

RESUME

Dr. Bindu David is a faculty member in Education at St. Thomas College of Teacher Education, Pala, Kerala, affiliated with Mahatma Gandhi University, Kottayam. She joined the college on 29th February 2016 as an Assistant Professor in Natural Science Education. Prior to this, she has ten years of experience in MEd department of this college. She took her post-graduation degree in Zoology from Alphonsa College, Pala affiliated to Mahathma Gandhi University, Kottayam. She took her M.Ed from St. Ann's College of Education affiliated to Mangalore University, Dakshina Kannada. She took MSc Psychology from Annamalai University Tamilnadu and MPhil from Alagappa University Karaikudi. She completed her Ph.D from Alagappa University Coimbatore, Tamilnadu. She was member of Board of Studies for BEd, Mahathma Gandhi University, Kottayam. She is the member of Governing Body of the college nominated by Mahathma Gandhi University, Kottayam.



Date of birth : 30 May 1972
Gender : Female
Father's Name : Varghese David
Religion : Christian (Roman Catholic)
Marital Status : Married
Permanent Address : Padikarakarottu House,
Janatha Nelliyan Road. Vellappadu Pala P.O.
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EDUCATIONAL QUALIFICATIONS

No.	Course	Year and Institution	University	Marks	Percentage
1.	B.Sc. Zoology	1992 Bishop Moore College, Mavelikkara	University of Kerala	664	66.4
2.	M.Sc. Zoology	1999 Alphonsa College, Pala	Mahatma Gandhi University	1117	72.06
3.	B.Ed.	1996 UCTE, Kanjirappally	Mahatma Gandhi University	648	64.8
4.	M.Ed.	2000 St. Ann's College of Education, Mangalore	Mangalore University	569	71.12
5.	M.Phil.	2004 Alagappa University	Alagappa University	336	67.2
6.	M.Sc. Psychology	2009 Annamalai University	Annamalai University	584	58.4
7.	Ph.D Education	2013 Alagappa University	Alagappa University, Karaikudi		
8.	N.E.T	2001	UGC		
9.	S.E.T	2000	Govt. of Kerala		

PROFESSIONAL EXPERIENCE - TEACHING

Name of the Institution	Post	Duration
Teacher Education Centre, Kayamkulam University of Kerala	Lecturer in General Education	One Year
Mangalam College of Education, Ettumanoor	Lecturer in Natural Science	One Year Eleven Months
St. Thomas College of Teacher Education, Pala	Assistant Professor in Education (MEd)	31/03/2005 – 28-2- 2016
St. Thomas College of Teacher Education, Pala	Assistant Professor in Natural Science	29-2-2016 - till the date
St. Xavier's VHSS Kuruppanthara	Physical education Teacher (Permanent)	7 years and 6 months
St. Joseph's Central school & Junior College, Mundakayam	Physical education Teacher (Permanent)	1year

PROFESSIONAL EXPERIENCE – RESEARCH : 4

1. Conducted a Study on ‘Relationship between Science Process Skills and Attitude towards Science Learning of Ninth Standard Students of Kottayam District’ at M. Ed level
2. Research Guidance (10 Years at M. Ed level)
3. A Study on Interest in Science of Ninth Standard Students of Kottayam District at M.Phil.
4. Psycho Social Variables of Elementary School Children with Learning Difficulties in Relation to their Academic Achievement- Ph.D. Thesis.

PARTICIPATION AND PRESENTATION IN SEMINARS/ WORKSHOPS

1. Participated in the International Conference on "**Educational Research and Learning beyond Cognition**" held at St. Thomas College of Teacher Education, Pala, on 31st May to 2nd June 2007.

2. Participated in the International Seminar on **‘Peace Education: An Orientation for GEN next’** organized by CTE Kerala state centre and St. Thomas College of Teacher Education, Pala on 13th & 14th August, 2010.
3. Participated and presented a paper on **‘A Study on the Public Transportation for Persons with Disabilities in developed countries and in India’** in the Three day National Workshop on ‘Facilitating Public Transportation for Persons with Disabilities’ held at Dravidian University Kuppam from 22-24 March 2008.
4. Participated and presented a paper entitled **‘Sustainable Development: A Holistic Approach towards Environment’** with Sr. Shalby P. Jose Assistant Professor, St. Thomas College of Teacher Education Pala in the National Level Seminar on “Education and Social Sensitivity” on 25 and 26 November 2010.
5. Participated and presented a paper entitled **“Managing and Resolving Conflict in a Positive Way”** with Sr. Shalby P. Jose Assistant Professor, St. Thomas College of Teacher Education Pala in the International Seminar on ‘Peace Education: An Orientation for Gen Next’ held at St. Thomas College of Teacher Education Pala on 13 and 14 August 2010.
6. Participated in the UGC sponsored National Seminar on **‘Education for National and Emotional Integration’** held at St. Thomas College of Teacher Education, Pala, on 5th and 6th June, 2012.
7. Participated in the UGC sponsored National Seminar on **‘Quality Enhancement in Teaching, Learning and Evaluation: Recent Trends and Challenges’** organized by St. Thomas College, Pala on 19th and 20th September, 2011.
8. Participated and presented a paper entitled **‘Reflective Teaching for Self Actualisation’** with Soumya Stephen in the Seminar on ‘Reflections on Reflective Practice’s held on 21 and 22 November 2013 at St. Thomas College of Teacher Education Pala.
9. Participated and presented a paper entitled **‘Psycho Social Variables of Reading Disabled Children in Relation to their Academic Achievement’**, with Dr. T. C. Thankachan in the Seminar on ‘Learning Disability: No Child Left Behind’ on 27 and 28 June 2013 at St. Thomas College of Teacher Education Pala.
10. Participated in the UGC sponsored National Seminar on **‘Educational Renaissance for a New Generation’** held at St. Thomas College of Teacher Education, Pala, on 28th and 29th November, 2012.
11. Participated in the UGC sponsored National Seminar on **‘Reflections on Reflective Practices’** held at St. Thomas College of Teacher Education, Pala, on 21st and 22nd November, 2013.
12. Participated in the UGC sponsored National Seminar on **‘Yoga: A Panacea for Life Style Diseases’** held at St. Thomas College of Teacher Education, Pala, on 23rd & 24th January, 2014.

13. Participated presented the paper **“Quality Enhancement in Higher Education Through Targeted Professional Development”** and published in the Seminar proceedings, of the UGC sponsored national seminar on ‘Vision 2030 Contributions of Contributions of Educational Researches on National Development’ Conducted by St. Thomas College of Teacher Education, Pala on 6th & 7th August 2015.
14. Participated and presented the paper **“Sustainable Quality Development in Higher Education”** and published in the Seminar proceedings, of the UGC sponsored national seminar on ‘Vision 2030 Contributions of Contributions of Educational Researches on National Development’ Conducted by St. Thomas College of Teacher Education, Pala on 6th & 7th August 2015.
15. Participated in the UGC sponsored National seminar on **“Behaviour Modification: A Psychodynamic Approach to Maladjustment in Adolescents”** conducted by St. Thomas College of Teacher Education, Pala on 19& 20 January 2017.
16. David Bindu, Sreekala S (2017) **‘Role of Teacher in developing positive thinking to alleviate maladjustment’** , Seminar Proceedings, UGC sponsored national seminar on **“BEHAVIOUR MODIFICATION: A psychodynamic approach to maladjustment in Adolescents”**, St. Thomas College of Teacher Education, Pala , **ISBN 978-81-927201-5-9**.
17. David Bindu, Rani Jos Maria (2017) **‘Tackling maladjustment in adolescence by emotional modification’** Seminar Proceedings, UGC sponsored national seminar on **“BEHAVIOUR MODIFICATION: A psychodynamic approach to maladjustment in Adolescents”**, St. Thomas College of Teacher Education, Pala, **ISBN 978-81-927201-5-9**.
18. David Bindu, Jeena PP , Josmy Joseph(2017) **‘Causes of Aggressive Behaviour among Adolescents with special reference to various Family related problems’** , Seminar Proceedings, UGC sponsored national seminar on **“BEHAVIOUR MODIFICATION: A psychodynamic approach to maladjustment in Adolescents”**, St. Thomas College of Teacher Education, Pala , **ISBN 978-81-927201-5-9**.
19. David Bindu, Benita Rose Thomas(2017) **‘A Conceptual overview on Stress and Coping skills in Adolescents’**, Seminar Proceedings, UGC sponsored national seminar on **“BEHAVIOUR MODIFICATION: A psychodynamic approach to maladjustment in Adolescents”**, St. Thomas College of Teacher Education, Pala , **ISBN 978-81-927201-5-9**.
20. David Bindu (2017) conference **‘Human Rights education: A Threshold to Women Empowerment’**, seminar proceeding. National on Human Rights Education NCHRE-

2017, Alagappa University College of Education, Alagappa University conducted on 21st and 22nd september 2017. **ISBN 978-83-5001-559-9**

21. Participated David Bindu (2018) workshop on **‘Reviewed B.Ed. Curriculum of Mahatma Gandhi University’** organized by All Kerala Training College Teachers Association at Mount Carmel College of Teacher Education, Kottayam 15th september, 2018
22. Participated David Bindu (2018) National seminar on **‘Teaching Learning Platforms for Digital Natives’** sponsored by UG HRDC and SIRA National Conducted by St. Thomas College of Teacher Education, Pala on David 27 & 28 September 2018
23. David Bindu, Shalby.P .Jose (2018) **‘Techno pedagogical Content Knowledge : An Architecture for Teacher Competence’** National seminar on ‘Teaching Learning Platforms for Digital Natives”, Conducted by St. Thomas College of Teacher Education, on 27 & 28 September 2018 **ISBN 978-81-908006-9-3**
24. David Bindu, Jissa Joseph, Elizabeth Athulya Dalby (2018) **“Biological Database: A digital Initiative in Bioinformatics national seminar on ‘Teaching Learning Platforms for Digital Natives”**, Conducted by St. Thomas College of Teacher Education, on 27 & 28 September 2018 **ISBN 978-81-908006-9-3**
25. David Bindu (2019) **“Global Warming: Life on a warmer planet, contributed paper in international seminar ‘International Multi-disciplinary Conference on Arts, Science, Education, Management and Technology”**, conducted by University of Malaya, Kulalambur, Malesia , on 7th and 8th September 2019, **ISBN 978 81943363-10-0**
26. David Bindu(2020) participated National One week National workshop on **‘Creative Adaptation-Reaching Out Through Digital Classrooms’** conducted by St. Thomas College of Teacher Education Pala in collaboration with UGC-HRDC, University of Kerala, Thiruvananthapuram on 19-25th May 2022.
27. Participated in Webinar on Fulbright – Nehru Fellowships conducted by IQAC St. Joseph’s Training College Mannanam on 27-10-2022.
28. Participated in National Webinar on Redefining Child Rights for the New Normal Society held on 9th and 10th January 2021 organised by KeSCPCR, UGC-HRDC Thiruvananthapuram and SIRA.
29. Participated on VIRTUAL WORKSHOP Organized by All Kerala Training College Teachers Association (AKTCTA) on ‘A Hands-on Experience in Live Streaming on May 19th & 20th, 2021

30. Participated in Faculty and Staff Development Programme (FSDP) 'Reap the Service Benefits' organized by St. Joseph College of Teacher Education in collaboration with All Kerala Training College Teachers Association (AKTCTA) held on 22nd June 2021
31. Participated in One Day National Webinar on "**An Educational Leap with Artificial intelligence**" held on July 14, 2021, organised by IQAC, St. Joseph's College of Education, Mysore, Karnataka.
32. Participated in One Day National Webinar on "**Mental Wellbeing during the Pandemic**" held on July 24, 2021, organised by IQAC, St. Joseph's College of Education, Mysore, Karnataka.
33. Participated in the Online Workshop on "**Leading Edge**" held on July 30, 2021, jointly organised by the IQAC & Student Councils of the St. Joseph's College of Education, Mysore, Karnataka & the St. Thomas College of Teacher Education, Pala, Kerala.
34. Participated in one day online workshop on **Innovative Pedagogy** organized by NSS Training College, Changanacherry in collaboration with AKTCTA on 16 December 2021.
35. David Bindu, Benita Rose Thomas (2017) "**A Conceptual overview on Stress and Coping skills in Adolescents**", Seminar Proceedings, UGC sponsored national seminar on BEHAVIOUR MODIFICATION: A psychodynamic approach to maladjustment in Adolescents, St. Thomas College of Teacher Education, Pala, **ISBN 978-81-927201-5-9**.
36. Anand, K,S. David Bindu, "**Advancement in Organ-on- Chip System :Bridging the Gap between in Vitro and in Vivo Models**", Seminar on Futuristic Appositeness of Contemporary Research and NEP 2020, UGC – HRDC , University of Kerala, SIRA-India & St Thomas College of Teacher Education Pala **ISBN: 978-81- 927201-8-4**

CO-ORDINATOR OF SEMINAR :2

1. Coordinated National Seminar on Education the *sine qua non* for Sustainable Development Sponsored by University Grants Commission, New Delhi held at St. Thomas College of Teacher Education Pala on 20 and 21 August 2009.
2. Coordinated National Seminar on Behaviour Modification: A Psychodynamic Approach to Maladjustment in Adolescents Sponsored by University Grants Commission, New Delhi held at St. Thomas College of Teacher Education Pala on 19 and 20th January 2017.

CHAIRPERSON OF PAPER PRESENTATION SESSION

1. UGC sponsored National Seminar on **‘Learning Disability: No Child Left Behind’** held at St. Thomas College of Teacher Education, Pala, on 27th and 28^h June, 2013.
2. Seminar on **‘Reflections on Reflective Practices’** held on 21 and 22 November 2013 at St. Thomas College of Teacher Education Pala.
3. UGC sponsored National Seminar on **‘Yoga: A Panacea for Life Style Diseases’** held at St. Thomas College of Teacher Education, Pala, on 23rd & 24th January, 2014.
4. UGC sponsored national seminar on **‘Vision 2030 Contributions of Educational Researches on National Development’**, Conducted by St. Thomas College of Teacher Education, Pala on 6th & 7th August 2015.
5. UGC HRDC and SIRA sponsored National Seminar national seminar on **‘Teaching Learning Platforms for Digital Natives’**, Conducted by St. Thomas College of Teacher Education, Pala on 27th and 28th September 2018

PARTICIPATION IN ORIENTATION AND REFRESHER COURSE

1. Participated in the UGC Sponsored Refresher course in Education and Teaching Methods Conducted by the UGC-Human Recourse Development Centre, University of Kerala, Kariavattom, Thiruvanthapuram from 09-03-2017 to 29-03-2017.
2. Participated in the UGC Sponsored Orientation Programme, scheduled by the UGC-Human Recourse Development Centre, University of Kerala, Kariavattom, Thiruvanthapuram from 03-03-2020 to 23-3-2020, The course was conducted from 03-03-2020 to 11-03-2020 and 06-08-2020 to 17-08-2020 due to COVID19 interruptions.

PARTICIPATION IN MOOC COURSE

1. Participated in the Design and Facilitation of E- Learning Courses offered by Indira Gandhi National Open University, New Delhi on 22-05-2019.

BOOKS PUBLISHED

: 1

“Environmental Education”, 2015, Discovery Publishers, New Delhi, with Dr. G. Lokanadha Reddy, Dr. T. C. Thankachan, Bindu David & M Shylaja, **ISBN: 978-93-5056-761-6**.

CHAPTERS IN EDITED BOOKS

: 7

1. David Bindu (2017) Science Process Skills and Scientific Interest among Secondary School students, Spectrum of Educational Initiatives (Edited Book), UGC-HRDC, University of Kerala, Thiruvananthapuram. ISBN 978-81-908006-5-5
2. David Bindu (2017) Making new India through Universal Primary Education, Millennium Development Goals; Insights and Praxis, (Edited Book). UGC-HRDC, University of Kerala, Thiruvananthapuram. ISBN 978-81-908006-8-6
3. David Bindu (2017) Exploring New frontiers to foster Resilience in adolescents (Edited Book). UGC-HRDC, University of Kerala, Thiruvananthapuram .ISBN 978-81-908006-6-2 November 2017
4. David Bindu (2017) Making New India Through Universal Primary Education, Millennium Development Goals Insights and Praxis (pp 160-177), Sudheer, S.V (editor). UGC-HRDC, University of Kerala, Thiruvananthapuram –July 2017 ISBN978-81-908006-8-6
5. David Bindu (2017) Exploring New Frontiers To Foster Resilience In Adolescents , Counselling and Mentoring(pp 135-144), Sudheer, S.V.(editor) UGC-HRDC, University of Kerala, Thiruvananthapuram.- November 2017 ISBN 978-81-908006-6-2
6. David Bindu (2017) Technology and Health concerns Contemporary Education and Technology Global Scenario (pp 151-163), Valli, G. (editor) Mother Teresa Women’s University, Kodaikanal, Tamilnadu. April 2017
7. David Bindu (2019) Natural resource: protection and use, People and Environment :Concerns and Challenges, UGC-HRDC, University of Kerala, Thiruvananthapuram.- November 2017 ISBN 978-81-908006-7-9

Articles published in Journals : 10

1. David, Bindu., (2011) **“Life Skills and Attitude towards Vocation among the Vocational Higher Secondary and Higher Secondary School Students”** EDUTRACKS 0972-9844.
2. David, Bindu., Sumod S. (2011) **“Reading Comprehension in English in Relation to Achievement Motivation”**. EDUTRACKS 0972-9844.
3. David, Bindu., Lokanath Reddy (2010) **“Adjustment of Learning Disabled Children in Relation to their Academic Achievement”** STARS 0973-7812.
4. Lokanath Reddy, David, Bindu., Susmitha G. (2013) **“Psycho-Social Variables of Elementary School Children with Spelling Difficulties in Relation to their Academic Achievement”** BRICS Journal of Educational Research, A Peer-Reviewed (Refereed/ Juried) International Journal ISSN 2231-5829
5. David Bindu ., Sunitha K.S (2016) **“Effectiveness Of Language Games On Spelling Attainment”**, Educational Extract ISSN 2320-7612
6. David Bindu., Soumia Stephen(2014) **“Legal Awareness as a necessitous factor for social adjustment”**, Avila Journal of Educational Research
7. David Bindu , Smitha Francis (2017) **“Parental Motivation: an Impetus for the development of Numerical ability among Young Minds”** Educational Extract ISSN 2320-7612
8. David Bindu (2018) **“Role of Self-Regulation in Developing Thinking Skills Among Adolescents”** Educational Extracts ISSN 2320-7612
9. David Bindu (2021) **“The Development of Metacognition in Practice”**, Educational Extracts ISSN2320-7612
10. David Bindu (2022) **“The Pinnacles of Excellence: Significance of Self-Regulation in the Betterment of Thinking Skills”** Educational Extracts ISSN 2320-7612.

SOCIAL/COMMUNITY PROGRAMMES PARTICIPATED

1. Acted as Counsellor for the Counselling Programme conducted in connection with GURUKULAM PROJECT Organised by District Police, Kottayam on 29.04.2014 at St. Thomas College of Teacher Education, Pala.
2. Acted as Counsellor for the Personality Development and Counselling Programme for Adolescent Girls Organised by Pala Social Welfare Society and St. Thomas College of Teacher Education, Pala on 14th June, 2014.

M.Ed. DISSERTATION GUIDED

No.	Title Name	Student Name	Year
1	Study on the Relationship between Achievement Motivation and Home Environment among the Secondary School Students of Palakkad District	Veena Krishna	2006
2	Study on the Relationship Between Adjustment and Self Concept Among Higher Secondary School Students of Thiruvananthapuram District	Gigimol S.	2006
3	Study on the Knowledge of Selected Micro Teaching Skills and Emotional Maturity of Secondary Level Teacher Trainees of Kottayam District	Sunu Austin	2006
4	Study on Human Right Awareness and its Relationship with Self Concept among the Students of Higher Secondary Schools of Kottayam District	Magi Jose	2006
5	Study on the Effectiveness of Activity Method for Learning Grammar in Mother Tongue among Students of Standard Eight of Idukki District	Rajeev P.R.	2007
6	Study on the Selected Science Process Skills and Creativity of the Students of Standard Nine of Ernakulum District	Neethu John	2007
7	Study on the Relationship between Learning Difficulty in Mathematics and Home Environment of Pupils of Standard Six of Ernakulum District	Regimol Jose	2007
8	Study on Self Concept and Child Rearing Practices among the Secondary School Pupils of Kottayam District	Soumya V.S.	2007
9	Study on Attitude Towards Teaching and Job Satisfaction of Special School Teachers of Kottayam District	Anju K. Paul	2008
10	Study on the Effectiveness of the Cooperative Learning Method on Achievement in Chemistry among the Pupils of Standard Nine of Idukki District	Nexy Joseph	2008
11	Study on the Relationship Between Social Competence and Home Environment among the Higher Secondary Students of Pathanamthitta District	Meera Sankar	2008

12	Study on Reading Comprehension in English in Relation to Achievement Motivation among the Students of Standard Nine of Kottayam District	Sumod S.	2009
13	Study on the Relationship between Mental Health and Achievement in Mathematics among Standard Eight Students of Pathanamthitta District	Anupama S.	2009
14	Study on life Skills and Attitude towards Vocation among the Vocational Higher Secondary and Higher Secondary Schools Students of Standard IX of Kottayam District	Shiny John	2009
15	Study of the Self Esteem and Emotional Stability among the Students of Standard Eight of Kottayam District	Reginimol E.G.	2009
16	Study on the Effectiveness of Story Building Technique on Stylistic Expression Skills among the Students of Standard Nine of Ernakulum District	Diji V. Dharmarajan	2010
17	Study on the Effectiveness of Co Operative Learning Method on Social Competence among the Secondary School Students of Idukki District	K.K. Sindhu	2010
18	Study on Writing Difficulties in English in Relation to Academic Motivation among the Pupils of Standard Seven of Kasaragod District	Preetha George	2011
19	Study on the Relationship between Reading Comprehension in Malayalam and Parental Motivation among the Pupils of Standard Seven of Palakkad District	Vineeth Krishnan K.T.	2011
20	Study on the Eco Friendly Attitude in Relation with Teacher Motivation among the Eighth Standard Students of Kottayam District	Anitha M.K.	2011
21	Study on the Relationship between Self Efficacy and Social Competency among the Students of Higher Secondary Schools in Kottayam District	Aswathi B.	2011
22	Emotional Intelligence and Peace Skills among the Higher Secondary School Students	Anila Cyril	2013
23	Effectiveness of Language Games on Spelling Attainment among the Pupils of Standard VI	Sunitha K.S.	2013
24	Relationship between Reading Habit and Vocabulary Attainment in Malayalam among the Pupils of Standard Seven	Preethi K. Sivaram	2013
25	Relationship between Science Process Skills and Metacognition among the Students of Standard	Asha Jacob	2013

	Eleven		
26	Legal Awareness and Social Adjustment among the Under Graduate Students	Soumy Stephen	2013
27	Stress Management and Adjustment among the Higher Secondary School Students	Beena Manuel	2014
28	Job Satisfaction and Emotional Intelligence among Primary School Teachers	Resmi Raj P.J.	2014
29	Social Adjustment and Ego Strength among Higher Secondary School Students	Lakshmi Chandran	2014
30	Study Habit and Arithmetic Skills among the Upper Primary School Students	Simi Mathew	2014
31	Social Adjustment and Ego Strength among Higher Secondary School Students	Lakshmi Chandran	2014
32	Spiritual Intelligence and Personal Values of Higher Secondary School Students	Elizabeth Mathew	2014
33	Stress Management and Adjustment among Higher Secondary School Students	Beena Manuel	2014
34	Grammatical Ability and academic Achievement in English among the students of Standard eight	Neethumol PS	2015
35	Self-concept and Frustration Tolerance among the Students of Standard nine	Bibish John	2015
36	Self Esteem and Achievement Motivation among the Students Of Standard Nine	Nayana.S. Nair	2015
37	Science Process Skills And Scientific Interest among the students of Standard Nine	Sreevidya K V	2015
38	Self-Efficacy and Attitude towards Teaching Profession among BEd teacher trainees	Praveena P.S	2015
39	Self-Regulation and Thinking Skills among the Higher Secondary Commerce Students	Vidhya Jolly	2017

Dr. Bindu David

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