

2.2.3 THERE ARE INSTITUTIONAL PROVISIONS FOR CATERING TO DIFFERENTIAL STUDENT NEEDS; APPROPRIATE LEARNING EXPOSURES ARE PROVIDED TO STUDENTS

C) 2.2.3 PHOTOGRAPHS WITH CAPTION AND DATE, IF ANY

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PROVISIONS AND ACTIVITIES FOR CATERING TO DIFFERENTIAL STUDENT NEEDS; APPROPRIATE LEARNING EXPOSURES PROVIDED TO STUDENTS

The college provides appropriate activities and provisions for differential student needs. Their special talents and abilities are catered through different programmes and activities. They are:

- 1. Mentoring
- 2. Provisions for the Diwyanjan students (ramp, braille collections, diwyanjan friendly toilets, etc)
- 3. Academic, co-curricular activities, extension activities, etc
- 4. Induction and Internship facilities, activities and arrangements at the nearby schools
- 5. Seminars, Workshops, projects, surveys and Training Sessions
- 6. Paper presentations and publications
- 7. Coaching for K-TET, C-TET, SET and other eligibility tests

As part of the school internship programme, student teachers were asked to prepare two value education lesson plans and take classes based on it using suitable resources. Each student selected two different values and prepared lesson plans to facilitate the transmission of these values. Lesson plans were checked and approved by the respective teacher educator. Relevance of value selected, resources used, transmission of values etc. were the value points to evaluate this practical. Values selected by the students include simplicity, non-violence, truth, honesty, friendship, social justice, brotherhood, punctuality etc. A complete list of the values selected by each student is given below.

| SI No | Name of the Student | Class | Values Selected |
|----------|---------------------|-------------------|-------------------------|
| 1 | Anu Ann James | English Education | Our Nation, Good Habits |
| 2 | Gouri Gayathri G | English Education | Family, Sincerity |
| 3 | Minu Maria Thomas | English Education | Our Nation, Good Habits |
| 4 | Minu Mathews | English Education | Determination, Hope |



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| 5 | Mithra James | English Education | Life Is A Gift, Goal Setting |
|----|-----------------------------|-----------------------|---------------------------------|
| 6 | Pearly S Thomas | English Education | Non-Violence, Simplicity |
| 7 | Sreelekshmi G R | English Education | Cleanliness, Life Is Beautiful |
| 8 | Suman Sunny | English Education | Consequence Analysis, Sincerity |
| 9 | Haripriya J | Mathematics Education | Non Violence, Value of the Work |
| 10 | Jilu Tresa George | Mathematics Education | Friendship, Respect |
| 11 | Neethu K M | Mathematics Education | Simplicity, Value of Work |
| 12 | Rani Baby | Mathematics Education | Respect, Friendship |
| 13 | Seenu Thomas | Mathematics Education | Determination, Hope |
| 14 | Shilpa Elizabeth Joychen | Mathematics Education | Role Models, Good Habits |
| | | | |
| 15 | Vandana V V | Mathematics Education | Social Justice, Brotherhood |
| 1/ | A1 Y | DI 1 10 1 | |

| 15 | Vandana V V | Mathematics Education | Social Justice, Brotherhood |
|----|---------------------|----------------------------|--|
| 16 | Aleena Jose | Physical Science Education | Perseverance, Hope |
| 17 | Archana Madhu | Physical Science Education | Children's Right, Humility |
| 18 | Hanna Elizabeth Joy | Physical Science Education | Truth and Honesty, Quality Of Reading |
| 19 | Irene Ann George | Physical Science Education | Friendship, Qualities and Virtues |
| 20 | Josna Jose | Physical Science Education | Art of Communication, Hope |
| 21 | Liz Teenu Mathews | Physical Science Education | Humility, Children's Rights |
| 22 | Ninumol Joseph | Physical Science Education | Quality Reading, Child Rights |
| 23 | Rinku Maria George | Physical Science Education | Punctuality, Consequence Analysis |
| 24 | Soniya Dominic | Physical Science Education | Punctuality, Positive Thinking |
| 25 | Adithya Shaji | Natural Science Education | Courage, Obedience |
| 26 | Alfred George | Natural Science Education | Hope, Be Gentle |
| 27 | Angel Joseph | Natural Science Education | Recreation And Health, Good Manners |
| 28 | Arya Ashok | Natural Science Education | Self Confidence, Cleanliness |
| 29 | Divyamol M S | Natural Science Education | Good Manners, Friendship |
| 30 | Elizabeth T S | Natural Science Education | Our Environment, Courage |



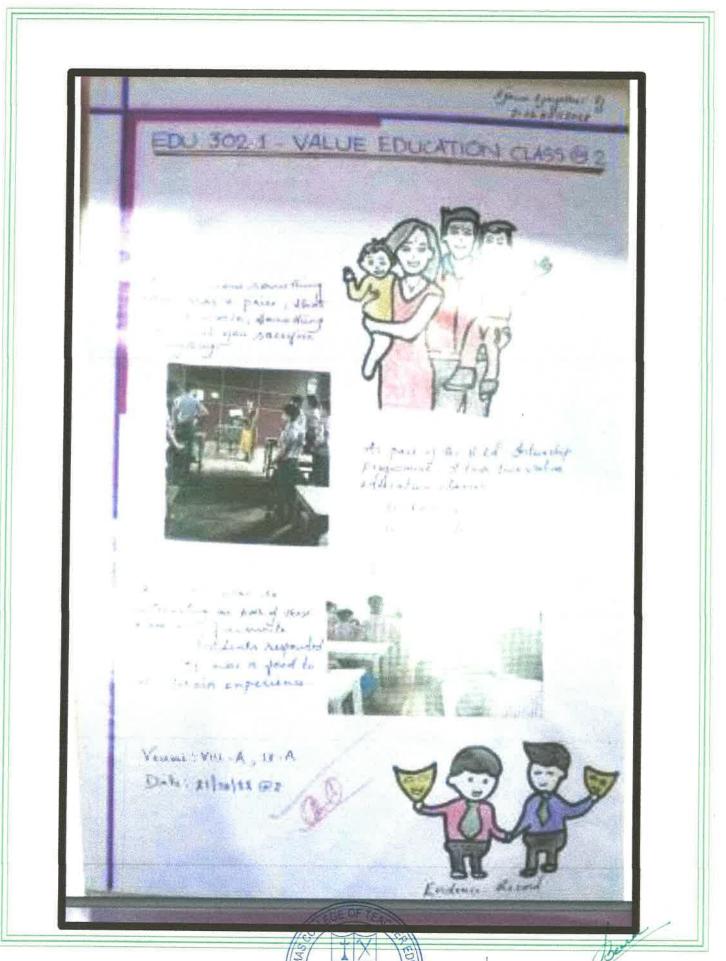
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| 31 | Irine Therasa Dius | Natural Science Education | Be Gentle, Obedience |
|----|--------------------|---------------------------|--------------------------------|
| 32 | Krishnanand H | Natural Science Education | Mathapitha Guru Deiwam, |
| | | | Quality of Reading |
| 33 | Sneha Jose | Natural Science Education | Self Confidence, Sharing is |
| | | | Caring |
| 34 | Anns Thomas | Social Science Education | Faith and Prayer, Goal Setting |
| 35 | Annu Sunny | Social Science Education | Body Shaming, Hard Work |
| 36 | Archana T S | Social Science Education | Faith and Prayer, ABC for |
| | | | Success |
| 37 | Gopika Anil | Social Science Education | Media Values, Obedience |

| 38 | Jijo Thomas | Social Science Education | You Are Unique, Leadership |
|----|------------------|--------------------------|-----------------------------------|
| 39 | Minna Mary Tom | Social Science Education | Goal Setting, Leadership |
| 40 | Sanchu Jose | Social Science Education | Hard Work, Non Violence |
| 41 | Sisirkhosh Mohan | Social Science Education | Responsibility, Love |
| 42 | Sulumol Sunny | Social Science Education | (Discontinued) |
| 43 | Aiswarya K V | Commerce Education | Responsibility, Role Model |
| 44 | Alina Ann Roy | Commerce Education | Art of Sharing, Positive Thinking |
| 45 | Athira K P | Commerce Education | (Discontinued) |
| 46 | Cyriac Thomas | Commerce Education | Resourcefulness, Self Confidence |
| 47 | Dinta Baby | Commerce Education | Peace, Responsibility |
| 48 | Jisha Shaji | Commerce Education | Humanism, My Family |
| 49 | Seenu Thomas | Commerce Education | Dignity Of Labour, Good Habits |
| 50 | Tom Joseph | Commerce Education | Humanism, Conscience |

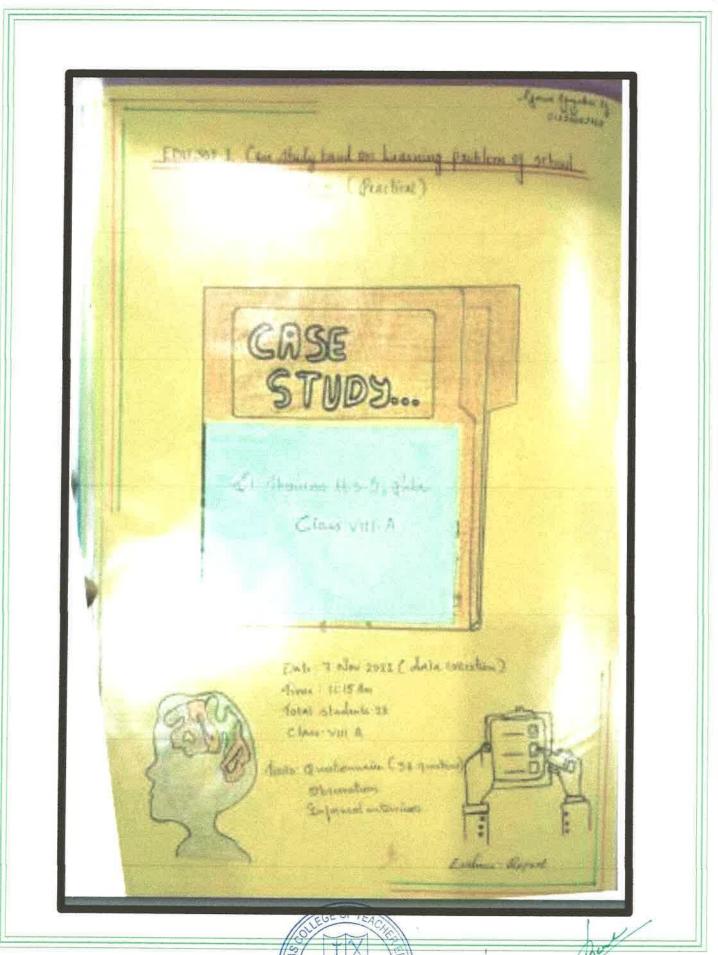




CASE STUDY BASED ON LEARNING PROBLEMS OF SCHOOL PUPILS

A case study is an in-depth study of one person, group, or event. In a case study, nearly every aspect of the subject's life and history is analysed to seek patterns and causes of behaviour. As part of the school internship programme student teachers had to conduct a case study based on the learning problems of school pupils. Consequently, student teachers prepared questionnaires as a tool for the identification of problems. They also relied on techniques like direct observation, informal interviews with students etc. for the identification process. Based on the data collected, analysed and interpreted, they prepared reports containing 15 to 20 pages including suggestions and recommendations. Some of the commonly identified learning problems were dyslexia, hyperactivity, aggression, dyscalculia, lack of motivation etc. This practical gave student teachers first-hand experience in conducting a case study.





ACTION RESEARCH

Student teachers had to conduct action research with an aim to find out any dominant learning or behavioural problem found among school pupils of a particular class. Action research involves taking actions to improve teaching and learning practices and collecting data to measure the impact of such actions. It is the best way to ensure that the student needs are met. A teacher should be able to identify the causes of students' underachievement, unruly behaviour and take necessary actions to resolve these issues. As part of this practical work, student teachers conducted action research. This was one of the prominent pedagogic practicals. Student teachers of different subjects concentrated on different areas like learning problems associated with their subjects, common behavioural or adjustment issues in the classroom etc. Those who studied learning problems used pre-test and post- tests in order to properly identify the problem and afterwards, to take necessary action. Those who concentrated on behavioural and psychological issues used observation, book checking, test papers and informal talks with students etc. to identify the problem and its causes. They devised effective action plans and prepared reports including suggestions and recommendations. The table below provides a detailed view of the work done by each student.

| Sl No. | Name of the Student | Class | Topic of the Action Research |
|-----------|---------------------|-------------------|---|
| I | Anu Ann James | English Education | A Study on The Problem of Indifference of a Group of Students in the Class Towards Teaching and Learning of English |
| 2 | Gouri Gayathri G | English Education | A Study on the Disruptive Behaviour of Some Students Of Class IX- A of St. Tomas H.S.S Pala |
| 3 | Minu Maria Thomas | English Education | A Study on the Reading Problems Among High School Students |
| 4 | Minu Mathews | English Education | A Study on the Presence of Gang in Class IX of SHGHS, Bharananganam |
| 5 | Mithra James | English Education | A Study on the Poor Handwriting in |



| | | | English of a Few Students of Class |
|----|-------------------|-----------------------|---------------------------------------|
| | | | VIII B of St. Joseph's High School, |
| | | | Manathoor |
| 6 | Pearly S Thomas | English Education | A Study on the Tendency to Copy |
| | | | The Works of Peers among Students |
| | | | of Class VIII A of MGGHSS Pala |
| 7 | Sreelekshmi G R | English Education | A Study on Inattentive Behaviour of |
| | | | Students of St Joseph's G.H.S, |
| | | | Mutholy |
| 8 | Suman Sunny | English Education | A Study on the Behaviour of Talking |
| | | | in Class IX B of St. Joseph's H.S.S |
| | | | Vilakkumadom |
| 9 | Haripriya J | Mathematics Education | A Study on the Mathematics Phobia |
| | | | of High School Students |
| 10 | Jilu Tresa George | Mathematics Education | A Study on The Low Calculation |
| | | | Speed And High Calculation Errors |
| | | | Among the Students of Class X |
| 11 | Neethu K M | Mathematics Education | Exponentials of Negative Numbers |
| 12 | Rani Baby | Mathematics Education | Mathematics Phobia Among the |
| | | | Students of Class VIII |
| 13 | Seenu Thomas | Mathematics Education | Absenteeism Among Students of |
| | | | Class IX B of Sacred Heart GHS |
| | | | Bharananganam |
| 14 | Shilpa Elizabeth | Mathematics Education | Difficulties Faced by Students in |
| | Joychen | | Doing Problems Involving |
| | | | Arithmetic Operations |
| 15 | Vandana V V | Mathematics Education | Attention Problem in Learning |
| | | | Mathematics Among the Class IX |
| | | | Students |
| 16 | Aleena Jose | Physical Science | To Find Difficulty in Identifying the |



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| | | Education | Position of Images Formed in |
|----|---------------------|------------------|---------------------------------------|
| | | | Spherical Mirrors |
| 17 | Archana Madhu | Physical Science | To Find the Difficulty in Identifying |
| | | Education | the Periodic Trends in the Periodic |
| | | | Table |
| 18 | Hanna Elizabeth Joy | Physical Science | To Find the Difficulty with the Topic |
| | | Education | Formation of Images in Concave |
| | | | Mirror |
| 19 | Irene Ann George | Physical Science | To Find the Difficulty in Defining |
| | | Education | Current and Potential Difference |
| 20 | Josna Jose | Physical Science | To Find Difficulty in Distinguishing |
| | | Education | Acid and Bases From a Salt |
| 21 | Liz Teenu Mathews | Physical Science | To Find the Difficulty in Doing |
| | | Education | Problems Related to Identification of |
| | | | Basicity of a Given Acid and to |
| | | | Write the Chemical Equation for |
| | | | Ionization of Acids |
| 22 | Ninumol Joseph | Physical Science | Difficulty of Students of Standard IX |
| | | Education | of Holy Cross H.S.S Cherpunkal in |
| | | | Writing the Chemical Formula of |
| | | | Salts |
| 23 | Rinku Maria George | Physical Science | To Find Difficulty in Stating |
| | | Education | Universal Law of Gravitation and |
| | | | Equation of Gravitational Law |
| 24 | Soniya Dominic | Physical Science | To Find Difficulty in Drawing Ray |
| | | Education | Diagrams of Images Formed by |
| | | | Spherical Mirrors |
| 25 | Adithya Shaji | Natural Science | A Study on the Difficulty in |
| | | Education | Memorising Levels of Classification |
| | | | of Cat, Related to Biology Topics |
| | | | Among Students of Standard of Class |



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| | | | VIII |
|----|--------------------|-----------------|--|
| 26 | Alfred George | Natural Science | A Study on Difficulty Faced by |
| | | Education | Students in Learning the Current |
| | | | Order of Taxonomic Hierarchical |
| | | | Levels |
| 27 | Angel Joseph | Natural Science | A Study on the Difficulty of Drawing |
| | | Education | and Labelling Diagrams Related to |
| | | | Biology Topics among the Students |
| | | + | of Standard 9 |
| 28 | Arya Ashok | Natural Science | A Study on Problems Faced by Class |
| | | Education | VIII Students to Memorise Scientists |
| | | | and Their Contributions |
| 29 | Divyamol M S | Natural Science | A Study on Confusion in Biological |
| | | Education | Terms in Standard IX Students |
| 30 | Elizabeth T S | Natural Science | A Study on Difficulty in Identifying |
| | | Education | the Scientists and their Contributions |
| | | | Towards Biology, among Students of |
| | | | Standard 8 |
| 31 | Irine Therasa Dius | Natural Science | A Study on the Difficulty in Learning |
| | | Education | Scientific Names of Animals and |
| | | | Plants among Students of Standard |
| | | | VIII C |
| 32 | Krishnanand H | Natural Science | A Study on Problems Faced by Class |
| | | Education | VII Students Correlate TermsaAnd |
| | | | Meanings In Biology |
| 33 | Sneha Jose | Natural Science | A Study on Problems Faced by Class |
| | | Education | IX Students to Memorise Terms and |
| | | | Numbers in Biology |
| 34 | Anns Thomas | Social Science | Difficulty to Distinguish Layers of |
| | | Education | Atmosphere |
| 35 | Annu Sunny | Social Science | Difficulty in Learning Map Signs and |

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| | | Education | Symbols |
|----|------------------|--------------------|---------------------------------------|
| 36 | Archana T S | Social Science | Difficulty in Differentiating Between |
| | | Education | Different Dynasties and the |
| | | | Prominent Rulers in those Dynasties |
| 37 | Gopika Anil | Social Science | The Students of Standard VIII of St. |
| | | Education | Thomas HSS Pala Find Difficult to |
| | T. | | Distinguish Between Latitudinal |
| | | | Lines and Longitudinal Lines on the |
| | | | Map and Globe |
| 38 | Jijo Thomas | Social Science | A Study on Identifying and |
| | | Education | Distinguishing the Basic Concepts of |
| | | | National Income Among the Students |
| | | | of Standard IX |
| 39 | Minna Mary Tom | Social Science | The Students of Standard VIII of St. |
| | | Education | Mary's GHSS Pala Find Difficulty in |
| | | | Remembering the years in the |
| | | | Chapter 'India and Economic |
| | | | Planning' |
| 40 | Sanchu Jose | Social Science | Difficulty in Understanding the |
| | | Education | Concept Ocean Currents |
| 41 | Sisirkhosh Mohan | Social Science | Identifying and Locating the States |
| | | Education | and Its Boundaries of India |
| 42 | Sulumol Sunny | Social Science | (Discontinued) |
| | | Education | |
| 43 | Aiswarya K V | Commerce Education | Lack of Clarity in Concepts |
| | | | Answered by Students in the Subject |
| | | | of Business Studies |
| 44 | Alina Ann Roy | Commerce Education | A Study on Confusion of Concepts of |
| | | | Business Studies among Students of |
| | | | St. Joseph's HSS Vilakkumadom |
| 45 | Athira K P | Commerce Education | (Discontinued) |

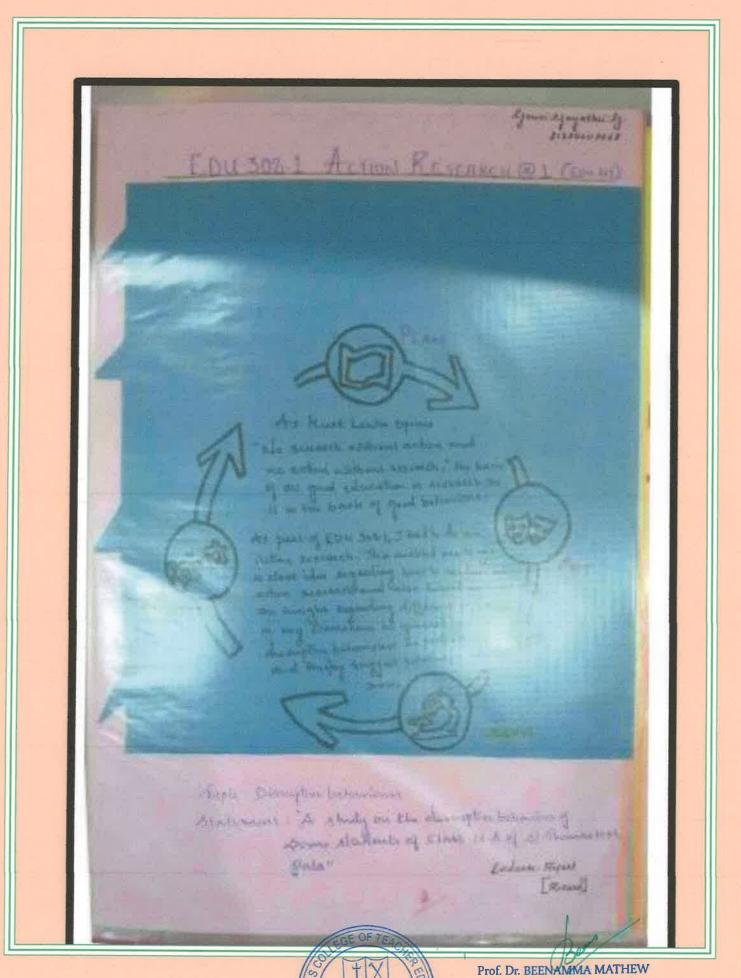


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| 46 | Cyriac Thomas | Commerce Education | Difficulty in Expressing Ideas in |
|----|---------------|--------------------|--------------------------------------|
| | | | English; Lack of Clarity in Concepts |
| | | | Answered by Student in the Subject |
| | | | of Business Studies |
| 47 | Dinta Baby | Commerce Education | Difficulty in Remembering Concepts |
| | | | by Students in the Subject of |
| | | | Business Studies |
| 48 | Jisha Shaji | Commerce Education | Handwriting Problem- With |
| | | | Reference to Capitalization and |
| | | | Illegible Handwriting |
| 49 | Seenu Thomas | Commerce Education | Lack of Clarity in Concepts |
| | | | Answered by Students in the Subject |
| | | | of Business Studies |
| 50 | Tom Joseph | Commerce Education | Lack of Clarity in Concepts |
| | | | Answered in the Subject of Business |
| | | | Studies |

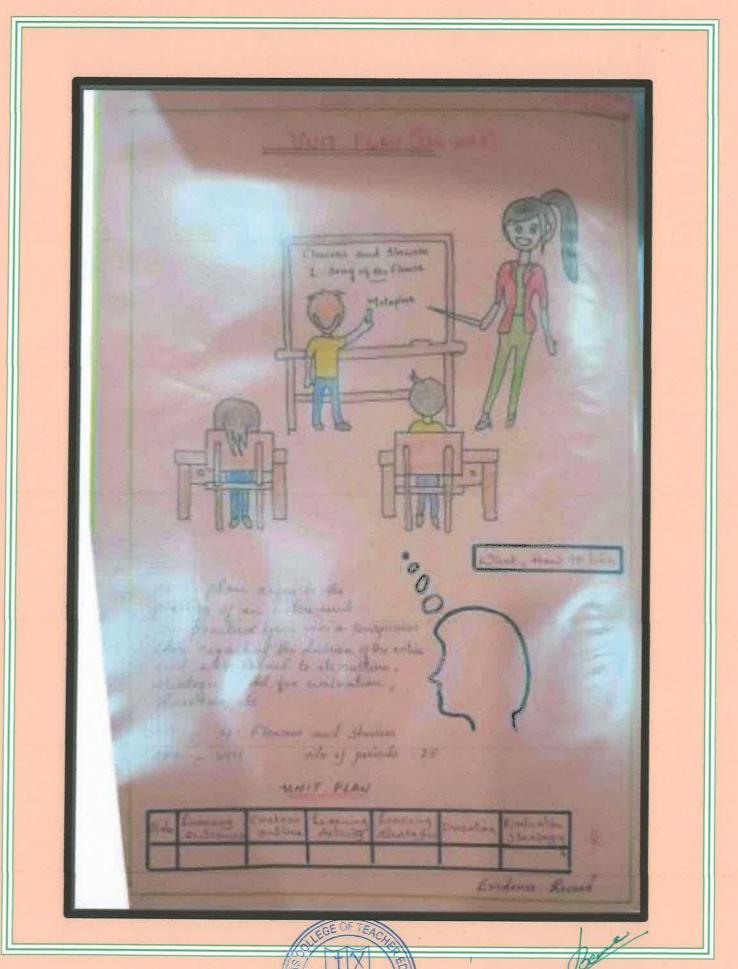




UNIT PLAN

Planning is an important part of teaching. A unit plan forces a teacher to make decisions about what to teach and how to teach. Preparation of unit plan helps a teacher to organise her subject matter considering the time available for teaching. This allows a teacher to choose effective learning strategies, allocate necessary time for each topic or activity and find space for a unit test at the end of a unit or chapter. As part of the practical student teachers of different subject groups prepared a unit plan for the chapter or unit they were entrusted with. Students of English Education took a unit consisting of 3or 4 lessons (in prose or verse forms) and organised it. Others took a particular chapter that discussed various concepts. Flowers and Showers of standard VIII was the mostly chosen unit among students of English Education. The unit plan prepared by student teachers contained curricular objectives, prerequisites, content analysis, learning activities, learning aids, number of hours allocated etc.

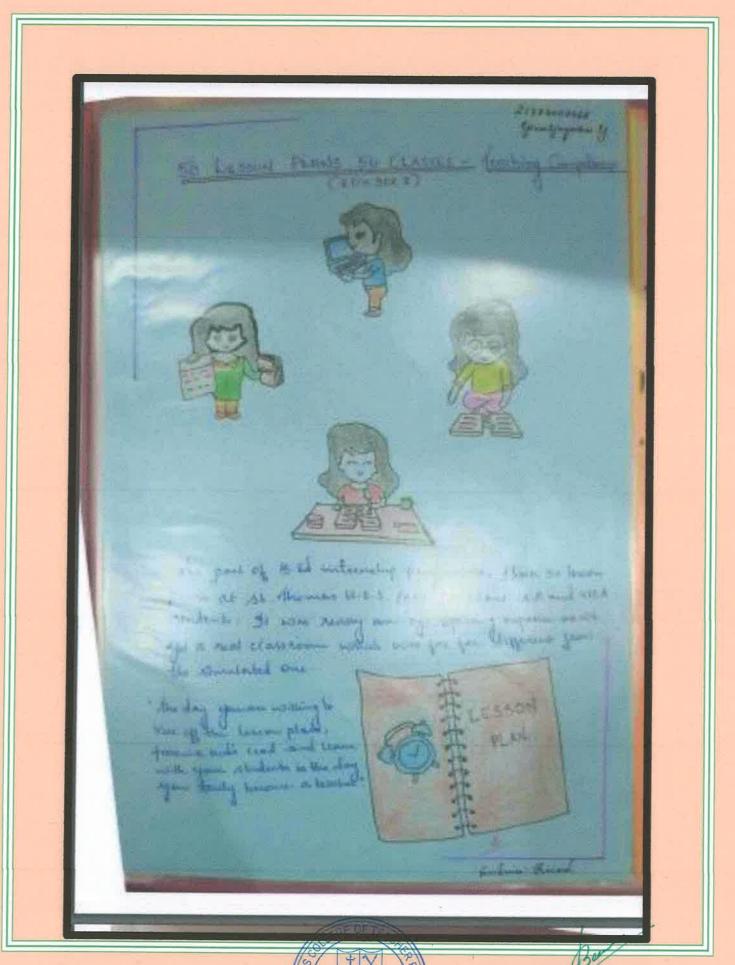




50 LESSON PLANS AND 50 CLASSES

The main purpose of school internship is to familiarise student teachers with real classroom environments and equip them with necessary skills and competencies necessary for a teacher. Classroom management and lesson planning are two important aspects of teaching. As part of school internship, teacher trainees had to prepare 50 lesson plans for 50 classes. So the student teachers collected portions from their mentor teachers at school and prepared lesson plans after consulting their subject teachers. The lesson plans contained preliminary details like name of the teacher, name of the school, subject, topic, class and school name. There is a marked difference in the organisation of lesson plans for a science subject and for a language. Lesson plans prepared by English education students contain word meanings, grammar elements, content analysis, writing activity and teacher's model. In the lesson plans prepared by science, social science and commerce education students, there is separation of domains as knowledge domain, application domain etc. Also, all the major terms, concepts etc. are included. Some of the topics handled by student teachers of different subjects include Marketing, Cell cycle, Song of the Rain, Reaction of metals with acids, Product of sums, India after the Mauryas etc. The teachers concerned checked lesson plans and sanctioned them before each and every class. The subject teachers also paid visits to observe student teachers' performances. All the student teachers prepared their 50 lesson plans with a sense of responsibility.

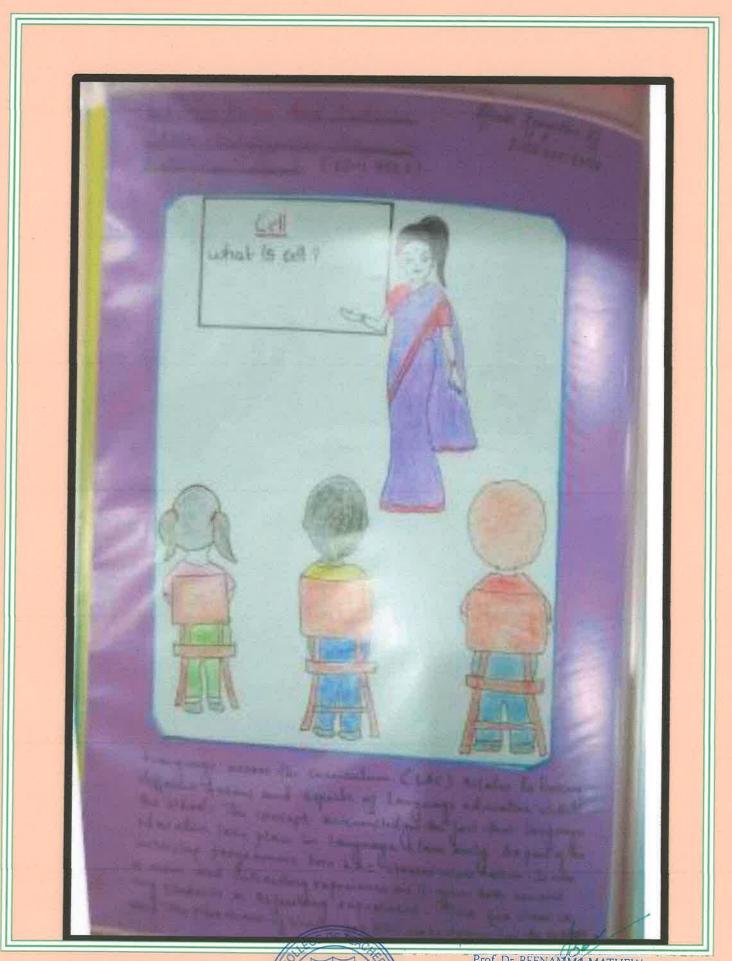




2 LAC LESSON PLANS- (LANGUAGE ACROSS CURRICULUM)

The practical underscored the role played by both subject and language teachers in the development of language skills of students. Language across curriculum is a recent approach in education which postulates that the responsibility of language teaching is not the sole prerogative of language teachers. The subject teachers also are responsible for the development of LSRW skills of students. So as they teach concepts, they should also make students read the text, give corrections with respect to pronunciation, check note books and correct spelling or grammar errors too. The practical necessitated the preparation of lesson plans in respective subjects applying the principles of LAC. The lesson plans prepared by English Education students didn't have considerable difference from the usual format of their subject lesson plan. But for other subject group students, there was a need to give special emphasis to the development of LSRW skills. Therefore, they included activities like loud reading, discussion, note making, slogan writing etc. Some of the topics chosen by students of different subject groups for the preparation of LAC Lesson plans are Carbon dioxide, water, Construction of frequency table, the poem 'My Grandmother's House', etc. These lesson plans were duly signed by the teachers concerned and students took separate LAC classes at schools based on these lesson plans.

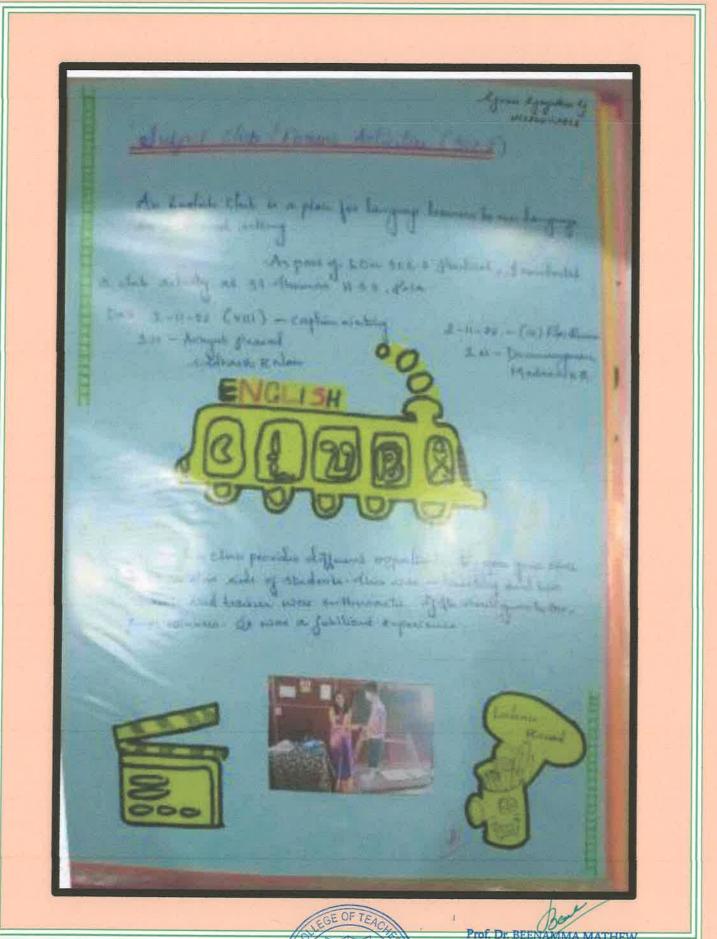




SUBJECT CLUB ACTIVITIES

Subject clubs operate at school levels in order to promote the learning of various subjects through activity- based and student oriented approach. These clubs organise vibrant activities to ensure student engagement and participation so that they develop interest in respective subjects. There are English club, Science club, Social science, Mathematics and Commerce clubs at schools. As part of the practical, each student had to conduct different activities at schools ensuring student participation. Student teachers of different subject groups conducted events like poster designing, caption writing, story writing competition, quiz, debates etc. The report prepared by the students contains samples of student works as evidence.



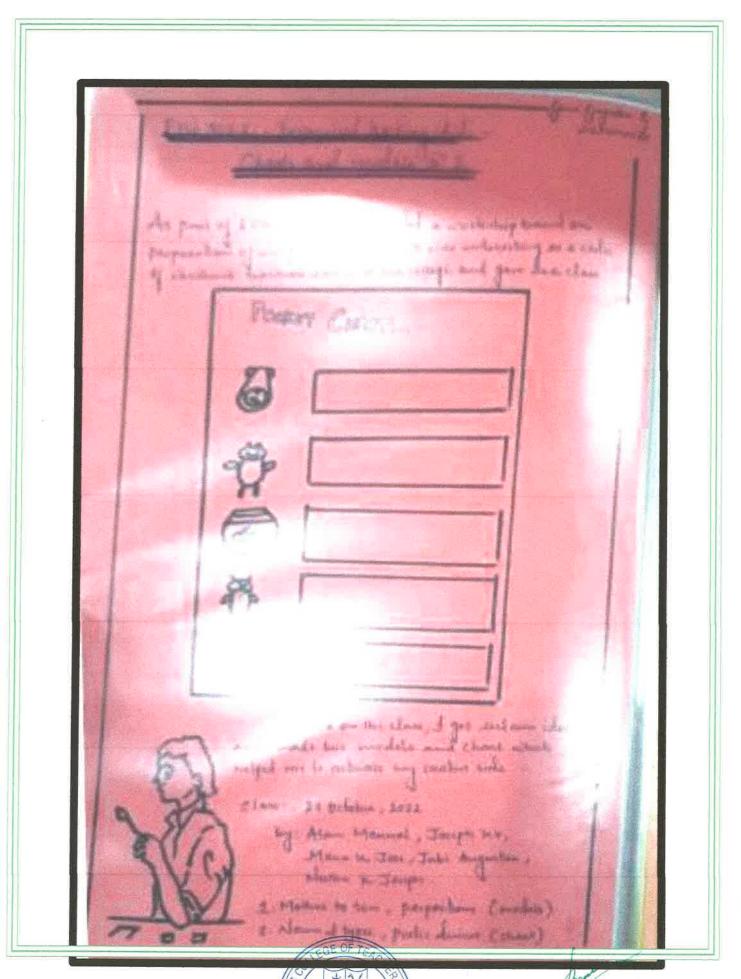


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PREPARATION OF IMPROVISED TEACHING AIDS- CHARTS AND MODELS AND PARTICIPATION IN WORKSHOP

A teacher should be adept at turning even a crap item into a useful teaching aid. Teaching aids help to make learning more concrete and relatable. Charts and models are the conventionally used teaching aids. Improvisation is the act of producing and using local resources in the absence of real ones in teaching and learning situations. As part of the practical, the college conducted a workshop on the preparation of improvised teaching aids on 24th October 2022. A team of five teachers from Alphonsa High School Vakakkadu led the workshop and gave training in making improvised aids. Student teachers used this opportunity to craft creative and helpful learning aids like improvised charts and models. One student had to make two charts and two models. Making at least one working model was mandatory. As per the requirements, student teachers of different subject classes prepared charts and models. After the workshop a group photo was taken. Student teachers of different subject groups prepared charts on various topics like phrasal verbs, kangaroo words, types of joints etc. Topics for models included Synonyms, ecosystem etc. Most of them prepared models using card boards, gum, thermocol pieces etc.



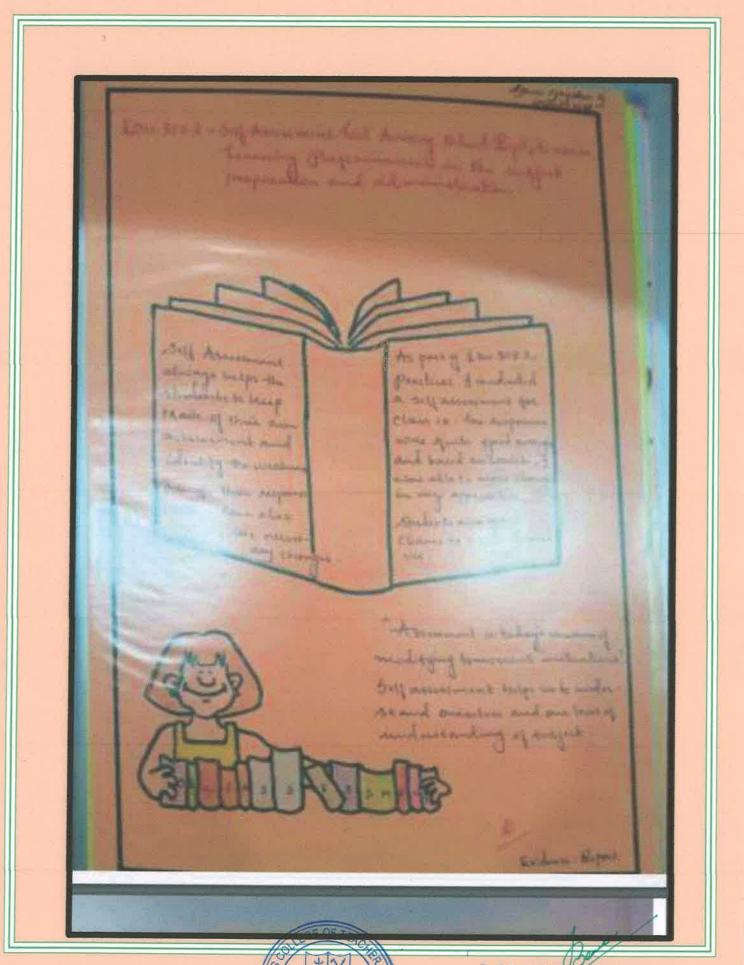


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SELF-ASSESSMENT TOOL

As part of the practical, student teachers prepared self-assessment tools for students in order to get feedback on their level of attainment, difficulties faced in learning, and weak areas. They prepared the tool consulting the learning outcomes to be attained at the end of learning. Thus they prepared tools including statements to get an idea about their attainment, effectiveness of teaching, concept clarity etc. Self-assessment tool was prepared after the completion of one chapter or unit. Student teachers analysed these responses which helped them in evaluating their own teaching and strategies used. Their tool consisted of statements ranging from 15 to 20 and students could choose one of the given responses. The report enclosed one of the samples collected as evidence.

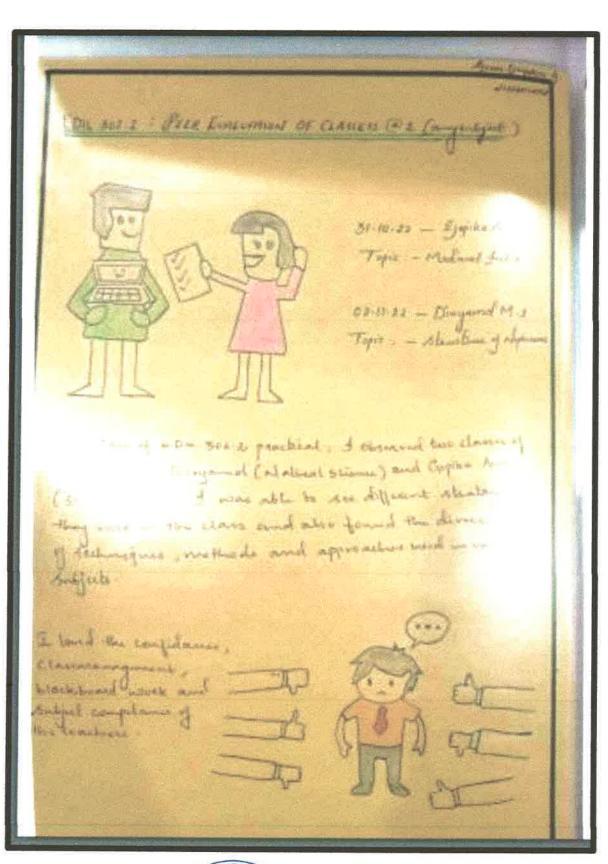
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PEER EVALUATION OF CLASSES

Student teachers had to observe and evaluate two classes taken by their peers. Most of them reviewed the classes based on a given criteria. As per the criteria teaching competence, classroom management, communication skill, use of learning aids, reinforcement, time management etc. were evaluated. Rating was done based on a five-point scale. The practical has enabled student teachers to improve their own competencies.

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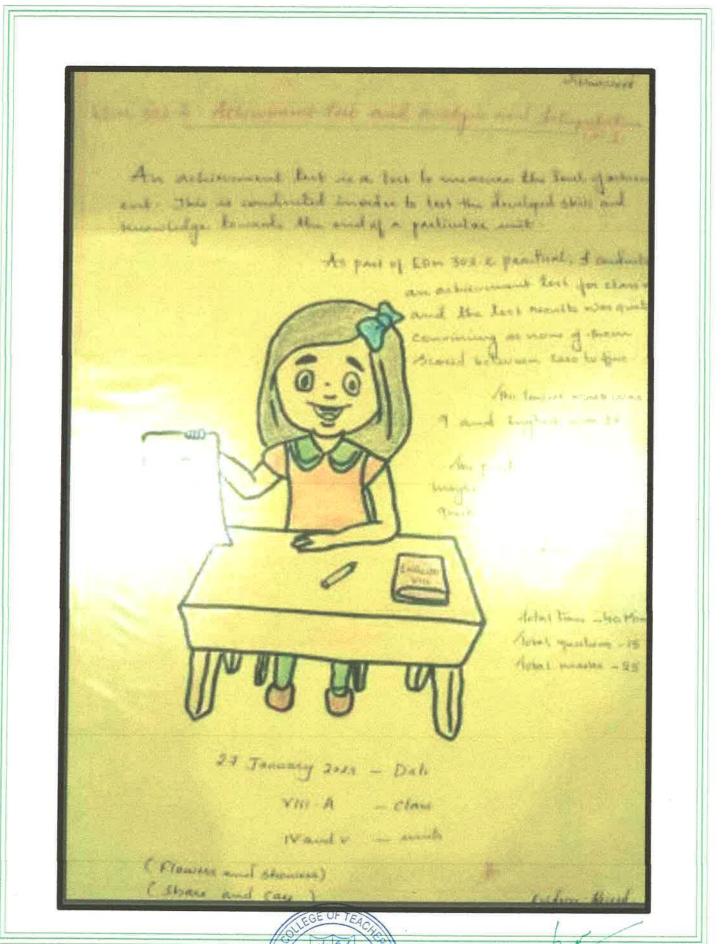


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ACHIEVEMENT TEST: ANALYSIS AND INTERPRETATION

As part of the practical student teachers prepared a question paper to conduct an achievement test. An achievement test is designed to gauge students' achievement and the end result of the teaching learning process. Usually the test is administered at the end of a chapter or unit. The major aim of the practical was to familiarise student teachers with the process of preparing a blueprint for the exam, its conduct, evaluation and analysis of the performance. Student teachers designed an achievement test focusing on proper distribution of weightage to different objectives, content, question types and level of difficulty. As the next step they prepared the blueprint consolidating all these elements. Duration of the test was 40 minutes and the maximum score was 25. Once they got approval from respective subject teachers, they printed the question paper including test items, score, instruction and class. The test was administered and a mark list was prepared. Afterwards students did the statistical analysis and calculated the mean, median, mode and standard deviation.

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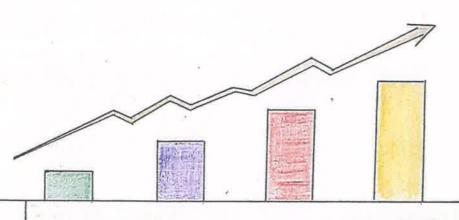
DIAGNOSTIC TEST

As part of our internship programme, teacher trainees were asked to conduct a diagnostic test in their respective subjects. The main purpose of conducting these tests is to assess students' knowledge, skills and understanding of a particular subject. These tests are usually conducted at the end of a unit so as to gather information about students' existing knowledge and to identify gaps or areas of weakness. On the basis of the test conducted the areas where the students were weak are identified on the basis of which remedial teaching was conducted. Teacher trainees were able to execute the diagnostic test among the students effectively. Thus conducting diagnostic test has helped the teacher trainees to understand how their way of teaching has helped the students to understand the concepts. The deviations that are found out from conducting this test is beneficial for both the teachers as well as the students, because the teacher trainees can make the necessary changes in their way of teaching and students are able to give more emphasis on areas where more attention or importance is given. As part of the practical each student teacher designed a diagnostic area focusing on a particular problem area. English students conducted tests to diagnose issues with capitalization, concord, spelling etc. Other areas chosen by students of different subjects were based on a particular topic from the chapters they taught. The area was broken down into five teaching points in the increasing order of difficulties. Students prepared the diagnostic chart to identify and study the problem area in detail. After the diagnostic test there was a cycle of remedial classes helping students to overcome their weaknesses.



PRACTICAL EDU 302.2

Diagnostic Test - Analysis and Interpretation Remedial Programme - Preparation and Administration



School : St. Mary's H.S.S., Bharanangamam

VIII - B class:

Diagnostic Test: 17 October, 2023

Topic: Addition of Fractions

Remedial Programme

Date: 13 and 14 November, 2023

Evidence : RECORD

Reflections

I could learn to prepare diagnostic test and remedial teaching materials.

· I was able to provide the students better clarity in adding pactions. the basics of

> Riya Tresa Reg. No.: 223240112078

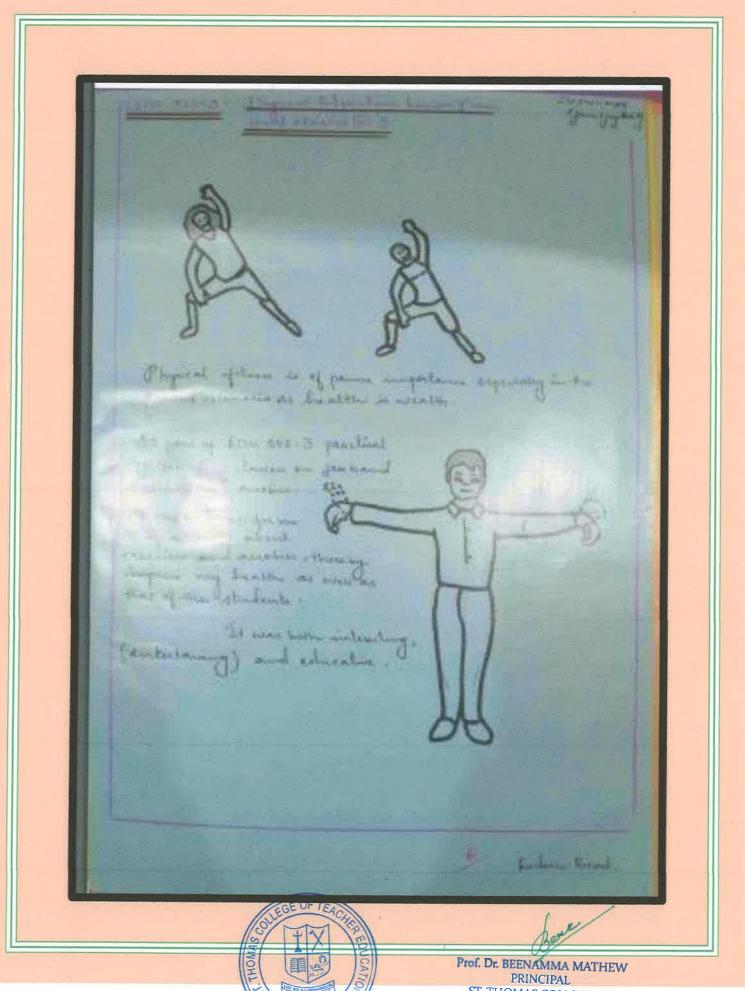
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PHYSICAL EDUCATION LESSON PLAN

Demonstrating physical exercises andaerobics by teachers can foster a healthy mentality, outlook and a sense of unity among students. Thus students are introduced to strategies for managing stress and promoting their mental well-being. Engaging in physical activity can serve as a healthy outlet for emotions and a means to improve focus and concentration, which can positively impact academic performance.

As part of the B.Ed. internship programme, teacher trainees had to demonstrate four freehand exercises and two aerobics in front of the students at their respective schools. For this purpose, two lesson plans for freehand exercises and one lesson plan for aerobics were prepared. This practical helped prospective teachers to get a first-hand experience in giving physical training to students and explaining its health benefits. The lesson plans delineated the procedure of class formation, exercises, games and dispersal. The Physical education teachers at College and school monitored the classes and checked lesson plans.



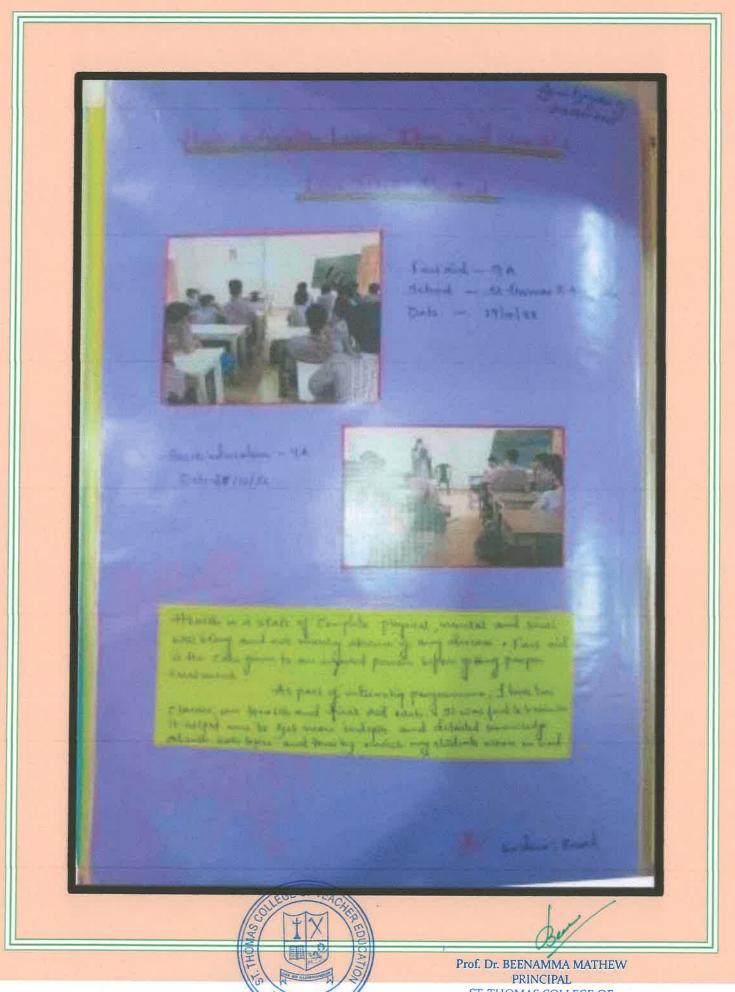


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HEALTH EDUCATION LESSON PLANS

Health refers to the overall state of well-being, encompassing physical, mental, and social aspects. It is a multidimensional concept that goes beyond the absence of disease or infirmity. Maintaining good health is crucial for individuals to live a fulfilling and productive life. As part of the practical work, student teachers had to conduct a class on health, showcasing the importance of being healthy and how important it is to be physically, mentally and socially healthy. In this present era where people are suffering from depression, anxiety, and claustrophobia, such classes are very important. Therefore, it is the responsibility of every teacher to be concerned with their own health as well as the health of their students. A class on basic first aid was also provided focusing on the importance of first aid, basic and primary procedures for treating a wound, burn, sprain, fracture, electric shock etc. These classes were enriched by videos, demonstrations, discussions, group activities etc. Physical education teachers at respective schools supervised the classes.

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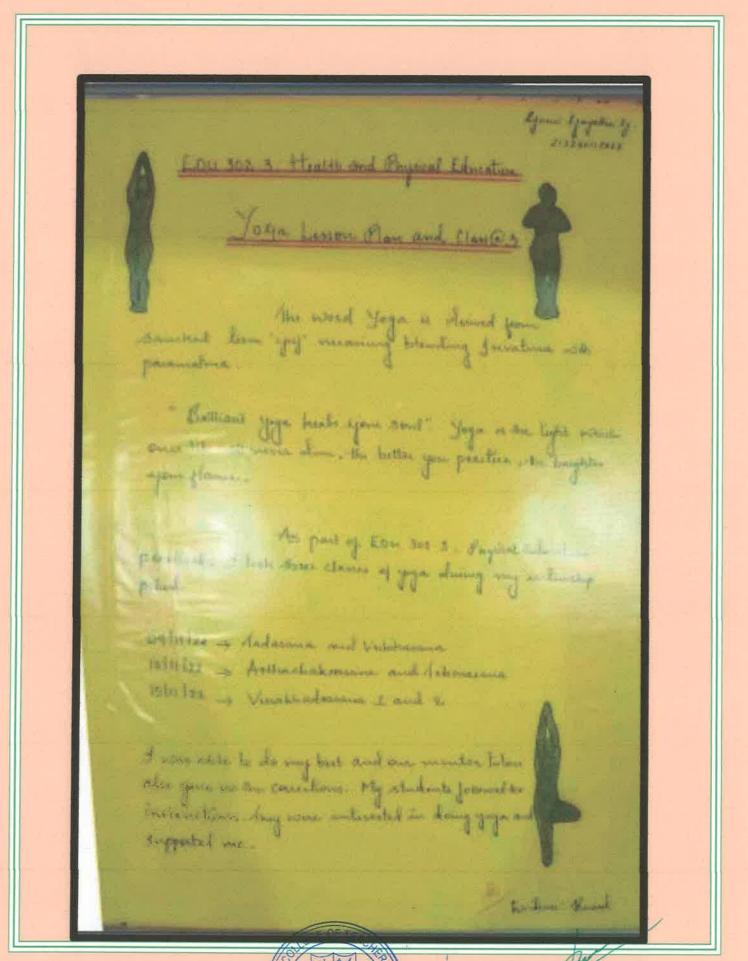


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YOGA LESSON PLANS

Student teachers had to demonstrate any sixYoga asanas to the students as part of the internship programme. The main purpose of this demonstration by the teachers was to make the students aware of the benefits of doing the asanasproperly and how these help us to get relief from stress, anxiety, depression and physical problems. The teacher trainees were free to choose any of the asanas. Majority of the asanas chosen were standing asanas as it was much comfortable to be demonstrated. The asanas chosen included Virabhadrasana II, Tadasana, Vrikshasana, Trikonasana, Uttanasana etc. Students were interested to join the teachers while demonstrating. Through this practical work, the student teachers were able to spread an awareness about the importance of practicing yogasanas. Thus this practical work really helped the teacher trainees to learn more about Yogasanas, its benefits and risk factors.





CLASS ON DIFFERENT ARTFORMS

Art forms refer to the various categories or disciplines through which artistic expression is conveyed. These art forms encompass a wide range of creative practices, each with its unique characteristics, techniques, and mediums. To impart these disciplines teacher trainees were required to take two classes on various art forms of India. The main purpose of these classes was to make the students aware about the various art forms of India which makes it unique. Students were curious and enthusiastic to know more about the various art forms. Teacher trainees have prepared the class well to make the class more interesting to students. The various artforms taken by the teacher trainees include kolkali, kathakali, margamkali, theyyam, chakiarkoothu, kuchipudi, padayani, koodiyattam etc. Majority of these were not known to teachers. The student teachers played a pivotal role in familiarising students with the cultural heritage and opulence of India. The topics chosen by each student are listed below:

| SI No | Name of the Student | Class | Name of Art Forms |
|----------|--------------------------|-----------------------|---------------------------|
| 1 | Anu Ann James | English Education | Margamkali, Thiruvathira |
| 2 | Gouri Gayathri G | English Education | Kathakali,Bharatanatyam |
| 3 | Minu Maria Thomas | English Education | Kathakali, Ottamthullal |
| 4 | Minu Mathews | English Education | Kathakali, Ottamthullal |
| 5 | Mithra James | English Education | Margamkali, Thiruvathira |
| 6 | Pearly S Thomas | English Education | Kathakali, Kathak |
| 7 | Sreelekshmi G R | English Education | Kathakali, Mohiniyattam |
| 8 | Suman Sunny | English Education | Chakyarkoothu, Margamkali |
| 9 | Haripriya J | Mathematics Education | Kathakali, Ottamthullal |
| 10 | Jilu Tresa George | Mathematics Education | Margamkali, Thiruvathira |
| 11 | Neethu K M | Mathematics Education | Kathakali, Chakyarkoothu |
| 12 | Rani Baby | Mathematics Education | Margamkali, Thiruvathira |
| 13 | Seenu Thomas | Mathematics Education | Kathakali, Ottamthullal |
| 14 | Shilpa Elizabeth Joychen | Mathematics Education | Kathakali, Mohiniyattam |



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| 15 | Vandana V V | Mathematics Education | Koodiyatam,Kalaripayattu | |
|----|---------------------|---------------------------|-------------------------------|--|
| 16 | Aleena Jose | Physical Science | Kathakali,Ottamthullal | |
| | | Education | | |
| 17 | Archana Madhu | Physical Science | Theyyam, Kathakali | |
| | | Education | | |
| 18 | Hanna Elizabeth Joy | Physical Science | Chakyarkoothu, Margamkali | |
| | | Education | | |
| 19 | Irene Ann George | Physical Science | Kathakali, Mohiniyattam | |
| | | Education | | |
| 20 | Josna Jose | Physical Science | Ottamthullal, Kathakali | |
| | | Education | | |
| 21 | Liz Teenu Mathews | Physical Science | Chakyarkoothu, Margamkali | |
| | | Education | | |
| 22 | Ninumol Joseph | Physical Science | Mohiniyattam, Margamkali | |
| | | Education | | |
| 23 | Rinku Maria George | Physical Science | Kathakali, Chakyarkoothu | |
| | | Education | | |
| 24 | Soniya Dominic | Physical Science | Kathakali, Kuchipudi | |
| | | Education | | |
| 25 | Adithya Shaji | Natural Science Education | Kathakali, Kuchipudi | |
| 26 | Alfred George | Natural Science Education | Chakyarkoothu, Kathakali | |
| 27 | Angel Joseph | Natural Science Education | Kuchipudi, Theyyam, Kathakali | |
| 28 | Arya Ashok | Natural Science Education | Kathakali,Bharatanatyam | |
| 29 | Divyamol M S | Natural Science Education | Kathakali, Mohiniyattam | |
| 30 | Elizabeth T S | Natural Science Education | Ottamthullal, Margamkali | |
| 31 | Irine Therasa Dius | Natural Science Education | Margamkali, Thiruvathira | |
| 32 | Krishnanand H | Natural Science Education | Theyyam, Padayani | |
| 33 | Sneha Jose | Natural Science Education | Kathakali,Bharatanatyam | |
| 34 | Anns Thomas | Social Science Education | Mohiniyattam,Folk Dance | |
| 35 | Annu Sunny | Social Science Education | Mohiniyattam,Folk Dance | |

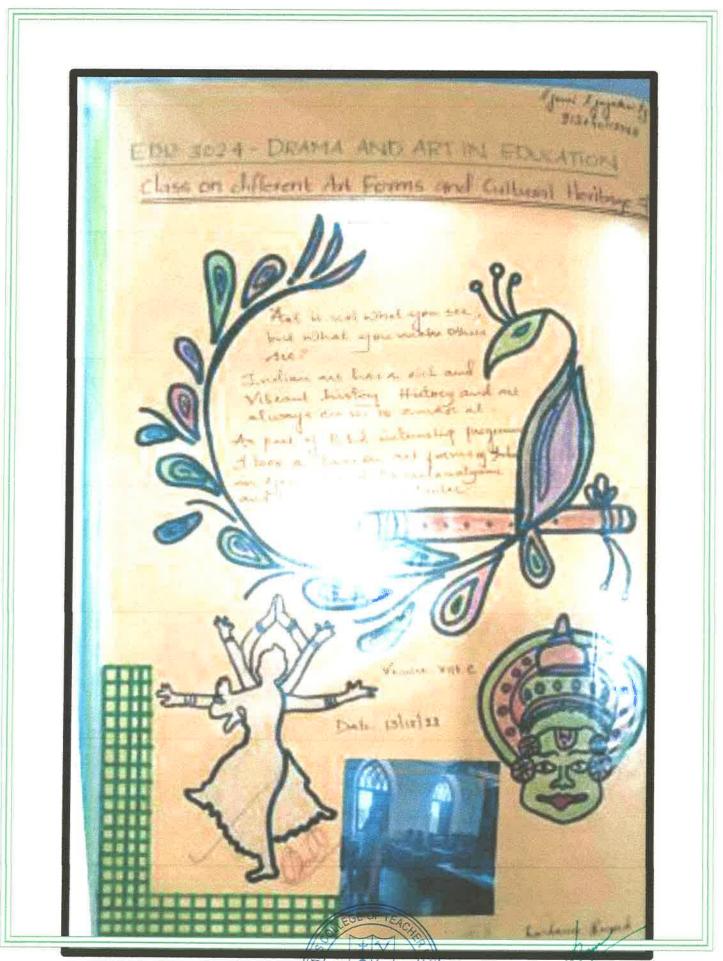


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| 36 | Archana T S | Social Science Education | Theyyam, Kathakali |
|----|------------------|--------------------------|------------------------------------|
| 37 | Gopika Anil | Social Science Education | Ottamthullal, Theyyam |
| 38 | Jijo Thomas | Social Science Education | Bharanatyam, Margamkali |
| 39 | Minna Mary Tom | Social Science Education | Mohiniyattam,Folk Dance |
| 40 | Sanchu Jose | Social Science Education | Ottamthullal, Kathakali |
| 41 | Sisirkhosh Mohan | Social Science Education | Mohiniyattam,Folk Dance |
| 42 | Sulumol Sunny | Social Science Education | Discontinued |
| 43 | Aiswarya K V | Commerce Education | Margamkali, Chavitunadakam |
| 44 | Alina Ann Roy | Commerce Education | Theyyam, Kathakali |
| 45 | Athira K P | Commerce Education | Discontinued |
| 46 | Cyriac Thomas | Commerce Education | Kathakali, Ottamthullal, Kuchipudi |
| 47 | Dinta Baby | Commerce Education | Theyyam,Koodiyatam,Padayani |
| 48 | Jisha Shaji | Commerce Education | Kathakali, Chakyarkoothu |
| 49 | Seenu Thomas | Commerce Education | Ottamthullal, Kathakali |
| 50 | Tom Joseph | Commerce Education | Mohiniyattam,Folk Dance |





NATIONAL INTEGRATION

National integration refers to the process of creating a cohesive and unified nation by promoting unity, harmony, and a sense of common identity among the diverse population of a country. It involves bridging the gaps and differences that may exist due to factors such as religion, language, culture, ethnicity, or regional variations. In order to promote national integration among students various programs were to be conducted .As part of the practical, competitions like poster making, quiz, notice making, exhibitions on national integration etc. were conducted. Student teachers ensured the active participation of all the students. Through this students as well as the teacher trainees got to know more about our nation. The table given below shows the details of various events organised by student teachers at different schools:

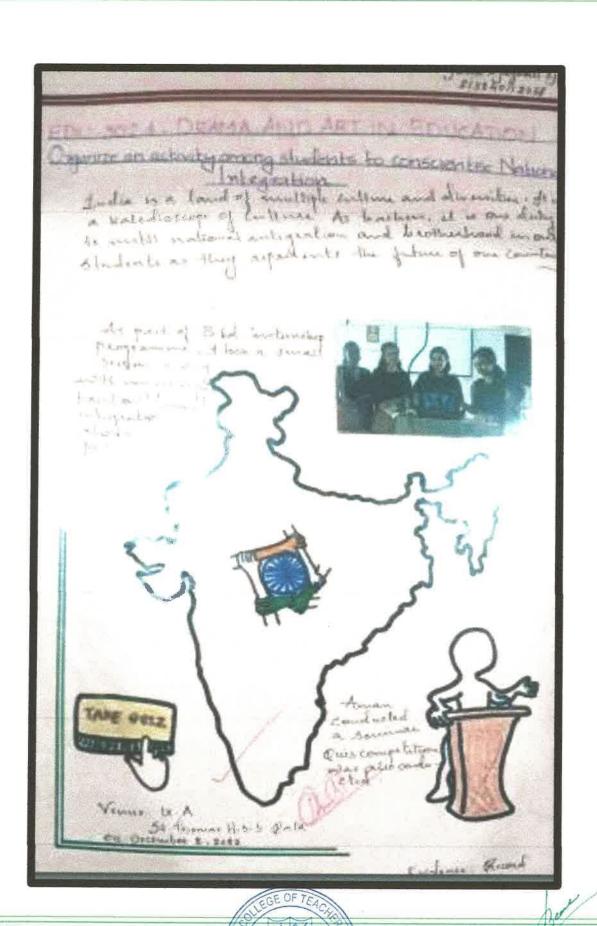
| St Thomas HSS, Pala | Gopika Anil, Divyamol MS, Neethu KM, | Seminar, quiz |
|---------------------|---|---|
| , | GouriGayathri G | , |
| Mahatma Gandhi | Sisirkhosh Mohan, Cyriac Thomas, Pearly S | Quiz, debate |
| Govt.HSS Pala | Thomas, Vandana V V, Josna Jose | |
| St Augustine HSS, | Hanna Elizabeth Joy, Rani Baby, Irene Theresa | Poster making, |
| Ramapuram | Dius, Tom Joseph, Dinta Baby | Quiz |
| St Joseph's HSS | Alina Ann Roy, Suman Sunny, Alfred George, | Quiz, poster |
| Vilakkumadam | Liz Teenu Mathews | |
| St Antony's HSS, | Sanchu Jose, Haripriya J | Poster, quiz |
| Plassanal | | |
| St Mary's HSS, | JishaShaji | Quiz |
| Bharananganam | | |
| Holy Cross HSS, | Ninumol Joseph, Sneha Jose, Jijo Thomas, | Quiz |
| Cherpunkal | Aiswarya KV, Seenu Thomas | |
| St John NHSS, | Krishnanand H, Aleena Jose, Anns Thomas | Quiz |
| Kozhuvanal | | |

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| St John's HS Kurumannu | Annu Sunny, Rinku Maria Joy | Poster |
|-------------------------------|---|--------|
| St Joseph's GHS, Mutholy | Sreelekshmi G R, ArchanaMadhu, Archana TS | Poster |
| St Mary's GHSS, Pala | Irene Ann George, Minu Maria Thomas, Sr Elizabeth T S, Minna Mary Tom | Quiz |
| Sacred Heart Bharananganam | Minu Mathews, AdithyaShaji, Arya Asok, Soniya Dominic, Shilpa Elizabeth Joychan, Seenu Thomas | Poster |
| St Joseph's HSS, Manathoor | Anu Ann James, JiluTreesa George, Angel Joseph, Mithra James | Quiz |





Mentoring and Checking Assignments





Organising Cultural Events

