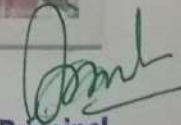


CANCER

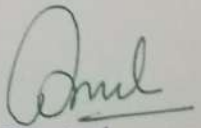
AWARENESS PROGRAMME

Muslim College of Education organized a very insightful session on Breast Cancer Awareness on July 12th 2022. Dr. S. K. Ajaiya Kumar, Saraswathy Hospital Parassala was the speaker for the event, and he explained about the various types of Cancers and the 2 most common types of cancers that affect women are Breast Cancer and Cervical Cancer. Breast Cancer is the second most common form of cancer in Indian females and the second leading cause of cancer related death in women. Thus, awareness is very important in these times. Studies suggest that there has been a sudden increase in cases of Breast Cancer in recent years. In the session, he shown in detail the various ways in which one can self-examine and rule out the chances of the disease. He also mentioned the various types of tests and treatments available and how the management of the disease can be done with respect to the general condition of the patient, type of disease, stage of disease and hormonal status of the patient. Lion. Dr. H. Mohamed Ali welcomed the guest and Principal Dr. V. S. Pramod say vote of thanks.




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AWARENESS PROGRAMME ON WOMEN'S HEALTH AND HYGIENE
05/02/2022

Muslim College of Education organised Awareness Programme Women's Health and Hygiene on 5th March 2022 at Conference Hall under the theme Menstrual Cycle. The resource person for the programme was Dr. Divya Renjith, MBBS, M.D., F.R.M consultant in Gynecologist. Follow in Reproductive Medicine. A health camp was organized in our college for all the students and staff to spread awareness about period health check-up and for maintaining a healthy life.

Program schedule:

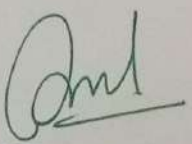
The programme was launched with a prayer song of the students. Principal Dr. V. S. Pramod, Muslim College of Education welcomed the chief guests. Lion Dr. H. Mohamed Ali, Secretary honoured the chief guest. Dr. Divya Renjith started the class about 10-30 and lasted till 12.30 pm. During this session Dr. Divya Ranjith described about menstrual hygiene in detail. The discussion on menstrual hygiene included reproductive system, menstrual cycle, and importance of sanitary napkins and safety measures. She also explained about symptoms of premenstrual syndrome and also about the problems due to irregular menstruation. Finally, she concluded with suggestions to overcome irregular menstruation.



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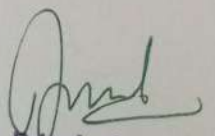
FREE MEDICAL CAMP AT GOVT H.S.S.
THIRUVITHANCODE

DATED 19/12/22



The Muslim College of Education organised a free medical camp at Govt. H.S.S. Thiruvithancode. In association with Saraswathi Hospital Parassala. The teams arrived to the location at 10 am and the camp was inaugurated with a welcome speech by Lion H.Mohamed Ali Secretary, Muslim College of Education and Kumari Sujatha Principal Govt HSS Thiruvithancode presided over the function. Many parents participated in the camp. The college arranged free Blood Sugar Level and Blood Pressure tests which are hugely useful for many villagers. Nearly 80 people have undergone their general health check-ups and 16 people were benefitted with the dermatology-skin check-ups. After




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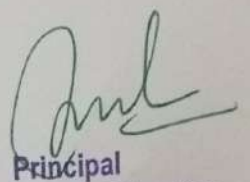
the checks up, many people were benefitted with the medicines provided free of cost. Few of the patients were referred by the doctors for further treatment at Saraswathi Hospital Parassala. The B.Ed teacher- Trainees played a vital role in making this camp success with their dedication in serving people, they directed people in all needy way.



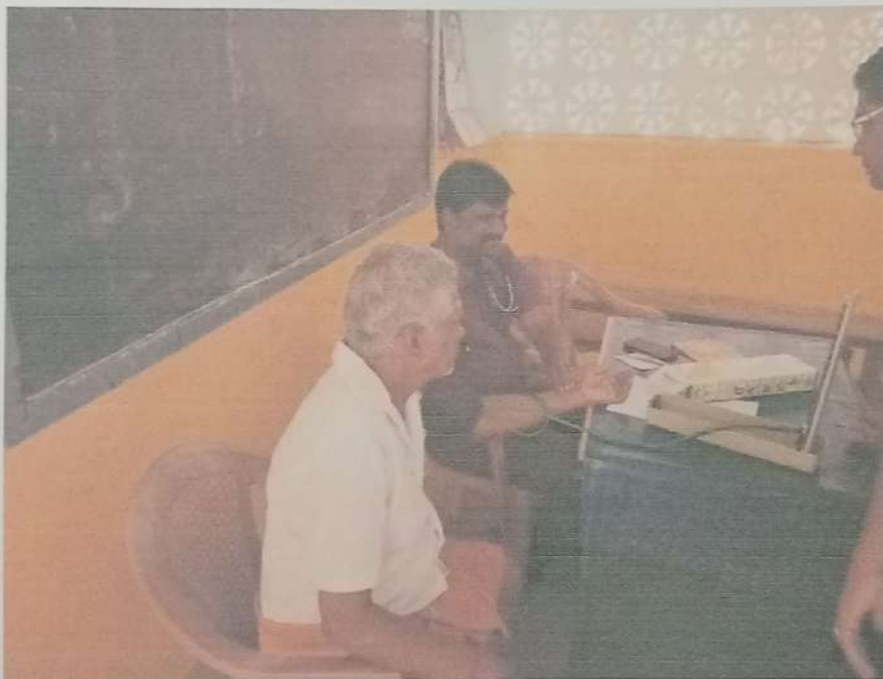
Amul
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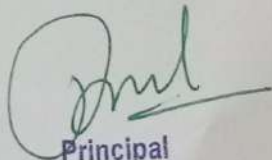
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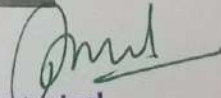


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ACTIVITIES OF THE ALUMNAI

The Muslim College of Education alumni gave food materials to the Worship Christian Children Home Nagercoil. Dr. Jagadeesh Alumni President distributed the same.



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Cycle Rally

As a part of electoral literacy programme, a Cycle Rally was organised on 28th 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 12th May 2023 in association with Tamil Nadu Teachers Education University at



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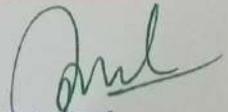
Nagercoil Sports Stadium. The programme was inaugurated by Dr. Balasubramanyam Assistant Professor Tamil Nadu Teachers Education University.



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CIMR VISIT REPORT

The following observations were made by Teacher-trainees of Muslim College of Education, No. 1, New Street, Thiruvithancode ON 26th September 2022 during a visit to the Central Institute on Mental Retardation (CIMR) is a voluntary, social service organization, one of the large national level NGO in India working for the welfare and rehabilitation of mentally challenged persons.

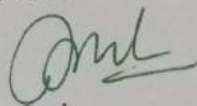
About CIMR

CENTRAL INSTITUTE ON MENTAL RETARDATION (CIMR) is a voluntary, social service organization, one of the large national level NGO in India working for the welfare and rehabilitation of mentally challenged persons. Rev. Fr. THOMAS FELIX, CMI, a catholic priest who devoted his life for the cause of mentally disabled children in India founded this organization. The governing board members of this NGO are parents of mentally challenged and their friends and well-wishers. The aim of this organization is to work for the total development of the mentally challenged and their friends in India by acquiring and disseminating information on methods of normalizing them; and to promote awareness of this problem among parents and public.

The school follows a special curriculum (The three C's concept)

Knowing the shapes (concept building), making the shapes (carpentry and stitching) selecting the shapes (cycle assembling) and




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combining the shaps (Home management class which includes cooking, washing and ironing clothes, bed making, cleaning classrooms, bathrooms, toilet, surroundings, etc.). Academic, drawing, painting, health and hygienc, horticulture, time and money concept, general knowledge, sports and games (both indoor and outdoor), dance, vocal music and instrumental music (table, mridangam, guitar, jazz, drums, organ, bongos and harmonium and band.

First the Teacher-trainees were introduced to a room where students are giving training in the three c's concept.

In the next room training were given the basic training and colours. It is the first class based on shapes based curriculum. The shapes of concrete objects are understood by the five senses. Learning through shapes, we aim at learning letters, numbers, reading and writing.

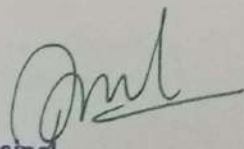
Making the shapes

It is our second class. This class aims at 'Making the shapes' and 'giving shapes and forms'.

Selecting the shapes

Then we visited another class. There instruction is given to select the shapes according to nds. Here the students achieve the "decision-making" power to select the necessary shapes and to eliminate.



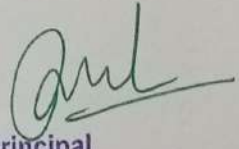

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The visit was strange experience to all teacher-trainees. Mental retardation is a condition or incomplete development of mind it cannot be cured. However associated disabilities (sensory, speech problem, behaviour problem etc) can be cured to some extent. To be diagnosed as mentally retarded a person must be significantly subaverage in both intelligence and adaptive behaviour. Mentally retarded are human being like any of us. They can learn a variety of responses and have the same needs, emotions and feelings as normal child. Their education aims at

- (a)Occupational adequency
- (b) Social competence and
- (c)Personal adequency

The early years are very important years to learn basic self-help skills and social adequency. Parents play an important role in the care and education of the mentally retarded children. Several studies reveal that mental retardation is determined by socio-economic condition of parents or environmental deprivation. Organized education and effection guidance can held a retarded child to become self-sufficient and useful member of society.




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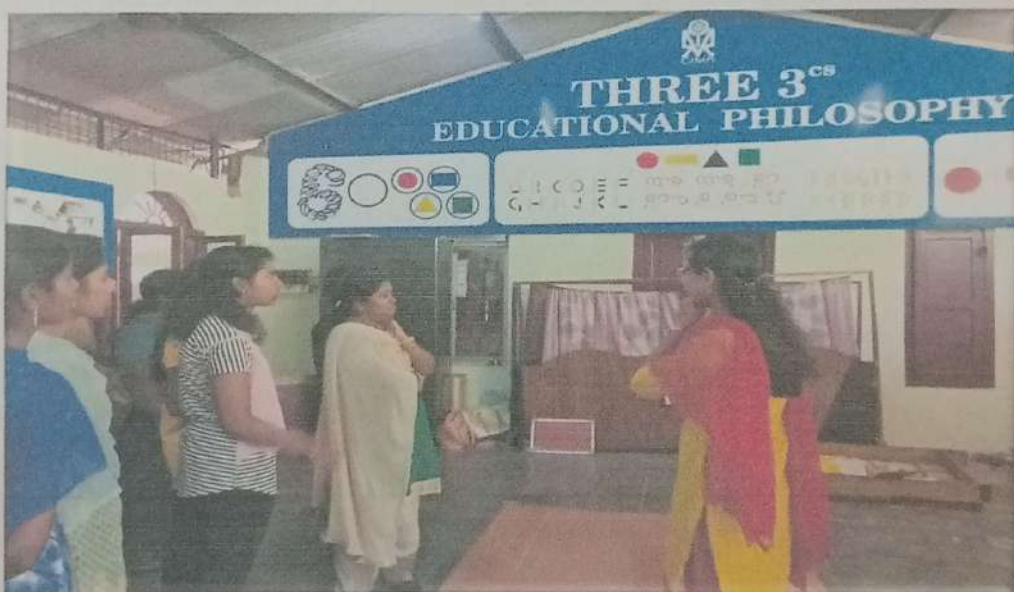


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