

Best Practices 2020-2021

I. Title of the Practice – *SPARSHAM*

2. Objective of Practice–

- To revitalize life of pupils during COVID 19 Pandemic.

3. The context

The COVID-19 pandemic brought a complex array of challenges which had mental health repercussions for everyone, including children and adolescents.

4. The Practice

A team of well-trained 125 certified teacher trainees and teachers served as counsellors to students and parents of the neighbourhood schools

5. Evidence of Success

Students and parents benefitted

6. Problems Encountered and Resources Required

- Diffidence on the part of parents to open up on their problems
- Qualified counsellors

Notes: Instilled a fellow feeling for the needy in the society

II. Title of the Practice: *Jagratha 2021 – National webinar series for empowering rural women*

1. Objective of Practice

- To empower rural women

2. The Context

Sensitisation of rural women

3. The Practice

A yearlong National webinar series - A joint initiative of Archana Women's Centre, Ettumanoor and St Thomas College of Teacher Education, Pala. The seminar was conducted on Saturday afternoons / evenings.

4. Evidence of Success

- Feedback from the participants

5. Problems Encountered and Resources Required

Qualified Resource persons – more participation on the part of rural women

Notes: Student teachers got a first-hand experience of the problems faced by rural women, home makers, etc.