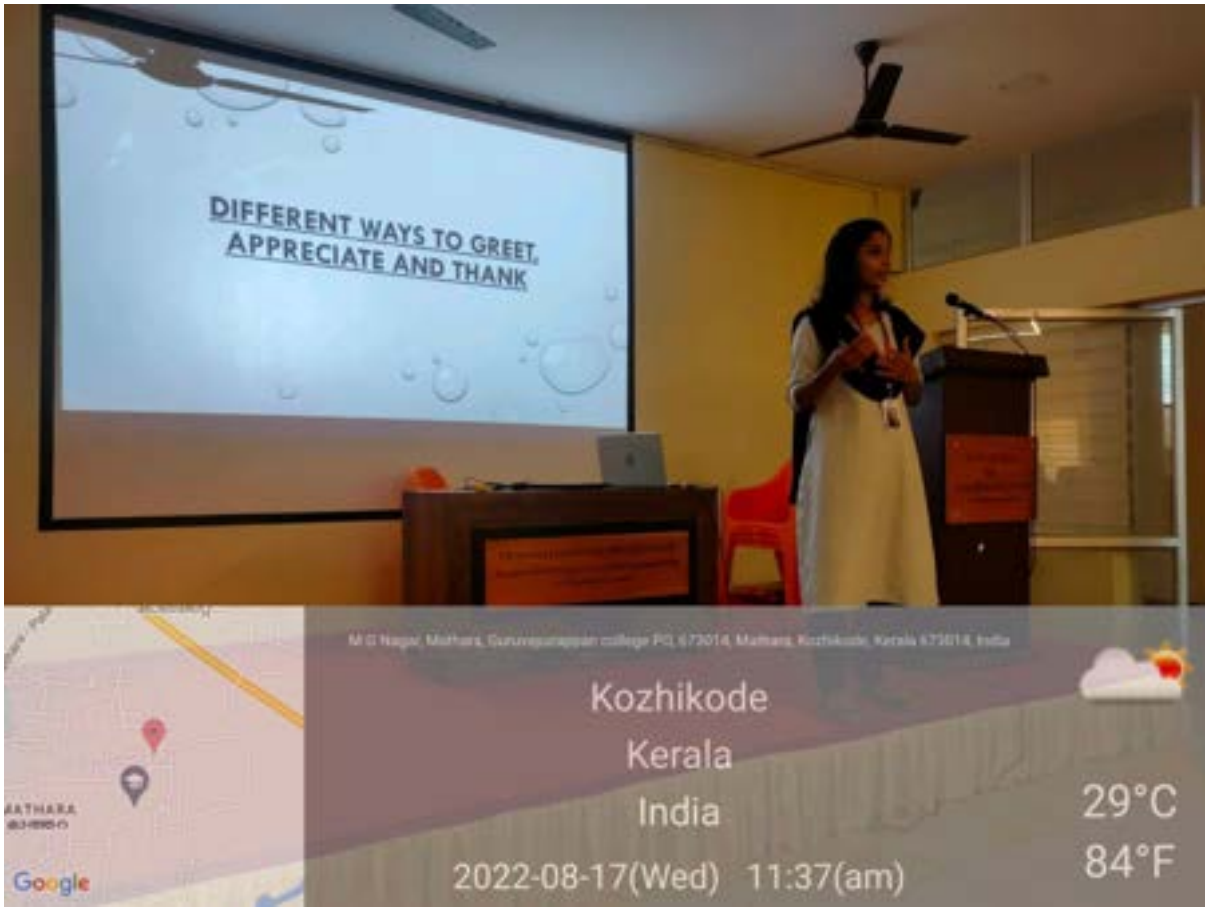
- Ms. Anagha- Idioms and Phrasal verbs in English that would aid everyday conversation.
- Ms. Aswathi Krishnan English phrases and usages in daily life (Greet , Thank and Appreciate)
- Ayana (ways to say 'sorry')

- Minnah (Basic ‘wh’ questions and Phrases for requesting and accepting apology)

- Athulya (English for classroom management)
- Ayisha Daniya (Classroom Language)
- Athul (Telephone etiquette)
- Anfas (Tips to improve English language Skills)






DIFFERENT WAYS TO GREET, APPRECIATE AND THANK
Kozhikode
Kerala
India
2022-08-17(Wed) 11:37(am)
29°C
84°F
Google

During the session in the afternoon, the participants were given some useful information on topics like idioms, phrases for everyday English, Conventional formulae to greet, thank, appreciate, apologise, classroom English (classroom discourse), basic 'wh' questions for beginners in English communication, basic telephone etiquettes etc. Then they were given some exercises and role play sessions where they were asked to use appropriate language – both formal and informal – while making telephonic conversations. The students covered varied areas, including Commonly Confused words and Basic Grammar. After a general interaction with the group of students, they decided to interact with the students, in order to provide the students with the much needed individual attention, to solve their queries and to clear the doubts if they had. The main motive of this interaction was to enlighten the students with the use of correct English and its importance. The students were encouraged to ask questions and were answered by the Presenters with clarity and patience.

Snippets from Day 2





Following were the observations/feedback derived from the day -long workshop.

1. The English teaching must be aided with demonstrations, wherever necessary and examples that resonate with the audience.

2. Learning must not be a serious activity. It must be mixed with fun, like the inclusion of Games and activities along with interesting ppt(including videos, infographics, memes, stickers etc).

3. And finally, some exercises were circulated among the students for their practice.

Sample

Words to Describe Yourself Informally/ in casual conversation
What should we say about ourselves in an INFORMAL situation?
For example,

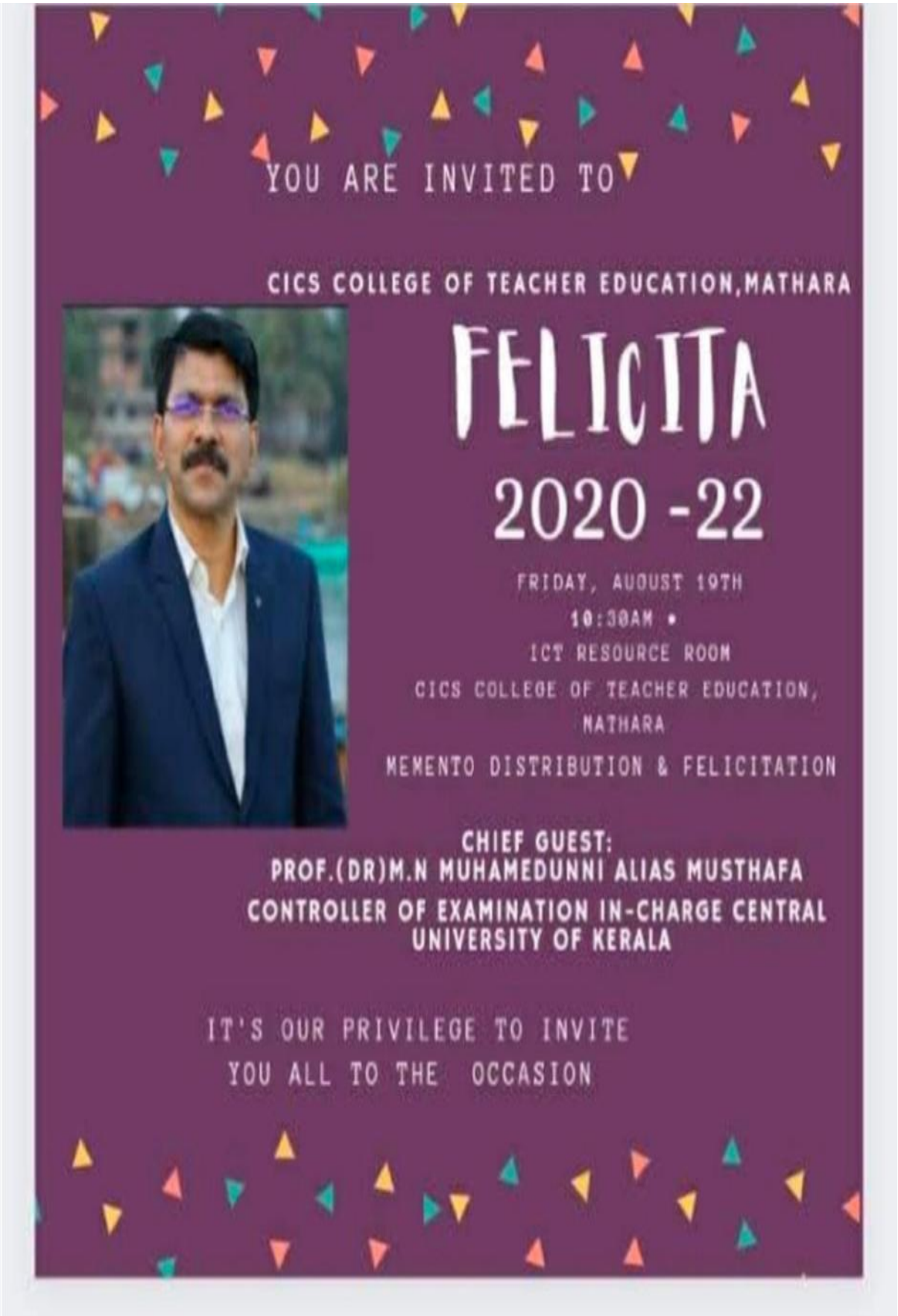
" I'm an easy-going/ open/ passionate person…"

Adventurous…Big-hearted…Communicative…Easy-going…Intellectual… Lighthearted…Open…Passionate…Playful…Responsive…Self-aware Silly…Spontaneous…Strong-willed…Witty

NB: Attached
Self Introduction PPT

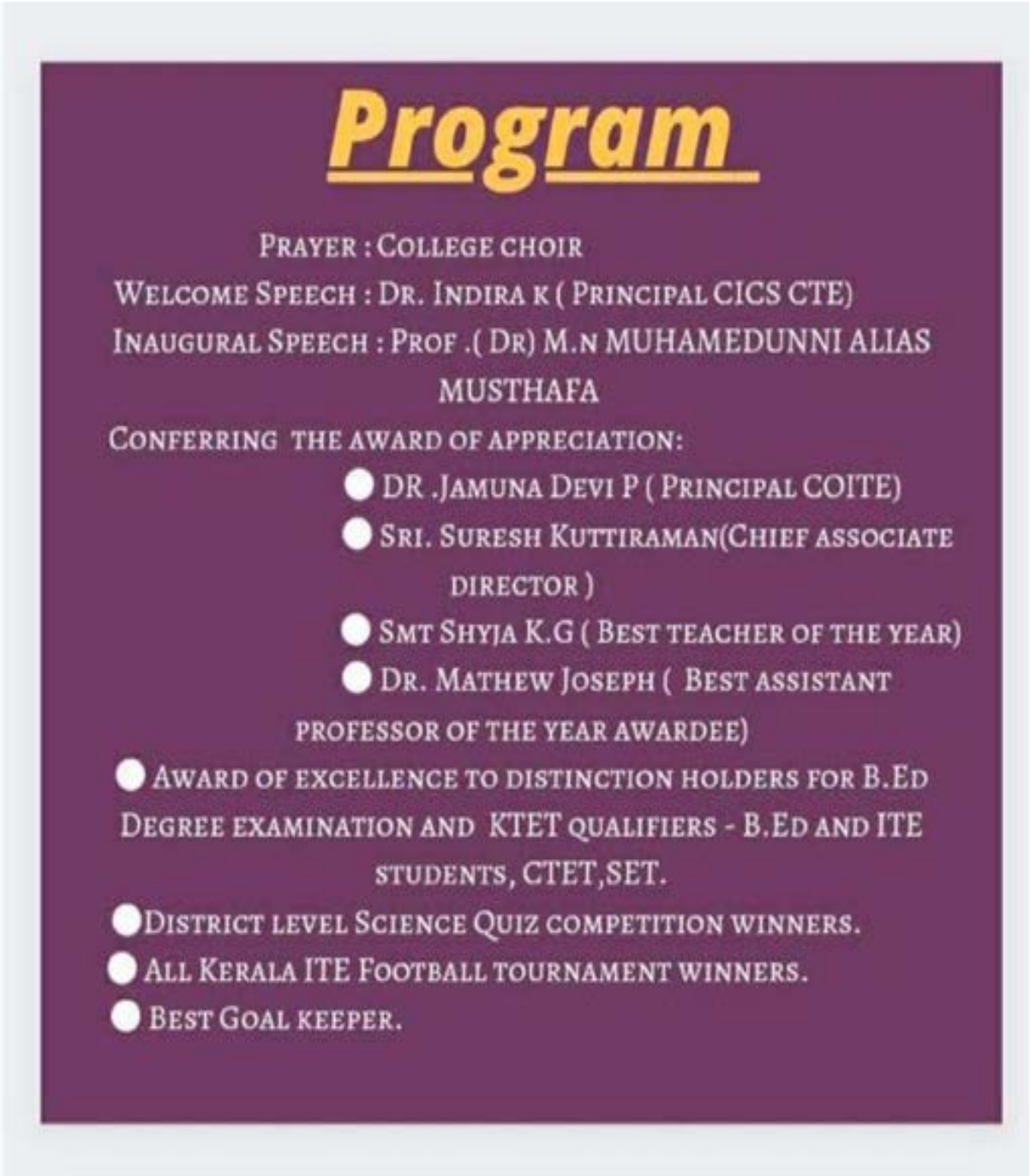
In the valedictory program held at the end, a few participants, including faculty members like Ms. Shyja K J gave their feedback explaining how the programme is highly helpful for students to improve their communication skills. Students gave feedback that the sessions made them more confident of using English in a better way. The Principal Dr. Indira K, congratulated both the participants and the resource persons for organizing the programme successfully and requested the participants to constantly improve upon their skills and competencies for their personal and professional growth.

20) FELICITA 2020-22



Event Overview

FELICITA 2020-22 was organized by CICS College of Teacher Education, Mathara, on August 18th. The programme aimed to felicitate academic achievements and honour distinguished guests, teachers, and students for their contributions during the academic period 2020-2022. The event included memento distribution, awards of appreciation, and recognition for both academic and extracurricular excellence.





Chief Guest and Dignitaries

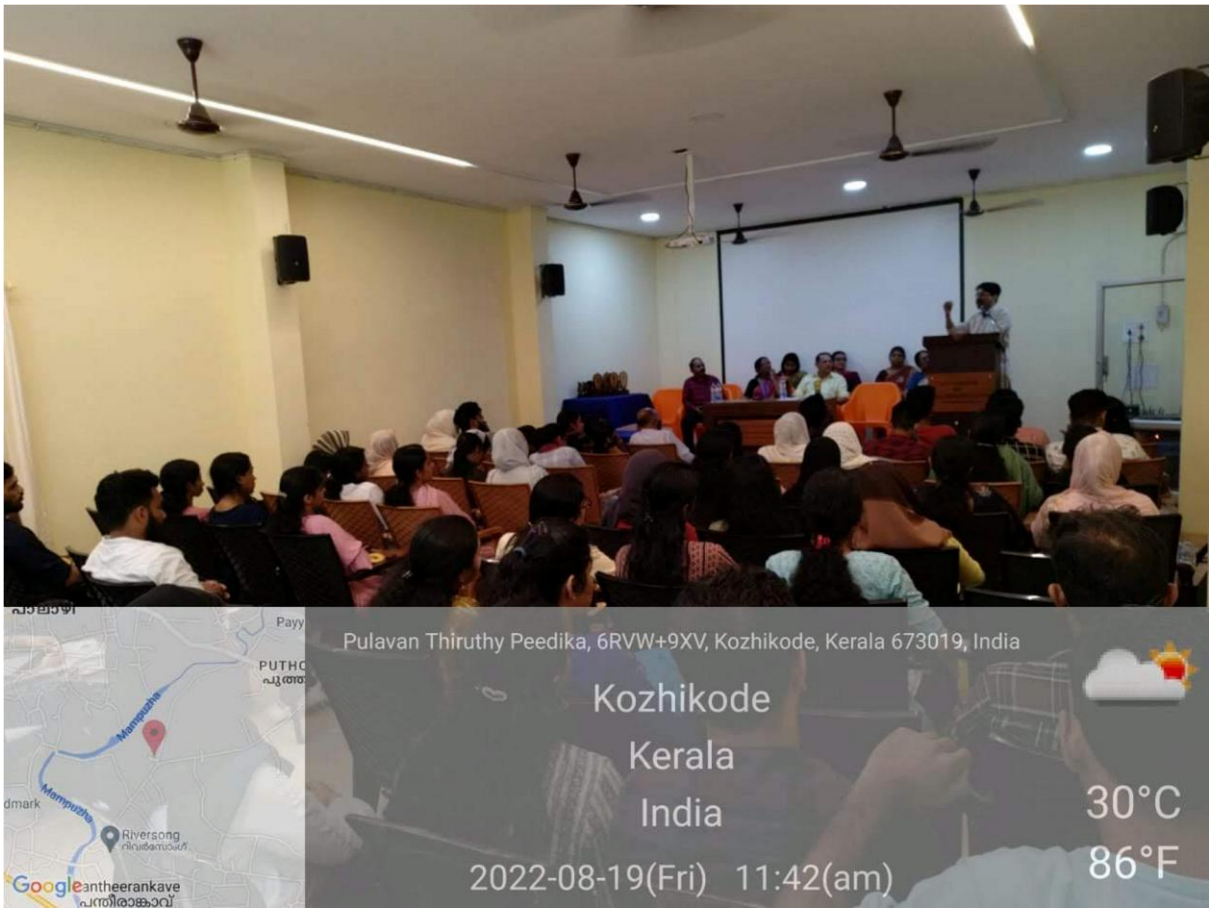
The inauguration was graced by Prof. (Dr.) M.N. Muhammedunni Alias Mustafa, Controller of Examinations (In-Charge) at the Central University of Kerala, serving as the Chief Guest.

The programme featured esteemed speakers and attendees, including:

- Prof. Basheer Manalody (Manager, CICS CTE)
- Sri. Moideen Koya (AO, CICS CTE)
- Sri. Subaish.T.M (Ex PTA Vice President)

Smt. Shiney (Ward Member, Olavanna Panchayath) .


CICS COLLEGE
OF
TEACHER EDUCATION
Calicut Landmark
Builders
MATHARA
Google
6RPQ+PVW, Mathara, Kozhikode, Kerala 673014, India
Kozhikode
Kerala
India
30°C
86°F
2022-08-19(Fri) 11:43(am)



Programme Schedule

The event commenced with a prayer by the college choir, followed by a welcome address by Dr. Indira K (Principal, CICS CTE) and the inaugural speech by Prof. (Dr.) M.N. Muhammedunni Alias Mustafa. The schedule included memento distribution and felicitation speeches by the dignitaries mentioned above. Further stages of the event featured:

Award of Appreciation: Presented to Dr. Jamuna Devi P (Principal, COITE), Sri. Suresh Kutti Raman (Chief Associate Director), Smt. Shiya K.G (Best Teacher of the Year), and Dr. Mathew Joseph (Best Assistant Professor of the Year).

Award of Excellence: Given to distinction holders for B.Ed Degree Examinations and K-TET qualifiers among B.Ed and TTE students.

Special Recognitions: Winners of district-level science quizzes, Kerala ITE football tournaments, and best goal keeper received prizes.



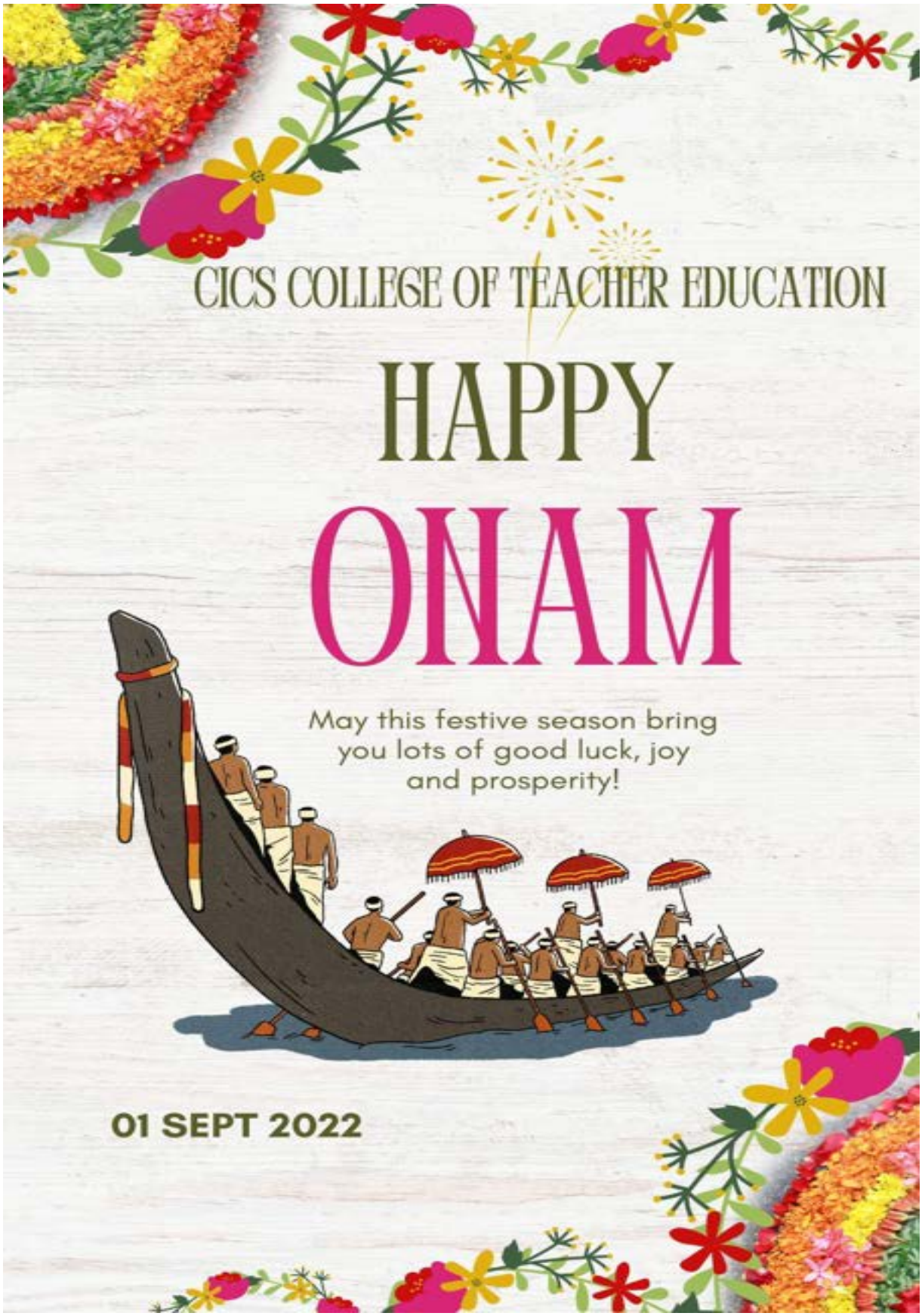
Felicitation and Address

Felicitations were delivered by senior staff and community representatives. The reply to the toast was presented by various dignitaries, including Dr. Jamuna Devi P, Sri. Suresh Kutti Raman, Dr. Mathew Joseph, Mrs. Anjali R, Mrs. Aysha Rahana M.T, and Ms. Aiswarya C.K. The vote of thanks was proposed by Smt. Shyja K.G (Staff Secretary, CICS CTE). The programme concluded with the national anthem.

Outcomes and Highlights

Dignitaries lauded the academic achievements and extracurricular talents of students. The event strengthened ties between faculty, students, and community leadership. The recognition and awards were well-received, boosting morale and inspiring further excellence.

21) Onam Celebration



Report

Date : 01 September 2022
Venue : CICS College of Teacher Education

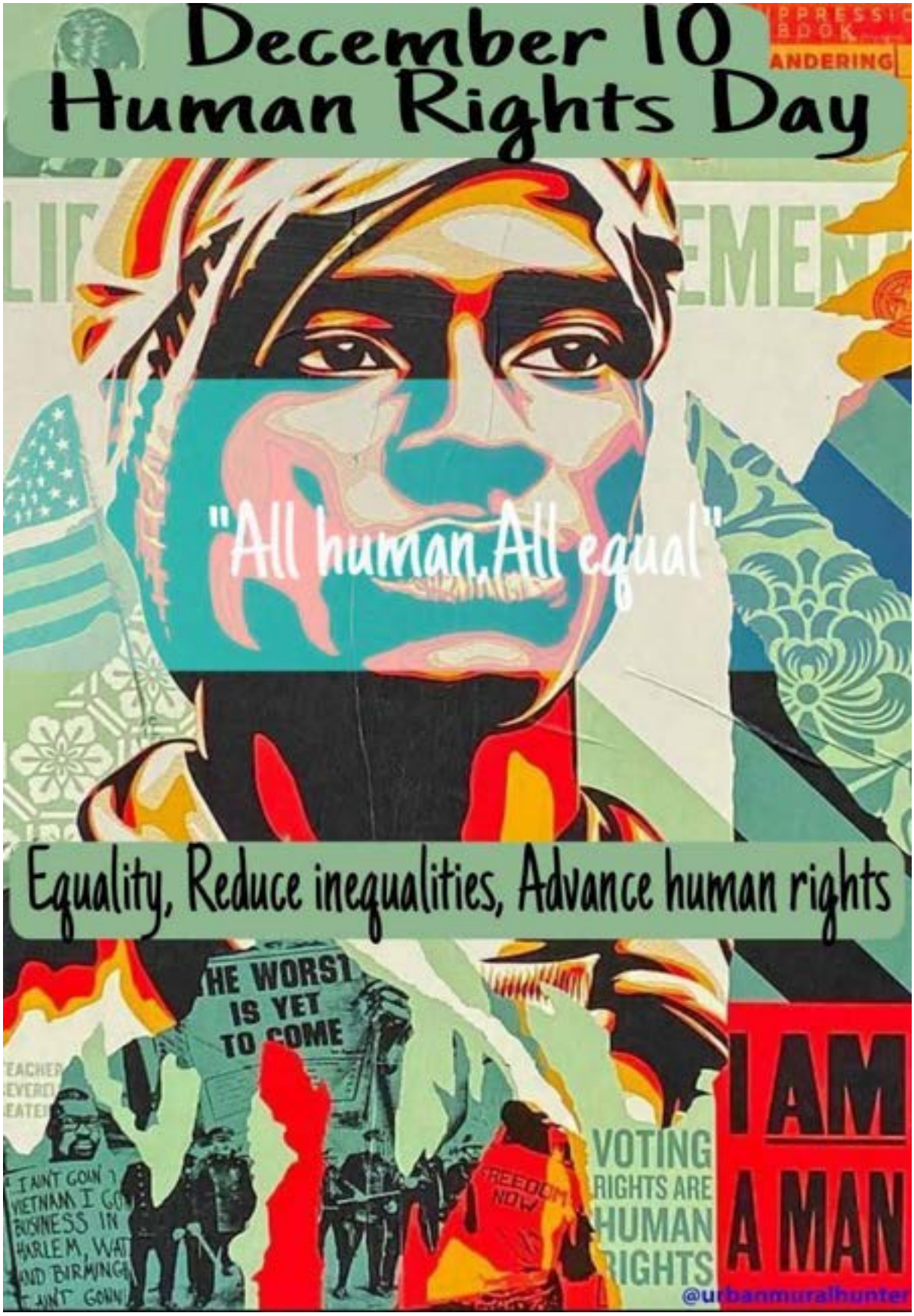
The Onam celebration at CICS College of Teacher Education on 1st September 2022 was a vibrant and culturally rich event that brought together students and faculty in joyous harmony. The program was organized to honor the spirit of Onam, Kerala’s harvest festival, and to promote cultural unity and traditional values.

- **Pookalam Decoration :** The day began with the creation of a stunning Onam Pookalam (floral carpet) at the college entrance. Students enthusiastically participated in designing intricate patterns using fresh flowers, showcasing their creativity and teamwork.
- **Traditional Feast – Onam Sadhya :** A delicious and authentic Onam Sadhya was served on banana leaves, featuring a wide variety of traditional dishes. The highlight was the sweet and creamy **Payasam**, which added a festive flavor to the meal.
- **Cultural Performances :** The celebration included **Onappattu** (Onam songs) and **Onakalikal** (traditional games), which brought laughter and excitement to the gathering. Students performed folk songs and dances that reflected the rich heritage of Kerala.
- **Community Spirit :** The event fostered a strong sense of togetherness and joy. Everyone—from students to staff—actively participated, making the celebration truly memorable.



The Onam celebration at CICS College of Teacher Education was a resounding success. It not only highlighted the cultural traditions of Kerala but also strengthened the bonds among the college community. The event was a beautiful reminder of the values of unity, prosperity, and joy that Onam represents.

22) Human Rights Day Celebration



Report

Date : 10th December 2022
Time : 10:00 AM
Venue : Assembly Hall

Date: 10th December 2022

The CICS College of Teacher Education, Mathara, observed *Human Rights Day* on **10th December 2022** with great enthusiasm and purpose. The event aimed to raise awareness among student-teachers about the importance of human rights and their role in promoting equality, dignity, and justice in society.

Digital Poster Making Competition
As part of the celebration, a *Digital Poster Making Competition* was organized online. The theme focused on *"Stand Up for Human Rights"*, encouraging participants to creatively express their understanding and commitment to human rights through digital art.

- The competition was open to all B.Ed. students.
- Entries were submitted via email and evaluated by a panel of faculty members.
- Posters were judged based on creativity, relevance to the theme, and visual impact.
- Winners were announced during a virtual gathering and awarded e-certificates.

Outcome
The event successfully engaged students in a meaningful reflection on human rights issues. It fostered creativity, digital literacy, and a deeper understanding of global human rights challenges.

23) Community Living Camp – NAMA



REPORT

Date : **3rd January – 6th January 2023**
Location : **Maniyankode, Wyanad District**
Theme : ***Exploring the Indigenous Nature of Wyanad***

Objectives of the Camp

- Understand community social systems through immersive experience.
- Facilitate student learning about ground realities of tribal life.
- Promote democratic involvement in planning and execution.
- Explore the heritage and socio-economic conditions of the Mulla Kuruma tribal colony.
- Investigate inclusion and environmental aspects of tribal communities.
- Develop physical and mental resilience for balanced personality growth.

Planning Overview

- First Meeting (Nov 8, 2022): Decided camp dates, location, and coordinators.
- Second Meeting (Dec 1, 2022): Formed student groups and assigned tasks (name, logo, song.)
- Final Meeting (Dec 26, 2022): Finalized camp name "NAMA", group names (Gadiga, Nagoba, Bagoriya, Naga), logo, song, and transportation.

Organizing Committee – Community Living Camp "NAMA"

- Patron: Dr. K. Indira (Principal)
- Program Coordinator: Mr. Anulal (Assistant Professor)
- Joint Coordinator: Dr. Shimna Suresh (Assistant Professor)
- Convener: Aneesh T K
- Joint Convener: Anagha V
- Treasurer: Athul P. K.

Camp Execution Summary

Day 1 – 3rd January 2023

- Departure from college at 7:30 a.m.; arrival in Wayanad by 10:00 a.m.
- Ice-breaking drama session by Mr. Anurag Edachery.
- Activities included group games, storytelling, skits, and creative advertisements.
- Evening session on "The Story of Wayanad" by Mr. Jaysreekumar.
- Cultural performances and dinner.

Day 2 – 4th January 2023

- Morning walk through the village.
- Visit to Mulla Kuruma community at Madur; interaction with local leaders.
- Exploration of traditional wells and hunting tools.
- Visit to Jan Temple and Regional Center for Research.
- Environmental session with Mr. Mathews followed by campfire.

Day 3 – 5th January 2023

- Trekking to Mayladupara and visit to Vardhamana Mahaveva's footprint.
- Interactive session on inclusive education with experts from NIAS and Home Center for Ecology.
- Return to college and evening games (balloon popping, lemon spoon).
- Overnight stay at college.

Day 4 – 6th January 2023

- Breakfast preparation and feedback session.
- Students shared reflections and praised the coordinators.
- Camp concluded at 1:30 p.m.

Reflections

The camp provided a transformative experience, blending education with cultural immersion. Students gained insights into tribal life, environmental challenges, and the importance of social responsibility. Activities fostered teamwork, creativity, and empathy.

Conclusion

The NAMA Community Living Camp was a successful initiative that bridged education with real-world social engagement. It empowered future educators to understand the role of inclusion, cultural sensitivity, and community development in shaping holistic education.













24) National Level Workshop on Technology Integrated Learning Design



Report

Date **: 19 January, 2023**
Organized by **: CICS College of Digital Education**
Resource Person : **Dr. K. Biju**

The CICS College of Digital Education successfully conducted a National Level Workshop on *Technology Integrated Learning Design* on January 19, 2023. The workshop was graced by the presence of the distinguished academician, **Dr. K. Biju**, who served as the resource person and led the session with remarkable expertise.

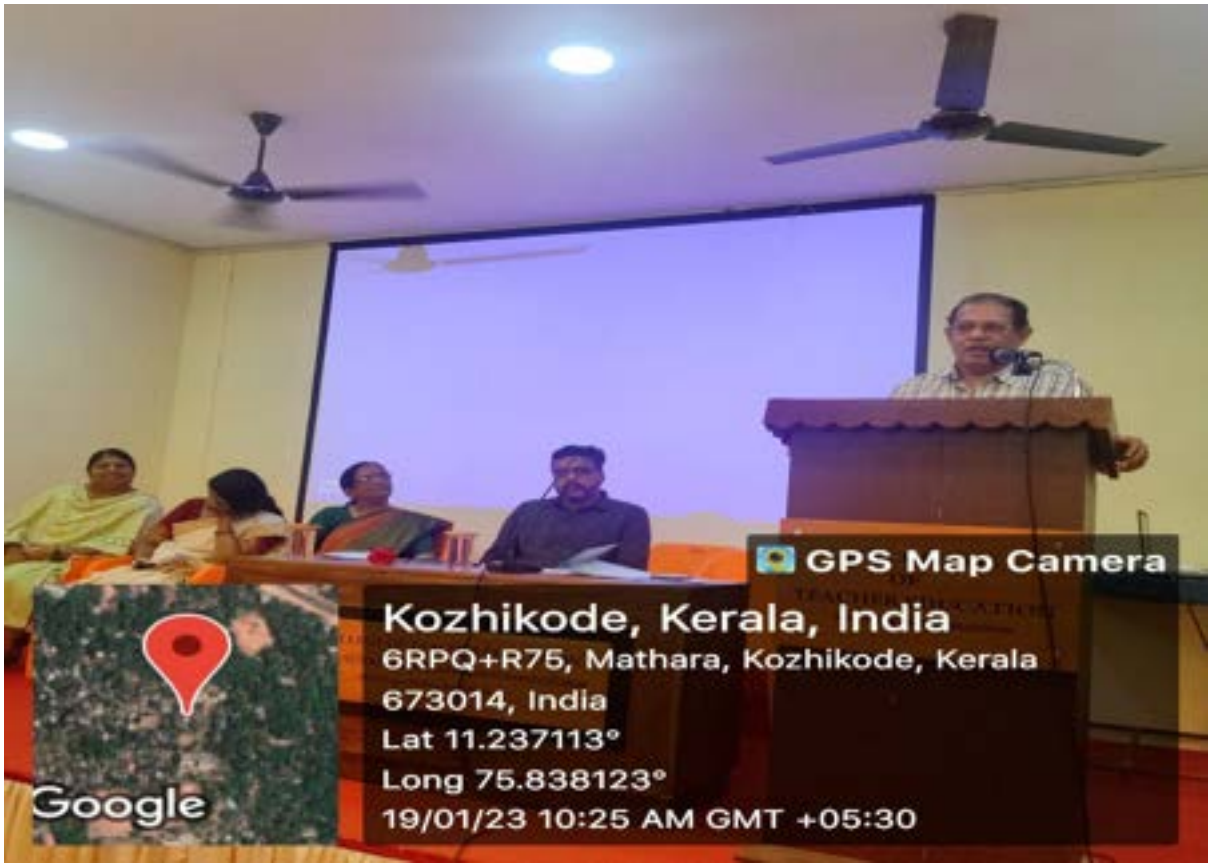
The workshop centered on the effective integration of technology into educational practices to enhance both teaching quality and learning outcomes. Dr. Biju shared insightful strategies for curriculum design and instructional approaches that leverage digital tools to foster *interactive, engaging, and student-centered learning environments*. His expertise shed light on how educators can harness technology to create dynamic and flexible learning experiences.

The event garnered enthusiastic participation from a diverse audience comprising faculty members, students, and educators from multiple institutions. Their active involvement contributed to the collaborative atmosphere of the workshop, encouraging dialogue on innovative methodologies and the evolving role of digital education.

Overall, the session proved to be highly enriching and impactful, promoting the adoption of forward-thinking practices in education. It underscored the importance of continual professional development and the growing need for tech-savvy instructional design in academic spaces.




CICS COLLEGE OF TEACHER EDUCATION
NATIONAL LEVEL WORKSHOP
On TECHNOLOGY INTEGRATED LEARNING DESIGNS
GPS Map Camera
Kozhikode, Kerala, India
7R96+J7, Kavu Nagar, Kozhikode, Kerala 673017, India
Lat 11.269083°
Long 75.811449°
19/01/23 10:12 AM GMT +05:30
Google


GPS Map Camera
Kozhikode, Kerala, India
6RPQ+R75, Mathara, Kozhikode, Kerala 673014, India
Lat 11.237113°
Long 75.838123°
19/01/23 10:25 AM GMT +05:30
Google


GPS Map Camera
Kozhikode, Kerala, India
M.G Nagar, Mathara, Guruvayurappan college PO, 673014, Mathara, Kozhikode, Kerala 673014, India
Lat 11.236399°
Long 75.838443°
19/01/23 10:36 AM GMT +05:30
Google

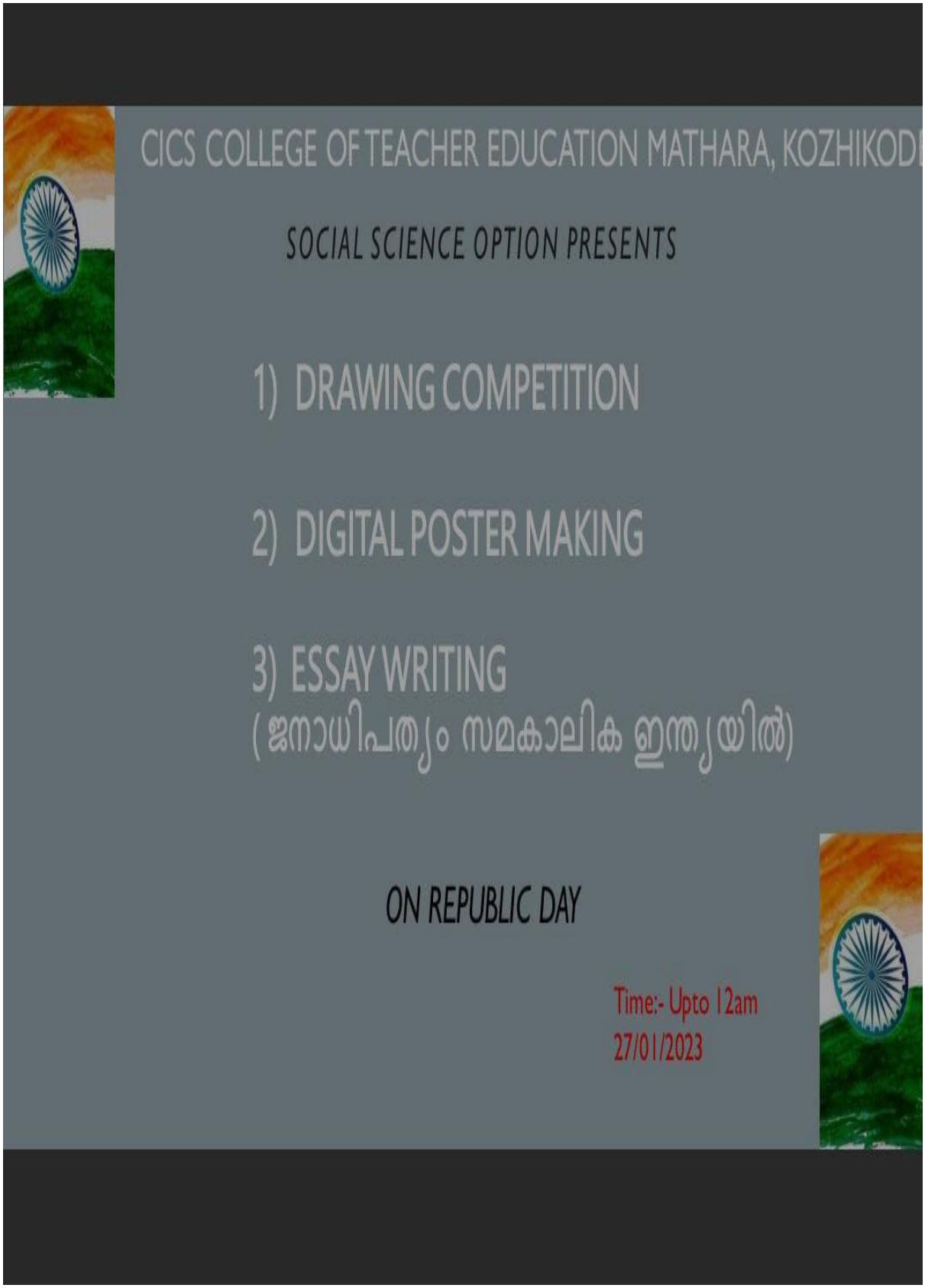

GPS Map Camera
Kozhikode, Kerala, India
7R96+J7, Kavu Nagar, Kozhikode, Kerala 673017, India
Lat 11.269083°
Long 75.811449°
19/01/23 10:12 AM GMT +05:30
Google



● കോഴിക്കോട് മാത്തറ സി.ഐ.സി.എസ്. കോളേജ് ഓഫ് ടീച്ചർ എജു
ക്കേഷനിൽ നടന്ന ദേശീയ ശിൽപ്പശാലയിൽ തമിഴ്നാട് കേന്ദ്ര സർവ്വക
ലാശാലയിലെ ഡോ. ബിജു കെ. ക്ലാസ്സെടുക്കുന്നു.



25) Literary and Creative Competitions in Connection with Republic Day



Report

Date **:** 27 January, 2023
Organized by : Department of Social Science
Venue **:** CICS College of Teacher Education

As part of the extended *Republic Day Celebrations*, the **Department of Social Science** at *CICS College of Teacher Education* organized a vibrant set of activities on January 27, 2023, designed to foster patriotism and creativity among students. The events included an **Essay Writing Competition**, a **Drawing Competition**, and a **Digital Poster Making Competition**-each aiming to reflect the spirit of national pride and civic consciousness.

In the **Essay Writing Competition**, participants explored thought-provoking themes such as the significance of the Indian Constitution, youth and nation-building, and the role of education in a democratic society. The essays showcased students' critical thinking and their commitment to national values.

The **Drawing Competition** invited students to depict symbols of national heritage, unity in diversity, and freedom struggles. The artworks, full of imagination and meaning, were displayed around the campus and admired by faculty and students alike.

In the **Digital Poster Making Competition**, participants used digital tools to create visually compelling posters that echoed themes like sustainable development, Indian innovation, and national integrity. The entries highlighted students' digital literacy and their ability to communicate powerful messages through design.

All competitions witnessed enthusiastic participation and were judged by faculty based on originality, relevance to the theme, and presentation. Winners were recognized with certificates and accolades, while all participants were appreciated for their effort and creativity.

These events provided a platform for students to express their patriotism in diverse forms, making the Republic Day celebrations truly meaningful and multifaceted.



26) Observance of "അന്താരാഷ്ട്ര മാതൃഭാഷ ദിനം" (International Mother Language Day)



Report

Date : 21st February, 2023
Venue : CICS College of Teacher Education
Organized by : Student Community

To honour the richness of linguistic diversity and promote the preservation of mother tongues, the student community of CICS College of Teacher Education observed **International Mother Language Day** (അന്താരാഷ്ട്ര മാതൃഭാഷ ദിനം) on **February 21st, 2023**, with a series of thoughtful, meaningful, and culturally vibrant activities.

The celebration commenced with a **group song** that beautifully encapsulated India's linguistic mosaic, setting a harmonious and reflective tone. The performance resonated with the significance of embracing one's native language and celebrated the cultural depth carried by every mother tongue.

Following this, **student-led speeches** offered insightful perspectives on:

- The importance of **preserving native languages**
- The unifying power of **multilingualism** in national identity
- The role of future educators in fostering **linguistic inclusivity** within educational spaces

The event was not only a homage to India's vast language heritage but also a collective appeal to cherish and uphold every language, irrespective of its scale or reach. It inspired pride in cultural identity and initiated meaningful conversations about language preservation and education.

In essence, the observance of International Mother Language Day served as a simple yet powerful reminder of the beauty in linguistic diversity - and the responsibility to nurture it.




GPS Map Camera
Kozhikode, Kerala, India
M.G Nagar, Mathara, Guruvayurappan college PO, 673014, Mathara, Kozhikode, Kerala 673014, India
Lat 11.236335°
Long 75.838233°
21/02/23 09:45 AM GMT +05:30
Google


GPS Map Camera
Kozhikode, Kerala, India
M.G Nagar, Mathara, Guruvayurappan college PO, 673014, Mathara, Kozhikode, Kerala 673014, India
Lat 11.236337°
Long 75.838229°
21/02/23 09:46 AM GMT +05:30
Google

27) National Science Day Celebration



Report

Date : 28 February 2023
Time : 10: AM
Venue : Assembly Hall,

CICS College of Teacher Education

To commemorate the discovery of the Raman Effect by Sir C.V. Raman, CICS College of Teacher Education celebrated National Science Day on 28th February 2023 with great enthusiasm and intellectual fervour.

Inaugural Address

The program commenced in the Assembly Hall with a warm welcome, followed by an inspiring speech delivered by **Assistant Principal Mrs Myrtle Victor**. In her address, Mrs Victor emphasized the significance of scientific thinking in teacher education and encouraged students to cultivate a spirit of inquiry and innovation in their future classrooms. Her words resonated deeply with the audience and set the tone for the day's proceedings.

Caption Competition & Slogan Competition

Two vibrant competitions were held to spark creativity and scientific awareness among the students:

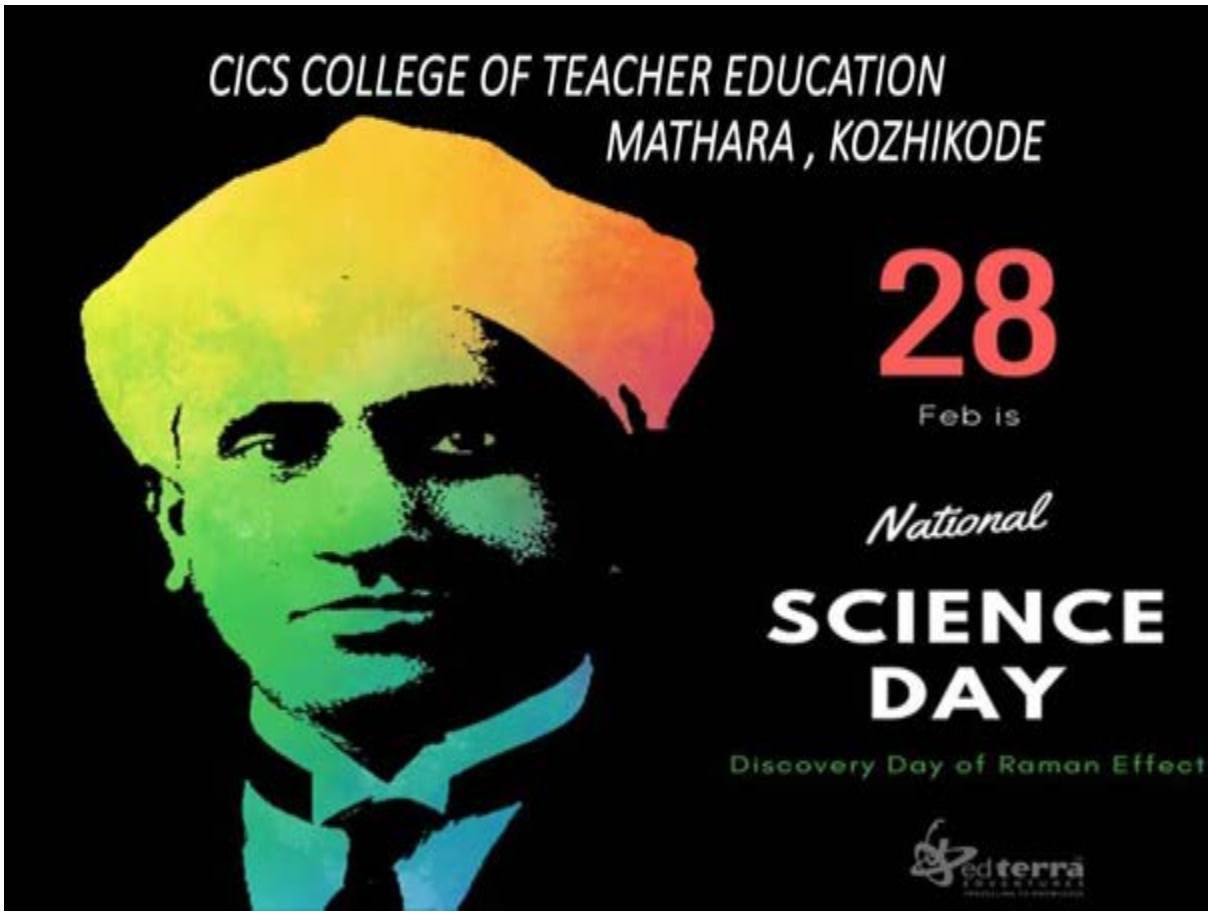
- **Caption Competition:** Participants were invited to submit engaging and thought-provoking captions related to science, technology, and innovation.
- **Slogan Competition:** Students crafted impactful slogans that celebrated the role of science in everyday life and its power to shape the future.

Both events were held in the Assembly Hall, where students enthusiastically showcased their originality and scientific insight. The entries reflected a broad range of ideas - from environmental sustainability to space exploration - highlighting the diverse interests of the student body.

Recognition

Winners of the competitions were awarded certificates of appreciation and received enthusiastic applause from their peers and faculty. The celebration successfully encouraged the spirit of scientific inquiry and underscored the importance of integrating science education with creativity.


CAPTIONS PLEASE...


CICS COLLEGE OF TEACHER EDUCATION
MATHARA , KOZHIKODE
28
Feb is
National
SCIENCE
DAY
Discovery Day of Raman Effect
edterra

CICS COLLEGE OF TEACHER EDUCATION, MATHARA

NATIONAL SCIENCE DAY CELEBRATION

FEBRUARY 28TH



CAPTION COMPETITION

SLOGAN COMPETITION

TM NS Poster Maker

28) Me Help Literacy Programme



Report

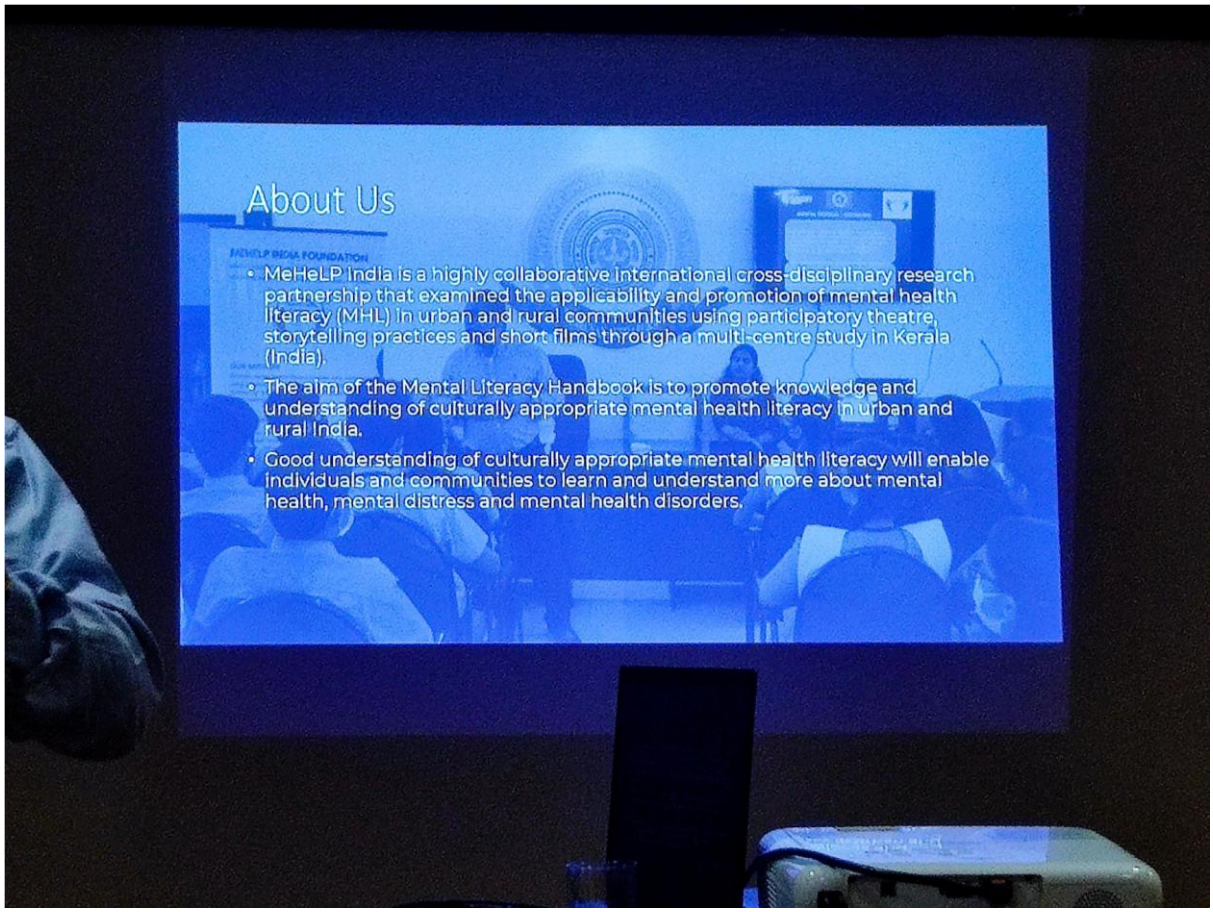
Introduction

In an effort to promote mental wellness and emotional awareness among students and teachers, the Department of Education, De Montfort University organized a "ME HELP Mental Literacy Programme" on the 1st of March 2023. The session aimed to empower participants with tools to enhance emotional intelligence, manage stress, and foster a positive mental health culture in educational settings.



Objectives of the Programme

- To promote awareness about mental literacy and emotional well-being.
- To equip future teachers with coping strategies for stress and anxiety.
- To encourage open conversations about mental health in classrooms.
- To foster self-help and peer support practices.



Programme Highlights

The session began with a formal welcome address by the Resource Person Dr. R Raghavan, who emphasized the need for mental resilience in teaching professionals.

Key Segments of the Programme:

1. Interactive Talk on "Understanding Mental Literacy"

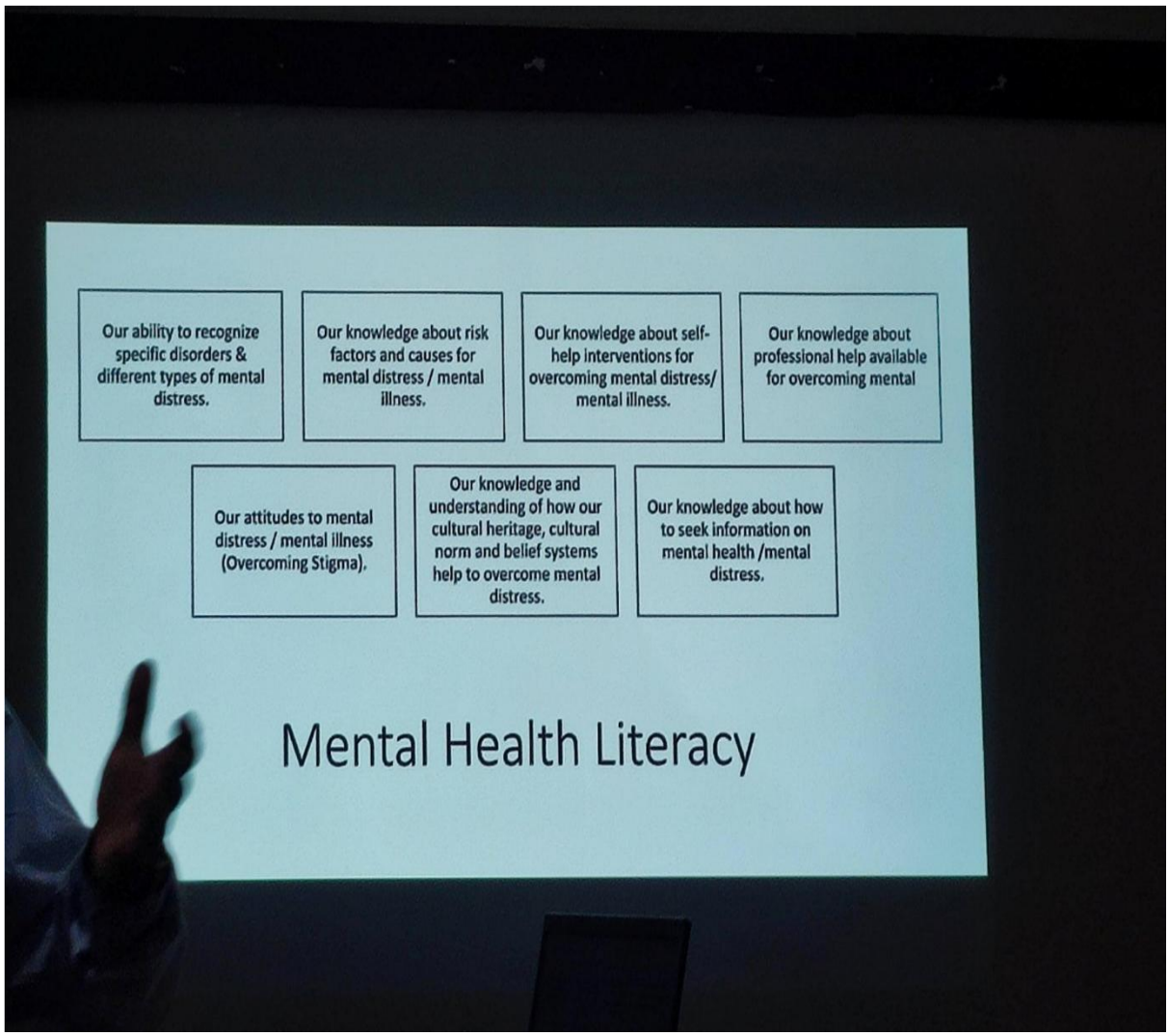
   The expert highlighted the importance of self-awareness, empathy, and mental fitness in everyday life and teaching.

2. Activity: “Emotional Mapping”

   Participants were guided to reflect on their daily emotional experiences and recognize emotional triggers through a simple mapping exercise.

3. Workshop on Stress Management Techniques

   Breathing exercises, mindfulness practices, and journaling tips were demonstrated to help student-teachers incorporate wellness habits into their routine.



1. **Group Discussion: "ME Help - My Emotional Support Plan"**

The participants were divided into groups and asked to design personal support plans Focusing on self-help, peer support, and when to seek professional help.



Outcomes

- Increased awareness among student-teachers about the significance of mental literacy.

- Participants reported better understanding of emotional regulation and stress coping mechanisms.

- The programme encouraged the development of an empathetic and supportive environment within the college.

Feedback

The feedback collected from the participants was overwhelmingly positive. Many appreciated the practical nature of the activities and expressed the desire for more such programmes to address student mental health proactively.





Conclusion

The ***ME HELP Mental Literacy Programme*** was a successful step towards fostering a mentally healthy academic community. It served as a reminder that mental strength and emotional well-being are as important as academic excellence in shaping competent and compassionate educators.

29) International Women's day Celebration "Women in Focus"



"Each time a woman stands up for herself,

Without knowing it possibly,

Without claiming it, she stands up for all women"

- MAYA ANGELOU

Report

Introduction:

On March 8, 2023, the Womens Cell of Cics College of Teacher Education
Under the coordination of Dr. Shimna Suresh along with the Principal, Management, faculty, students and non-teaching staff celebrated the International Women's Day with great enthusiasm and fervour under the banner WOMEN IN FOCUS. The event aimed to highlight menstrual health and education, normalise period education, introduce period products, work on strategies to ensure menstrual health and ultimately promote gender equality and women empowerment.
The coordinator had conducted a survey prior to the event to acknowledge the type of period products used by students, the support received from the environment in THOSE days and the associated issues they faced physically and emotionally, to address the issue. The data so collected were added to the power point presentation followed by a discussion in the afternoon session.

Snippets of arrangement of hall prior to commencing programme- ensuring equal participation



Event Details:

The event was held at the college auditorium, where all the students and faculty members were invited to participate. The session was inaugurated by a student selected through public poll. The day’s events began with a welcome address by Anagha NM followed by a speech by Sherin Shehanas, highlighting the significance of the day and the importance of GENDER EQUALITY. The compèrers of the programme Minnah and Indu kept the flow of the events smooth and organised. The technical assistance was ensured by Yadukrishna and Anfas, who with their Jugaad ideas tweaked innovatively in times of technical glitch.

Few pics from the day





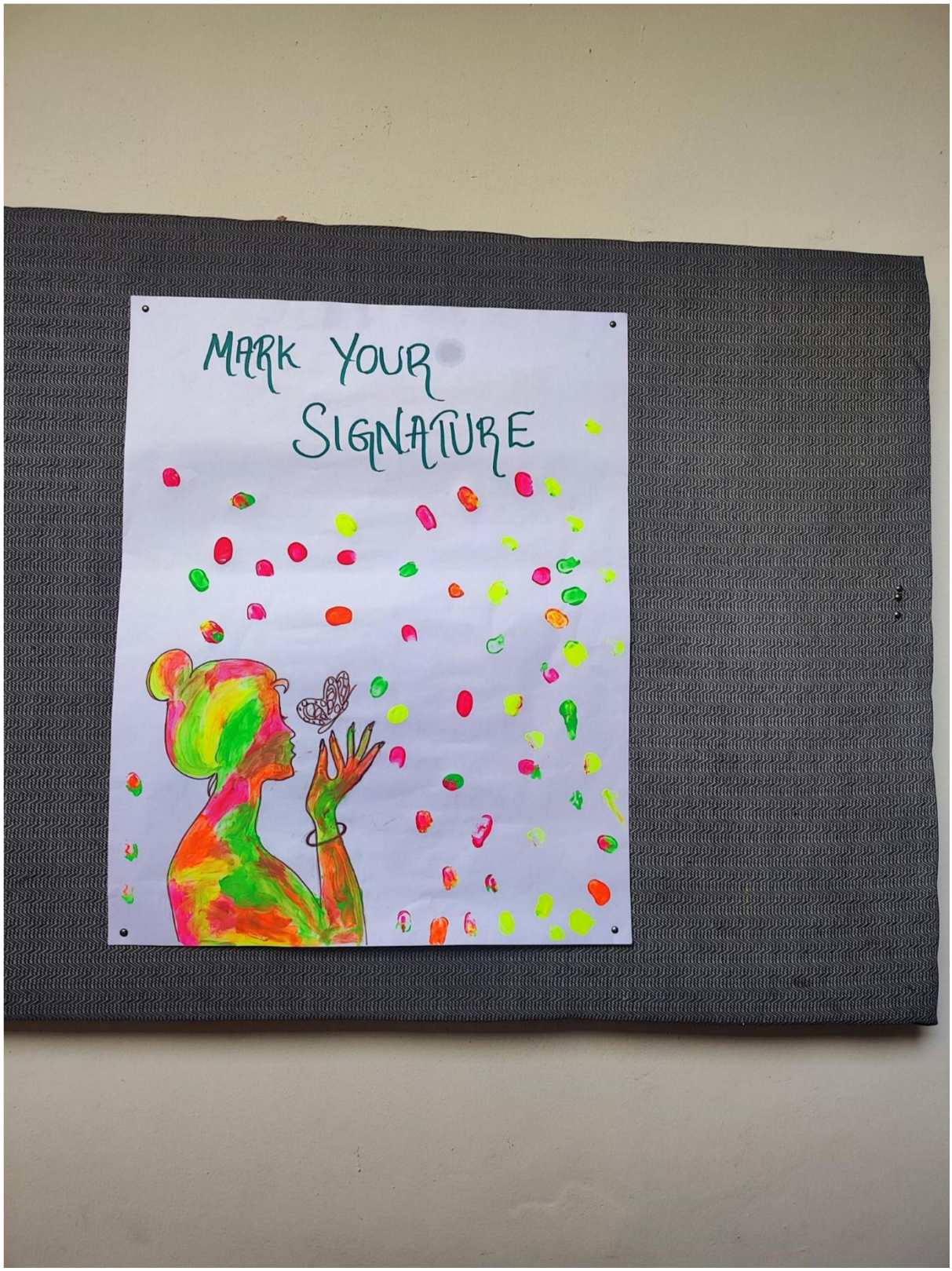
Following the lecture, included cultural performances by the students, including a theme based dance performance on gender inequality. Special mention Divya Chandran, Anjima, Ashwathi.





The highlight of the event was a JAM session carried forward by students from each optional subject reflecting on various themes and topics based on gender inequality featuring taboos and stereotypes existing in the patriarchal society. Special mention - Nourin and Liyana. The event was followed by cultural activities including songs by faculty and students.

Additionally, the event featured a poster-on the theme "GENDER FLUIDITY”, where students created signatures using vivid colours symbolising inclusion and empowerment.
Special mention Ayana.

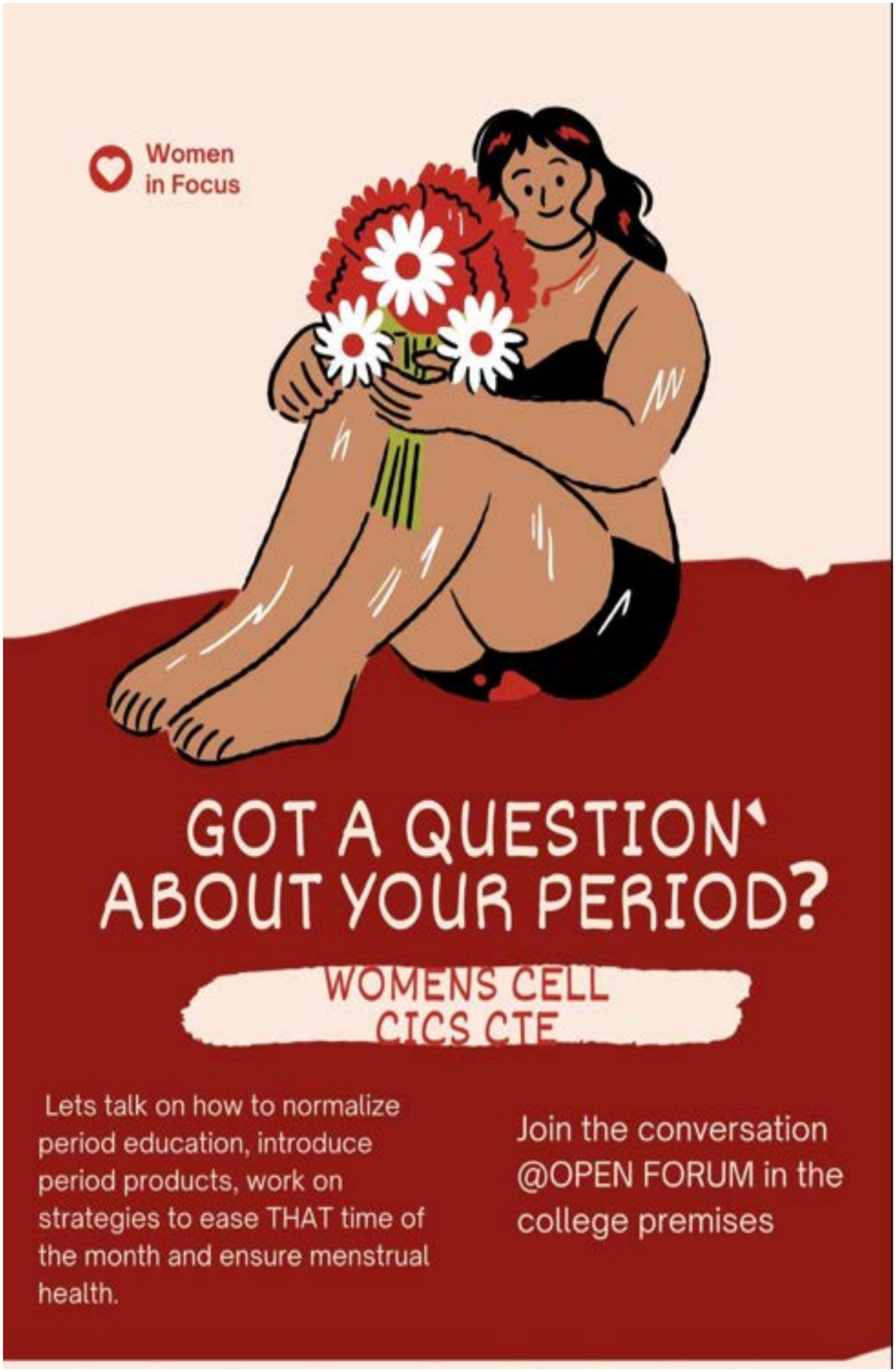


Our little guest of the day little Maria (student Minnah’s sister) entertained the students of CICS CTE with her showstopper performance of the dance from the movie Patan. Respected Principal Dr. Indira congratulated the little talent and gave away a small token of love.

In the afternoon, a relatively light session was arranged in the college computer lab, aimed at assessing the awareness among the boys about menstrual products and products related to women to sensitise the “OTHER” and generate awareness among the gent’s folk in particular about their female counterparts. The event included a fun quiz. Students of the ENGLISH department developed and executed the event well. Special mention - Athulya and team.



The event was followed by a PPT presentation on menstrual hygiene and menstrual products like menstrual cups. The presentation by Fathima Hanna aimed to provide knowledge and awareness about menstrual hygiene and products to the audience.


Women
in Focus
GOT A QUESTION
ABOUT YOUR PERIOD?
WOMENS CELL
CICS CTE
Lets talk on how to normalize period education, introduce period products, work on strategies to ease THAT time of the month and ensure menstrual health.
Join the conversation @OPEN FORUM in the college premises

Presentation Details:

The presentation started with an introduction to menstrual hygiene and the importance of maintaining proper hygiene during menstruation. The presenter discussed the different menstrual products available in the market and their pros and cons.

The presentation focused on menstrual cups, which are becoming increasingly popular due to their eco-friendly nature and convenience. The presenter explained what menstrual cups are, how they work, and how to use them. The audience was also informed about the various benefits of menstrual cups, such as their cost-effectiveness, reduced environmental impact, and longer wear time compared to other menstrual products.



The presenter also addressed some common misconceptions about menstrual cups, such as the belief that they are uncomfortable or difficult to use. The audience was shown how to insert and remove a menstrual cup, and the presenter emphasised the importance of proper cleaning and maintenance.

In addition to menstrual cups, the presenter also discussed other menstrual products, such as tampons and sanitary pads. The audience was informed about the pros and cons of these products and how to choose the right product for their needs.

The presentation concluded with a Q&A session, where the audience could ask questions and clarify any doubts they had. The presenter and moderator of the program Dr. Shimna Suresh answered all questions, providing the audience with a clear understanding of menstrual hygiene and products.

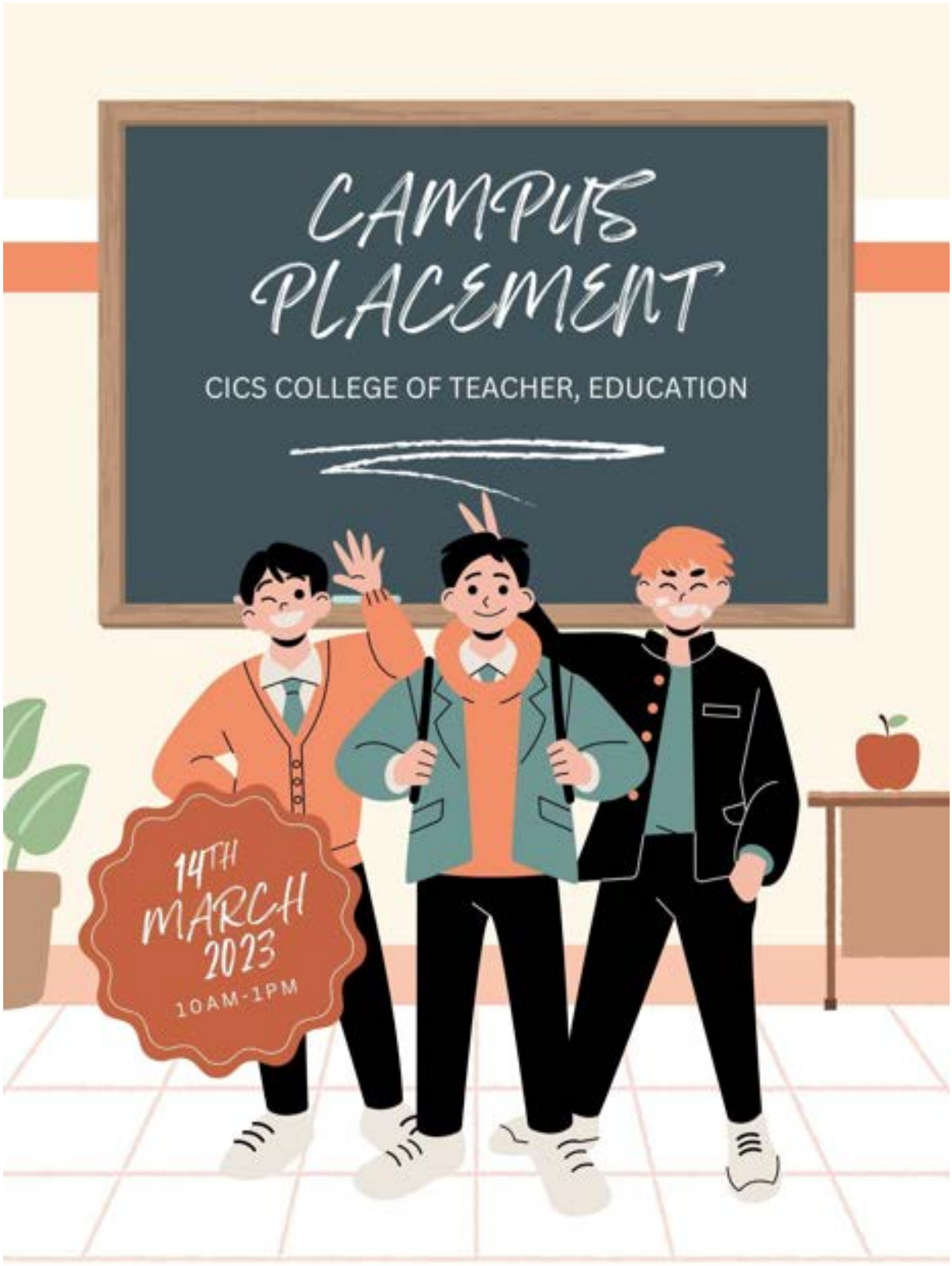
The PPT presentation on menstrual hygiene and menstrual products like menstrual cups was a success, and it provided valuable information to the audience. The presentation helped to raise awareness about menstrual hygiene and products and encourage the use of eco-friendly menstrual products like menstrual cups. More such presentations will continue to be organised in the future, promoting menstrual hygiene and empowering women to make informed choices about their menstrual health.

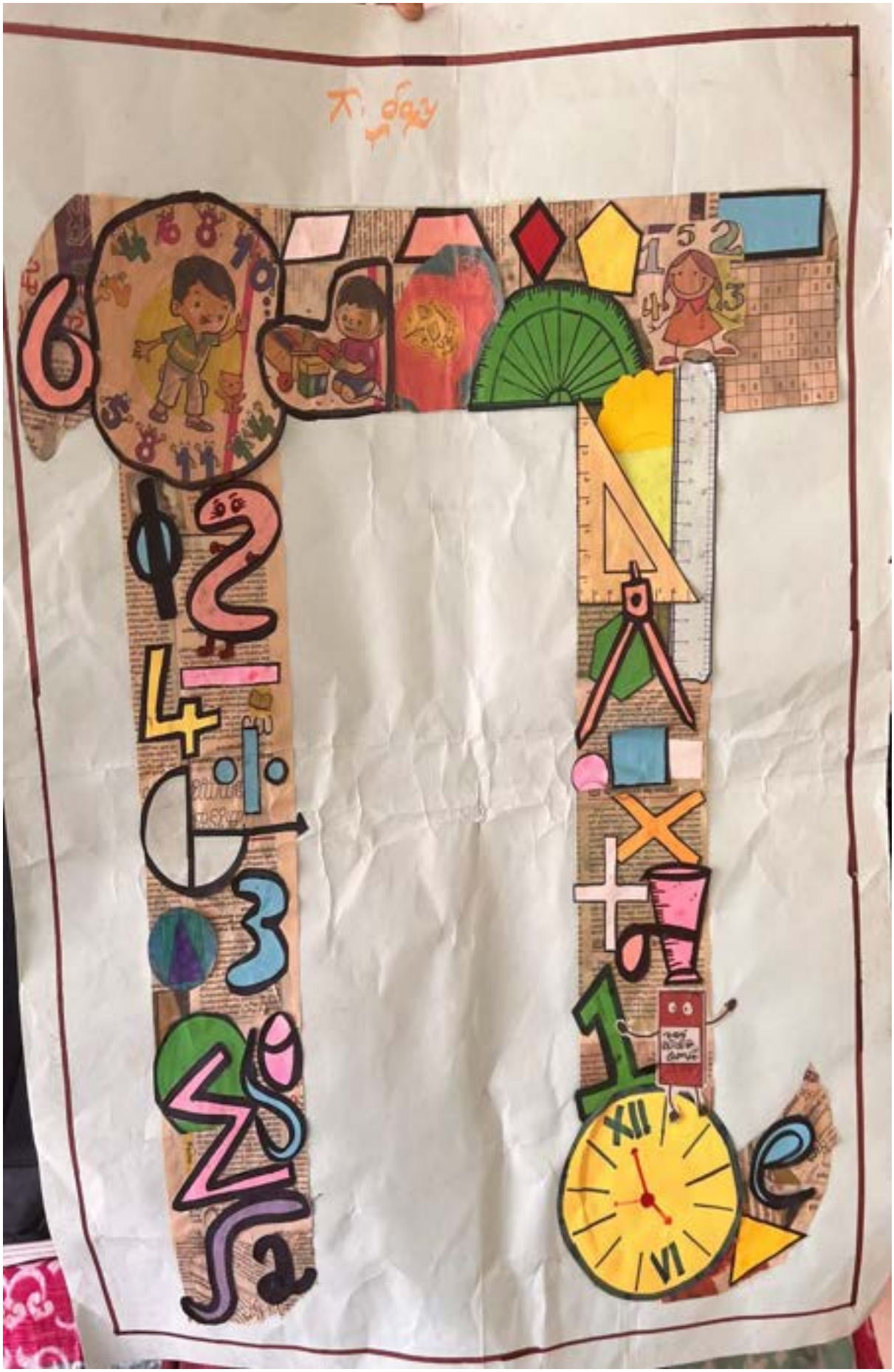
Conclusion:

The International Women's Day celebration in our B.Ed. College was a huge success, and it provided an excellent platform to recognize and celebrate the contributions of women in education and society and create an awareness on menstrual health and wellbeing. The event helped to promote gender equality and women's empowerment and fostered a sense of community among the students and faculty members. The event also served as a reminder of the importance of women's health education and the need to support women in ensuring social equity.

Overall, the event was informative, engaging, and enjoyable, and it successfully highlighted the significance of women in education and society. More events will continue to be organised in the future, encouraging more students to take up careers in education and work towards a more equal and empowered society.

30) Campus Placement Program & π day Celebration




XII
VI

Report

Date : 14 March, 2023
Venue : CICS College of Teacher Education
Organized by : Sri Veda Group of Institutions, Hyderabad, Telangana

On **March 14, 2023**, CICS College of Teacher Education hosted a dynamic and purposeful dual event - **a Campus Placement Program** in collaboration with **Sri Veda Group of Institutions, Hyderabad**, along with a vibrant celebration of **Pi Day**. This unique combination of professional opportunity and academic celebration made for a memorable day on campus.

Campus Placement Program

The primary aim of the placement drive was to connect aspiring educators with prospective teaching opportunities. A total of **18 students** participated in the program:

- **15 candidates** from CICS College
- **3 candidates** from the Government Physical Education College

The recruitment team conducted structured interviews and one-on-one interactions to evaluate candidates' teaching potential. The result was highly encouraging - **15 candidates were selected**, with **5 of them receiving offer letters on the spot**, a testament to the recruiters' confidence in their competence and readiness.

Pi Day Celebration

Simultaneously, students and faculty marked **Pi Day (3.14…)** with engaging math-themed activities. These included:

- A **quiz competition** on mathematical concepts
- A **presentation on the history and significance of π (pi)**
- Creative displays and models illustrating the infinite nature of pi and its real-world applications

The celebration of Pi Day fostered curiosity, fun, and a renewed appreciation for mathematics among students and staff alike.

Together, the campus placement initiative and Pi Day observance reflected the college's commitment to **holistic student development** - balancing **career readiness** with **academic engagement** in a truly inspiring manner.

31) INTERCOLLEGIATE BADMINTON TOURNAMENT



Report

Date : 23rd March 2023
Venue : Mar Osthatheos Training College, Perumpilavu
Organized by : VYUHA College Union 2021-2023

An Intercollegiate Badminton Tournament for B.Ed. students was successfully conducted on 23rd March 2023 at Mar Osthatheos Training College, Perumpilavu. The event was organized by the VYUHA College Union (2021–2023) as part of promoting sportsmanship and camaraderie among teacher trainees.

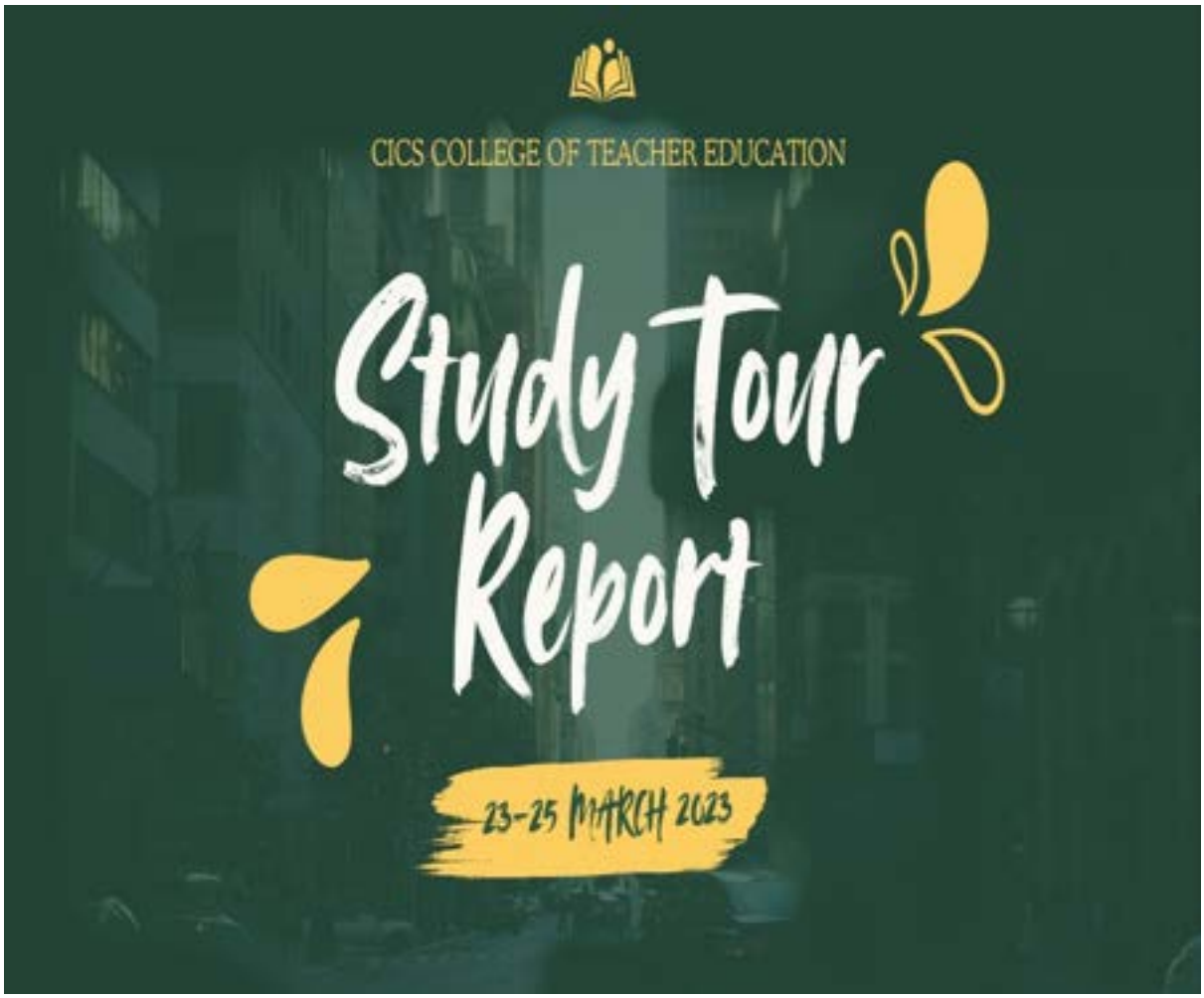
A total of **23 students** from various B.Ed. colleges participated in the tournament, showcasing their athletic talent and competitive spirit. The matches were held in a friendly and enthusiastic atmosphere, encouraging active participation and mutual respect among the players.

Mr. Mathew Joseph, Assistant Professor at CICS, graced the occasion with his presence. His encouraging words and support were a source of inspiration for all participants and organizers.

The tournament concluded successfully, with students gaining not only sporting experience but also opportunities for intercollegiate interaction and friendship. The efforts of the organizing committee and volunteers were commendable in ensuring a smooth and well-coordinated event.



32) Study Tour – *Yaadein 2023*



Introduction

As part of the B.Ed. curriculum, the students of CICS College of Teacher Education embarked on a memorable study tour titled *Yaadein 2023* from May 23rd to 25th, 2023. The tour was organized after a series of meetings and opinion polls, culminating in the selection of Munnar and Marayoor as the destinations. The trip was facilitated by Plan Vacations, with Mr. Prasad serving as the tour guide.

Objectives

- Enhance academic and experiential knowledge
- Promote teamwork and social interaction
- Foster cooperation and mutual understanding
- Build self-confidence and independence
- Create lasting memories through shared experiences

Execution

Day 1 – Munnar

- Departure from college at 9 PM on May 23 with 27 students and 2 teachers
- Arrival at Adimali by 5:30 AM, freshened up and had breakfast
- Visited **Top Station**, a scenic viewpoint on the Kerala-Tamil Nadu border
- Lunch at **Echo Point** followed by unexpected rain, which limited sightseeing
- Missed **Mattupetty Dam** and **Kundala Dam** due to weather
- Enjoyed shopping in the rain and captured group photos in Munnar’s lush landscape

Day 2 – Marayoor

- Early morning off-road jeep ride through **sandalwood forests**
- Visited a **private garden**, **hilltop viewpoint**, and **Kanthalloor waterfalls**
- Took a refreshing shower under the falls and enjoyed local produce like jaggery, sugarcane juice, passion fruits, and strawberries
- Explored **Irachilpara waterfalls** and concluded with an adventurous **off-road drive to dolmens**
- Evening **campfire** with music and dance, followed by dinner and return journey

Feedback & Conclusion

A feedback session was held during the return journey. Students expressed gratitude to the organizing team, especially Mr. Prasad for his friendly and informative guidance. The tour was praised for its planning, execution, and the joyful experiences it provided. Minor shortcomings were acknowledged and addressed with grace.

The trip fostered camaraderie, adventure, and unforgettable memories. Though brief, *Yaadein 2023* left a lasting impact on all participants, enriching their educational journey with real-world experiences and emotional connections.



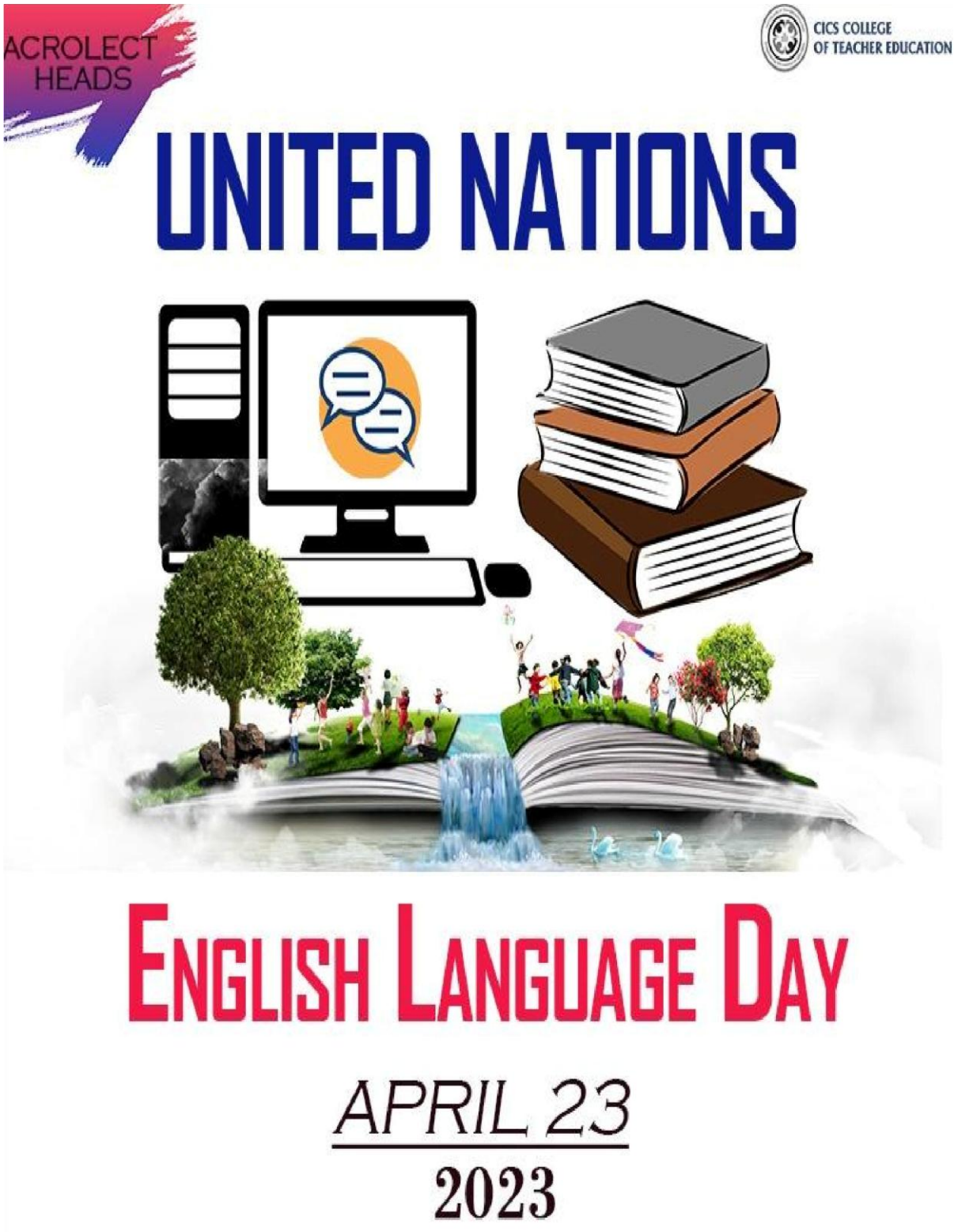








33) INTERNATIONAL ENGLISH LANGUAGE DAY CELEBRATION 2023



English Language Day is an international observance celebrated on April 23 every year to commemorate the birth and death anniversary of William Shakespeare, a renowned English playwright and poet. On this occasion, the English Club of the College of Teacher Education, ACROLECT HEADS organized various activities to celebrate the richness and diversity of the English language. The event aimed to promote the English language and encourage students to develop their English language skills.



1)THE OG SHAKESPEARE

2)WORD KING

3)MOVIES POOL

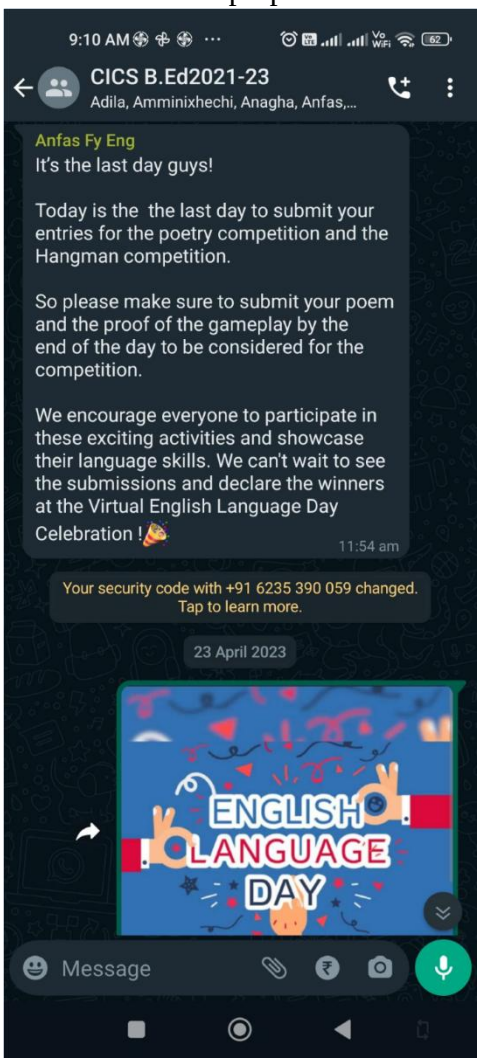
4)FINGER FUMBLER

5)JUST A MINUTE



The English Club ACROLECT HEADS hosted a series of exciting competitions that aimed to showcase the beauty and diversity of the English language. The competitions were held virtually since the college was shut for summer vacation. The Captains of the programme were Ms. Minnah and Mr. Anfas of the Senior Batch with the full support of the entire stream including the freshmen and sophomore batches.

Screenshot of the preps/ announcement preceding World English language Day.



A quick overview of the competitions that took place on that day is given below.

1)*OG Shakespeare* is a poetry writing competition open for all. There is no specific topic for the poem to be prepared too. The poem should not exceed 4 stanzas.

2)*Word king* is a letter guessing game that will be conducted via Hangman Application available on play-store/Appstore. The one who scores maximum coins within a stipulated time frame will be the winner!

3)*Movie pool* is an inventory of our favourite movies and series. We will be collecting the names of films and series with the help of a goggle form.

4)*Finger fumbler* is a tongue twister competition. We will be providing a list of tongue twisters. The participants must utter those at a stretch and record them as What Sapp audio messages. That can be submitted as the entries for the competition.

5)*Just a Minute (JAM)* is an interesting game in which you should speak on a topic within a minute.

The entries can be submitted as WhatsApp audio messages.

TEAM ENGLISH (SENIORS) with the Teacher



We received excellent submissions for the competitions from both the students and the faculty ☺!





The winners of the competitions are listed as follows.

- ✓ Tongue Twisters Challenge: Adila T K (PS- sophomore)
- ✓ Hangman Competition: Fathimahanna (PS- sophomore)
- ✓ Poetry Competition: Smt. Shyja K G (Assistant Professor PS)

Overall, the English Language Day event was a great success, and the English Club received positive feedback from attendees. The event helped promote the importance of learning English and provided students with an opportunity to enhance their language skills. The English Club plans to continue organizing similar events in the future to promote language learning and cultural exchange among students.

The celebration of English Language Day by the English Club of the College of Teacher Education provided a platform for the students to showcase their language skills and creativity. The event also highlighted the importance of English as a global language and the need for students to master the language for their academic and professional growth.

34) World Environment Day Celebration



Report

Date : **5 June, 2023**
Time : 10:00 AM
Venue : **CICS College of Teacher Education**

CICS College of Teacher Education celebrated **World Environment Day** on **June 5, 2023**, with great enthusiasm and vibrant student participation. The event was designed to foster environmental awareness and inspire eco-friendly practices among future educators.

As part of the celebration, students enthusiastically took part in two key activities:

- **Collage-Making Competition**
- **Environmental Quiz Competition**

Both competitions were centred around pressing environmental themes, offering students a creative and intellectually stimulating platform to express their ideas and increase their awareness of environmental challenges.

In addition to these competitions, students actively participated in a **campus tree planting initiative**. They brought a variety of saplings and planted them within the college premises, reinforcing the importance of **environmental stewardship** and **sustainable living**. This hands-on activity not only beautified the campus but also cultivated a sense of responsibility towards protecting nature.

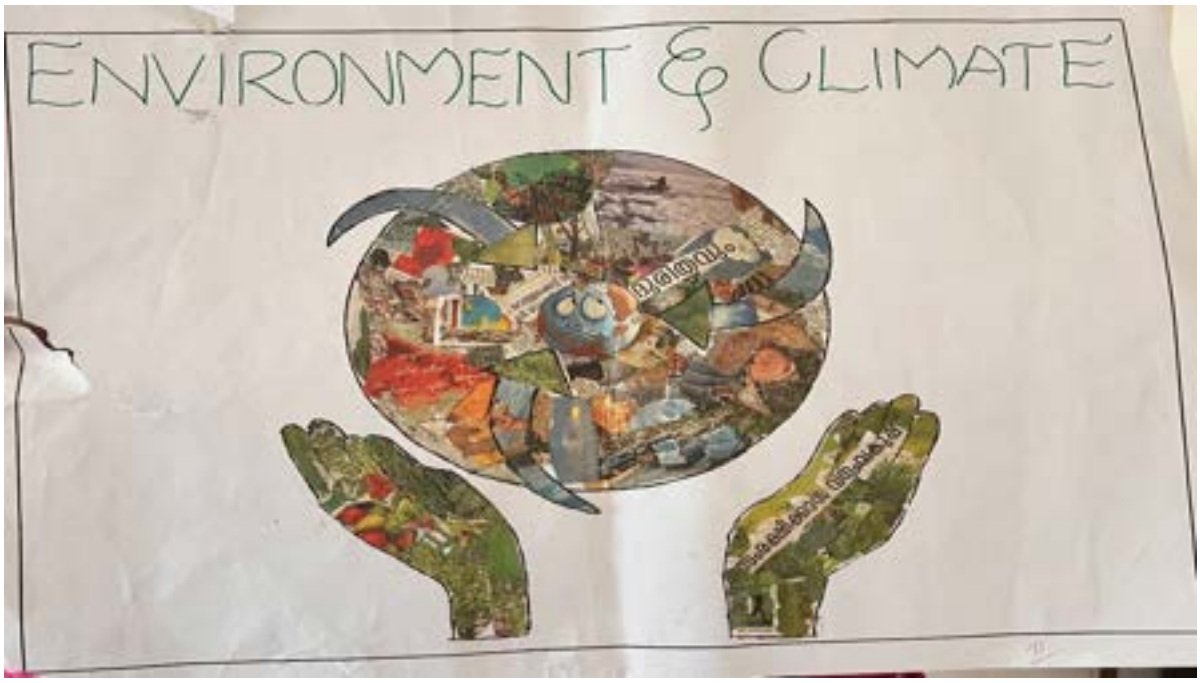
The celebration served as a meaningful step in promoting environmental consciousness within the academic community. It empowered students to adopt sustainable practices and become proactive contributors to a greener future.

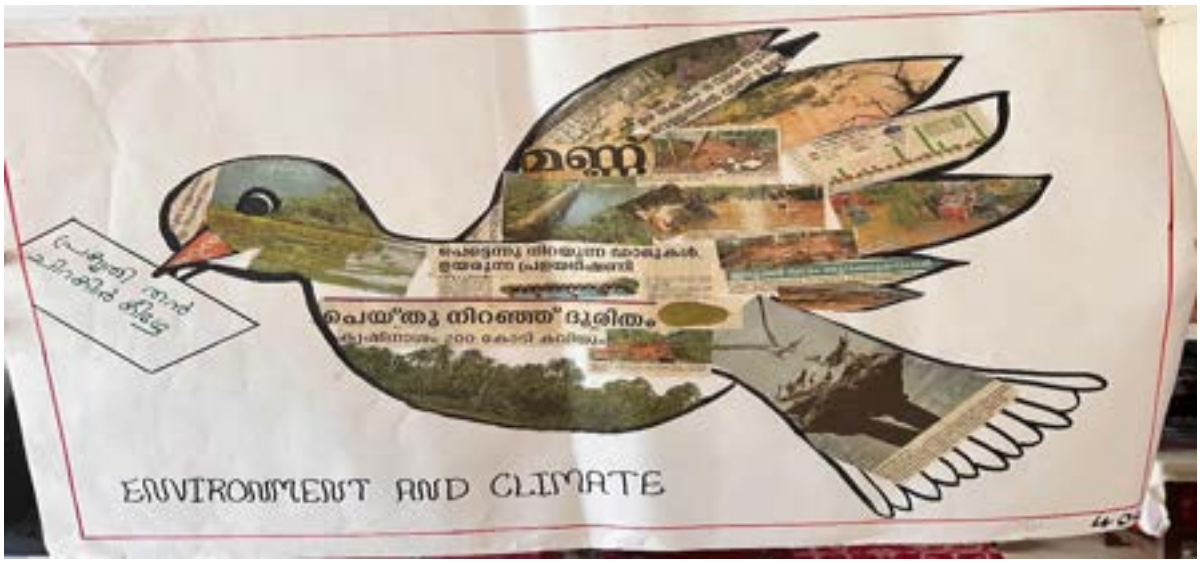



WORLD
ENVIRONMENT
DAY

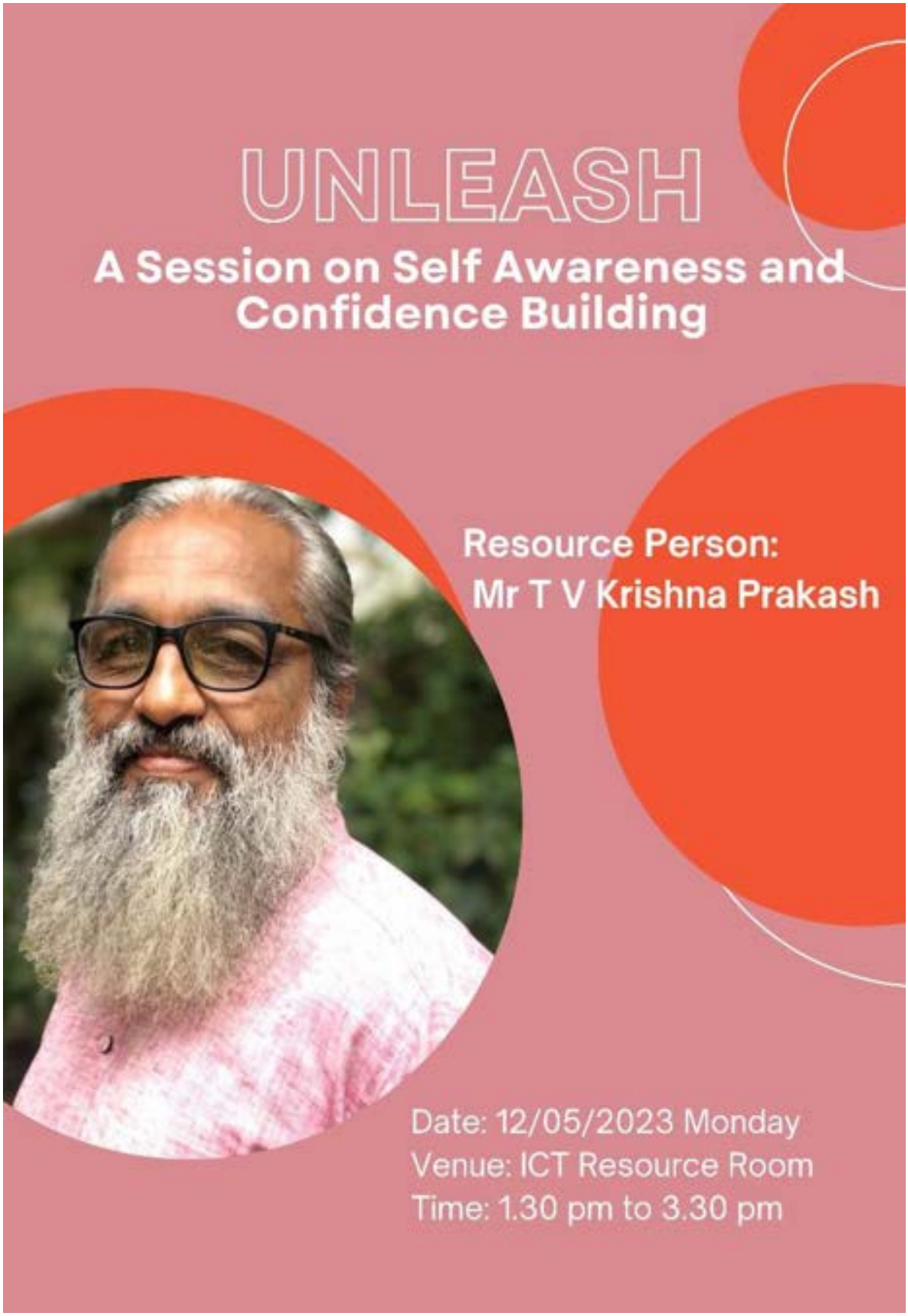



ENVIRONMENT AND CLIMATE
SAVE THE EARTH
FOR BETTER TOMORROW


ENVIRONMENT & CLIMATE


മണ്ണ്
ENVIRONMENT AND CLIMATE

35) Self-Awareness & Confidence Building Day



Report

Date : **12th June 2023**
Venue : **Conference Hall, CICS College of Teacher Education**

CICS College of Teacher Education successfully organized a **Self-Awareness & Confidence Building Day** on **12th June 2023** in the college Conference Hall. The event was aimed at empowering students and aspiring teachers by helping them explore their inner potential and build self-confidence, essential qualities for effective teaching and leadership.

The program was **inaugurated by Mr T. V. Krishna Prakash**, an eminent speaker and motivational trainer. In his inaugural address, Mr Krishna Prakash emphasized the importance of self-awareness in shaping one's identity and the critical role confidence plays in both personal and professional success. He shared personal experiences and insights that inspired the participants to reflect on their goals and self-beliefs.

Following the inauguration, Mr Krishna Prakash conducted an engaging and transformative session titled **"Unleash – A Session for Self-Awareness and Confidence Building."** The session was highly interactive, involving group activities, self-assessment exercises, and motivational storytelling. Participants were encouraged to identify their strengths and limitations, confront self-doubt, and take steps toward self-growth and positive thinking.

The session was well-received by the students and faculty alike, who appreciated the practical techniques and enthusiastic delivery. Many participants expressed that the session helped them gain clarity, motivation, and a renewed sense of purpose.

The event concluded with a vote of thanks, expressing gratitude to Mr. Krishna Prakash for his valuable time and inspiring contribution, as well as to the organizing team for their efforts in making the event a success.

The **Self-Awareness & Confidence Building Day** served as a powerful reminder of the importance of inner growth and self-belief in the journey of becoming effective educators and responsible individuals.


CICS COLLEGE
OF
TEACHER EDUCATION
GPS Map Camera
Kozhikode, Kerala, India
M.G Nagar, Mathara, Guruvayurappan college PO,
673014, Mathara, Kozhikode, Kerala 673014, India
Lat 11.236296°
Long 75.838117°
12/06/23 01:40 PM GMT +05:30
Google


GPS Map Camera
Kozhikode, Kerala, India
M.G Nagar, Mathara, Guruvayurappan college PO,
673014, Mathara, Kozhikode, Kerala 673014, India
Lat 11.23639°
Long 75.838116°
12/06/23 01:37 PM GMT +05:30
Google


GPS Map Camera
Kozhikode, Kerala, India
6RPP+9R7, Mathara, Kozhikode, Kerala 673014, India
Lat 11.236047°
Long 75.837402°
12/06/23 02:53 PM GMT +05:30
Google


GPS Map Camera
Kozhikode, Kerala, India
M.G Nagar, Mathara, Guruvayurappan college PO,
673014, Mathara, Kozhikode, Kerala 673014, India
Lat 11.236304°
Long 75.838107°
12/06/23 01:37 PM GMT +05:30
Google

36) Arts Fest – “Dhwani”



Report

Date : 16 June, 2023
Time : 2:00 PM – 3:30 PM
Venue : CICS College of Teacher Education
Organized by : Department of Mathematics

The **Mathematics Department** of CICS College of Teacher Education successfully organized a vibrant **cultural programme titled “Dhwani”** on **June 16, 2023**, from **2:00 PM to 3:30 PM**. The event served as a platform for students from all departments to come together and showcase their artistic and creative talents.

Students enthusiastically participated in various performances, including **music, dance, drama, and poetry**, demonstrating a wide range of skills and creativity. The stage came alive with energy and expression as participants confidently presented their inner talents to an appreciative audience.

“**Dhwani**” provided a refreshing break from academic routines and promoted cultural harmony, teamwork, and self-expression among students. The program was well-coordinated by the Mathematics Department and witnessed active involvement from faculty and staff, adding to the festive spirit of the event.

The cultural afternoon concluded on a joyful note, leaving behind memories of celebration, talent, and togetherness. It was a true reflection of the vibrant student community at CICS College of Teacher Education



37) Puppetry Making Workshop



Report

Date : 17th June 2023
Time : 2:00 PM
Facilitator : Mr. Suresh Kutty Ram
Venue : Auditorium CICS CTE

The puppetry making session aimed to:

- Introduce students to the traditional art of puppetry.
- Enhance creativity and storytelling skills through hands-on experience.
- Promote cultural appreciation and artistic expression.
- Encourage integration of puppetry into educational practices.

About the Facilitator

Mr. Suresh Kutty Ram is a renowned puppeteer and educator known for his innovative approach to traditional art forms. His sessions blend craftsmanship with pedagogy, making puppetry accessible and engaging for learners of all ages.

Workshop Highlights

- **Introduction to Puppetry:** Mr. Suresh Kutty Ram began with a brief history of puppetry in India, its cultural significance, and its role in education and entertainment.
- **Demonstration:** He showcased various types of puppets including string puppets, hand puppets, and shadow puppets.
- **Hands-on Activity:** Participants were guided through the process of designing and crafting their own puppets using simple materials like cloth, paper, sticks, and thread.
- **Storytelling Techniques:** The facilitator taught basic movements, voice modulation, and character development to bring puppets to life.
- **Interactive Performance:** Students performed short skits using their handmade puppets, fostering teamwork and creativity.

Participant Reflections

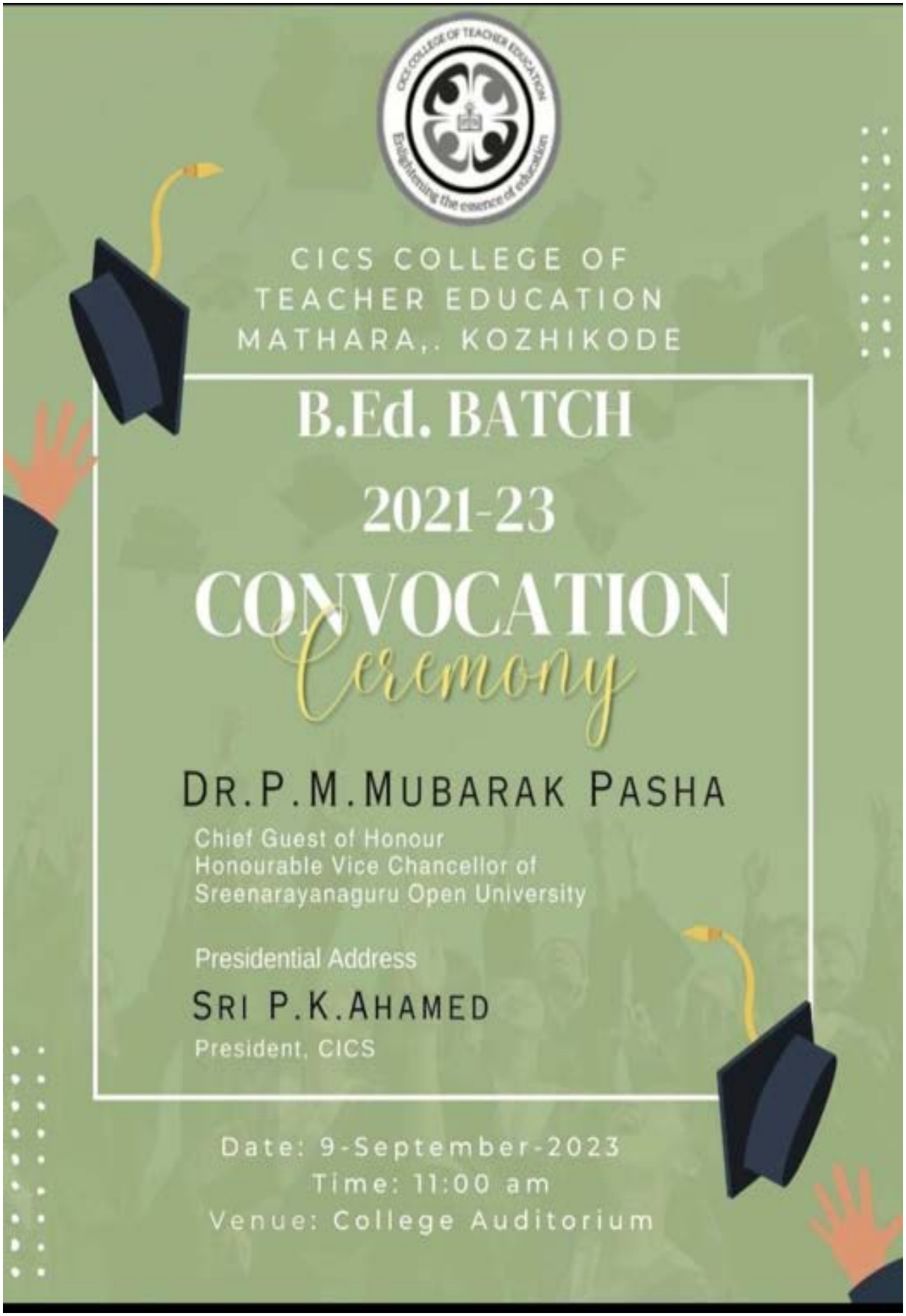
Students expressed excitement and appreciation for the opportunity to engage in such a unique and creative activity. Many noted how puppetry could be used as a powerful tool in classroom teaching to make learning more interactive and fun.

Conclusion

The puppetry making workshop was a resounding success, offering both artistic enrichment and pedagogical insight. Under the expert guidance of Mr. Suresh Kutty Ram, participants not only learned a traditional craft but also discovered new ways to communicate and educate through performance.



38) Convocation Ceremony



Introduction

The annual convocation ceremony for the 2021-’23 Bachelor of Education (B.Ed.) batch at CICS College of Teacher Education, Mathara, Kozhikode, was successfully held on 9th September 2023. This milestone event celebrated the academic accomplishments of graduating students and formally marked their commencement into the teaching profession. The ceremony was designed to honour not only the graduates but also their families, faculty, and dignitaries whose guidance and encouragement contributed to this proud achievement.

Chief Guest and Dignitaries

The Chief Guest of Honour is Dr. P.M. Mubarak Pasha, Honourable Vice Chancellor of Sreenarayanaguru Open University. Dr. Pasha was invited to preside as the Chief Guest of Honour and addressed the graduating class, sharing insights on educational leadership and the noble responsibilities of teachers.

The Presidential Address was delivered by Sri P.K. Ahamed, President of CICS College of Teacher Education. Sri P.K. Ahamed presided over the function, delivering the presidential address which motivated graduates to serve society with commitment and upholding educational values.

Programme Highlights

The ceremony commenced with a formal academic procession, followed by the invocation and welcome address. Dr. P.M.Mubarak Pasha delivered the keynote convocation address, emphasizing the importance of lifelong learning, ethical teaching practices, and innovative educational approaches. Sri P.K. Ahamed’s presidential address underscored the significance of teacher education in national development and inspired graduates to become role models for future generations. Graduating students were felicitated, acknowledging their dedication and hard work throughout the B.Ed. program. The event provided an opportunity for students, faculty, and families to reflect on the journey and the collective achievements of the batch.

Attendees

The convocation was attended by graduating B.Ed. students (2021-’23 batch), faculty members, administrative staff, family members, and distinguished invitees from educational and social circles. Parents and guests were invited to participate in the celebrations, underscoring the institution’s sense of community and collective pride in the graduates’ accomplishments.

Reception and Lunch

Following the formal conclusion of the convocation proceedings, all attendees were warmly invited to join for a celebratory lunch, fostering camaraderie and providing an informal environment for networking and interaction among guests, faculty, and graduates

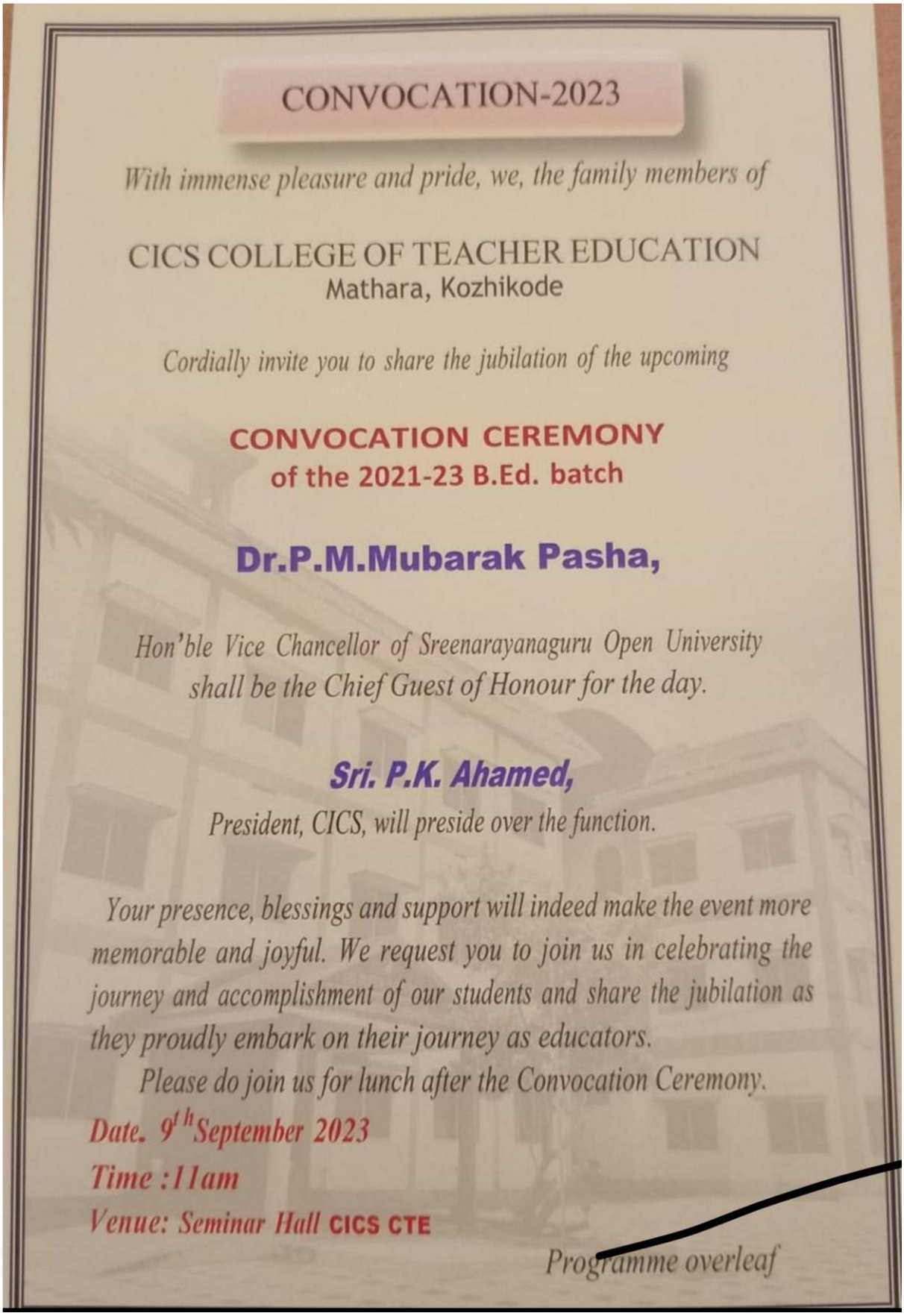
Closing Remarks

The 2023 convocation of CICS College of Teacher Education served as a memorable occasion, inspiring each participant to embrace the values of the teaching profession, uphold academic excellence, and contribute positively to society. The combined support and blessings of faculty, families, and dignitaries made the event especially meaningful and joyous for all present.

Annexures

Invitation Cards: Copies of the official convocation invitations are appended for record and reference.





CONVOCATION-2023

With immense pleasure and pride, we, the family members of

CICS COLLEGE OF TEACHER EDUCATION
Mathara, Kozhikode

Cordially invite you to share the jubilation of the upcoming

CONVOCATION CEREMONY
of the 2021-23 B.Ed. batch

Dr.P.M.Mubarak Pasha,

Hon'ble Vice Chancellor of Sreenarayanaguru Open University shall be the Chief Guest of Honour for the day.

Sri. P.K. Ahamed,

President, CICS, will preside over the function.

Your presence, blessings and support will indeed make the event more memorable and joyful. We request you to join us in celebrating the journey and accomplishment of our students and share the jubilation as they proudly embark on their journey as educators.

Please do join us for lunch after the Convocation Ceremony.

Date. 9th September 2023
Time :11am
***Venue: Seminar Hall* CICS CTE**

Programme overleaf