

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

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



# **STUDENTS CAPACITY BUILDING PROGRAMMES**

## **“SKILL POLISHER”**

**SCBPE13**

**Campus Resource Leader**

**<https://stcte.ac.in/jagratha/>**

### **Expected Outcomes**

The "Campus Resource Leader Program," is a programme where students serve as resource persons, which significantly enhances the skills of teacher trainees. Participants in this program develop strong leadership and organizational abilities. They gain valuable experience in mentorship and peer support, learning how to guide and motivate students effectively. Communication skills are further refined as trainees engage in diverse interactions, providing clear and impactful guidance.

## **Judge for Spelling Bee Competition - St. Antony's High School Kadaplamattam**

**Aileen Mariya Kuriakose (B.Ed English Education) served as the role of a pronouncer and judge at All Kerala Inter School Spell Bee Competition for school students conducted at St. Antony's High School Kadaplamattom on 21 October 2023. There were seperate competitions for Upper Primary and High School Students.**



## **'Mind matters:Nurturing Mental Well-being'-Awareness Class , Aruvikkuzhi**

**Elsit Baby (B.Ed Mathematics education), a first-year student of Bachelor of Education at St. Thomas College of Teacher Education, conducted an insightful session on mental health, titled 'Mind matters:Nurturing Mental Well-being' for the youth of Aruvikkuzhi parish on October 14, 2023. The class focused on raising awareness about mental well-being, discussing topics such as stress management, coping strategies, and the importance of seeking help when needed. Through engaging activities and discussions, Elsit emphasized the significance of mental health in everyday life and encouraged participants to prioritize self-care. The session concluded with a reflection on creating a supportive environment for mental health conversations within the community.**



## **‘Mood Changes among Adolescent’-Awareness Class , Aruvikkuzhi**

**Lijo Augustine(B.Ed English education), a first-year student at St. Thomas College of Teacher Education, delivered a compelling class on mood changes among adolescents to the youth of Aruvikkuzhi Parish on October 14th, 2024. The session delved into understanding the emotional fluctuations experienced by adolescents, addressing factors such as hormonal changes, peer influences, and academic pressures. Through interactive discussions and case studies, Lijo facilitated a deeper exploration of effective coping mechanisms and strategies for maintaining emotional well-being. The session underscored the importance of open communication and supportive networks in managing mood swings and fostering mental resilience.**



## **“Digital Literacy”-Awareness Class, Arikkuzhi**

**On October 14th, Sachin C Mattathil (B.Ed Mathematics education) conducted a session on 'Digital Literacy' aimed at youth participants at Aruvikkuzhi parish. The session, spanning two hours, covered essential topics such as internet safety, social media etiquette, and digital skills development. Attendees were actively engaged through interactive presentations and hands-on activities, fostering a deep understanding of navigating the digital landscape responsibly. The session led by Sachin C Mattathil successfully equipped youth with essential digital literacy skills vital for their personal and professional development in today's digital age.**



## **Judge of Malayalam Extempore and Bible Reading Competition - Palai diocese Bible Kalolsav**

**Rini Joseph (B.Ed Commerce Education), Riya Joshy( Natural Science Education) and Alphonsa ( B.Ed Mathematics Education) had an opportunity to occupy the seat of a judge at Pala diocese Bible Kalolsav held at Pala, on 14/10/2023. All three were the judge of Malayalam Extempore and Bible Reading Competitions.**





## **Judging panel of extempore English and Malayalam - CML Kerala Youth Festival**

**Aileen Mariya Kuriakose (B.Ed. English Education) and Rini Joseph ( B.Ed Commerce Education) had an opportunity to occupy the seats of judges for Extempore English and Malayalam competitions held at the All Kerala CML Youth Festival conducted by the Kothamangalam Diocese on 11 th November 2023. These teacher trainees already had prior experience in this field and they were given necessary guidelines by teachers regarding the weightage and stratification of marks. They had done their roles well and later had a discussion with the fellow teacher trainees regarding the mark distribution and methodology of assessment. This was a pragmatic implication of the curricular objectives of the "Two Year B.Ed." programme whereby the teacher trainees could garner new experiences which aims at their professional growth.**



## **“Digital Literacy”-Awareness Class, Ernakulam**

**Sachin C Mattathil (B.Ed Mathematics Education), a student of St. Thomas College of Teacher Education, Pala, conducted an enlightening session on Digital Literacy in Ernakulam for students under the auspices of the Vincent De Paul Society. The session, held on April 28,2024 aimed to equip participants with essential skills for navigating the digital world responsibly. Topics covered included internet safety, social media etiquette, and leveraging technology for educational purposes. Through interactive demonstrations and practical exercises, Sachin engaged the students effectively, fostering a deeper understanding of digital tools and their ethical use.**



# NATIONAL WEBINAR SERIES JAGRATHA - 2024

(Community Awareness Program for Rural Women Empowerment)

A Joint Initiative of  
ARCHANA WOMEN'S CENTRE, ETTUMANOOR

&

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

DAY-5

17-08-2024

11 am to 12 pm



Topic

Rural Women  
Backbone of Sustainable Livelihood

**Mrs Rini Joseph**

B.Ed Commerce Education

Conveners



**Miss. Thresiamma Mathew**

(Director, AWC)

**Dr. Sr. Beenamma Mathew**

(Principal, St Thomas college of Teacher Education)

ORGANIZING COMMITTEE

Dr Alex George (Co-ordinator, Extension Activities)

Es Aileen Mariya Kurlakose (Student Coordinator)

Mr Paulson Kollaraathil (Project Manager, AWC)

Mrs Sruthipriya V S (Office Secretary, AWC)



Rini Joseph, II nd Year B.Ed. Student, Commerce Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on "Rural Women as the Backbone of Sustainable Livelihood" on 17/08/2024, 11 am to 12 pm.

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**Day-6**  
**21/09/2024**  
 11.00am to 12.00pm

meet.google.com/njd-woac-zeh

**Aileen Mariya Kuriakose**

**"സ്വയം പരിചരണവും സമഗ്ര സുസ്ഥിതിയും"**  
**(Self Care and Holistic Well-being)**

**Conveners**

**Miss. Thresiamma Mathew**  
 Director, AWC

**Dr. Sr. Beenamma Mathew**  
 Principal, St. Thomas College of Teacher Education

**Programme Co-coordinators**  
 Dr. Alex George (Co-ordinator, Extension Activities St. Thomas College of Teacher Edu.)  
 Sri. Paulson K P (Project Manager, AWC)  
 Smt. Sruthymol V S (Office Secretary, AWC)  
 Ms. Aileen Mariya Kuriakose (Student coordinator)



**Aileen Mariya Kuriakose, II nd Year B.Ed. Student, English Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on "Self Care and Holistic Well-being on 21/09/2024, 11 am to 12 pm.**



**NATIONAL WEBINAR SERIES**  
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**Day-7**  
05/10/2024  
11.00am to 12.00pm

<https://meet.google.com/oby-izbn-yju>

**Pooja Therese Sebastian**

**"സ്മൃതി ശാക്തീകരണം ലക്ഷ്യംവെച്ചുള്ള സർക്കാർ പദ്ധതികൾ"**

**Conveners**

**Miss.Thresiamma Mathew**  
Director, AWC

**Dr. Sr. Beenamma Mathew**  
Principal, St. Thomas College of Teacher Education

**Programme Co-coordinators**

Dr. Alex George (Co-ordinator, Extention Activibies St.Thomas College of Teacher Edu.)  
Sri.Paulson K F(Project Manager, AWC)  
Smt. Sruthymol V S( Office Secretary,AWC)  
Ms.Aileen Mariya Kuriakose (Student coordinator )



**Pooja Therese Sebastian, II nd Year B.Ed. Student, English Education of St. Thomas College of Teacher Education Pala served as the resource person for National Webinar Series, Jagratha-2024, Community Awareness Programme for Rural Women Empowerment, a joint initiative of Archana Women Centre Ettumanoor and St. Thomas College of Teacher Education Pala. She took a session on "Government Schemes for Women Empowerment "on 05/10/2024, 11 am to 12 pm.**

## “Adolescent Issues”- JAGRATHA 2021 webinar series

Mr. Nevil George( B.Ed Mathematics Education) led an online session on adolescent issues, such as substance abuse and mobile addiction, on June 5, 2021, from 3:00 p.m. to 4:00 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 87 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## “Adolescent Issues and Way to Deal With them”- JAGRATHA 2021 webinar series

Mr. Irine Sera Joseph led an online session on adolescent issues and ways to deal with them, on June 19, 2021, from 5:00 p.m. to 5:30 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 101 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## **“Adolescent Issues and Way to Deal With them”- JAGRATHA 2021 webinar series**

Mr. Anu Treasa Saji led an online session on adolescent issues and ways to deal with them, on June 19, 2021, from 5:30 p.m. to 6:00 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 101 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## **“Awareness and Preventive Measures to Corona”- JAGRATHA 2021 webinar series**

Mr. Bhanupriya R led an online session on care and support that we need to maintain in a family during covid pandemic and awareness on the various measures to prevent corona, on June 26, 2021, from 4:00 p.m. to 5:00 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 99 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## **“Human Right and It’s Relevance”- JAGRATHA 2021 webinar series**

Mr. Ashmi Maria John led an online session on Human Right and it’s Relevance, on September 11, 2021, from 3:00 p.m. to 3:30 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 70 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## **“Child Right and It’s Relevance”- JAGRATHA 2021 webinar series**

Mr. Densi John led an online session on Child Right and it’s Relevance, on September 11, 2021, from 3:00 p.m. to 3:30 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 70 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.





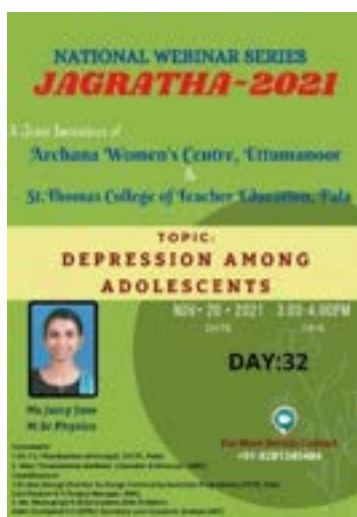
## **“Smart Parents for Adolescents”- JAGRATHA 2021 webinar series**

Mr. Anjaly Elizabeth Xavier led an online session on Smart Parents for Adolescents, on November 13, 2021, from 3:00 p.m. to 4:00 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 60 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## **“Depression among Adolescent”- JAGRATHA 2021 webinar series**

Mr. Jaicy Jose led an online session on Depression among Adolescent, on November 20, 2021, from 3:00 p.m. to 4:00 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 90 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## **“Suicidal Tendencies among Adolescents”- JAGRATHA 2021 webinar series**

Mr. Lakshmi S Xavier led an online session on Suicidal Tendencies among Adolescents, on November 27, 2021, from 3:00 p.m. to 4:00 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 90 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.



## **“Adolescent : A Period of Temporary Insanity”- JAGRATHA 2021 webinar series**

Mr. Harikrishnan V led an online session on Adolescent : A Period of Temporary Insanity, on December 11, 2021, from 3:00 p.m. to 4:00 p.m. This session was part of the JAGRATHA 2021 webinar series, organized jointly by St. Thomas College of Teacher Education, Pala, and Archana Women’s Centre, Ettumanoor. It attracted participation from 93 attendees who interacted with the resource person, discussing doubts and concerns related to the adolescent age group.

