



**ST. THOMAS COLLEGE
OF TEACHER EDUCATION, PALA
ESTD. 1957**

2.4.6 STUDENTS DEVELOP COMPETENCE TO ORGANIZE ACADEMIC, CULTURAL, SPORTS AND COMMUNITY RELATED EVENTS

A) 2.4.6 DOCUMENTARY EVIDENCE SHOWING THE ACTIVITIES CARRIED OUT FOR EACH OF THE SELECTED RESPONSE

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SEMESTER IV: PRACTICALS

CORE PRACTICALS (EDU 404.1- 401 & 402)

EDU 404.1 (401) COMMUNITY CITIZENSHIP TRAINING CAMP

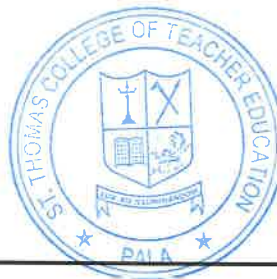
Camp plays a major role in interacting with each other and thereby developing group dynamics, empathy, leadership etc. A five day camp was organised at ST Thomas College of Teacher Education, Pala from 30 May, 2022- June 3, 2022 under the guidance of the camp coordinator Dr. T. C Thankachan, camp leader Sojo John and camp manager Nevil George. The camp was given the title 'Punarjani'. Various committees were formed for the purpose and duties were allotted. The camp was inaugurated by A.V Sebastian. The release of the book 'Olangal Sakshi' was also done. The camp included classes, field visits, counselling, games, entertainment etc. Cooking was done group wise. There were a total of four groups with 12- 14 members. The best campers were selected on each day via election process and the overall best campers were Mr Sojo John and Ms. Jaicy Jose.


EDU 404.1 (401) CONDUCT AN INTERVIEW WITH AN EMINENT TEACHER OR EDUCATIONIST OF YOUR LOCALITY ON THE VISION AND MISSION OF EDUCATION

Students interviewed different teachers. As prospective teachers it is important for the students to gain some insights regarding the profession from the experienced teachers. Students prepared an interview schedule and a total of 10-13 questions were asked including the changing needs of society, the vision, mission, messages etc. Students were able to understand the format of a formal interview and the role of teachers in building up the nation.

EDU 404.1 (402) DOCUMENTARY/ SHORT FILM PRESENTATION ON STUDENT ABUSE IN SCHOOL CAMPUS AND POCSO RULES

Pocso act 2012 aims at protecting children below 18 years from sexual exploitation and abuse from anyone. Based on this, students prepared documentary and short films. Three students teamed up for the purpose of a short film and script was prepared and later shooting was done. For the purpose of documentary students interviewed lawyers, counsellors, police officials etc. The list is given below.




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EDU 404.1 (402) STUDY TOUR

Study tour: A beautiful journey started with the purpose of an educational tour and ended up creating beautiful memories. A study tour was organised under the guidance of Dr. Alex George. The title of the tour was “ENROUTE 2K22- The Hodophiles from Pala.” The students were divided into different committees. The different committees were core committee, finance, purchase, water, entertainment, prayer, food, photography, accommodation, travel, discipline, documentation, ticket and shopping committee. June 8-9 (2 day tour) was organised with Vagamon, Thgommankoothu and Trivandrum as the destinations. Best tourists were also selected.

EDU 404.1 (402) EXTENSION ACTIVITIES @ 2


As part of EDU 401 (402) practical, the students did several extension activities. Extension activities help to connect society and the students and also helps to develop certain qualities like citizenship, responsibility, empathy etc. The major extension activity was giving food to the rehabilitation centre ‘Mariyasadanam’. They also paid a visit to Mariasadanam. Nirakootu was yet another initiative done by the students. They painted the walls of different schools, cleaned school premises and planted flowers and vegetables and prepared a garden.

PEDAGOGIC PRACTICALS (EDU 404.2)

EDU 404.2 DEVELOPING VISION AND MISSION AS A TEACHER- SWOT ANALYSIS

SWOT analysis is of prime relevance as it helps us to identify our strength, weakness, opportunities and threats and based on which you can set your goals, modify it thereby contributing to both personal and professional development. Based on SWOT analysis, we can develop both vision and mission. Vision is a statement about the future or what you ought to do, whereas a mission deals with those steps to achieve this vision. Students prepared different visions and missions after analysing their strengths, weaknesses, opportunities and threats. Templates were also created.

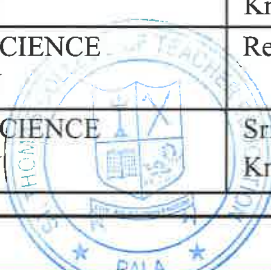



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EDU 404.2 EDUCATIONAL JOURNAL REVIEW (5 RESEARCH ARTICLES)

Education journal reviews help us to know about the recent trends in different fields and the writing style of articles. Based on the pedagogic practical, students reviewed different journals and selected five articles for the same. The list of journals selected by the students are given below.


Sl. No.	Name of the student	Class	Journal
1	Anitta Jose	ENGLISH EDUCATION	Journal of English Language Teaching India
2	Cheslin Jose	ENGLISH EDUCATION	Education and Teaching International
3	Densy John	ENGLISH EDUCATION	Journal of English Language Teaching India
4	Harikrishnan V	ENGLISH EDUCATION	Journal of English Language Teaching India
5	Irin Sera Joseph	ENGLISH EDUCATION	
6	Julian Tom Job	ENGLISH EDUCATION	Journal of English Language Teaching India
7	Raina Martin	ENGLISH EDUCATION	Journal of English Language Teaching India
8	Vinesha Vinayan	ENGLISH EDUCATION	Journal of English Language Teaching India
9	Annie Tressa Shajan	MATHEMATICS EDUCATION	
10	Annumol Joji	MATHEMATICS EDUCATION	
11	Anuja Babu	MATHEMATICS EDUCATION	
12	Christy Thomas	MATHEMATICS EDUCATION	
13	Nevil George	MATHEMATICS EDUCATION	
14	Riya Rose Johns	MATHEMATICS EDUCATION	
15	Sneha Jayakumar	MATHEMATICS EDUCATION	
16	Alphonsa Xavier	PHYSICAL SCIENCE EDUCATION	Educational Extracts
17	Ashmi Maria John	PHYSICAL SCIENCE EDUCATION	EDUTRACKS
18	Divya Stani	PHYSICAL SCIENCE EDUCATION	Sri.Sarada Journal of Frontiers of Knowledge
19	Jaicy Jose	PHYSICAL SCIENCE EDUCATION	EDUTRACKS
20	Lakshmi S	PHYSICAL SCIENCE EDUCATION	EDUTRACKS
21	Lis Mary Antony	PHYSICAL SCIENCE EDUCATION	EDUTRACKS
22	Mariya Mathew	PHYSICAL SCIENCE EDUCATION	Shodhganga
23	Mariya Sebastian	PHYSICAL SCIENCE EDUCATION	Sri.Sarada Journal of Frontiers of Knowledge
24	Syamily Sasi	PHYSICAL SCIENCE EDUCATION	Research and Reflections on Education
25	Tima Mathew	PHYSICAL SCIENCE EDUCATION	Sri.Sarada Journal of Frontiers of Knowledge



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26	Anita Mathew	NATURAL SCIENCE EDUCATION	Research and Reflections on Education
27	Anjumol S	NATURAL SCIENCE EDUCATION	EDUTRACKS
28	Athira P S	NATURAL SCIENCE EDUCATION	Educational and Psychological Research
29	Bhanupriya R	NATURAL SCIENCE EDUCATION	
30	James Mathew	NATURAL SCIENCE EDUCATION	EDUTRACKS
31	Jyothylakshmi K R	NATURAL SCIENCE EDUCATION	
32	Jyotsna Baby	NATURAL SCIENCE EDUCATION	
33	Reshma Raju	NATURAL SCIENCE EDUCATION	
34	Agiemol Salas	SOCIAL SCIENCE EDUCATION	GSTE – Journal of Research and Extension in Education
35	Anjaly Elizabeth Xavier	SOCIAL SCIENCE EDUCATION	EDUTRACKS
36	Anusree Biju	SOCIAL SCIENCE EDUCATION	Educational Extracts
37	Meera Seby	SOCIAL SCIENCE EDUCATION	Educational Journals
38	Navyamol K R	SOCIAL SCIENCE EDUCATION	MERI – Journal of Education
39	Rakhi R	SOCIAL SCIENCE EDUCATION	Educational and Psychological Research
40	Reshma C L	SOCIAL SCIENCE EDUCATION	
41	Sojo John	SOCIAL SCIENCE EDUCATION	EDUTRACKS
42	Akhila Manmathan	COMMERCE EDUCATION	International Journal of Education and Research
43	Ambily Mani	COMMERCE EDUCATION	Indian Journal of Adult Education
44	Anu Tressa Jose	COMMERCE EDUCATION	Indian Journal of Educational Technology
45	Elsamma Joseph	COMMERCE EDUCATION	
46	Ligin Pullemkunnel	COMMERCE EDUCATION	Indian Journal of Educational Technology
47	Liya Margarette Antony	COMMERCE EDUCATION	Endeavours in Education
48	Rose Mary Cherian	COMMERCE EDUCATION	
49	Steffy Tom	COMMERCE EDUCATION	Journal of Educational Research and Extension
50	Treesa Jomy	COMMERCE EDUCATION	Endeavours in Education

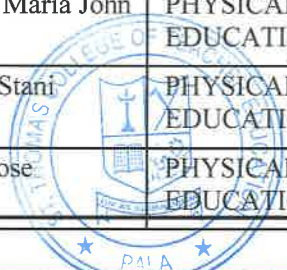



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EDU 404.2 PROJECT ON ANY TOPIC OF PEDAGOGIC IMPORTANCE

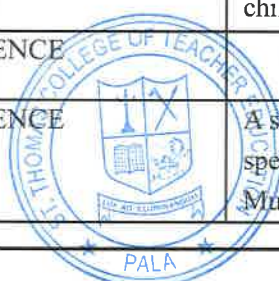
As part of our pedagogic practical, we had to do a project on any topic with pedagogic relevance and students selected different topics according to their interest. The list is given below.

Sl. No.	Name of the student	Class	Project
1	Anitta Jose	ENGLISH EDUCATION	
2	Cheslin Jose	ENGLISH EDUCATION	Assess students interest towards the English language and to learn the teaching practices that stimulates their interest in English
3	Densy John	ENGLISH EDUCATION	Awareness of ICT supported teaching aids in teaching of English among secondary school students
4	Harikrishnan V	ENGLISH EDUCATION	The impediments B.Ed. Teacher – trainees face in impimenting creative learning expeiences in the classroom
5	Irin Sera Joseph	ENGLISH EDUCATION	Theory and praxix of the direct method in the high school classes in state syllabus
6	Julian Tom Job	ENGLISH EDUCATION	Difficulties in developing listening and speaking skills in English among secondary school students
7	Raina Martin	ENGLISH EDUCATION	A study on the poor vocabulary skills of H.S students
8	Vinesha Vinayan	ENGLISH EDUCATION	Awareness of constructive approach in teaching among B.Ed teacher trainees
9	Annie Tressa Shajan	MATHEMATICS EDUCATION	
10	Annumol Joji	MATHEMATICS EDUCATION	
11	Anuja Babu	MATHEMATICS EDUCATION	
12	Christy Thomas	MATHEMATICS EDUCATION	
13	Nevil George	MATHEMATICS EDUCATION	
14	Riya Rose Johns	MATHEMATICS EDUCATION	
15	Sneha Jayakumar	MATHEMATICS EDUCATION	
16	Alphonsa Xavier	PHYSICAL SCIENCE EDUCATION	Awareness and images of organic fertilizers in kitchen garden
17	Ashmi Maria John	PHYSICAL SCIENCE EDUCATION	A study on scientific attitude of high school students towards science
18	Divya Stani	PHYSICAL SCIENCE EDUCATION	Awareness of water pollution among high school students
19	Jaicy Jose	PHYSICAL SCIENCE EDUCATION	Awareness on E-waste management among the students at high school level



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20	Lakshmi S	PHYSICAL SCIENCE EDUCATION	Energy conservation practices :A study among high school students
21	Lis Mary Antony	PHYSICAL SCIENCE EDUCATION	Scientific temper among secondary school students
22	Mariya Mathew	PHYSICAL SCIENCE EDUCATION	Study on involvement of students in science club activities
23	Mariya Sebastian	PHYSICAL SCIENCE EDUCATION	Project on awareness of noise pollution among secondary school students
24	Syamilly Sasi	PHYSICAL SCIENCE EDUCATION	A study on the interest in learning science among higher secondary students
25	Tima Mathew	PHYSICAL SCIENCE EDUCATION	Awareness on plastic waste management among high school students
26	Anita Mathew	NATURAL SCIENCE EDUCATION	
27	Anjumol S	NATURAL SCIENCE EDUCATION	Relationship between dietary habits and obesity a case study conducted among 10th standard students of St Joseph's H.S Vilakmadam
28	Athira P S	NATURAL SCIENCE EDUCATION	A study of waste management practices among 8th standard students of St John's HS Kurumannu
29	Bhanupriya R	NATURAL SCIENCE EDUCATION	
30	James Mathew	NATURAL SCIENCE EDUCATION	A study on agricultural knowledge among the 8 th -standard students of St. Thomas HSS Pala
31	Jyothylakshmi K R	NATURAL SCIENCE EDUCATION	A study on knowledge, attitude and safety practices about viral diseases among 9th standard students in SH GHS Bharanaganam with respect to covid-19 pandemic
32	Jyotsna Baby	NATURAL SCIENCE EDUCATION	
33	Reshma Raju	NATURAL SCIENCE EDUCATION	A study on knowledge assessment or issues and problems of agriculture among 8th standard students
34	Agiemol Salas	SOCIAL SCIENCE EDUCATION	A study on consumer satisfaction related to online shopping
35	Anjaly Elizabeth Xavier	SOCIAL SCIENCE EDUCATION	Study on social science home work practices among the H.S students with reference to Pala Municipality
36	Anusree Biju	SOCIAL SCIENCE EDUCATION	A study on civic awareness in adolescent children
37	Meera Seby	SOCIAL SCIENCE EDUCATION	
38	Navyamol K R	SOCIAL SCIENCE EDUCATION	A study on the functioning of PDS with special reference to ward 14 of Pala Municipality



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39	Rakhi R	SOCIAL SCIENCE EDUCATION	
40	Reshma C L	SOCIAL SCIENCE EDUCATION	
41	Sojo John	SOCIAL SCIENCE EDUCATION	Social media usage among secondary school students in Pala educational district
42	Akhila Manmathan	COMMERCE EDUCATION	A study on students perception towards green consumerism in the modern era
43	Ambily Mani	COMMERCE EDUCATION	A study on awareness on GST among higher secondary school students
44	Anu Tressa Jose	COMMERCE EDUCATION	Role of advertisements among higher secondary students
45	Elsamma Joseph	COMMERCE EDUCATION	
46	Ligin Pullemkunnel	COMMERCE EDUCATION	A study on the consumer rights awareness among the higher secondary students of Kottayam district
47	Liya Margarette Antony	COMMERCE EDUCATION	A study on awareness of online shopping among higher secondary students
48	Rose Mary Cherian	COMMERCE EDUCATION	
49	Steffy Tom	COMMERCE EDUCATION	A study on brand consciousness among higher secondary school students
50	Treesa Jomy	COMMERCE EDUCATION	A study on awareness of green marketing among higher secondary students

EDU 404.2 PREPARATION AND UPLOADING OF SELF DESIGNED ARTICLE OF PEDAGOGIC RELEVANCE IN THE BLOG

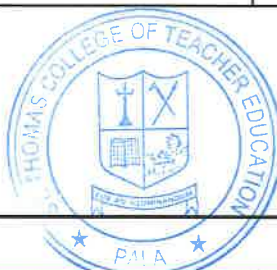
Blog is the clipped version of weblog. Blog helps us to share our ideas, get to know about others' works, improve our creativity etc. It is thus a public space to exhibit ourselves. Based on the ideas they got via reviewing the articles, students also prepared their own articles and uploaded them in their own respective blogs. The name of the articles are as follows.


Sl. No.	Name of the student	Class	Blog
1	Anitta Jose	ENGLISH EDUCATION	Theory – Praxis in implementing LAC approaches in non English classroom in students
2	Cheslin Jose	ENGLISH EDUCATION	Facilitating vocabulary expansion through playful strategies intervention:A guide for English teacher



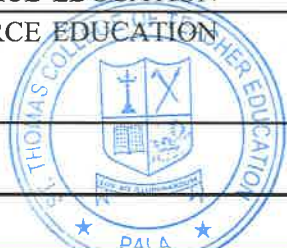
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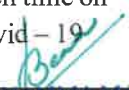
3	Densy John	ENGLISH EDUCATION	Role of ICT in teaching English
4	Harikrishnan V	ENGLISH EDUCATION	The impediment B.Ed teacher trainees face in implementing creative learning experiences in the classroom
5	Irin Sera Joseph	ENGLISH EDUCATION	
6	Julian Tom Job	ENGLISH EDUCATION	Strategies for improving language skills
7	Raina Martin	ENGLISH EDUCATION	How to improve English vocabulary skills
8	Vinesha Vinayan	ENGLISH EDUCATION	Scope of online classes
9	Annie Tressa Shajan	MATHEMATICS EDUCATION	
10	Annumol Joji	MATHEMATICS EDUCATION	
11	Anuja Babu	MATHEMATICS EDUCATION	
12	Christy Thomas	MATHEMATICS EDUCATION	
13	Nevil George	MATHEMATICS EDUCATION	
14	Riya Rose Johns	MATHEMATICS EDUCATION	
15	Sneha Jayakumar	MATHEMATICS EDUCATION	
16	Alphonsa Xavier	PHYSICAL SCIENCE EDUCATION	Awareness and images of organic fertilizers in kitchen garden
17	Ashmi Maria John	PHYSICAL SCIENCE EDUCATION	A study on scientific attitude of high school students towards science
18	Divya Stani	PHYSICAL SCIENCE EDUCATION	Awareness of water pollution among high school students
19	Jaicy Jose	PHYSICAL SCIENCE EDUCATION	Awareness on E-waste management among the students at high school level
20	Lakshmi S	PHYSICAL SCIENCE EDUCATION	Energy conservation practices :A study among high school students
21	Lis Mary Antony	PHYSICAL SCIENCE EDUCATION	Scientific temper among secondary school students
22	Mariya Mathew	PHYSICAL SCIENCE EDUCATION	Study on involvement of students in science club activities
23	Mariya Sebastian	PHYSICAL SCIENCE EDUCATION	Project on awareness of noise pollution among secondary school students
24	Syamili Sasi	PHYSICAL SCIENCE EDUCATION	A study on the interest in learning science among higher secondary students
25	Tima Mathew	PHYSICAL SCIENCE EDUCATION	Awareness on plastic waste management among high school students
26	Anita Mathew	NATURAL SCIENCE EDUCATION	Environmental education: role in controlling pollution




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27	Anjumol S	NATURAL SCIENCE EDUCATION	Biofertilizer:key to sustainable agriculture
28	Athira P S	NATURAL SCIENCE EDUCATION	Integrated pest management - a review on its good intentions and hard realities
29	Bhanupriya R	NATURAL SCIENCE EDUCATION	
30	James Mathew	NATURAL SCIENCE EDUCATION	Exotic plants: invasion in and around us
31	Jyothylakshmi K R	NATURAL SCIENCE EDUCATION	Economic value of biodiversity: nature's contribution to people
32	Jyotsna Baby	NATURAL SCIENCE EDUCATION	
33	Reshma Raju	NATURAL SCIENCE EDUCATION	Genetically modified organisms
34	Agiemol Salas	SOCIAL SCIENCE EDUCATION	Productive pedagogy it's relevance in classroom practice
35	Anjaly Elizabeth Xavier	SOCIAL SCIENCE EDUCATION	Impact of Micro teaching in the development of teaching skills among B.Ed students
36	Anusree Biju	SOCIAL SCIENCE EDUCATION	Right to Education Act 2009
37	Meera Seby	SOCIAL SCIENCE EDUCATION	Digitalisation of social science education
38	Navyamol K R	SOCIAL SCIENCE EDUCATION	Demonetisation : Pros and Cons
39	Rakhi R	SOCIAL SCIENCE EDUCATION	Role of technology in teaching and learning
40	Reshma C L	SOCIAL SCIENCE EDUCATION	Challenges and issues related to school education and NEP 2020
41	Sojo John	SOCIAL SCIENCE EDUCATION	GST the game changer
42	Akhila Manmathan	COMMERCE EDUCATION	Covid – 19 Rampant : A Critical Observation Regarding E- Learning in Educational Sector
43	Ambily Mani	COMMERCE EDUCATION	Quality Control Practices in Expert Units
44	Anu Tressa Jose	COMMERCE EDUCATION	
45	Elsamma Joseph	COMMERCE EDUCATION	
46	Ligin Pullemkunnel	COMMERCE EDUCATION	Influence of Online Video Conferencing Apps in E – Learning
47	Liya Margarette Antony	COMMERCE EDUCATION	Impact of MOOC Among Students
48	Rose Mary Cherian	COMMERCE EDUCATION	
49	Steffy Tom	COMMERCE EDUCATION	
50	Treesa Jomy	COMMERCE EDUCATION	Impact of interested screen time on youth's health during Covid – 19 pandemic




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EDU 404.3: HEALTH AND PHYSICAL EDUCATION

**CREDIBLE PARTICIPATION IN GAMES AND SPORTS-
MINIMUM 2 EVENTS**

Sports day was conducted on July 22nd 2022 and students participated in a variety of events. There were different track and field events. James Mathew and Mithra James were selected as the champions. Sports are integral to maintain the health as well as to develop sportsmanship.

**RULES AND REGULATIONS OF VOLLEYBALL AND SHUTTLE
BADMINTON**

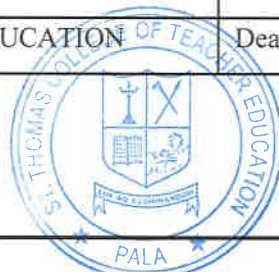
Students were given class by the physical education instructor Dr Sunil Thomas. regarding volleyball and badminton. They were taught the rules and regulations, the faults/ errors, the equipment, court lengths ets and they were asked to write the record.

EDU 404.4 DRAMA AND ART IN EDUCATION (EPC 2)

FILM REVIEW

Film reviews helps us to identify the quality of film and helps to assess a film's overall quality and determine whether or not the film is worth recommending. Students selected films with educational values according to their interests. The list is given below.

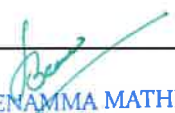
Sl. No.	Name of the student	Class	Film Review
1	Anitta Jose	ENGLISH EDUCATION	
2	Cheslin Jose	ENGLISH EDUCATION	Dead Poets Society
3	Densy John	ENGLISH EDUCATION	
4	Harikrishnan V	ENGLISH EDUCATION	3 Idiots
5	Irin Sera Joseph	ENGLISH EDUCATION	Haridas
6	Julian Tom Job	ENGLISH EDUCATION	Dead Poets Society



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7	Raina Martin	ENGLISH EDUCATION	Dead Poets Society
8	Vinesha Vinayan	ENGLISH EDUCATION	Raatchasi
9	Annie Tressa Shajan	MATHEMATICS EDUCATION	
10	Annumol Joji	MATHEMATICS EDUCATION	
11	Anuja Babu	MATHEMATICS EDUCATION	
12	Christy Thomas	MATHEMATICS EDUCATION	
13	Nevil George	MATHEMATICS EDUCATION	
14	Riya Rose Johns	MATHEMATICS EDUCATION	
15	Sneha Jayakumar	MATHEMATICS EDUCATION	
16	Alphonsa Xavier	PHYSICAL SCIENCE EDUCATION	Taare Zameen Par
17	Ashmi Maria John	PHYSICAL SCIENCE EDUCATION	Rajakumar Hiravi
18	Divya Stani	PHYSICAL SCIENCE EDUCATION	Taare Zameen Par
19	Jaicy Jose	PHYSICAL SCIENCE EDUCATION	Manikyakallu
20	Lakshmi S	PHYSICAL SCIENCE EDUCATION	Taare Zameen Par
21	Lis Mary Antony	PHYSICAL SCIENCE EDUCATION	3 Idiots
22	Mariya Mathew	PHYSICAL SCIENCE EDUCATION	Udaharanam Sujatha
23	Mariya Sebastian	PHYSICAL SCIENCE EDUCATION	Taare Zameen Par
24	Syamily Sasi	PHYSICAL SCIENCE EDUCATION	The Great Indian Kitchen
25	Tima Mathew	PHYSICAL SCIENCE EDUCATION	Pursuit Of Happiness
26	Anita Mathew	NATURAL SCIENCE EDUCATION	The Miracle Worker
27	Anjumol S	NATURAL SCIENCE EDUCATION	Ayalum Njanum Thammil
28	Athira P S	NATURAL SCIENCE EDUCATION	BEN
29	Bhanupriya R	NATURAL SCIENCE EDUCATION	Taare Zameen Par
30	James Mathew	NATURAL SCIENCE EDUCATION	Raatchasi
31	Jyothylakshmi K R	NATURAL SCIENCE EDUCATION	Taare Zameen Par
32	Jyotsna Baby	NATURAL SCIENCE EDUCATION	3 Idiots




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33	Reshma Raju	NATURAL SCIENCE EDUCATION	Vaadyar
34	Agiemol Salas	SOCIAL SCIENCE EDUCATION	Taare Zamen Par
35	Anjaly Elizabeth Xavier	SOCIAL SCIENCE EDUCATION	Taare Zamen Par
36	Anusree Biju	SOCIAL SCIENCE EDUCATION	Raatchasi
37	Meera Seby	SOCIAL SCIENCE EDUCATION	Taare Zameen Par
38	Navyamol K R	SOCIAL SCIENCE EDUCATION	101 Chodyangal
39	Rakhi R	SOCIAL SCIENCE EDUCATION	Taare Zamen Par
40	Reshma C L	SOCIAL SCIENCE EDUCATION	Raatchasi
41	Sojo John	SOCIAL SCIENCE EDUCATION	Manikyakallu
42	Akhila Manmathan	COMMERCE EDUCATION	Taare Zameen Par
43	Ambily Mani	COMMERCE EDUCATION	Manikyakallu
44	Anu Tressa Jose	COMMERCE EDUCATION	Taare Zameen Par
45	Elsamma Joseph	COMMERCE EDUCATION	Taare Zameen Par
46	Ligin Pullemkunnel	COMMERCE EDUCATION	Manikyakallu
47	Liya Margarette Antony	COMMERCE EDUCATION	Taare Zameen Par
48	Rose Mary Cherian	COMMERCE EDUCATION	3 Idiots
49	Steffy Tom	COMMERCE EDUCATION	BEN
50	Treesa Jomy	COMMERCE EDUCATION	Taare Zameen Par


EDU 404.4 CREDIBLE PARTICIPATION IN ARTS

Arts festival is a vibrant event that helps students to express their artistic talents thereby encouraging collaboration, creativity and fostering a sense of unity. The college organised arts fest AARAVAM 2K22 and various arts events under the guidance of union advisor Dr. Pratheesh Abraham and the arts club secretary Miss Gouri Gayathri G. Different on stage and off stage events were organised from 14 to 24th July and 29th July respectively. Every student participated in at least two events and bagged prizes for at least one event. The events were as follows:

OFF-STAGE EVENTS (14- 24 July; 2:00 PM- 4:00 PM)

1. Short Story (English, Malayalam, Hindi)
2. Essay Writing (English, Malayalam, Hindi)
3. Poetry Writing (English, Malayalam, Hindi)
4. Poster making




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5. Film Review
6. Bottle art
7. Cartoon
8. Painting
9. Embroidery
10. Pencil Drawing
11. Digital Poster
12. Video Making
13. Photography

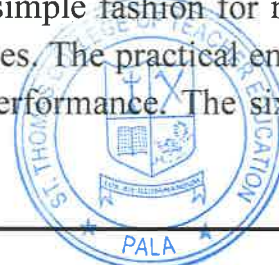
ON- STAGE EVENTS (July 29)

14. Quiz
15. Kuchipudi
16. Light Music
17. Bharatanatyam
18. Mohiniyattam
19. Folk dance
20. Kadhprasangam
21. Extempore (English, Malayalam)
22. Recitation (English, Malayalam, Hindi)
23. Nadan Pattu
24. Group song
25. Monoact
26. Fancy dress
27. Nostalgia
28. Western music

Bhanupriya R. and Julian Tom. were selected as the Kalathilakam and kalaprathibha respectively.

EDU 404.4 SCRIPT ON STREET PLAY

Students were divided based on their subjects and each subject was asked to find a topic for the street play and based on discussion they were asked to prepare a script for the street play. Students selected six different topics and prepared a script and it was finally staged on the third day of the camp. Street play, unlike other dramas, is written and performed in simple fashion for normal audiences and the themes usually deal with social issues. The practical enabled students to develop their creativity, imagination and performance. The six different topics are given below in the table.



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ENGLISH EDUCATION	MRIGAYA
MATHEMATICS EDUCATION	
PHYSICAL SCIENCE	NAVAYUGAM
NATURAL SCIENCE	MADYAM ORU VIPATHU
SOCIAL SCIENCE	CHUVAPPUNAADA
COMMERCE	URAVA VATTIYA MANAVA HRIDAYAM

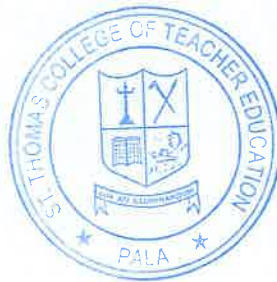
EDU 404.5 COMMUNICATIVE ENGLISH


INTERNAL TEST: WRITTEN AND ORAL

An oral and written test was conducted in August 2022 for Communicative English. Practice classes were given by Dr Pratheesh Abraham and Dr. Lavina Dominic every week. Students performed their best and the rubric was shared with the class.

PRACTICAL @ 1 RESUME AND COVER LETTER PREPARATION

Students prepared resumes and cover letters. Resume and cover letter form an important role in our career field as it helps us to give a first impression to our employer. Being novice in the fields, it helped them to understand the format and style along with the information to be included in it.




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ANNUAL SPORTS MEET COMMITTEES

PROGRAMME COMMITTEE

- NIBIN BABU
- LIJO JOSE
- SR.ANCYMOL JOY
ALEX
- SRADHA MARIA BABU
- CATHERINE JOSE
- AJMEYA
- ELIZABETH PAUL
- ARSHA M S
- SONA ALEX
- SR.AJINA
- AMALU K ALIAS
- ATHIRA MOHAN

OPENING CEREMONY COMMITTEE

- LINTA ELDOS
- DIVYA THANKACHAN
- NITHIN C T
ROYCE
- DENNA JOSE
- GINSE JOSE
- ELIZABETH CYRIAC
SEN
- REFRESHMENT COMMITTEE
PHILIP
- RESHMI K R
- SNEHA JOSE
- SR.LINTA JOSEPH
- SANDEEPKUMAR V
- LIDWIN MARIYA GEORGE
- JEFFIN JOSE JAMES
- SR.TESSY KURIAN
- ANNU PAULIN
- DEVIKA R

GROUND AND EQUIPMENT COMMITTEE

- NAYANA BABU
- ALAN MARIYA BENNY
- ANAND K S
- SETHULAKSHMI
- VINDHUJA V
- MERIYA VERONICA SAM

FIRST AID COMMITTEE

SIVANI SAI A S
ALBI MOHAN V
ALEENA ELIZABETH

ANNS MARIYA TOMY
LIYA MATHEW
SREESHMA DAS

MIC AND SOUND COMMITTEE

AMRUTHA P ANIL
EMMA MARIYA
JOSEPHALPHONSA
MATHEW FATHIMA
SALIM
ANNU ABHRAHAM


PRIZE AND CERTIFICATE

RIYA TREESA

ANITTA THOMAS
ADHILA
PEARL ANNIE

MERRIN ANN




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EDU 404.4 : CREDIBLE PARTICIPATION IN ART FEST MINIMUM TWO EVENTS

INTRODUCTION

An art festival is a vibrant and dynamic event that celebrates various forms of artistic expression and creativity. It brings together artists, performers and art enthusiasts from diverse backgrounds to showcase their talents and engage in cultural exchange. It serves as platforms to promote and celebrate art in its various forms, including visual arts, music, dance, theater, literature and more. It encourages collaboration, interaction, dialogue, strengthening community bonds and fostering a sense of unity.

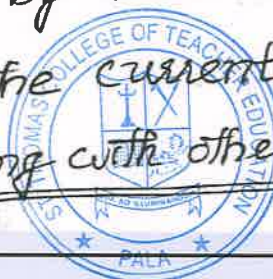
Art fest in colleges hold immense significance as they contribute to the overall development and enrichment of students' educational experience. They encourage students to think critically, express themselves artistically. By participating in art festival, students can develop and nurture their



creativity, which is a valuable skill applicable to various academic disciplines and future careers. It also allows them to communicate their thoughts, emotions and perspectives in a unique and personal way. The experience of showcasing their creations in front of peers, teachers and the community can boost student's confidence and self esteem. It allows them to receive feedback, recognition and appreciation for their artistic endeavors, fostering a sense of achievement and pride.

REPORT ON CREDIBLE PARTICIPATION IN ART FEST

As part of EDU 104.4 Drama and Art in Education of our B.Ed programme, we participated in the art fest with total exhilaration. The art fest was held from 14th March 2023 to 30th March 2023. It was managed by Union advisor Dr. Pratheesh Abraham and the current art club secretary Ms. Anuritha along with other union members.



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The different offstage events were conducted from 14th till 22nd March and a week was given for practice of onstage events. The offstage events were conducted from 14th - 22nd on every afternoon for a period of three hours each. A full day programme was arranged on 30th March 2023 where all the onstage events took place.

The different offstage events were:

- Short story Malayalam & English
- Essay writing English, Malayalam & Hindi
- Poetry writing English, Malayalam
- Caption writing
- Film Review
- Bottle Art
- Cartoon
- Painting
- Embroidery
- Pencil drawing
- Digital poster
- Video making
- Photography



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The offstage events were conducted at different venues: general hall 1, general hall 2, library, computer lab etc.

The different onstage events were:

- Quiz
- Kuchipudi
- Light Music
- Bharatanatyam
- Extempore (Malayalam)
- Recitation (Malayalam)
- Extempore (English)
- Naadan Pattu
- Recitation (English)
- Group Song
- Monoact
- Recitation (Hindi)
- Fancy Dress

The onstage events were conducted in the auditorium and general class. Students were allowed to participate in a minimum of two events and a maximum of five events.



CREDIBLE PARTICIPATION IN EVENTS

Sl No	Events	Participation / Prize
1.	Essay Malayalam	Participation - Third prize
2.	Quiz	First prize
3.	Naadam Pattu	Participation


CONCLUSION

The art fest held in our college was a resounding success, leaving a lasting impact on all participants. The event provided a platform for students to showcase their artistic talents or express their creativity in various forms. It served as a vibrant and engaging celebration of arts, fostering a sense of community and appreciation for artistic expression within our college.


The art fest not only entertained and delighted the audience but also inspired and challenged individuals to explore their artistic potential. It created an environment that encouraged



collaboration, innovation and self-expression. The success of art fest highlights the importance of promoting and supporting artistic endeavors in educational institutions. It served as a testament to the talent, passion and dedication of students and it will undoubtedly leave a lasting legacy of creativity and artistic excellence within our college community. It plays a crucial role in fostering a holistic approach to education.


6/6/23




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St. Thomas College of Teacher Education, Pala



CERTIFICATE OF CREDIBLE PARTICIPATION


This is to certify that IRINE.THERASA.DIUS.....
credibly participated in the college Arts festival, conducted on
30th March 2023.


Teacher in Charge



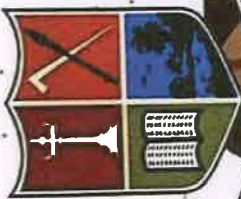

Principal



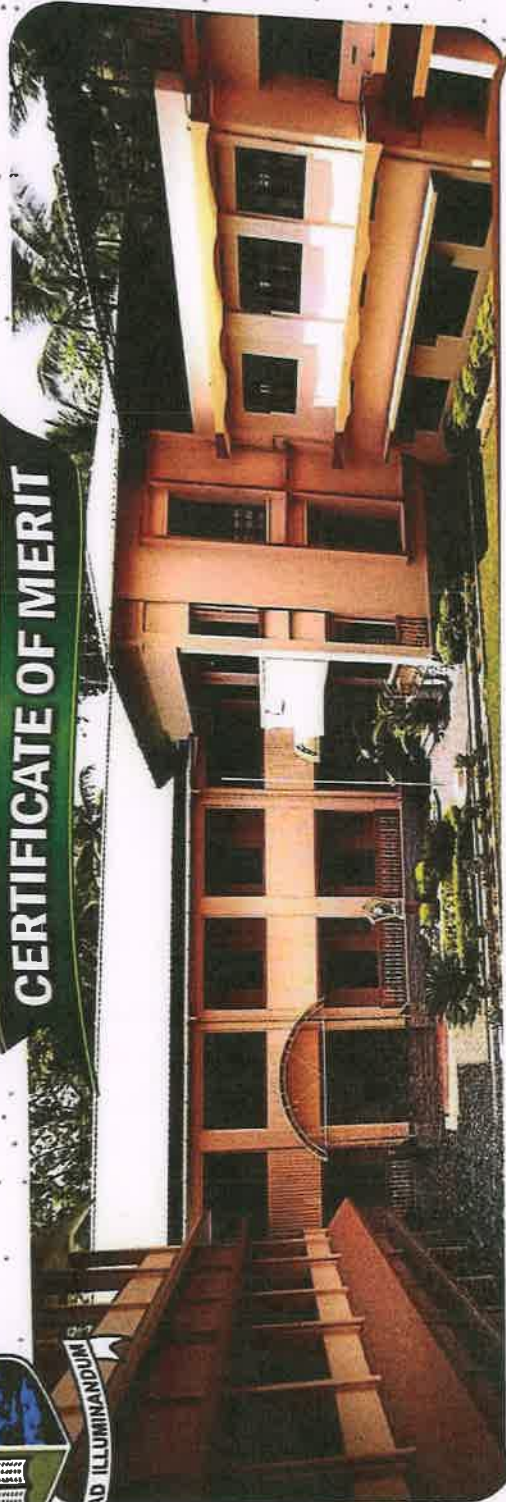

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CERTIFICATE OF MERIT



LUX AD ILLUMINANDUM



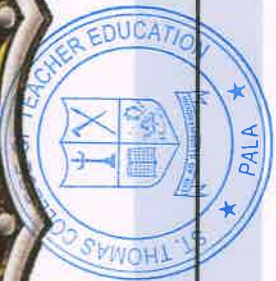
This is to certify that Sri/Smt. IRINE.THERASA...DIUS.....

SEMESTER IV has won **T.HIRD.. place ...in..... ESSAY.....(MALAYALAM).....**

Date...27/06/2023

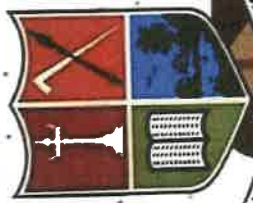


Beena
Principal



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL

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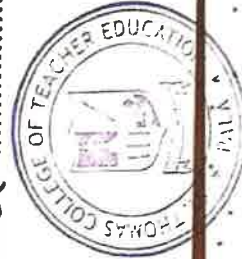
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

CERTIFICATE OF MERIT



This is to certify that *Smt.* **IRINE. THERESA. DIUS**.....
SEMESTER..IV **FIRST**..... *place .in*...**QUIZ**.....

Date. **27/05/2025**



Beena
Principal



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Estd. 1957



TWO YEAR B.Ed. PROGRAMME

2022 - 2024

(CREDIT & SEMESTER SYSTEM WITH GRADING)

RECORD (HEALTH AND PHYSICAL EDUCATION)

COURSE CODE OF PRACTICALS: EDU 107.3, EDU 206.3, EDU 302.3, EDU 404.3

NAME: ATHIRA MOHAN

STREAM: NATURAL SCIENCE

REG. NO: 2232 401 2093



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EDU 206 3 : CREDIBLE PARTICIPATION IN GAMES AND SPORTS

The most awaited 66th Annual Sports meet for the academic year 2022-2024 was conducted on 17th March 2023. The students of the two batches of B.Ed were divided into four houses, Blue, Green, Red and Yellow and became a part of this sports meet by competing in various events for their houses. All the students gathered in the ground in various houses for March Past on time and March Past began at 8:45 am. Our Principal Dr. Sr. Beenamma Mathew received the Salute during the March Past and hoisted the flag. All the students took the oath which was recited to us by our sports Secretary Lijo Jose.

The Sports meet included the following items:

- 100 meters
- 200 meters
- 400 meters
- 1500 walking
- 3000 walking
- Discus throw
- Ball throw
- Javelin Throw
- Shot put
- Standing broad jump
- Skipping
- 4 x 100 Relay
- 50 meters

SEMESTER - II



There were separate games for boys and girls.

I was a member of Red house. Representing my house I participated in some of the games and our house won the sports championship. Our sports meet was a healthy competition among the four houses and all house members were eager to support the houses in various events. As a part of sports meet, several committees were formed. I was a member of programme committee.

Blue house got the second position and followed by Green and Yellow house in respective third and fourth position. The day axis filled with exciting victories and near misses for all the houses.

Credible Participation in Games and Sports

Sl. No	Sports Items	Prize / Participated
1	50 m race	Participated
2	100 m race	Participated
3	Hopping	2nd Prize

EDU 206.3 - ORGANIZING SPORTS MEET AND REGULATIONS
LONG JUMP AND SHOT PUT

Organizing Sports meet

Organising Sports meet plays a major role in school education. It helps students to acquire specific theoretical and practical knowledge, develop their motor skills etc.

Organizing and conducting a sports meet is never an easy task, as the teachers and principal should take relevant permission letters and fixed dates for the events. It involves a lot of planning and preparation. Therefore it can be seen that only a particular set of bodies cannot handle these event instead whole support of the school is needed to make the event success and that is a matter of good effort and dedication. The work involved in the organisation and conduct of sports meet may be studied under three levels

1. Pre-Meet work
2. Meet work
3. Post-Meet work

There shall be an organizing committee which shall be responsible for successful and smooth conduct of a sports meet. Several sub committees are there. Their duties are as follows.

a) Programme committee

The programme committee announces the date, venue and sports events through the press and other sources. Its main responsibility is to advertise about the sports events



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b) Committee for ground development

This committee secures the ground and make arrangements for the proper laying out of the track and field

c) Equipment Committee

This committee makes necessary arrangement of the equipments related to the athletic meet. This committee is also responsible for providing the equipments according to specification

d) Committee for ceremony

This committee takes the role of making necessary arrangements for the opening ceremony, victory ceremony and closing ceremony of the games/sports meet

e) Committee for registration/entries

This committee shall send entry forms early, receive them on time, allot time for competitors, arrange seats and fill the record sheets with name and number of competitors.

f) Announcement Committee

This committee is solely responsible for the making of various announcements during the sports meet or games. This committee also announces regarding opening and closing ceremonies

g) Committee for refreshment

This committee takes the charge of supplying refreshments and drinks to the officials, competitors etc. It also makes some arrangements for entertainment programmes at the opening and closing ceremonies of the sports events.

h) Committee for result/trophy

This committee takes the charge of arranging the trophy and certificates for the winners

2. Meet Work

On the day of sports meet, all the officials and competitors have to report sufficiently early. The officials shall be given badges, copies of the programme. Competitors shall receive their number, instruction sets. The opening ceremony of the meet consists of March Past of the athletes and oath-taking. Then various competitions are held out. The victory ceremony also take place as soon as the events is over. Finally the closing ceremony is held along with the presentation of trophies, certificates etc. with the National Anthem, the sports meet came to a close

3. Post Meet Work

Post meet work starts, when the meet work is over. It is necessary to settle all the accounts and to return the equipments and materials borrowed from others. Further, thanksgiving letter shall be sent to those who have helped in the conduct of the sports meet.

REPORT ON SPORTS MEET

The 66th Annual sports meet for the year 2022-2024 was held on 17th March 2023. The students from the two 8 Ed batches became part of it. All the students were divided into 4 houses; Red, Blue, Green and Yellow. The sports meet started with March Past. Dr. Sr. Beernamma Mathew, our principal received the salute during the March Past and hoisted the flag. All the students took the oath and Oath was recited by our Sports Secretary Lijo Jose.

As a part of sports meet, some committees were formed. Each committee members has done their duties well. The committees were,

- i) Program Committee
- ii) Prize distribution Committee
- iii) Ground Committee
- iv) Refreshment Committee
- v) First Aid Committee
- vi) Committee for Ceremony



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I belonged to the group of volunteers and engaged in programme committee along with other members of the same. There were separate competition for boys and girls. The entire atmosphere was very enthusiastic in nature. There was a healthy competition among the four houses. At the day end house clinched the first position followed by Blue, Green and the fourth position is secured by Yellow house.

TRACK AND FIELD EVENTS

Track and field events is a sports which combines various athletics. Context is based on the skill of running, jumping and throwing. The name is derived from sports typical venue, a situation with an oval running track enclosing a grassfield where throwing and jumping event that takes place.

LONG JUMP

Long Jump is a track and field event in which athletes combines speed, strength and ability in an attempt to leap as far as possible from a take off point.

Rules and Regulations

- 1) No part of the athlete's foot should cross the front edge of the foul point. If all the part of the take off part of his foot (even the toe edge & his shoe) crosses the front edge of the foul line, then the jump is termed to be illegal or a foul jump and does not count.
- 2) Typically on international track and field events, a long jumper has three attempts to register his or her best legal jump. A foul jump counts for an attempt, but the time is not registered, only the furthest legal jump counts.

- 3) The distance or jump is measured from the front edge of the foul line to the first landing point of the athlete. To better understand this, consider an athlete taking off legally from the foul line and landing on his feet 15 ft from the foul line. However, if while landing his hands touch the ground before his legs and a foot behind his furthest landing point he would be awarded a jump of 14 ft. Since the hand are never over the foul line and are the first point of contact.
- 4) If the athlete takes off from behind the foul line the starting point is still considered to be the front edge of the foul line rather than the athlete's actual point of take off.
- 5) Sometimes, some results are not permitted during the jump.
- 6) The maximum allowed diameter thickness for a long jumper's shoe sole is 13 mm.
- 7) Records with the assistance of a tailwind of more than 2 m/s are not considered. However, the time registered in the ongoing competition, since all the athletes benefit from the same wind condition.



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SHOT PUT

Shot put is an track and field event involving throwing or putting a heavy spherical object - the shot as large as possible. Shot put ball is made up of different kinds of material depending on the intent use. The materials used include Sand, Iron, Solid, Steel, etc. There are various size and weight standards. For the implement that depends on the age and gender of the competitors as well as the National problem of the governing body. The shot shall be 7.26 kg for men and 4 kg for women.

Construction of a shot put circle

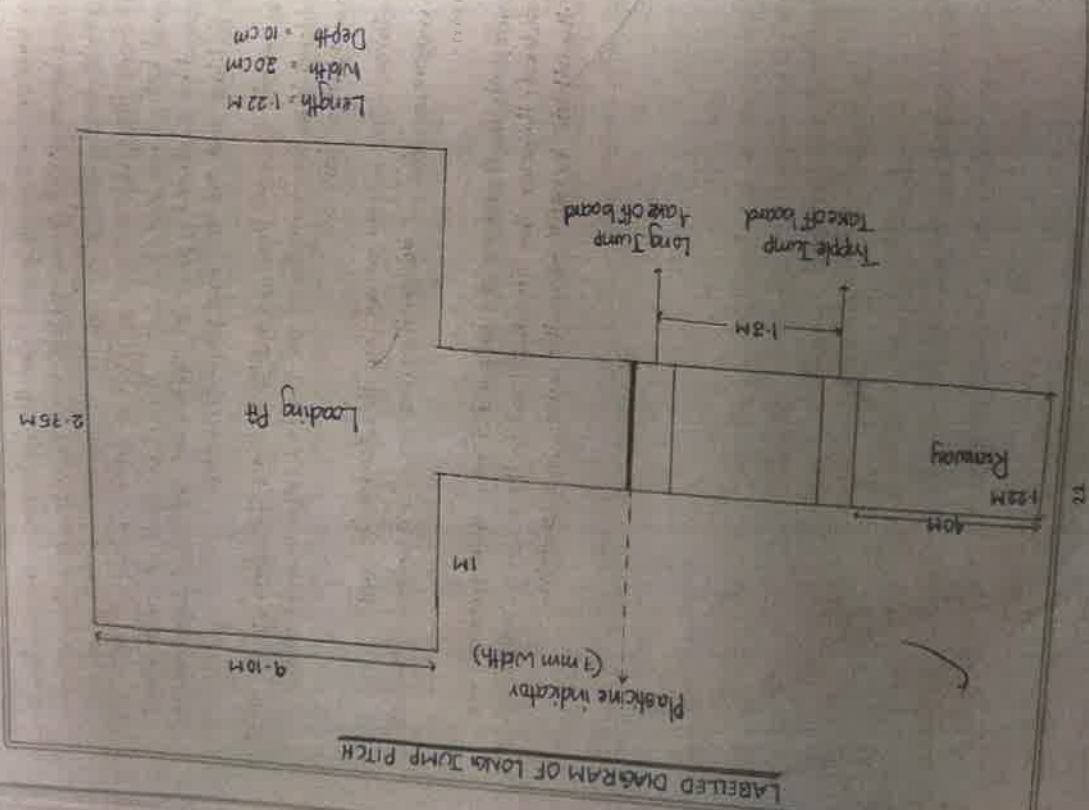
The circle shall be made up of iron sheet or suitable material, the top of which shall be flushed with the ground outside. The interior of the circle may be constructed of concrete or something non-slippery material. The inside diameter shall be measured to 2.135 meter. A white line of 5cm wide shall be drawn from the top of the material 'r' cm extending for atleast 7.5cm either side of the circle.

Stop Board Construction

The board shall be made of same wood or other suitable material in the shape of an arch so that the edge coincides with the inner edge of the circle and it can be firmly fixed to the ground. The board shall measure 122mm - 116mm and 122mm - 12mm long on inside and 9.8mm - 102mm height on the relation to the level of inside the circle. The board shall be painted white.

Rules and Regulations

- 1) Once competition has began, no practices/warm ups are allowed in the competition area.
- 2) Time limit for attempt is 1 minute
- 3) Athlete must start from a stationary position within the circle
- 4) At the start the shoe must touch or be in close proximity to chinon mark and cannot be drawn back behind the plane of shoulders.

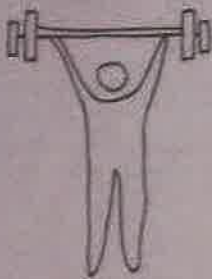


EDU 206 3

CREDIBLE PARTICIPATION IN GAMES AND SPORTS



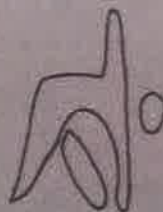
66th Annual sports meet for the academic year 2022-24 was conducted on 17th March 2023. It was a nice experience. There were lots of events. Students were divided into 4 houses, Blue, Green, Red and Yellow. I participated in 3 events, and got 2nd Prize in Hopping. It was an interesting experience to all of us.



Sports meet date : 17/03/2023

66TH ANNUAL SPORTS MEET

St. Thomas College of Teacher Education, Pala



EVIDENCE RECORD



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EDU 206 3 - ORGANISING SPORTS MEET AND RULES AND REGULATIONS
OF LONG JUMP AND SHOT PUT

As a part of B.Ed Curriculum we had to prepare a report on the organization of sports meet in schools. The pre-meet work, meet work and post-meet work were clearly understood through this work. Importance of different committees were also emphasized. These information will help us in the conduction of sports meet in schools.



Along with the organizing of sports meet, I was able to understand different events in the sports meet. The rules and regulation of Long jump and Shot put were also discussed in this work. I was able to understand it.

EVIDENCE : RECORD



ATHIRA MOHAN
Prof. Dr. BEENAMMA MATHEW S
PRINCIPAL
ST. THOMAS COLLEGE OF
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EDU 206-3 - Credible Participation in Games and sports

The most awaited 65th Annual sports meet for the academic year 2021-2022 was conducted on 22-07-22. The students of the two batches of B.Ed were divided into 4 houses - Blue, Green, Red and Yellow and became part of this sports meet by competing in various events for their houses. All the students gathered on the ground in various houses for march past on time and the march past began at 9.A.M. Our principal Dr. Sr. Beenamma Mathew received the salute during the march past and hoisted the flag. All the students took the oath recited to us by our leader Tom Joseph.

The sports meet included the following items :

- 100 meters
- 200 meters
- 400 meters
- 800 meters
- 1500 walking
- Discus throw
- Ball throw
- Javelin throw
- Shot put
- Shuttle run
- Skipping
- Standing broad Jump




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There are separate competition for girls and boys. I was a member of green house. Representing my house, I participated in some of the games and our house played really well this year. There was a healthy competition among the four houses and all the house members were eager to support their house in the events. As a part of sports meet several committees were formed.

At the end of the day Blue house clinched the first position followed by green and the teams which stood third and fourth positions were Yellow and Red house respectively. The day was filled with exciting victories and near misses for all the houses.

Credible participation in games and sports

Sl. No	Sports items	Prize/participation
1.	Ball throw	participated
2.	Discus throw	participated
3.	Shot put	participated




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- Cartoon
- Painting
- Embroidery
- Pencil drawing
- Digital poster
- Video making
- Photography

The different on stage events were:

- Quiz
- Vachipudi
- Jyoti music
- Bharatanatyam
- Extempore (Malayalam)
- Recitation (Malayalam)
- Extempore (English)
- Madam Patti
- Recitation (English)
- Group song
- Moga Pk.
- Recitation (Hindi)




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