



# MUSLIM COLLEGE OF EDUCATION

No. 1 New Street, Thiruvithamcode, Kanyakumari District, Tamil Nadu, India - 629174

Affiliated to Tamil Nadu Teachers Education University - Chennai CC: 10915, 10936

Recognised by SRC (NCTE) New Delhi

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7598174494, 9442760383

F No: SRC/NCTE/PSO 6071/B.Ed./TN/2014-15/ 62329

F No: SRC/NCTE / APSO9493/M.Ed./TN/2015/65325

F No: SRC/NCTE/SRCAPP14511/ B.A.B. Ed, B.Sc.B.Ed/TN/2017-2018/91300

## Kamaraj's Birthday as KALVI VALARCHI NAAL on 12/07/2022

Perunthalaivar K. Kamarajar's 121st Birth day was celebrated on 12.07.2022 in the seminar Hall at 10.00 a.m. to 1.00 p.m. The Program started with the prayer song by Miss. Shihana Barvin. Mrs. Albha Grace, Assistant Professor in Tamil gave an enthusiastic welcome note for the gathering. Our Secretary Lion. H. Mohamed Ali, presided over the function. Secretary, Principal and all faculty members garlanded the photograph of KarmaveerarKamarajar to pay him homage. The Chief Guest Dr. Mohamed Askar gave a brief speech on KarmaveerarKamarajar and explained the importance of celebrating his birthday.

Elocution competition and Essay writing competition were conducted to commemorate perunthalarivarKamarajar's birthday. The program concluded with vote of thanks by Mrs. Merline Jaya. This program helped the student to enhance the Knowledge about karmaveerarKamarajar's Victorious and simple life.



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## Dr. Abdul Kalam - World Student's Day on 13/08/2022

United Nations Organizations declared World Students' Day in 2010 to honour the efforts of Dr. APJ Abdul Kalam.

On 13/08/2022, Muslim College of Education conducted World Students' Day in the seminar hall at 2.00 p.m. The chief guest of the event was Dr. C. Amose, Department of Public Administration, Muslim Arts College. Dr. Amose pointed out Dr. APJ's role and dedication in teaching. He also added a good society can be built when students have the knowledge and are proficient in their subjects. He talked about the valuable thoughts and advice given by Dr. Kalam to students. He pointed out the career of Dr. APJ as scientist.

The day ended with an open thought shared to teacher trainees "Look at the sky. We are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work."



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## Independence Day 15/08/2022

Independence Day is celebrated on 15th August, is a significant national holiday in India. It marks the day when the country gained independence from British rule in 1947. This day reminds us of the sacrifices and courage all men and women took to free our country from the Britishers. This day we pay tribute to those freedom fighters who laid down their lives for the sake of the motherland.

On August 15, 2022, Muslim College of Education celebrated Independence Day, where students, faculties, and staff members paid tribute to the nation and freedom fighters of India. It is a remarkable day when we honor and respect all our freedom fighters who fought for India's freedom.

The celebrations started with flag hoisting by our Joint Secretary Mr. AbsulFiaz. The chief guest of the event was Dr. S. Dawn Dharma Roy, who delivered an inspiring speech. The program continued with the chief guest being honored and cultural programs.

The program concluded with a vote of thanks, and sweets were distributed to all the students and staff members.



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## Onam Celebration - 06/09/2022

Onam Festival is the most famous festival celebrated in Kerala, India. The harvest festival of Kerala also called the festival of rain flowers is a ten-day long festival celebrated with fervor across Kerala. It is celebrated during *Chingam* (a month in Malayalam calendar) that usually starts between mid-August and lasts up to mid-September. The Onam Festival is organized in the 1st month (Chingam) of the Malayalam Calendar and is celebrated over 10 days during Kerala's month of Chingam. Onam festival is celebrated to honor King Mahabali who visits "Kerala" at the time of Onam.

Muslim College of Education celebrated the festival of flowers on 06/09/2022 from 10.00 a.m. to 1.00 p.m. Teacher trainees made floral decorations called pookkolam that are placed on the ground to welcome King Mahabali. As an indispensable part of the festival, Onam Sadhya, a vegetarian meal comprising of many traditional dishes were served on a banana leaf to all.



  
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## Gandhi Jayanthi Programme – Tamil Essay Writing Competition on 29/09/2022

**Gandhi Jayanti** is celebrated annually on **2nd October** to commemorate the birthday of Mahatma Gandhi. The day is observed as a public and bank holiday across the nation.

Educational institutions are also closed on this day to honor Gandhiji who is considered as the **"Father of the Nation"** because of his leadership during the freedom struggle that led to India's independence from the British in 1947. On this day, tributes are paid to Gandhiji all over the country in schools, colleges, government offices, as well as in social, political, and private organizations.

As part of commemorative activity, a Tamil Essay Writing Competition was conducted for student teachers on 29/09/2022 in the seminar hall from 12 to 1 p.m. The Competition was inaugurated by our respected Secretary, Lion. Dr. A. Mohammed Ali. Our Principal, Dr. V. S. Pramod gave a felicitation about Gandhi Jayanti.

A total of 17 student teachers actively participated in the competition and made this event successful. The competition was from 12.00 noon to 1.00 p.m.. The competition was coordinated by Mrs. J. Prija Phyllis, Assistant Professor in Education, Miss. J. Shirley John, Assistant Professor in English, Miss. M. S. Ashika Mohan and Miss. C. Beney. Principal and the faculties appreciated the students for their active participation in the competition. The competition was evaluated by Mrs. R. Christy Suguna Jibi, B.T. Assistant in Tamil, V.K.P. Higher Secondary School, Colachel.



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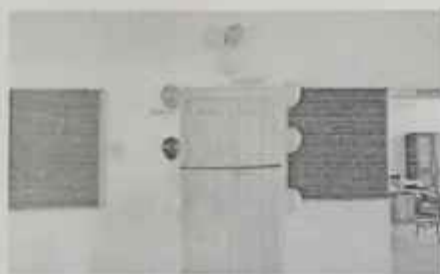
## Diwali Celebration – Food festival conducted by Health club on 15/11/2022

Diwali, the Festival of Lights, is a time when every corner of India shimmers with a warm, radiant glow. Diwali was observed by lighting small oil lamps known as 'diyas' in honor of Lakshmi, the goddess of wealth and good fortune. The lamps symbolize the triumph of light over darkness and evil. Homes are adorned with vibrant decorations, streets are illuminated by thousands of lamps, and hearts resonate with joy and anticipation. But in the midst of all the festivities, there's something truly special about Diwali – the importance of sweets, not just as culinary delights but as symbols of love, sharing, and togetherness.

Food festivals throughout the world are often based on traditional farming techniques and the seasons of the year. Food festivals are related to food culture of an area, whether through the preparation of food served or the time period in which the festival is celebrated.

On account of Diwali celebrations Muslim College of Education, Thiruvithancodeorganised a Food Festival on 15/11/2022 at 10.00 A.M to 1.00 P.M. The Food festival was inaugurated by a ribbon cutting ceremony of our respected Principal, Dr. V. S. Pramod. All the student teachers and faculties participated in the festival by preparing healthy, tasty dishes and many more using traditional recipes. Principal and faculties appreciated the student teachers for their active participation.

Miss. Asmini, student proposed vote of thanks.



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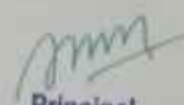
## Legal Awareness Programme held on 24/11/2022

A one-day Legal Awareness Programme was organised by IQAC, Muslim College of Education on 24/11/2022 in the Seminar Hall from 2:00 p.m. to 4:00 p.m. The programme was aimed to impart legal education among the faculties and student teachers. The inaugural session was graced by our respected Secretary, Lion. Dr. A. Mohammed Ali and Dr. V. S. Pramod, Principal, Muslim College of Education. Mrs. Merlin Jeya, Assistant Professor, welcomed the gathering.

The Chief guest of the programme was Adv. T. S. Binu Kumari and she emphasised the need and importance of sharing the responsibilities among men and women. She focused on the need to adopt values in life, the importance of love and its existence. She spoke on the current day's reality about the youth and the current scenario in sharing the responsibilities among men and women. The session focused on three main aspects: DOWRY PROHIBITION ACT 1961, THE PROTECTION OF WOMEN FROM DOMESTIC VIOLENCE ACT 2005 and CYBER LAWS IN INDIA. She also explained how to utilise the laws in day today life by quoting relevant examples. The various provisions under the act and the mechanisms of securing justice through it were elaborated during the session.

It was an interactive session with students and she clarified all their doubts regarding issues pertaining to women. The day's programme came to an end with the vote of thanks by Mrs. Alha Grace, Assistant Professor in Tamil.



  
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## Field Trip to Trivandrum 19/08/2022

A change in the learning space can spark an interest in learning. A field trip or excursion is a journey taken by a group of people to a place away from their usual environment. In education, field trips are defined as visits to an outside area of the normal classroom and made by a teacher and students for purposes of firsthand observation. Field trips are a popular method carried out by students to introduce concepts, experiences, and ideas that cannot be given in a classroom environment. The purpose of the field trip is to give students firsthand experience that cannot be had in the classroom. On field trips, students can see, hear and experience things. Through a field trip, students receive various experiences that are not possible in a classroom setting. Hence, a field trip is an outdoor lesson in action. Thus, a field trip is an effective way to improve pedagogical methodologies.

Educational Field Trips can be associated with a variety of benefits for teachers and student teachers. Field trips provide student teachers with developing personalities and professionalism. Educational field trips help student teachers to widen their horizons of knowledge.

As part of the B.Ed. curriculum, student teachers of Science Stream went for a field trip on 19/08/2022. This one-day programme aimed to develop aesthetic sense, imagination and creativity in students. The places visited were Chitralaya Museum, Kochuveli and Lulu Mall.

There were around 50 student teachers from each optional - English, Tamil, Mathematics, Physical Science, Biological Science, History and Computer Science. Teachers from each option are also accompanied by the student teachers. Everyone assembled in the college by 6.30 a.m. There was a silent prayer before the journey and then the student teachers as well as the teachers had a wonderful time on the bus.

Everyone was filled with a lot of excitement and did not want to go back. On the whole, the trip was awesome. We all had a fantastic time and it was very helpful for developing the aesthetic sense, exploration skills, imagination, and co-operation among the students. The teachers were also happy that everyone reached back safely and there were not many problems during the journey. To conclude, the trip was very informative, effective and at the same time memorable. So, organizing such field trips will be very helpful for students to learn new things through observation, exploration and interaction.



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### Field Trip to Trivandrum 01/12/2022

In education, field trips are essential, to get practical knowledge and to have some relax. Social science can be learnt early in the physical environment than in the classroom. With this aim the history students and lecturers from Muslim college of Education, Thiruvithancode, organized a field trip to the historical places.

The students of B. Ed history along with the lecturer started their journey from the campus at 7.00 a.m on 01/12/2022.



Velli Beach, Trivandrum



Lulu Mall, Trivandrum



  
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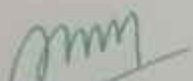
## Christmas Celebrations held on 22/12/2022

Christmas, is observed on December 25 every year. It is a joyful and joyful festival that honours the birth of Jesus Christ. Christmas encourages people to live happily, prosper, and with one another. People brightly lit up their homes and churches as a representation of Christ, who overcame sin's darkness and brought light to the world. A star that has been placed atop the tree also symbolizes the Star of Bethlehem. Children are especially excited about Christmas because they anticipate seeing Santa Claus and receiving gifts. An evergreen Fir tree is used for this occasion as a Christmas tree, and it is decorated with ornaments, lights, presents, etc. People visit churches at midnight on Christmas Eve to pray to Christ Jesus. Good Samaritans dressed as Santa Claus distribute gifts to children and the needy and also represents happiness, hope, and new beginnings.

Muslim College of Education, Thiruvithancode along with IQAC organised the joyful festival celebration of Christmas on 22/12/2022 in the Seminar Hall at 11 a.m. The programme was inaugurated by our respected Secretary, Lion. Dr. H. Mohamed Ali followed by prayer sung by Jasmin Shihana. S. Jaseena Yasmin J welcomed the gathering. Dr. V. S. Pramod, Principal, Muslim College of Education gave felicitation address about Christmas. Christmas message was delivered by S. Sherin Shijoe. Many cultural events like solo song, group song, solo dance, group dance, games, skit took place and it was really a day with great enjoyment. Jesmitha J, student proposed vote of thanks. The celebration came to an end with a cake cutting headed by Principal Dr. V. S. Pramod, faculties and the student teachers.

Christmas is a day where kindness and joy fill the air. It's a time to be grateful for the people we love and the magical moments we share. Muslim of College celebrated this wonderful day with laughter, love and warm wishes with the phrase "Merry Christmas".



  
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## LIFE SKILL TRAINING 02/01/2023 – 06/01/2023

Life skills go hand in hand with development and can assist students to succeed later in life. Life skills are recognized as those essential skills that bring together the social, emotional, and cognitive capacities of a person to solve problems and achieve goals. Life skills training equip students with the social and interpersonal skills that enable them to cope with the demands of everyday life. The objectives of this training are to build self-confidence, encourage critical thinking, foster independence and help students to communicate more effectively. It helps students to become more assertive, communicate effectively with others by developing good listening skills and learn to handle stress and deal with disappointments and setbacks. Such training sessions help students to explore their beliefs and attitudes through group discussions and confidence building techniques such as positive visualization. They encourage students to play to their strengths by engaging in creative activities and following a healthy lifestyle.

After completing this workshop students will be able to:

- Learn how to deal with failure
- Improve their study skills Learn how to manage their time
- Learn how to manage their emotions –
- Learn how to establish and maintain healthy relationships
- Learn how to communicate effectively
- Learn to develop interpersonal skills and adopt good leadership behavior for empowerment of self and others.

IQAC, Muslim College of Education conducted one week Life Skill Training Programme from 02/01/2023 to 06/01/2023.

The training was given by Principal Dr.Ratharamanan Pillai.

Each day discussions on various topics and hands on training were given to students. After the training the students gained confidence, Respect, Empathy, Collaboration, Cooperation, Coordination, Delegation, Listening, Active listening, Idea exchange, Mediation, Time Management Planning, Decision making, Focus, Delegation, Stress management, Coping, Organization, etc.



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## Pongal Celebrations held on 12/01/2023

January is a special month as it opens the window to a new and fresh year. It is even more special for the people of Tamil Nadu as they welcome their harvest festival, Pongal. The four-day event that is dedicated to the Sun God marks the Sun's journey northward, Uttarayan.

Muslim College of Education, Thiruvithancode along with IQAC organised the harvest festival Pongal celebration on 12/01/2023 in the college campus from 10.00 a.m. to 1.00 p.m. The programme was inaugurated by our respected Secretary, Lion: Dr. H. Mohammed Ali and Dr. V. S. Pramod, Principal, Muslim College of Education. The traditional practice of cooking took place under the guidance of Mrs. Sreeja, Assistant Professor in Mathematics and Mrs. Rajeswari, Assistant Professor in Mathematics.

As the Pongal festival is marked with colourful kolams or decorative artwork, the student teachers drew kolams by using rice flour along with natural or synthetic color powders.

Surya Pongal is the primary day of Pongal and on this day, the traditional dish called "Pongal" is cooked in 3 clay pots. Akshaya, II Year B.Ed. student headed the traditional practices of cooking Pongal along with other student teachers. This delicacy is made from newly harvested rice boiled with milk and jaggery, coconut and ghee along with spices such as cardamom, raisins and cashews. The overflow of the milk is seen as a symbol of prosperity and abundance and students celebrated that moment by shouting 'PongaloPongal'.



  
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## Awareness Programme on Environmental Issues - SWACHH BHARAT ABHIYAN held on 27/01/2023

"A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019," said Shri Narendra Modi as he launched the Swachh Bharat Mission at Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement. The campaign aims to achieve the vision of a 'Clean India' by 2nd October 2019.

On 27/01/2023, Muslim College of Education, Thiruvithancode conducted Swachh Bharat Abhiyan as part of mass movement of cleanliness initiated by our Prime Minister Shri Narendra Modi. The programme was inaugurated by our respected Secretary, Lion. Dr. H. Mohammed Ali and Dr. V. S. Pramod, Principal appreciated the programme.

B.Ed. student teachers participated in the cleanliness drive organised by the institution under the programme 'Swachh Bharat Abhiyan'. Student teachers cleaned the campus and raised the slogan 'One step towards cleanliness'. The student teachers also took the initiative to clean the surroundings of college campus and seminar hall.



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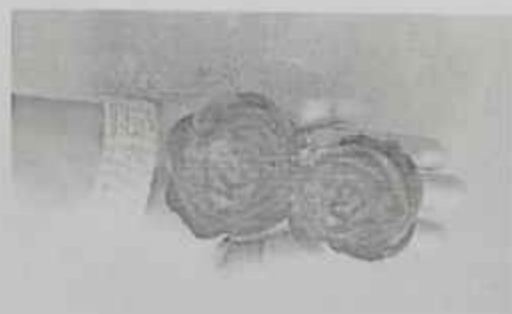
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## Workshop on Vegetable Carving and Flower arrangement held on 09/02/2023

The purpose of fruit and vegetable carving is to make food more attractive, more appetizing, and also easier to eat. Vegetables and fruits are the most fragile foods and carving is an art which involves patience, skill and creativity. Muslim College of Education along with IQAC organised a one-day vegetable carving programme on 09/02/2023 from 10.00 a.m. to 4.00 p.m.

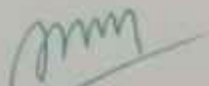
Mr. J. Shanu, Board Member of Food Science, M.S. University and Assistant Professor at HMSC, Muslim Arts College was invited as the resource person to conduct a programme on vegetable carving for student teachers. The workshop was very informative, interactive and interesting. He explained all the methods of carving in a stepwise manner which was easy to grasp and demonstrate. Participants of the programme together made carvings using vegetables and fruits. He also taught how to create a bouquet out of vegetables and greens. The programme was very useful and learnt basic carvings like rose, spirals, different kind of flowers out of carrot, cucumber, beetroot, raddish etc. The programme was found to be more beneficial and student teachers can implement these skills in practical sessions and in their future career life.



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# MUSLIM COLLEGE OF EDUCATION

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F. No. SRC/NCTE / APSP/MSO/TH/2015/65325

F. No. SRC/NCTE/MSO/MSO/TH/2017-2018/21300

## உலகதாய்மொழிதினம்

மதியம் 2.00 மணிக்கு உலக தாய்மொழி தினத்தை கொண்டாடும் பொருட்டு முஸ்லீம் கல்வியல் கல்லூரி தமிழ்த்துறை மாணவர்களால் கடவுள் வாழ்த்துப்பாடி ஆரம்பிக்கப்பட்டது. உலகில் உள்ள அனைத்து தாய்மொழிகளை பாதுகாப்பதற்காக 'உலகதாய்மொழி நாள்' யுமெஸ்கோவால் அறிவிக்கப்பட்டு ஆண்டுதோறும் பிப்ரவரி 21-ம் நாள் கடைப்பிடிக்கப்பட்டு வருகிறது. இளைய தலைமுறைக்கு தாய்மொழி தினத்தை பறைசாற்றும் நோக்கில் முஸ்லீம் கல்வியியல் கல்லூரியில் பிப்ரவரி 21, 2023 அன்றுமதியம் 2 மணிமுதல் 3 மணிவரை கொண்டாடப்பட்ட நிகழ்வில் சிறப்பு விருந்தினராக முஸ்லீம் கலைக் கல்லூரியைச் சார்ந்த தமிழ்த்துறை தலைவர் முனைவர் ஜா. ஜோணி ஜெபமலர் மற்றும் உதவிப்பேராசியர் த. மினிஅவர்களும் கலந்துக் கொண்டு தலைமைத் தாங்கி சிறந்ததொரு சிறப்புரை வழங்கினார்கள். தமிழின் சிறப்புமற்றும் மேன்மை குறித்து மாணவர்களுக்கு தற்கால நிகழ்வுகளுடன் பொருத்திக் காட்டி உரையாற்றினார். பின்னர் ஆசிரியர் பயிற்சி மாணவர்களுக்கான பேச்சுப் போட்டி நடைபெற்றது. ஏராளமான மாணவிகள் உற்சாகமுடன் பங்கேற்று உலகத் தாய்மொழி தினத்தின் அவசியத்தை எடுத்துரைத்தனர். விழா இனிதே நாட்டுப்பண்ணுடன் நிறைவடைந்தது.



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F. No. SRC/NCTE/SRCAPP1-511/ B.A.B. Ed. B.S.R.No/TN/2017-2018/1300

## CONSUMER AWARENESS PROGRAMME – SAVE ENERGY

Consumer Awareness is a demonstration of ensuring that the purchaser or buyer is aware of the data and information about the items, products, administrations, and buyer's rights.

The Consumer Protection Act of 1986 was enacted by the Constitution to protect customers from any promotional misbehaviour. Consumer awareness is crucial today because of the following reasons.

- The consumer is the most important factor in many businesses. No firm can function without consumers, as their satisfaction is the primary purpose of any business activity.
- Nowadays, conducting any business is not just about making money; it is also about transforming society into a better version by putting its welfare first.
- Consumer protection rights promote a strong competitive market that supports financial progress. It protects acceptable or fair commerce or exchange from harmful exchange practices and deceptive entrepreneurs.
- Shoppers are an important component of the market structure. It is critical to protect their privileges and rights in order to have a decent or fair market.

### Key benefits of Consumer Awareness

1. **Easier Onboarding of Consumers** – Awareness enables customer success managers to serve every customer at scale by utilising primarily automated technologies. You will be able to onboard many consumers with the least amount of labour and resources this way.
2. **Reduction Of Support Cost** – Another advantage of customer education is that it lowers support expenses. Support teams waste endless hours answering the same questions repeatedly, resulting in decreased work satisfaction and increased support expenditures.
3. **Consumer Loyalty** – The more significant the perceived value of your product, the less likely customers would search for an alternative offering. When customers become loyal to a brand, the cost of goods sold for recurring purchases falls below the cost of obtaining a new client.
4. **Consumer Satisfaction** – Customer education allows your customers to learn enough about your product, raising customer happiness while decreasing complaints and product returns.
5. **Brand Value** – Many businesses avoid consumer awareness because they are afraid that educating their customers will inform them so much that they will shop and choose an alternative. As a result, consumers will have greater loyalty for your brand and will be more ready to reward you with positive feedback and promotion.



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IQAC, Muslim College of Education organized Consumer Awareness Programme on 15<sup>th</sup> March 2023 in the seminar hall at 11 a.m. The programme was established by a corporation that equips consumers and business customers with the information, skills, and abilities they need to be successful with a product is awareness of the consumers. Principal Muslim College of Education welcomed the resource person Dr. Seema Gopal, Department of History, Muslim Arts College.

The programme is a demonstration of ensuring that the purchaser or buyer knows the data and information about the items, products, administrations, and buyer's rights. Customers who buy from a socially responsible business feel good about supporting their community; the more socially responsible a company is, the more its community and customers keep it. Consumer knowledge is critical for buyers to make the greatest option and make the best decision. Student teachers and teacher educators participated in the awareness programme.



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F.No. SRC/NCTE / APSO 9493/M.Ed./TN/2015/05125

F.No. SRC/NCTE/SRCAPP14511/ B.A.B. Ed, B.Sc.B.Ed/TN/2017-2018/91300

## ELECTORAL LITERACY – 28/03/2023

In democracy, it is not simply enough to inform voters about election dates. In order to help the electorates take an informed decision, it is quintessential to sensitise them about the importance of participating in the electoral process. Moreover, voters need to be educated about the process and made aware of the political parties, their manifestos, backgrounds of the contesting candidates and armed with several other information to help them cast an 'enlightened' vote. To sensitize the voters about the importance of participation in an electoral process and to ensure a responsive, accountable and democratically elected government of India has decided to celebrate January 25 every year as 'National Voters' Day'.

IQAC, Muslim College of Education has conducted an Awareness programme on Voting on 28/03/2023 at 10.00 a.m. to 11.00 a.m. in the seminar hall to create voting awareness in common people with the significance to encourage more young voters to actively take part in the election process to create transparent democratic nation. This programme was conducted to create an awareness of voting among students. The programme started with prayer lead by Miss. Sahana. Our Secretary Lion Dr. H. Mohamed Ali presided over the function. Dr. V. S. Pramod, Principal welcomed the gathering. Sherlin Jenisha Raj delivered the welcome address. The Chief Guest of the Programme was Dr. C. Amose, Department of Public Administration, Muslim Arts College. Miss. Priya Malini delivered vote of thanks.

### Poster

#### Making Competition – 28/03/2023

IQAC, Muslim College of Education organized a posture making competition on 28/03/2023 in the seminar hall at 11.00 a.m. Many students participated in the competition. Principal, teachers appreciated the students for their efforts and skill in posture making.

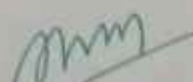


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### **Rangoli Competition on 28/03/2023 at 2.00 P.M.**

To celebrate National Voters Day, Electoral Literacy and IQAC, Muslim College of Education organized a Rangoli Competition in the seminar hall at 2.00 p.m. The competition was organized to create awareness on voting among students. Many student teachers participated with enthusiasm. Principal and Teacher educators motivated the participants of rangoli competition.



  
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F. No. SRC/NCTE/SRCAPP14511/B.A.B. Ed. B.Sc.Ed./TN/2017-2018/93300

## NAPKIN AWARENESS PROGRAMME

Menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result into adverse health outcomes. Menstruation is a major part of life for millions of young girls and women worldwide. On average, a woman will menstruate for 3,000 days during her lifetime. However, the needs and challenges faced by many young women and girls as they struggle to manage their menstrual hygiene are largely ignored, especially in developing countries. This situation persists despite new developments in the hygiene and sanitation sector in recent years.

IQAC, Muslim College of Education conducted Napkin Awareness Programme on 22/04/2023 in the seminar hall at 10.00 a.m. The objective of the program was to enhance the knowledge regarding menstrual hygiene and increased the awareness among the students and the faculty members about menstrual hygiene.

The **Guest Speaker** for the program was **Mrs. V. Nallina Priyanka** and **Miss. Angelin** from **ORIFLAME, Sweden**. Both guests shared their vast experience, knowledge and their thoughts about menstrual hygiene and its taboos. The session lasted for 3 hours and proved to be very engaging and captivating for all the participants.

Around 130 students participated in the program along with staff. The event was a grand success, and everyone appreciated the opportunity and were aware about menstrual hygiene.



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### Cycle Rally

As a part of electoral literacy programme, a Cycle Rally was organised on 28<sup>th</sup> March 2023 to create awareness about the power of vote. Lion Dr.H.Mohamed Ali Secretary inaugurated the programme. The programme was led by Alumni



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### DISTRICT LEVEL SPORTS AND CULTURAL MEET

Sports meets encourage physical activity and exercise, promoting overall health and fitness among participants. Participation in sports meets allows individuals to develop and enhance their athletic skills, including strength, agility, coordination, and teamwork. Sports meets bring people together from diverse backgrounds, fostering social interaction, camaraderie, and friendship among participants and spectators alike. The Muslim College of Education organised the DISTRICT LEVEL SPORTS AND CULTURAL MEET on 12<sup>th</sup> May 2023 in association with Tamil Nadu Teachers Education University at



  
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## Anti-Ragging Day: Poster Making Competition conducted on 26/08/2022

"Ragging is any disorderly conduct, whether by words spoken or written, or by an act which has the effect of teasing, treating or handling with rudeness any student, indulging in rowdy or undisciplined activities which cause or are likely to cause annoyance, hardship or psychological harm or to raise fear or apprehension thereof in a fresher or a junior student and which has the effect of causing or generating a sense of shame or embarrassment so as to adversely affect the psyche of a fresher or a junior student."

After the death of a first-year student from Jadavpur University allegedly linked to ragging, University Grant Commission has asked colleges and universities to observe anti-ragging week from August 12 to August 18. The institutions of higher education are directed to implement anti-ragging measures already spelt out in detail by the UGC and also to organize orientation and induction programmes with a view to encourage students to follow anti-ragging steps on the campus.

Under the direction of UGC and Tamil Nadu Teachers Education University, Muslim College of Education, Thiruvithancode has conducted a poster-making competition on "Anti-Ragging" to educate about the evils of ragging and also to spread positive vibes among the students in the college premises. The competition was held on 26/08/2022 in the seminar hall for students to spread positive ideas among them. The Competition was inaugurated by our respected Secretary, Lion. Dr. H. Mohammed Ali. Our Principal, Dr. V. S. Pramod gave an introductory speech on anti-ragging.

A total of 12 teams actively participated in the competition and made this event successful. The competition was from 2.00 P.M to 3.45 P.M. The competition was coordinated by Mrs. J. Prija Phyllis, Assistant Professor in Education. Principal and the faculties appreciated the students for their active participation. The posters were evaluated based on the creativity and the message they provided.



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