

Bio- Data



Dr. Sr.Mary Thomas 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 16th March 2006 as an Assistant Professor in Physical Science Education. Prior to this, she has three and half years of experience as Higher Secondary School Teacher in Chemistry and two years of experience at High school level. She took her post-graduation degree in Chemistry from Sacred Heart College, Thevara, 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 completed her Ph.D from Bharathiar University Coimbatore, Tamilnadu.

Date of birth : 1st June 1968

Gender : Female

Marital Status : Religious

Permanent Address : Carmelite Provincial House,
Pala P.O, Pala, Kottayam (Dt)
KERALA – India. Pin-686 575
Ph.04822 212226 Mob. 08606683227

Official Address : Associate Professor in Physical Science Education,
St. Thomas College of Teacher Education,
Pala, Kottayam Dt., Kerala, INDIA.

E-mail address : srmarythom@gmail.com
mary@stcte.ac.in

EDUCATIONAL QUALIFICATIONS

| Course | Year and Institution | University | Marks | Percentage |
|-------------------------------|---|--|-------|------------|
| SSLC | 1983 Holy Cross HS Monippally | - | 490 | 81% |
| Pre Degree | 1983-85 Devamatha College, Kuravilangad | MahatmaGandhi University, Kottayam | 545 | 61% |
| B.Sc (Chemistry) | 1985-88 Devamatha College, Kuravilangad | MahatmaGandhi University, Kottayam | 780 | 78% |
| M.Sc (Chemistry) | 1988-90 Sacred Heart College, Thevara | MahatmaGandhiU niversity, Kottayam | 954 | 68.6% |
| B.Ed (Physical Science) | 1991-92 St. Joseph's Training College , Mannanam | MahatmaGandhiU niversity, Kottayam | 611 | 61% |
| M.Ed (Education) | 1998-1999 St. Anne's College of Education Mangalore | MangaloreUniversi ty Mangalore | 572 | 71.6% |
| N.E.T-UGC | June 1999 | | | |
| Ph.D (Education) | Effectiveness of Cognitive Acceleration Approach on in improving Thinking Skills, Attitude and Achievement in Chemistry (2016 , Bharathiar University, Coimbatore, Tamilnadu) | | | |

PROFESSIONAL EXPERIENCE - TEACHING (School Level)

| Name of the Institution | Post | Duration |
|---|---------|----------|
| St.AntonysH.S, Kadaplamattom | U.P.S.A | 1 year |
| St.Joseph's Mutholy , St.Marys Kuravilangad and Holy Cross Cherpunkal | H.S.A. | 2½ years |
| St.John N.H.S.S. Kozhuvanal | H.S.S.T | 3½ years |

PROFESSIONAL EXPERIENCE - TEACHING (B. Ed Level)

| Designation | Department | Date of actual Joining | | Grade/Level |
|---------------------|------------|------------------------|------------|-------------------------|
| | | From | To | |
| Assistant Professor | Education | 16-03-2006 | 15-03-2012 | Grade I/Acd level 10 |
| Assistant Professor | ,, | 16-03-2012 | 15-03-2017 | Grade II/ Acd level 11 |
| Assistant Professor | ,, | 16-03-2017 | 15-03-2020 | Grade III/Acd level 12 |
| Associate Professor | ,, | 16-03-2020 | 31-05-2024 | Grade IV/Acd level 13 A |

UGC MINOR RESEARCH PROJECTS

1. “Effectiveness of Cognitive Acceleration Approach on Thinking Skills in Chemistry among the students of Standard VIII”. (Rs. 67,500/-)
2. Co-investigator- UGC sponsored minor project titled “Effectiveness of Constructivist approach in developing Science process skills”.

ORIENTATION PROGRAMMES/ REFRESHER COURSES ATTENDED

1. Attended the UGC Sponsored orientation programme(IT oriented)at ASC University of Kerala from 10-10-2008 to 06-11-2008.
2. Attended the UGC Sponsored Refresher Course in Education at ASC University of Kerala from 1-12 -2011 to 22-12-2011.
3. UGC-Sponsored Refresher Course in Education and Teaching Methods Conducted by the UGC-Human Resource Development Centre, University of Kerala, Kariavattom, Trivandrum, From 09-03-2017 to 29-03-2017

FACULTY DEVELOPMENT PROGRAMME

1. Short-term course in Student Counselling and Mentoring conducted by the UGC-Human Resource Development Centre, University of Kerala, Kariavattom, Trivandrum Sponsored by RUSA from 30-10-2017 to 04 -11-2017
2. Swayam Online Course certificate – 4 credit course on Design and Facilitation of E-Learning Courses – consolidated score 67%, date of Exam- 22nd May 2019, course offered by Dr.G. Mythili, IGNOU, New Delhi.

BOOKS PUBLISHED :4

1. “*Educational Information and Communication Technology*” 2009, Prakash Publishers, Changanassery. (with Dr.T.C.Thankachan)
2. “*Educational Evaluation and Research*” 2009, Prakash Publishers, Changanassery. (with Sr. Beenamma Mathew &Dr.T.C.Thankachan)
3. “*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.
4. “*Cognitive Acceleration and Thinking Skills*” , 2022, Publishers -Media House, Delhi. ISBN:978-93-90608-42-3

REPORTS AND DOCUMENTS PUBLISHED :2

1. Published the UGC sponsored minor project titled “effectiveness of Cognitive Acceleration approach on thinking skills among secondary school students”
2. Published the UGC sponsored Minor Research Project Report on , titled” Effectiveness of Constructivist approach in developing Science process skills”(Co investigator)

ARTICLES PUBLISHED IN NATIONAL JOURNALS : 13

1. Thomas Mary and Joseph Celene (2013), ‘Effectiveness of Cognitive Acceleration Approach on Achievement in Chemistry among Secondary School Students’Educational Extracts,1(2),ISSN 2320-7612,St.thomas College of Teacher Education ,Pala.
2. Thomas Mary and Joseph Celene (2012),”Thinking Skills and Attitude towards Science Learning” Edu world , 1(1), 102-111, ISSN: 2319-7129, APH Publishing Corporation.

3. Thomas Mary and Joseph Celene (2016), "Effectiveness of Cognitive Acceleration Approach on Thinking Skills in Chemistry among Secondary School Students", Titus Tracks, ISSN: 2348-4527
4. Tinto Johns and Thomas Mary (2017) 'Effect of Computer Supported Cooperative Learning on Achievement in Chemistry,' Educational Extracts, 5(1), ISSN 2320-7612, St.Thomas College of Teacher Education, Pala.
5. Jose Jany and Thomas Mary (2019) 'Science Process Skills among secondary School Students,' Educational Extracts, 7(1), ISSN 2320-7612, St.Thomas College of Teacher Education, Pala.
6. Sebastian S.A.M and Thomas Mary (2019) 'Involvement in Science Club activities among secondary school students,' Educational Extracts, 7(2), ISSN 2320-7612, St.Thomas College of Teacher Education, Pala.
7. Thomas Mary and Beenamma Mathew (2020) Metacognitive awareness among secondary level prospective Teachers, ' Journal of Contemporary Educational Research and Innovations' Vol.10, No.1, pp.11-15., February, 2020.ISSN 2249-9636. Available online at <http://www.jceri.com>
8. Sebastian S.A.M and Thomas Mary (2021) 'Involvement in Science Club activities and curiosity among secondary school students,' Santhom journal of Edu Race', 6(1), ISSN 2455-6947, St.Thomas College of Teacher Education, Mylacombu. Pp48-55
9. Selvi S and Thomas Mary (2022) 'Effectiveness of Problem Based Learning Strategy on Problem Solving Skills in Chemistry among students of Standard Eleven,' Educational Extracts, 10(1), ISSN 2320-7612, St.Thomas College of Teacher Education, Pala.
10. Nima Soman and Thomas Mary (2022) 'Facilitating Science Learning through ARCS Model' Educational Extracts, 10(2), ISSN 2320-7612, St.Thomas College of Teacher Education, Pala.
11. Thomas Mary and Austin S. (2022) 'Metacognitive Awareness and Learning Styles among Prospective Teachers,' Santhom journal of Edu Race', 7(1), ISSN 2455-6947, St.Thomas College of Teacher Education, Mylacombu. Pp35-41
12. Thomas Mary and Mathew Beenamma (2023) 'Cognitive Acceleration Approach for enhancing hypothesizing in science' Educational Extracts, 11(1), ISSN 2320-7612, St.Thomas College of Teacher Education, Pala.
13. Hanna Elizabeth Joy and Thomas Mary (2023) 'Awareness on Laboratory Safety Awareness among School students' Educational Extracts, 11(2), ISSN 2320-7612, St.Thomas College of Teacher Education, Pala.

CHAPTERS IN EDITED BOOKS

1. Thomas, M. (2017). Higher Order Thinking Skills and Attitude towards Science Learning. In Sudheer, S.V. Spectrum of Educational Initiatives (pp 141-148), ISBN:978-81-908006-5-5, UGC-HRDC, University of Kerala, Thiruvananthapuram
2. Thomas, M. (2017). Transforming India Through Environmental Education. In Sudheer, S.V Millennium Development Goals Insights and Praxis (pp160-177), ISBN:978-81-908006-8-6, UGC-HRDC, University of Kerala, Thiruvananthapuram

3. Thomas, M. (2017). Narrative Therapy; Context and Prospects. In Sudheer, S.V. Counselling and Mentoring (pp 135-144), ISBN:978-81-908006-6-2, UGC-HRDC, University of Kerala, Thiruvananthapuram.
4. Thomas, M. (2018). Tools and Applications of Virtual Reality in education. In Valli, G. Contemporary Education and Technology Global Scenario. (pp 151-163), ISBN:978-81-921835-1-0, Mother Teresa Women's University, Kodaikanal, Tamilnadu.

ARTICLES IN PUBLISHED IN THE SEMINAR PROCEEDINGS : 13

1. Disaster Management in schools- paradigm shift in the attitude of teachers, in the national seminar proceedings, organised by UGC-HRDC University of Kerala & SIRA, on Disaster and crisis- preparedness, management and resilience on 11th and 12th October 2019, ISBN: 978-81-927201-7-3
2. Thomas, Mary (2018), 'Virtual Reality in constructivist learning', in the national seminar proceedings, organised by Department of education, Mother Teresa Women's University, Kodaikanal, on 26th April 2018, ISBN: 81-86520-36-8
3. Thomas, Mary and Austin, Sunu (2018) 'ICT related skills of prospective teachers' with Dr. Sunu Austin", in the national seminar sponsored by UGC-HRDC, University of Kerala, and Society of innovative researchers and Academicians (SIRA) on 'Teaching Learning Platforms for Digital Natives', St. Thomas College of Teacher Education, Pala, ISBN 978-81-908006-9-3.
4. Thomas, Mary and Joseph, Celene (2018) "Improving the skill of classifying in Science through Cognitive Acceleration", UGC sponsored Inter National Conference on Management, Technology and Social sciences (ICMTS'18), Geneva Business School, Geneva, Switzerland, ISBN 978-93-5228-126-8. (7th May 2018)
5. Thomas, M. (2017). *Human Rights and Social skills in the context of Teacher Education*. published in the proceeding Nation Conference on Human Rights education, NCHRE-2017 organised by Alagappa university College of Education, Alagappa University 21st & 22nd September.
6. Thomas, M. Aiswarya, L.B., Divya, J. and Maria, T., (2017) 'Test Anxiety among secondary school students' 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
7. Thomas, M. Aswathy, R and Meera, T., (2017) 'Improving Self Confidence for Behaviour 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
8. Thomas, M. Josmi, J. and Parvathy, V. (2017) 'Temperament and Maladjustment among 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
9. Thomas, M. and Sebastian, S.A.M (2015), 'National Development Through Club Activities' Seminar proceedings, UGC sponsored national seminar on 'Vision 2030 Contributions of Educational Researches on National Development. Thomas College of Teacher Education, Pala. ISBN 978-81-927201-4-2

10. Thomas Mary and Joseph Celene (2012) ‘Developing Higher Order Thinking Skills through Meaningful Science Learning – Cognitive Acceleration approach’ in the Proceedings of UGC sponsored national seminar on “Learning innovation in science education” organized by PKM College of Education, Madampam.
11. Thomas, Mary and V.R.Remyamol (2012), ‘Emotional maturity-A prerequisite for Emotional and National Integration: An empirical study among the teacher trainees at secondary level’ Seminar Proceedings, UGC sponsored national seminar on “Education for National and Emotional Integration” St. Thomas College of Teacher Education, Pala.
12. Thomas, Mary and Joseph, Celene (2010) “Developing peace skills through Cognitive acceleration; an analysis of critical thinking”, International Seminar on Peace Education : An Orientation for Gen Next, Council of Teacher Education and St. Thomas College of Teacher Education, Pala .
13. Thomas, Mary and Joseph, Celene (2010) “Developing Social skills through Solving Cognitive conflicts in classrooms”, UGC sponsored National Level Seminar on Education and Social Sensitivity, St. Thomas College of Teacher Education, Pala.

MED RESEARCHES GUIDED

| No. | Title of the Study | Name of the Candidate | Year |
|-----|--|-----------------------|------|
| 1. | A study on Gagne’s Intellectual Skills in Chemistry among secondary School Students of Kottayam District | Joseph sebastian | 2010 |
| 2 | Effectiveness of Problem Based Learning on Problem Solving Skills among XI Students of Kollam District | Selvi S. | 2011 |
| 3 | A Study on Emotional Maturity and decision Making Styles of Teacher Trainees at Secondary Level | Remyamol V.R | 2012 |
| 4 | Effectiveness of ARCS model on Achievement in Chemistry among secondary School students | NimaSoman | 2013 |
| 5 | Effectiveness of Computer Based Cooperative Learning on Achievement in Chemistry among secondary School students | Tinto Johns | 2014 |
| 6 | A study on Involvement in Science Club Activities and Curiosity among secondary School students | SojiAn Mary Sebastian | 2015 |
| 7 | A study on Perceived Stress And Coping Strategies among Prospective Teachers | Aleena Philip | 2022 |
| 8 | A study on Social Adjustment and Spiritual Intelligence among secondary school students | Janet Celine Varghese | 2023 |
| 9 | A study on Cognitive Flexibility and Goal orientation among secondary school students | Elizabeth Joseph | 2023 |

AWARDS AND ACHIEVEMENTS

- University 1st Rank in M.Ed (1999) from St. Ann's College, Mangalore affiliated to Mangalore University, Mangalore, Karnataka.

ACADEMIC POSITIONS, ACTIVITIES & MEMBERSHIP IN PROFESSIONAL ORGANISATIONS

1. Life Member, Council for Teacher Education, Kerala Chapter.
2. Coordinator, Women cell (former), St. Thomas College of Teacher Education, Pala.
3. Course writer- PGDP.EdIGNOU ,Course code - DPE-02, Block no. - 4, Unit No - 16

Dr. Sr.Mary Thomas
srmarythom@gmail.com
mary@stcte.ac.in