



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

**Research Centre in Education approved by
M.G. University, Kottayam, Kerala**



"SKILL POLISHER"

STUDENTS CAPACITY BUILDING PROGRAMMES

SCBPI12

"BROCHURE EXPRESSIONS"-

Brochure Making Class

Expected Outcomes

Through the brochure-making class, students will learn to design and create visually appealing and informative brochures. The course covers essential skills such as layout design, typography, color theory, and effective use of images and graphics. By the end of the class, students will be able to produce professional-quality brochures that effectively communicate their intended message and engage their target audience.

BROCHURE EXPRESSIONS

Brochures are the gateways of information. Good and catchy brochures calls for appreciation and acknowledgement from the public. With an aim to make the teacher trainees aware of the need and importance of good brochures, a session was conducted by Elsit Baby, B.Ed. Mathematical Education on 31 August 2023. The session handled things such as how to create a brochure, ways to make it purposeful and attractive etc. Trainees were also made to design a brochure on Adolescent Problem which they have to take as a class during School Induction in the Second Semester. The session was highly contemporary and needful.



Online Workshop

**31 AUGUST
2023**

at 5:00 pm

**QUIZ
MAKING**

**BROCHURE
MAKING**

<https://meet.google.com/kqk-mfei-jdz>

Via: Google meet

Ashna Varkey
1 year B.Ed.
Commerce

Elsit Baby
1 year B.Ed. Mathematical
Science

Ajay Jijo

The poster features a warm orange and yellow color scheme with decorative floral elements in the corners. It includes two portrait photos of the organizers, Ashna Varkey and Elsit Baby, and a central starburst containing the Google Meet link. The text is arranged in a clear, hierarchical layout, with the main title and date at the top, followed by the topics, time, and contact information.



ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA

B. Ed 2023-2024 Batch

EDU 102 PRACTICAL

**EDU 107.1 : PREPARATION OF A MATERIAL
ON ADOLESCENT PROBLEM**

TOPIC : INDECISIVENESS

Submitted to,
Dr. Alex George
Assistant Professor

Submitted by,
Tinu Maria Zacharias
Physical Science
Roll no :26



**ST. THOMAS COLLEGE OF TEACHER
EDUCATION, PALA**

B. Ed 2023 - 2025 Batch

EDU 102 PRACTICAL

**EDU 107.1 Preparation of a
Material on Adolescent Problem**

INFERIORITY COMPLEX



Submitted To

**Dr. Alex George
Assistant Professor**

Submitted By

**Anu Varghese
Commerce Education
Roll No. 45**

Designed By Anu Varghese



**ST. THOMAS COLLEGE OF TEACHER
EDUCATION, PALA**

B. Ed Batch 2023-25

**EDU 102 Practical
EDU 107.1**

PREPARATION OF A MATERIAL ON ADOLESCENT PROBLEM

Topic: **NOMOPHOBIA**

NOMOPHOBIA
...the irrational fear of losing or not having access to one's mobile phone

WITHDRAWAL SYMPTOMS
when your mobile phone or network is unreachable

ANXIETY
you begin to feel stressed when your phone battery drops into the red zone

BOREDOM OR DEPRESSION
losing yourself online evaporates depression & boredom into thin air

DISTURBED SLEEP
affects your ability to think clearly & reduces cognitive and learning skills

RISK
you put your life at risk to check your phone

ALWAYS WITH YOU
you're unable to contemplate being without your phone

**Submitted to,
Dr. Alex George
Assistant Professor**

**Submitted by
Sissy Babu
Commerce Education
Roll No. 50**



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

B.Ed. 2023-2025
EDU 102. Practical
EDU 107.1

Preparation of a Material on Adolescent Problem

Topic

Obesity Among Adolescent



Submitted To,
Dr. Alex George
Assistant Profesor

Submitted by,
Salu K Sasi
Natural Science Education
Roll No. : 33

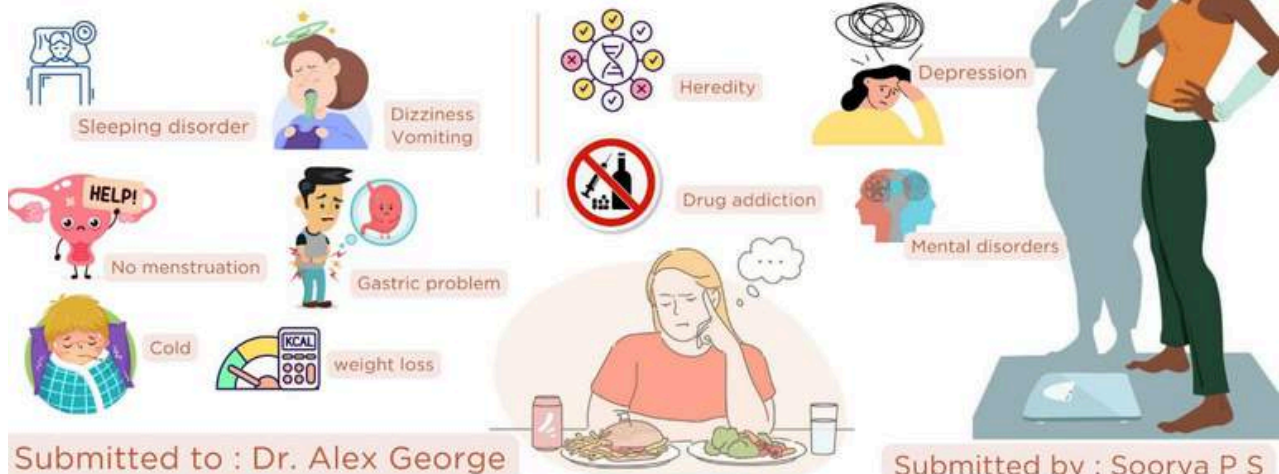


ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
B.Ed 2023-25 Batch

EDU 102 PRACTICAL

EDU 107.1- PREPARATION OF A MATERIAL ON
ADOLESCENT PROBLEM

TOPIC : ANOREXIA NERVOSA



Submitted to : Dr. Alex George
Assistant Professor

Submitted by : Soorya P S
Roll No : 34

Designed by : Soorya P S



ST. THOMAS COLLEGE OF TEACHER
EDUCATION PALA

B. Ed 2023-2025 Batch

EDU 102 PRACTICAL

EDU 107.1 : Preperation of a Material on
Adolescent Problem

TOPIC : AGGRESSION AND VIOLENCE



Submitted to
Dr. Alex George
Assistant Professor

Submitted by
Richa Sebastian
Mathematical Education
Roll No : 17



ST. THOMAS COLLEGE OF TEACHER
EDUCATION, PALA

B.Ed 2023-25 Batch

EDU 102 Practical

EDU 107.1 : Preparation of material on
Adolescent problem

Topic : UNMASKING THE TOXIC TEEN RELATIONSHIPS



Submitted to,
Dr. Alex George
Assistant Professor

Submitted by,
Liya Treesa Sunny
Mathematical Education
Roll No. : 16



ST THOMAS COLLEGE OF TEACHER EDUCATION, PALA

B.Ed 2023-2025 Batch

EDU 102 PRACTICAL

EDU 107.1

Preparation of a Material on Adolescent Problem

Topic: Substance Abuse



Submitted to
Dr. Alex George
Assistant Professor



Submitted by
Dona Frankson
Natural Science Education
Roll No: 26





ST. THOMAS COLLEGE OF TEACHER
EDUCATION, PALA

B. Ed. 2023 - 25 Batch

EDU 102 Practical

EDU 107.1

Preparation of a Material on Adolescent Problem

Topic: Emotional Trauma



IS TRAUMA A DRAMA???

Submitted to,
Dr. Alex George
Assistant Professor

Submitted by,
Rini Joseph
Commerce Education
Roll No. 48

Designed by Rini Joseph



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Teacher Education, Pala*

B.Ed 2023-25 Batch

EDU 102 PRACTICAL

EDU 107.1-PREPARATION OF A MATERIAL ON
ADOLESCENT PROBLEM

TOPIC: BULLYING

SUBMITTED TO:
DR. ALEX GEORGE
ASSISTANT PROFESSOR

SUBMITTED BY:
RIYA JAMES
ROLL NO-24

DESIGNED BY- RIYA JAMES



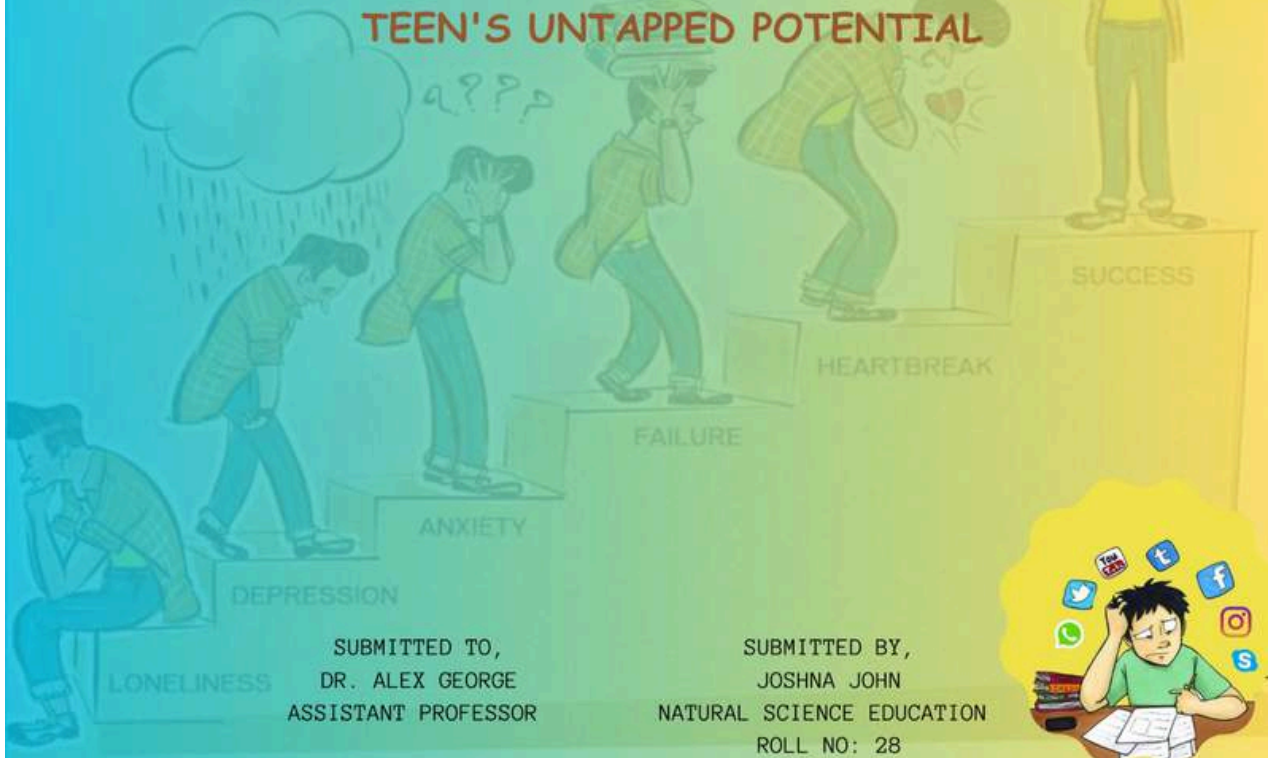
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

B.ED. 2023-2025 BATCH

EDU 102 PRACTICAL

EDU 107.1 PREPARATION OF A MATERIAL ON ADOLESCENT PROBLEM

TEEN'S UNTAPPED POTENTIAL



SUBMITTED TO,
DR. ALEX GEORGE
ASSISTANT PROFESSOR

SUBMITTED BY,
JOSHNA JOHN
NATURAL SCIENCE EDUCATION
ROLL NO: 28



ST. Thomas College of Teacher Education Pala

B.Ed 2023-2025

EDU 102 :Practical

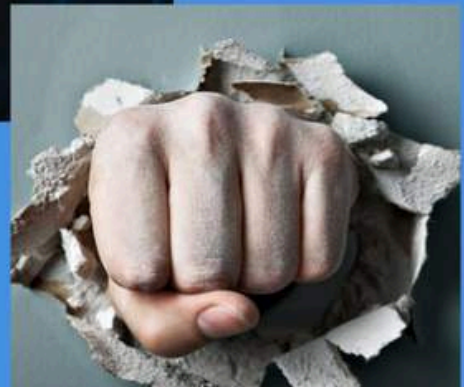
EDU 107.1 : Preparation of a Material on Adolescent Problem

Topic : Video Games and Self Injury



Submitted to,
Dr.Alex George
Assistant Professor

Submitted by,
Aileen Mariya Kuriakose
Roll No-01





**ST. THOMAS COLLEGE OF TEACHER
EDUCATION PALA**

B.Ed 2023-25 Batch

EDU 10Z PRACTICAL

EDU 107.1

*Preparation of a Material on
Adolescent Problem*

Mood Disorder

Submitted to,
Dr. Alex George
Assistant professor

Submitted by,
Lijo Augustine
Roll No.05

ST. THOMAS COLLEGE OF TEACHERS EDUCATION

PALA

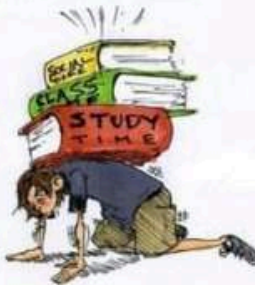
B.Ed 2023-25 batch

EDU 102 PRACTICAL

**EDU 107.2: PREPARATION OF A
MATERIAL ON ADOLESCENT
PROBLEM**



How can I study this
much?



How can I manage my
study time?

Academic stress

Do I fail the exam?



How can I complete all the
assignment?

Submitted to
Dr. Alex George
Assistant Professor

Submitted by
Amala Babu
Mathematics Education



**St. Thomas College of Teacher
Education Pala**

B.Ed 2023-25 Batch

EDU 102 PRACTICAL

EDU 107.1

**Preparation of a Material on
Adolescent Problem**

**TOPIC : PROBLEMS DUE TO HORMONAL
CHANGES IN ADOLESCENTS**



Submitted to,
Dr. Alex George
Assistant Professor

Submitted by,
Riya Joshy
Natural Science Education
Roll No: 32



St. Thomas college of teacher education palai

B.Ed 2023- 2025 Batch

EDU 107.1 Preparation of Material on Adolescent
Problem

DROP-OUT



Submitted to
Dr. Alex George
Assistant Professor

Submitted by
Sachin C Mattathil
Mathematical Education
Roll no: 18

Designed by sachin c mattathil



**St. Thomas College of Teacher Education
Pala**

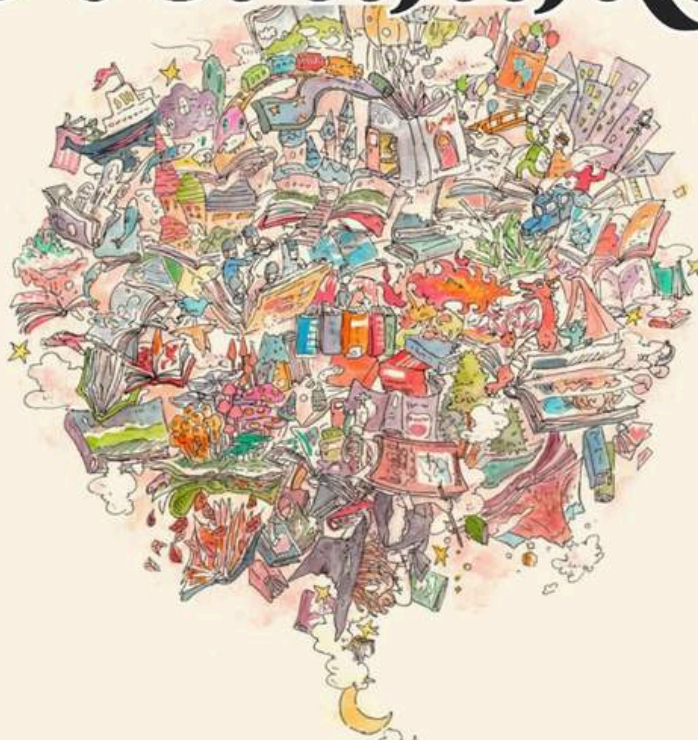
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EDU 102 PRACTICAL

EDU 107.1

**PREPARATION OF A MATERIAL ON
ADOLESCENT PROBLEM**

Overthinking



**Submitted To,
Dr. Alex George
Assistant Professor**

**Submitted by
Ajay Sasidharan
Social Science Education
Roll No: 36**



ST. THOMAS COLLEGE OF TEACHER
EDUCATION ,PALA

B. Ed 2023-25 batch

EDU 102 PRACTICAL

EDU 107.1

Preparation of a Material on
Adolescent Problem

TOPIC: MOOD DISORDER



Submitted to,
Dr.Alex George
Assistant Professor

Submitted by,
Nihira Joseph
Roll no :29

St. Thomas College Of Teacher Education, Pala
B. Ed 2023-2025 batch



EDU 102 PRACTICAL
EDU 107.1

PREPARATION OF A MATERIAL ON
ADOLESCENT PROBLEM
Topic : COMMUNICATION BREAKDOWN WITH
PARENTS



Hold on!

Submitted to:
Dr. Alex George
Assistant Professor

Submitted by:
Krishnendu T. K
Commerce Education
Roll no: 47

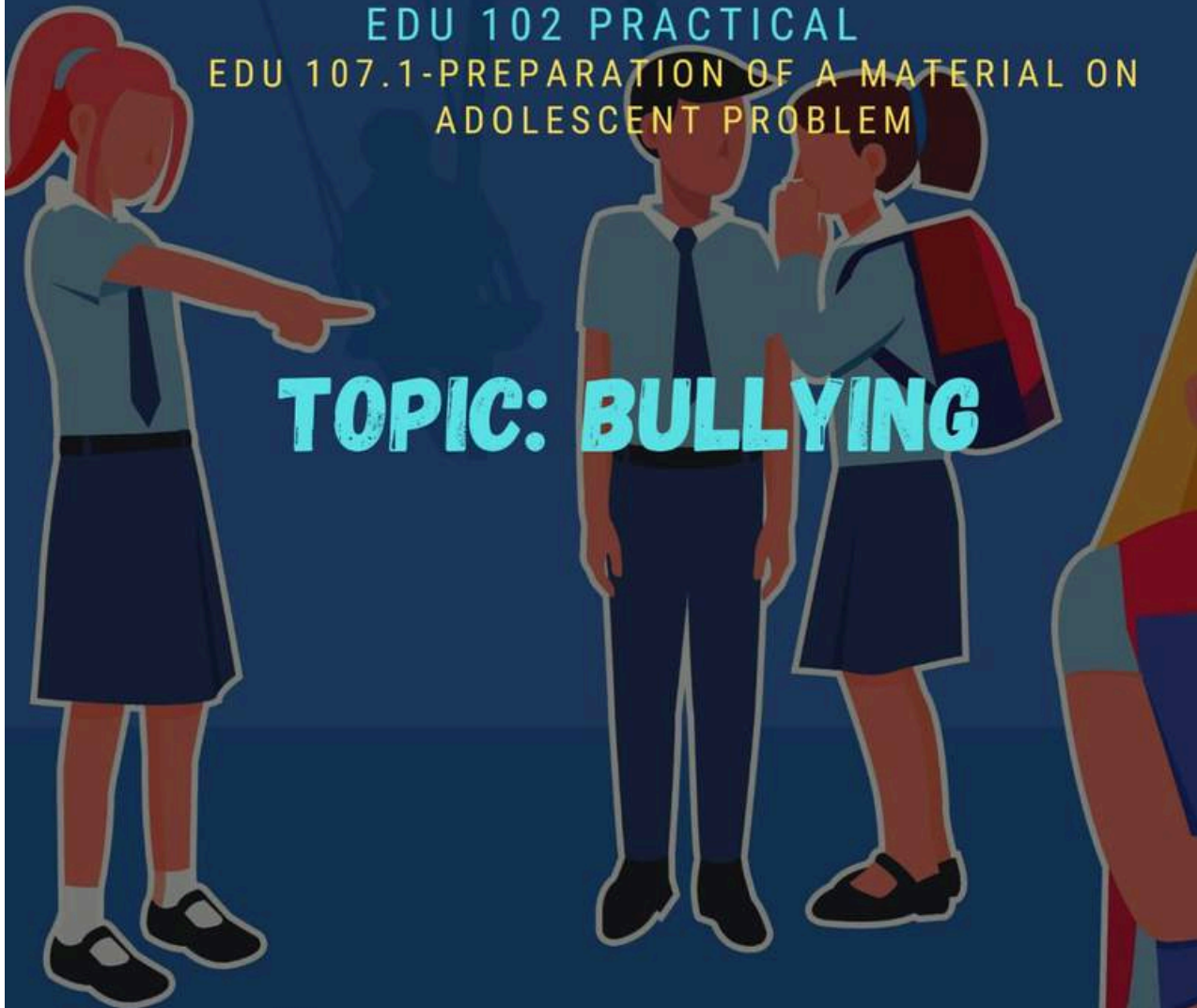


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B.Ed 2023-25 Batch

EDU 102 PRACTICAL

EDU 107.1-PREPARATION OF A MATERIAL ON
ADOLESCENT PROBLEM



TOPIC: BULLYING

SUBMITTED TO:
DR.ALEX GEORGE
ASSISTANT PROFESSOR

SUBMITTED BY:
JISSMON JOSE
ROLL NO-40

DESIGNED BY- JISSMON JOSE



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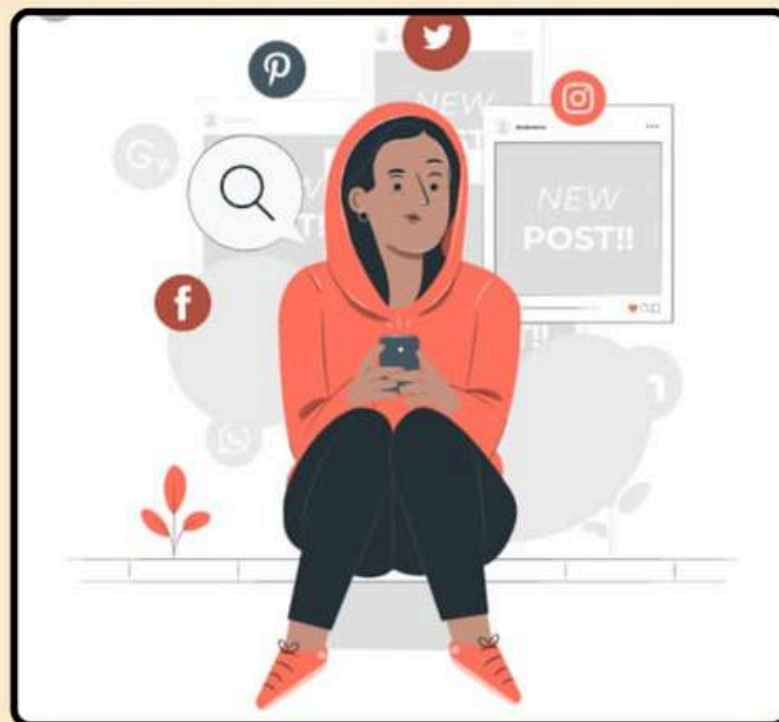
B.Ed 2023-2025 Batch

EDU 102 PRACTICAL

EDU 107.1

Preparation of a Material on Adolescent Problem

Topic:FOMO-Fear Of Missing Out



Submitted To
Dr.Alex George
Assistant Professor

Submitted By
Dayas Xavier
Mathematics Education
Roll No: 12

Designed by : Dayas Xavier



**St. Thomas College of Teacher Education
Pala**

B. Ed. 2023 - 2025 Batch

EDU 102 practical

EDU 107.1

**Preparation of a material on
adolescent problem**

Adolescent Depression



**Submitted to,
Dr. Alex George
Assistant professor**

**Submitted by,
Bridget Santi
English Education
No: 4**



**St.Thomas College of Teacher
Education, Pala**

B.Ed.2023-2025 Batch

Edu 102 Practical

EDU 107.1 - Preparation of a Material on
Adolescent Problem

Anorexia Nervosa

fear of gaining weight



Submitted to
Dr.Alex George
Assistant Professor

Submitted by
Ashna Varkey
Roll No.46

Designed by Ashna Varkey



**St. Thomas College of Teacher
Education, Pala**

B. Ed 2023- 2025 Batch

EDU 102 PRACTICAL

EDU 107.1

**Preparation of a Material on
Adolescent Problem**

Topic: PORN ADDICTION

Submitted to
Dr. Alex George
Assistant Professor

Submitted by
Archana P Anil
Mathematics Eduactic
Roll. no. 11

**ST. THOMAS COLLEGE OF TEACHER
EDUCATION, PALA**



B. Ed. 2023-2025 Batch

EDU 102 PRACTICAL

**EDU 107.1 Preparation of a Material
on Adolescent Problem**

TOPIC - TOXIC PARENTS' OVER EXPECTATIONS



**Submitted to,
Dr. Alex George
Assistant Professor**

**Submitted by,
Archana K.
Social Science Education
Roll No : 38**



St .Thomas College of Teacher Education Pala
B.Ed. 2023-2025 Batch

EDU 102 Practical
EDU 107.1 Preperation of a Material on
Adolescent Problem

Anxiety Disorders Among Adolescents



Submitted to
Dr.Alex George
Assistant Professor

Submitted by
Ansu Elizabeth Thankachan
Physical Science Education
Roll No : 21

Designed by Ansu Elizabeth Thankachan



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

B.ED 2023-2025 BATCH

EDU 102 PRACTICAL

**EDU 107.1 PREPARATION OF A MATERIAL ON ADOLESCENT
PROBLEM**

TOPIC - PEER PRESSURE



Submitted to,
Dr. Alex George
Assistant Professor

Submitted by,
Annu Dominic
Social Science Education
Roll No : 37



ST. THOMAS COLLEGE OF TEACHER
EDUCATION PALA

B. Ed 2023-25 batch

EDU 102 Practical

EDU 107.1

Preparation of a Material on
Adolescent Problem

TOPIC: SEXUAL HARASSMENT



Submitted to,
Dr. Alex George
Assistant Professor

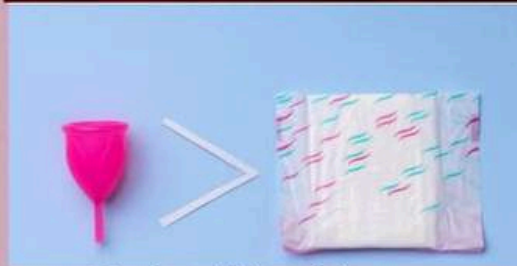
Submitted by,
AnnMariya Thomas
Commerce Education
Roll No: 44

ST THOMAS COLLEGE OF TEACHER
EDUCATION, PALA
B.Ed 2023-25 Batch



EDU 102 PRACTICAL EDU 107.1

Preparation of a Material on Adolescent Problem
**PSYCHOSOCIAL PROBLEMS
DURING MENSTRUATION**



Submitted to,
Dr Alex George
Assistant Professor

Submitted by,
Anjali Rameshan
Commerce Education
Roll No:- 43

**ST. THOMAS COLLEGE OF TEACHER
EDUCATION, PALA**



B. Ed 2023-2025 Batch
EDU 102 Practical

EDU 107.1

Preparation of material on adolescent problem

TOPIC: SOCIAL MEDIA ADDICTION



**Submitted to
Dr. Alex George
Assistant Professor**

**Submitted by
Anju Mathew
Physical Science Education
Roll No-20**