



# Herald

## NEWSLETTER

Volume 4 Issue 2



### Jesus Training College, Mala

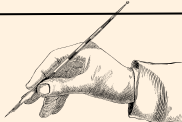
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Jesus Training College, Mala, is a teacher education institution, affiliated with the University of Calicut, owned and managed by the Catholic Diocese of Irinjalakkuda. Dedicated to the holy name of Jesus, our saviour and eternal Guru, this temple of teaching and learning has already carved a niche for itself in a short span of time in the educational scenario of central Kerala. Situated in a sylvan ambience, remote from the hustles of the city, the college relishes the cool and fresh breeze from the rustic rivulets and backwaters glittering in the sunshine, indeed a blessing for serene and sheer intellectual exercise where learning is an exhilarating experience.



### Editor's Note

Welcome to Herald, the annual newsletter that showcases the life at Jesus Training College, Mala. This publication includes a brief report of the college's activities.

Though situated in Mala, away from the bustle of Thrissur city, Jesus Training College stands as a beacon of educational excellence, dispatching its students outside the city and internationally, to learn, work and make a difference. Beyond academic learning, the College offers various activities and community programs that help the teacher trainees grow beyond their textbooks. This multifaceted nature is one of this institution's great distinctions.

In Herald, we have woven together the moments of growth and joy that define the vibrant tapestry of our college community. We hope this newsletter serves as a window into the symphony of experiences that breathe life into our institution. May these stories touch your heart and ignite a deeper appreciation for the remarkable work being done within these hallowed walls.

We acknowledge our indebtedness to all who have helped us to bring out this newsletter, whether directly by writing the reports or indirectly by taking part in events happening in the college community. Let us explore the moments within the shared pages of Herald.

**Catherin Rose, Kavya P.B.**  
(Student Editors)

### Editorial Board

**Executive Director:**

Rev. Fr. Binoy Kozhipatt

**Chief Editor :**

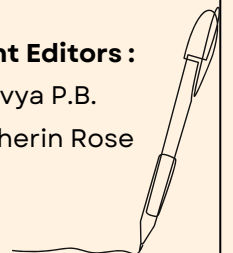
Dr. Jasna P. Varijan  
(Principal)

**Staff Editor :**

Ms. Vibi N.V.

**Student Editors :**

Kavya P.B.  
Catherin Rose



## Election Spark

A class on 'Election Spark' was organised on October 14 2024, at 2.00 pm, at Jesus Training College assembly hall. The session was lead by Mr. Faimen Paul, Assistant Professor of Jesus Training College. The session began with a discussion about the politics of India. Then discussions were conducted based on the interest of youth over political affairs, providing a platform for students to share their perspectives and engage in meaningful dialogues. The opinion of students regarding elections were asked and their responses were thought-provoking. This hence evaluated the political sense of students.



## Orientation for Value Added Courses and Self Study Courses

The orientation program entitled 'Orientation for Value Added Courses and Self Study Courses', held on 15th October 2024 at Jesus Training College, Mala, by Assistant Professor Renia Kuruvila, provided valuable insights into the significance of enhancing one's educational journey. She emphasized the importance of taking extra courses during the B.Ed curriculum to improve skills and boost career prospects. The session successfully highlighted the objectives of value-added courses and introduced key platforms for self-study like Coursera, SWAYAM, and FutureLearn.



## Meet the Candidate Program for College Union Election

### 2024

The 'Meet the Candidate' program for the College Union Election 2024-25 at Jesus Training College, Mala, was held on 16th October 2024. The programme introduced the candidates contesting for various posts in the upcoming election. During the event, each candidate introduced themselves, outlined their plans, and shared their responsibilities, asking the students for their support and votes. The candidates expressed their enthusiasm and commitment to contribute to the college's development and student welfare.



## Foodtopia -24

The food Topia-24, held on 16th October 2024 from 10:30 AM to 1:00 PM at college auditorium, was a lively and delightful event, bringing together flavors and community spirit. The event was inaugurated at 11:15 AM by our Executive Director, Rev. Fr. Binoy Kozhippatt, who also gave an inspiring inaugural speech. Assistant Professor Smt. Renia Kuruvila addressed the gathering, appreciating the students' effort and teamwork. Six vibrant stalls, by each options, showcased a variety of cuisines, offering everything from spicy street food to sweet treats, satisfying the diverse tastes of attendees. The keynote address by Syama M. S from the Natural Science option highlighted the significance of cultural events like these. The food stalls buzzed with excitement as students and visitors explored the diverse menu, making the fest a memorable celebration of flavors, teamwork, and joy.



## College Union Election 2024

On October 10, 2024, the Election Program was conducted at Jesus Training College, Mala, under the guidance of Assistant Professor Faimen Paul. Held in the Seminar Hall during the morning session, the event aimed to elect the new student union members. The results were revealed in the afternoon by Rev. Fr. Raphael, announcing the following winners: Sreelakshmi K. Suresh(Chairperson, Social Science option), Devika K. R. (Vice Chairperson, English option), Shary C. S. (Secretary, Mathematics option), Akhila P. S. (Joint Secretary), Saranya T. G.(UUC, Malayalam option), Sreelakshmi V. B.(Student Editor, Malayalam option), Anupriya K.M.(Fine Arts Secretary, Physical Science option), and Anugraha C. R.(General Captain, Physical Science option). After the announcement, the winners expressed their gratitude, committing to serve the student community with dedication.



## Orientation on Online Assessment

Jesus Training College conducted an orientation program on online assessments on October 17, 2024. Ms. Dayana Davis, Assistant Professor of Jesus Training College led the session from 2:40pm-3:30pm in the Assembly Hall. The program focused on creating and utilizing Google Forms for efficient evaluations. Participants learned through hands-on exercises, understanding its importance and applications. Ms. Dayana Davis primarily emphasized creating and utilizing Google Forms in teaching methodologies, covering essential aspects such as step-by-step Google Form creation; customization options; effective question types; practical applications in assessments such as quizzes and feedback collection.



## LMS Workshop

On October 22, 2024, Jesus Training College, Mala, organized an engaging workshop on Learning Management Systems (LMS). The event took place at 2:30 PM at college auditorium. The session was well handled Dayana Davis, Assistant professor, Jesus Training College, Mala. The event was structured to ensure active participation, with interactive sessions, practical exercises, and discussions that addressed challenges and opportunities in digital education.



## Her Story : An Orientation to Women's Rights and Advocacy

On October 24, 2024, the Women's Club of Jesus Training College Mala, in partnership with the Internal Quality Assurance Cell (IQAC), organized an impactful session titled "Her Story: An Orientation to Women's Rights and Advocacy." The session was conducted by Ms. Mariya Vincent, a third-year LLB student from Bharata Mata School of Legal Studies, Aluva. Ms. Maria talked about various laws and sections of the Indian Penal Code (IPC) that are essential for safeguarding women against discrimination and violence.



## Building Bridges : Orientation on Effective Bridge Courses

Team Interval, a renowned online learning platform, conducted a workshop on utilizing artificial intelligence, on October 26, 2024, at Jesus Training College, at 11.30 am. Mr. Zuhair Sirus, Interval's General AI Trainer, led the workshop, introducing students to various AI platforms. The interactive session provided hands-on experience with multiple applications. Mr. Sirus explained the usage of AI tools such as ChatGPT, Notion, Gamma, and Grammarly through practical demonstrations.



## NAAC Orientation Program

As a part of NAAC orientation program, Prof. Harry Cleetus, Former Principal of St. Albert's College, Ernakulam conducted a section on 26th October 2024, at Jesus Training College, Mala. Rev. Fr. Binoy Kozhipatt, Executive Director of the college, delivered the welcome speech. After the message from College Principal, Dr. Jasna P. Varijan, the session started. The class commenced from 10 am for students and 11am for College Faculties. He told us about how an institution should be in it's activities as well as performance. The Orientation program helped us to be positive and confident in everything that we face in life.



## Rosarium 2024

On 29 October 2024, our college community came together for a poignant Rosary Procession, which commenced at the chapel. Rev. Fr. Binoy Kozhippaatt, the Executive Director, initiated the rosary, subsequently entrusting the statue of Mother Mary to the Social Science option. The procession then wove its way through the 1st and 2nd floors, with each academic option thoughtfully receiving and venerating the statue, showcasing their creative flair through exquisite decorations at their respective classroom entrances. These elaborate displays, replete with lights and flowers, beautifully complemented the statue of Mother Mary, creating a visually stunning and spiritually enriching experience. The procession ultimately returned to the chapel, culminating in a meaningful conclusion to the rosary recitation, fostering a sense of unity, devotion, and reverence among participants.



## Union and Arts Club Inauguration

The inauguration of the college union marked a significant event, bringing together students, faculty, and distinguished guest to celebrate the beginning of a new chapter in student leadership and campus activities. Jesus Training College Mala celebrated Union inauguration of academic year 2024-26 on November 1, Friday. The program was conducted in college auditorium at 02:00 pm. The program started with a prayer dance. Rev. Fr. Binoy Kozhipatt, Executive Director of Jesus Training College Mala, delivered welcome address. He also conveyed his wishes for new union members. Dr. Jasna P. Varijan, respected principal of the College graced the occasion with a profound and inspiring presidential address. The program was honoured by the presence of the most distinguished and perfectly suited guest, whose participation added immense value and significance to the occasion. Mr. Kuzhur Wilson, winner of OV Vijayan Literary Award 2024, inaugurated the College Union with heartfelt wishes and by ceremoniously lighting the lamp. The oath-taking ceremony stood out as the highlight of the event, with the Principal leading the solemn oath. As a part of Union day inauguration, a vibrant array of cultural performance enthralled the audience, including Mohiniyattam, Thiruvathira, Margamkali, and Mappilapaattu.



## Rev. Fr. Vineesh Vattoly's Birthday Celebration

The Union Day celebrations at our college were made even more special as it coincided with the birthday of Rev. Fr. Vineesh Vattoly, Associate Executive Director of Jesus Training College. College Principal, Dr. Jasna P. Varijan, presented Fr. Vineesh with a bouquet. This was followed by a cake-cutting ceremony and a heartfelt address by Fr. Vineesh, marking a memorable occasion for everyone.



# Precision Farming

A gardening event was organized at Jesus Training College, Mala, focusing on planting various vegetables such as chilli, brinjal, and tomato. The event aimed to integrate learning across multiple disciplines, with each vegetable planting activity linked to different academic subjects. The inauguration ceremony was held on 7th November 2024 by Rev Fr. Binoy Kozhipatt, the Executive Director, and Dr. Jasna P. Varijan, the Principal of the institution. All the teachers actively participated, creating a lively and educational atmosphere.



# Newsletter Inauguration

The inauguration of the HERALD Volume 4, Issue 1, took place at Jesus Training College, Mala, on 8 November 2024, at 9:40 a.m. The event was graced by the Executive Director, Rev. Fr. Binoy Kozhipatt, who officially launched the latest edition of the college's newsletter in the presence of the college Principal, Dr. Jasna P. Varijan. This edition of the HERALD captures the vibrant spirit of the college, documenting all the significant events and achievements that took place over the past three months.

Dr. Jasna P. Varijan appreciated the editorial team for their hard work and dedication in compiling the issue, highlighting the importance of preserving the college's memories and milestones.



# Digital Poster-Making Competition

Jesus Training College, Mala, organized a Digital Poster Making Competition on 11th November 2024 as part of the National Education Day celebrations. The competition, themed "Education and Future Teachers," aimed to encourage creativity and reflect on the role of educators in shaping the future. The event commenced with an insightful speech by Helma Sebastian from the Physical Science department, who elaborated on the transformative role of education in shaping future educators and emphasized the importance of innovation and inclusivity in teaching practices.

The competition witnessed enthusiastic participation, showcasing innovative ideas and creative expressions. Sruthy P. won the first prize, while the second prize was shared by Catherin Rose and Kavya P. B. The winners were felicitated by the college Principal, Dr. Jasna P. Varijan, during the award distribution ceremony.



## "NATIONAL EDUCATION DAY 2024" DIGITAL POSTER MAKING COMPETITION



1. Theme: "Education and Future Teachers"
2. All entries must be submitted by 6:00 PM on 10th November 2024
3. Format: Digital posters
4. Size: A4 (210mm\*297mm)
5. Maximum team size: 2 participants
6. Participants must be prepared to briefly explain how they created their poster and the message it conveys during the presentation

## Palliative Centre Visit

On 11th November 2024, 17 students and 2 teachers from Jesus Training College, Mala, accompanied by the Associate Executive Director, Fr. Vineesh Vattoly, visited Hrudaya Palliative Care, Perambra, to understand its services and engage with patients. Welcomed by Fr. Shaju Chirayath and Fr. Rinto Thekkineth, the group learned about the centre's mission, established in 2016 under the Irinjalakuda Diocese, to provide free or affordable care for patients with chronic or incurable conditions. Students were inspired by the clean, compassionate environment and the staff's dedication. They also contributed funds to support the centre's efforts. The visit left a lasting impression, fostering empathy and understanding of palliative care.



## Printing Technology Essentials



The Internal Quality Assurance Cell (IQAC) and Placement Cell of Jesus Training College, Mala, organized a workshop titled "Printing Technology Essentials: Techniques, Tools, and

Trends" on 13th November 2024. Led by Mr. Santosh Jose, Assistant Professor at Carmel College, Mala, the session provided an in-depth overview of printing techniques such as offset, digital, screen printing, and flexography, along with modern tools like digital printing machines and graphic design software, including Adobe Photoshop and CorelDRAW. Emerging trends like 3D printing, sustainable practices, and advancements in ink and substrate technology were also highlighted. The program included an interactive Q&A session, inspiring participants to explore career opportunities in the field. Concluding with a vote of thanks, the workshop was praised for enhancing attendees' understanding of printing technology, tools, and sustainable practices, reaffirming the college's dedication to quality education and skill development.

## Children's Day Celebration

The Children's Day celebration at Jesus Training College, Mala, on November 14th was a joyful and meaningful event honoring the spirit of childhood and commemorating Pandit Jawaharlal Nehru's legacy.

The day began with a vibrant assembly, where Ann Ranjith from the Physical Science department delivered an inspiring speech emphasizing the importance of nurturing young minds with love, education, and values like kindness and resilience. Her words highlighted Nehru's. The Principal's closing message encouraged continued support for students' growth. The event left a lasting reminder of the joy and responsibility of guiding the next generation.



## College Union Name Reveal

The College Union Name for the academic year 2024-25 was officially revealed on 15th November at Jesus Training College, Mala. The event was marked by vibrant celebrations and a sense of unity among students and staff.

The highlight of the program was the announcement of the Union Name, "Vaighari," unveiled by Rev. Fr. Binoy Kozhipatt, the Executive Director, in the presence of the Principal, Dr. Jasna P. Varijan. The moment was met with applause and enthusiasm from the audience, symbolizing a fresh start for the new college union. The event also featured a captivating dance performance by the newly elected Union members, showcasing their talent and energy.



## Alumini Interaction

On 15th November 2024, Jesus Training College held an online Alumni Interaction Session. Linda Teresa Tomi (2020-22 alumna) discussed Thailand's stress-free, digitally integrated education system, highlighting its diverse curriculum and opportunities for students. Irene Thomas (2020 alumna) shared insights on Dubai's student-centred, inclusive education system, emphasizing interactive learning, elective choices, virtual labs, and innovative teaching methods like the five E's of lesson planning. Both sessions provided valuable perspectives on global advancements in education.



## National Constitution Day

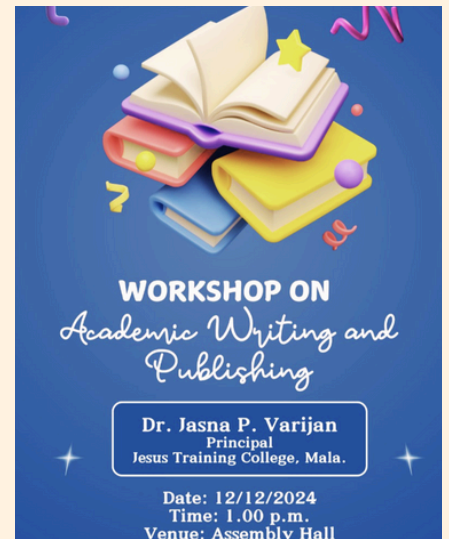
National Constitution Day, or Samvidhan Divas, was celebrated with enthusiasm at Jesus Training College on 26th November to honour the adoption of the Indian Constitution. The event began with a morning assembly and a talk by Ms. Devika from the English option, who highlighted the Constitution's significance in safeguarding citizens' rights and defining India as a sovereign, socialist, secular, and democratic republic. The Preamble was presented by the College Chairman Ms. Sreelakshmi, emphasizing its core values of justice, liberty, equality, and fraternity. The celebration was a tribute to the Constitution's adoption and a reaffirmation of commitment to its principles, fostering national pride and responsibility.





# Workshop Day 1: Academic Writing and Publishing

On 12th December 2024, Jesus Training College, Mala, Thrissur, hosted a workshop on "Academic Writing and Publishing" led by Dr. Jasna P. Varijan, the college principal. The session aimed to enhance participants' academic writing and publishing skills, covering distinctions between theoretical and research papers, systematic idea presentation, ethical practices, and plagiarism avoidance. Practical guidance on structuring and formatting papers for peer-reviewed publications was provided, along with insights into developing theoretical frameworks and presenting research findings. Dr. Jasna's expertise and interactive approach made the workshop highly engaging and beneficial, promoting academic excellence among aspiring researchers and students.



## Vegetable Harvesting

On December 13, 2024, Mala Jesus Training College hosted a vegetable harvesting event attended by the Executive Director Rev. Fr. Binoy, Principal Dr. Jasna Varijan, teaching staff, and students. The event began with Rev. Fr. Binoy emphasizing the importance of agriculture, followed by Principal Dr. Jasna Varijan commending the collective effort in cultivating the garden. Students and teachers actively participated in harvesting fresh vegetables, promoting teamwork and dedication. The harvested produce was distributed among staff and students, fostering values of sharing and sustainability. The event was a success, enhancing environmental stewardship and serving as an inspiration for future sustainable initiatives.



## World Disability Day

On December 13th, 2024, Jesus Training College, Mala, celebrated World Disability Day with an event in the assembly hall. The celebration, originally observed on December 3rd, focused on raising awareness about the rights and inclusion of individuals with disabilities. The event began with a speech emphasizing the importance of inclusion in society, followed by an oath-taking ceremony led by Principal Dr. Jasna P. Varijan, who highlighted the need for a more accessible and inclusive environment. The gathering encouraged students and staff to reflect on their role in supporting equality and promoting inclusion for people with different abilities.



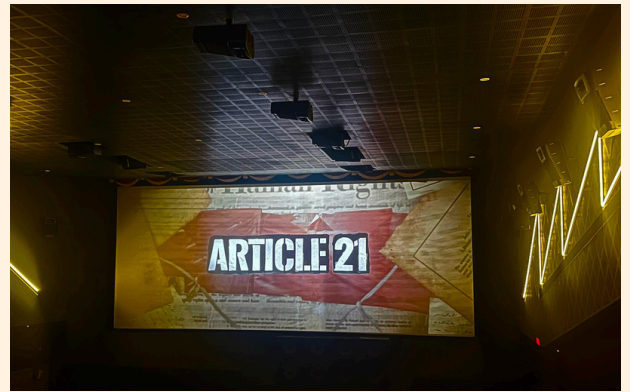
## Workshop Day 2:

### Citation Management Software

On 16th December 2024, Jesus Training College, Mala, Kerala, conducted a workshop on "Citation Management Software," led by Principal Dr. Jasna P. Varijan. The session introduced participants to tools like Zotero, emphasizing their importance in organizing references, generating accurate citations, and maintaining academic integrity. Dr. Varijan demonstrated the software's features, including integration with word processors and collaboration tools, while addressing audience queries with practical insights. The workshop, held from 9:30 AM to 10:20 AM, was well-received and encouraged participants to adopt citation tools for efficient and professional academic research.



## Movie Show: "Article 21"



A screening of the movie "Article 21" was held at Ganga Movies, Mala, on December 18, 2024, at 10:15 AM. The event was attended by students, faculty members, the Principal, Dr. Jasna P. Varijan, and Fr. Vineesh Vattoly, the Associate Executive Director of Jesus Training College. The film, known for its thought-provoking content, explores important societal issues, and was made even more significant with the presence of the film's director, Lenin Balakrishnan, and producer, Praseena, making it a memorable and enriching experience for everyone.

## Jingle Mingle

Jesus Training College, Mala, hosted a joyous Christmas celebration, 'Jingle Mingle,' on December 20, 2024. Students, faculty, and staff gathered to revel in the holiday spirit. The event featured a carol competition in the morning, setting a joyful and festive atmosphere. The official program began at noon with speeches from key figures, including Rev. Fr. Binoy Kozhipatt, the Executive Director, Fr. Vineesh Vattoly, the Associate Executive Director, Dr. Jasna P Varijan, the Principal, Mr. Faimen Paul, Assistant Professor, Ms. Ancy Joby, our Former Chairperson and Ms. Sreelakshmi, our Chairperson concluded with a vote of thanks. The 2023-2025 batch also presented a cultural performance "Rhythm in Action," enhancing the lively atmosphere. The celebration concluded with a festive feast and a gift exchange, fostering unity and shared joy, leaving a lasting impression on the JTC Mala community.



# Achievements

## Gold Glory: Aisha Noushad Shines at Kerala State Karate Championship

Aisha Noushad, Social Science student, secured the Gold Medal in the +68 kg Senior Women Kumite (Fighting) category at the Kerala State Karate Championship. Her outstanding performance is a proud moment and an inspiration to aspiring athletes.



**AISHA NOUSHAD  
(2022-2024)**

## Akhila P.S. Secures 7th Rank in MA Malayalam

Akhila P.S., a student of the Malayalam Option, has achieved the distinguished 7th rank in the MA Malayalam program at the University of Calicut, reflecting her commitment to academic excellence.



**AKHILA P. S.  
(2024-2026)**

## Meenu Siby Excels in Table Tennis Championship

Meenu Siby, English Option student, secured the First Runner-Up position in the Calicut University Inter-Collegiate Table Tennis Championship. She has also earned selection for the South Zone Inter-University Championship, showcasing her exceptional talent and dedication to the sport.



**MEENU SIBY  
2024-2026**

## Rahla M.A. Qualifies for UGC NET June 2024 – Eligible for Assistant Professor & PhD Admission

Rahla. M. A, of Malayalam Option, has successfully qualified for the UGC NET June 2024, earning eligibility for both Assistant Professor positions and PhD admissions.



**RAHLA M. A.  
(2023-2025)**

## **Semester Success: 100% Pass Rate for 2nd Sem Students!**

The 2023-2025 batch students have made us proud! Our 2nd semester students have achieved a remarkable 100% pass rate, with every student clearing the semester successfully. Hearty congratulations to the students, faculty, and staff on this outstanding achievement.



## **Anju Mariya Babu V. and Lakshmi K. J. Qualify for Ph.D. Admission – UGC NET June 2024**

Anju Mariya Babu V., from the English Option, and Lakshmi K. J., from the Social Science Option, have both successfully qualified for Ph.D. admission through the UGC NET June 2024 exam, marking a significant milestone in their academic careers.



**ANJU MARIYA BABU  
(2024-2026)**



**LAKSHMI K. J.  
(2024-2026)**