

# **St. Joseph's college of Education for Women**

## **Institutional Best Practices 2022-23**

### **ACTIVITIES OF THE COLLEGE**

The College is an integral part of the society and involves itself in a lot of community activities by extending to the society material and human resources as and when required, whether it be for the many competitive exams which are regularly conducted in the College or the community activities and programmes like – Janma Bhoomi, Akshara Deepthi, Health and HIV/AIDS Awareness Programmes etc.

### **SAHAYA (Extension Activities)**

Sahaya is meant for extending help whenever and in whatever form needed by others. As education is meant for continuous learning, the knowledge and skills are readily shared by the faculty and students not only within the college but are also extended to the local and distant schools, colleges, universities and the communities, as per the needs and opportunities. Health services, extensional activities collaborative activities through NGO'S and through various subject clubs.

### **Objectives**

- Develop the feeling of responsibility towards the community.
- To make prospective teachers sensitive to the needs of the community.
- To create awareness on the issues related to HIV/AIDs, small family, illiteracy, environment and health.

### **SNEHA (Counseling Centre)**

Human endeavors are not smooth and plain always. Human nature gives scope for hurt feelings, sorrow, anxiety and stress due to frustrations and failures and even for mental breakdowns. Guidance of the mature minds and experts is needed to help the student community. To extend guidance and counseling services to our students' Sneha is available.

### **Objectives**

- To guide and counsel the prospective teachers to help themselves in dealing with
- Personal problems.
  - Adjustment problems.
  - Relationship problems.
  - Family problems.
  - Emotional problems and so on.

## **Sobhitha (Eco-Club)**

To train the prospective teachers as the agents of conservation of environment, promoters of protection of it and sensitizers of the students and public for controlling air, water and soil pollution, an environmental club, 'Haritha Sobhitha' was launched.

### **Objectives**

- To create awareness among the prospective teachers about environment and make them eco-friendly.
- To make them understand the importance of greenery in the surroundings.
- To make them feel the individual responsibility in protecting the nature and natural resources.

## **SABALA (Women's Cell)**

'Sabala' a Women's Cell was started on the 8<sup>th</sup> March 1997 synchronizing with the International Women's Day, with a view to study and solve the problems of women. Women's cell is set to impart knowledge, information and values related to women, to render family counseling to improve women spiritually, intellectually and economically. The cell is continuously trying to achieve its objectives under the able guidance of the Directress, the Principal of the College, the staff and students, who are the members of the cell.

### **Objectives**

- To create awareness among the students regarding their gynaec health and personal Hygiene (Mental/Physical).
- To make them aware of the Women's Rights and empower them in all dimensions.
- To empower the illiterate and backward women.

## **SPANDANA (Red Ribbon Club)**

Incurable infection HIV/AIDS has been a threat all over the globe, including India. Statistics show that the youth are also victims of it. Hence Red Ribbon Club was formed to develop awareness in the youth about it and to see that they maintain good health and safe guard and protect their lives.

### **Objectives:**

- To develop an awareness in the student teachers about the root causes and prevention of HIV/AIDSs.
- To train them to safeguard the school children from this deadly HIV/AIDSs by developing awareness in them.

- To mould them as torch bearers in the prevention of the young generation from HIV/AIDs.

### **SAHITYA (Literary Association)**

'Sahitya' provides for understanding the culture of the countries, communities and people, living styles of personalities; extends linguistic knowledge and skills; may guide a few gifted students towards creativity through an exposure to successful literary works. It may satiate one's emotional and aesthetic drives and passion for verbal expressions in the form of poetry, prose, drama, song and many more.

#### **Objectives:**

- To develop the language and literary skills in the prospective teachers.
- To develop aptitude, appreciation and love towards literature and literary activities.

Best practices organized through different departments

### **KEAT'S CLUB**

The department of English organizes various language & literary activities in addition to the class room teaching and assignment work. We named our Club 'Keat's Club'. John Keats was one of the romantic poets who died at a very early age. To remember his marvelous contribution to English Poetry, we have named it in his honor. The club conducts different programmes annually. To name a few, elocution, group discussions, essay writing, enacting skits, quiz etc., are conducted for all the English methodology students. Every year four of the students would be elected as President, Secretary, Joint Secretary and Treasurer to take responsibility of the activities and one of the faculty of English takes the overall responsibility.

### **LEELAVATHI CLUB**

Progress and prosperity of a country are essentially linked with the outcome of the results of teaching of Mathematics in its schools. A teacher in the formal class room environment hardly finds time to go beyond the syllabus. Organization of useful activities through Mathematics club will be a good platform for exploration of all the aims and objectives of teaching Mathematics.

The fundamental aims of a Mathematics Club are to arouse interest in the students for the learning of mathematics and develop heuristic and creative potentialities of the students and to acquaint them with the latest knowledge.

The Mathematics department of St. Joseph's College of Education for Women, Guntur established "Leelavathi Mathematics the Club" which is named after the famous Indian woman mathematician Leelavathi who is the daughter of well known Mathematician Bhaskara charya. Every year many academic activities like guest lectures by eminent people in the field, mathematics quiz, symposia, solving of puzzles, riddles, magic squares, preparation of scrap book etc., are conducted by the club. Mathematics teachers along with student members constitute the club every year with the Principal of the College as patron of the club.

### **KAUTILYA CLUB**

- Every year the Social Studies club is formed with the Social Studies methodology students. The office bearers like President, Vice-President, Secretary, Joint Secretary and a Treasurer are elected by the students from amongst themselves under the supervision of the methodology lecturer concerned.
- The functions of the Social Studies club are numerous. It organizes assembly every day and on national days like Independence Day, Republic Day etc. It also organizes debates and discussions on current events, extension lecture by subject experts or community leaders. It also plans for the students' extension activities, tours to historical places, field trips etc.

### **ALEXANDER FLEMMING CLUB (Biological Science)**

Science has helped man to acquire supremacy over nature. Science in the literal sense means the pursuit of knowledge. The main intention of formation of our Science Club is to encourage bright and enthusiastic students having special science talent.

The skills and talents of the students are recognized and stimulated. Students will develop instincts of curiosity, creativity and construction. Students participate in group projects and understand the science concepts better. This in turn helps them to teach the subject confidently.

The various activities under this club are:

- Visit the science fairs and workshops held in schools and other Colleges of Education.
- To celebrate the birthdays of Scientists and important scientific events.
- Collecting paper cuttings of new inventions and discoveries. (these paper cuttings are displayed on the notice board)
- Preparing a scrap book. (each student will prepare a book with different topics)
- To arrange lectures by eminent educationalists (senior science faculty)
- Preparation and Exhibition of improvised apparatus, working models, 2 and 3 dimensional teaching aids. The best teaching aid is awarded a prize every year.

## **EINSTIEN CLUB (Physical Science)**

Physical Science develops in the student training in scientific method and scientific attitude. It promotes practical application of science and encourages the pupils to try out their ideas and do creative work. It identifies

Talented and promising pupils and helps them in imbibing the habit of self reliance, self dependence and love for creative work.

There is an executive body elected from amongst the students consisting of a President, Secretary, a Joint Secretary and a Treasurer. The faculty members and the Principal guide the students.

### **Objectives:**

- To inculcate scientific attitude and provide opportunities for training in scientific method.
- To develop in children a sense of healthy competition for a better cause.
- To contact other science clubs in the neighborhood and exchange views and information.
- To develop in pupils a keen eye for observation.

### **Activities of the Club are:**

- Organize file shows
- Organize Science excursions and field trips.
- Equip the college library with science fiction and other encyclopaedia.
- Prepare albums, improvised apparatus etc.
- Conduct science fairs and project works.
- Maintain a bulletin board.
- Celebration of important Science Days.
- Organise Guest lectures by eminent people.
- Organization of competitions such as quiz and debates on topics of scientific interest etc.

## Our College Continues The Activities Every Year Under The Various Clubs. Some Of The Best Practices Were As Follows:

St. Joseph's college of Education conducted workshop on 22<sup>nd</sup> Nov 2023.

On equipping teachers with guidance and counseling techniques with collaboration spandana EDA International Foundation, Guntur.

Main objectives of the workshop:

- To equip teachers with different techniques of guidance and counseling and work for the mental health and well being of their students, subsequently it helps.
- To deal with specific problems related to academic /vocational / career / psychological / emotional and social faced by their students in their respective classes (schools , colleges)
- To acquire knowledge and understanding in using behavioral and psycho – therapeutic techniques.
- To provide interaction and group discussion session on real and practical problems of classroom situations,

Conducted technical sessions,

1. Basic techniques of guidance and counseling.
2. Behavioral therapy.
  - (a) Cognitive behaviour in therapy (C B T)
  - (b) Reality /rational emotive therapy (R E T)
3. Psycho therapy.
  - (a) Humanistic therapy
  - (b) Interpersonal therapy.
4. Re addiction and substance abuse.
5. Interactive group discussion session.

The work shop was successful.

### గైడెన్స్, కౌన్సిలింగ్ పై ఉపాధ్యాయులకు సదస్సు



గుంటూరు మేజర్ స్టాన్స్ : స్థానిక సాంఘిక పేట లోని సాయింట్ జోన్స్ సువిశా కళాశాలలో "ఉపాధ్యాయులకు గైడెన్స్ మరియు కౌన్సిలింగ్ టెక్నిక్ అందించుట" అనే అంశంపై సదస్సు జరిగింది. సభకు అధ్యక్షత వహించిన కళాశాల కరవ్యాసంబట్టి డా. సి.పి.కె.కె.ఎం.ఎం. మాట్లాడుతూ సదస్సు నిర్వహిస్తున్న అవకాశాన్ని వివరించారు. కళాశాల ప్రెసిడెంట్ ప్రొఫెసర్ స్వరూపరాణి సదస్సు ముఖ్య ఉద్దేశ్యాన్ని తెలియజేశారు. ముఖ్యఅతిథిగా ప్రొఫెసర్ డా.సి.పి.కె.కె.ఎం.ఎం. మాట్లాడుతూ ప్రస్తుత పరిస్థితుల్లో కార్యక్రమ ప్రతిపాదించినట్లుగా, హ్యాండ్ బుక్ సైకాలజీలో భాగంగా విద్యార్థి కేంద్రీకృతమైన విధానంలో ప్రతి మనిషి మంచివారని, వారిలో ఎదిగి కొద్ది పన్నె వ్యతిరేక భావాలను గుర్తించి వాటిని అధిగమించేలా ఉపాధ్యాయులు సహాయపడాలన్నారు. ముఖ్యఅతిథి ఆంధ్రప్రదేశ్ ప్రభుత్వ సమాచార కమిషనర్ శామ్బాశర్ జోనారాజ్ మాట్లాడుతూ ప్రస్తుత పోటీ ప్రపంచంలో విద్యార్థులను తీర్చి దిద్దటంలో ఎన్నో సవాళ్లు ఎదురౌతున్న ఉపాధ్యాయులకు ఈ సదస్సు ఎంతో సహాయ పడుతుందన్నారు. ఆదార్య నాగార్జునా విశ్వ విద్యాలయం ప్రెసిడెంట్ ప్రొఫెసర్ స్వామినాథరాణి మాట్లాడుతూ గైడెన్స్ మరియు కౌన్సిలింగ్ నైపుణాలు ప్రతి ఉపాధ్యాయుడు పెంపొందించుకొని సైకాలజీస్టుగా కౌన్సిలర్ మారితే పాఠశాల విద్యార్థులు ఎదురౌతున్న ఎన్నో మానసిక సమస్యలు అధిగమించవచ్చు అన్నారు.





**WORKSHOP ON  
GUIDANCE AND COUNSELLING**

**EQUIPPING TEACHERS WITH GUIDANCE AND  
COUNSELING TECHNIQUES**



St. Joseph's College of Education for Women  
2<sup>nd</sup> Lane, Sambasivapet, Near NAAZ Center  
Guntur-522001, A.P

22<sup>nd</sup> November, 2023  
IN COLLABORATION WITH  
SPANDANA.EDA INTERNATIONAL FOUNDATION- GUNTUR



**Participants**  
Teachers of Secondary Schools, Lecturers,  
Student -Teachers, Teacher Educators

**Time**  
9.00 am to 5.00 pm

**\*No Registration Fee\***

**Chief Guest** : Rev. Dr. Sr. Tresa Kantlakunta, CMJ  
Provincial Superior, Guntur Province.

**Special Guest** : Mrs. R. Parvathi  
Director of School Education,  
Ibrahimpatnam, A.P

**Guests of Honour** : Mrs. R. Sailaja  
DEO, Guntur Dist.  
Dr. EDA Samuel Reddy  
Director, Spandana  
Eda International Foundation

**Resource Persons**

1. Dr.D.Saroja, Psychologist, ANU and  
Founder Manasanthi Counselling Center.
2. Dr.T.D. Vimala, ADJENCT Professor,  
Department of Psychology, ANU.

**Organising Committee**

Rev. Dr. Sr. G. Theresamma, Correspondent  
Prof. T. Swarupa Rani, Principal  
Sr. A. Roselin, Administrator

Dr. SK. Aktharunnisa Begum, Lecturer in Psychology  
Dr. Ts. Subhashini, Lecturer in Education

**contact**

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**About the college**

St. Joseph's College of Education for Women, Guntur is a premier College of Education in Andhra Pradesh, was founded in the year 1946. Today the college is a leading educational institution with B.Ed., and M.Ed., courses. The mission of the college is to impart holistic education based on the Gospel values of Love, Joy and Service, to the young women from all strata of the society, enabling them to develop as morally upright, socially responsible, intellectually mature and spiritually inspired teachers. The College takes pride in its excellent infrastructure, well - equipped, sophisticated language and computer labs, outstanding library and competent faculty. The college is recognized by Acharya Nagarjuna University as a Research Centre for Advanced Studies in Education.

**About the Workshop**

Education aims at promoting optimum development of students in all spheres so as to make them efficient, effective and productive citizens. Counseling services in schools are to assist individual student to shape behaviour to achieve the individual and social goals so that they can -

learn to live in peace and harmony within the self and with others in school and community. Teachers are the only persons who can assist, plan, counsel and guide not only in educational, personal and social walks but also in all different situations of life. Hence the workshop is planned to equip teachers with various techniques and strategies of guidance and counselling with more practical and situational illustrations.

**Objectives of Workshop**

The main objective of this workshop is to equip teachers with different techniques of Guidance and Counseling and work for the mental health and well being of their students, subsequently it helps:

- ⦿ to deal with specific problems related to academic / vocational / career / psychological / emotional and social faced by their students in their respective classes / schools / colleges.
- ⦿ to acquire knowledge and understanding in using behavioural and psycho - therapeutic techniques.
- ⦿ to provide interaction and group discussion session on real and practical problems of classroom situations.

**Technical Sessions**

- 1) Basic Techniques of Guidance and Counseling.
- 2) Behavioral Therapy
  - (a) Cognitive behaviour therapy (CBT)
  - (b) Reality / Rational Emotive Therapy (RET)
- 3) Psycho Therapy
  - (a) Humanistic Therapy
  - (b) Interpersonal Therapy
- 4) De addiction and substance abuse
- 5) Interactive group discussion session

**Note:**

For hands on activity, participants are requested to prepare and come with 3 behavioral and psycho-social problems faced in the class room.

## Akshaya patra:

St. Joseph's college organizes various community activities keeping in view its vision and mission. The activities organized are related to various spheres of the community like economic, social and environmental aspects in order to reach out to the unreached sections of the society.

Students contribute to Akshaya pathra for donating rice by collecting each day in a box, old clothes for poor people, used note book papers, unused stationary fruits, bed sheets, groceries are collected by the college and distribute in slum areas who are in need of it. It is a volunteer programme. All the students happily participate in social service / communal service activities and make them sensitive to the needs of the community.

- This kind of activities meant for extending help whenever and in whatever from needed by others and develop the
- Feeling of responsibility towards the community.



## Celebration of Important Days















