



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

KOTTAYAM (DT.)-686575, KERALA, INDIA

Re-accredited at A Grade by NAAC

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BEST PRACTICES

2020-2021

More information



<https://stcte.ac.in>

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

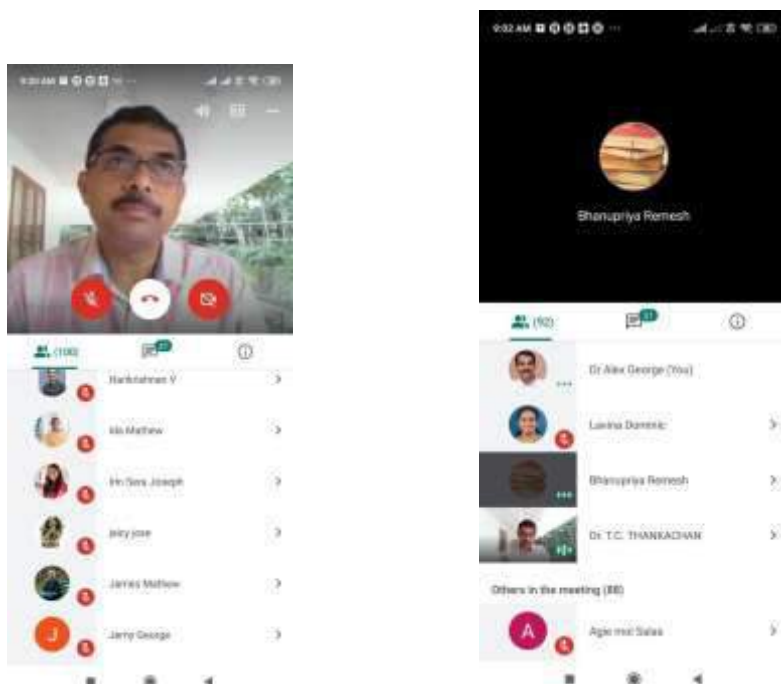
Students and parents benefitted

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 ടീച്ചിന്റെ സജീവമായ ഇടപെടലാണ് പദ്ധതിയിലുള്ളത്. ഒന്നു മുതൽ 12 വരെ ക്ലാസുകളിൽ 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 ഇദ്ദേഹത്തെ നേരിട്ടു വിളിക്കാം. ഫോൺ: 9061538841, 9446758690, 9497458670, 9747656363, 9747191495, 830 802395.

 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 Jyothis 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.