

## Best Practices 2020-2021

### I. Title of the Practice – *SPARSHAM*

#### 1. Objective of Practice–

- To revitalize life of pupils during COVID 19 Pandemic.

#### 2. The context

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

#### 3. The Practice

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

#### 4. Evidence of Success

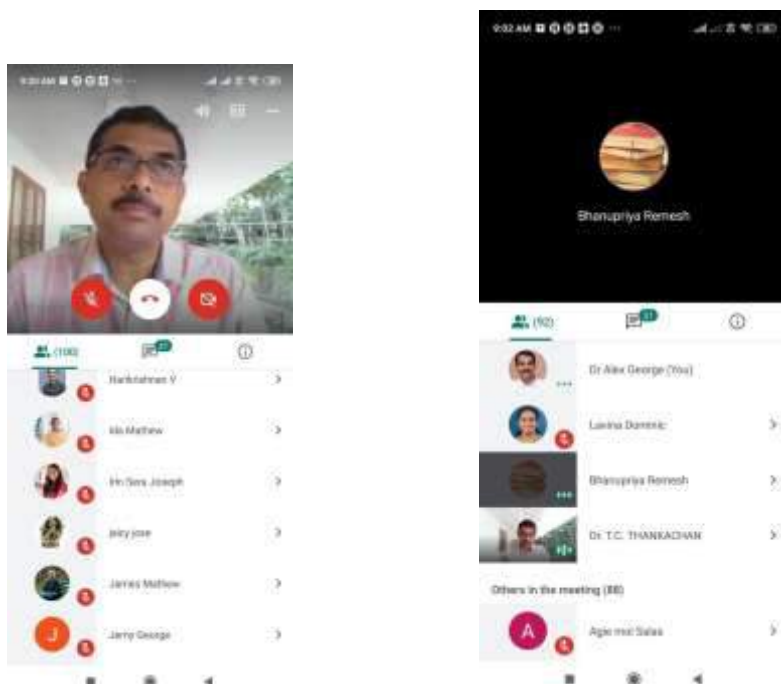
Students and parents benefitted

#### 5. 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

**Orientation of faculty and students on 'Sparsham' by Dr TC Thankachan (Principal). The meeting was conducted online due to COVID lockdown. (14 May 2021)**



E Newspaper report (20 May 2021)

### സൗജന്യ സേവനപദ്ധതി 'സ്പർശ'വുമായി പാലാ സെന്റ് തോമസ് കോളജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ

പാലാ: കോവിഡ് കാലഘട്ടത്തിലും കോവിഡാനന്തര ജീവിതത്തിലും ഏറെ ഉണർവോടെ മുന്നേറാൻ കുട്ടികളെയും മാതാപിതാക്കളെയും സഹായിക്കുക എന്ന ലക്ഷ്യത്തോടെ പാലാ സെന്റ് തോമസ് കോളജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ സൗജന്യ സേവനപദ്ധതി സ്പർശം ആരംഭിച്ചു. പരിശീലനം ലഭിച്ച 125 പേരടങ്ങുന്ന ടീച്ചർമാരുടെ സജീവമായ ഇടപെടലാണ് പദ്ധതിയിലുള്ളത്. ഒന്നു മുതൽ 12 വരെ കുട്ടികളിൽ പഠിക്കുന്ന കുട്ടികൾക്കും അവരുടെ മാതാപിതാക്കൾക്കും വിദഗ്ധരുമായി ആശയവിനിമയം നടത്തുവാൻ അവസരം ലഭിക്കും. അധ്യാപകരും അധ്യാപക വിദ്യാർത്ഥികളുമടങ്ങിയ സംഘമാണ് ആദ്യഘട്ടത്തിൽ സംവദിക്കുന്നത്. പ്രാഥമികമായി നിങ്ങൾ സംസാരിക്കുന്ന വിഷയം കേട്ടതിനുശേഷം യോജിക്കുന്ന ഒരു വിദഗ്ധനെ നിങ്ങൾക്കായി നൽകും. രാവിലെ എട്ടിനും രാത്രി എട്ടിനുമിടയിലുള്ള ഏതു സമയത്തും ഇഷ്ടപറഞ്ഞ നേരിട്ടു വിളിക്കാം. ഫോൺ: 9061538841, 9446758690, 9497458670, 9747656363, 9747191495, 8301002395.

 Thu, 20 May 2021   
<https://epaper.deepika.cc>

### Report - സ്പർശം (SPARSHAM)

Date 14 May 2021

Report 1: Team J5

As part of the new program today we had an introductory section through Google meet at 9.a.m. After the meet, as the team leader I contacted my team mentor. In the afternoon section we had our second Google meet for detailed description about the program . A whatsapp group was created for team J5 and I contacted each team members. Officially a group was created for all leaders. Finally at 8.30 pm I attended the leaders meeting .Today we had no cases.

Team leader : Jaicy Jose

May 14- 2021

Day 1 - Team S6

Today we didn't attend any students.created a whatsapp group with team mates. Then contacted mentor Bindhu miss and informed about the team members. conveyed the important instructions given by alex sir in the google meet in our whatsapp group.

Team leader : Amal Thomas

22 May, 2021- Team S2

Our first call was from Anakkara, at 2 45 PM. The case was handled by miss Amrudhendhu. She referred the case to Dr Alex George.

Received our first call from Kottayam at 02:30 PM from a parent on behalf of her son with a language difficulty. We talked for a while and directed the case to our mentor Ms Sunu Austin who had suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir and our team members.

Irin Sera Joseph

22 May, 2021- Team S2

Jestin Joy received a call from Kozhikode at 7.43 PM. We talked for a while and directed the case to our mentor Ms Gilu who had suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir and our team members.

Josmi Joseph

9 June, 2021- Team J8

Received our first call from Kozhikode at 01:15 PM from a parent on behalf of his son with Game addiction. We talked for a while and suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir, Lavina Miss and our team members.

Nevil George

11 June, 2021- Team J1

Received our first call from Erattupeta at 8 am from a parent on behalf of his daughter. Their problem was that their child quickly forget what she was learning. We talked for a while and directed the case to our mentor Sr. Beenama and she suggested certain remedies for the problem. This was also reported to Alex sir and our team members.

21 June 2021 Team S1

Received our second call from Eroor at 3.30pm from a parent. Their problem was that their child is showing ADHD symptoms. We talked for about 15 minutes and then I have suggested certain remedial measures for the problem. This was also reported to our team members and Alex Sir.

24 July 2021- Team J9

Received our first call from Kozhikode at 12:30 PM from a parent on behalf of her son . We talked for a while and directed the case to our mentor Ms Sunu Austin who had suggested a remedy for the same and ensured follow up as well. This was also reported to Alex sir and our team members.

Sneha Jayakumar

## ***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.

# JAGRATHA 2021- NATIONAL WEBINAR SERIES - DATA RECORDED



23/01/2021  
8.30 p.m.- 9.15 p.m.  
No. of Participants: 90

The inauguration of Jagratha 2021 was done by Miss Thresiamma Mathew, Coordinator and director of AWC. The Day 1 class was led by Dr. Alex George, Assistant Professor STCTE, Pala on the topic 'MENTAL HEALTH AND PARENTING'. It was a fruitful session for the parents. Participants actively participate in clarifying their doubts.



27/02/2021  
8.30 p.m. - 9.15p.m.  
No. of Participants: 88

The class was handled by Sri. P.L Abraham, Assistant Agriculture Officer. Sir gave a clear idea about how to take care of the crops in different seasons. He explained about the organic pesticides and its preparation techniques. In the session he point out the various schemes and subsidies provided by the agriculture societies. Participants actively participate in asking their doubts regarding the ways to control the pest diseases in crops.



06/03/2021  
8.30p.m-9.15p.m  
No. of Participants : 90

The resource person for the session was Sri. George Karunackal, Consultant and Trainer. He took class on the various ways to manage the stress in our life. During this pandemic period this class was relevant to cope up with the stress in life. He points out the different root causes of stress in life and gave simple techniques to overcome it. The class was interactive and participants responded actively.



13/03/2021  
8.30p.m- 9.15p.m  
No. of Participants: 90

The session was handled by Sri Jossy Thumpanathu, Journalist on the topic 'FAMILY IS A GREAT SCHOOL'. He discussed on how to maintain the bond in the family system. He explained the ways to build a network of family relation and also point out the causes of dysfunctional family relationship. The session was worthwhile and effective.



20/03/2021  
 8.30p.m-9.15p.m  
 No. of participants:95

The class was handled by Sri. Lorance Mathew, Industrial Extension Officer. He discussed on the topic Entrepreneurship development. He inspired the participants as to how to be a successful entrepreneur. He also shared his experiences. It was really an inspiring and motivating session.



27/03/2021  
 8.30p.m -9.15 p.m  
 No. of Participants: 70

Resource person for the session was Mrs. Bindhu Varghese. She took the class on the topic "SMART PARENTING". Her focal area of the talk was how children can combat their insecurities and suggest conversations of parents can have with their kids, activities they can engage in together. Finally she spoke about the intelligent look at raising smart children will help parents teach their kids that there's more to life than academic achievement. Participants especially mothers asked their doubts with the resource



10/04/2021  
 8.30p.m- 9. 15p.m  
 No. of participants: 100

The class was handled by Mr. Dijo Das, Counsellor, Adart. He dealt the class with the topic "DRUG FREE FAMILY". He pointed the ways we can avoid the drugs especially alcohol and the role played by the family to prevent the use of drugs. The topic was presented systematically and well presented.



17/04/2021  
 8.30p.m – 9.15p.m  
 No. of Participants : 95

The session was handled by Mr. Mathew Mundamattom, Trainer-TRADA on the topic Gender Equality. He started the class by explaining about the meaning of the gender equality. He discussed about the proactive measures we need to take for making a gender equality society. Participants gave good comments regarding the class in the chat box. The class was inspiring and interesting



8/05/2021  
8.30p.m-9.15 p.m.  
No. of Participants: 80

The class was handled by Jyothi S, Research Scholar. She discussed on the topic "FEMALE CHARACTERS IN INDIAN MYTHOLOGY". She focused on Indian epics to point out that the mythological tales we grew up listening to reverberated about strong male characters sketching the religious anecdotes. Participants raise their opinions and throughout the class an interaction is maintained.



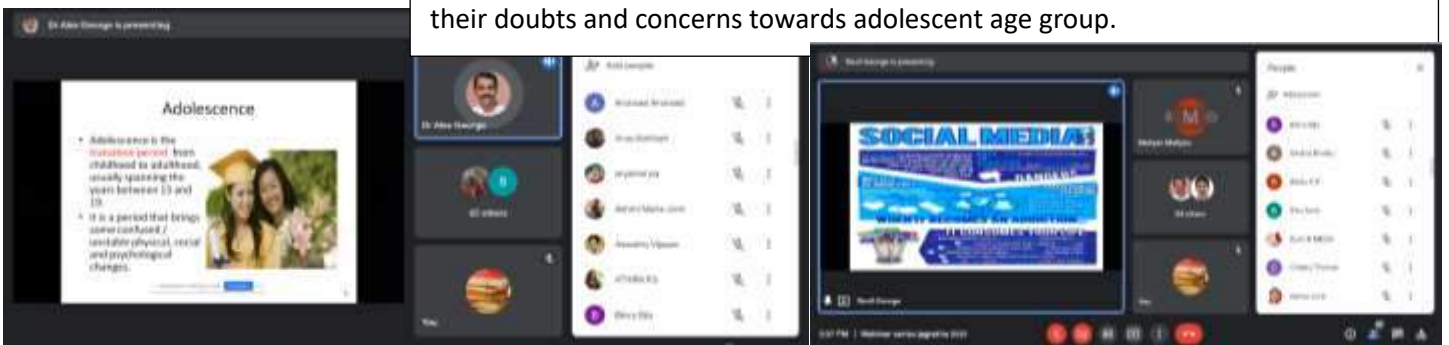
29/05/2021  
11.30a.m- 12.30 p.m.  
No. of Participants

The session was took by Civilson Sebastian on the topic "Role of family members in a drug free life". He discussed about the role of family in addiction recovery and also family involvement in adolescent substance use.



5/06/2021  
3.00p.m.-4.00p.m.  
No. of participants: 87

The session was handled by Dr. Alex George, Assistant Professor St. Thomas college of teacher education and Sri. Nevil George, Teacher trainee St. Thomas college of teacher education, Pala on the topic "Adolescent Care". The first half of the session handled by Dr. Alex George about the adolescence and need for adolescent care. In the second half, Mr. Nevil George discussed on the various adolescent issues such as Substance abuse, mobile addiction etc. The class was informative and effective. Participants interact with the resource persons, asked their doubts and concerns towards adolescent age group.



12/06/2021  
5.00p.m.-6.00p.m.  
No. of Participants: 97

The resource person for the session was Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission. He discussed about the Covid and its psychological issues. He also provides mental health awareness to cope up with the pandemic situation. Participants raised questions and provided comments regarding the class.

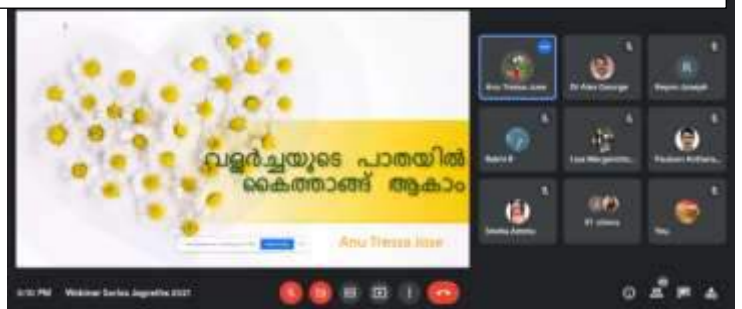
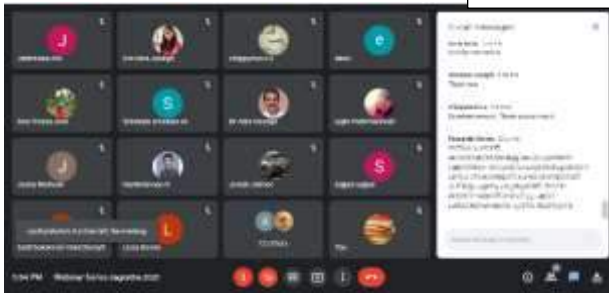


19-06-2021

Class time 5.00 – 6.00 p.m.

Participants: 101

Welcome speech by Rakhi R. First phase is handled by Ms Anu Tresa for 20 minutes. Remaining 20 minutes handled by Ms Irin Sera Joseph, Teacher trainee of St. Thomas College of Teacher Education, Pala. Both resource persons discussed on the adolescent issues and ways to deal with them. Slides and videos are presented well. All are impressed by the session. Good comments are reported in the chat box by the participants.



26-06-2021

Class time 4.00 -5.00 p.m.

Participants: 99

Prayer by Annumol joji. Welcome speech by Sr. Alphonsa xavier. Class was handled by Bhanupriya R. She took the class about the care and support that we need to maintain in a family during Covid pandemic and provided awareness on the various measures to prevent corona. She also shared her experience during the Covid positive days. Class taken for 45min and 5 minutes discussion. 2 members asked doubts. Good comments are written in the chat box by the participants.



3/7/2021

4.00 to 5.00 pm

No. Participants: 90

Class was handled by Soumya V P. She is a dietician. Madam explained about the food habits that we need to follow during the Covid pandemic situations. She cleared the doubts of the participants. Really an informative session.



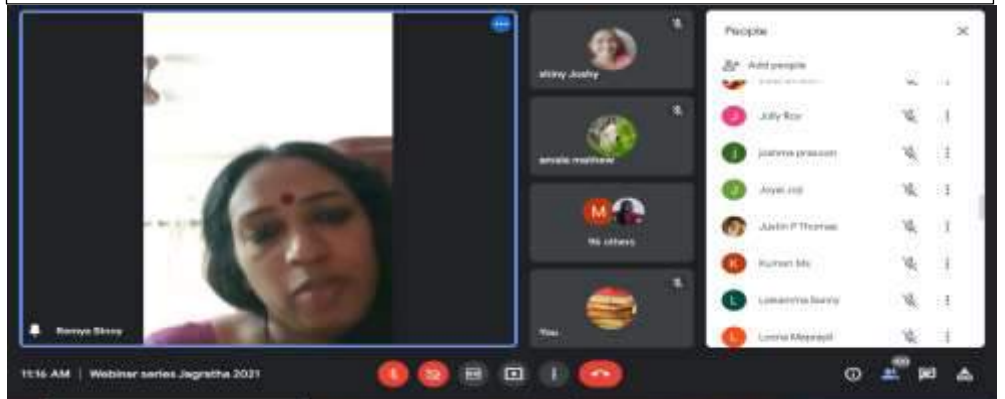


10/7/2021

11 to 12 pm

No. Participants: 100

Class was handled by Ms. Remya sinooy, Chief editor, Malayalamanorama. She discussed the need of women empowerment and ways we can avoid dowry system. She also speaks about the gender equality that we need to bring in the family. Participants expressed that the session was worthwhile. Everyone expressed their feedbacks in the chatbox.



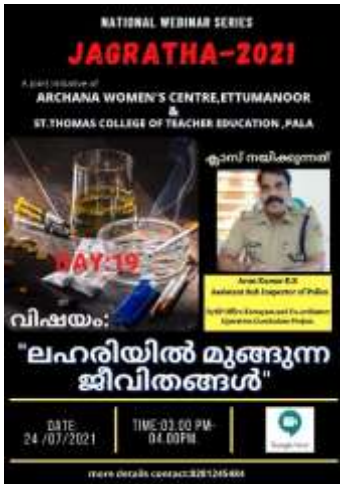
17/7/2021

4.00 p.m. – 5.00 p.m.

No. of Participants: 99

Class was handled by Dr. Sandrima K S, Ayurveda Medical Officer. Doctor discussed about the medicines that we need to take for some common diseases and also she provide some home remedies to treat minor health problems. Participants actively participate in the interactions.



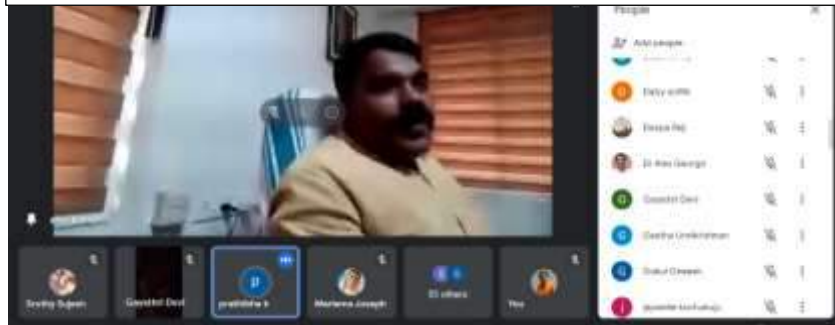


24/7/2021

3p.m – 4p.m

No. of Participants: 95

The session was taken by Mr. Arun Kumar K.R, Assistant Sub Inspector of Police. Class was based on the drug abuse among children. He taken the class by pointing out his experiences with drug abuse cases. He stressed the importance to keep the youngsters from drug addiction. Participants especially mothers expressed their concern with children regarding phone addiction.



7/08/2021

3p.m-4p.m

No. of Participants: 90

The class was taken by Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad. She discussed about how women empowerment can be achieved. She shared her experiences when she fought for the women rights. The class was inspiring and Participants from Archana women centre actively interact with the resource person.



14/08/2021

3p.m – 4p.m

No. of Participants: 96

The session was handled by Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam. Sr. Jyothis made a discussion on dowry system and how we need to change our view regarding dowry. She took the class by showing interesting and informative videos and slides. Participants shows interest to express their views.



28/08/2021  
 3p.m – 4p.m  
 No. Participants: 100

The resource person for the class was Sri. Nocer Mathew chairman, Nocer Hai Rainbow Consumer Council. The class was based on the women and the issues faced by women in the society. He discussed on how women can overcome the challenges faced by them. It was an interactive session. Participants actively participated in asking questions and expressed their opinions.



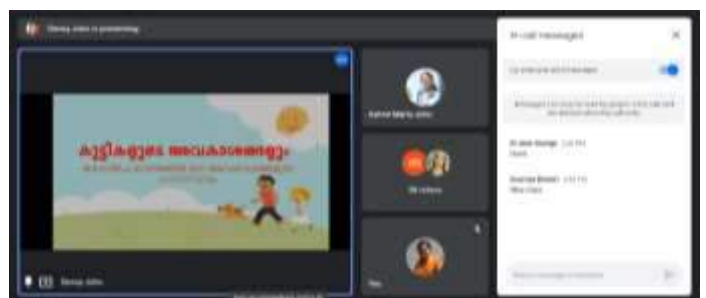
4/9/2021  
 3p.m-4p.m  
 No. of Participants: 92

The class was handled by Mr. Shamnas K S. It was an awareness session to the parents about the Mobile Technologies. At present situation, this session was very much important for the parents who lack behind in dealing with the technology. He also discussed about Cyber crimes in the session and also the ways to monitor the use of mobile phones by their children. Parents ask their doubts and clarifications.



11/09/2021  
 3p.m – 4p.m  
 No. of Participants: 70

The class was handled by Ms. Ashmi Maria John and Ms. Densy John, Teacher trainees of St. Thomas College of Teacher Education. Dr. Alex George introduced the topic to the participants. First 30 minutes were taken by Ms Ashmi Maria John on the topic Human rights and its relevance. She explained clearly using slides and covered the major areas of Human rights. Then the second half of the session was handled by Ms. Densy John for 30 minutes regarding the child rights and its relevance. She also explained the way to protect their rights and how to deal the children during the pandemic situation avoiding the stress on them. Participants were really impressed by the class and given good comments on the chat box.



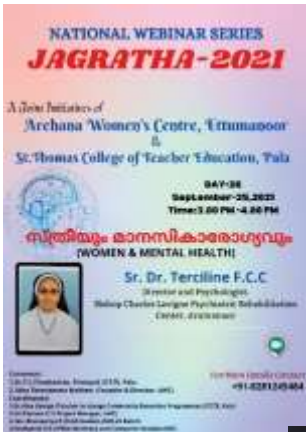
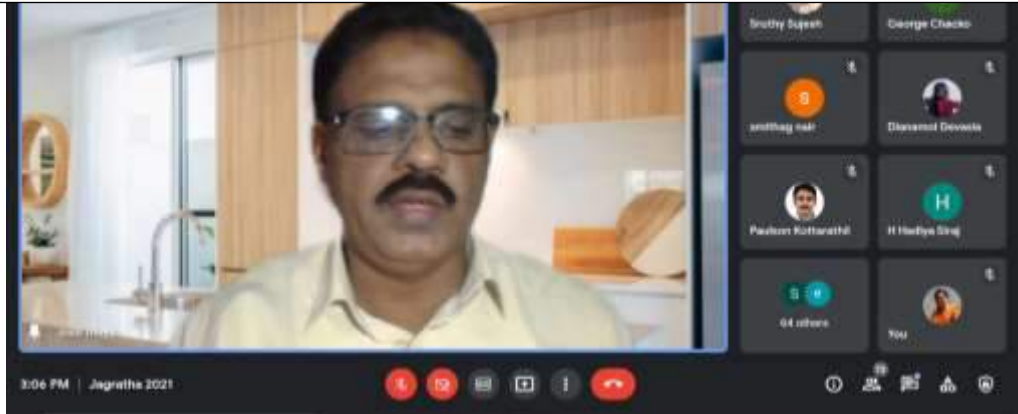


18/09/2021

3.00p.m.-4.00p.m.

No. of Participants: 80

The class was handled by Sri. Jose Thayyil, Chairman Kisan Service Society. He discussed on the topic "The need for economic empowerment of women". In the session he explained the various ways the women can increase their economic resources and also point out the need for women empowerment. Participants raised questions and provided comments regarding the class in the chat box.



25/9/2021

3.00 – 4.00 p.m

No. of participants : 100

The class was handled by Dr. Sr. Terciline F.C.C , Director and psychologist at Bishop Charles Lavigene Psychiatric Rehabilitation. Sr. handled the topic about women and mental health. Sr. cited examples from her experience in day to day life. Participants clarifies their doubts by asking questions and suggestions from the speaker. It was an active session.



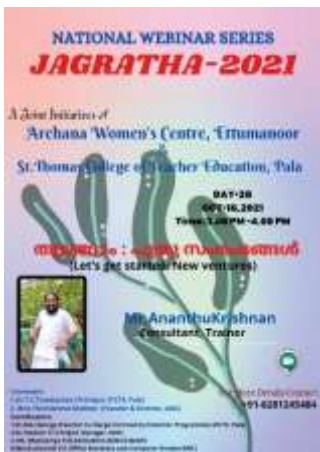


9/10/2021

3.00 – 4.00p.m

No. of Participants : 80

The class was taken by Suresh S, Skill & Motivational Trainer about the ways to improve the entrepreneurship of women. He also explained the different women startups. He explained the need for sustainable growth of women entrepreneurs to promote a balanced growth in the country. It was a fruitful session. Participants provide feedback through the chatbox.



16/10/2021

3.00 – 4.00 p.m.

No. of participants : 90

The class was handled by Mr. Ananthukrishnan, Consultant and trainer about the topic Let's get started new ventures. Resource person give a clear idea about the programs that provide services for the development of small and medium enterprises. Session went through the active participation of the participants.

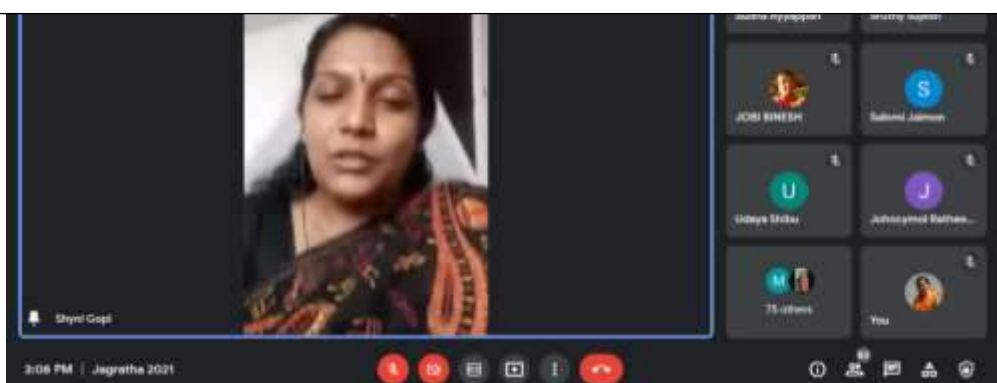


30/10/2021

3.00 – 4.00 p.m

No. of Participants : 83

The class was handled by Adv. Shiny Gopi, Advocate, District court, Kottayam about domestic violence – Laws and Remedies. She has pointed out the various violences faced by the women in the society. She also explained the various helplines and counselling facilities available in India and also the laws related with the domestic violence. It was an effective session because the majority of the participants were women from rural areas thereby which helped to empower the rural women community.





6/11/2021

3.00 – 4.00 p.m

No. of Participants : 85

The session was handled by Sri. Civilson Sebastian. Class was about the role of women in social progress. He pointed out that the women have also on average, reinvested up to 90% of income into their households. With more opportunities, they get access to more money to spend on food, housing and education. These are all essential components for poverty reduction and sustainable development. It was a motivational class for the women community.

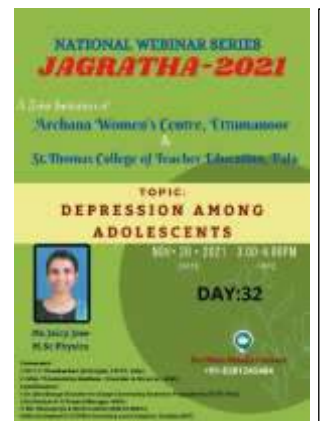
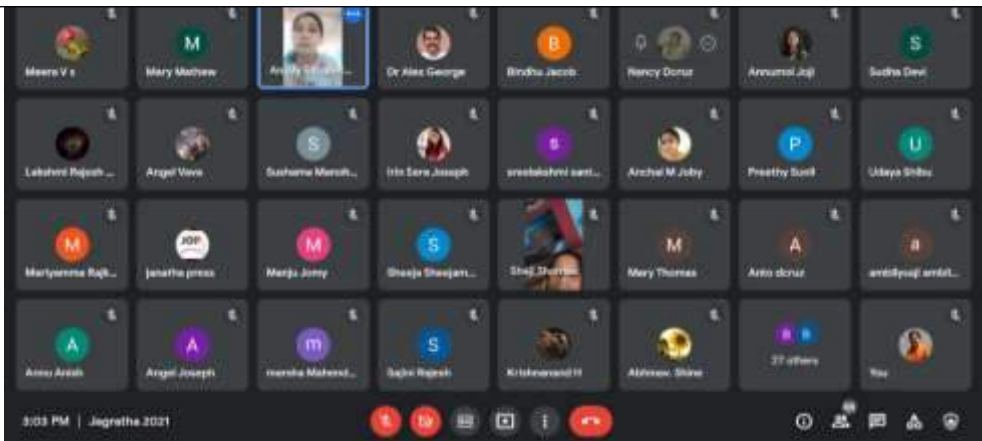


13/11/2021

3.00 – 4.00 p.m

No. of participants : 60

The class was taken by Ms. Anjali Elizabeth Xavier, Teacher Trainee at St. Thomas College Of Teacher Education, Pala about the topic Smart Parents for Adolescents. She has explained the tips and advices of parenting the present generation smart teens. She also point out the need for strong relationship of parents with their child. The class was effective and the participants gave good feedback.

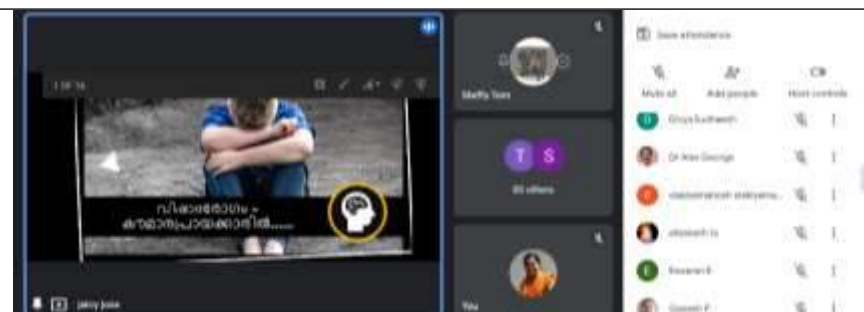


20/11/2021

3.00 – 4.00 p.m.

No. of participants : 90

The class was handled by Ms. Jaicy Jose, Teacher trainee at St. Thomas College of Teacher Education , Pala about the topic Depression among Adolescents. She has explained the various reasons and symptoms of depression among adolescents. She also point out the ways to handle them and the need of counselling. Some of parents raised questions and the resource person clarified their concerns and doubts.





27/11/2021  
 3.00 – 4.00 p.m.  
 No. of participants : 90

The class was handled by Ms. Lakshmi S, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic suicidal tendencies among adolescents. She has explained the causes of adolescent suicides and also mentioned the actions from parents side to prevent suicide. She had presented the powerpoint slides effectively which was effective in communicating the important points.



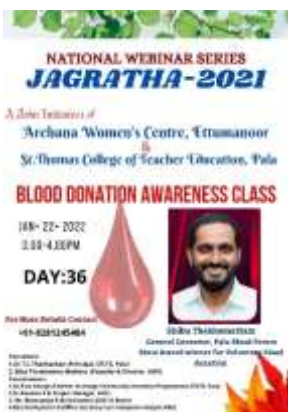
11/12/2021  
 3.00 -4.00 p.m  
 No. of Participants : 93

The class was handled by Mr. Harikrishnan V, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic Adolescence: A Period Of Temporary Insanity. The class was effective and interactive. Participants gave good feedback about the class.



18/12/2021  
 3.00 – 4.00 p.m  
 No. of Participants : 95

The class was handled by Adv. Sis. Reji Augustine about the topic Cybercrimes in children. The resource person explained the ways the children get affected by cyber crimes and also about the most common cybercrimes targeting children. The session was fruitful due to the relevance of the topic.



22/01/2022  
 3.00 – 4.00 p.m  
 No. Of Participants: 90

The class was led by Shibu Thekkemattam, General Convenor, Pala Blood Forum. He has explained the benefits of donating blood and also point out who all cannot donate blood. He answered several doubts raised by the participants related to blood donation after COVID attack. It was an informative and useful class.



5/02/2022  
 3.00 – 4.00 p.m.  
 No. Of Participants: 90

The class was handled by Dr. Shiny Antony, Dentist & Fitness Instructor. She talked about the urgent need of fitness at the present time due to the increasing life style diseases. She demonstrated Zumba with simple steps which is easy to follow by the participants. She explained the importance of fitness in our life. It was an interesting and active session.



19/3/2022  
 3.00 – 4.00 p.m.  
 No. of participants: 70

The class was handled by Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Viewpaper.in. She has discussed about the need of women equality in the society and also about how the gender stereotypes kills a women's self confidence. She has stressed that the change in the attitude towards women must come from the family. She also mentioned the ways to overcome gender stereotyping. The class was really interactive and motivational to the women community.



26/03/2022  
 3.00 p.m. – 4.00 p.m.  
 No. of participants: 93

The class was led by Prof. Leena Jose T, Paradigm Shift Facilitator. She started the session by giving clarification about what is paradigm shift Facilitator?. She has stressed the need of changing our mindsets and give importance to learn unlearn and relearn. She point out that our view informs our understanding and our understanding informs our attitude. It was a thought provoking session. Participants raised questions and gave good feedback about the session.

