

3.1.4 DOCUMENTARY EVIDENCE IN SUPPORT OF THE CLAIMS FOR EACH EFFORT

The content of this documents includes:

- a. Participative efforts to identify possible and needed innovations
- b. Encouragement to novel ideas
- c. Official approval and support for innovative try-outs
- d. Material and procedural supports

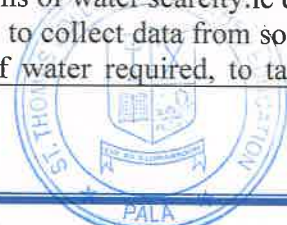
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1. YOUNG INNOVATORS PROGRAMME

Young Innovators Programme (YIP 2020- 2021)

The Young Innovators Programme is a specially designed programme under Kerala Development and Innovative Strategic Council (K-DISC). The programme aims to empower future innovators to innovate new products, services, or models to meet emerging requirements, unarticulated needs, or existing market needs of the society more effectively through an innovative challenge. The college encouraged students to participate in this programme and present novel ideas. The first year B.Ed. students of this college had an opportunity to participate in YIP 2021 and ten teams participated. The registration process was done on 6 th January 2021.

Sl.No	Team members	Innovative Ideas given by our students
1.	James Mathew, Jyothilakshmi KR, Jyotsna Baby, Reshma Raju Idea id -2443	Excessive game addiction is a problem faced by children nowadays as a solution to this problem we are planning and automatic games freezing system to be incorporated in Smartphone over continuous usage of 1 hour in collaboration with major smartphone companies. As per this idea users who are below the age of 18 are not allowed to place at games continuously for more than one hour which is detected automatically when they sign in from their accounts. The system will Resume the application after a break of 1 hour since the program is inbuilt in the phone the user cannot override its effect and advantage that is offered over third-party application.
2.	Anita Mathew Bhanupriya R Anju Mol S, Athira PS Idea id- 2442	Milma kaksha ka app - This app helps the farmers to get their Dairy Milk supplies status that rate quantity of milk and the daily rate for their milk from the milma society to their smartphone. This app also includes a portal to share the government subsidies and schemes related with dairy farmers which help the farmers to access the schemes easily by introducing this app we can reduce the usage of paper.
3.	Anu Treesa Jose, Akhila Manmadan, Liya Margaret Antony, Rosemary Cheriyam Idea id - 2484	Arranging piggy bank for each child in a class labeled with the target amount and strong if completed before the target time we will over them scratch cards lucky draws et cetera as motivators by the end of a school then needs written by the students are evaluated and are met under the initiative of the school if any basic need mentioned by students are noted in between it will be given due care in face to banks are incorporated into this venture and the piggy bank will turn into an account in bank and the motivators will continue
4.	Divya Stani, Lis Mary Antony, Jaicy Jose, Ashmi Maria John Idea id-2458	Our basic idea is to set up Agro Pharma desk it is an organisation which AIMS at marketing products on maximum profile scale in the open market this forum is opened forced students teenagers and elder people so in short a person can gain best profit for the products that they produce this organisation will help to provide a statistical output of most demanded products in the market which can be sold out easily
5.	Annie Theresa Shajan, Annumol Joji, Anuja babu, Christy Thomas	Develop an AI based drip irrigation system to help farmers to solve the problems of water scarcity. ie drip irrigation controlled by AI. We can use AI to collect data from soil and light sensors to advice on the quantity of water required, to take note of humidity, temperature.



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PRINCIPAL
ST. THOMAS COLLEGE OF
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		climate data, forecast and satellite data. This is particularly useful to inexperienced farmers who might need help to improve productivity while reducing water consumption.
6.	Sneha Jayakumar, Riya Rose Johns, Nevil George Idea id- 2459	Develop an application for educational purpose which will facilitate all the needs and rectify the loopholes of the existing similar applications. The highlight of the application is that while conducting the class the host will be able to verify the presence of the participants in front of the digital screen without using microphone or video sharing. The class can be recorded automatically onto the server and that is available at any time only to those who will be permitted by the host. In this application the host will be able to set the timer beforehand so that he or she will be notified that time is up by some changes in the screen without hindering the class. Also, this application will contain an option for uploading the educational qualifications and this will be a total online educational platform which provides the notifications from government and non-government job portals automatically to our profile account once we register our academic and professional qualification in tin application.
7.	Irin Sera joseph, Anitta Jose, Densy John, Julian Tom Job Idea id-2470	Reclaiming the forgotten mental space for our posterity. - It is the need of the hour to render due care for all, irrespective of their differences. When we think of children, two broad categories stem up in our minds: normal kids and special children. our idea is to reclaim the mental health of special children by introducing Pet Therapy (AAT)
8.	Harikrishnan V, raina Martin, Cheslin Jose, Vinesha Vijayan Idea id- 2460	Assistant technology is assistive adaptive and rehabilitated devices or people with disabilities or the elderly population. People who have disabilities often have difficulty in performing activities of daily living independently or even with assistance. We are considering a software or app which helps differently abled students. With the help of Artificial Intelligence and other new technology advancement we thought that such an app or software will help them to study especially in this ubiquitous era of online education because we strongly felt that with arrival of online education many students, especially differently able students and special students were conveniently neglected by our education system. Those apps or software should assist them to access the network connectivity automatically allow their entry to Google meet and other platforms on time read the text automatically etc.
9.	Steffy Tom, Treesa Jomy, Ambily Mani, Elsamma Joseph, Ligin Pullenkunnel	Student friendly transportation card - Presently students are facing many difficulties while travelling such as and safe best travel payment delay risk of carrying money lack of available tea of coins. This card helps students to travel safer with the tap-to pay contactless students' friendly card. This card also stores your bus tickets, bus pass and pay conveniently for your best travel.
10.	Meera Seby, Agiemol Sales, Navyamol K.R., Sojo John	We propose a quaternate package for improving the mental and Physical health of our students which includes 1) different kinds of extra-curricular activities 2) good informal interaction between teachers and students 3) meditation and yoga practices 4) education-oriented games and reasoning based game for general knowledge



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OFFICIAL APPROVAL AND INNOVATIVE TRY-OUTS


District level approval

Out of ten teams that participated in YIP 2021, four teams from our college were shortlisted for second level evaluation. The selected ideas and team members are:

Sl.No	Team members	Innovative Ideas given by our students
1.	James Mathew, Jyothilakshmi KR, Jyotsna Baby, Reshma Raju Idea id -2443	Excessive game addiction is a problem faced by children nowadays as a solution to this problem we are planning and automatic games freezing system to be incorporated in Smartphone over continuous usage of 1 hour in collaboration with major smartphone companies. As per this idea users who are below the age of 18 are not allowed to place at games continuously for more than one hour which is detected automatically when they sign in from their accounts. The system will Resume the application after a break of 1 hour since the program is inbuilt in the phone the user cannot override its effect and advantage that is offered over third-party application.
2.	Anita Mathew Bhanupriya R Anju Mol S, Athira PS Idea id- 2442	Milma kaksha ka app - This app helps the farmers to get their Diary Milk supplies status that rate quantity of milk and the daily rate for their milk from the milma society to their smartphone. This app also includes a portal to share the government subsidies and schemes related with dairy farmers which help the farmers to access the schemes easily by introducing this app we can reduce the usage of paper.
3.	Anu Treesa George, Akhila Manmadan, Liya Margaret Antony, Rosemary Cheriyam Idea id - 2484	Arranging piggy bank for each child in a class labeled with the target amount and strong if completed before the target time we will over them scratch cards lucky draws et cetera as motivators by the end of a school then needs written by the students are evaluated and are met under the initiative of the school if any basic need mentioned by students are noted in between it will be given due care in face to banks are incorporated into this venture and the piggy bank will turn into an account in bank and the motivators will continue
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Team 1




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YOUNG INNOVATORS PROGRAM 2020
 ORGANIZED BY
 KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL

K-DISC YIP DISTRICT LEVEL PARTICIPANTS



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Team 2

YOUNG INNOVATORS PROGRAM 2020
 ORGANIZED BY
 KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL

K-DISC YIP DISTRICT LEVEL PARTICIPANTS



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Team 3

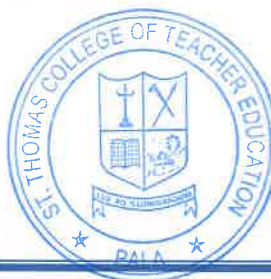
YOUNG INNOVATORS PROGRAM 2020
 ORGANIZED BY
 KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL


K-DISC YIP DISTRICT LEVEL PARTICIPANTS



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

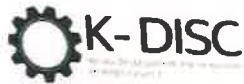
Team 4




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 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA



Certificate of second level participation of our students



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Anu Tressa Jose

Ideator Id: 20YIP24841

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Anu Tressa Jose

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021

Date: 2021 June 21

Dr. P.V. Unnikrishnan
Dr. P.V. Unnikrishnan
 Member Secretary



Beena
Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Liya Margarette Antony

Ideator Id: 20YIP24843

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Liya Margarette Antony

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.

Date: 2021 June 21

Ummathoor
Dr. P.V. Unnikrishnan
Member Secretary



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Akhila Manmathan

Ideator Id: 20YIP24843

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Akhila Manmathan

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.



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CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Rose Mary Cherian

Ideator Id: 20YIP24844

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Rose Mary Cherian

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.

Date: 2021 June 21

Dr. P.V. Unnikrishnan
Member Secretary



CERTIFICATE

This certificate is awarded to

Anjumol S

Idea_ID : 20YIP24423

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19



Dr. P.V. Unnikrishnan
Member Secretary, K-DISC



CERTIFICATE

This certificate is awarded to

Anita Mathew

Idea_ID : 20YIP24421

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19



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Member Secretary, K-DISC



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CERTIFICATE

This certificate is awarded to

Bhanupriya R

Idea_ID : 20YIP24422

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19



Dr. P.V. Unnikrishnan
Member Secretary, K-DISC



CERTIFICATE

This certificate is awarded to

Athira P S

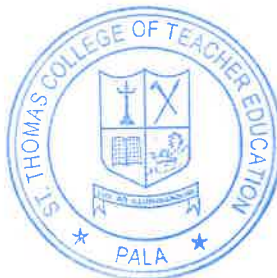
Idea_ID : 20YIP24424

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

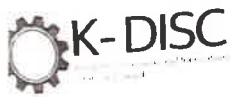
2021 November 19



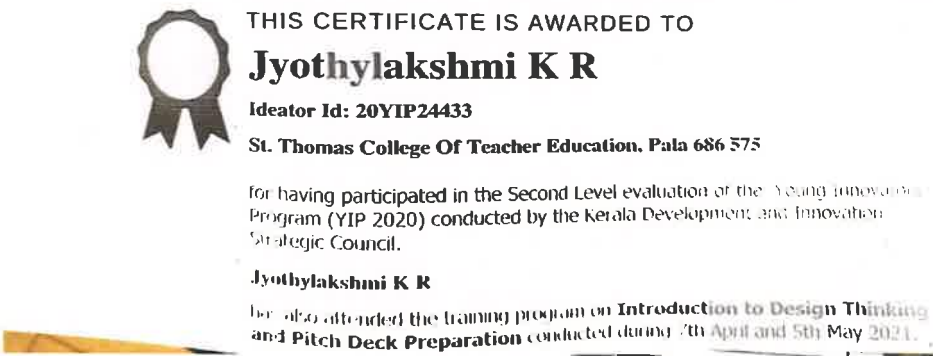
Dr. P.V. Unnikrishnan
Member Secretary, K-DISC




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CERTIFICATE OF PARTICIPATION




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

James Mathew

Ideator Id: 20YIP24431

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

James Mathew

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Lis Mary Antony

Ideator Id: 20YIP24584

St. Thomas College Of Teacher Education, Pala 686 575

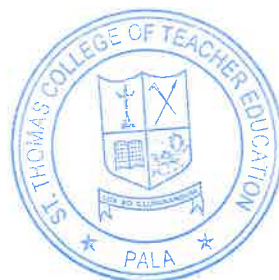
for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Lis Mary Antony

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.

Dr. P.V. Unnikrishnan
Dr. P.V. Unnikrishnan
Member Secretary

Date 2021 June 21



Beena
Prof. Dr. BEENAMMA MATHEW
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CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO



Jaicy Jose

Idicator Id: 20YIP24581

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

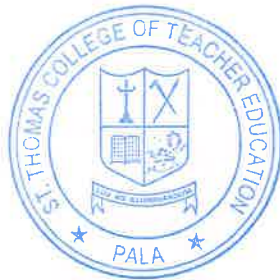
Jaicy Jose

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 20th April and 29th May 2021.

[Signature]
Dr. P.V. Unnikrishnan
Director Secretary

Date: 2021 June 21

1-25
2-25



[Signature]
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State level approval

The idea of 'Milma Karshaka App' was selected and shortlisted after the a State level evaluation on 7th January 2022. As part of YIP programme, on May 6,2022 the State level winners Ms. Anita Mathew (Team Leader), Ms. Bhanupriya R., Mrs. Anjumol S.,Ms. Athira P.S. and ,Dr. Alex George (Teacher in-charge, YIP) visited College of Dairy Science and Technology, Kolahalamedu, Vagamon and interacted with Dr. Shyam Suraj, Special officer and State level Mentor of YIP.

Dr. Alex George is also selected as State Level Idea Evaluator and Mentor trainer of YIP 2022.

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INTERACTIVE DISCUSSION

YIP State Level Ideators With Mentor

Ms. Anita Mathew Ms. Bhanupriya R

Ms. Athira P. S. Ms. Anjumol S

Venue : College of Dairy Science and Technology, Kolahalamedu, Idukki

Shyam Suraj S R
Assistant Professor
Dairy Extension
College of Dairy Science and Technology,
Kolahalamedu, Idukki

6 /05 /2022
11.30 a.m. - 3.00 p.m.

OBJECTIVES

- To work out the action plan of the project.
- To get exposure in the Dairy Technology.
- To create an annual plan for the YIP project

Dr. T. C. Frankscott, Principal Mr. Dipin V. S. Dr. Alex George, Mentor, YIP

YOUNG INNOVATORS PROGRAMME 2020
ORGANIZED BY **K-DISC**



Details of the idea of 'Milma Karshaka App'



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APP

An App for milk farmers to connect with their milma society...

Our Team

SHANUPTIYA R

1 Year B.Ed Student

St. Thomas College of Teacher Education, Pala.



OUR MENTOR

Dr. Alex George
Assistant Professor
in Education



ANIYA MATHEW

1 Year B.Ed Student

St. Thomas College of Teacher Education, Pala.

ALJINIOL S

1 Year B.Ed Student

St. Thomas College of Teacher Education, Pala.



ATHRA P S

1 Year B.Ed Student

St. Thomas College of Teacher Education, Pala.

WHY THIS IDEA ?

To solve the problems faced by the dairy farmers during the Covid pandemic



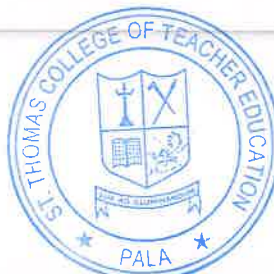
To know the subsidies and schemes in the finger tip of farmers



To keep the daily milk supply records safely



A platform for the Milma society to maintain a link with the farmers



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HOW IT WORKS ?

HOW IT IS UNIQUE ?

This platform help the farmers to know the Govt. Subsidies and schemes

Milma society can provide informations and reminders to the farmers

It is the first app that is providing new options to connect milma centers and the Farmers



This app is for the dairy farmers to get their daily reading records from the milma society



As first step logo for the app is created.

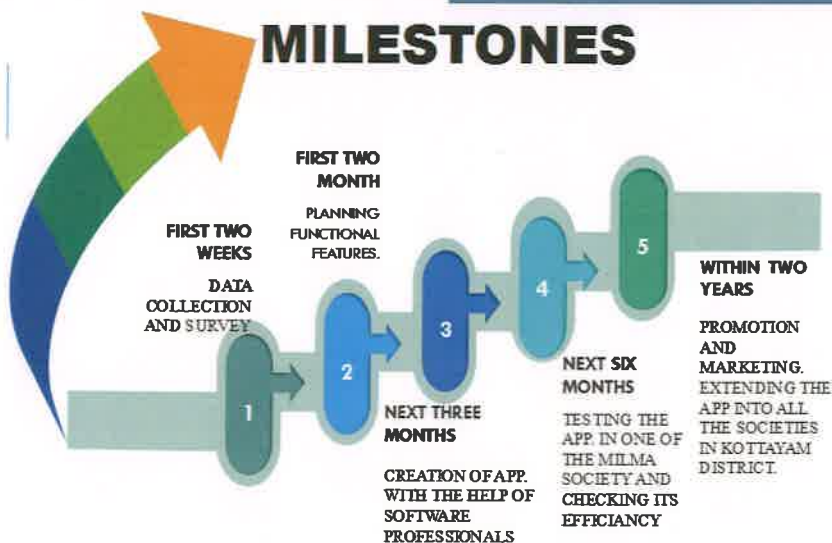


ID ,name of the farmer and Society number are required to Login the app.



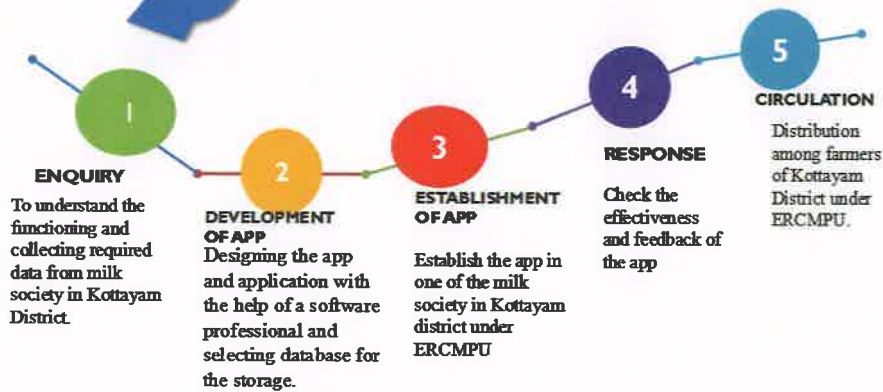
Each society has its own unique society number

MILESTONES



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WORK PLAN



BENEFITS



To know fat content, quality of milk, rate on daily wise



Knowledge about Government subsidies and schemes for farmers



Reduce paper usage



Easy to handle and access



Save time and effort



View the history of milk supply

FUND BREAKUP

	APPROXIMATE AMOUNT
STUDY AND SURVEY	1 LAKH
APPLICATION DEVELOPMENT AND TECHNICAL SUPPORT	8 LAKH
PLAY STORE AND ADVERTISEMENT	50000
MISCELLANEOUS	50000
TOTAL AMOUNT	10 LAKH
APPROXIMATE FUND REQUIRED	10 LAKH



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Certificates of the Team members



Certificate of Appreciation

This is to certify that

Bhanupriya R
Institution ID : 12538
St. Thomas College Of Teacher Education, Pala 686 575

is a winner of the idea titled
"MILMA KARSHAKA APP" (Idea ID: 2442)
from her/his institution in the micro theme
Marketing
under the main theme
Agriculture & Allied Sectors
at the State Level Evaluation of the Young Innovators Programme (YIP) 2020.

2021 December 09

[Signature]
Dr. P.V. Unnikrishnan
Member Secretary, K-DISC



Certificate of Appreciation

This is to certify that

Athira P S
Institution ID : 12538
St. Thomas College Of Teacher Education, Pala 686 575

is a winner of the idea titled
"MILMA KARSHAKA APP" (Idea ID: 2442)
from her/his institution in the micro theme
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2021 December 09

[Signature]
Dr. P.V. Unnikrishnan
Member Secretary, K-DISC



[Signature]
Prof. Dr. BEENA MA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



Certificate of Appreciation

This is to certify that

Anjumol S

Institution ID : 12538

St. Thomas College Of Teacher Education, Pala 686 575

is a winner of the idea titled

"MILMA KARSHAKA APP" (Idea ID: 2442)

from her/his institution in the micro theme

Marketing

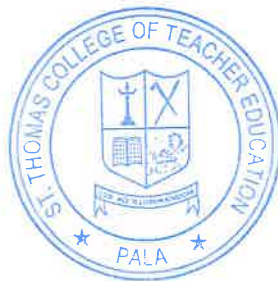
under the main theme

Agriculture & Allied Sectors

at the State Level Evaluation of the Young Innovators Programme (YIP) 2020.

Dr. P.V. Unnikrishnan
Member Secretary, K DSC

2021 December 09



Prof. Dr. BEENANMA MATHIEW
PRINCIPAL
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TEACHER EDUCATION
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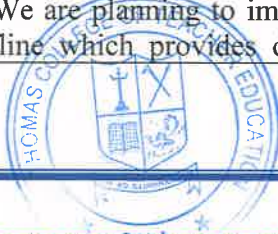
YIP ideas of the year 2021-22



Idea id	Team members	Innovative Ideas given by our students
4623	Minu Maria Thomas Aiswarya KV Seenu Thomas Sneha Jos Rinku Maria Joy	An air-tight plastic incinerator made of stainless steel. It has an inlet to place plastic. Ignite the waste using a fire source. Close the chamber's lid. Use an air pump to enhance burning. The most commonly used plastics polyethene, PET etc are made up of only carbon and hydrogen, it undergoes incomplete combustion to liberate carbon dioxide and water. The liberated carbon dioxide is absorbed by soda lime. The soda lime is placed in the space inside the lid such that the absorbent is exposed to the poisonous gases and carbon dioxide liberated. It changes its colour from white to pink on reaching carbon dioxide absorption capacity. Absorbent is replaceable.
4727	Josna Jose Sanchu Jose Jilu Tresa George Elizabeth T.S Tom Joseph	The tourists often face the problem of having no facility to charge their mobile phones or lamps during the nighttime. Here we introduce a technique for charging their phones along with cooking at night. We make a hearth for cooking, a metallic tray whose bottom is coated with, thermoelectric plates which helps to generate electricity using see beck effect, use electric tape to protect from short circuits and it is connected to a voltage regulator placed above metallic plates coated with aluminum foil, then voltage regulator is connected to a cable which help them to charge



		mobile phones when we start cooking. A solar cell is also connected to charge them in day time .
4822	Archana Madhu Dinta Baby Gopika Anil Angel Joseph Sreelakshmi	To avoid the filling of application forms in banking systems. To introduce a fingerprint machine to solve this problem. Just analysing our fingerprint to get all details for bank to fill the application forms like withdrawals, deposit forms etc..
4860	Divyamol MS Haripriya J Irene Ann George Minna Mary Tom Seene Thomas	Develop a daily assessment learning app which promotes students to upload their assignments based on the topics taught to them each day. The presentation of their assignment is totally the student's choice. Also, a directory of subject-resource persons from all districts of Kerala are uploaded which will help students locate their nearby mentors for clearing their doubts.
5074	Pearly S Thomas Cyriac Thomas Aleena Jose Alfred George Archana TS	We propose to integrate all the ambulances in both public and private sector and develop an ambulance service app that allows users to get service on fingertips without delay. This app consolidates the entire data of ambulances in our state, services in a particular area their customized facilities, the hospitals to which they are linked etc. The integration of ambulances and it's management through the medium of a mobile app will be most beneficial to common people.
5108	Athira Kp Adithya Shaji Mithra James Annu Sunny Vandana VV	Establishment of ladies friendly toilets in public transport mainly in bus. A small sized toilet and a wash area like in that of aero plane and train at the end of the bus. For implementing this number of seats must be reduced to maintain the size of bus and if it is sleeper the advisable height can be increased little more. There should be a proper waste disposal system also. Automatic Bus Toilet Cabin. Ideal for large buses. Fully self-contained with mirror, integrated waste bin, water tank, waste tank, toilet seat, sink, and light. The latest version of the technology can be applied here.
5120	Neethu KM Irine Theresa Dius Liz Teenu Mathews Anu Ann James Sisirkhosh mohan	Our major idea is the proper management of food waste, especially the food waste from hotels. A majority of people in our society is focused on agriculture and animal husbandry for their livelihood and they are the main beneficiaries of our idea, as the food waste from hotels can be supplied to such farmers who run pig farming and such waste can be used for making compost mix and biogas. So we thought of developing an app through which the farmers can make contacts with various hotels by checking the availability of slots for getting this food waste.
5132	Arya Ashok Hanna Elizabeth Joy Fr. Jijo Thomas Jisha Shaji Suman Sunny	If a self-scanning system is introduced, it will enable the shoppers to scan the products to their basket which let them pay at final stage in an easy and quick way. They can access the app, start scanning and keep their products in trolley which enables them to add the products they purchased to virtual cart. At the end, customers can make in-app payment via their valet and walk out of the store. It helps to avoid the long billing queues and waiting times where customers can easily come and finish their shopping as they wish.
5386	Rani baby Gouri Gayathri G	The aim is to improve entrepreneurial skills of farmers and help them keep their identity. We are planning to implement a platform for farmers, both online and offline which provides opportunity to sell products through



	Krishnand H Ninumol Joseph Sulumol Sunny	various zonal connectivity. The products include all kind of fresh and unprocessed food crops, spices, dairy products and beverages. We also deal with the renting of machinery and direct sale of fertilizers. Farmer can access 3 zonal levels, Level 1 connects farmers and beneficiaries in local area which is of prime importance, level 2 connects regular customers and Level 3 focuses large scale marketing.
5507	Shilpa Elizabeth Joychan Alina Ann Roy Sr.Soniya Dominic MinuMathews Ans Thomas	We are planning to introduce an electronic book where the words are uttered electronically and it also provides a provision to hear, see and write the letters and words within the book.

State level selection for innovative ideas (YIP 4.0)

Out of ten teams registered at district level competition, two teams were selected for the state level competition and each team got 25000/- as prize.

IQAC - QUALITY INITIATIVE PROGRAMME 2023









YOUNG INNOVATORS PROGRAM

K-DISC



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 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

YOUNG INNOVATORS PROGRAM 2021
 ORGANIZED BY
KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL
 IDEATORS SELECTED FOR STATE LEVEL COMPETITION

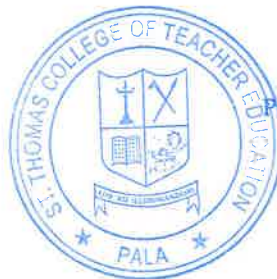
 Ms. Shilpa Elizabeth Joychen Team Leader	 Ms. Alina Ann Roy Secretary	 Sr. Sreya Dromma Team member	 Ms. Mini Mathew Team Member	 Ms. Anu Thomas Team Member
 Dr. Sr. Beenamamma Mathew Principal	 Mr. Dinesh S S Thiruvalla Program Executive & IISK	 Dr. Alex George Leader in charge - YIP	₹25,000 + CERTIFICATE CONGRATULATIONS	

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

STATE-LEVEL INNOVATIVE MEET CASH AWARD



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PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



CERTIFICATE OF APPRECIATION

This certificate is awarded to **Elizabeth T S**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **4727** as a mark of appreciation under the theme

Business model innovation and Future Technologies

which has been selected as one of the district level winners of Young Innovators Programme 4.0

Unnikrishnan PV

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



CERTIFICATE OF APPRECIATION

This certificate is awarded to **Minu Mathews**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **5507** as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 4.0

Unnikrishnan PV

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



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CERTIFICATE OF APPRECIATION

This certificate is awarded to **JOSNA JOSE**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **4727** as a mark of appreciation under the theme

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Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



CERTIFICATE OF APPRECIATION

This certificate is awarded to **Anns Thomas**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **5507** as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 4.0

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



Prof. Dr. BEENAMMA MATHEW 24
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TEACHER EDUCATION
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CERTIFICATE OF APPRECIATION

This certificate is awarded to **Shilpa Elizabeth Joychen**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: 5597 as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 4.0.

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



CERTIFICATE OF APPRECIATION

This certificate is awarded to **TOM JOSEPH**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: 4727 as a mark of appreciation under the theme

Business model innovation and Future Technologies

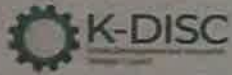
which has been selected as one of the district level winners of Young Innovators Programme 4.0.

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



Prof. Dr. BEENAMMA MATHEW
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CERTIFICATE OF APPRECIATION

This certificate is awarded to **Soniya Dominic**

St. Thomas College of Teacher Education, Pala 686 575

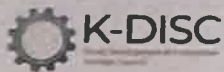
Idea ID: 5507 as a mark of appreciation under the theme

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Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



CERTIFICATE OF APPRECIATION

This certificate is awarded to **JILU TRESA GEORGE**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: 4727 as a mark of appreciation under the theme

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Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



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Young Innovators Programme (YIP 2023) -- YIP 5.0

Young Innovators Programme is a specially designed programme under Kerala Development and Innovative Strategic Council (K-DISC). The programme aims to empower future innovators to innovate new products, services, or models to meet emerging requirement, unarticulated needs, or existing market needs of the society more effectively through an innovative challenge. The college encouraged students to participate in this programme and present novel ideas. The first year B.Ed. students of this college had an opportunity to participate in YIP 5.0 and ten teams registered in the district level.

Our Team members

YOUNG INNOVATORS PROGRAMME S.O.
Organized by
KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL

TEAM BRAINYBUDDIES

MERRIN ANN PHILIP
Commerce Education (IJ)

LISTA JOSEPH
Mathematics Education

ANNU PAULIN JOSEPH
Social Science Education

JEFFIN JOSE JAMES
Physical Science Education

AJMEIYA SELIMAN
Natural Science Education

Dr. Beenamamma Mathew
Principal

Mr. Dipin V S
District Program Coordinator, K-DISC

Dr. Alex George
Teacher in charge, YIP

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MERIYA VERONICA SAM
Commerce Education (IJ)

ANAND K. S
Natural Science Education

ALPHONSA MATHEW
Mathematics Education

ANNU ABRAHAM
Social Science Education

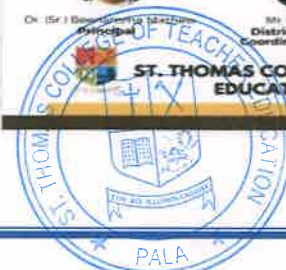
RENIMI K. K
English Education

Dr. Beenamamma Mathew
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TEAM OASISSTTHOMAS



ALEENA ELIZABETH ALEX
Physical Science Education (IJ)



ADHILA SUNEER
Social Science Education



NAYANA BABU
English Education



EMMA MARIA JOSEPH
English Education



SNEHA JOSE
English Education



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Mr. Dipan V. S.
District Program
Coordinator, K-DISC



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TEAM PRONOIA



VINDUJA V
Social Science Education (IJ)



SIVANI SAI A. S
English Education



ELIZABETH CYRIAC
Commerce Education



Dr. (Sr.) Beenamma Mathew
Principal



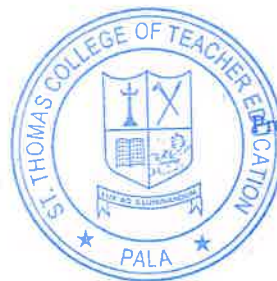
Mr. Dipan V. S.
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TEAM FIVESPARK



DENNA JOSE
Physical Science Education (LJ)



CATHERINE JOSE
Mathematics Education



ANCYMOL JOY
English Education



DEVIKA R
Commerce Education



NITHIN CT
Natural Science Education



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TEAM BLOOMS



ATHIRA MOHAN
Natural Science Education (LJ)



FATHIMA SALJM
Physical Science Education



LIJO JOSE
Social Science Education



AJINA JOSEPH
Commerce Education



RIYA TRESA ROYCE
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TEAM PRAGYA



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AMRUTHA P ANIL
English Education



PEARL ANNIE SEN
Social Science Education



TESSY KURIAN
Physical Science Education



DIVYA THANKACHAN
Natural Science Education



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Mr. Dipin V S
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ALBIN MOHAN V
Natural Science Education



NIBIN BABU
Social Science Education



AMALU K ALLAS
Commerce Education



LINTA ELDOS
Mathematics Education



Dr. (Sr.) Beenamma Mathew
Principal



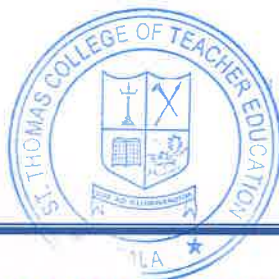
Mr. Dipin V S
District Program
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TEAM MOUNTAIN MOVERS



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LIDWIN MARIA GEORGE
Natural Science Education



LIYA MATHEW
Social Science Education



SREESHMA DAS K
Commerce Education



ARSHA M S
Mathematics Education



ANSE MARIA TOMY
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TEAM OIKOS



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Physical Science Education (J)



ANITA THOMAS
Natural Science Education



GINSE JOSE
Social Science Education



SRADHA MERIYA BABU
English Education



ALAN MARIA BENNY
Mathematics Education



Dr. Sr. Beenamamma Mathew
Principal



Mr. Dipin V S
District Program Coordinator, K-DISC

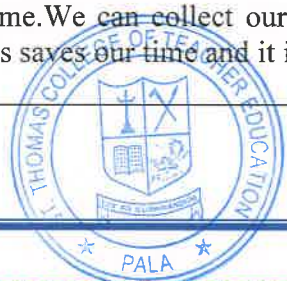


Dr. Alex George
Teacher in charge, YIP

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Ideas submitted by our Teams

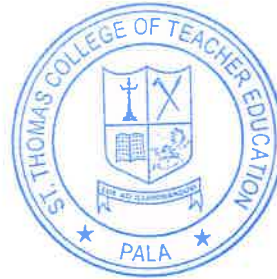
Idea id	Team members	Innovative Ideas given by our students
23222	Meriya Veronica Sam Anand K S Annu Abhraham Alphonsa Mathew Reshmi K R	YoCoon Protective Gear: Our product is a chargeable protective gear (looks like a belt around the body) that inflates during an accident. The protective gear also includes a camera connected to cloud storage-memory card, vital sensor (heartrate, respiratory rate, body temperature), connectivity (hospitals, loved ones), location tracking with trigger-based system that activates when a disturbance in vital detector or collision sensor. FEATURES YoCoon App - For registration Message & Calling Option - Hospitals, Loved Ones can reach to them ASAP Location Tracker Camera (Cloud storage, memory card) Vitals- Heart rate, Respiratory rate, Body temperature Waterproof material
23142	Athira Mohan Fatima Salim Ajina Joseph Riya Treesa Royce Lijo Jose	This idea is to develop software for the marketing field. when we need to buy several items from the shop, we can use the software and select the required items with the token number. So that the item lists are received by the shopkeeper through software, and he packs the items required for us within the short time. We can collect our items from the shop using this token numbers. This saves our time and it is also easy for the retailer.



22758	Merrin Ann Philip Sr. Linta Joseph Jeffin Jose James Ajmeya Suliman Annu Paulin Joseph	In Kerala, there are only 'step' facilities in both public & private buses. So, the elderly people find it difficult to board these buses. Here arise the need for a 'slope & hand rail' facility on the bus along with the steps similar to those in hospitals, schools, colleges, religious places etc .So that the conveyance will be more easier & cheaper for the elderly people.
22714	Sandeep Kumar V Amrutha P Anil Sr. Tessa Kurian Divya Thankachan Pearl Annie Sen	AdaptiveVision: intelligent headlights for safer night-time driving experience. Our idea, AdaptiveVision, is an innovative solution to the problem of failure to dim headlights at night. AdaptiveVision utilizes advanced sensor and adaptive technology to automatically adjust headlight brightness based on real-time conditions. This intelligent system enhances visibility for the driver while minimizing glare for other road users, ensuring safer nighttime driving.
22832	Denna Jose Nithin CT Catherine Jose Ancymol Joy Devika R	The idea we submit is about safety alarms in neighbourhoods. Setting up an alarm with sounds that connects directly to the nearby police station with the attached camera. The camera helps the authorities to reach the person in need directly. The alarm will only stop beeping when the authorities have noticed. This will also be helpful for disabled people who find difficulty in contacting others in need of help. By the sound of an alarm local people can also reach the place before authorities which will be very beneficial for the one in need.
22605	Aleena Elizabeth Alex Adhila Emma Maria Joseph Nayana Babu Sneha Jose	An app to sell all products produced by farmers across Kerala the customer gets an opportunity to select the products based on lock locality and their specification.
23841	Vinduja V Sivani sai Elizabeth Cyriac	Manufacturing plates and bottles for events using coconut shell and leftover tender coconut materials. By utilizing this natural resources, we can provide functions with moral sustainable and environmentally friendly alternatives
23579	Arsha MS Sethulakshmi TK Lidwin Maria George	Major part of women and girls are facing fear on the usage of menstrual Cup even though it is comfortable so our idea is to make another measure other than menstrual couple Cup with which can be used without fear also children may be allergic to sanitary pads and at the same time they are afraid of using menstrual cup in that case this idea could make up this problem
23599	Alan Maria Benny Anitta	The elderly people need special attention and psychological support with the help of college students' teams can be formed to attend their needs they can be given training and their service can be counted as their



	Thomas Ginse jose Sradha Maria Babu	experience in the field it can be made as their part time job.
25194	Liya Mathew Sreeshma Das Arsha MS Ans Maria Tomy Lidwin Maria George	Diapers are commonly used by elderly and children never days Technical Advancement had has led people to adopt disposable diapers even though it is user friendly and hygienic it produce the secured amount of environment based it might take years to decompose the majority of people depend on bearing as a method of disposal. So, the development of a device that helps in the proper disposal helps in many ways.
22840	Sona Alex Linta Eldos Nibin Babu Alby Amalu k alias	As we know most of the people are using private or KSRTC bus for their transportation but many issues like robbery sexual harassment etc are increasing in such a situation many of them become panic in such situation if there is any electronics systems like basor which anyone can access will be helpful and this must be directed to nearby station and this they can access by location and they can paste the spot easily



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YOUNG INNOVATORS PROGRAMME 6.0 2023-2025

PRILIMINARY DISCUSSION



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

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

YOUNG INNOVATORS PROGRAMME 6.0



PRELIMINARY DISCUSSION

21 December, 2023



10:30 am - 12:30 pm



Under the leadership of,

Dr. Alex George (Mentor & Nodal officer)

Miss. Sissy Babu (Student Coordinator)

Dr. Alex George, the Nodal Officer of the Young Innovators Programme (YIP) at St. Thomas College of Teacher Education, Pala, organized a preliminary discussion session on December 21, 2023 from 10:30 am to 12:30 pm for the B.Ed 2023-25 batch students. He divided the students into 10 groups, each comprising 4 or 5 members. And also appointed Miss Sissy Babu as the student coordinator. Each group chooses a suitable name and selects a leader to represent them. Dr. Alex George provided a brief overview of YIP and its objectives, emphasizing the importance of innovation and creativity in education. During the session, each group discussed their innovative ideas, covering various fields. The session aimed to introduce the students to the YIP initiative and provide them with an opportunity to discuss their innovative ideas. Each group also prepared a brochure for their group



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ORIENTATION PROGRAMME



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

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



**YOUNG INNOVATORS
PROGRAMME 5.0**



**ORIENTATION
PROGRAMME**

DATE :

23 DECEMBER 2023

TIME :

8:00 P. M. – 9:00 P. M.



Resource Person :

Mr. Jinto Sebastian

(Senior Program Executive
K-DISC, Kottayam)

PRINCIPAL

Dr. Sr. Beenamma Mathew

MENTOR & NODAL OFFICER

Dr. Alex George

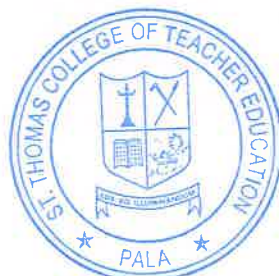
STUDENT COORDINATOR


Ms. Sissy Babu

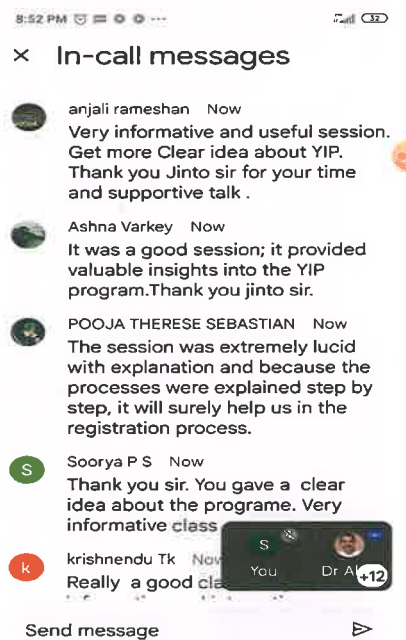
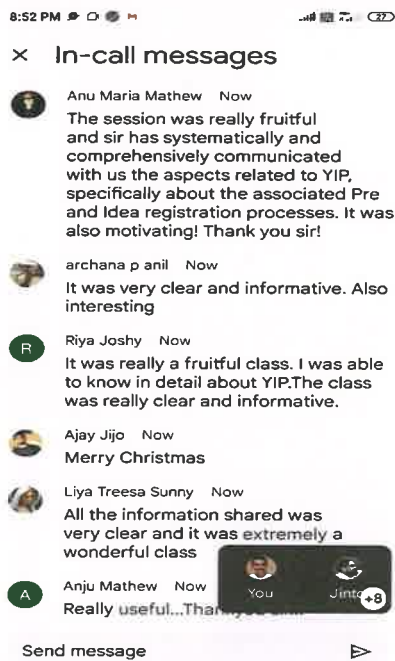


Google Meet

On December 23, 2023, an orientation program for the B. Ed 2023-24 batch students was conducted for the Young Innovators Programme (YIP). The one-hour program took place via Google Meet from 8 pm to 9 pm. Ms. Krishnendhu T K began the session with a prayer song, followed by a welcome from student coordinator Ms. Sissy Babu. Dr. Alex George, the mentor and nodal officer, delivered an introductory message. Mr. Jinto Sebastian, Senior Program Executive at K-DISC, Kottayam, conducted the class, providing valuable information about YIP and its registration process. The session proved to be highly informative and useful, offering students a clear understanding of YIP. Following the session, students shared their evaluations through the chat box. Mr. Sachin C Mattathil delivered the vote of thanks, and the program concluded promptly at 9 pm.



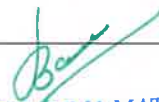

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PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



Beena
Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

Sl. No.	Brochure	Idea Id	Idea Summary
1		33293	<p>The lack of sign language education in schools creates barriers for deaf and hard-of-hearing students due to insufficient awareness, lack of qualified instructors, and inadequate support for assistive technologies. To tackle this issue, schools need to prioritize sign language in their curriculum, provide proper training for educators, and governments should implement policies supporting inclusive education. Recognizing the significance of sign language promotes equality and equips all students for academic and social success.</p>
2		33350	<p>Parental Tax: This idea aims at collecting tax from those children in foreign lands, who have not made arrangements or provisions for taking care of their aged parents in India/ Kerala. This tax is to be transferred to those old age homes according to the priority level of necessity.</p>




 Prof. Dr. BEENAMMA MATHEW
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 Research Centre in Education approved by M.G. University, Kottayam, Kerala

YIP **K-DISC**

YOUNG INNOVATORS PROGRAMME 6.0
 Organized by Kerala Development and Innovation Strategic Council
 2023-24

Group: FutureForge Innovators



Shani Paul
 Community Education



Archana P Anil
 Mathematics Education



Ajay Jijo
 Physical Science Education
(LEADER)



Kavya N Nambudiri
 Social Science Education



Riya Joshy
 Natural Science Education



Dr. Sr. Beenamma Mathew
 (Principal)



Dr. Alex George
 (Member & Social Officer)

3

31729

A community-based plastic waste upcycling project where young participants collect plastic waste from their neighborhoods and transform it into colorful, durable eco-bricks for creating benches or play structures in local parks.

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YIP **K-DISC**

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 2023-24

Group : INNOVATORS HUB



Lijo Augustine
 English Education
(LEADER)



Anju Mathew
 Physical Science Education



Archana K.
 Social Science Education



Krishnendu T.K.
 Commerce Education



Eisit Baby
 Mathematics Education



Dr. Alex George
 Member & Social Officer



Dr. Sr. Beenamma Mathew
 Principal

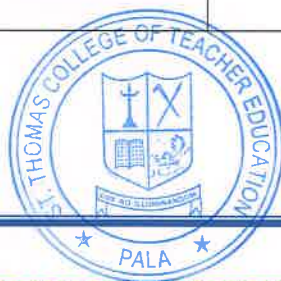
4

33346

The idea is a Smart Kitchen Sensor that detects gas leaks, providing immediate alert for safety, while also monitoring gas levels to notify users when cylinder approaches low or empty, ensuring continuous awareness and enhanced safety.

33415

A digital ID card system for students at every part of the school. This system would track attendance and activities, allowing parents to stay informed about their child's whereabouts and activities through a mobile app.



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YIP YOUNG INNOVATORS PROGRAMME 6.0 

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 2023-24

Group : THE THINK TANK



SACHIN C MATTATHIL
 Mathematics Education
 (LEADER)



ANNMARIYA THOMAS
 Commerce Education



DONA FRANKSON
 Natural Science Education



TINU MARIA ZACHARIAS
 Physical Science Education



Dr. Sr. Beenamma Mathew
 (Principal)



Dr. Alex George
 (Mentor & Nodal Officer)

5

33348

Portable iron box: A Li iron battery is installed as a power source in iron box, and it can be charged using solar power. It also has an automatic shut off system and insulated cover to prevent burning. It is helpful to hostels and travelers.

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 2023-24

GROUP: VENTURE FORGE



Josina John
 Natural Science Education



Anu Maria Mathew
 English Education
 (LEADER)



Sissy Babu
 Commerce Education



Riya James
 Physical Science Education



Soumya John
 English Education



Dr. Sr. Beenamma Mathew
 (Principal)




Dr. Alex George
 (Mentor & Nodal Officer)

6

33059

Flood is becoming one of the common issues in Kerala due to social change. The majority of the people, especially school children are the victims of it due to several reasons. There have been many instances in which without the lack of proper facilities and preventive measures, many children lost their lives. If they are provided with school bags, which can float on water, it can act as a life jacket, which prevents them from drowning. These bags can be made from water hyacinth which is causing a serious threat to our environment. Thus, the idea has twofold motives which will prove beneficial to human society and to our Nature.




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2023-24

Group: INNOQUAD

Nini Joseph
Commerce Education
(LEADER)

John W. Jose
Social Science Education

Anu Elizabeth Varughese
English Education

Nisha Sebastian
Mathematics Education

Sr. Beenamamma Mathew
(Principal)

Dr. Alex George
(Mentor & Nodal Officer)

32316

The idea is to digitalize the Student Concession Card and make it a Smart Student Card. This project mainly focuses on the students who depend on private buses for transportation. Smart Student Card contains the details which clarifies the eligibility of the student to avail concession in bus. It has a facility similar to wheels on card which helps the student to make pre-payment of a sum of money. On each usage the concerned concession amount gets deducted from the main balance while swiping in the ticket machine by the conductor. Students need not carry coins. This process makes the card more authentic and avoid manipulation.

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2023-24

GROUP: TRAILBLAZER

Nimmy Thomas
Natural Science Education
(LEADER)

Aparna Mohan
Physical Science Education

Divyas Xavier
Mathematics Education

Jissmon Jose
Social Science Education

Meera Babu
English Education

Dr. Sr. Beenamamma Mathew
(Principal)

Dr. Alex George
(Mentor & Nodal Officer)

33294

Radiation from mobile phone gradually produce health hazards/ nervous system damage to people, who use it long time or keep it nearby. This problem can be eliminated to a certain extent by using biocover which absorbs mobile radiation. If we invent a mobile cover made of biomaterials and that have radiation absorbing capacity, it reduces problems of both radiation related health hazards and non-degradable solid waste pollution. Development of a mobile cover, which made up of radiation absorbing biological materials like dung/ onion, etc... in a solidified and non-disintegrating manner will be helpful to reduce radiation related health hazards.



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YOUNG INNOVATORS PROGRAMME 6.0 
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 2023-24
GROUP: TRAILBLAZER



Nimmy Thomas
Natural Science Education
(LEADER)



Aparna Mohan
Physical Science Education



Dayas Xavier
Mathematics Education



Jissmon Jose
Social Science Education



Meera Babu
English Education



Dr. Sr. Beenamamma Mathew
(Principal)



Dr. Alex George
(Mentor & Nodal Officer)

33129

To enhance the experience for women seeking consultations with a gynecologist, we propose the implementation of a system that provides real-time updates to those with scheduled appointments. This system aims to offer timely information to patients, including details such as the current token number being attended, the availability of the doctor for consultation, and any potential delays caused by emergencies. By incorporating these updates into a mobile application, patients can conveniently stay informed about their appointments and streamline their experience at the hospital, reducing wait times and ensuring efficient communication.

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Group : VISION VAULT



ANJALI RAMESHAN
Commerce Education



JOSNA JOSEPH
Physical Science Education



ANNU DOMINIC
Social Science Education
(LEADER)



BRIDGET SANTI
English Education



SOORYA P.S.
Natural Science Education



DR. SR. BEENAMAMMA MATHEW
Principal



DR. ALEX GEORGE
Mentor & Nodal Officer

33256

33463

Idea, production and marketing are three important stages that a finished product has to pass through. Integrating these three factors in a digital platform will generate huge opportunities and earnings for young innovators without curtailing the benefits of other parties as they are also involved in the procedure. Students get an opportunity to market their brilliant ideas and products they have presented in the State level school fairs.

The idea is to create an app, which can be used by the person who has met with an accident or anyone else in that scene, which will directly inform the nearby hospital about that accident and the hospital will get the exact location through the app with the help of Google map, so

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 PRINCIPAL


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that they can come to the rescue of the person as soon as possible and provide medical support at the earliest. Since it is an app it can be used in all areas; rural and urban.


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FLARE MINDS




Ansu Elizabeth Thankachan
Physical Science Education




Liya Treesa Sunny
Mathematics Education




Ashna Varkey
Commerce Education
(LEADER)




Nihira Joseph
Natural Science Education



Pooja Therese Sebastian
English Education



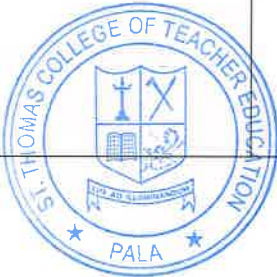
Dr. Alex George
(Member & Nodal Officer)



Dr. Sr. Beenamma Mathew
(Principal)

33098

The idea is to set up traffic signals at all zebra crossings with sound installation. The announcements would be made for red lights and green lights so that the pedestrians and drivers could be alerted to easily cross without any difficulties. This idea mainly focuses on the people visually impaired, those with colour blindness, the elderly, and those with cataracts who all need assistance for crossing the streets. The sound would be recorded, and it could be installed into the traffic signals to make the announcements at regular intervals. The announcement should mainly contain STOP for the vehicles to stop at the red sign. A switch can also be attached to the signal for the visually challenged to press and initiate a STOP by the next 15 seconds.



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FLARE MINDS



Ansu Elizabeth Thankachan
Physical Science Education



Liya Treesa Sunny
Mathematics Education



Ashna Varkey
Commerce Education
(LEADER)



Nihira Joseph
Natural Science Education



Pooja Therese Sebastian
English Education



Dr. Alex George
(Mentor & Hostel Officer)




Dr. Sr. Beenamma Mathew
(Principal)

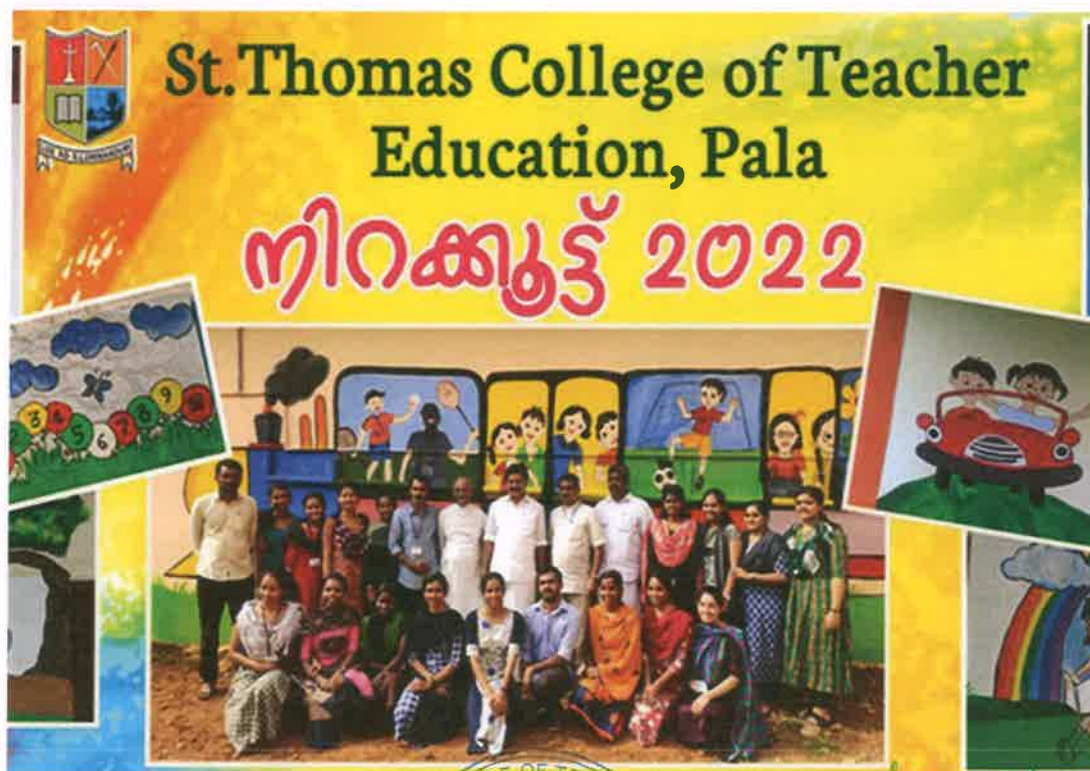
33651

The idea is to develop an application or a website which includes information about all the private buses in all the districts of Kerala. It could have data about the availability of the buses for the day, their timings, their routes, stops, if there are any replacements. The additional advantage would be the installation of a GPS that could help the users track the movement of the bus in its routes. The bus routes can be integrated into Google Maps. Also, the data would be updated scrupulously without any delay. The app or website will have the option of Malayalam too.




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2. INNOVATIVE PROJECT 'NIRAKOOT' - PROMOTION OF MOTHER TONGUE



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NIRAKOOT: Adding Colours to Life

Nirakkoot –Adding colours to life an initiative to beautify the neighbouring schools and ignite the young minds was the extension activity done by our BEd students. Objectives of the programme were i) to create a learning environment through murals ii) to foster social commitment in schoolteachers iii) to make schools attractive and iv) to develop children’s creativity. The B.Ed. students spent their ‘vacation time’ for painting about 15 schools which are found in the nearby locations of the college. The initiative received awards from the Kerala State Education Minister, local MLA, MP, the Vice Chancellor, Mahatma Gandhi university, and the PTA of local schools. The project received widespread appreciation from the local administration and the general public.

List of schools selected Nirakoot

SI NO	Name of the School at which the Nirakoot programme was carried out	Date
1	Govt. LPS Arunapuram	01/04/2022
2	St.Thomas LPS Pala	04/04/2022
3	St.Thomas HSS Pala	19/04/2022
4	Aided LPS Meenachil	21/04/2022
5	St. Sebastians LPS Pathazha	21/04/2022
6	SLT LPS Bharananganam	29/04/2022
7	Govt. LPS Thalapulam	07/05/2022
8	St.Thomas HSS Pala	08/05/2022
9	Govt. New LPS Puliyanloor	11/05/2022
10	Kallivayalil Pappan memorial Public-School Mundakayam East	14/05/2022
11	St.Mathews UPS Elikulam	18/05/2022
12	St.joseph’s UPS Vellilappilly	25/05/2022
13	St.Thomas LPS Velathusserry	30/05/2022
14	St.Antonys HS Vellikulam	31/05/2022




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Nirakkooth Day 1 – Painting the walls of Govt. LPS Arunapuram

Student coordinator: Sojo John

The second-year students of St. Thomas College of Teacher Education, Pala Cleaned the school premises, planted vegetable garden and Painted the walls of Govt. LPS Arunapuram on 1/4/2022. The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine. The staff coordinator, Dr. Alex George, and the student coordinator Sojo John gave the necessary instructions, which were duly followed. The student teachers painted pictures and the letters of the Malayalam alphabet on the walls of the school, cleaned the school premises, and planted plants and vegetables in the school grounds. The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine.

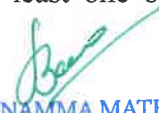
The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine. The staff coordinator, Dr. Alex George, and the student coordinator Sojo John gave the necessary instructions, which were duly followed. The student teachers painted pictures and the letters of the Malayalam alphabet on the walls of the school, cleaned the school premises, and planted plants and vegetables in the school grounds.

The lunch and refreshments were prepared by the student teachers themselves. From time-to-time water and refreshments were provided to the students to ensure the smooth conduct of the programme. At 12:15 p.m all the activities were completed, and everyone gathered in the school hall for the valedictory function.

The meeting was presided over by Shri. Shibu Mon George, Headmaster, Arunapuram Government LP School. Rev. Fr. Dr. Thomas Moolayil delivered the keynote address. Dr. T.C Thankachan, the Principal of STCTE, Pala honoured Rev. Fr. Dr. Thomas Moolayil in the meeting for his noble efforts in promoting the Malayalam language. The toys that the student teachers have sponsored were handed over to the headmaster of the school, by the principal in the meeting. College Vice Principal Dr. Beenamma Mathew; IQAC Coordinator, Lavina Dominic; Teacher in Charge, Dr. Alex George; Student Coordinators Mr. Sojo John and Ms. Reshma Raju were the other members of the dais. After the meeting, lunch followed. Fr. Thomas Moolayil observed and evaluated the students' works.

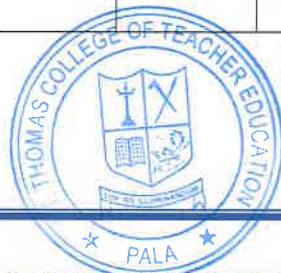
Five committees were contituted for the successful management of the extension activity. The committees were: Food committee, cleaning committee, Artwork committee, Finance committee, and Documentation committee. All 50 students were a part of at least one of these committees.




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List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
18.	Divya Stani	43.	Ambily Mani
19.	Jaicy Jose	44.	Anu Tressa Jose
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarete Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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Nirakkoot Day 2 – Painting the walls of St. Thomas LPS Pala

Student Coordinators: Sojo John, Lakshmi S, and Sneha Jayakumar

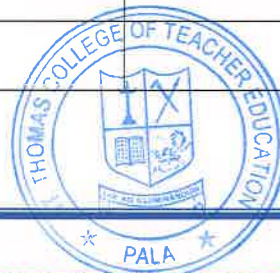
Following the great success of Nirakoot 2022, the extension program of second year teacher trainees, it was decided by the students and staff of the college to further the initiative by taking up other schools as part of the project.


The scope of the programme was limited to decorating the walls of the schools by painting interesting pictures and content relevant to the primary school curriculum. The second day of 'Nirakoot 2022' was conducted on April 4, 2022, at our institution's model school St. Thomas HSS Pala. Sojo John, Lakshmi S, and Sneha Jayakumar were the student coordinators of the programme.

A total of 21 teacher trainees participated in the programme. All of the participants were present at the school campus before 9 a.m. The students were then divided into two groups, for it was decided beforehand that two pictures would be drawn considering the dimensions of the walls. The two pictures which were planned to be drawn were an aquarium and a small train. The pictures were envisioned in such a way that the walls should be more appealing to the eyes of both the students and the general public. The students started to draw the outline of pictures after 9:30 am. At 4.30 p.m all the activities were completed.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	12.	Jyothylakshmi K.R
2.	Jaicy Jose	13.	Reshma Raju
3.	Annumol Joji	14.	Akhila Manmadhan
4.	Riya Rose Johns	15.	Sojo John
5.	Sneha Jayakumar	16.	Steffy Tom
6.	Nevil George	17.	Ambily mani
7.	Ashmi Maria John	18.	Anjaly Elizabeth
8.	Lakshmi S	19.	Navyamol K.R
9.	Bhanupriya R	20.	Anitta Mathew
10.	Meera V.S	21.	Syamili Sasi
11.	James Mathew		




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Nirakkoot Day 3 – Painting the walls of St. Thomas HSS Pala

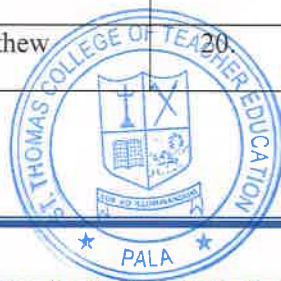
Student Coordinators: James Mathew and Anjaly Elizabeth Xavier

Day three of Nirakoot was held on April 19, 2022, at Pala St. Thomas HSS, the model school of St. Thomas College of Teacher Education, as a continuation of the work done on 4/4/2022. James Mathew and Anjaly Elizabeth Xavier were the student coordinators of the event, and they led the programme with the assistance of Nirakoot Core Committee.

A short meeting was held at 9:30 am to formally begin the programme. Dr. Alex George Kavukatt, staff coordinator, George Kutty Jacob, the Headmaster of the school and student coordinator Anjaly Elizabeth Xavier addressed the gathering. The students were divided into groups of two and a section of the walls were assigned to each group. After the meeting the student teachers directly began the work. Two breaks and regular refreshments were arranged so that the participants would not have any difficulty. 17 walls were painted on and besides regular pictures, some of them dealt with topics regarding the school syllabus. Each team finished their assigned task by 1.30 p.m and lunch were served. At 2 p.m. there was a valedictory function which was presided over by Mr. Anto Jose Padinjarekara, the Municipal Chairman of Pala. Dr. T.C. Thankachan, Principal; George Kutty Jacob, Headmaster of the School; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Mrs. Biji Jojo, Municipal Ward Councillor; Dr. Alex George, Program Coordinator; and the student coordinators James Mathew and Anjaly Elizabeth Xavier were present at the meeting.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	11.	Bhanupriya R
2.	Cheslin Jose	12.	James Mathew
3.	Densy John	13.	Jyothylakshmi K.R
4.	Raina Martin	14.	Meera V.S
5.	Riya Rose Johns	15.	Reshma Raju
6.	Sneha Jayakumar	16.	Anjaly Elizabeth
7.	Ashmi Maria John	17.	Reshma CL
8.	Lakshmi S	18.	Sojo John
9.	Lis Mary Antony	19.	Ambily mani
10.	Mariya Mathew	20.	Ligin Pullemkunnel



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Nirakkoot Day 4– Painting the walls of Aided LPS Meenachil

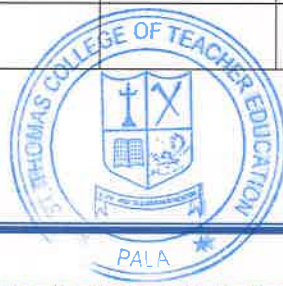
On 21st April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. All the volunteers arrived at the school before 9 a.m. 19 students were present. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Thomas Thottunkal; and school headmistress, Tharamma Joseph addressed the gathering.

Around 10:15 a.m, all the outlines for the pictures were clearly drawn and the students started to paint the pictures. Each picture was assigned to a group of two or three students. At 11:30 a.m students had a tea break and at 1:00 p.m. we had our lunch. The Auxiliary Bishop of the Syro-Malabar Catholic Eparchy of Palai, Mar Jacob Muricken, had blessed the programme with his esteemed presence and appreciated the students for their good will and talented artworks.

An official meeting was held at 2:00 PM and Sri. Ranjeeth G, Panchayat President of Mutholy chaired the meeting. Sri. Josemon Mundackal, District Panchayat Member; Smt. Manju Vijayan, Meenachil Grama Panchayat Ward Member; Rev. Dr. Thomas Moolayil, Project advisor - Nirakoot 2022, and others from both the college and the school attended the meeting. The dignitaries wholeheartedly appreciated our initiative and extended their full support in our future endeavours. By around 5 p.m., the walls of Meenachil L.P school were gleaming with alluring pictures and dashing colours.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Cheslin Jose	11.	Reshma Raju
2.	Julian Tom Job	12.	Agiemol Salas
3.	Raina Martin	13.	Navyamol K.R
4.	Sneha Jayakumar	14.	Sojo John
5.	Ashmi Maria John	15.	Ambily mani
6.	Lakshmi S	16.	Ligin Pullemkunnel
7.	Lis Mary Antony	17.	Akhila Manmadhan
8.	Mariya Mathew	18.	Steffy Tom
9.	Bhanupriya R	19.	Treesa Jomy
10.	Meera V.S		



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
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TEACHER EDUCATION
PALA

Nirakkoott Day 5– Painting the walls of St. Sebastians LPS Pathazha


Student Coordinators: Anitta Jose and Akhila Manmadhan

On 21st April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. All the volunteers arrived at the school before 9 a.m. 15 students were present. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Michael Narikkatt addressed the gathering and inaugurated the programme. By around 4 p.m., the programme was completed.

List of Students participated in the programme

Sl. No.	Name
1.	Anitta Jose
2.	Densy John
3.	Julian Tom Job
4.	Raina Martin
5.	Sneha Jayakumar
6.	Ashmi Maria John
7.	Lakshmi S
8.	Mariya Mathew
9.	James Mathew
10.	Sojo John
11.	Akhila Manmadhan
12.	Ligin Pullemkunnel
13.	Rose mary Cheriyan
14.	Steffy Tom
15.	Treesa Jomy




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
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TEACHER EDUCATION
PALA

Nirakkoot Day 6– Painting the walls of St. Little Thresia's LP School Bharananganam.

Student Coordinators: Ashmi Maria John and Navya mol K.R

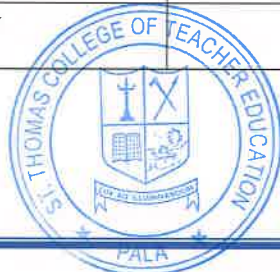
On April 29, 2022, Day 6 of Nirakoot 2022 was held at St. Little Thresia's LP School Bharananganam. Ashmi Maria John and Navya mol K.R were the student coordinators for the day. They along with the Nirakoot core committee led the programme.

After a short meeting addressing the gathering, the students then proceeded to paint the walls assigned to them, after turning into groups of two or three. There were two breaks and regular refreshments to ensure that the work was not too tiring for the students. The media team from 24 News came to report on our efforts and the report was duly aired later. The students painted 12 walls with a variety of pictures and many of them were about topics of relevance to the primary school curriculum. A total of 21 students participated in the programme.

At 3 p.m. a valedictory function was held and Sri. Mani C Kappen MLA inaugurated the same. Sri Rajesh Valliplackal, District Panchayath Member; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Sri. Chacko; Fr. Vadakkekara; Mr Tony, Member of Panchayat; Dr. T.C. Thankachan, College Principal; Dr. Alex George, Program Coordinator; and Sr. Shiny, Headmistress of the School were present at the meeting.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	12.	Bhanupriya R
2.	Densy John	13.	James Mathew
3.	Julian Tom Job	14.	Jyothylakshmi K.R
4.	Raina Martin	15.	Meera V.S
5.	Annumol Joji	16.	Agiemol Salas
6.	Riya Rose Johns	17.	Navyamol KR
7.	Sneha Jayakumar	18.	Sojo John
8.	Ashmi Maria John	19.	Akhila Manmadhan
9.	Lakshmi S	20.	Ligin Pullemkunnel
10.	Lis Mary Antony	21.	Treesa Jomy
11.	Mariya Mathew		



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Nirakkoot Day 7– Painting the walls of Govt. LPS Thalapulam

The seventh day of Nirakoot 2022 was held at Govt. H.W.L.P School on May 07, 2022. Ms. Jyothylakshmi K.R was the Student Coordinator for the day. A brief meeting was held at 12.30 pm to initiate the programme. Smt. Anupama Vishwanadh, Thalappalam Grama Panchayat President inaugurated the function. Sheeja P.S, Panchayat Secretary; Sri. Biju K.K, Education standing committee chairman; Chithra Saji and Suresh P.K, Ward members; and Rev. Fr. Thomas Moolayil spoke on the occasion. Dr. T.C Thankachan, Principal of STCTE Pala; Dr. Alex George, Teacher in-charge; Smt. Gracy V. Benjamine, Headmistress of the school; Sri. Sajeev Philip; and Shri. Jayakrishnan P.R, P.T.A president were present at the meeting

The students then proceeded to paint their assigned walls, turning into a group of two or three. Breaks and refreshments were arranged in between so that the students would not have any difficulty. Students painted 14 walls of the school with suitable pictures which depicted various topics like giving importance to reading, drama, music, cartoon, science, and Maths. In addition to these, other pictures for improving the ambience of the school were also painted. 11 students participated in the programme. The media team from Drishya news came to the school to report on our activities.

List of Students participated in the programme

Sl. No.	Name
1.	Densy John
2.	Riya Rose Johns
3.	Sneha Jayakumar
4.	Nevil George
5.	Lakshmi S
6.	James Mathew
7.	Jyothylakshmi K.R
8.	Sojo John
9.	Akhila Manmadhan
10.	Jaicy Jose
11.	Steffy Tom



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Nirakkoot Day 8– Painting the walls of St.Thomas HSS Pala


Student Coordinators: Ambily Mani and Jaicy Jose

Day 8 of the beneficent venture Nirakoot 2022 was held on 8th may 2022 at St. Thomas Higher Secondary School, Pala. It was the third day of our activities at St. Thomas school. Ambily Mani and Jaicy Jose were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. A brief meeting was held at 9.00 a.m. chaired by Dr. T. C. Thankachan, Principal of St. Thomas college of Teacher Education, Pala. Minister Sri. Roshi Augustine spoke in praise of the students who participated in Nirakoot 2022 in the meeting. Rev. Fr. Thomas Moolayil, Georgekutty Jacob, and Dr. Alex George also addressed the meeting. Student representative Ms. Sneha Jayakumar spoke about the objectives of Nirakoot 2022 and requested the minister for a small token of appreciation for our activities in the meeting. A total of 19 students participated in the programme.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	11.	James Mathew
2.	Jaicy Jose	12.	Jyothylakshmi K.R
3.	Annumol Joji	13.	Reshma Raju
4.	Riya Rose Johns	14.	Akhila Manmadhan
5.	Sneha Jayakumar	15.	Sojo John
6.	Nevil George	16.	Steffy Tom
7.	Ashmi Maria John	17.	Ambily mani
8.	Lakshmi S	18.	Anjaly Elizabeth
9.	Bhanupriya R	19.	Navyamol K.R
10.	Meera V.S		




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Nirakkoot Day 9– Painting the walls of Govt. New LPS Puliyanoor


Student Coordinators: Bhanupriya R and Steffy Tom

Day 9 of the beneficent venture Nirakoot 2022 was held on 11 th may 2022 at Govt. New LPS Puliyanoor. Bhanupriya R and Steffy Tom were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. The activities started at 9.00 a.m. The students were divided into 3 groups. At 11.00 am a brief meeting was held and it was chaired by Sri.Ranjeet G., Mutholy Gramapanchayath President. Sri. Mani C.Kappen MLA visited the school premises and appreciated the students. A total of 12 students participated in the programme.

List of Students participated in the programme

Sl. No.	Name
1.	Densy John
2.	Sneha Jayakumar
3.	Ashmi Maria John
4.	Lakshmi S
5.	Bhanupriya R
6.	James Mathew
7.	Sojo John
8.	Akhila Manmadhan
9.	Ambily mani
10.	Steffy Tom
11.	Jaicy Jose
12.	Nevil George




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Nirakkoot Day 10–Kallivayalil Pappan memorial Public School Mundakayam East

Student Coordinators: Nevil George and Riya Rose Johns

The 10th day of Nirakoot 2022 was held on 14 May 2022 at Kallivayalil Pappan Memorial Public School, Mundakayam East. Nevil George and Riya Rose Johns were the students' coordinators for the day, along with the general coordinator Sojo John and programme co-ordinator Lakshmi S. The school had arranged their bus for the commutation of the student teachers to the school. The bus started its journey from the college at 8:00 a.m., reaching the destination by 9:15 a.m

After having breakfast at the school, the programme officially started at 9:30 a.m. The School Principal, Mr. Shins Mathew officially welcomed the team to the school and Fr. Varghese Pulikan, the School Director felicitated the team. Dr. Alex George, Teacher-in-Charge of the Extension Programme gave the guidelines and the team directly started the work.

Taking into consideration the class to be painted and the area available in each of the walls, the pictures were finalised. Students started working in groups on the pictures. The magic of teamwork and cooperation was visible on each of the walls. The hard work and commitment of the teacher trainees turned the prosaic walls into mesmerising creative works of art. The trainees had their lunch at 1:30 p.m and afterwards continued with their work. The teachers and students of the school who visited in between were enthusiastic to see the visual treat made for them. The innovative attempt of the students were covered by the Local Television Chennel.

Sl. No.	Name	Sl. No.	Name
1.	Annumol Joji	13.	Anjaly Elizabeth
2.	Riya Rose Johns	14.	Navyamol K.R
3.	Sneha Jayakumar	15.	Sojo John
4.	Lakshmi S	16.	Akhila Manmadhan
5.	Lis Mary Antony	17.	Ambily mani
6.	Mariya Mathew	18.	Rose Mary Cheriyan
7.	Bhanupriya R	19.	Treesa Jomy
8.	James Mathew	20.	Jaicy Jose
9.	Jyothylakshmi K.R	21.	Rakhi R
10.	Meera V.S	22.	Nevil George
11.	Agiemol Salas	23.	Christy



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Nirakkoot Day 11– Painting the walls of St.Mathews UPS Elikulam

Student Coordinators: Annumol Joji and Agiemol Salas

The venue for the 11th day of Nirakoot 2022, which was conducted on 18-05-2022, was St. Mathew's U.P.S, Elikulam. Along with the General coordinator, Sojo John and Programme coordinator, Lakshmi S, the Student coordinators for the day were Annumol Joji and Agiemol Salas


A team of 11 members, along with Dr. T. C Thankachan, our principal reached the school on 17-05-2022 for planning the pictures to be drawn and to sketch the outlines of the same. Smt. Ancy Joseph, Headmistress, welcomed the team to the school. After discussing with the HM, we decided on the pictures and gave outlines and went on to complete some of the pictures. Snacks and meals were provided for us. By 4 p.m., we returned to our homes.

On 18-05-2022, a team of 18 reached the school along with Dr. Alex George, Teacher-in-charge for the Extension Programme. Among the students, three of them, Nevil George, Annumol Joji and Steffy Tom were selected as the resource persons for the forenoon session of the Enrichment Programme which was conducted for the students of St. Mathew's U.P.S, Elikulam.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	10.	Reshma Raju
2.	Annumol Joji	11.	Agiemol Salas
3.	Sneha Jayakumar	12.	Navyamol K.R
4.	Ashmi Maria John	13.	Sojo John
5.	Lakshmi S	14.	Akhila Manmadhan
6.	Lis Mary Antony	15.	Ambily mani
7.	Mariya Mathew	16.	Steffy Tom
8.	Bhanupriya R	17.	Treesa Jomy
9.	Meera V.S	18.	Nevil George




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Nirakkoot Day 12– Painting the walls of St.Joseph’s UPS Vellilappilly

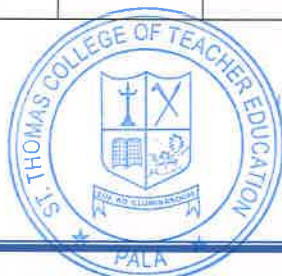
Student Coordinators: Meera V.S and Mariya Mathew

The venue for the 12th day of Nirakoot 2022(25-05-2022) was St. Joseph's U.P.S, Veililappilly. The programme was led by the General Co-ordinator, Sojo John, and Programme Co-ordinator, Lakshmi S. The Student Co-ordinators were Meera V.S and Mariya Mathew. A team of 18 members reached the school on 25-05-2022 at 9:30 am along with Dr. Alex George, Teacher-in-charge, Extension Programme. Sr. Mercy Sebastian, Headmistress, welcomed the students to the school. After discussing with the HM, the team decided on the pictures and started drawing at 10 O'clock. Snacks and meals were provided for the students. The official meeting was conducted in the afternoon.

The frame release of Nirakoot 2022 was held at this occasion in the presence of Rev. Dr. Thomas Moolayil, Joseph K.K (Ramapuram A.E.O), B.P.C Ashoka G, HM of the school Sr. Mercy Sebastian, staff secretary Joby Joseph. By 4:30 pm, the team returned to their homes. All the precious moments were captured by the news channel 1 4 U. At 5 pm, Nirakoot team members got the opportunity to meet with Sri. Thomas Chazhikkadan (Member of Parliament, Kottayam). The frame release was also done by him. Then he appreciated the initiative and gave the promise to give a certificate of excellence for students and to visit our future Nirakoot venue.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	10.	Mariya Mathew
2.	Julian Tom Job	11.	James Mathew
3.	Annumol Joji	12.	Jyothylakshmi K.R
4.	Riya Rose Johns	13.	Meera V S
5.	Sneha Jayakumar	14.	Reshma Raju
6.	Nevil George	15.	Agie Mol Salas
7.	Ashmi Maria John	16.	Sojo John
8.	Lakshmi S	17.	Anitta Mathew
9.	Lis Mary Antony	18.	Syamili Sasi



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Nirakkoot Day 13– Painting the walls of St.Thomas LPS Velathusserry


Student Coordinators: Tima Mathew and Harikrishnan V

The 13th day of Nirakoot 2022 was held on 30th May 2022 at St. Thomas L.P. School, Velathussery. Tima Mathew and Harikrishnan V., were the student co-ordinators along with the general co-ordinator Sojo John and programme co-ordinator Lakshmi.S. This was indeed the first activity of the student-teachers' five-day community living camp called Punarjeni 2022. The school arranged their school bus from the college and Team Nirakoot started the journey at 11 a.m. and reached the destination by 01 p.m. After having lunch at the school, the programme got officially started by 01:30 p.m. The school Headmaster Mr. Michael Joseph officially welcomed the team to the school and Fr. Joseph Mecheril, School Manager felicitated the team. Dr. Alex George, teacher-in-charge of the extension programme provided the guidelines and the team got involved in their creative work.

Nirakoot 2022 with the tag line 'Adding Colours to Life was indeed a revelation to many. Taking into consideration the school and class walls to be painted and according to the area available in each of the walls, the pictures were finalised. Students started working in groups on the pictures. Then the magic of teamwork and co-operation, collaboration, artistic skills etc., was visible on each of the walls. The hard work and commitment of the teacher trainees turned the walls into exquisite creative art. The trainees had their tea-break at 04:30p.m. and resumed the work.

The teachers, students, ward members and other well-wishers of the school who visited in between were exhilarated to enjoy the visual treat made for them. The school headmaster Mr. Michael Joseph and school manager Fr. Joseph Mecheril shared their feedback about the creative work of the teacher trainees and rendered their wishes for the success of future endeavours of the team Nirakoot. English alphabets, VIBGYOR worm, cute elephant, looney toons, Donald Duck, Indian peacock, honeybee with balloons, garden, giant tree with months etc., were few among the pictures that enriched the walls of the school. The teacher trainees completed their final touch up of the paintings by 06:30 p.m. and gathered in front of the school. The school once again conveyed their gratitude to the team Nirakoot and the team headed towards St. Antonys H.S. Vellikulam for their stay at night. It was with scrumptious pleasure and warm fuzzies that the students expressed their reflections on that day about Nirakoot.




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List of Students participated in the programme

SI No.	Name of the participant	SI No.	Name of the participant
1	Densy John	14	Bhanupriya R
2	Raina Martin	15	James Mathew
3	Annumol Joji	16	Jyothylakshmi K.R
4	Nevil George	17	Meera V S
5	Riya Rose Johns	18	Reshma Raju
6	Sneha Jayakumar	19	Agie Mol Salas
7	Ashmi Maria John	20	Anjaly Elizabeth Xavier
8	Jaicy Jose	21	Anusree Biju
9	Lakshmi S	22	Sojo John
10	Lis Mary Antony	23	Akhila Manmathan
11	Mariya Mathew	24	Ambily Mani
12	Mariya Sebastian	25	Steffy Tom
13	Tima Mathew	26	Treesa Jomy

Nirakkoot 14– Painting the walls of St.Antonys HS Vellikulam


Student Coordinators: Annie Theresa Shajan and Julian Tom Job

The 14th edition of Nirakoot was conducted at St. Michael's school, Vellikulam near the scenic Vagamon. It was the first residential programme of Nirakkootu, where the students had to work two days to complete the assigned task. This programme together with the Nirakkootu activity in St. Thomas LP school Mavady were conducted as part of the B.Ed community Living Camp of the second year students.

The students began their journey to Vellikulam on 30 May 2022, at around 12.00 pm in the school buses provided by the Vellikulam school. After about one hour we reached the school and placed our belongings in the classrooms which were provided for us to stay the night. After lunch, the students directly began the work. Sketches were drawn in the L.P school block, K.G block, and on a common washroom complex. A total of 26 students participated in the venture.

The programme on 31/5/ 2022 started after the breakfast and completed the work by 12.30pm. Validictory meeting was blessed with the presence of Grama Panchayath president.




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List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	14.	Bhanupriya R
2.	Raina Martin	15.	James Mathew
3.	Annumol Joji	16.	Jyothylakshmi K.R
4.	Nevil George	17.	Meera V S
5.	Riya Rose Johns	18.	Reshma Raju
6.	Sneha Jayakumar	19.	Agie Mol Salas
7.	Ashmi Maria John	20.	Anjaly Elizabeth Xavier
8.	Jaicy Jose	21.	Anusree Biju
9.	Lakshmi S	22.	Sojo John
10.	Lis Mary Antony	23.	Akhila Manmathan
11.	Mariya Mathew	24.	Ambily Mani
12.	Mariya Sebastian	25.	Steffy Tom
13.	Tima Mathew	26.	Treesa Jomy

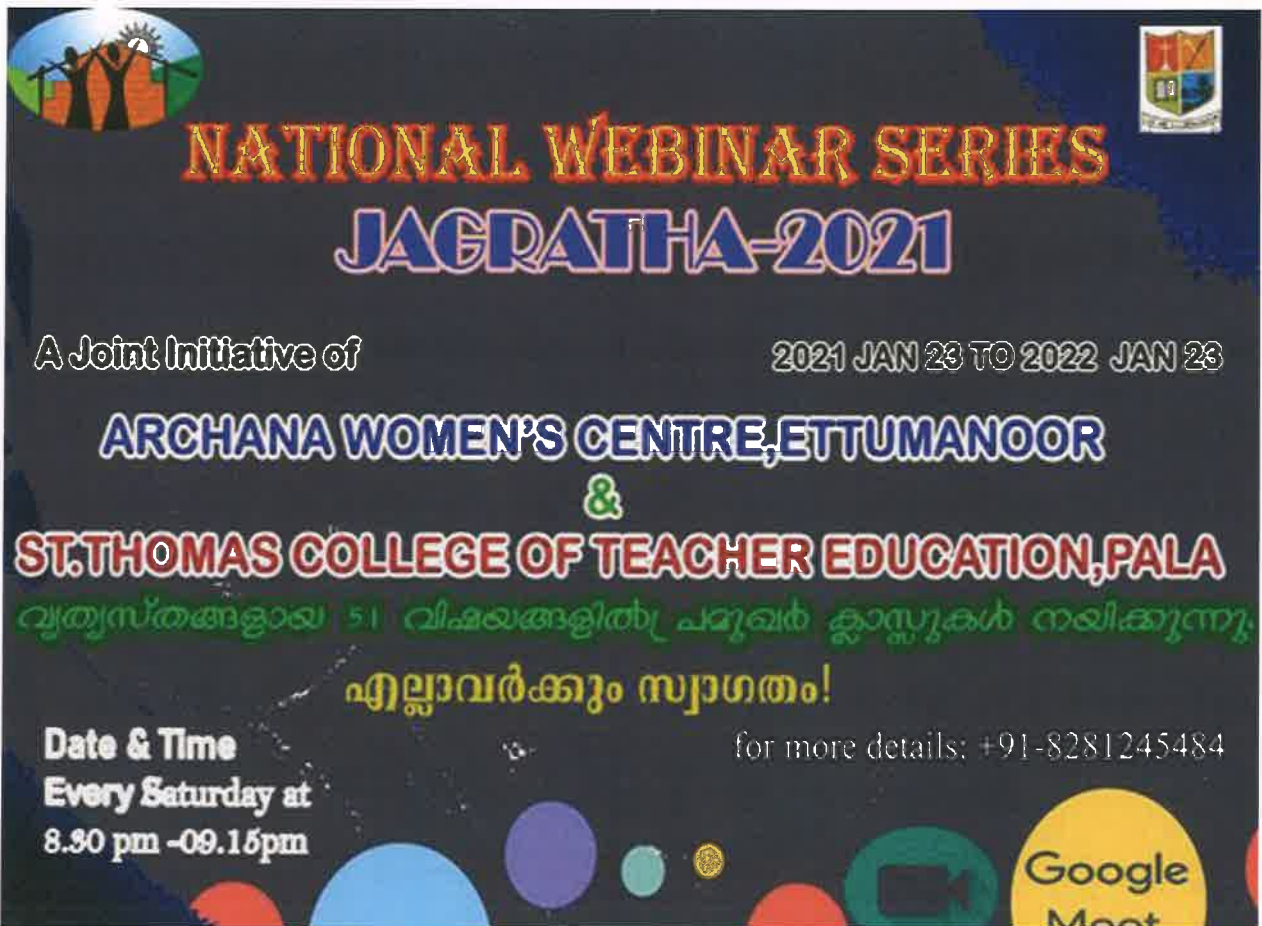


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3. JAGRATHA 2021-2023

National Webinar Series

The college in collaboration with Archana Women's Centre, Ettumanoor organized a series of National Webinar, 'Jagratha' which take up various social issues for discussion including: empowerment of rural women, domestic violence, protest against dowry etc. The webinar is conducted on Saturdays every week. The classes were taken by well-known resource persons. Our faculty and students also were resource persons in few sessions. The programme was organized from the last week of January 2021 to March 2022. The following table details the dates of the webinar, resource persons and topic.



The poster features a dark background with colorful circles at the bottom. On the left, there is a circular logo with silhouettes of people holding hands. On the right, there is a small crest. The main text is in large, bold, colorful fonts. Below the main text, there is a Malayalam slogan in green and yellow. At the bottom left, the date and time are specified. At the bottom right, there is contact information and a 'Google Meet' logo.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiative of 2021 JAN 23 TO 2022 JAN 23

ARCHANA WOMEN'S CENTRE, ETTUMANOOR
&
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA


വ്യത്യസ്തങ്ങളായ 51 വിഷയങ്ങളിൽ പങ്കുവാർ ക്ലാസ്സുകൾ നൽകുന്നു.
എല്ലാവർക്കും സ്വാഗതം!

Date & Time
Every Saturday at
8.30 pm -09.15pm

for more details: +91-8281245484

Google Meet



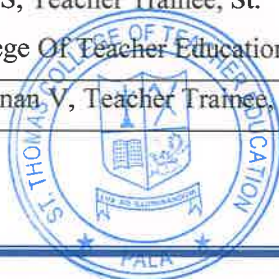

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Sl	Date	Resource Person	Topic
1.	23/01/2021	Dr. Alex George, Assistant Professor St. Thomas College of Teacher Education, Pala	Mental Health and Parenting'
2.	20/02/2021	Thressiamma Mathew, Director Archana	'Santhusta Jeevithathinu Panchaseelam'
3.	27/02/2021	P.L Abhraham, Assistant Agriculture Officer	Care Of the Crops in Different Seasons
4.	06/03/2021	Sri. George Karunackal, Consultant And Trainer	Ways to Manage the Stress
5.	13/03/2021	Sri Jossy Thumpanathu, Journalist	Family is a Great School
6.	20/03/2021	Sri. Lorance Mathew, Industrial Extension Officer	Entrepreneurship Development
7.	27/03/2021	Mrs. Bindhu Varghese	Smart Parenting
8.	10/04/2021	Dijo Das, Counsellor, Adart	Drug Free Family
9.	17/04/2021	Mr. Mathew Mundamattom, Trainer-TRADA	Gender Equality
10.	8/05/2021	Jyothis S, Research Scholar	Female Characters in Indian Mythology
11.	29/05/2021	Civilson Sebastian	Role of Family Members in a Drug Free Life
12.	05/06/2021	Sri. Nevil George, Teacher Trainee St. Thomas College Of Teacher Education, Pala	Adolescent Care
13.	12/06/2021	Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission	Covid and its Psychological Issues
14.	19/06/2021	Ms Anu Tresa & Ms Irin Sera Joseph Teacher Trainee Of St. Thomas College Of Teacher Education, Pala	Adolescent Issues and Ways to Deal With them
15.	26/06/2021	Bhanupriya R. Teacher Trainee Of St. Thomas College Of Teacher Education, Pala	Covid Pandemic and Provided Awareness on the Various Measures to Prevent Corona
16.	03/07/2021	Soumya V P, Dietician	Food Habits that We Need to Follow During the Covid Pandemic
17.	10/07/2021	Ms. Remya Sinoy, Chief Editor, Malayalamanorama.	Women Empowerment and Ways We Can Avoid Dowry System
18.	17/07/2021	Dr. Sandrima K S, Ayurveda Medical	Health Problems



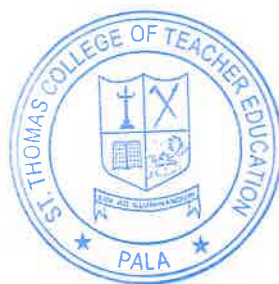
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		Officer	
19.	24/07/2021	Mr. Arun Kumar K.R, Assistant Sub Inspector Of Police	Drug Abuse among Children
20.	07/08/2021	Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad	Experiences when She fought for the Women Rights.
21.	14/08/2021	Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam	Dowry System and How We Need to Change Our View Regarding Dowry
22.	28/08/2021	Sri. Nocer Mathew, Chairman, Nocer Hai Rainbow Consumer Council	How Women Can Overcome the Challenges Faced by Them
23.	04/09/2021	Mr. Shamnas K S	Mobile Technologies and Cyber Crimes
24.	11/09/2021	Ms. Ashmi Maria John And Ms. Densy John, Teacher Trainees Of St. Thomas College Of Teacher Education	Human Rights and Its Relevance
25.	18/09/2021	Sri. Jose Thayyil, Chairman Kisan Service Society	The Need for Economic Empowerment Of Women
26.	25/09/2021	Dr. Sr. Terciline F.C.C , Director And Psychologist At Bishop Charles Lavigene Psychiatric Rehabilitation	Women And Mental Health.
27.	09/10/2021	Suresh S, Skill & Motivational Trainer	Ways to Improve the Entrepreneurship of Women
28.	16/10/2021	Mr. Ananthukrishnan, Consultant And Trainer	Let's Get Started New Ventures
29.	30/10/2021	Adv. Shiny Gopi, Advocate, District Court, Kottayam	Various Violences Faced by the Women in the Society
30.	06/11/2021	Sri. Civilson Sebastian	Role of Women In Social Progress
31.	13/11/2021	Ms. Anjaly Elizabeth Xavier, Teacher Trainee At St. Thomas College Of Teacher Education, Pala	Smart Parents for Adolescents
32.	20/11/2021	Ms. Jaicy Jose, Teacher Trainee At St. Thomas College Of Teacher Education , Pala	Depression among Adolescents
33.	27/11/2021	Ms. Lakshmi S, Teacher Trainee, St. Thomas College Of Teacher Education, Pala	Suicidal Tendencies among Adolescents
34.	11/12/2021	Mr. Harikrishnan V, Teacher Trainee, St.	Adolescence: A Period of



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		Thomas College Of Teacher Education, Pala	Temporary Insanity
35.	18/12/2021	Adv. Sis. Reji Augustine	Cybercrimes in Children.
36.	22/01/2022	Shibu Thekkemattam, General Convenor, Pala Blood Forum	Benefits of Donating Blood
37.	05/02/2022	Dr. Shiny Antony, Dentist & Fitness Instructor.	Urgent Need of Fitness at the Present Time Due to the Increasing Life Style Diseases
38.	19/3/2022	Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Viewspaper	Need of Women Equality in t/he Society
39.	26/03/2022	Prof. Leena Jose T, Paradigm Shift Facilitator	Need Of Changing Our Mindsets and Give Importance to Learn Unlearn And Relearn




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JAGRATHA 2021- NATIONAL WEBINAR SERIES

DATA RECORDED

കൃഷി നയിക്കുന്നത്

DAY-1

TOPIC:
സന്തുഷ്ടിയിലെ ജീവിതത്തിന് പഞ്ചശീലം

Date:20.02.2021
Time:
8.30 pm -9.15 pm

Ms.Thressiamma Mathew
Director-AWC

Ms.Mariamma K Joseph
Coordinator,AWC

Conveners

Miss. Thressiamma Mathew (Director, Archana)
Dr. T.C. Thankachan (Principal, St. Thomas College of Teacher Education, Pala)

Programme Co-coordinators

Sri. Paulson K.F. (Programme Officer, Archana Women Centre, Kottayam, Kerala)
Dr. Alex George (Teacher in Charge, Extension Activities St.Thomas College of Teacher Education, Pala)
Dr. Lavina Dominic (IQAC Co-ordinator, St. Thomas College of Teacher Education, Pala)

കൃഷി നയിക്കുന്നത്

DAY-2

TOPIC:
"കൃഷി പരിപാലനം"

Date:27.02.2021
Time:
8.30 pm -9.15 pm

Sr.P.L.Abraham
Asst.Agriculture Officer
Manjoor

for more details :8281245484

27/02/2021
8.30 p.m-9.15p.m
No. of Participants: 88

The class was handled by Sri. P.L Abhraham, Assistant Agriculture Officer. Sir gave a clear idea about how to take care of the crops in different seasons. He explained about the organic pesticides and its preparation techniques. In the session he point out the various schemes and subsidies provided by the agriculture societies. Participants actively participate in asking their doubts regarding the ways to control the pest diseases in crops.

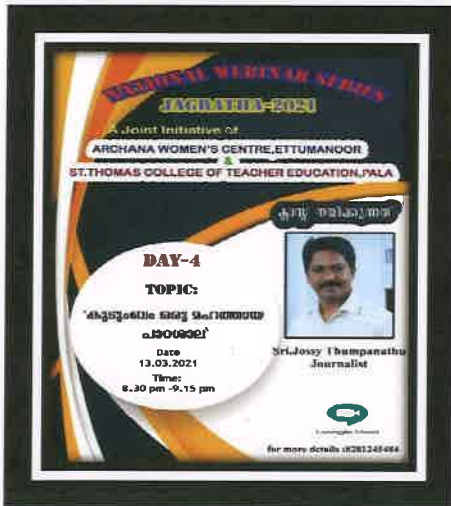


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06/03/2021
 8.30p.m-9.15p.m
 No. of Participants : 90

The resource person for the session was Sri. George Karunackal, Consultant and Trainer. He took class on the various ways to manage the stress in our life. During this pandemic period this class was relevant to cope up with the stress in life. He points out the different root causes of stress in life and gave simple techniques to overcome it. The class was interactive, and participants responded actively.



13/03/2021
 8.30p.m- 9.15p.m
 No. of Participants: 90

The session was handled by Sri Jossy Thumpanathu, Journalist on the topic 'Family is a great school'. He discussed on how to maintain the bond in the family system. He explained the ways to build a network of family relation and also point out the causes of dysfunctional family relationship. The session was worthwhile and effective.



20/03/2021
 8.30p.m-9.15 p.m
 No. of participants:95

The class was handled by Sri. Lorance Mathew, Industrial Extension Officer. He discussed on the topic Entrepreneurship development. He inspired the participants as to how to be a successful entrepreneur. He also shared his experiences. It was really an inspiring and motivating session.

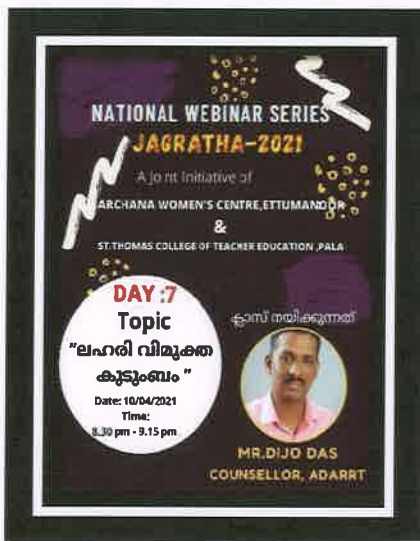


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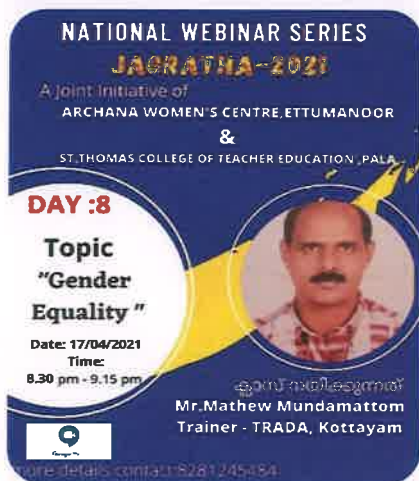
27/03/2021
8.30p.m -9.15 p.m
No. of Participants: 70

Resource person for the session was Mrs. Bindhu Varghese. She took the class on the topic “Smart Parenting”. Her focal area of the talk was how children can combat their insecurities and suggest conversations parents can have with their kids, activities they can engage in together. Finally she spoke about the intelligent look at raising smart children will help parents teach their kids that there’s more to life than academic achievement. Participants especially mothers asked their doubts with the resource person.



10/04/2021
8.30p.m- 9. 15p.m
No. of participants: 100

The class was handled by Mr. Dijo Das, Counsellor, Adart. He dealt the class with the topic “Drug free family”. He pointed the ways we can avoid the drugs especially alcohol and the role played by the family to prevent the use of drugs. The topic was presented systematically and well presented.



17/04/2021
8.30p.m – 9.15p.m
No. of Participants: 95

The session was handled by Mr. Mathew Mundamattom, Trainer-TRADA on the topic Gender Equality. He started the class by explaining about the meaning of the gender equality. He discussed about the proactive measures we need to take for making a gender equality society. Participants gave good comments regarding the class in the chat box. The class was inspiring and interesting



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DAY :10

Topic
"മാതൃകാപരമായ പുരുഷാചാര്യ കഥകളിലെ സ്ത്രീ സാഹസികതകൾ"

Date: 08/05/2021
Time:
8.30 pm - 9.15 pm



more details
contact:8281245484



JYOTHI S
Research Scholar, St. Thomas College of Teacher Education, Pala

8/05/2021
8.30p.m-9.15 p.m.
No. of Participants: 80

The class was handled by Jyothi S, Research Scholar. She discussed on the topic "Female characters in Indian mythology". She focused on Indian epics to point out that the mythological tales we grew up listening to reverberated about strong male characters sketching the religious anecdotes. Participants raise their opinions and throughout the class an interaction is maintained.


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DAY :11

Topic
"ലോകത്തിലെ മറ്റൊരു മാനസികരോഗിയുടെ കഥകളിലെ സ്ത്രീ സാഹസികതകൾ"

Date: 29/05/2021
Time:
11.30 am - 12.30pm



more details
contact:8281245484



Civilson Sebastian
Research Scholar, St. Thomas College of Teacher Education, Pala

29/05/2021
11.30a.m- 12.30 p.m.
No. of Participants

The session was took by Civilson Sebastian on the topic "Role of family members in a drug free life". He discussed about the role of family in addiction recovery and also family involvement in adolescent substance use.

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DAY :12



TOPIC:"ADOLESCENT CARE"

ക്ലാസ് നയിക്കുന്നത്

Date: 05/06/2021
Time:
03.00 Pm -04.00pm



more details
contact:8281245484

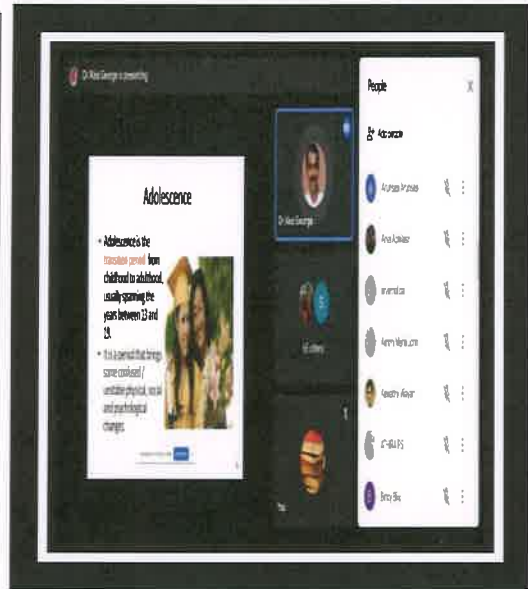
Sri.Nevil George **Dr.Alex George**



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5/06/2021 3.00p.m.-4.00p.m. No. of participants: 87

The session was handled by Dr. Alex George, Assistant Professor St. Thomas college of teacher education and Sri. Nevil George, Teacher trainee St. Thomas college of teacher education, Pala on the topic "Adolescent Care". The first half of the session handled by Dr. Alex George about the adolescence and need for adolescent care. In the second half, Mr. Nevil George discussed on the various adolescent issues such as Substance abuse, mobile addiction etc. The class was informative and effective. Participants interact with the resource persons, asked their doubts and concerns towards adolescent age group.



12/06/2021 5.00p.m.-6.00p.m.

No. of Participants: 97

The resource person for the session was Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission. He discussed about the Covid and its psychological issues. He also provides mental health awareness to cope up with the pandemic situation. Participants raised questions and provided comments regarding the class.



19-06-2021

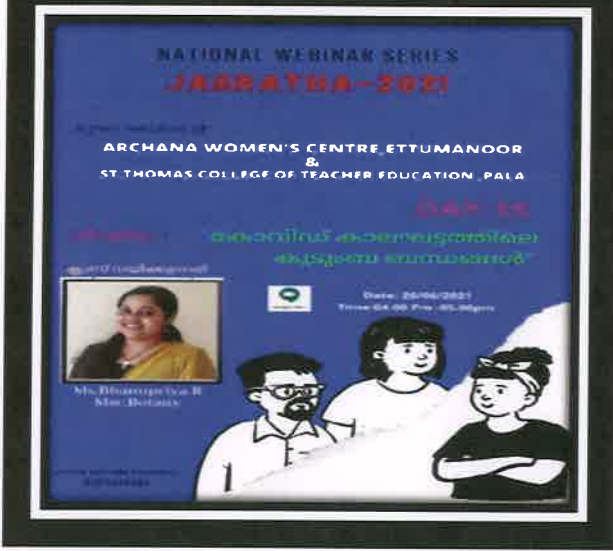
Class time 5.00 – 6.00 p.m.

Participants: 101

Welcome speech by Rakhi R. First phase is handled by Ms Anu Tresa for 20 minutes. Remaining 20 minutes handled by Ms Irin Sera Joseph, Teacher trainee of St. Thomas College of Teacher Education, Pala. Both resource persons discussed on the adolescent issues and ways to deal with them. Slides and videos are presented well. All are impressed by the session. Good comments are reported in the chat box by the participants.



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26-06-2021
 Class time 4.00 -5.00 p.m.
 Participants: 99
 Prayer by Annumol joji. Welcome speech by Sr. Alphonsa xavier. Class was handled by Bhanupriya R. She took the class about the care and support that we need to maintain in a family during Covid pandemic and provided awareness on the various measures to prevent corona. She also shared her experience during the Covid positive days. Class taken for 45min and 5 minutes discussion. 2 members asked doubts. Good comments are written in the chat box by the



3/7/2021
 4.00 to 5.00 pm
 No. Participants: 90

 Class was handled by Soumya V P. She is a dietician. Madam explained about the food habits that we need to follow during the Covid pandemic situations. She cleared the doubts of the participants. Really an informative session.



10/7/2021 11 to 12 pm No. Participants: 100

 Class was handled by Ms. Remya sinoy, Chief editor, Malayalamanorama. She discussed the need of women empowerment and ways we can avoid dowry system. She also speaks about the gender equality that we need to bring in the family. Participants expressed that the session was worthful. Everyone expressed their feedback in the chat box.



Bee
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വിഷയം : **DAY:18**
"സ്മൃതികളുടെ ആരോഗ്യം ആയുർവേദത്തിൽ"

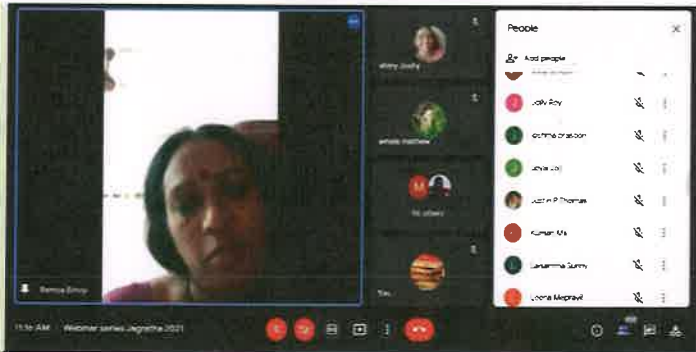
ക്ലാസ് നയിക്കുന്നത്



Dr.Sandrima K S
 MD (Ayurveda)Medical Officer
 Ramaih Indic Speciality Hospital
 Bangalore

Date:17/07/2021
 Time:04.00 pm-05.00pm

more details contact: 8281245484



17/7/2021 4.00 p.m. – 5.00 p.m. No. of Participants: 99

Class was handled by Dr. Sandrima K S, Ayurveda Medical Officer. Doctor discussed about the medicines that we need to take for some common diseases and also she provide some home remedies to treat minor health problems. Participants actively participate in the interactions.




24/7/2021 3p.m – 4p.m No. of Participants: 95

The session was taken by Mr. Arun Kumar K.R, Assistant Sub Inspector of Police. Class was based on the drug abuse among children. He taken the class by pointing out his experiences with drug abuse cases. He stressed the importance to keep the youngsters from drug addiction. Participants especially mothers expressed their concern with children regarding phone addiction.

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വിഷയം : **DAY:19**
"ലഹരിയിൽ മുങ്ങുന്ന ജീവിതങ്ങൾ"

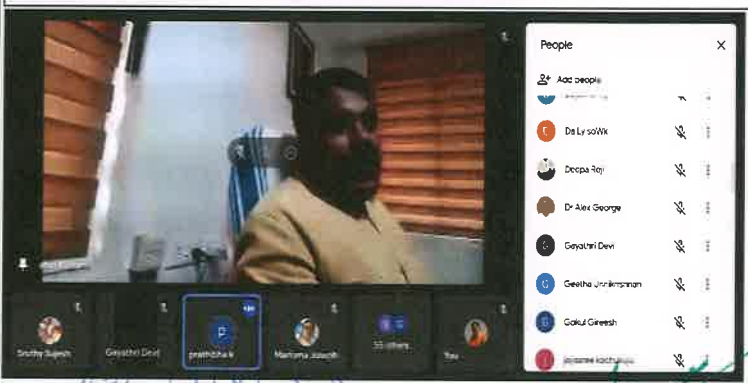
ക്ലാസ് നയിക്കുന്നത്



Arun Kumar K.R
 Assistant Sub Inspector of Police
 DySP Office Enrigene and Co-ordinator
 Operation Combitant Project.

DATE: 24 /07/2021 TIME:03.00 PM-04.00PM

more details contact: 8281245484



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DAY:20
 ക്ലാസ് നയിക്കുന്നത്

ON 07/08/2021

TIME:03.00 PM-04.00PM.

for more details contact:
 8281245484



Sulochana Ramakrishnan
 Women's VOICE, Wayanad

വിഷയം :
 "സ്ത്രീശക്തിക്കൊരു ജീവിത സാക്ഷ്യം"

7/08/2021

3p.m-4p.m

No. of Participants: 90

The class was taken by Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad. She discussed about how women empowerment can be achieved. She shared her experiences when she fought for the women rights. The class was inspiring and Participants from Archana women centre actively interact with the resource person.

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വിഷയം :
 "സ്ത്രീ സുരക്ഷ മാറുന്ന സമൂഹത്തിൽ"

ക്ലാസ് നയിക്കുന്നത്

DAY:21

ON 14/08/2021
 TIME:03.00 PM-04.00PM.



Sr. Adv. Jyothis P. Thomas
 Member Child Welfare Committee, Kottayam

for more details contact:
 8281245484

14/08/2021

3p.m – 4p.m

No. of Participants: 96

The session was handled by Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam. Sr. Jyothis made a discussion on dowry system and how we need to change our view regarding dowry. She took the class by showing interesting and informative videos and slides. Participants shows interest to express their views.


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വിഷയം :
 "സ്ത്രീ അമ്മ, ഭാര്യ സഹോദരി, മകൾ എന്നിട്ടും സ്ത്രീയും കരയുന്നു എന്താണ് കാരണം?"

ക്ലാസ് നയിക്കുന്നത്

DAY:23

ON 28/08/2021
 TIME:03.00 PM-04.00PM



Sri. Nocer Mathew (Ashoka Fellow
 Chairman,
 Nocer Hai Rainbow
 Consumers Council

for more details contact:
 8281245484


28/08/2021

3p.m – 4p.m

No. Participants: 100

The resource person for the class was Sri. Nocer Mathew chairman, Nocer Hai Rainbow Consumer Council. The class was based on the women and the issues faced by women in the society. He discussed on how women can overcome the challenges faced by them. It was an interactive session. Participants actively participated in asking questions and expressed their opinions.




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TOPIC:
**"Awareness to the Parents
 about the Mobile
 Technologies"**

Guest Speaker



Sharnas KS
 Smartphone Repairing Trainer, Govt.
 Polytechnic College, Nattakom



3PM - 4PM
 04/09/2021



4/9/2021

3p.m-4p.m

No. of Participants: 92

The class was handled by Mr. Sharnas K S. It was an awareness session to the parents about the Mobile Technologies. At present situation, this session was very much important for the parents who lack behind in dealing with the technology. He also discussed about Cyber crimes in the session and also the ways to monitor the use of mobile phones by their children. Parents ask their doubts and clarifications.

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DAY -24 **TOPIC**
Child Rights and its relevance
Relevance of human rights in current scenarios

Densy John

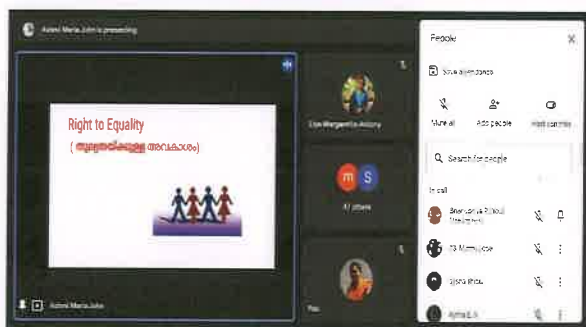
Ashmi Maria John
 more details contact:
 8281245484
DATE: 11-09-2021
TIME: 3.00PM - 4.00PM

11/09/2021

3p.m – 4p.m

No. of Participants: 70

The class was handled by Ms. Ashmi Maria John and Ms. Densy John, Teacher trainees of St. Thomas College of Teacher Education. Dr. Alex George introduced the topic to the participants. First 30 minutes were taken by Ms Ashmi Maria John on the topic Human rights and its relevance. She explained clearly using slides and covered the major areas of Human rights. Then the second half of the session was handled by Ms. Densy John for 30 minutes regarding the child rights and its relevance. She also explained the way to protect their rights and how to deal the children during the pandemic situation avoiding the stress on them. Participants were really impressed by the class and given good comments on the chat



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Day-25
 Date- September 18
 Time- 3.00PM - 4.00PM

സ്ത്രീകളുടെ സാമ്പത്തിക ശാക്തീകരണത്തിന്റെ ആവശ്യകത

Jose Thayyil
 സാമൂഹ്യ ഘടനാപ്രദർശന കമ്മീഷൻ സർക്കാർ ഉപസഹായകൻ

More Details Contact
 +91 8281245484

18/09/2021
 3.00p.m.-4.00p.m.
 No. of Participants: 80

The class was handled by Sri. Jose Thayyil, Chairman Kisan Service Society. He discussed on the topic "The need for economic empowerment of women". In the session he explained the various ways the women can increase their economic resources and also point out the need for women empowerment. Participants raised questions and provided comments regarding the class in the chat box.



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DAY-26
 September-25,2021
 Time:3.00 PM -4.00 PM

സ്ത്രീയും മാനസികാരോഗ്യവും
 (WOMEN & MENTAL HEALTH)

Sr. Dr. Terciline F.C.C
 Director and Psychologist.
 Bishop Charles Lavigne Psychiatric Rehabilitation Center, Arumanoor

For More Details Contact
 +91-8281245484

Convener:
 1. Sr. F.C. Thankachen, Principal, STCE, Pala.
 2. Mrs. Theresiamma Mathew (Founder & Director, AWC)

Co-ordinator:
 1. Sr. Alice George (Teacher in charge Community Extension Programmes, STCE, Pala)
 2. Sr. Anusha B.P (Project Manager, AWC)
 3. Ms. Shanaziyah R (B.E. Student, 2005-02 Batch)
 4. Muthyilal V.S (Office Secretary cum Computer Analyst, AWC)

25/9/2021
 3.00 – 4.00 p.m
 No. of participants : 100

The class was handled by Dr. Sr. Terciline F.C.C , Director and psychologist at Bishop Charles Lavigene Psychiatric Rehabilitation. Sr. handled the topic about women and mental health. Sr. cited examples from her experience in day to day life. Participants clarifies their doubts by asking questions and suggestions from the speaker. It was an active session.



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സ്ത്രീകളിലെ സഹായ സാധ്യതകൾ

Day 27
9th October 2021
Time - 3.00 PM - 4.00PM

Skill & Motivational Trainer
Suresh. S



National General Secretary
Kisan Service Society
State Coordinator
National Skill India Mission

For More Contact +91 8281245484

9/10/2021
3.00 – 4.00p.m
No. of Participants : 80

The class was taken by Suresh S, Skill & Motivational Trainer about the ways to improve the entrepreneurship of women. He also explained the different women startups. He explained the need for sustainable growth of women entrepreneurs to promote a balanced growth in the country. It was a fruitful session. Participants provide feedback through the chatbox.

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DAY-28
OCT-16, 2021
Time: 3.00 PM - 4.00 PM

തന്ത്രങ്ങൾ : പുതിയ സംരംഭങ്ങൾ
(Let's get started/ New ventures)



Mr. AnanthuKrishnan
Consultant, Trainer

Co-venues:
1. Dr. S.C. Theethachan (Principal, STCE, Pala)
2. Miss Theeramma Mathew (Founder & Director, AWC)
Co-facilitators:
1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCE, Pala)
2. Dr. Anitha K P (Project Manager, AWC)
3. Ms. Bhargavathi B (B.Ed. Student, 2020-22 Batch)
4. Mrs. Sreelakshmi V.J (Office Secretary cum Computer Analyst, AWC)

For more Details Contact
+91-8281245484

16/10/2021
3.00 – 4.00 p.m.
No. of participants : 90

The class was handled by Mr. Ananthukrishnan, Consultant and trainer about the topic Let's get started new ventures. Resource person give a clear idea about the programs that provide services for the development of small and medium enterprises. Session went through the active participation of the participants.



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DAY-29
 OCT-30, 2021
 Time: 3.00 PM - 4.00 PM

ഗാർഹിക പീഡനം - നിയമങ്ങളും, പ്രതിവിധികളും
 (Domestic Violence - Laws and Remedies)

Adv. Shiny Gopi
 Advocate, District Courts, Kottayam

Comments:
 1. Dr. T.C. Thekkachan (Principal, STCE, Pala)
 2. Miss Thekkumma Mathew (Founder & Director, AWC)

Coordinators:
 1. Dr. Alex George (Teacher in-charge Community Education Programmes, STCE, Pala)
 2. Sri. Paulina K P (Project Manager, AWC)
 3. Ms. Sharmila S (B.Ed Student, 2020-21 Batch)
 4. Mrs. Sridhyanth K S (Office Secretary cum Computer Analyst, AWC)

For More Details Contact
+91-8281245484

30/10/2021 3.00 – 4.00 p.m No. of Participants : 83

The class was handled by Adv. Shiny Gopi, Advocate, District court, Kottayam about domestic violence – Laws and Remedies. She has pointed out the various violences faced by the women in the society. She also explained the various helplines and counselling facilities available in India and also the laws related with the domestic violence. It was an effective session because the majority of the participants were women from rural areas thereby which helped to empower the rural women community.



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സാമൂഹിക പുരോഗതിയിൽ സ്ത്രീകളുടെ പങ്ക്
 (The role of women in social progress)

Sri. CIVILSON SEBASTIAN
 MSW, M.Phil

NOV- 09 - 2021 3.00-4.00PM

Comments:
 1. Dr. T.C. Thekkachan (Principal, STCE, Pala)
 2. Miss Thekkumma Mathew (Founder & Director, AWC)

Coordinators:
 1. Dr. Alex George (Teacher in-charge Community Education Programmes, STCE, Pala)
 2. Sri. Paulina K P (Project Manager, AWC)
 3. Ms. Sharmila S (B.Ed Student, 2020-21 Batch)
 4. Mrs. Sridhyanth K S (Office Secretary cum Computer Analyst, AWC)

6/11/2021
 3.00 – 4.00 p.m
 No. of Participants: 85

The session was handled by Sri. Civilson Sebastian. Class was about the role of women in social progress. He pointed out that the women have also on average, reinvested up to 90% of income into their households. With more opportunities, they get access to more money to spend on food, housing and education. These are all essential components for poverty reduction and sustainable development. It was a motivational class for the women community.

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SMART PARENTS FOR ADOLESCENTS

Anjaly Elizabeth Xavier
 M.A Economics

NOV- 13 - 2021 3.00-4.00PM

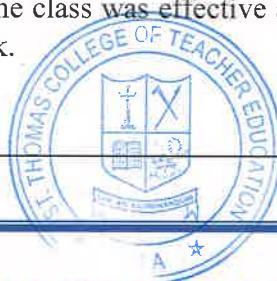
Day 31

Comments:
 1. Dr. T.C. Thekkachan (Principal, STCE, Pala)
 2. Miss Thekkumma Mathew (Founder & Director, AWC)

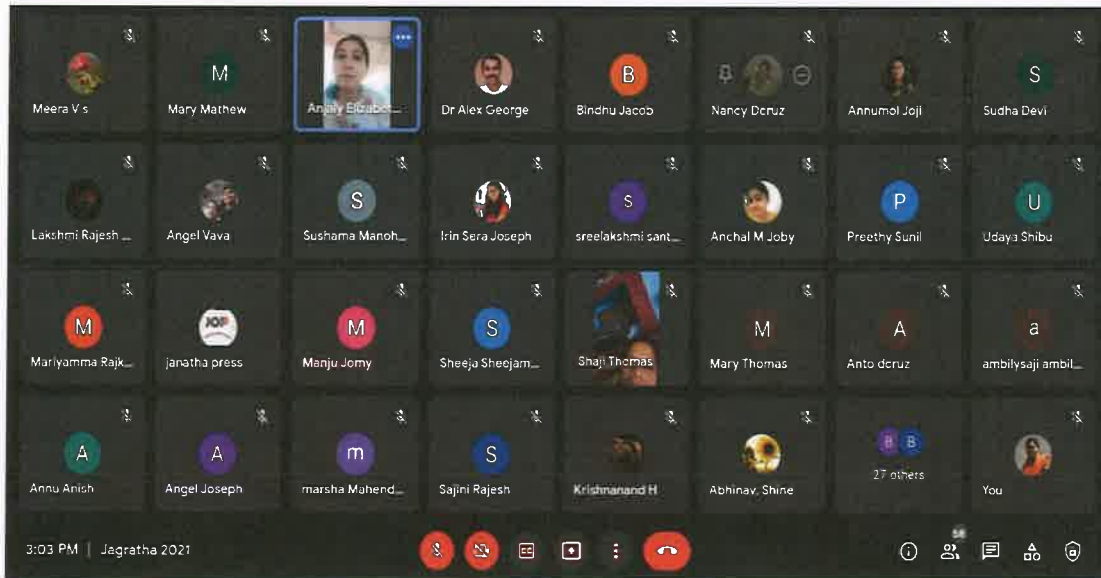
Coordinators:
 1. Dr. Alex George (Teacher in-charge Community Education Programmes, STCE, Pala)
 2. Sri. Paulina K P (Project Manager, AWC)
 3. Ms. Sharmila S (B.Ed Student, 2020-21 Batch)
 4. Mrs. Sridhyanth K S (Office Secretary cum Computer Analyst, AWC)

13/11/2021 3.00 – 4.00 p.m No. of participants : 60

The class was taken by Ms. Anjaly Elizabeth Xavier, Teacher Trainee at St. Thomas College Of Teacher Education, Pala about the topic Smart Parents for Adolescents. She has explained the tips and advices of parenting the present generation smart teens. She also point out the need for strong relationship of parents with their child. The class was effective and the participants gave good feedback.



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JAGRATHA-2021

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TOPIC:
DEPRESSION AMONG ADOLESCENTS

NOV-20-2021 3:00-4:00PM
 DATE TIME
DAY:32

Ms. Jaicy Jose
 M.Sc Physics

For More Details Contact
 +91-8281245484

Coordinators:
 1. Dr. F.C. Shankaran (Principal), S.T.C.E., Pala
 2. Mrs. Thevasanma Mathew (Founder & Director), AWCC
 Chairperson:
 1. Dr. Alex George (Teacher in Charge Community Extension Programmes, S.T.C.E., Pala)
 2. Dr. Anand K.P. (NIPAA Manager, S.T.C.E.)
 3. Mrs. Shanapriya P (S.O. in-charge, S.T.C.E., Pala)
 4. Mrs. Sathyanand K.J (Office Secretary cum Computer Operator, S.T.C.E., Pala)

20/11/2021 3.00 – 4.00 p.m. No. of participants: 90

The class was handled by Ms. Jaicy Jose, Teacher trainee at St. Thomas College of Teacher Education , Pala about the topic Depression among Adolescents. She has explained the various reasons and symptoms of depression among adolescents. She also point out the ways to handle them and the need of counselling. Some of parents raised questions and the resource person clarified their concerns and



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TOPIC
Suicidal tendencies among adolescents
 കുമാരക്കാരിലെ ആത്മഹത്യ പ്രവണത

DATE : Nov -27 -2021
DAY -33 TIME: 3 pm - 4 pm

Lakshmi S
 M. Sc chemistry

For More Details Contact
 +91-8281245484

Coordinators:
 1. Dr. F.C. Shankaran (Principal), S.T.C.E., Pala
 2. Mrs. Thevasanma Mathew (Founder & Director), AWCC
 Chairperson:
 1. Dr. Alex George (Teacher in Charge Community Extension Programmes, S.T.C.E., Pala)
 2. Dr. Anand K.P. (NIPAA Manager, S.T.C.E.)
 3. Mrs. Shanapriya P (S.O. in-charge, S.T.C.E., Pala)
 4. Mrs. Sathyanand K.J (Office Secretary cum Computer Operator, S.T.C.E., Pala)

27/11/2021 3.00 – 4.00 p.m. No. of participants : 90

The class was handled by Ms. Lakshmi S, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic suicidal tendencies among adolescents. She has explained the causes of adolescent suicides and also mentioned the actions from parents side to prevent suicide. She had presented the powerpoint slides effectively which was effective in communicating the important points.



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TOPIC:
ADOLESCENCE : A PERIOD OF TEMPORARY INSANITY!
(കൗമാരത്തിന്റെ മാറുന്ന മുഖഛായ)



DEC- 11- 2021 3:00-4:00PM
DAY:34

Harikrishnan V
MA English Literature

For more details contact +91-8281245484


11/12/2021
3.00 -4.00 p.m
No. of Participants : 93

The class was handled by Mr. Harikrishnan V, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic Adolescence: A Period Of Temporary Insanity. The class was effective and interactive. Participants gave good feedback about the class.

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TOPIC:
CYBERCRIMES IN CHILDREN
(വൈബർ ക്രൈമുകൾ കുട്ടികളിൽ)



DEC- 18- 2021 3:00-4:00PM
DAY:35

Adv. Sis. Reji Augustine
M.A

For more details contact +91-8281245484

18/12/2021
3.00 – 4.00 p.m
No. of Participants: 95



The class was handled by Adv. Sis. Reji Augustine about the topic Cybercrimes in children. The resource person explained the ways the children get affected by cyber crimes and also about the most common cybercrimes targeting children. The session was fruitful due to the relevance of the topic.

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BLOOD DONATION AWARENESS CLASS

JAN- 22- 2022
3.00-4.00PM
DAY:36

For More Details Contact +91-8281245484

Shibu Thekkemattam
General Convenor, Pala Blood Forum
State Award winner for Voluntary blood donation

For more details contact +91-8281245484

22/01/2022
3.00 – 4.00 p.m
No. Of Participants: 90

The class was led by Shibu Thekkemattam, General Convenor, Pala Blood Forum. He has explained the benefits of donating blood and also point out who all cannot donate blood. He answered several doubts raised by the participants related to blood donation after COVID attack. It was an informative and useful class.

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ZUMBA Fitness session

DAY 37
05 FEB 22
3 PM - 4 PM

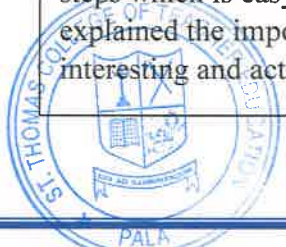
By
Dr. Shiny Antony Rauf
Dentist & Fitness Instructor



For more details contact +91-8281245484

5/02/2022 3.00 – 4.00 p.m. No. Of Participants: 90

The class was handled by Dr. Shiny Antony, Dentist & Fitness Instructor. She talked about the urgent need of fitness at the present time due to the increasing life style diseases. She demonstrated Zumba with simple steps which is easy to follow by the participants. She explained the importance of fitness in our life. It was an interesting and active session.




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സംഗമം
സ്ത്രീനിതി
കുടുംബത്തിന്റെയും
സമൂഹത്തിന്റെയും
നന്മയ്ക്ക്



Prof. Leena Jose T.
 Paradigm Shift Facilitator;
 Editor, Viewpaper.in

DAY 38
 19 MARCH 22
 3 PM - 4 PM

Google Meet For more details contact
 +91 8281245484

Comments:
 1. Dr. T.C. Thekkachan (Principal, SCTE, Pala)
 2. Mrs. Thekkachan Mathew (Founder & Director, AMC)
 Coordinators:
 1. Dr. Anu George (Teacher in Charge, Community Extension Programmes, SCTE, Pala)
 2. Sri. Paulose V P (Project Manager, AMC)
 3. Ms. Sharmila R (B.Ed. Student, 2020-22 Batch)
 4. Mrs. Anitha V S (Office Secretary cum Computer Analyst, AMC)

19/3/2022 3.00 – 4.00 p.m. No. of participants: 70

The class was handled by Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Viewpaper.in. She has discussed about the need of women equality in the society and also about how the gender stereotypes kills a women's self-confidence. She has stressed that the change in the attitude towards women must come from the family. She also mentioned the ways to overcome gender stereotyping. The class was really interactive and motivational to the women community.



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ദിവാലി
ആത്മീയ
സ്വാതന്ത്ര്യത്തിലേക്ക്



Prof. Leena Jose T
 Paradigm Shift Facilitator;
 Editor, Viewpaper.in

Day: 39

26 March 2022 3 PM - 4 PM

Google Meet For more details contact
 +91 8281245484

Comments:
 1. Dr. T.C. Thekkachan (Principal, SCTE, Pala)
 2. Mrs. Thekkachan Mathew (Founder & Director, AMC)
 Coordinators:
 1. Dr. Anu George (Teacher in Charge, Community Extension Programmes, SCTE)
 2. Sri. Paulose V P (Project Manager, AMC)
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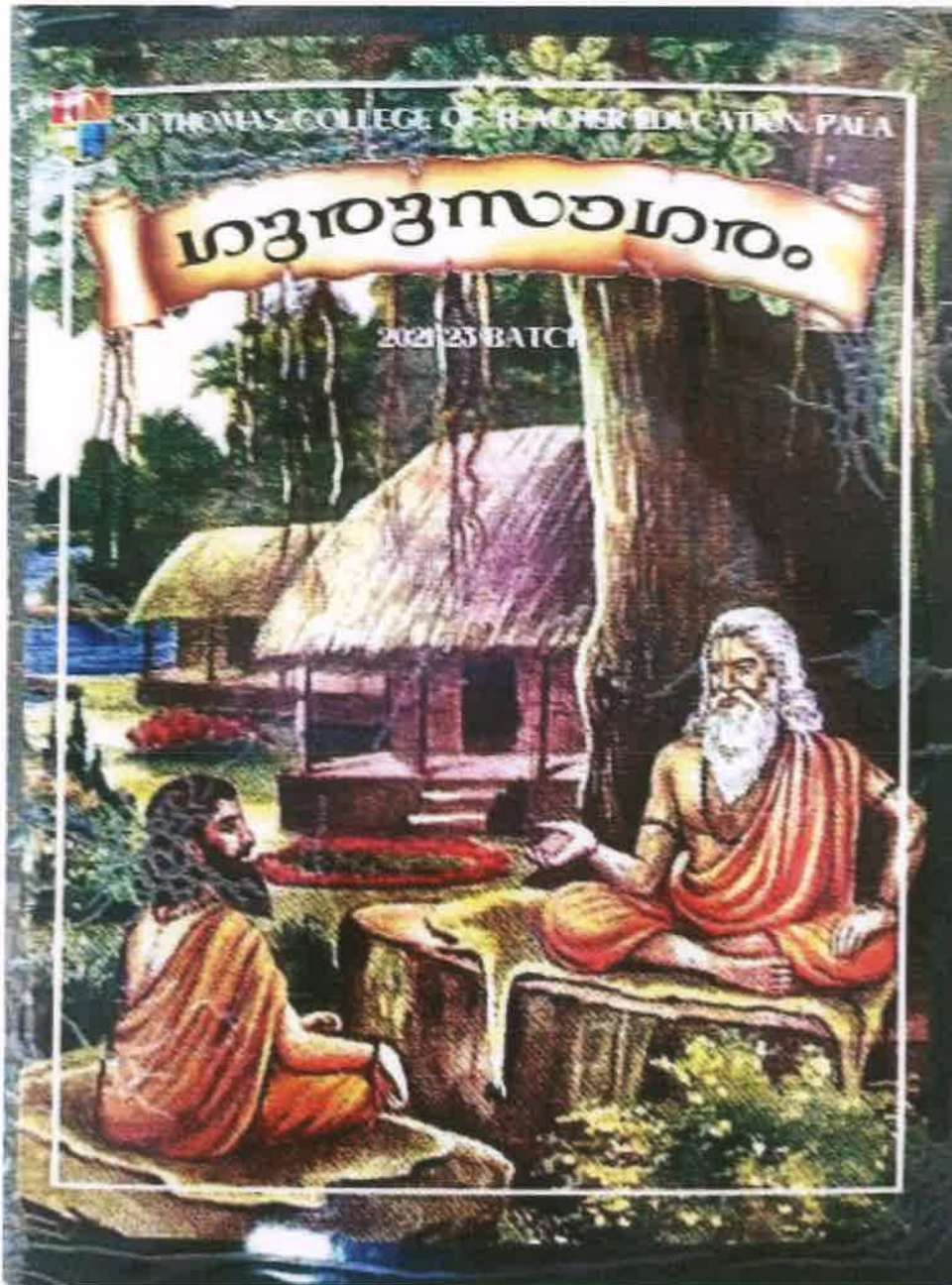
26/03/2022 3.00 p.m. – 4.00 p.m. No. of participants: 93

The class was led by Prof. Leena Jose T, Paradigm Shift Facilitator. She started the session by giving clarification about what is paradigm shift Facilitator?. She has stressed the need of changing our mindsets and give importance to learn unlearn and relearn. She point out that our view informs our understanding and our understanding informs our attitude. It was a thought provoking session. Participants raised questions and gave good feedback about the session.



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4. VOICES OF EDUCATION: A STUDENT-LED ANTHOLOGY

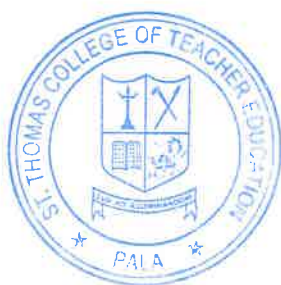



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Students were tasked with engaging with local eminent teachers through structured interviews. Students meticulously prepare detailed reports summarizing the key discussions and wisdom shared by the teachers. Once individual reports are completed, students collaborate to compile them into a cohesive anthology. One faculty member was tasked with overseeing this activity. All students diligently prepared reports based on their interviews with esteemed teachers in their local community.

The institution's authorities have granted the opportunity to publish these materials in book form. It is scheduled for publication on September 5th, coinciding with Teachers' Day, to pay tribute to the invaluable contributions of teachers.

Over the years, we have compiled four books. Students have given creative names to these publications. For the academic year 2022-23, the book was titled "Gurusagaram." In the academic year 2021-22, it was named "Gurusruthi," and for the academic year 2020-21, the book was called "Guruvandanam."




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ആശംസ



കാഴ്ചകൾ സുന്ദരമായ രാഷ്ട്രപുഷ്പങ്ങളിലേക്കും അറിവുകൾ
 തിരിച്ചറിവുകളിലേക്കും അനുഭവങ്ങൾ അജ്ഞാതതയ്ക്കും
 ബോധ്യങ്ങളിലേക്കും. ഉടച്ചുകൾ വിദ്യാലയ ജീവിത
 ദർശനങ്ങളിലേക്കും. വ്യക്തിത്വങ്ങളിലേക്കും ജീവിതപരമായ
 സുഖവും ശോചനയുടേക്കാൽ നല്ല സഹായം
 വ്യക്തികളാണ്. അതോ യുവജനങ്ങൾ. ഈ സ്മരണയ്ക്കും
 ഏകദേശം - ധനുമാസം.

വിദ്യാലയം ഉന്നതനൂതന പച്ചകടന്നു നിലനിൽക്കുന്ന
 ഹൃദയവലയത്തിൽ എന്തും അതിനടിയിൽനിന്നുമാണ്
 അധ്വാനം. വിദ്യാർത്ഥിസമൂഹം. അധ്വാനം നൽകുന്നവരിൽ
 കാര്യസമൃദ്ധിയും പുലരുന്നവരിൽ അതേ അധ്വാനം
 പൂർണ്ണതയുമുള്ളവരിൽ അധ്വാനം. വിദ്യാർത്ഥികൾ
 ദാനിനകാലത്തു സദാചരണങ്ങളാണ് ഇതിൽ
 ഉൾപ്പെടുത്തിയിരിക്കുന്നത്. അധ്വാനം നൽകുന്ന
 കാര്യസമൃദ്ധിക്കാൽ, അതേകാൽ പരമാർത്ഥ ഈ
 ധനുമാസത്തിൽ കൃത്യം എന്ന് അനുസ്മരിക്കാൻ

ഏകദേശം

കാലം നവംബർ 20/2020



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ഘടകിരോറിഖൽ ങ്നാർഡ്

Dr. Alro George
Sreha Jose
Kashrammal K
Arthya Sree
St. Elizabeths TS
Pearly S Thomas
Mona Mathew
Anns Thomas
Haripriya J
Shilpa Elizabeth Joychen
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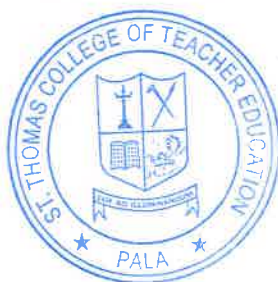
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49	രോഗനിവാരണ	രോഗനിവാരണ	83




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 PALA

INTERVIEW



NAME : ANNAMMA MATHEW ASD 76

ADDRESS : NALLIPARAMBIL (II), EDAYAKINAWILA CO, PTA, 60532

EDUCATIONAL QUALIFICATION : B.S.C. T.E.C

DATE OF ENTRY INTO SERVICE : 1st June, 1969

DATE OF RETIREMENT : 30th April, 2004

SCHOOLS TAUGHT : Abidhan Marthoma Memorial Higher Secondary School, Edayakinnala

1. How many years did you work as a teacher?

I was in the service for 36 years. Those times were the period I got to evolve as a teacher and become solid with children of many generations. Today, when I look back I feel proud that I could mould many children into their finest state.

2. What would you like to convey to the upcoming teachers like us?

The greatest teacher fortune is Jesus Christ. I am saying this because without Almighty's blessings, we are nothing!! To you, think a teacher can manage and discipline hundreds of children? After all teachers are also human beings, we have limitations. What is impossible for you, is possible with God's blessings. I would like to say that you should be a teacher of God.



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we can shape the children into good citizens and socially classified persons.

2. As you said it is important to educate them with values. However nowadays teachers are very afraid of the students' restlessness and passiveness in class. What do you have to say about it?

I have already given you the answer. It is Prayer. God will give you the strength to manage all children with all kinds of behaviours.

There is no point in working them or shouting at them all the time. Remember! Children whom you find restless all the time or with disobedience have got something soreful within them. That could be family issues, other might be disputes between their parents and many more. I remember, there was a girl studying in 9th standard at that time whom I found restless in the class. For many days one day, one and my colleague called her alone to have a talk about her problems. ~~So~~ I spent world it is a common issue. The child was abused by her relatives. Like that there might be many other reasons which the child might hold within itself and don't open themselves to their parents.

Another important factor is such children lack attention. They suffer ignorance from being loved. Therefore, if we put them on their shoulders, ask them for their welfare. It will be a medicine that can cure them. ~~Remember~~ since they understand that we love them, they definitely they will not make mistakes in the class. This is infact a therapy. Once they find you trust them they will share all their problems with you. ~~very~~ ~~best~~ ~~in~~ ~~with~~ ~~them~~ ~~if~~ ~~we~~ ~~say~~ ~~one~~ ~~you~~



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This was my experience in a school which I found
 as good as the same school.
 Most of all, I think a school should be
 found and study it with the same school
 also I have studied a group of students who
 studied in this school got married & settled in
 the place. Also all of them are doing well in
 an opportunity it will be better to be taught in
 a more like a family than in a school. I am making
 at that time. In addition, our problems with other
 who students' problems like I said earlier, we all
 have our own. So we have not and everyone of
 that family. It was a lovely time.

**What do you think should be the changes in
 education?**

Education does not resolve only around books, theories and
 educational institutions. It is not about making
 engineers, doctors, etc. It is about knowing your
 locality, enjoying time & spending time with family
 and good things made food. There are also
 a part of education because nowadays children do not
 understand that they are fresh and do not contain
 adulteration. Children are running behind fast foods which
 will lead to a unhealthy lifestyle causing serious illness.
 They do not maintain a communication with their neighbours.
 It is very important to know everyone living in our
 locality. Only then a feeling of oneness can be developed
 during the vocational education. I find that students
 take more no of exams which are inversely proportional to
 the chapters properly taught in schools. Every parent is
 trying to compel their children with others to be the top
 everyone cannot read entrance or just the entrance papers
 but child is unique in their studies. We teachers should
 motivate them and every child will be a great
 person. All we have to do is to love them and love them
 - THESE ARE GEORGE



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INTERVIEW



Name : Honeyamol P Thomas

Place : Kappalummakkal

Educational qualification : BA. B.Ed.

Date of commencement of service : 01-2-1997

Retirement date : 21-3-2022

Name of schools worked before :

St Pauls L.P.S. Mundakeyam

St Philomena's H.S., Upputhara

Velthina H.S., Mannala

St George L.P.S. Cheeruthikulam

St Marys H.S. Kandyapally.

Honeyamol is a teacher who is much more enlightened and committed. She is a progressive woman who has inspired many




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what do you most like about teaching in your family. I like being intellectually challenged by asking questions and making people think in line with the interactions that I have and I was much more invested in the inspire them indeed.

Can you share an incident which is a great memory?

I have a lot of inspiring and motivating stories to share. But then the incident that I get to remember is a case of 2 of my students had an accidental death was a really shocking incident for me as my colleagues.

Would you comment on the reason why the value of education in Kerala has been declining?

The main reason is the all India benchmark till 8th standard. The value of papers is mostly not done appropriately by many teachers. Teachers have to be more vigilant and informed while they are marking the answersheets. Giving more important quality education is a must. Knowledge should be shared inspite of any restrictions.



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Soon after your diagnosis, did you find that students' support with you changed as your condition became known?

Well as far as my relationship with my students goes, my career can be really divided into two eras. First there was the pre-illness period, in which I had a good sense of humor and good rapport with my students. I prepared them well and thorough. This phase ended as the illness progressed. It change overtook me as I realized that there would be an abrupt pause to my career. I tried to make each class healthy and interactive. My students offered a tremendous support. They offered a lot of understanding, love, support and humanity. With all the support, I recovered from my diagnosis and still taught with almost confidence.

What has retirement enabled you to do?

It's just been a few months that I am being retired. But still it makes a lot of difference. I don't wanna sit idle at any point of time. I am into fish farming and vegetable gardening. I also get to spend more time with my family and friends. I am reading a lot more than before and contributing more thoughts to the society.




6. "Do these any change in the teacher-student relation than before?"
Teachers are much more open to the students than before. The correction has more become than old times. The really goal that get to have healthy conversation with

From your extravagant experience in teaching career, can you give few ideas to the student teachers who are the knowledge providers,

I would definitely say that takes years to learn to be a teacher. To copy any other teachers; learn to be yourself in the classroom. The most skill to master is classroom management because without order, learning can't take place. Give yourself time and go for what you want. It's worth being a

This teacher reminds me a vibrant woman bursting with lot of possibilities and vision. She is anything forgettable. She obviously loved teaching and has an everlasting impression of values and culture.




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ഒരു സമൃദ്ധി

മറ്റൊരു - ലെ കാര്യം പകരം ദിനന്തോടനുബന്ധിച്ച്

B.Ed. വിദ്യാർത്ഥികൾക്കു കരുക്കുന്ന
സ്മരണപത്രം

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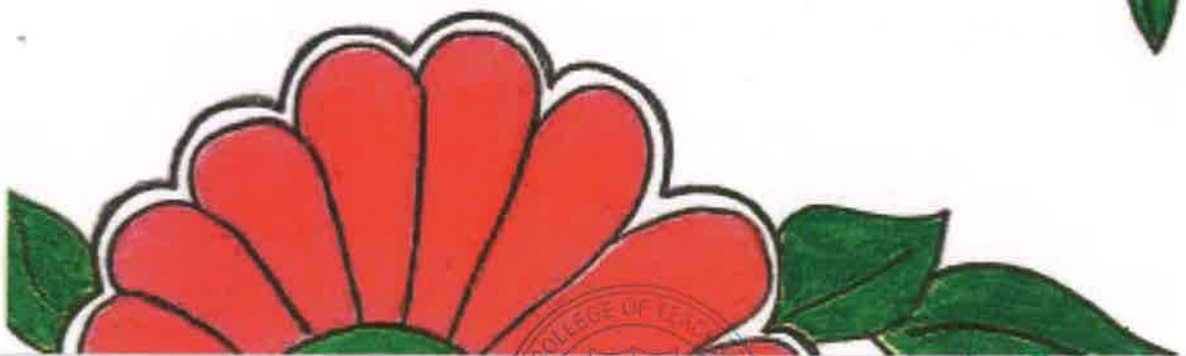
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സമർപ്പണം

കോമീഡ് കാലഘട്ടത്തിലും
അവ്യാപനത്തിലൂടെ സ്നേഹവും, അറിവും,
കരുതലും വിദ്യാർത്ഥി സമൂഹത്തിന്
പകർന്നുതന്നു എല്ലാ ഗുരുരത്നങ്ങളുടേതായി...



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ആശംസ

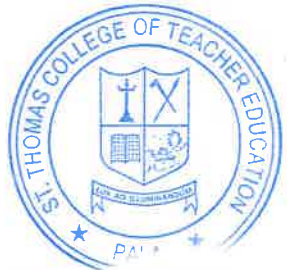
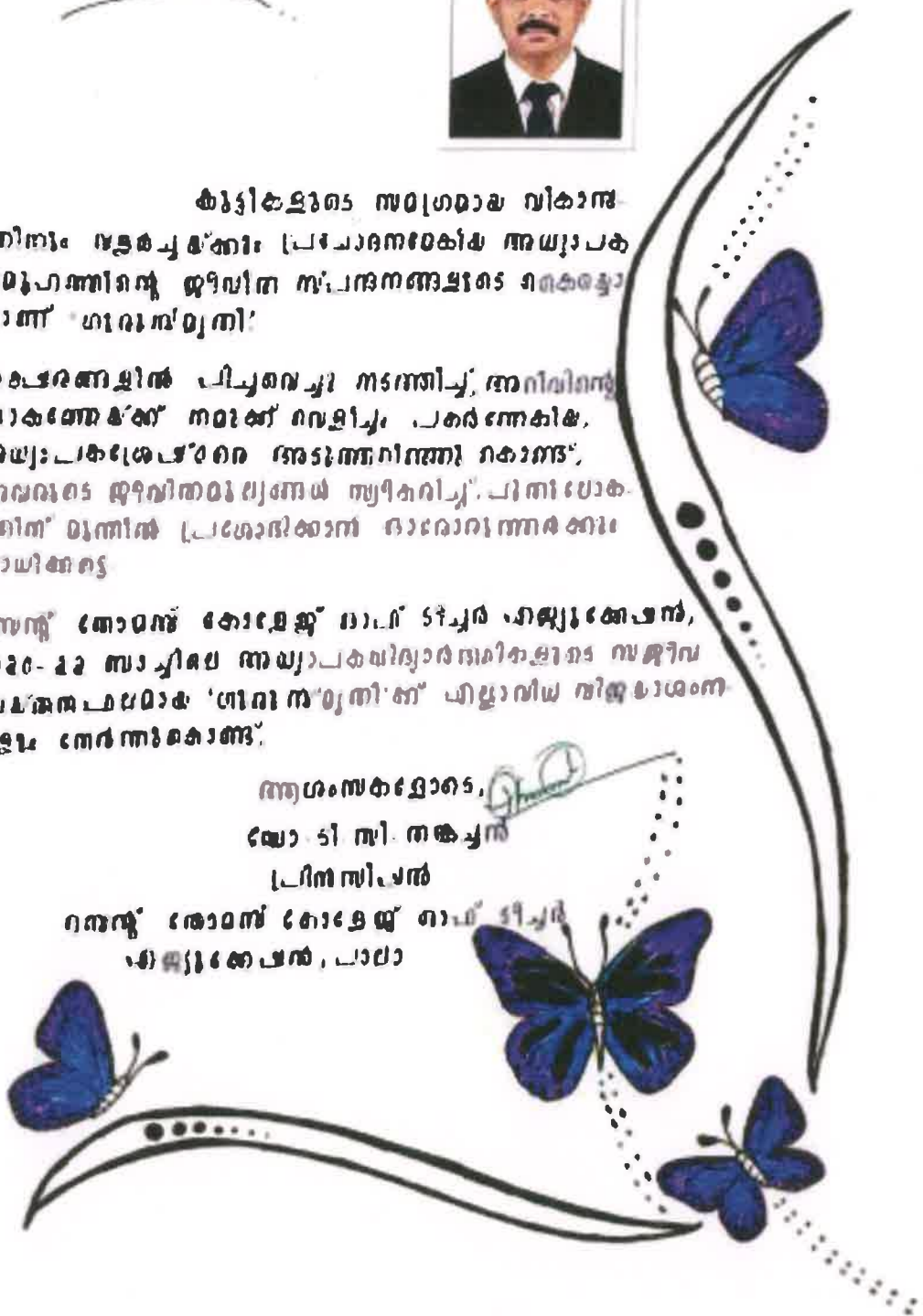


കുട്ടികളുടെ സമഗ്രമായ വികാസത്തിനും വളരച്ചുരുക്കിന് പ്രചോദനശക്തിയേറിയ അധ്യാപക സമൂഹത്തിന്റെ ജീവിത സ്വപ്നങ്ങളുടെ തിളക്കമാണ് 'ഗുരുനാമം'.

അക്ഷരങ്ങളിൽ പിടിച്ചെടുത്ത് നടന്നിച്ച്, അറിവിന്റെ ലോകത്തേക്ക് നമുക്ക് വെളിച്ചം പകർന്നുകൊടുക്കുക, അധ്യാപകശ്രേഷ്ഠരെ അടങ്ങുന്നിറങ്ങു കൊണ്ട്, അഭയമേറിയ ജീവിതമുല്പന്നങ്ങൾ സൃഷ്ടിക്കുക, പിന്നിലേക്കു നോക്കി മുന്നിൽ പ്രശോഭിക്കാൻ അഭ്യർത്ഥിക്കുന്നു.

റബന്റ് നോമൻ കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ, 2020-22 സാധ്യമായ അധ്യാപകവിദ്യാർത്ഥികളുടെ സജീവ പ്രവേശനം ഉറപ്പാക്കി 'ഗുരുനാമം' യിലൂടെ വിജയാശംസകളും നേർന്നുകൊണ്ട്.

ആശംസകളോടെ,
 ഡോ. ടി. സി. നരേഷ്
 പ്രിൻസിപ്പൽ
 റബന്റ് നോമൻ കോളേജ് ഓഫ് ടീച്ചർ
 എഡ്യൂക്കേഷൻ, പാലാ



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ആശംസ



**വാരിക്കാനും എഴുത്താനും,
സ്വപിനം കാണാനും, മകൾക്കൾ**

കീഴടക്കാനും, സുഹൃത്താക്കും, വിദ്യാർത്ഥികൾക്കും മലയാളം പഠിപ്പിക്കാനും, അധ്യാപകരിലേക്ക് ആദ്യം എത്തി നോട്ടം - 'ഗുരുസ്തുതി':

അറിവിന്റെ അനന്ത വിപാകസ്ഥിലേക്ക് എത്തിച്ചേരാനും, നമുക്കുതന്നെ, പ്രാപിക്കാൻ പ്രാപിക്കാനും അറിവുണ്ടാക്കാനും സർവ്വതരംഗം സന്നദ്ധതയോടെ സന്നദ്ധതയോടെ സന്നദ്ധതയോടെ

'ഗുരുസ്തുതി'കൾ പാഠനം പൂർത്തിയാക്കുന്നതിനായി നാടി പ്രകീർത്തിച്ചു എല്ലാ അധ്യാപകരിലും വിദ്യാർത്ഥികൾക്കും പുറകും നിന്നും അറിവുണ്ടാക്കാനും

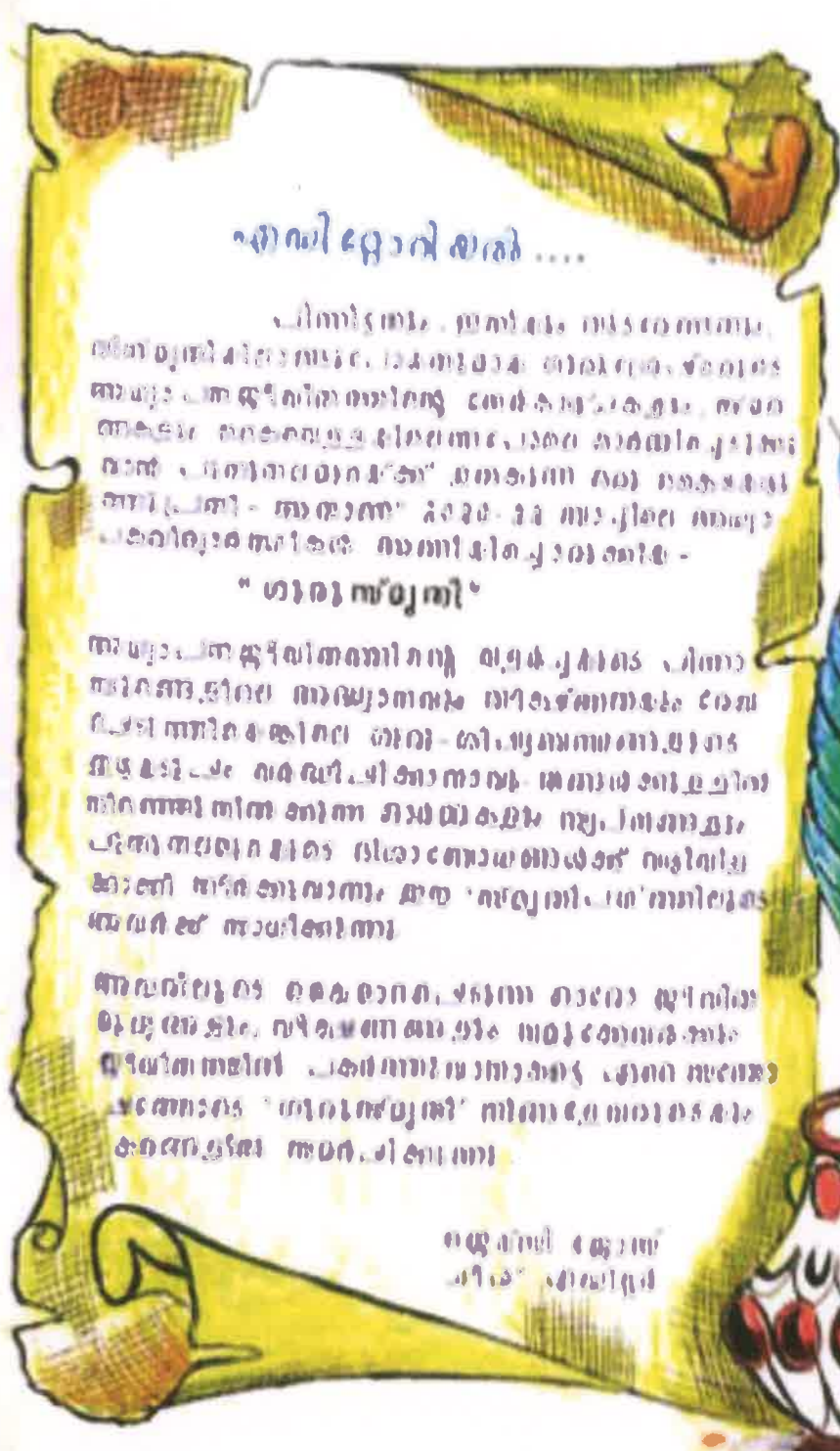
ആശംസകളോടെ,

**ഡോ. സി. സീനാമ്മ മാത്യു
റെവന്യൂ പ്രിൻസിപ്പൽ**

കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ
പാലാ 12113



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എന്റെ ഏറ്റവും

പിന്നിടുന്നു. ഇതിനെ തുടർച്ചയായി
നിങ്ങളുടെ മനോഹരമായ സ്മരണകൾ എന്റെ
മനസ്സിലേക്ക് എത്തിക്കുന്നു. നിങ്ങളുടെ
അടുത്തുള്ള സ്മരണകൾ എന്റെ മനസ്സിലേക്ക്
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എന്റെ മനസ്സിലേക്ക് എത്തിക്കുന്നു.

"ശ്യാമപ്രസാദ്"

നിങ്ങളുടെ സ്മരണകൾ എന്റെ മനസ്സിലേക്ക്
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എന്റെ ഏറ്റവും
പ്രിയപ്പെട്ടവൻ



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എഡിറ്റോറിയൽ ബോർഡ്

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നോർമ്മ ജോൺ
ജെക്കിംസ് മാത്യു
ഹാർക്വുട്ട്ണൻ ഡി
സി. റോസ്മേരി ചെറികാൻ
വെൻസി ജോൺ
ജെക്കി ജോൺ
നീനാ ഐ.കുമാർ
സ്മിതി ടോ

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ഇതുകൂടിപുസ്തകം

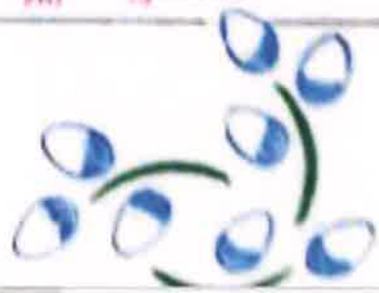
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BIO DATA

Name : Jessykutty Thomas

Address : Panamkattu(H)
Karimkumam

**Education
Qualification** : TTC, B.A. Economics

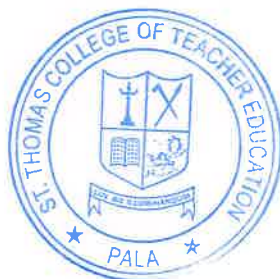
Subject : Economics

CAREER CHRONOLOGY

Started : 1987

Retired : 2020

**Designation
on
Retirement** : Headmistress,
St. Mary's UPS,
Nediasala



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INTERVIEW

1. How many years did you work as a teacher and in which all institutions?

> I joined St. Joseph's School, Kochera on leave vacancy in 1987. During my career spanning 33 years from 1987-2020, I worked in a number of schools under Kanjirapally diocese and Kothamangalam diocese. Starting with St. Joseph's Kochera, I moved on to St. George High School, Parakkode, St. Theresa's School, Madakarai, 18 years in Little Flower School, Nediyad and finally retired as headmistress from St. Mary's UPS, Nedissala.

2. Why did you choose teaching as your career? Has there been an inspiration behind your choice?

> We are a family of teachers with most of my family employed in the teaching profession, starting with my father. But, in addition to that I have always found teaching to be a profession that has a level of satisfaction like no other. Being a teacher, I was able to maintain a good work-life balance. Being amidst children, especially little kids was a bonus.



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3. During your career has there been any student/ students who influenced you in any way?

> Frankly speaking, the one principle I followed throughout my career was to treat all my students without any bias, to be equally available to each one of them in their need. Having said that, I should say that I have had a very pleasant experience with almost every batch of students I taught. But one incident that particularly stands out for me is when a seventh grade student got suspended, he came to me before leaving to speak to me. I was so taken aback and happy at once because of his warm attitude towards me. Another very sweet memory is that of a first grader who came rushing to the staffroom during lunch break and kissed my cheek. During my career I have always been awed by these faces that brew innocence.

4. Mention the happiest day/moment in your career.

> There has been many such moments during my career. One is definitely when I got placed in the school I had been a student previously. It was a great feeling to work alongside my teachers and to get their care and affection once again. Also, taking my students to competitions and seeing them win prizes also gave me great joy. To conclude, I would like to mention one of the biggest feats in my career. In my years as the headmistress of St. Mary's UPS, Nellasala, I was able to run the school economically.




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from being an uneconomic school with just 81 students.

5. How do you feel now? Do you miss being a working woman or have you moved on in life?

> I have moved on, definitely I have. There is so much work in a house. Apart from the household chores, I have a garden to look after. But, it would not be fair to say I don't miss being a working woman. But, seeing the shift to the online mode of education, I must say, I am happy I got retired before that as I cannot imagine teaching a class without live students.

6. What advice would you like to give to aspiring teachers?

> More than an advice, I would say this ought to be the underlying principle guiding the teaching profession - treating every student equally, without any prejudice. This does not mean neglecting individual differences. We should take this very seriously when this comes to primary school students. With respect to high school students, I would say teachers should be ready to listen and provide solutions, if not, just listen and think what you could do to help them. Lastly, as teachers form a vital part of a child's formative years, we should try to impart some spiritual thoughts to them as and when we can to mould them into good human beings.

Cheshu Jose



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Cheslin Jose



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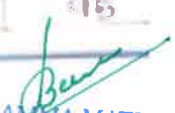


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INTRODUCTION

A teacher is a friend, philosopher and a guide who instills confidence in young minds and gives them hope & dream. Teaching is truly a rewarding experience. Teaching has always been considered as the most sacred, noble and exciting profession.


I had an interview with a retired teacher of our area. His name is K.K. Lalitha and he had 28 years of service. The interview is as follows:-

INTERVIEW

Question: When did you enter into the government service and how many years of experience do you have?

Answer: I have joined in 1977 at A.M.U.P.S, Palakkad and my retirement was in the year 2006. I have 28 years of service and I retired as HM.




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Q: In the beginning, I received around 300 rupees. I don't remember the exact amount. But at the time of retirement, the scale of pay was 9590 - 240 - 10790 - 200 - 11910 - 340 - 13610 - 380 - 16650.

Q: What was the basic qualification one should have to become a teacher at that time?

A: Basic qualification was TTC. But I had BA, B-Ed at that time.

Q: What was the strength of each class?

A: Each class had about 40 students. If the number of students exceeds 45, then we used to have two divisions.

Q: How was the student-teacher relationship?

A: Unlike today, students had a distant relationship with the teacher. They always feared teachers. During those days, teachers were too adamant and always had a dictator kind of role in the classrooms. Only few teachers were exceptional.



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Ques: Which type of approach do you find more effective? Student centered or teacher centered?

Ans: In my opinion, we should have a mixture of these two approaches. Teacher centered approach does not provide a platform for students to express their ideas, interests and opinions. They are inactive. But student centered approach, in my opinion has become a burden for children. They are doing a lot of activities nowadays and the workload has increased. Therefore, we should have a balance between these two approaches.

Ques: Nowadays, according to the rule, students should not be punished in schools. What is your opinion regarding this?

Ans: According to me, students should be punished. But it should not be too harsh. It is a part of discipline. But nowadays, according to the rule, students should not be punished. Because of this reason, most of the students are not bothered about the reaction of



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from with a care.
Question: Did teachers used to observe the familial and social backgrounds of children?

Answer: It depends upon the personal quality of the teacher. It varied from person to person. Only a few teachers were bothered about such things and according to their will they visited the houses of several students. Today, it has become a part of the curriculum and teachers are doing it for name sake in many cases without any interest.

Question: What about the examination and evaluation system?

Answer: We had half yearly, quarterly and annual exams. Grade System was not there. It came only after 2000. At the time of my retirement, grade system was introduced.

Question: Did your school had proper infrastructural facilities?

Answer: The condition of infrastructure was very poor. Our school did not even had proper toilet facilities. Girl students used to go to



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They faced a lot of troubles because of this reason. It results to unhygienic conditions. It was a very pathetic situation and it has continued for so many years.

Laboratory and library facility was there. But it was not at all used by the teachers properly. Teachers take laboratory classes once or twice in a year.

Question: Did the students had extra curricular activities?


Answer: We had "Sahityasamajam". It was an association where used to perform drama, painting, dance etc every month. It was very well organized. Unlike today, different clubs were not there. Clubs were formed during 2004 period. Arts day and Sports day was held every year.

Question: What about student welfare activities?

Answer: PTA was constituted every year. But during those days, PTA was not at all active. Meetings had very less attendance.

Question: Would you like to convey any message to




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... your vision of inspiring students?
Q. If you are able to become a good individual
the student are student, it means you have
succeeded in your life. Be hundred percent
committed to your profession because this is
the most sacred profession one could ever
have.

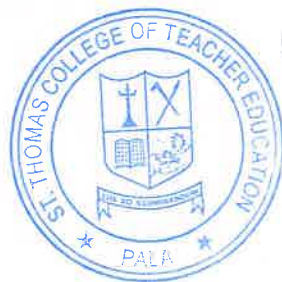
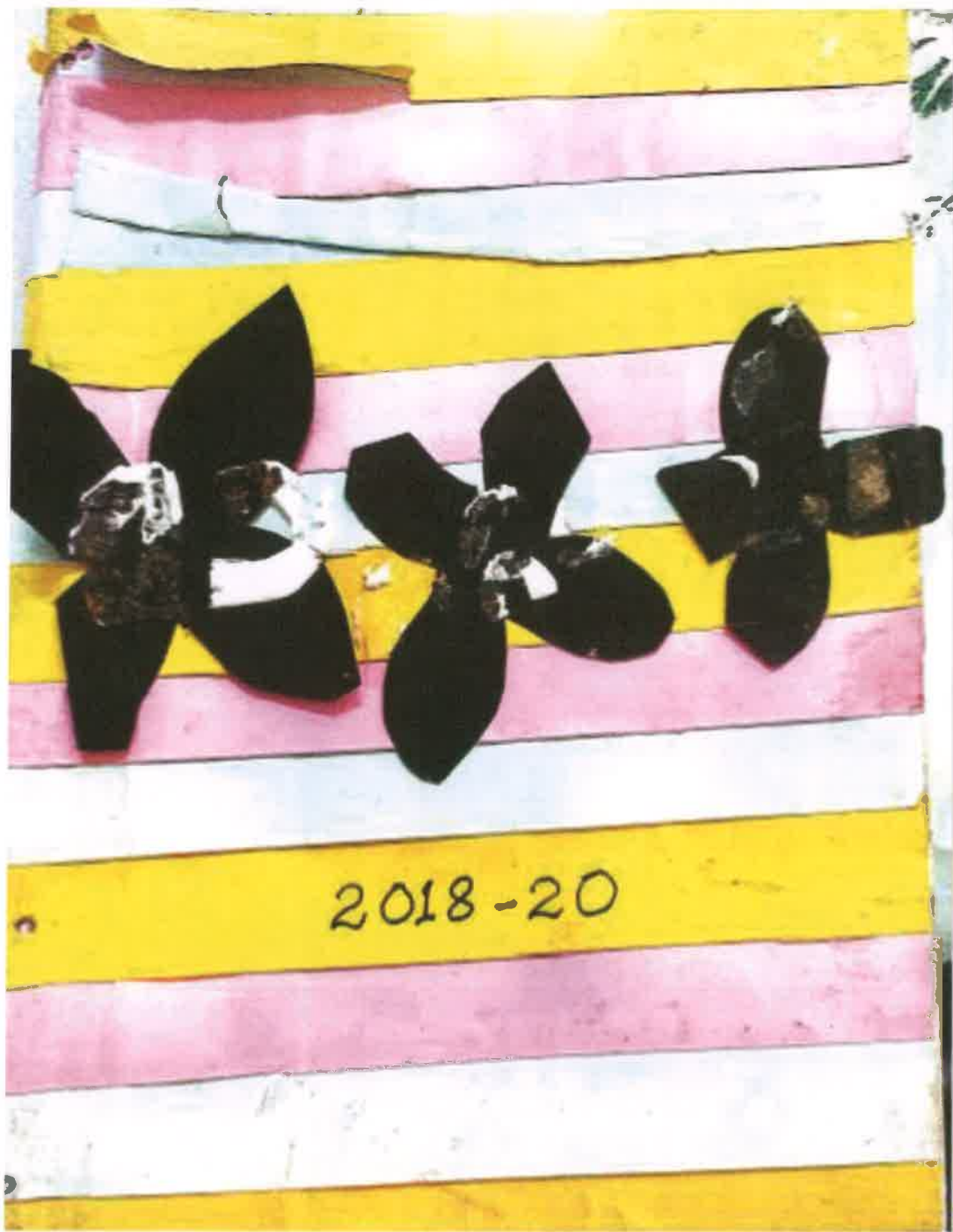
CONCLUSION

The interview has helped me to understand the
experience of a teacher who worked for a long time.
It enabled me to travel through the positive, negative,
challenging experiences of a teacher. Moreover, this interview
has made me aware of the role of a teacher in a
student's life much more than before.

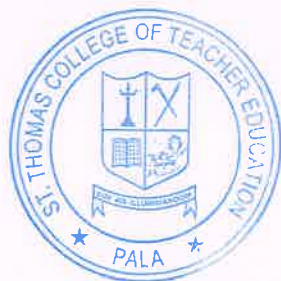
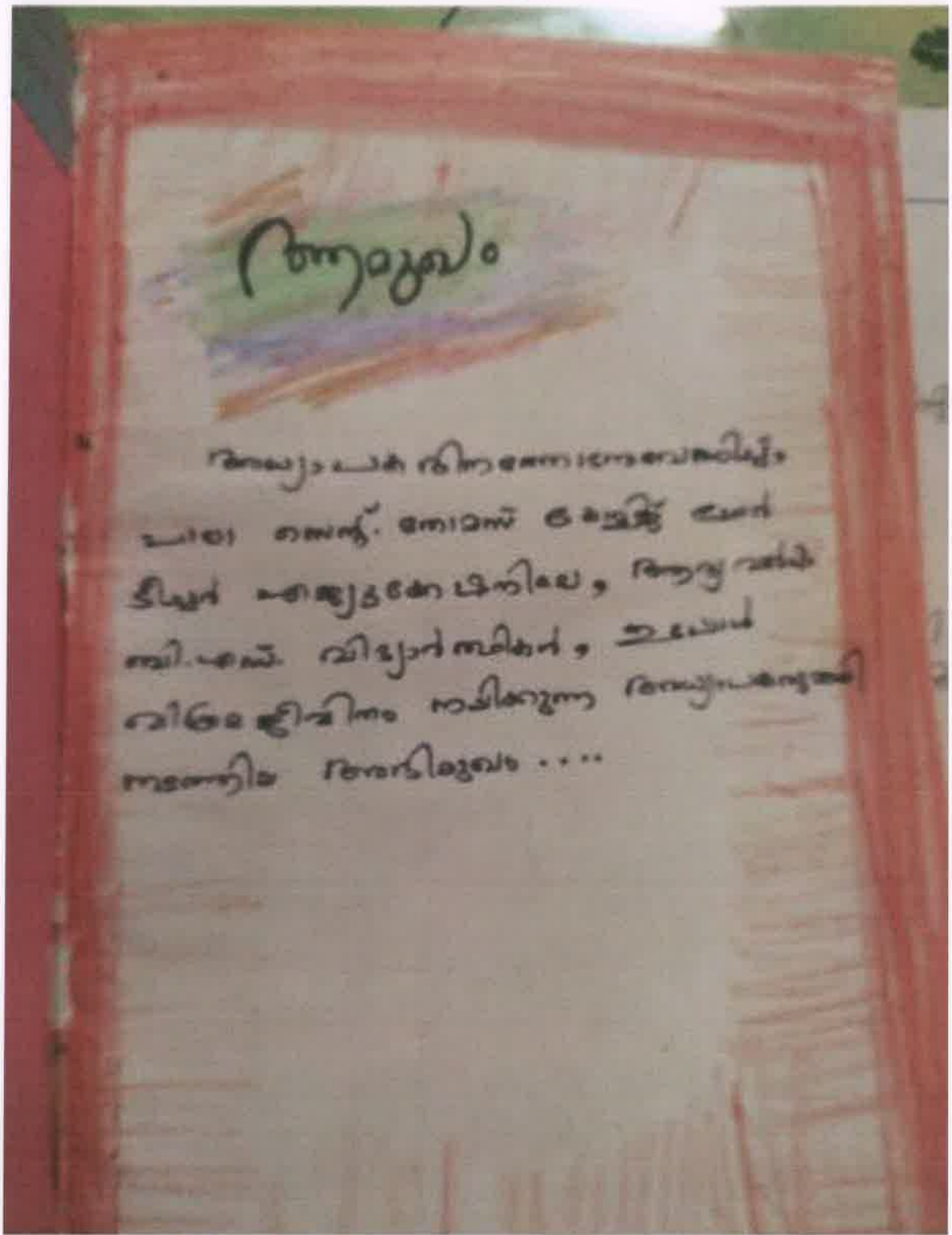
By - Matha Ramesh -





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TEACHER INTERVIEW REPORT

INTERVIEW : M. Misunderstand Mathes, Red Head Mathes - A P P O Nijal school Pongat.

INTERVIEWED BY : Ajun K. Aul

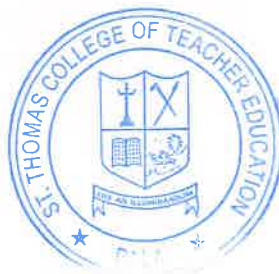
This is a report of a study conducted in the form of an interview. Teacher is chosen from the locality.


Q. 1. How do you judge the system provided during your service?

Students were given a poor motivation from the part of teachers but quality students were there and they attain good positions in society. There was a broad and vast curriculum based on a just vision to improve the student to become a better human being. Students were very much attached to nature and natural resources. So students have first hand experiences over most of the subject. Time management is the biggest concern. Teachers with too many responsibilities to manage their class appropriately. Year based system and good valuation system helped good quality among students. Challenges in teaching abstract concepts for students. Board and chalk are the only medium which help the teacher. Poor mastery by over English language makes institutions into difficulty.

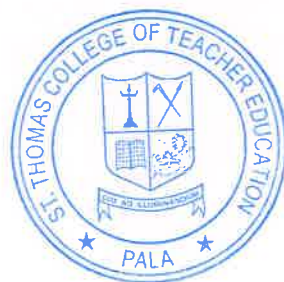
Q. 2. Which are the areas that need an improvement?


The teacher profession was considered divine and even the doctor's word to respect the teachers. But gradual degradation and loss of respect led to poor standard and social. Low salaries made people stay away from teaching profession. School facilities like libraries were not sound during the old time only a few people can access the library and other facilities. But now the things have changed after the arrival of computer and internet students can access knowledge from every part of the world. During my service the availability of text and other study materials was a huge task and completely the burden. I don't know the method...




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In what do you value / solution for teachers?
 Students to meet teachers that could help improve the
 this coming to get success put in school teacher must be with
 such a student. To stand for maximum education. As expected P.
 dedication of body. Teachers and students are need to improve the
 current level. Give more emphasis to life skills to make
 our students well rounded individuals. Empower teachers as well
 as students through better teaching through giving them digital skills
 teachers are required to reduce dependence on lectures and on
 methods and instead use more practical methods of teaching.
 Nowadays students are fearful about failures even small things. In
 sports and in the life students think about suicide this happens
 because of weak orientation and lack of family support. As
 a teacher/mentor teacher you must be very patient and
 to help the student tackle their difficulties in life as well as
 their future. Today examination means a mere assessment means
 check student memory. Assessment for learning and assess for
 knowledge through practicality.




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INTERVIEW

PROFILE

Name: Beemamma Jose

Age: 59 years

Address: Pallethunkal (H), Thommankuth P.O.,
Thodupuzha, Idukki.

Educational qualification: B.A (Eng-Lit), B-Ed
SSC: Sacred Heart GHSS, Muthalakovdam.

2nd Degree: Newman College, Thodupuzha

B.Ed: St. Paul's B-Ed College, Hyderabad.

Classes taught: Lower primary and Upper primary

Schools taught: St. George UP School, Kallanickal
St. Xavier's HSS, Chommamank

St. George's HS, Parathodi

St. Joseph's LP School, Thommankuth

Teaching experience: 28 years

Why did you choose teaching as a profession?

i: I found teaching to be one of the noblest professions as teachers have a very important role in shaping and giving direction to a child's life. Unlike other professions, teaching gives a kind of satisfaction, which is why



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What was your salary when you first joined as a teacher?

I first joined St. George's or St. Peter's school for a salary of Rs. 1050, which was quite low in those times.

What do you think is the role of a teacher in society?

A teacher has a very influential role in society as people respect teachers a lot and thus we, as teachers have power to bring about a positive change in society and the life of our students. As teachers, it is our responsibility to teach them values apart from academics. Teachers mould students and make them responsible citizens. The contribution of a teacher to the society is really great.

How was your experience in teaching different types of students over the span of your teaching career?

As a teacher, I feel I have been able to do justice to the profession. Even though I was strict with my students, I was also patient and understanding with them. There were difficult situations and difficult students to deal with but patience and persistence was what helped me through.

Please recount one unforgettable experience in your



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I once had a student, who had recently lost her mother. She was not very bright in studies and her mother's loss led her to depression. I often used to speak to her privately and tried to help her overcome her grief and depression. Once, when she won a prize for a competition, I congratulated her, patted her back and hugged her. Later, she told me that my presence made her feel loved and cared for, just like her mother. From that day onwards, she began to work hard and became one of the toppers in class. Today, she is a very successful engineer. The experience was really touching for me and changed my whole perception about my role of a teacher.

What do you think, are the main differences between the older generation and the new generation of students?

J: I feel that students of the older generation were more respectful and gave more importance to values, in comparison to the students of this generation. There was more cooperation among students and teachers. As for the new generation, the internet serves as a storehouse of information but for the older generation, books were the only source, in addition to classroom.



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Roll no-9

What advice would you like to give to the present generation of teachers?

I would recommend the present generation of teachers to be patient while dealing with students. They must be loving, affectionate and encouraging. It is the duty of the teachers to teach them moral values and teach them to respect others.

Thank you so much for your valuable time.



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5. PHD RESEARCH PUBLICATION OF FACULTY MEMBERS IN BOOK FORM

The idea of encouraging faculty members to publish their Ph.D. research in book form represents a significant endeavor that not only showcases the depth of scholarly expertise within the institution but also contributes to the dissemination of knowledge in a comprehensive and accessible format. This strategic initiative underscores the commitment of the institution to support faculty development and scholarly achievement while also enhancing its academic reputation.


During the academic year 2022-2023, Seven of our esteemed faculty members successfully published their Ph.D. research in book form. This significant achievement not only highlights the depth of scholarly expertise within our institution but also underscores our commitment to supporting faculty development and scholarly dissemination.

To facilitate the publication process, the institution provided comprehensive support to the faculty members. This support encompassed various forms of assistance, including access to publishing resources and editorial guidance. Through these efforts, the institution demonstrated its dedication to fostering a culture of research excellence and scholarly achievement among its faculty members. These books were unveiled during the inauguration ceremony of the college, coinciding with its official recognition as a research center.

List of faculty members published their PhD research in book form

Sl. No	Name of the faculty member	Name of the book	ISBN	Publisher
1.	Dr.Sr.Beenamma Mathew	7E Learning Cycle Model Rectification of Misconceptions	978-93-90608-34-8	Media House, Delhi
2.	Dr.T.C Thankachan	Value analysis model of teaching – Theory and Practice	978-93-83341-50-4	Jeevan books Bharananganam
3.	Dr.Sr.Mary Thomas	Cognitive Acceleration and Thinking Skills	978-93-90608-42-3	Media House, Delhi
4.	Dr.Lavina Dominic	The Picture-Word Inductive Model and Second Language Acquisition	978-93-90608-53-9	Media House, Delhi
5.	Dr.Sunu Austin	Reflective Teaching : A Strategy For Developing Peace Values	978-93-90608-65-2	Media House, Delhi
6.	Dr.Gilu G Ettaniyil	Information Technology- A cognitive Approach	978-93-94507-00-5	Media House, Delhi
7.	Dr.Sunil Thomas	Electronic Media Use Among school Children- Psycho-Physical perspectives	978-93-94507-21-0	Media House, Delhi
8.	Dr.Alex George	Continuing Education and Education for all	978-93-94507-01-2	Media House, Delhi

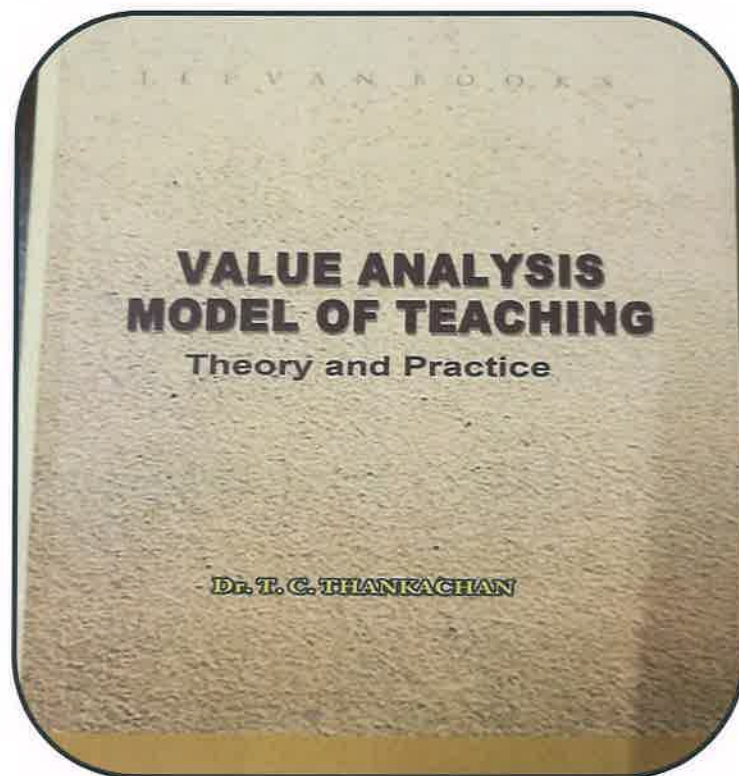



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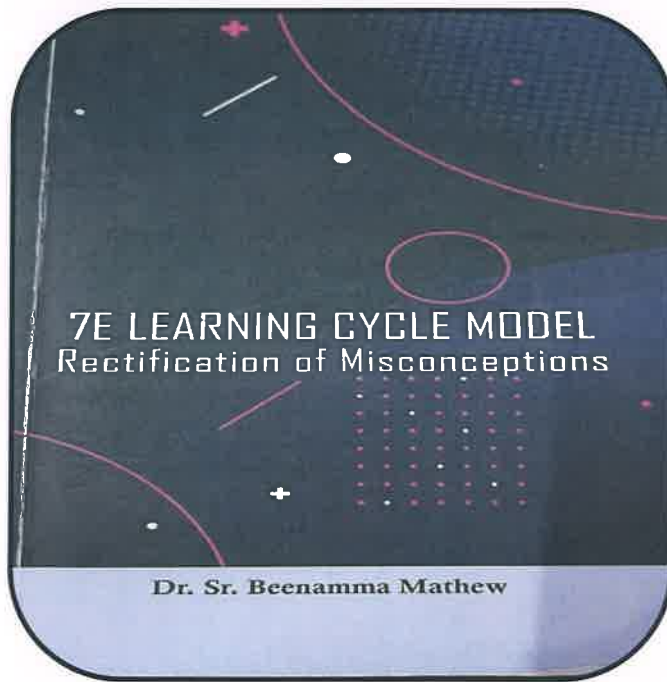
Faculty members with their unveiled books during the inauguration ceremony of the college

PH.D. PUBLICATION OF DR.T.C THANKACHAN

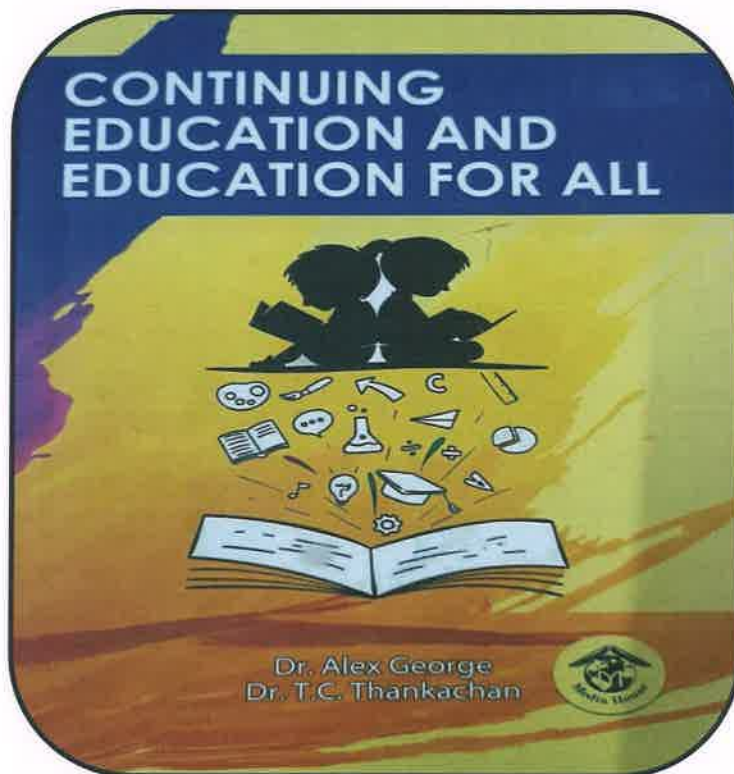


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PH.D. PUBLICATION OF DR. SR. BEENAMMA MATHEW

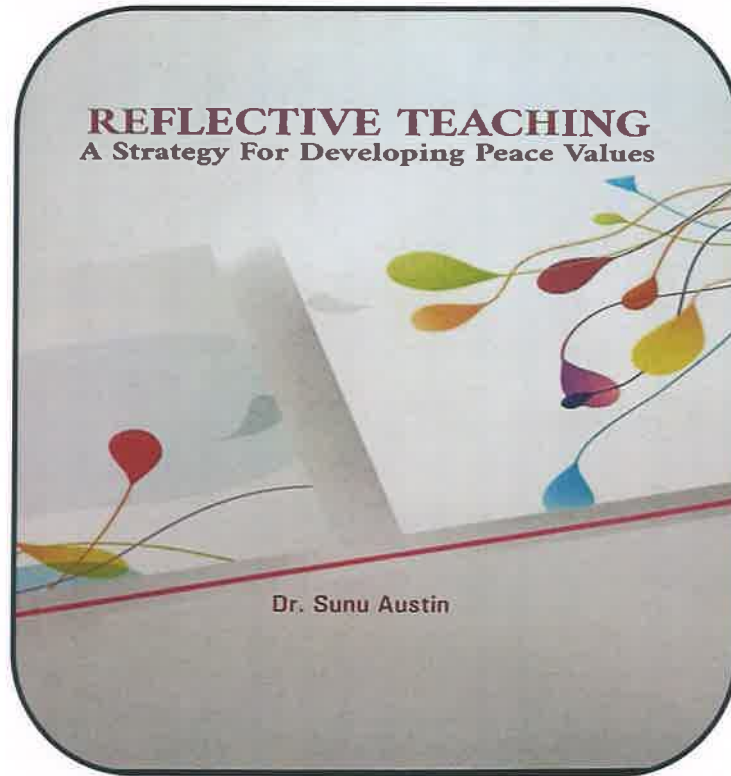


PH.D. PUBLICATION OF DR. ALEX GEORGE

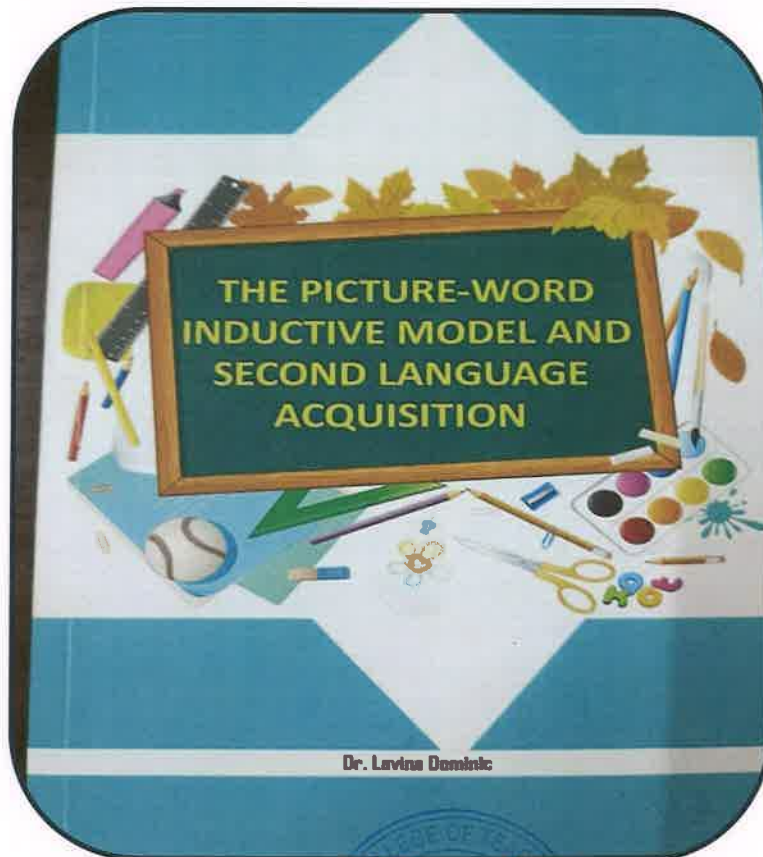


Beenamma Mathew
Prof. Dr. BEENAMMA MATHEW
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PH.D. PUBLICATION OF DR. SUNU AUSTIN

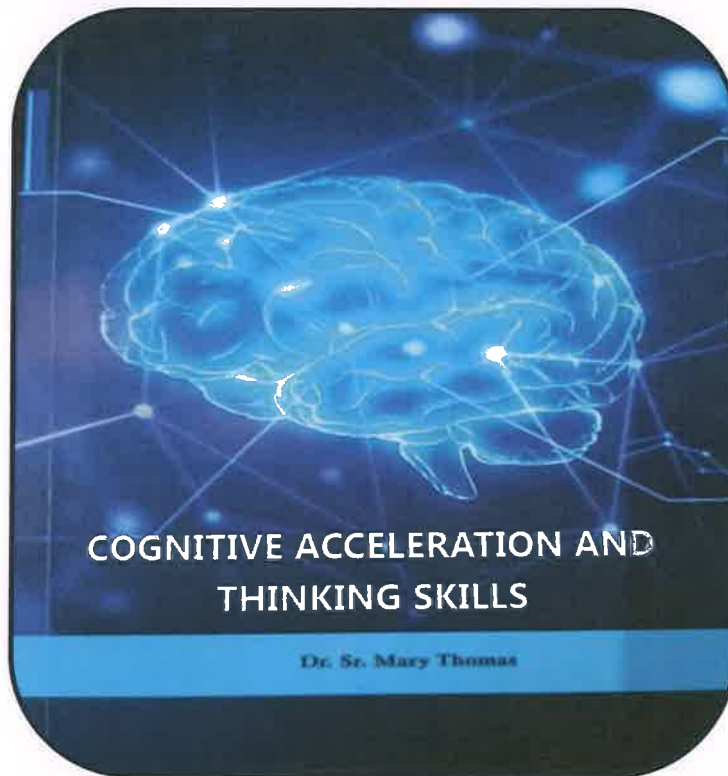


PH.D. PUBLICATION OF DR. LAVINA DOMINIC

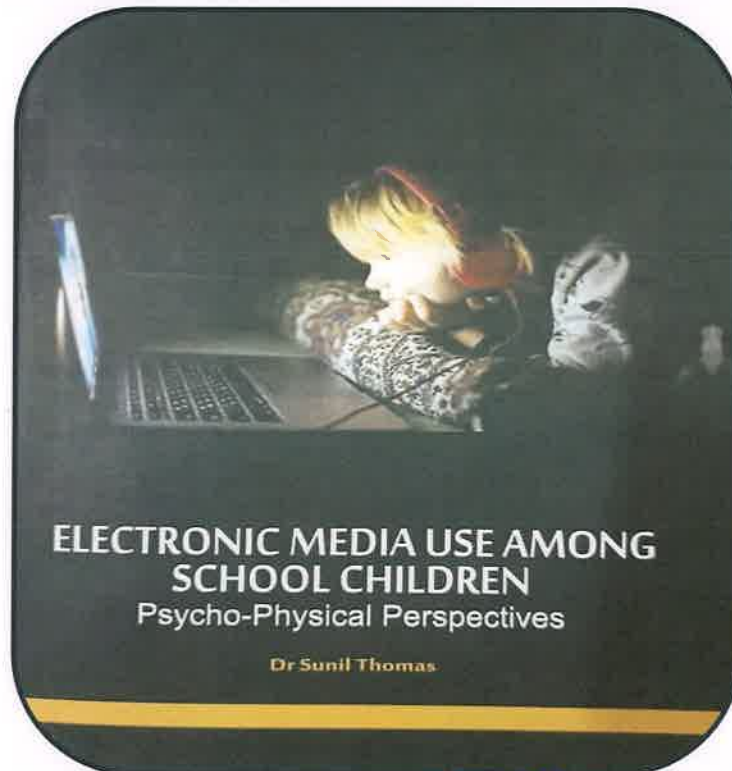



Beena
Prof. Dr. BEENAMMA MATHEW
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TEACHER EDUCATION
PALAKKAD

PH.D. PUBLICATION OF DR. SR. MARY THOMAS

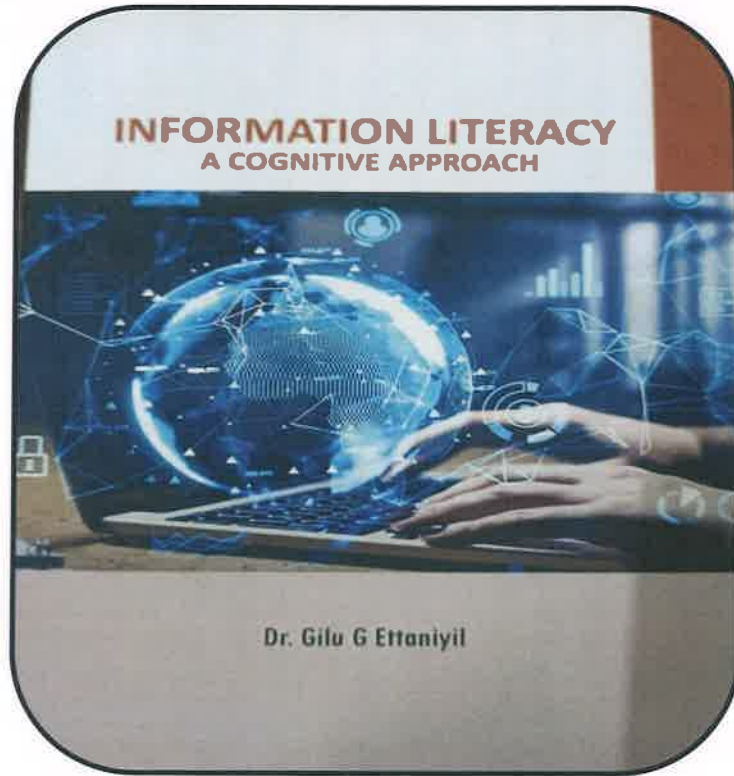



PH.D. PUBLICATION OF DR. SUNIL THOMAS




Prof. Dr. BEENAMMA MATHEW
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PH.D. PUBLICATION OF DR. GILU G ETTANIYIL





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6. BEAUTIFUL MINDS

St. Thomas College of Teacher Education, Pala, in collaboration with the Civil Service Institute of Pala, successfully orchestrated the 'Beautiful Minds' program. This year-long initiative was tailored for exceptionally bright and talented students within the schools of the Pala Corporate Educational Agency. Out of 600 seventh-class USS scholarship winners, approximately 350 students were meticulously selected through a rigorous entrance test held on July 08, 2022, with our college serving as one of the examination centers. The program, themed 'Motivation and Mentoring: Exploring Special Talents and Capabilities,' aimed to create a nurturing platform for harnessing the unique potential of the selected students. The inaugural function, graced by esteemed dignitaries, featured College Principal Dr. Sr. Beenamma Mathew, Dr. T.C. Thankachan (Vice-Principal), Dr. Alex George (Program Coordinator), Dr. V. V. Georgekutty (Principal of Civil Service Institute of Pala), and Dr. Baby Thomas (Vice-Principal of Civil Service Institute of Pala). Commencing on August 12, 2022, the program unfolded with its inaugural class. On December 10, 2022, Dr. T.C. Thankachan (Vice-Principal) and Dr. Alex George (Program Coordinator) served as resource persons. A noteworthy feature of this initiative was the active involvement of 48 teacher trainees from our institution who played a pivotal role in mentoring and motivating the participating students. Their dedicated efforts significantly contributed to the success of the 'Beautiful Minds' program, fostering an enriching learning environment for all involved. In total, 12 classes were conducted, encapsulating a wealth of knowledge and guidance for the participating students. Interview with an eminent teacher-October 2022.




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സിവിൽ സർവ്വീസ് ഇൻസ്റ്റിറ്റ്യൂട്ട് പാലാ ബ്യൂട്ടിഫുൾ മൈൻഡ്സ് : എന്ത്? എന്തിന്?

ഒൻപതാം ക്ലാസ്സിൽ പഠിക്കുന്ന വിദ്യാർത്ഥികൾക്കും അവരുടെ രക്ഷിതാക്കൾക്കും പാലാ സിവിൽ സർവ്വീസ് ഇൻസ്റ്റിറ്റ്യൂട്ടിന്റെ വിജയാശംസകൾ:

ഗ്രാമീണ-കർഷകമേഖലകളിലെ വിദ്യാർത്ഥികളുടെ സമഗ്രപുരോഗതിയും വ്യക്തിത്വ വികാസവും ഉറപ്പാക്കി അവരെ രാജ്യത്തിന്റെ ഭരണസിരാകേന്ദ്രത്തിലേക്ക് കൈപിടിച്ചു യർത്താൻ സ്ഥാപിതമായതാണ് പാലാ സിവിൽ സർവ്വീസ് ഇൻസ്റ്റിറ്റ്യൂട്ട്. 1998 മുതൽ നാളിതുവരെ 347 പേരെ ഇന്ത്യൻ സിവിൽ സർവ്വീസിലും മറ്റനേകരെ സർക്കാർ അർദ്ധ സർക്കാർ ജോലികളിലും പ്രവേശിപ്പിക്കാൻ ഈ സ്ഥാപനത്തിനായി എന്നത് നമ്മുക്കേ വർക്കും അഭിമാനകരവും പ്രതീക്ഷനൽകുന്നതുമാണ്.

ബ്യൂട്ടിഫുൾ മൈൻഡ്സ് എന്ത് ?

സ്കൂൾ വിദ്യാർത്ഥികളെ ആനുകാലിക വിഷയങ്ങളിൽ അറിവുള്ളവരും സാമൂഹിക ശാസ്ത്ര മേഖലകളിലെ മാറ്റങ്ങളെ ആരോഗ്യപരമായരീതിയിൽ അപഗ്രഥിച്ചറിയുന്നതിന് കഴിവുള്ളവരുമാക്കി മാറ്റുന്നതിനുള്ള നൂതനപദ്ധതിയാണ് ബ്യൂട്ടിഫുൾ മൈൻഡ്സ്. ക്ലാസ്സ്മുറികളുടെ പരിമിതികൾ മറികടന്ന് ഈ പദ്ധതി വിദ്യാർത്ഥികളുടെ വായനശീലവും ചിന്താശേഷിയും സർഗ്ഗാത്മകതയും അവതരണശേഷിയും പ്രോത്സാഹിപ്പിച്ച് മത്സരലോകത്ത് അവരെ മുൻപന്തിയിലെത്തിക്കുന്നു. കുട്ടികളുടെ സ്വതന്ത്രചിന്തകൾക്ക് ചിറകേകുവാൻ രണ്ടു വർഷക്കാലം കൊണ്ട്, തിരഞ്ഞെടുത്ത രണ്ടാം ശനിയാഴ്ചകളിലായി പൊതുവിജ്ഞാനം, പത്രവായന, റീസണിംഗ് ആൻഡ് മെന്റൽ എബിലിറ്റി, ആശയവിനിമയം, വ്യക്തിത്വവികാസം, ശാസ്ത്ര സാങ്കേതിക വിദ്യ, ഭാരതത്തിലെ ഉന്നത വിദ്യാഭ്യാസ-തൊഴിൽ സാധ്യതകൾ, മുഖ്യബോധം, സ്വഭാവരൂപീകരണം, ലോജിക്കൽ റീസണിംഗ്, ഭാഷാശാഖി രോടിവേഷൻ, വ്യക്തിഗതമാർഗനിർദ്ദേശം, കോരേഴ്സ് ആൻഡ്

ണിംഗ്, ഭാഷാശാഖി, മോട്ടിവേഷൻ, വ്യക്തിഗതമാർഗനിർദ്ദേശം, കോരേഴ്സ് ആൻഡ് മാനേജ്മെന്റ്, ഭരണഘടനയും നിയമ അവബോധവും, മെച്ചപ്പെട്ട ഉത്തരരചനയും ഉന്നത വിജയവും എന്നീ വിഷയങ്ങളിൽ സംവേദനാത്മക ക്ലാസ്സുകളാണ് ബ്യൂട്ടിഫുൾ മൈൻഡ്സിലൂടെ ലഭ്യമാക്കുന്നത്.

ബ്യൂട്ടിഫുൾ മൈൻഡ്സ് എന്തുകൊണ്ട്?

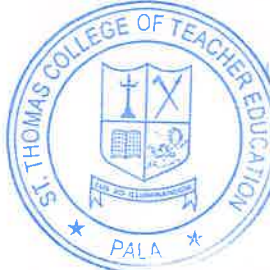
എല്ലാ വിദ്യാർത്ഥികളും നന്നായി പഠിച്ചൊരുങ്ങുന്നവരും മികവാർന്ന പരീക്ഷാവിജയം നേടുവാൻ പരിശ്രമിക്കുന്നവരുമാണ്. ഈ ഒരു മത്സരലോകത്ത് സ്വന്തം പ്രാവീണ്യത്തിലധിഷ്ഠിതമായ പരിശ്രമമാണ് ഒരു വിദ്യാർത്ഥിയെ മുൻപന്തിയിലെത്തിക്കുന്നത്. ബ്യൂട്ടിഫുൾ മൈൻഡ്സ് ഇതിനുള്ള ഒരു അവസരമാണ്.


പ്രവേശനമിതി

ജൂലൈ 8 ന് നടക്കുന്ന പ്രവേശനപ്പരീക്ഷയിൽ പങ്കെടുത്തവർക്കായി ജൂലൈമാസം 16, 17 തീയതികളിൽ അരുണാപുരത്തുള്ള പാലാ സിവിൽ സർവ്വീസ് ഇൻസ്റ്റിറ്റ്യൂട്ടിൽ ഗ്രൂപ്പ് ഇന്റർവ്യൂ നടത്തുന്നതും പ്രവേശനം നൽകുന്നതുമാണ്. സമയം 10 മുതൽ 12 വരെ. തിരഞ്ഞെടുക്കപ്പെടുന്നവർ അന്നുതന്നെ രണ്ടുവർഷത്തേക്കുള്ള കോഴ്സ് ഫീസ് രൂപം 2000/ അടച്ച് പ്രവേശനം നേടാവുന്നതാണ്. സാമ്പത്തികമായി പിന്നോക്കം നിൽക്കുന്നവർ ബഹു. വികാരിയച്ചന്റേയോ ബഹു. ഹെഡ്മാസ്റ്ററുടെയോ സാക്ഷ്യപത്രം ഹാജരാക്കിയാൽ ഉചിതമായ ഫീസാനുകൂല്യം അനുവദിക്കുന്നതാണ്. ആദ്യ ക്ലാസ്സ് ആഗസ്റ്റ് 12-ാം തീയതി രാവിലെ 9.30 മുതൽ 12.30 വരെ ആയിരിക്കും. വിശദവിവരങ്ങൾക്ക് 7012935905, 9539371100

7-7-2023

ഡോ. വി.വി. ജോർജ്ജുകുട്ടി ഒട്ടലാങ്കൽ
പ്രിൻസിപ്പൽ, സിവിൽ സർവ്വീസ് ഇൻസ്റ്റിറ്റ്യൂട്ട് പാലാ




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പ്രിയ വിദ്യാർത്ഥികളേ,

Beautiful Minds അടുത്ത ക്ലാസ്സ് ഡിസംബർ 10-ാം തീയതി ശനിയാഴ്ച 9.30 മുതൽ 12.45 വരെ ഇൻസ്റ്റിറ്റ്യൂട്ടിൽ വെച്ച് ഓഫ്ലൈനായി നടത്തുന്നതാണ്. നോട്ട്ബുക്കും പേനയും കരുതണം. Home work പൂർത്തിയാക്കി കൊണ്ടുവരുന്നതല്ല. Identity card നിർബന്ധമായും ധരിക്കണം.

വിഷയം: Motivation and Mentoring - To explore Special Talents and Capabilities

ക്ലാസ്സുകൾ നയിക്കുന്നത്:

1. ഡോ. T. C. തങ്കച്ചൻ, വൈസ് പ്രിൻസിപ്പൽ, സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലാ.

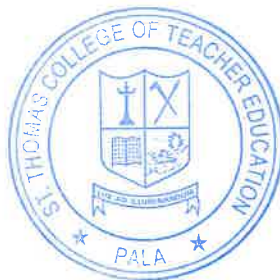
ഡോ. അലക്സ് ജോർജ്ജ്, അസിസ്റ്റന്റ് പ്രൊഫസർ, സെന്റ് തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ പാലാ എന്നിവരടങ്ങിയ 60 വിദഗ്ദ്ധരുടെ പ്രത്യേക ടീം.


എല്ലാ വിദ്യാർത്ഥികളും ക്ലാസ്സിൽ പങ്കെടുക്കുവാൻ കൃത്യസമയത്ത് എത്തിച്ചേരുന്നതല്ല.

ഡോ. വി.വി. ജോർജ്ജുകുട്ടി

പ്രിൻസിപ്പൽ

03.12.2022




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PALA

Beautiful Minds

Encouraging the Free Play of the Mind on All Subjects

Programme Objectives

- ▶ Human Resource Development
- ▶ Socio-Emotional Skills & Problem Solving
- ▶ All-Round Development of Students
- ▶ Personal Caring & Mentoring
- ▶ 21st Century Skills
- ▶ Higher Education & Career Selection
- ▶ Self-Realisation, Goal Setting and Target-Oriented Performances



- ▶ 336 Success Stories
- ▶ Excellent Faculty
- ▶ Calm & Quiet Learning Environment
- ▶ 24 years of Experience with excellent track record
- ▶ Personalized Mentoring
- ▶ Library Service on all 7 days in a week
- ▶ Regular test & Evaluation



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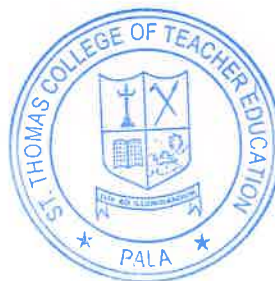
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Inauguration of the programme by Mar Joseph Kallarangatt, Bishop of Pala diocese


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


 NSS UNIT
NO. 988

PRINCIPAL




**DR. SR. BEENAMMA
 MATHEW**

NSS PROGRAMME OFFICER



DR. ALEX GEORGE

RESOURCE PERSON



DR. T. C. THANKACHAN

December 10, 2022
 Civil service academy Pala | 09:30 AM

Beautiful Minds

VOLUNTEER SECRETARY
LINTA ELDOS

CO-ORDINATORS: NAYANA BABU
NIBIN BABU



Prof. Dr. Beenamma Mathew
 Prof. Dr. BEENAMMA MATHEW
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Dr. T.C. Thankachan as resource persons



Dr. Alex George (Program Coordinator) as resource person



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Teacher trainees from our institution played a pivotal role in mentoring and motivating the participating students



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7. ANTI DRUG LEAFLET DISTRIBUTION

You Tube: <https://youtu.be/anvZ4QeMOzQ>

To promote the message of a 'DRUG FREE KERALA our students undertook a multifaceted approach on December 22, 2022. The objective was not only to raise awareness about the perils of drug abuse but also to engage with the local community and gather practical opinions on eradicating this societal challenge. Our students took to the streets near the college, distributing 'DRUG FREE KERALA' stickers. Students embarked on a purposeful journey to 10 nearby houses in their village and visited 6 institutions within the vicinity. In each household and institution visited, our students engaged in discussions with residents and members to understand their perspectives on practical measures to eradicate drug abuse in Kerala. The conversations were structured to encourage a free exchange of ideas and opinions. Subsequently, the students meticulously compiled a comprehensive report on their findings. The report serves as a valuable document, reflecting the community's insights, concerns, and practical suggestions on combating drug abuse. The community members responded positively to the students' efforts, expressing their appreciation for the proactive stance in addressing the issue. The discussions facilitated by our students provided a platform for residents and institutional members to voice their concerns and contribute constructive ideas to the ongoing fight against drug abuse.

=  **youtube**

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Anti-Drug Campaign -report

As part of NSS 90 B Unit's activity, I, Annu Abraham (class no - 35) of social science education visited few houses and shops to spread the message of anti-drug campaign. Made the parents aware about the easy availability of drugs around their children and asked them to take necessary precautions to help kids to stay away from drugs. Conveyed the message that life can take you higher than drugs so get high on life, not drugs. There is so much that life has to offer us and choosing drugs over life is the worst decision we can make. I provided the stickers conveying the message of drug free homes and asked their suggestions to prevent the drug abuse. Their suggestions are noted below;

- Engage students in sports activities.
- Help students to find hobbies.
- Make use of the students' energy efficiently.
- Encourage students to do exercise and meditation regularly.



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- Build a positive relation with students so that they can openly talk about anything.
- Make the youth aware about the consequences of drug abuse.
- Parents should be aware of students' friends.
- Remuneration should be given to those who help the authority in finding drug dealers or who give information about the source of drug.

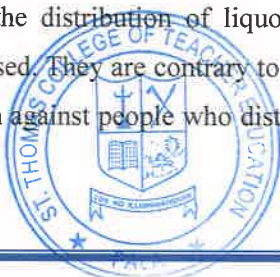


Distribution of Anti-Drug Leaflets in Houses

As part of the Anti-Drug Mission conducted by the Vimukthi Club and NSS Unit (90 B) of St. Thomas College of Teacher Education Pala, I visited 10 houses in my neighbourhood in Bharananganam on 25th and 26th of December 2022. I distributed the leaflets containing the message against the use of drugs and alcohol and asked their opinions on preventing people from using them.

Several opinions were shared by the people on the ways to stop the use of drugs and alcohol. They opined that awareness classes should be conducted among people especially youth to educate them on the dangerous consequences of the use of such substances. People should have self-respect and they should take the decision to not be addicted to such hazardous habits. So many people consider using liquor and drugs as part of their pride and masculinity. People should bring about a change in their attitude regarding the use of liquor and drugs.

Government should completely ban the distribution of liquor and drugs. The various beverage outlets opened by the government should be closed. They are contrary to the campaigns and rallies conducted by the government. Strict action should be taken against people who distribute drugs. Many people are of the




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opinion that there is no needed enthusiasm among the police to track and arrest such people. Some of the officers are part of the mafia that distribute drugs. So corruption should be removed from the Police Department. People are afraid of complaining against the people who use drugs as it causes risks to their lives. The police should strongly support and protect people who report such cases. It would be good if there is a helpline number to report such cases.

They also opined that Anti-Drug campaign should start from homes. Parents should have proper control over their children and should monitor their activities and friendships. Parents should not use liquor and drugs and should discourage their children from using them and make them aware of the consequences. The bags of children should be checked in schools, churches, etc. The police should help in such tracking of drug carriers. Parents, teachers and other authorities should become more vigilant.

It was a good experience visiting houses to spread the message of Anti-Drug Mission. People are supportive of this mission and stand together against the use of alcohol and drugs.



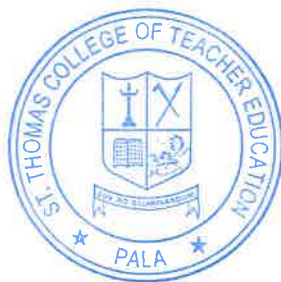

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As a part of NSS 90 B unit work I visited nearby 10 houses in Aymanam Village of Kottayam district on

8th month of January 2023. I gave the Stickers of Drug Free Kerala. The practical suggestions put forward by them for Eradicating drug from society are:

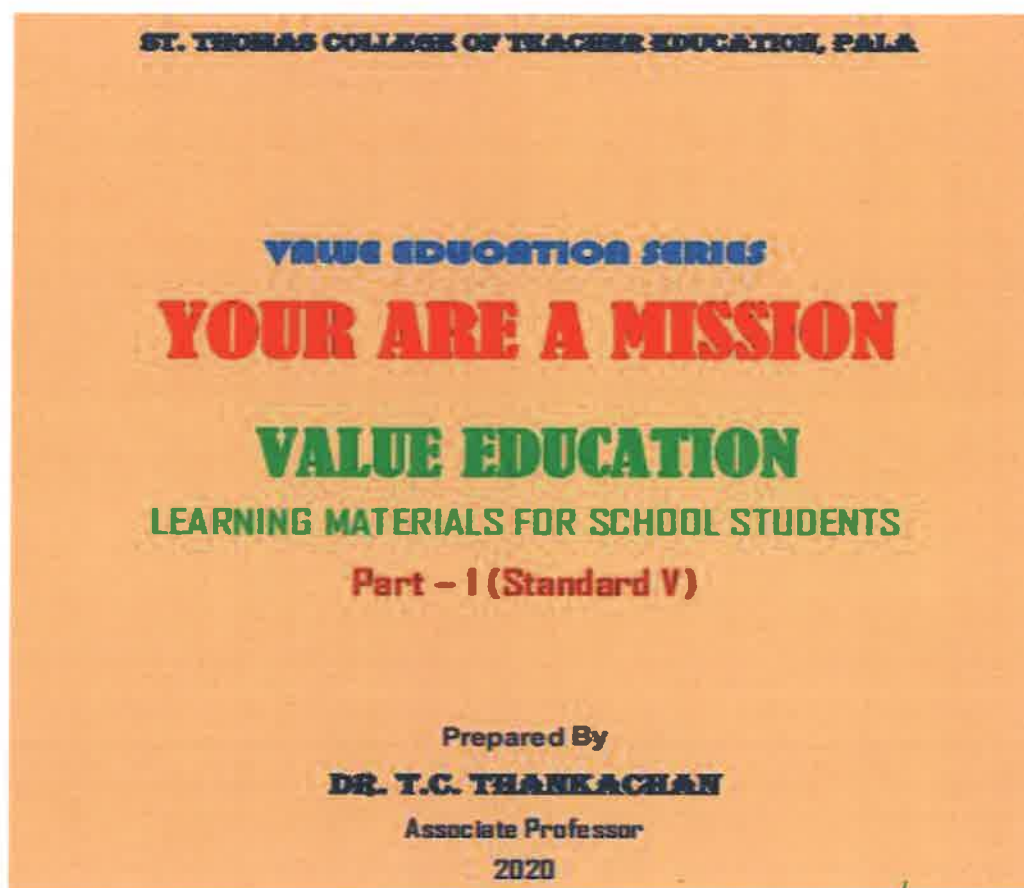
- ❖ Law must be strengthened
- ❖ Keep monitoring in school and colleges who came from outside.
- ❖ Authorities should take immediate action in restricting the usage as well As selling of drugs
- ❖ The teachers and parents spend more time with children.
- ❖ Restrict children from unhealthy relationship
- ❖ Parents who are drug addicts should stop it.




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8. VALUE EDUCATION LESSON PLANS

During an IQAC meeting, one innovative idea emerged: to craft value education lesson plans for classes 5 to 9, spearheaded by the teacher overseeing value education, particularly for integration into internship programs. This proposal gained commendation, and the responsibility for developing these plans was entrusted to Dr. T.C Thankachan, the teacher in charge. Drawing from curriculum objectives and student assessments, pertinent topics and themes were identified for the lesson plans. Subsequently, a range of effective teaching strategies such as discussions, role-plays, case studies, storytelling, multimedia presentations, and experiential activities were selected to ensure student engagement. Leveraging these strategies alongside the chosen topics, comprehensive lesson plans were meticulously drafted for each session by the faculty member. During internships, guidance and assistance were provided to students to facilitate the implementation of these plans. Flexibility was encouraged, allowing students to adapt the plans to suit the needs of their learners effectively. Value education lesson plans were developed for classes 5, 6, and 7 during the academic year 2020-21, while lesson plans for classes 8 and 9 were crafted in the subsequent academic year, 2021-22.




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VALUE EDUCATION SERIES - STANDARD 5

YOU ARE A MISSION

CONTENTS

Units	Title	Theme Selected
1.	MY HOME	HEAVEN ON EARTH
2.	OUR NATION	PROUD TO BE AN INDIAN
3.	OUR ENVIRONMENT	CLEAN, GREEN AND HEALTHY
4.	CLEANLINESS	CLEAN YOUR MIND AND OUR COUNTRY
5.	GOOD HABITS	HABITS CHANGE INTO CHARACTER AND DESTINY
6.	TRUTH AND HONESTY	SATHYAMEVA JAYATE
7.	OBEDIENCE	THE MOTHER OF SUCCESS AND FRUIT OF FAITH
8.	PUNCTUALITY AND TIME TABLE	TAKING TIME
9.	FRIENDSHIP	A FRIEND IN NEED IS A FRIEND INDEED
10.	RECREATION AND HEALTH	HEALTH IS WEALTH AND EVERYTHING




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UNIT ONE

MY HOME

HEAVEN ON EARTH


Priya was really excited. She had waited many days, but finally, that night, the baby turtles would hatch out on the beach. And her Daddy was going to take her to see them! Her father made her promise to respect the baby turtles, not to make any noise, and to do what he told her. She looked all over, hoping to see Mother Turtle, and she almost missed the appearance of the first baby turtle. It was so tiny!

It moved very clumsily, like most babies; and without waiting for either its brothers or sisters or mother, it started to scuttle towards the sea. Gradually, more and more baby turtles appeared, and all ran towards the water. Priya and her Daddy stayed hidden and quiet, watching the wonderful spectacle of that crazy race to the sea.

But then something happened, which to Priya seemed horrible. Some seagulls and other birds arrived, and they started eating some of the little turtles. She kept looking everywhere to see whether Daddy Turtle would turn up to give those birds a good hiding. But he never came.

Priya was watching all this with tears in her eyes, and when the first group of baby turtles finally reached the water and were safe from the birds, she gave out a little cry of happiness.




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On their way to home, her father, who had noticed the tears in Priya's eyes, explained to her that turtles were born that way. Mother Turtle lays many eggs, hides them in the sand, and off she goes. When the baby turtles hatch out, they have to try to reach the sea on their own. He explained to her that the few turtles who manage to become adults live for many, many years.


Priya was really glad to have learned so much about the turtles that night, but she could think of how happy she was when we have a family; happy that her parents and her brothers and sisters had helped her and cared for her so much right from the day she was born.

ACTIVITY 1

1. Why did most of the baby turtles die?
2. What do their parents do?
3. Who all are the members in your family?

Family is where you grow up. It is a heaven upon earth that provides us security and support. We receive love, protection, assurance, and dignity from the members of the family. They will be with us in good and bad times.




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ACTIVITY 2

1. How do your parents protect you?
2. How do your siblings support you?
3. Are you really blessed to have such a good family as yours? Why?

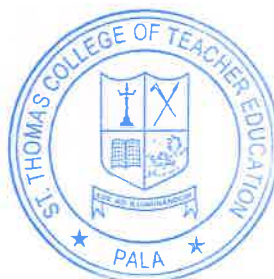
LEARN FROM ST. CHAVARA


St. Chavara gives list of guidelines for the well being of the family.

1. *Children, you are God's investment in the hands of your parents.*
2. *The Children who have love of God and fear of God will love and respect their parents.*
3. *Trust your mother; God will hear the mother's request like the baby's request.*
4. *You ought to reach home before evening and take part in the evening prayers.*
5. *Even if you are grown in age and maturity you have to accept your parents and submit to them.*
6. *Do not hate your own brethren.*
7. *It is the duty of children to look after their parents.*
8. *Do not be the cause of your parents shedding tears on account of you.*

FILL IN THE BLANKS

1. Family provides ----- .
2. Children are the God's ----- on earth.




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3. It is the duty of children to look after their -----.

ANSWER THE FOLLOWING

1 Write the guidelines given by St. Chavara for the family?

2 What all things do you receive from the family?

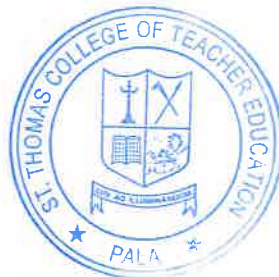
3 What does the life turtles teach us?

REMEMBER THIS QUOTE

Home is where you *Learn*
to *Laugh*, to *Share*, to *Live*, to *Love*
to *Forgive*

KEY VALUES – find out from your family and ADD MORE

Love, Concern, Security,,,



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UNIT TEN

RECREATION AND HEALTH

HEALTH IS WEALTH AND EVERYTHING

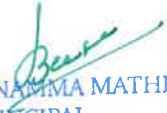


1. What will you do when you are bored or stressed?
2. How would you like to spend your leisure time?

Recreation is an important process that helps refresh and reinvigorate both the body and mind. Most recreational activities take place in time that a person has when he does not have any responsibilities to attend to at the moment. It can be either indoor or outdoor activities.

Recreational activities can range from physical actions such as team sports to playing in the park or taking a hike in nature. They can also refer to exercise such as visiting the gym or running on a trail. These activities allow people to use their bodies and increase their levels of personal fitness for health-related reasons.




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Some forms of recreational activities do not need to be physical at all. These activities can help improve cognitive function and take stress off of a person who thinks about work all of the time. Some non-physical recreational activities include card games, board games and even video games.

Recreational activities also offer people a great way to socialize and meet others they would normally not have contact with in their daily lives.

Outdoor Activities

Volleyball, Basketball, Baseball, River Rafting, Hiking, Swimming, Golf, Lawn Tennis, Team Games, Nature, Walk, Cycling, Surfing, Horse Riding, Boating, Traveling, Fishing, Pet Training, Beach Games, Museum Visit, Amusement Park, Photography, and more...

Indoor Activities

Music, Dance, Watching Movies, Video Games, Internet Browsing, Art Activities, Knitting, Painting, Indoor Gardening, Reading, Table Tennis, Writing, Craft Making, Watching TV, Badminton, Cooking, Playing Cards, Chess, Aerobics, Billiards

ACTIVITY 1

Which is your favourite game?


Fill in the blanks

1. Recreation helps to refresh and reinvigorate both ----- .
2. Recreation helps to ----- stress.
3. Recreational activities are mainly classified as-----.

Answer the questions

1. What are the benefits of recreational activities?




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2. Name some of the recreational activities?
3. How will you classify recreational activities?

REMEMBER THE QUOTE

Quote:

Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; no to offer an escape from life, but to provide a discovery of life.

---Author Unknown



KEY TERMS - Find them

Recreation, Effective time utilization,,,



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VALUE EDUCATION SERIES

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VALUE EDUCATION

LEARNING MATERIALS FOR SCHOOL STUDENTS

Part - 2 (Standard VI)


Prepared By

DR. T.C. THANKACHAN

Associate Professor

2020




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VALUE EDUCATION SERIES - STANDARD 6

YOU ARE A MISSION

CONTENTS

Units	Title	Theme Selected
1.	QUALITIES AND VIRTUES	NOTHING ENDURES BUT PERSONAL QUALITY
2.	GOOD MANNERS	BETTER GOOD MANNERS THAN GOOD LOOKS
3.	SELF CONFIDENCE	CONFIDENCE KILLS FAILURE
4.	SINCERITY	A VERY EXPENSIVE GIFT
5.	MEDIA VALUES	EDUCATION, ENTERTAINMENT AND EMPOWERMENT
6.	FAITH AND PRAYER	MAKE THE IMPOSSIBLE THINGS POSSIBLE
7.	HARDWORK TO SMARTWORK	WORK HARD AND DREAM BIG
8.	BROTHERHOOD	WE ARE NOTHING WITHOUT BROTHERHOOD
9.	RESPECT	GAIN RESPECT BY GIVING IT
10.	COURAGE	THE BEST DEFENSE THAT YOU HAVE NOW



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UNIT ONE

QUALITIES AND VIRTUES

NOTHING ENDURES BUT PERSONAL QUALITY

If you want to bring success in your life you should cultivate yourself just as you would cultivate a garden for best yield. A person should have good virtues and qualities in order to have good acceptance in society. Are your parents proud of you? Do your teachers praise you in front of your parents and friends? Are you a star among your friends? Do you feel that it is the good qualities that you possess make you a favourite of others? According to you what are the qualities of a good person.


ACTIVITY 1

Identify and list down the qualities of a good person

No.	Qualities
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

The ultimate aim of human life and activity is development of character, according to Aristotle. The most important goal you could hope to accomplish in the




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course of your life is to become an excellent person with a clear vision, in every respect. Your purpose should be to develop the kind of personality and character that earns you the respect, esteem, and affection of the important people in your world. We all start our life in an ordinary manner and some remain so the few who have become extraordinary have good qualities and virtues.

Having a well-defined and definite goal is very essential for a successful life. The drive to achieve that goal is an important quality. Self-reliance adds to the character of an individual. The belief in one's own strengths and potentials and an awareness of the weaknesses is necessary for a successful person.

To become a winner in life one needs to have self-confidence, willpower, patience, passion, and optimism. Self-confidence helps a person to become a champion in their life. A person with good self-confidence will be like Midas with a golden touch. All the endeavors in his life will reach the zenith of success. Good will power is necessary to transcend all the hurdles in our journey towards success. Our belief in God, the love of our parents, siblings and relatives, the care of our friends and neighbors helps to increase our will power. Silly failures will not disarm a person with good will power, he will persist until he reaches his goal. Patience goes hand in hand with will power. A person who wants to be a winner in his life should have enough patience.

Passion towards one's own goal works like a fuel to the engine. It accelerates a person's journey towards recognition and achievement. Positive outlook towards life helps a person to work hard and progress forward in every moment of his life. Being a master of time is a quality of great importance. A person who is on a course success must manage his time in a productive manner. Time should be divided in a wise manner. More time should be awarded to matter of great importance. All the tasks should be done in the given time. No work shall be postponed unless there is an emergency.

Being a good communicator is an essential quality for a good mannered and well behaving person. A good communicator means a good speaker as well as a good




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listener. We should listen to others with patience. In much cases good listening helps a person more than speaking. A good personality is not complete if he is not honest. Honesty is the quality which makes us acceptable in the society. An honest person, even though not in high positions will be ranked higher than a person in high position with least honesty.

Kindness towards someone who is having a bad day can make him or her smile and build rapport. Shower your kindness upon the needy. A person with a kind heart will be loved by everyone in society. Creativity can result in an idea that changes how people relate to one another such as social media. Thinking out of the box is a need of the hour. A person with creativity only can achieve great heights in their life. Trust in a relationship fosters dependability and intimacy, creating valuable, meaningful relationships. So be a sincere person. Express sincerity in all your relationships. A sincere person will provide the warmth of selfless love to all the people with whom he interact.

Gratitude is another important quality for a good personality. It is important that we should be grateful to all the persons who have helped us in our race towards success. Wilson Mizner's quote can be remembered in this context—"Be nice to people on your way up because you will meet them on your way down. Service to others can change lives, better neighborhoods and create stronger nations. Doing service to others helps in increasing our happiness and gives us a better self- image.

To become a successful person one should have the aforementioned qualities and virtues. Treat everyone with a humanitarian concern. Love everyone. That's the best of all the qualities. Be a good person and become a champion in your life.



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ACTIVITY 2

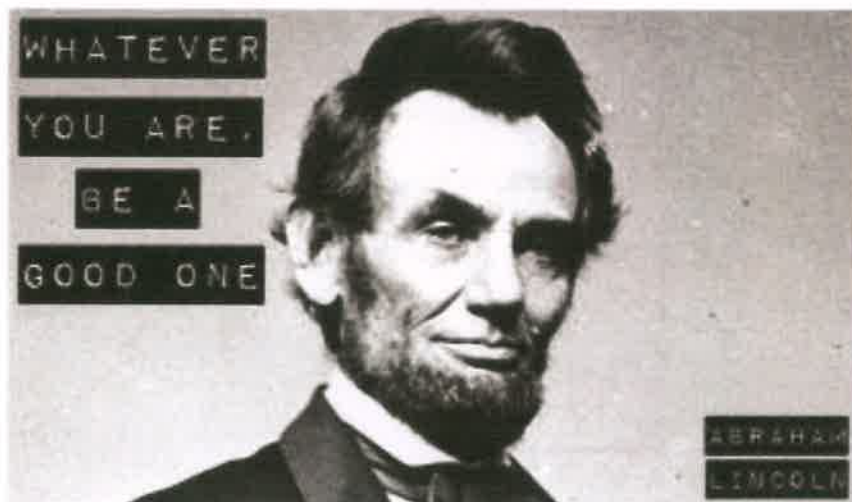
Identify the key virtue expected of a good human being

ACTIVITY 3

Identify the qualities described above which is evident in your personality

No.	Qualities
1	
2	
3	
4	
5	

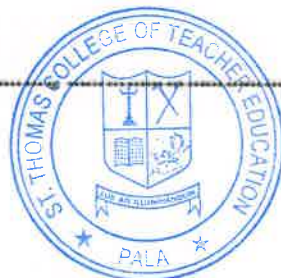
REMEMBER THIS QUOTE



THIS QUOTE IS FROM ThumbPress.com

Find More Values & Qualities

Kindness, Gratitude,



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VALUE EDUCATION SERIES - STANDARD 7

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CONTENTS

Units	Title	Theme Selected
1.	MATHA-PITHA-GURU-DEVAM	MODELS AND CREATORS ON EARTH
2.	ABC OF SUCCESS	ATTITUDE - BELIEF - COMMITMENT (CHANGE YOU CAN)
3.	THE ART OF SHARING	SHARING IS CARING
4.	RESPONSIBILITY	BE RESPONSIBLE AND BUILD YOUR FUTURE
5.	HOPE	NEVER LOOSE HOPE - MOVE FORWARD
6.	DETERMINATION	GO FORWARD AND REACH THE DESTINATION
7.	ROLE MODELS	BE A MODEL AND HAVE A MODEL
8.	DIGNITY OF LABOUR	CHOOSE AND VALUE THE PROFESSION
9.	LIFE IS BEAUTIFUL	LIVE AND LET LIVE
10.	LIFE IS A GIFT	LIVE, ENJOY, CELEBRATE AND FULFILL




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UNIT ONE

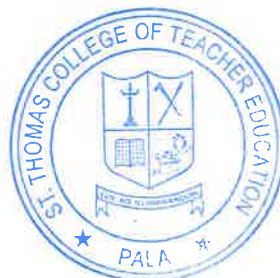
MATHA-PITHA-GURU-DEIVAM


MODELS AND CREATORS ON EARTH

'Matha Pitha Guru Deivam' is a very popular adage or phrase in Sanskrit language and often quoted in Hinduism. Translated word for word, it is, "Mother father Teacher God". The meaning of this adage is the greatest truth, and is the order in which one should offer reverence. The phrase is a basic tenet in existence from the time of the Vedas and beyond and represents the hierarchy in which one should respect these entities.

First comes the mother (Matha or Mata) who gives birth to the child, thereby bringing us as a child into this world. Next comes the Father (Pitha or Pita), because it is the mother who knows the truth about the father and she points us to the father. The mother and father then takes us to the teacher (Guru), and it is the guru, through his or her teaching points us to God (Deivam or Devam). Here god represents the consciousness or self awareness or our real self.

It is the mother that nourishes you in her womb. She breaths for you and takes the oxygen in her blood to the womb to create and develop your organs and enable you to living though immersed in a pool of liquid that keeps your tissues safe and growing. She eats for you, she breaths for you. She suffers discomfort for 290 days for you. Bearing your weight in her womb. No one does that much for you in your entire life. So she as your creator and comes first. Your father gives all the comforts to your mother and provides for all her comforts and for your healthy growth in the womb of your mother. He is responsible for keeping your mother happy and peaceful thus helping psychologically to mould your mind and character in the womb itself.




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Your brain is like a processing unit and hard disc of a computer. Your mother installs the initial basic operating system in your brain so that you know how to suck her breast for milk after you are born. So your father who provides for you everything like food clothing, toys and schooling etc comes second. Your father takes you to school and pays for your education. He comes into your life after your mother.

The teacher (the guru) is supposed to play a role model to you and teach all that is necessary to develop your knowledge and improve Your personality and make you a worthy citizen and good member of the society. You come to know of him only after you come to know your father. It is the teacher that imparts the knowledge you need for your life and tells you about God, his creations and his importance in your life. So you come to know of God only after your teacher.

These four are said to be your four Gods in the respective order. So Mother, father and the guru are considered to be more important as God himself.


There are umpteen number of stories where devote sons have disobeyed the Gods respectfully while they were attending to their parents and the Gods have only admired them. In fact the Gods were powerless before such children. So also, the Gods and the powerful saints whom even the Gods feared were powerless before the wives who were devoted to their husbands. Stories like that were meant to convey to people, the power of devotion to the parents and husbands.

ACTIVITY 1

Read this story.....identify the real message.....

A young man was sitting in front of his house, reading the news paper. His father, a very old man was seated nearby, looking at the garden. He had started to lose his memory




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and the abilities of sight and hearing. Suddenly a bird arrived and sat on a short tree. The father asked, "Son, what is that?" The son looked at it and replied, "It is a crow." The father repeated his question, "What is that?" The son thought that his father had not heard his answer and so repeated, in a louder tone, "It is a crow!"

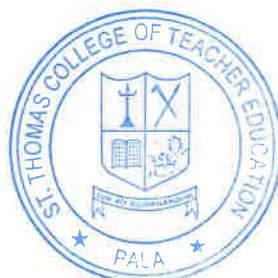
The old man repeated the same question again. The son frowned angrily. He repeated his answer, more loudly. Then the father asked again, "What is that?" The young man shouted at the top of his voice, "Can't you understand? How many times I have told you? It is only a crow!" With these words, the furious son rose from his chair, threw the paper to the ground violently and rushed into the house in an uncontrollable rage. The old man sat there for some more time and returned to his room with shaking legs. He opened his old trunk and found out his old diary where he used to record every incident of his life. He slowly turned the pages and reached the page which recounted the day when he celebrated the third birthday of his son. He stared at the page and tears rolled down his wrinkled cheeks. He sat in that posture for a long time. Later, when his son came in search of him, he saw the open diary and his father in a pensive mood. Out of curiosity, he read the open page of the old diary. It read thus: "Today we celebrated the third birthday of my dear son. After the noon meals, I sat in the courtyard with my son in my lap. Suddenly a crow flew in and sat near us. My son asked me eagerly, "What is that, Daddy?" I answered him, "It is a crow, my dear." He repeated the question at least twenty times and every time I gave the same answer, hugging him tightly every time I answered his innocent query. His repeated enquiries did not anger me. It made me love him more and more. It gave me satisfaction and joy to be able to answer his innocent enquiries again and again."


Reading this account of his own innocent inquiries and the patient and affectionate replies and reactions of his father, the young man felt ashamed of his ruthless reaction to his father's questions. He knelt down at his father's legs and cried in deep sorrow, begging his pardon again and again.

ACTIVITY 2

READ THE FOLLOWING PARAGRAPHS AND IDENTIFY WHAT RELIGIOUS TEXTS SPEAK ABOUT MOTHER, FATHER, TEACHER AND GOD

HOLY QURAN	
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UPANISHAD	
BIBLE	


All religions teach us to respect and love our parents. Innocent inquiries, comments, directions, remarks or requests of our aged parents should not infuriate us.

The Holy Quran teaches us, "Your Lord has decreed: Do not worship any but Him; Be kind to your parents; and should both or any one of them attain old age in your life, do not say to them a word of contempt, nor repel them, but speak to them with respect and be humble and tender to them and say, "Lord, show mercy to them as they nurtured me when I was small" (Holy Quran, Chapter 17 (AL-ISRA) verses 23-24).

The "Taittiriya Upanishad", a Sacred Hindu Scripture, teaches, "*Matru devo Bhava, Pitru devo Bhava, Acharya devo Bhava, Atithi devo Bhava*" advocating to honour one's mother, father, teacher and guest as God. This is repeated in the popular axiom in Indian culture, "*Matha, Pitha, Guru Deivam*" which urges a child to treat his mother, father and teacher as equal to God and give due respect and reverence to the three persons who lead us to God.

The Old Testament of the Bible prescribes the following in the ten commandments of God, "Respect your father and your mother, so that you may live a long time in the land that I am giving you" (Exodus 20: 12; Deuteronomy 5: 16). St. Paul advises, "Children, it is your Christian duty to obey your parents, for this is the right thing to do. "Respect your father and mother' is the first commandment that has a promise added: 'so that all may go well with you, and you may live a long time in the land" (Ephesians 6: 1-3).




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The Book of proverbs advises, "It is better to be patient than powerful. It is better to win control over yourself than over whole cities" (Proverbs 16: 32). "Listen to your father; without him you would not exist. When your mother is old, show her your appreciation" (Proverbs 23: 22).

ACTIVITY 3

Prepare a write up on the theme "Respect your father and mother".

ANSWER THE FOLLOWING


REMEMBER THIS QUOTE

KEY VALUES – find out from your mother, father and teacher and ADD MORE

Love, Care,

Value education lesson plans – materials for class VIII and IX




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VALUE EDUCATION SERIES

YOUR ARE A MISSION

VALUE EDUCATION

LEARNING MATERIALS FOR SCHOOL STUDENTS

Part - 4 (Standard VIII)


Prepared By

DR. T.C. THANKACHAN

Associate Professor

2021




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
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VALUE EDUCATION SERIES - STANDARD 8

YOU ARE A MISSION

CONTENTS

Units	Title	Theme Selected
1.	HUMANISM	BE SMART AND BE HUMANE
2.	RESOURCEFULNESS	YOU ARE A BLESSING
3.	CONSEQUENCE ANALYSIS	IDENTIFY THE POSSIBLE EFFECTS
4.	HUMILITY	TOWARDS DISCIPLINE
5.	PERSEVERANCE	START YOUR JOURNEY TOWARDS SUCCESS
6.	VALUE THE WORK	WORK IS WORSHIP
7.	GOAL SETTING	LOW AIM IS A CRIME
8.	SOCIAL JUSTICE	JUSTICE FOR ALL AND ALL FOR JUSTICE
9.	CONSCIENCE	WHO AM I TO JUDGE OTHERS
10.	PEACE	BE AN AMBASSADOR OF PEACE



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UNIT 1

HUMANISM

BE SMART AND BE HUMANE



From everyday violence to acts of terrorism and acts of God, many of us are weary from the seemingly relentless accounts of atrocities and acts of selfishness happening in the world around us. Spending the day reading the news, you might not guess that humans are, to some extent, predisposed to acts of kindness and feelings of empathy - a study published in 2012 found that kindness may be in our genes.

Kindness can be a simple smile or hug, or a generous act such as allowing another car to merge ahead of you during your morning commute or - growing in popularity - paying for the toll or food order of the person on line behind you. Expressing and receiving kindness makes us feel good; it lifts our mood.

In 1999, on the cusp of the new millennium, Americans voted Mother Teresa as the Most Admired Person of the Century, according to a CNN/USA Today Gallup poll, admired more than Martin Luther King, Jr., John F. Kennedy, Albert Einstein and Helen Keller [source: Newport]. What makes her so special? Mother Teresa, born as Anjeze Gonxhe Bojaxhiu and called the Angel of Mercy, was a missionary and Roman Catholic nun who dedicated her life to helping others. When we think saint, we think Mother Teresa.




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In 1950 she established The Missionaries of Charity, an order devoted to caring for the sick, homeless and helpless. In 1979, she won the Nobel Peace Prize.

Being humane is always special and difficult too. It is to simply understand that others are humans too. They have equal rights with you and you should treat them as you wish they treat you (the Golden rule) and you should not treat them in ways that you do not like to be treated (the silver rule).

While animals cannot act in a humane fashion, human beings can show tenderness, compassion and other humane qualities to other human beings and animals. Behaviour that is inhumane is lacking in compassion for the suffering of humans and animals. Now a days animals display much more humane values than us humans. Let's see the example of the little birds in our surroundings. If a bird is in danger, others join together for its rescue. Now let us think about us. We kill each other for our selfish motives. If one is in a difficult situation, we don't even mind him. Our morale has degenerated than that of animals. Consideration for others is the basis of all human values. Kindness towards fellow-beings, a benevolent nature and compassion for others can be said to be the yardsticks of human values.


Being humane is not an obligation. It is the extension of our generous hands towards our fellow beings.

ACTIVITY 1 - STORM YOUR BRAIN

What are the human values that you think we lack today?

What do you mean by being humane?




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Suppose you are travelling by a bus back to your home. How can you practice humane values on your journey? Provide some examples.

KEY VALUES – Find out and ADD MORE

Humility, Love, Concern,
.....

REMEMBER THIS QUOTE



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UNIT 2

RESOURCEFULNESS

YOU ARE A BLESSING



Five wise men got lost in the forest.

The first one said:

- I will go the left - my intuition tells me that.

The second one said:

- I will go the right - because "the right" comes from the word "rightness".

The third one said:

- I will go back - we came from there, it means I will go out from the forest.

The fourth one said:

- I will go straight - we should move forward, the forest will end and something new will open.

The fifth said:

- You are all wrong. There is a better solution. Wait for me.

He found the tallest tree and climbed into it. While he was climbing everyone else scattered towards their own sides. From above he saw where they should go to leave the forest faster. Now he could even see in what order the other wise men will reach the end of the forest. He climbed higher and saw the shortest way. He understood the problem and found the best solution! He knew that he did everything right. And the others were wrong. They were stubborn and they didn't listen to him. He was the real Wise Man! But he was wrong.

Everyone was right. The one who went to the left, found himself in the thicket. He had to starve and fight with wild animals. But he learned how to



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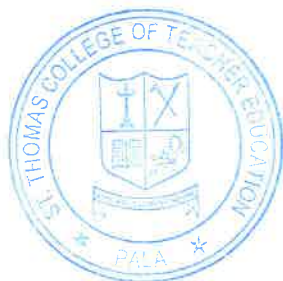
Part - 5 (Standard IX)


Prepared By

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Associate Professor

2020




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VALUE EDUCATION SERIES - STANDARD 9

YOU ARE A MISSION

CONTENTS

Units	Title	Theme Selected
1.	YOU ARE UNIQUE	BE A BLESSING
2.	QUALITY OF READING	READ WELL AND DREAM BIG
3.	POSITIVE THINKING	THINK GREAT AND ACT
4.	NON-VIOLENCE	NEVER INJURE ANY BEING THROUGH THOUGHTS, WORDS AND ACTIONS
5.	CHILDREN'S RIGHTS	KNOW THE RIGHTS AND DO YOUR DUTIES
6.	LOVE	TOUCH THE HEART AND FEED THE SOUL
7.	LEADERSHIP	THE BEST LEADERS ARE THOSE WHO SERVE
8.	SIMPLICITY	BE HUMBLE IN HEAD AND HEART
9.	THE ART OF COMMUNICATION	RELATIONS BEYOND WORDS
10.	BE GENTLE	YOU ARE A MISSION




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UNIT ONE

YOU ARE UNIQUE

BE A BLESSING

Can you find anybody who is exactly like you?

In what all ways do you differ from them?

Nobody can find a person who is exactly like him. Even twins differ in their physical, mental and emotional faculties. We differ from others in terms of physical features like height, weight, colour and in terms of talents, abilities, mental capabilities, emotional balance etc..

Nobody can behave like others. Behavior differs from person to person. It doesn't mean that you are inferior. Instead it means you are unique. Each of us is born unique. You may have some qualities that your friends may not have. On the other hand they may have some features that you may not have.

Every individual is unique and are made in a unique way to do some unique actions that no one else could complete. You might have heard of Thomas Edison. While he was a boy, his teacher sent his mother a letter saying Thomas is an idiot and since they have no time to waste for him, please don't send him to school. Look how the world miserably failed to discover the unique features of a great scientist.


Deep inside us all lie a magical power. But few are the ones who realizes their strengths and talents. Often difficulties and obstacles in life help us to discover the potentials within us. This self discovery makes us unique.

ACTIVITY 1

List out some of the unique features of your friend.

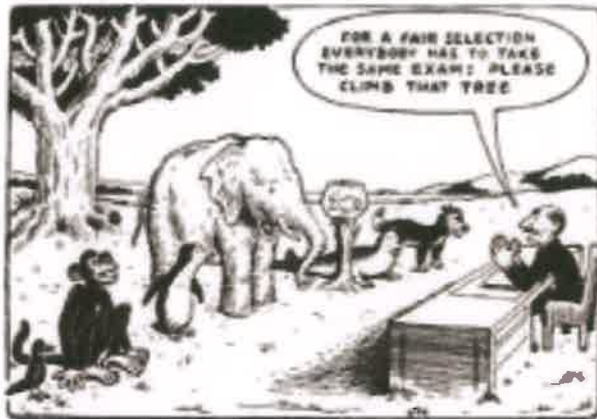
FEATURES OF YOUR FRIEND	FEATURES YOU HAVE




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He or she may not be beautiful, good at studies, an excellent dancer or a singer. But there is something that only they possess. Let us admit others as they are and discover ourselves.

ACTIVITY 2 – OBSERVE AND COMMENT



Give a comment on the above picture and identify the unique features of these creations

FILL IN THE BLANKS

1. Each one of us is born -----.
2. ----- makes us unique.
3. ----- and ----- in life help us to discover the potentials within us.

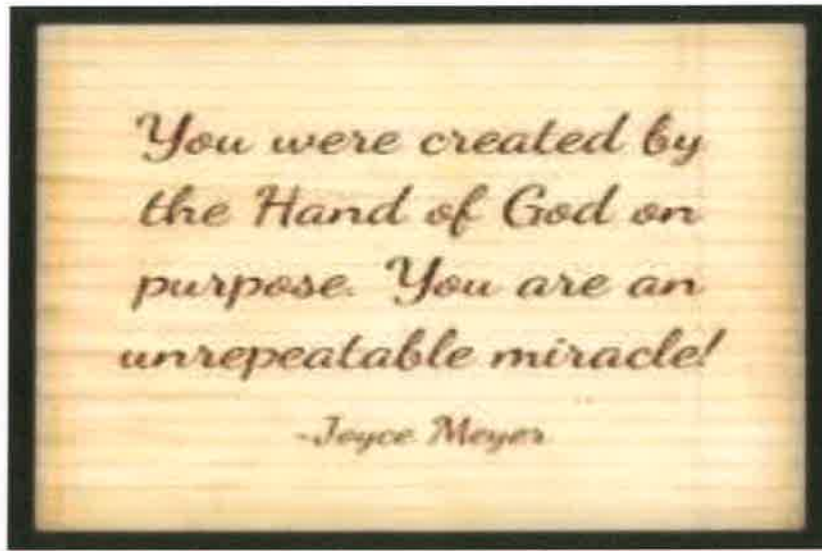
ANSWER THE FOLLOWING

1. Why can't we find a person exactly like us?
2. What is the bitter experience faced by Thomas Edison?
3. Since we are unique what should we do?



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EXAMINE THE QUOTE



KEY VALUES – find out from your personal features and ADD MORE

Uniqueness, Acceptance, Concern,,
.....




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UNIT TWO

QUALITY OF READING

READ WELL AND DREAM BIG

Once there lived a king who had seven daughters. One day he found that they are missing. He sent his knights in search of them. At last the knights reached near seven castles.

The knights entered each castle to rescue the young ladies. These places were so cold and dark that the Princesses looked almost dead. When liberated, the young girls were enormously grateful to their rescuers, since life in those cells was the emptiest and most boring one could ever imagine.

But on arriving at the final castle, which looked no different from the others, they discovered a beautiful interior, wonderfully decorated and maintained, filled with light and colour. One could even hear beautiful music, as though this was some magical place. And when they ran to rescue the seventh Princess from her alcove in the highest tower, as they had done with the others, they didn't find her there. They searched everywhere for her until, following the magical music, they ended up in a small living room. They found no magic there, but sat in the room was a joyful Princess skillfully playing a harp.


Unlike the other Princesses, in whom the effect of their imprisonment was easily visible, the last Princess seemed to have lived a much more active and interesting life. She was cultured, ingenious, elegant, and had a special gift for the arts. Surprised, they searched the palace, looking for an explanation, until they arrived at the library. Many books were missing, and only then they realized the reason: the whole of the rest of the castle was full of books. On each table and piece of furniture you could easily find a book of some sort. The Princess had never stopped reading!

ACTIVITY 1 – ANSWER THE QUESTIONS

What made the Princess so vibrant and jovial?

What made the other six Princesses dull and unhappy?




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9. FACULTY EXCHANGE PROGRAMME

A. Staff exchange programme (2021-2022)

International Faculty sharing programme


The International Faculty Sharing Programme was held on Wednesday, June 2nd, 2021 on the topic 'India and Nigeria - Teacher Preparation: Perspectives', fostering collaboration between St. Thomas College of Teacher Education (STCTE) in Pala, India and the University of Calabar in Nigeria. Centered on the central theme of teacher preparation, the program aimed to enrich the professional development of educators.

Held on Google Meet from 2:30 to 3:30 pm IST (10:00 to 11:00 am Nigeria), the program enjoyed broad participation from STCTE. The entire teaching faculty of the college actively engaged in the session, gaining valuable insights from the esteemed resource persons. Dr. Bernedette U. Cornelius-Ukpepi from the University of Calabar, Nigeria, shared her expertise alongside Dr. T.C. Thankachan, Associate Professor at STCTE. The discussion with Dr Bernedette U. Cornelius-Ukpepi, the resource person, offered many benefits to the teaching staff at STCTE. This allowed them to examine their practices and identify potential improvement areas critically.


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PALA**
KOTTAYAM (Dt.) - 686575, KERALA, INDIA
Re-accredited at A Grade by NAAC
Affiliated to Mahatma Gandhi University, Kottayam, Kerala, India
E-mail : stctepala@gmail.com | Website : stcte.ac.in

**INTERNATIONAL FACULTY
SHARING PROGRAMME**




INDIA AND NIGERIA
TEACHER PREPARATION: PERSPECTIVES

 Dr. T.C. Thankachan Principal, St. Thomas College of Teacher Education, Pala, Kerala, INDIA	 Dr. Bernedette U. Cornelius-Ukpepi Department of Curriculum and Teaching, Faculty of Education, University of Calabar, NIGERIA
--	--

Date & Time:
02/06/2021 (Wednesday)
2.30-3.30 p.m. (IST) 10.00-11.00 a.m. (NIGERIA)

PLATFORM : GOOGLE MEET





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Participants

1. Rosemary Cherian	2. Ambily Mani
3. Anu Tressa Jose	4. Anjumol S
5. Bhanupriya R	6. ATHIRA P.S
7. Dr Alex George	8. Elsamma Joseph
9. Tressa Jomy	10. James Mathew
11. Agie mol Salas	12. Ligin Pullemkunnel
13. Akhila Manmathan	14. Liya Margarete Antony
15. Alphonsa Xavier	16. Meera V s
17. Anjaly Elizabeth Xavier	18. Reshma Raju
19. Annie Teressa Shajan	20. Steffy Tom
21. Annumol Joji	22. Reshma C L
23. ANUJA BABU	24. Riya Rose Johns
25. Christy Thomas	26. Sneha Jayakumar
27. jaicy jose	28. Sojo John
29. Jyothylakshmi K.R	30. Anusree Biju
31. Meera Seby	32. Ashmi Maria John
33. Navya mol K.R	34. Lis Mary Antony
35. Nevil George	36. Syamily Sasi
37. Rakhi R	38. Densy John
39. TIMA MATHEW	40. Divya Stani
41. Anita Mathew	42. Harikrishnan V
43. Anitta Jose	44. Irin Sera Joseph
45. Cheslin Jose	46. Julian Tom Job
47. LAKSHMI S	48. Raina Martin
49. Mariya Sebastian	50. vinesha vinayan




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B. Faculty sharing programmes with MOU institutions

Faculty sharing programme with SN Training college, Moothakunnam

Faculty sharing programme was conducted with SN Training college, Moothakunnam on 4, 5 and 6 of August 2021. Dr. TC Thankachan , Associate Professor, St.Thomas College of Teacher Education took classes on the topic value education and Dr. Laya A.B., SN Training college, Moothakunnam took classes on Indian Philosophy.

The poster features the logos of SNM Training College Moothakunnam and St. Thomas College of Teacher Education, Pala. It details two sessions: 'Value Education' on 06 August 2021 at 4:00 p.m. led by Dr. T C Thankachan, Principal of St. Thomas College of Teacher Education, Pala; and 'Indian Philosophy' on 04 & 05 August 2021 at 8:30 a.m. led by Dr. Laya A B, Assistant Professor at SNM Training College Moothakunnam. A 'GOOGLE MEET' icon is also present. At the bottom, there is a photo of a classroom and a portrait of Dr. Amma O S, Principal of SNM Training College Moothakunnam.

List of Participants	
1. Rosemary Cherian	2. Ambily Mani
3. Anu Tressa Jose	4. Anjumol S
5. Bhanupriya R	6. Athira P.S
7. Dr Alex George	8. Elsamma Joseph
9. Tressa Jomy	10. James Mathew
11. Agie mol Salas	12. Ligin Pullemkunnel
13. Akhila Manmathan	14. Liya Margarette Antony
15. Alphonsa Xavier	16. Meera V s
17. Anjaly Elizabeth Xavier	18. Reshma Raju
19. Annie Teresa Shajan	20. Steffy Tom
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31. Meera Seby	32. Ashmi Maria John
33. Navya mol K.R	34. Lis Mary Antony



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35. Nevil George	36. Syamily Sasi
37. Rakhi R	38. Densy John
39. Tima Mathew	40. Divya Stani
41. Anita Mathew	42. Harikrishnan V
43. Anitta Jose	44. Irin Sera Joseph
45. Cheslin Jose	46. Julian Tom Job
47. Lakshmi S	48. Raina Martin
49. Mariya Sebastian	50. Vinesha Vinayan

Faculty sharing programme was conducted with SN Training college, Moothakunnam on 9 of September 2021. Dr. Sr.Mary Thomas, Assistant Professor, St.Thomas College of Teacher Education and Dr. Saritha V.K., SN Training College, Moothakunnam took classes on the topic Theory of Multiple Intelligence.

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St. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
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 Affiliated to Mahatma Gandhi University, Kottayam
 Email: stctepala@gmail.com, website: stctepala.co.in

FACULTY EXCHANGE PROGRAMME

Topic
 Theory of multiple intelligence

Ms. SARITHA V. K
 Assistant Professor
 SNM Training College
 Moothakunnam

Dr. Sr. MARY THOMAS
 Assistant Professor
 St. Thomas College of
 Teacher Education, Pala

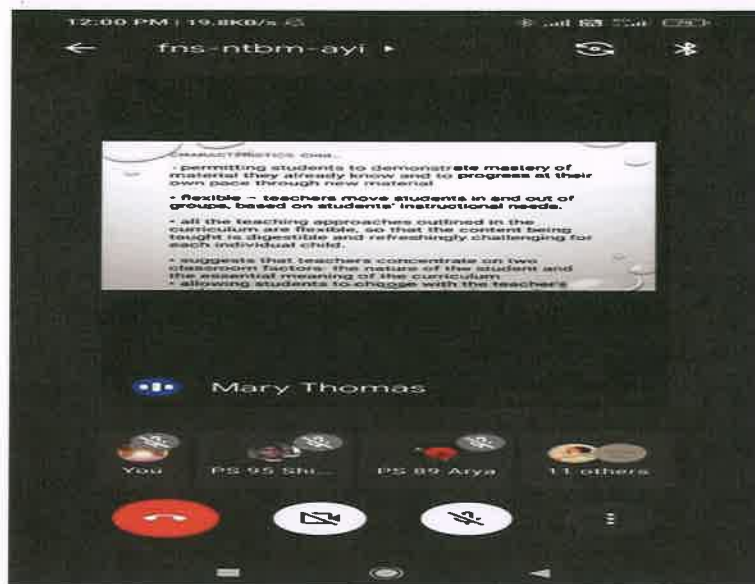
Dr. Asha O.S
 Principal
 SNM Training College
 Moothakunnam

Dr. T C Thankachan
 Principal
 St. Thomas College of
 Teacher Education, Pala

VIA
GOOGLE MEET
01-09-2021
 2 pm - 3 pm



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List of students participated

Sl. No.	Name of Participants	Sl	Name of participants
1	Aiswarya A R	11	Ashmi Maria John
2.	Alekha K V	12	Lis Mary Antony
3.	Anamika K G	13	Syamily Sasi
4	Anju Ayyappan	14	Divya Stani
5	Aswathy S S	15	Tima Mathew
6	Devika Prakash	16	Maria Mathew
7	Divyasree T R	17	Mariya Sebastian
8	Syamily M S	17	Jaicy jose
9	Vani P M	19	Lakshmi S
10	Alphonsa Xavier		

Faculty sharing programme was conducted with SN Training college, Moothakunnam on 9 of September 2021. Dr. Alex George, Assistant Professor, St.Thomas College of Teacher Education and Dr. Bisini P.S., SN Training College, Moothakunnam took classes on the topic 'Smart teachers for smart students' and 'Rational Emotive education' respectively.



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 TEACHER EDUCATION
 PALA



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

AN AFFILIATE OF THE UNIVERSITY OF CALICUT
UNDER THE REGULATIONS OF THE UNIVERSITY OF CALICUT



**SNM TRAINING COLLEGE
MOOTHIAKUNNAM**

MOOTHIAKUNNAM, PALA

FACULTY EXCHANGE PROGRAMME

DATE
11.08.2021

TIME
3.00 PM TO 4.00 PM

GOOGLE MEET



TOPICS

TOPIC

NATIONAL EMOTIVE EDUCATION

TOPIC

SMART TEACHERS FOR SMART STUDENTS



DR. T.C. THANKACHAN



DR. ASHA O.S.

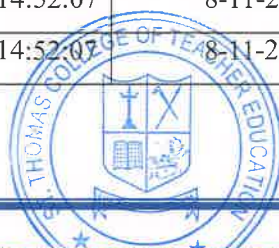


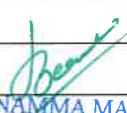
DR. BISINI P.S.



DR. ALEX GEORGE


Participants	Joined	Left	Duration
Bisini P S	8-11-2021 14:43:40	8-11-2021 16:02:26	01:18:46
Rosemary Cherian	8-11-2021 14:43:40	8-11-2021 16:02:26	01:18:46
Ambily Mani	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Anjumol S	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Anu Tressa Jose	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
ATHIRA P.S	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Bhanupriya R	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Dr Alex George	8-11-2021 14:47:26	8-11-2021 14:47:28	00:00:02
Elsamma Joseph	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
James Mathew	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Ligin Pullemkunel	8-11-2021 14:47:26	8-11-2021 14:58:36	00:11:10
Liya Margarette Antony	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Meera V s	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Reshma Raju	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Steffy Tom	8-11-2021 14:47:26	8-11-2021 16:02:26	01:15:00
Treesa Jomy	8-11-2021 14:47:26	8-11-2021 14:58:36	00:11:10
Agie mol Salas	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Akhila Manmathan	8-11-2021 14:52:07	8-11-2021 14:58:36	00:06:29
Alphonsa Xavier	8-11-2021 14:52:07	8-11-2021 15:59:57	01:07:50




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Anjaly Elizabeth Xavier	8-11-2021 14:52:07	8-11-2021 14:58:36	00:06:29
Annie Teresa Shajan	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Annumol Joji	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
ANUJA BABU	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Christy Thomas	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
jaicy jose	8-11-2021 14:52:07	8-11-2021 14:58:36	00:06:29
Jyothylakshmi K.R	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Meera Seby	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Navya mol K.R	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Nevil George	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Rakhi R	8-11-2021 14:52:07	8-11-2021 15:59:57	01:07:50
Reshma C L	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Riya Rose Johns	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Sneha Jayakumar	8-11-2021 14:52:07	8-11-2021 14:58:36	00:06:29
Sojo John	8-11-2021 14:52:07	8-11-2021 16:02:26	01:10:19
Anusree Biju	8-11-2021 14:54:08	8-11-2021 16:02:26	01:08:18
Ashmi Maria John	8-11-2021 14:54:08	8-11-2021 16:02:26	01:08:18
Lis Mary Antony	8-11-2021 14:54:08	8-11-2021 15:59:57	01:05:49
Syamily Sasi	8-11-2021 14:54:08	8-11-2021 16:02:26	01:08:18
TIMA MATHEW	8-11-2021 14:54:08	8-11-2021 16:02:26	01:08:18
Anita Mathew	8-11-2021 14:58:34	8-11-2021 16:02:26	01:03:52
Anitta Jose	8-11-2021 14:58:34	8-11-2021 16:02:26	01:03:52
Cheslin Jose	8-11-2021 14:58:34	8-11-2021 14:58:36	00:00:02
Densy John	8-11-2021 14:58:34	8-11-2021 16:02:26	01:03:52
Divya Stani	8-11-2021 14:58:34	8-11-2021 15:59:57	01:01:23
Harikrishnan V	8-11-2021 14:58:34	8-11-2021 15:59:57	01:01:23
Irin Sera Joseph	8-11-2021 14:58:34	8-11-2021 16:02:26	01:03:52
Julian Tom Job	8-11-2021 14:58:34	8-11-2021 14:58:36	00:00:02
LAKSHMI S	8-11-2021 14:58:34	8-11-2021 16:02:26	01:03:52
Mariya Sebastian	8-11-2021 14:58:34	8-11-2021 16:02:26	01:03:52
Raina Martin	8-11-2021 14:58:34	8-11-2021 16:02:26	01:03:52
vinesha vinayan	8-11-2021 14:58:34	8-11-2021 15:59:57	01:01:23




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 PALAKKAD

Faculty sharing programmes with other institutions

Faculty sharing programme was conducted with NSS Training College Changanasery on 12 of October 2021. Dr. Sr.Mary Thomas, Assistant Professor, St.Thomas College of Teacher Education and Ms. Jayalakshmi R., NSS Training College Changanasery took classes on the topic Differentiated curriculum.



NSS TRAINING COLLEGE,
CHANGANACHERRY
Kottayam - 686 101, Kerala, India
Affiliated to MG University, Kerala
principalnssrtr@gmail.com



ST. THOMAS COLLEGE OF
TEACHER EDUCATION, PALA,
Kottayam - 686575, Kerala, India
Affiliated to MG University, Kerala
sttcpe14@gmail.com

FACULTY EXCHANGE PROGRAMME



Ms. JAYALAKSHMY R
Asst. Professor in Physical
Science Education,
NSS Training College
Changanacherry,



Dr. Sr. MARY THOMAS
Asst. Professor in Physical
Science Education,
St. Thomas College of
Teacher Education, Pala,

Topic
Differentiated Curriculum

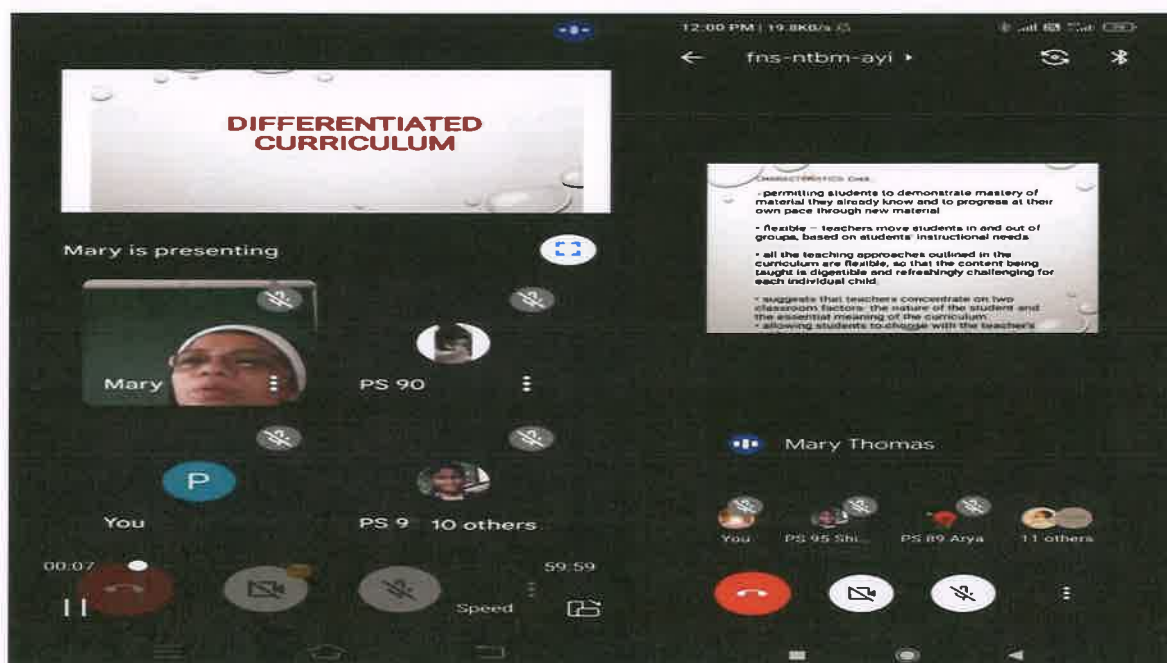
October 12, 2021
11.35 AM - 12.35 PM


via Google Meet



Dr. PRADEEP KUMAR S L
Principal
NSS Training College
Changanacherry

Dr. T C THANKACHAN
Principal
St. Thomas College of
Teacher Education, Pala.



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List of students participated


Sl No.	Name	Sl	Name
1	Aleena Thankappan	13	Pravitha Prasad
2	Aruna S Kurup	14	Ashmi Maria John
3	Arya Haridas	15	Lis Mary Antony
4	Athira K A	16	Syamily Sasi
5	Chinnu Rose Jose	17	Divya Stani
6	Shinton Anna Joseph	18	Tima Mathew
7	Sukanyamol K S	19	Maria Mathew
8	Veena K Kumar	20	Mariya Sebastian
9	Anju Suresh	21	Jaicy jose
10	Yamuna Krishnan	22	Lakshmi S
11	Pauline Maria Joseph	23	Alphonsa Xavier
12	Gadha S.		

Staff exchange programme (2022-2023)

Faculty sharing programmes with MOU institutions

Faculty sharing programme was conducted with SN Training college, Moothakunnam on 26th May 2023. Dr. Bindu David , Assistant Professor, St.Thomas College of Teacher Education and Dr.Suneethi A.S., SN Training college, Moothakunnam took classes on the topic Diagnostic testing and Remdial teaching.




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**SNM TRAINING COLLEGE
MOOTHAKUNNAM**
Ernakulam (D), Kerala
Re-accredited at second cycle by NAAC
Affiliated to Mahatma Gandhi University, Kottayam
Phone: 0484-2452054, 0484-2402115
Email: snmtrainingcollegemk@gmail.com

**ST. THOMAS COLLEGE OF
TEACHER EDUCATION, PALA**
Kottayam (D), Kerala
Re-accredited at A Grade by NAAC
Affiliated to Mahatma Gandhi University, Kottayam
Phone: +91-4822 216537
Email: stcpala@gmail.com

FACULTY EXCHANGE PROGRAMME

**DIAGNOSTIC TEST AND
REMEDIAL TEACHING**
26/05/2023 @ 10.00 am

Dr. Bindu David
Assistant Professor
St. Thomas College of
Teacher Education, Pala

Dr. Suneethi A. S.
Assistant Professor
SNM Training College,
Moothakunnam

Dr. Susmitha P. S.
Principal in Charge
SNM Training College,
Moothakunnam

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



BENEFICIARIES

Sl.No	Name of student	Subject	Sl.No	Name of student	Subject
1.	Anjana SN	Natural science	9.	Alfred George	Natural science
2.	Gautham PB	Natural science	10.	Adithya Shaji	Natural science
3.	Karthika	Natural science	11.	Angel Joseph	Natural science
4.	Keerthana jayaraj	Natural science	12.	Arya Ashok	Natural science
5.	Navyalakshmi S	Natural science	13.	Divya Mol MS	Natural science
6.	Niveditha PS	Natural science	14.	Irene Teresa dius	Natural science
7.	Rakhi Radhakrishnan	Natural science	15.	Krishnanand H	Natural science
8.	Swathi SB	Natural science	16.	Sneha Jose	Natural science



Beenamma
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PALA

10. STUDENT EXCHANGE PROGRAMME


Our student Minna Mary Tom acted as a resources person on a webinar Titled ‘Water Conservation Day’ which was jointly organized by St. Thomas College of Teacher Education and St. Joseph’s College of Teacher Education for Women

As we celebrate the Azadi Ka Amrut Mahotsav- an initiative of the Government of India to celebrate and commemorate 75 years of Independence, a webinar was conducted by St. Thomas College of Teacher Education, Pala and St. Joseph College of Teacher Education for Women, Ernakulam on the topic “Water Conservation” on 30-04-23. The programme was co-ordinated by Dr. Sunu Austin, Assistant Professor of St. Thomas College, Pala and Dr. Siji John, Assistant Professor of St. Joseph College of Teacher Education for Women, Ernakulam. The webinar was organised by the Social Science Departments of both the colleges. There were two presenters one was Minna Mary Tom from St. Thomas college, Pala and Nair K. M. Sumalakshmi, from St. Joseph College. The webinar was anchored by Sreelakshmi Sudhakaran and welcome address was delivered by Liyanta Izabel from St. Joseph college respectively.

The first presenter Nair K. M.Sumalakshmi addressed the audience about the need, significance and the importance of conserving water. As water is an essential resource to all the living beings in the world, the presenter made understand the careless use of water by humans nowadays. The responsibility to pass on the planet to future generations the way we received it was highlighted. Various steps that student teachers may take to initiate and teach water conservation habits among students was very clearly stated. The second presenter Minna Mary Tom spoke on the various ways to conserve water like rainwater harvesting, the applications of modern technology in the preservation of water. The importance of sustainable development and the various steps to be taken was addressed. The importance of conservation of water was also underlined. A question and answer time was provided to the audience after each presentation to make further clarifications.

Vote of thanks was delivered by Gopika Anil from St. Thomas college, Pala. As a concluding session both the coordinators of the webinar expressed their views and congratulated the presenters. The webinar ended successfully making all those who participated understand the importance of conserving water.




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PALA

PAPER PRESENTERS

NAIR K.M SUMALAKSHMI



MINNA MARY TOM



WATER CONSERVATION DAY

As part of Azadi Ka Amrit Mahotsav



ORGANIZED BY



St. Joseph College of Teacher Education for women, Ernakulam



St. Thomas College of Teacher Education, Pala

Online Webinar
Due Date- 30th April 2023
DueTime- 2:00-3:00pm

WEBINAR CO-ORDINATORS

Dr. SURIJOHN,
Assistant Professor,
St. Joseph College of Teacher Education for Women, Ernakulam

Dr. SURI AUSTIN,
Assistant Professor,
St. Thomas College of Teacher Education for Women, Pala

SREELAKSHMI SUDHAKARAN,
Student Co-ordinator,
St. Joseph College of Teacher Education for Women, Ernakulam

OUR MISSION IS TO STUDY, PROTECT, AND CONSERVE WATER.

WEBINAR PROGRAMME SCHEDULES

WELCOME ADDRESS
LIYANTA TZABEL

PRAYER
ANNS THOMAS

VOTE OF THANKS
GOPIKA ANIL



Beena
Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
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TEACHER EDUCATION
PALA

11. SET TET NET COACHING

Responding to the local needs of both teacher trainees and teacher educators, the college has shown its continuous commitment to stakeholders by organizing coaching programmes for UGC NET/Kerala SET/ TET/C-TET. The programme is intended to make students in and out of the college competent for various exams which enable them to fulfil their professional requirements. The programme was initiated during the 2021-2022 academic year. The college has been offering coaching programme, since then, for UGC NET, SET, K-TET and C-TET etc. The role of Alumni is remarkable in this regard by providing both administrative and academic support for the programme.

The programme is totally free for our students and alumni, but nominal fees are charged from other takers. The question paper bank which is prepared by a collective effort of the faculties and Alumni of our institution are made available to the students as a part of the programme, a rigorous workout session is also organized under the guidance of teachers.

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

**UGC NET COACHING
(PAPER 1 & EDUCATION)**

Online Classes

- Syllabus oriented sessions
- Daily Practice tests
- Weekend model tests
- Doubt clearing sessions

**Admissions open
now**

**Duration September
12 - 26**

* Fees exemption for STCTE
Pala students

9447599631

**Register on / before
September 13**

Dr. Sr. Beenamma Mathew
(Principal, STCTE, Pala)

Dr. T. C. Thankachan
(Vice Principal, STCTE,
Pala)

Dr. Alex George
Teacher in charge, STCTE,
Pala)

Student Coordinator : Tiya Tess George **9400041057**

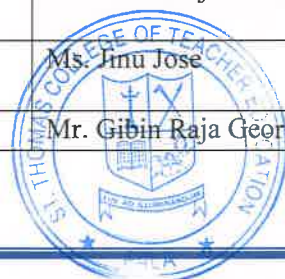


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PALA

NET Coaching- 2022

Timetable

Date	Topic	Resource Person	Designation
Day 1 FN	Education, General and Teaching Aptitude	Dr. T.C Thankachan	Principal, St. Thomas College of Teacher Education, Pala
DAY 1 AN	Environmental Science	Dr. Mathews T. Thelley	Associate Professor and HoD, K.E. College Mannanam
DAY 2 FN	Educational Psychology	Dr. Alex George	Assistant Professor, St. Thomas College of Teacher Education, Pala
DAY 2 AN	Malayalam & Culture	Fr. Jose Puzhkara	Professor, Benedict Monastery, Kappad
DAY 3 FN	English Basics	Mrs. Ani Mathew	Govt. Polytechnic College, Adoor
DAY 3 AN	Environmental Science	Dr. Mathews T. Thelley	Associate Professor and HoD, K.E. College Mannanam
DAY 4 AN	English	Ms. Jais Jose	Guest Faculty, St. Thomas College, Pala
DAY 4 FN	General Science/ G.K.	Dr. Jose James	Assistant Professor, HoD, St. Joseph College, Moolamattom
15.04.2022	Information Technology	Sreeresh D	Assistant Professor, BAM College, Mallappally
16.04.2022	English Basics	Mrs. Ani Mathew	Govt. Polytechnic College, Adoor
17.04.2022	Malayalam-	Fr. Jose Puzhkara	Professor, Benedict Monastery, Kappad
18.04.2022	General Science/ G.K.	Dr. Jose James	Assistant Professor, HOD, St. Joseph College, Moolamattom
19.04.2022	Communication	Sreeresh D	Assistant Professor, BAM College, Mallappally
20.04.2022	Social Science	Parvathy S.	St. Thomas College of Teacher Education, Pala
21.04.2022	English	Dr. Lavina Dominic	Assistant Professor, St. Thomas College of Teacher Education, Pala
22.04.2022	Social Science	Dr. Sunu Austin	Assistant Professor of Social Science Education, St. Thomas College of Teacher Education, Pala
23.04.2022	Higher Education System	Dr. Alex George	Assistant Professor, St. Thomas College of Teacher Education, Pala
24.04.2022	Social Science	Ms. Jinu Jose	St. Thomas College of Teacher Education, Pala
25.04.2022	Malayalam-	Fr. Jose Puzhkara	Professor, Benedict Monastery, Kappad
26.04.2022	General Science/ G.K.	Dr. Jose James	Assistant Professor, HoD, St. Joseph College, Moolamattom
27.04.2022	Social Science	Parvathy S.	St. Thomas College of Teacher Education, Pala
28.04.2022	English	Ms. Jais Jose	St. Thomas College of Teacher Education, Pala
29.04.2022	G.K.(Education)	Mr. Joffy J. Njavallil	St. Thomas College of Teacher Education, Pala
30.04.2022	English	Mr. Gibin Raja George	Assistant Professor of English, St. Thomas College, Pala
01.05.2022	Social Science	Ms. Jinu Jose	St. Thomas College of Teacher Education, Pala
03.05.2022	English	Mr. Gibin Raja George	Assistant Professor of English, St.



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			Thomas College, Pala
04.05.2022	Social Science	Parvathy S.	St. Thomas College of Teacher Education, Pala
05.05.2022	Education, General and Teaching Aptitude	Dr. T.C Thankachan	Education, General and Teaching Aptitude
06.05.2022	English	Mr. Gibin Raja George	Assistant Professor of English, St. Thomas College, Pala
07.05.2022	Psychological Foundation of Education and Learning theories	Dr. Alex George	Assistant Professor, St. Thomas College of Teacher Education, Pala
08.05.2022	Child Development Pedagogy	Dr. Alex George	Assistant Professor, St. Thomas College of Teacher Education, Pala
09.05.2022	Environment & Research in Education	Dr. Mathews T. Thelly	Associate Professor and HoD, K.E. College Mannanam
10.05.2022	Communication and ICT	Sreeresh D.	Assistant Professor, BAM College, Mallappally
11.05.2022	Logical Reasoning	Dr. T.C. Thankachan	Principal, St. Thomas College of Teacher Education, Pala
12.05.2022	Mathematical Reasoning		
13.05.2022	Mathematical Reasoning		
14.05.2022	Research Aptitude		
15.05.2022	Model Examination		

NET COACHING SCHEDULE- Sep 2022

Date	Time	Resource Person	Subject
13/9/2022	6 pm – 8 pm	Dr. K.S. Bastin	Paper I - Mathematics & Logical Reasoning
14/9/2022	6 pm – 8 pm	Dr. K.S. Bastin	Paper I – Mathematics & Logical Reasoning
15 /9/2022	7 pm - 8 pm	Dr. Mathews M. Thelly	Paper I – Environment & Natural Resources
16/9/2022	6 pm – 8 pm	Dr. K.S. Bastin	Paper I - Mathematics & Logical Reasoning
17/9/2022	6:30 pm - 8:30 pm	Dr. T. C. Thankachan	Paper I - Research Methodology
18/9/2022	6 pm – 8:30 pm	Dr. T.M .Mollykutty	Paper II – Teacher Education
19/9/2022	6:30 pm – 8:30 pm	Dr. T.M . Mollykutty	Paper II Curriculum Development
20/9/2022	7pm – 8:15 pm	Dr. Mathews M. Thelly	Paper I – Environment & Natural Resources



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21/9/2022	8:00 pm – 9:30 pm	Dr. Pratheesh Abraham	Paper II - Technology in / for Education
22/9/2022	7 pm – 8 :30 pm	Mr. Sreeresh D	Paper I – Information and Communication Technology
24/9/2022	6:30 pm – 7:30 pm	Dr. Lavina Dominic	Pedagogy , Andragogy and Assessment
25/9/2022	5 pm – 7 pm	Dr. Alex George	Teaching Aptitude Higher Education System
26/9/2022	7 pm - 9 pm	Dr . P.P. Shajimon	Paper II – Indian Philosophy
27/9/2022	7pm – 8 pm	Dr. Lavina Dominic	Pedagogy , Andragogy and Assessment
1/10/2022	7 pm – 8 :15 pm	Mr. Sreeresh D	Paper I - Communication
9/10/2022	2 pm – 3 :30 pm	Dr. Sunu Austin	Paper II – Inclusive Education
			Model Exam

LIST OF PARTICIPANTS

Name	Phone Number	College :	Educational Qualification	Subject	e- mail :	Coaching Preferred :	Fee Payment **	Address
Binitha Mani	9495668958	ST. C. T. E PALA	MEd	Natural science	binithasaramani@gmail.com	Paper I and II	No	Maruthukunnel House poovaryany po Poovaryany vilakkumaruthu
Anitta Maria Sunny	9605870145	St. Thomas College of Teacher Education, Pala	MA English, M.Ed	English	anittamasunny96@gmail.com	Paper I and II	No	Kudiyirupill homarangattupilly po Kottayam dt Kerala
Akhila Rose Abey	9656321097	St. Thomas College of Teacher Education	M. Ed	Social science	roseelavanal@gmail.com	Paper I and II	No	Koottiyaniyil house pala p. O
Sijo Jose	9495066523	St Thomas College of Teacher Education Pala	BA M. Ed	English	sij.josek@gmail.com	Paper I and II	No	Pala



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Nimi Jose	9539239372	St.Thomas College of Teacher Education, pala	M.Sc,M.ed	Educa tion, Mathe matics	nimiagn es@gm ail.com	Paper I only - Humani ties subjects	No	Adichilamackal, Meenachil P.O.,Palakadu,P ala
NIKHIL JOSEPH	8606276955	ST THOMAS COLLEGE OF TEACHER EDUCATIO N, PALA	B.Sc ME.d	EDU CATI ON	nikhiljo seph022 @gmail. com	Paper I and II	No	KOIPURATH HOUSE MUTHOLY (P.O), PALA
Divya Mohanan	9544824274	St.Thomas college of Teacher Education Pala	M.Ed student	Physi cal scienc e	divyam uth411 @gmail. com	Paper I and II	No	Varuvila puthenveedu Vechoochira P.O hempanoly Pathanamthitta
Jilu Tresa George	8301023502	STCTE, PALA	M. Sc	Mathe matics	jilutresa george @gmail. com	Paper I and II	No	Plakkannickal house, Pizhaku p.o,Manathoor, 686655
Rani Baby	8281143711	St Thomas College of Teacher Education Pala	<u>M.Sc</u>	Mathe matics	ranibrigi t@gmai l.com	Paper I and II	No	Nellickatheruvil House Ramapuram Bazar PO
Seenu Thomas	8078741436	St.Thomas college of teacher education pala	M.sc Mathematics	Mathe matics	maryam seenu@ gmail.c om	Paper I and II	No	Kollamkottu(H) Poovarani P.O Paika
Irin Sera Joseph	9446433032	STCTE Pala 2020-22	Post graduate	Englis h	irinseraj oseph@ gmail.c om	Paper I and II	No	Puthenpurackal H Kumily, Idukki 685509
Shilpa Elizabeth Joychen	6282137693	St.Thomas College of Teacher Education, Pala.	MSc	Mathe matics	shilpaeli zabethjo ychen@ gmail.c om	Paper I and II	No	Kizhakkethotta m(H), Poonjar P.O, Panachippara. Kottayam. 686581
Divya Maria Paul	7012591145	St. Thomas College of Teacher Education	MA & M.Ed	Englis h	divyapa ul195@ gmail.c om	Paper I and II	No	Thalachirakuzhi yil (H), Nazareth Hill (P.O), Kuravilangad, Kottayam (Dict),
Sisirkhosh Mohan	9074716338	St.Thomas college of Teacher Education Pala	M.A Economics	Econo mics	sisirgho shmoha n@gmai l.com	Paper I and II	Yes	Vachilampil House, 200 Acre Adimali, Idukki



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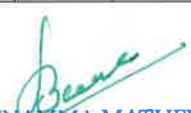
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9-17-2021 21:31:30	Adona Jose	Adappoor	8330872052	adonajose1997@gmail.com	K-TET
9-17-2021 22:28:49	Christy Maria George	Purayidathil	8078252910	christymariageorge2@gmail.c om	K-TET
9-17-2021 23:00:47	Princy Alex	Kadavil Peedikayil house mannadisala PO	7594020103	www.princyalex93@gmail.co m	K-TET

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		Vechuchira			
9-18-2021 8:57:12	Deepa Thomas	Kondattuparam pil	8921296776	jomondeepa0@gmail.com	K-TET
9-18-2021 9:50:32	MASNA CKT	CKT HOUSE	9567956531	masnamahmood@gmail.com	NET and SET
9-18-2021 15:53:14	Divya Maria Paul	Thalachirakuzhi yil	7012591145	divyapaul195@gmail.com	K-TET
9-18-2021 23:12:57	Maya M	Pullinthazhathu	8086966725	mayampullinthazhathu@gmail .com	K-TET

FEED BACK

Name	Quality of Classes	Timing of our Class	Quality of Resource Person	Overall Judgement of Coaching	Your Detailed Evaluation	Suggestion
Noopura S Nair	Excellent	Excellent	Excellent	Excellent	The coaching was very beneficial	Wish to continue
Aleena Ann Jose	Excellent	Excellent	Fair	Excellent	All the classes were very effective.	Nothing
Christina Susan Kurien	Good	Fair	Excellent	Good	Classes were great in the aspects of content deliveries and comprehensiveness. Structured implementation made it even better.	-
Anila Joseph	Excellent	Excellent	Excellent	Excellent	Good Coaching. Excellent classes and teachers.	Keep Going .Add Paper 2
Dimple Rose Thomas	Excellent	Good	Good	Good	Very informative. Class was very effective.	For NET aspirants, it was helpful to arrange the coaching classes separately that is subject wise classes is conducting, it is really useful to the aspirants.
lintaj450 @gmail. com	Excellent	Good	Excellent	Excellent	Excellent	Nil
Alphons Joseph	Excellent	Excellent	Excellent	Excellent	Very useful classes	No
Julie Thomas	Excellent	Excellent	Excellent	Excellent	Very informative and interesting classes	Conduct class for next k tet examination
Aiswariya Paikada	Good	Good	Good	Excellent	Good	Can organise more classes
Anitta	Good	Excellent	Excellent	Good	Satisfied	Should provide



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Maria Sunny						some syllabus oriented sections.
vivek vm	Excellent	Excellent	Excellent	Excellent	Very useful & informative classes	Excellent
Karthika Rajeev	Excellent	Excellent	Excellent	Excellent	All classes were much informative & valuable.. Thank you so much to all the coordinators of this venture..	All seems to be good & perfect.. Thank you all teachers for your valuable time..
Arsha	Excellent	Excellent	Excellent	Excellent	Classes were informative as well as inspirational.. and its unique teaching style bring out exuberance in us to study...	Start coachings for HSA Social Science, English & Malayalam.
Parvathi Sankar	Excellent	Excellent	Excellent	Excellent	Very informative classes.	Psychology class കുറച്ചു കൂടി കിട്ടുകയായിരുന്നു എങ്കിൽ നല്ലതായിരുന്നു.
Aysha Karim	Excellent	Excellent	Excellent	Excellent	Its very useful and interesting class	No suggestion
Nicy Varghese	Good	Fair	Good	Excellent	I really enjoyed the classes of Shajimon sir, Alex George sir, Jose james sir..They helped me to know the subjects deeply..exam oriented classes..mock tests..My humble request is please continue this type of classes again	Some classes were too fast..Please reduce the speed, if it is possible
Jeenu Jose	Good	Good	Excellent	Good	Good	Nothing
Mariat George	Excellent	Good	Excellent	Excellent	All the classes was very effective and informative. Excellent coordination.	I have a suggestion for change in class time. It must be good if timing is from 8:00 pm.
Josey Jose	Excellent	Excellent	Excellent	Excellent	Good Class for every day	Time 8 -10
Mareeta Joseph	Good	Excellent	Excellent	Good	Very good and effective	More exams
Mary Thomas	Excellent	Excellent	Excellent	Excellent	It was an effective sessions for me	Hope to continue next session..
Lissa Tony	Excellent	Good	Excellent	Excellent	Highly effective and content filled classes	ഞായറാഴ്ച കളിലെ ക്ലാസുകൾ ഒഴിവാക്കുന്നത് നല്ലതാണെന്നു അഭിപ്രായപ്പെടുന്നു.



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Jency Mathew	Excellent	Excellent	Excellent	Excellent	Very informative classes are given.thank you all team.for your hardwork.	Please give more attention to a particular test that means.either k.tet.or net.as a section based exams or classes.
Adona Jose	Good	Excellent	Excellent	Good	All sessions are useful and informative especially phycology classes.	If possible please include more subject related classes.
Christy Maria George	Excellent	Good	Excellent	Excellent	It's a beautiful experience to me. This coaching plays a major role in the form of a good motivator and also a teacher. Thank u so much	Conduct more classes .
Princy Alex	Excellent	Good	Good	Good	All classes were taken perfectly. It was a good motivation for all students	Expect next batch of coaching class
Deepa Thomas	Excellent	Excellent	Excellent	Excellent	Very effective, useful and informative	Please include question paper in Malayalam.
MASNA CKT	Excellent	Good	Excellent	Excellent	Classes were really helpful. When joined this coaching never thought that it will be this much great. Thank you so much for conducting this coaching. The resource persons were really excellent. Thank you once again for giving us this wonderful classes.	No
Divya Maria Paul	Good	Good	Good	Good	The resource persons are dedicated one's who try their level to present the prescribed subject area very well	Try to include more psychology classes and specific subject oriented classes
Maya M	Excellent	Excellent	Excellent	Excellent	Valuable sessions	More psychology classes should be included



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Result of Model Exam Conducted

Score	Name	House Name	Place	Google Pay Number
26 / 100	Reenu Rose	Aikara house	Pala	7994755757
30 / 100	dona salji	Perumpattu	Edappady	9446843874
30 / 100	Afra vp	Mahrus	Kannur	7012218596
32 / 100	Resmi Thomas	Aymanathil	Thodupuzha	9497279234
32 / 100	Christy Maria George	Purayidathil	Paika	121717569569
32 / 100	DIMPLE ROSE THOMAS	VYPANA(H)	PALA	9447600944
34 / 100	ASHITHA K BABU	Kalady House	Pallikkara, Ernakulam	8547680230
34 / 100	Alphons Joseph	Ousephparambil	Pala	8156872755
34 / 100	Princy Alex	Kadavil Peedikayil house	ma Vechuchira	7594020103
34 / 100	Aleena Philip	Methanath	Rajapuram	9496835612
38 / 100	Deepa Jomon	Kondattuparampil	Bharananjanam	9747880740
40 / 100	RANJITHA RAJAN P	Plachikkallu	Parappa	9539964607
40 / 100	Adona Jose	Adappoor	Neyyassery, Thodupu	8330872052
40 / 100	Arsha	Thekkecherpathu	Vazhoor	9446481909
42 / 100	Nimmy Thomas	Marangattil	Ayarkunnam	9544243981
44 / 100	Karthika Rajeev	Olickal	Chenappady	8301924277
44 / 100	Jijo Thomas	Vennayappillil	Kottayam	2
44 / 100	Alin Abraham	Meleth	Kothamangalam	9495982244
46 / 100	Maya M	Pullinthazhathu	Adimali	+918547389979
46 / 100	Minu Treesa Joseph	Theekath	Changanacherry	9446203427
48 / 100	AISWARIYA TOM	Paikada	MOONNILAVU	9544522218
48 / 100	Ardra	Ushus, Mankoli Parambil Ho	Malappuram	9946072792
48 / 100	Siltta Jomon	Kochuparambil	Palakkad	9526524363
48 / 100	Neethu Sera Joy	Karampurathu house	Pathanamthitta	9495515547
50 / 100	Jeeva S Kumar	Sudhas	Kottayam	8590715364
50 / 100	Jency Mathew	KALAPPURAKKUNNEL, kac	Kadavoor	7559920882
52 / 100	Sneha K Mariya	Valavunkal (H)	Alappuzha	9037762544
54 / 100	Devi R	Maliackal	Ramapuram	9961460153
54 / 100	Swaliha. T. V	Thazhe veetil	Uliyil	7012753518
54 / 100	Husna S	Pattaruparambil (H)	Erattupetta	9207083494
54 / 100	Betsy Sebastian	Kallarackal	Kodumpidy	9497511686
56 / 100	Binitha Mani	Maruthukunnel	Poovary	8921158958
56 / 100	Elsa Sara Samuel	Gracevilla	Kottayam	9446581695
56 / 100	Anila Joseph	Ouseparambil	Pravithanam	9847798206
58 / 100	JAYALEKSHMI G	KIZHAKKEMURIYIL	THAMPALAKKADU	9847106492
58 / 100	Anns Shaji	Purakuzhiyil House	Elanji	8547652156
60 / 100	Mareeta Joseph	Kaipayil	Manimala	9446708098
60 / 100	AJITH A.	THARAYIL	Cherthala	7356745574
60 / 100	Mariat George	Venattu house	Cholathadam	9539834616
60 / 100	Lija James	Menacheril	Marangattupilly	8281078830
60 / 100	Rosy Tintu M.P	Carmelite provincial House	Ernakulam	Tomorrow will send
60 / 100	vivek vm	methippurathottiyil	kanakkary	9539037721
62 / 100	Divya Maria Paul	Thalachirakuzhiyil	Kuravilangad	9645560980
62 / 100	Deepa Elizabeth Mathew	Sea Villa	Maramon	9495550811




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Result of Model Exam conducted

Score	Name	House Name	Place	Google Pay Number
26 / 100	Angel mathew	Muppattayil(H)	Udumbannoor	8547462399
28 / 100	Dona Salji	Perumpattu	Edappady	9961311713
34 / 100	AISWARIYA TOM	Paikada	Moonnillavu	9544522218
34 / 100	Robin Abraham	Palamoottil	Kannur	8547893504
36 / 100	Resmi Thomas	Aymanathil	Thodupuzha	9497279234
38 / 100	Christy Maria George	Purayidathil	Paika	121717569569
38 / 100	Ranjitha Rajan P	Plachikkallu	Parappa	9539964607
40 / 100	Alphons Joseph	Ousepharambil	Pala	8156872755
44 / 100	Jency Mathew	KALAPPURAKKUNNEL, kadav	Kadavoor	7559920882
46 / 100	Aleena Ann Jose	MARAMKUZHIYIL	Kozhuvanal	7012977566
46 / 100	Lija James	Menacheril	Marangattupilly	8281078830
46 / 100	DIMPLE ROSE THOMAS	VYPANA(H)	PALA	9447600944
48 / 100	Oshin Alby	Ollatu house	Ernakulam	9947616570
48 / 100	Mareeta Joseph	Kaippayil	Manimala	9446708098
48 / 100	Jijo Thomas	Vennayappillil	Kottayam	2
50 / 100	Karthika Rajeev	Olickal	Kanjirappally	8301924277
52 / 100	Soja james	Pleasant house	Pathanamthitta	8848304651
52 / 100	Sneha K Mariya	Valavunkal (H)	Alappuzha	9037762544
52 / 100	Ardra	Ushas	KUTTIPPURAM	9946072792
54 / 100	Anila Benny	Kanjirathinkal (H)	Thodupuzha	9497688233
54 / 100	Adona Jose	Adappoor	Neyyassery, Thod	8330872052
54 / 100	Betsy Sebastian	Kallarackal	Kodumpidy	9497511686
56 / 100	Mariat George	Venattu	Cholathadam	9539834616
56 / 100	Gopika Krishnan	Kaleekkamalayil Gowreesam	West othara	9061120895
56 / 100	Mary Thomas	Vadakkeolanickal	Poopara	9072996826
58 / 100	Siltha Jomon	Kochuparambil	Palakkad	9526524363
60 / 100	AJITH A.	THARAYIL	CHERTHALA	7356745574
60 / 100	JAYALEKSHMI G	Kizhakkemuriyil	Thampalakkadu	9847106492
60 / 100	Husna S	Pattaruparambil	Erattupetta	9207083494
62 / 100	Arsha	Thekkecherpathu	Vazhoor	9446481909
62 / 100	Neethu Sera Joy	Karampurathu	Pathanamthitta	9495515547
62 / 100	Nicy Varghese	Anjiilickal	Vaikom	7994544793
66 / 100	Swaliha. T. V	Thazhe veettil	Uliyil palam	7012753518
66 / 100	MASNA CKT	CKT HOUSE	KANNUR	9567956531
68 / 100	Divya Maria Paul	Thalachirakuzhiyil	Kuravilangad	9645560980
68 / 100	Linta mol Joseph	Kariyampally	Changanacherry	121805168262
74 / 100	Rosy Tintu M.P	Carmelite provincial House	Ernakulam	It is my friend no.
74 / 100	Tincy Thomas	CMC Convent	Muvattupuzha	9446469530
78 / 100	Anila Joseph	Ouseparambil	Pravithanam	9847798206
80 / 100	Anitta Maria Sunny	Kudiyirupill	Marangattupilly	9605870145
80 / 100	Aleena Philip	Methanath	Rajapuram	9496835612
82 / 100	Parvathi Sankar	Kalloor	Kumaramangalam	9544047019



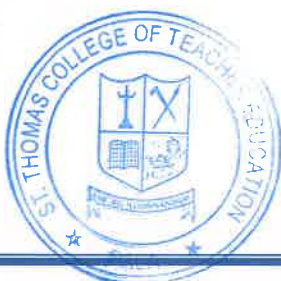

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12. SEMINARS AND WEBINARS BY THE COLLEGE IN COLLABORATION WITH MOU INSTITUTIONS

Webinar on ‘Gender Sensitisation and Social Justice’ in collaboration with St. Joseph’s College of Education Mysuru (MOU institution) conducted on 18/8/2020

An intercollegiate webinar on “Gender Sensitisation and Social Justice” was jointly organised by the Women’s Cell and IQAC of St. Thomas College of Teacher Education, Pala and St. Joseph’s College of Education, Mysuru. The webinar was conducted on 18 August 2020, through the platform of Google meet. The meeting began at 9:30 a.m., with a prayer song and it was followed by the welcome address of Rev. Dr. Sr. Beenamma Mathew, the Principal of St. Thomas College of Teacher Education, Pala. Dr. Priya Mathew, the Principal of St. Joseph’s College of Education, Mysuru, felicitated the webinar session. The meeting was blessed with the informative and very enriching talks of the two eminent educators, Prof. Shalom Sannutha, Assistant Professor of St. Joseph’s College of Education, Mysuru and Dr. T.C. Thankachan, Associate Professor of St. Thomas College of Teacher Education, Pala. Prof. Shalom Sannutha vividly portrayed the discriminations and inequalities faced by women and also brought into attention, the efforts took by the men in the uplifting the stature of women in society, through her informative slides. Dr. T.C. Thankachan sir, emphasized that discriminations based on gender, is not mere a gender issue, but it is a violation of human rights and is a moral issue, by propounding the statistical data of Global Gender Gap Index and Global Gender Equality Index as well. Sir also opined that it’s not gender equality that we should achieve, but the gender equity.

A poster presentation based on the topic, “Gender Sensitisation and Social Justice” was presented by Mr. Sannath Solomon, the B.Ed. student of St. Joseph’s College of Education, Mysuru. The poster presentation and the insights shared by Mr. Sannath was really informative and creative. A paper based on the same topic was presented by Ms. Blesslyn Chackson, the President of the Women’s Cell of St. Thomas College of Teacher Education, Pala and She delineated certain gender stereotypes and misassumptions held by the society from time immemorial and opined that radical feminism and male chauvinism are equally detrimental and what we need is a humanistic approach, where every individual, has empathetic feelings and respect towards each other, irrespective of gender and sex. The meeting was ended at 11:15 a.m., with a thanking note of Ms. Priyanka Joseph, the Secretary of the Women’s Cell of St. Thomas College of Teacher Education, Pala.




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Webinar in Collaboration with Yuvakshetra Institute of Management Studies (YIMS)- Titled - Network resources and Services for Academic Fraternity

A webinar on "Network resources and Services for Academic Fraternity" was organised by the St. Thomas College of Teacher Education, Pala, reading club on June 24, 2021. Mr. Christo Somi, Librarian at YIMS, served as the resource person for the event. Rev. Dr Joseph Olikkalkoonal and Dr Gilu G. Ettaniyil were the program coordinators.

The webinar aimed to educate the academic community about the various network resources and services available to them. It likely covered topics such as online databases, e-journals, and other digital resources that can be valuable for research and teaching purposes. By attending this webinar, faculty and students would have gained valuable insights into effectively utilising these resources to enhance their academic pursuits.

Topic : Network Resources and Services for Academic Fraternity



Programme

<i>Prayer</i>	: Bhanupriya R. (Student teacher , STCTE. Pala)
<i>Welcome Speech</i>	: Dr. Gilu G. Ettaniyil (UGC Librarian, STCTE. Pala)
<i>Introductory Remarks</i>	: Rev. Dr. Joseph Olikkalkoonal (Vice-principal, YIMS. Palakkad)
<i>Keynote Session</i>	: Sri. Christo Somi. (Librarian, YIMS. Palakkad)
<i>Discussion</i>	:
<i>Vote of thanks</i>	: Harikrishnan V. (Reading Club President. STCTE. Pala)



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**ST. THOMAS COLLEGE OF
TEACHER EDUCATION, PALA**
ESTABLISHED IN 1964, 2004 & 2008
Affiliated to St. Thomas College of Education, Pala

yuva kshetra
Institute of Management Studies (IMS)

Workshop on
**NETWORK
RESOURCES AND
SERVICES FOR
ACADEMIC
FRATERNITY**

Organized by
THE READING CLUB,
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

DATE : 24/6/2021 - 3 P.M.

Resource Person

Sri. Christo Somi
Librarian (YMS)

ORGANIZING COMMITTEE

Rev. Dr. Mathew George Vazhayil Director YMS/Palakkad	Dr. Tony Anthony Principal YMS/Palakkad	Dr. T.C. Thankachan Principal STTE/Pala	Prof. T.K. Rajan IQAC Co-ordinator YMS/Palakkad	Dr. Lavina Dominic IQAC Co-ordinator STTE/Pala
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COUNCIL MEMBERS

Rev. Dr. Joseph Olikkalkoanal Vice-Principal, YMS	Dr. Giju G. Ettaniyil Co-ordinator, STTE
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Google meet platform | On : 24/6/2021 - 3 p.m

Online Workshop ‘Leading Edge – Hands on Experience in Collaboration with St. Joseph’s College of Education, Mysuru

IQAC and Student Council of St. Joseph’s College of Education, Mysuru, Karnataka and St. Thomas College of Teacher Education, Pala, jointly organised a workshop on ‘Leading Edge’ Hands-on Experience – OBS Studio, YouTube Management on 30th July 2021 at 10.30 AM on virtual mode through Google Meet. The resource person was Fr. Manoj Kakkonal, Department of Media & Communication, Eparchy of Mananthavady, Wayanad. The programme's theme was ‘A Smart way to become cognoscenti in the technology field’.

The programme was during the COVID-19 pandemic, and all the students and teachers of both the education institutions participated and discussed the application level of it. The OBS (Open Broadcaster Software) was very informative and the need of the hour; the host ensured audience participation, and the program's hands-on experience, active participation, and discussion part were commendable. The organising committee include Dr T. C. Thankachan, Principal of St. Thomas College of Teacher Education, Pala; Dr Priya Mathew, Principal of St. Joseph’s College of Education, Mysuru, Karnataka; Dr Lavina Dominic, IQAC coordinator, St. Thomas College of Teacher Education, Pala and Dr Asha P. Pathrose, IQAC coordinator, St. Joseph’s College of Education, Mysuru, Karnataka.



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FR. MANOJ KAKKONAL
DIRECTOR - DEPARTMENT OF
MEDIA & COMMUNICATION,
Eparchy of Mananthavady
Wayanad - KERALA



**IQAC & Student Council of
St. Joseph's College of Education
Mysuru - Karnataka**
&
**St. Thomas College of Teacher Education
Pala - Kerala**
Jointly organise a WORKSHOP on
"LEADING EDGE"
Hands-on experience
1) OBS Studio
2) YouTube Management



**"A smart way to become
cognoscent!
in the field of technology"**

On 

**Date: 30 July 2021
Time: 10:30 A.M.**

ORGANISING COMMITTEE

Dr. Priya Mathew Principal, SJCE	Dr. T. C. Thankachan Principal, STCTE
Dr. Asha P Pathrose IQAC Co-ordinator, SJCE	Dr. Lavina Dominic IQAC Co-ordinator, STCTE

STUDENT COUNCILS OF
SJCCE & STCTE

www.stjosephscollegeeducationmysuru.in

CONTACT
94954 43393
91013 38756



https://docs.google.com/forms/d/e/1FAIpQLSpvEX80f4ac8ITXbIVZ0vntyHD6RVAgm1eCJO-XIT-KMqg/viewform

"LEADING EDGE" WORKSHOP FEEDBACK FORM

Thank you for attending the workshop on "LEADING EDGE". Please help us to improve the experience by giving us your feedback.

* Required:

Email *


Your email

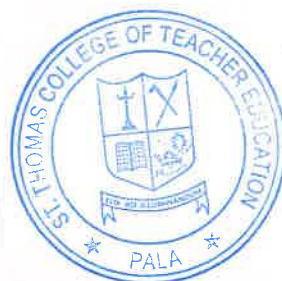
Full Name (with salutation) *

Your answer

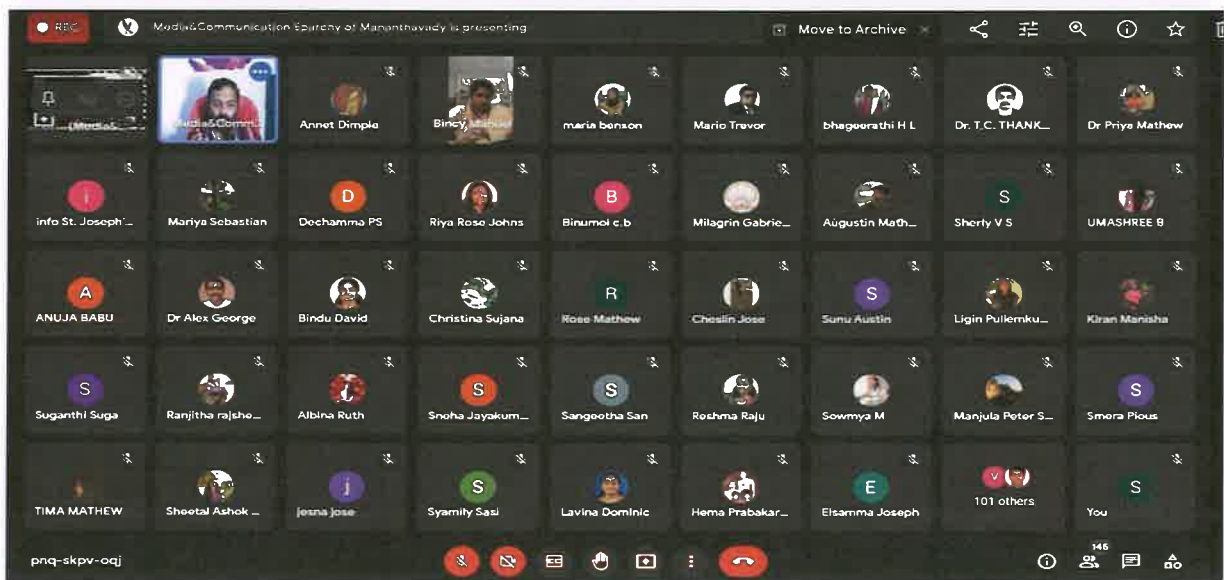
Institution/ College *

Your answer

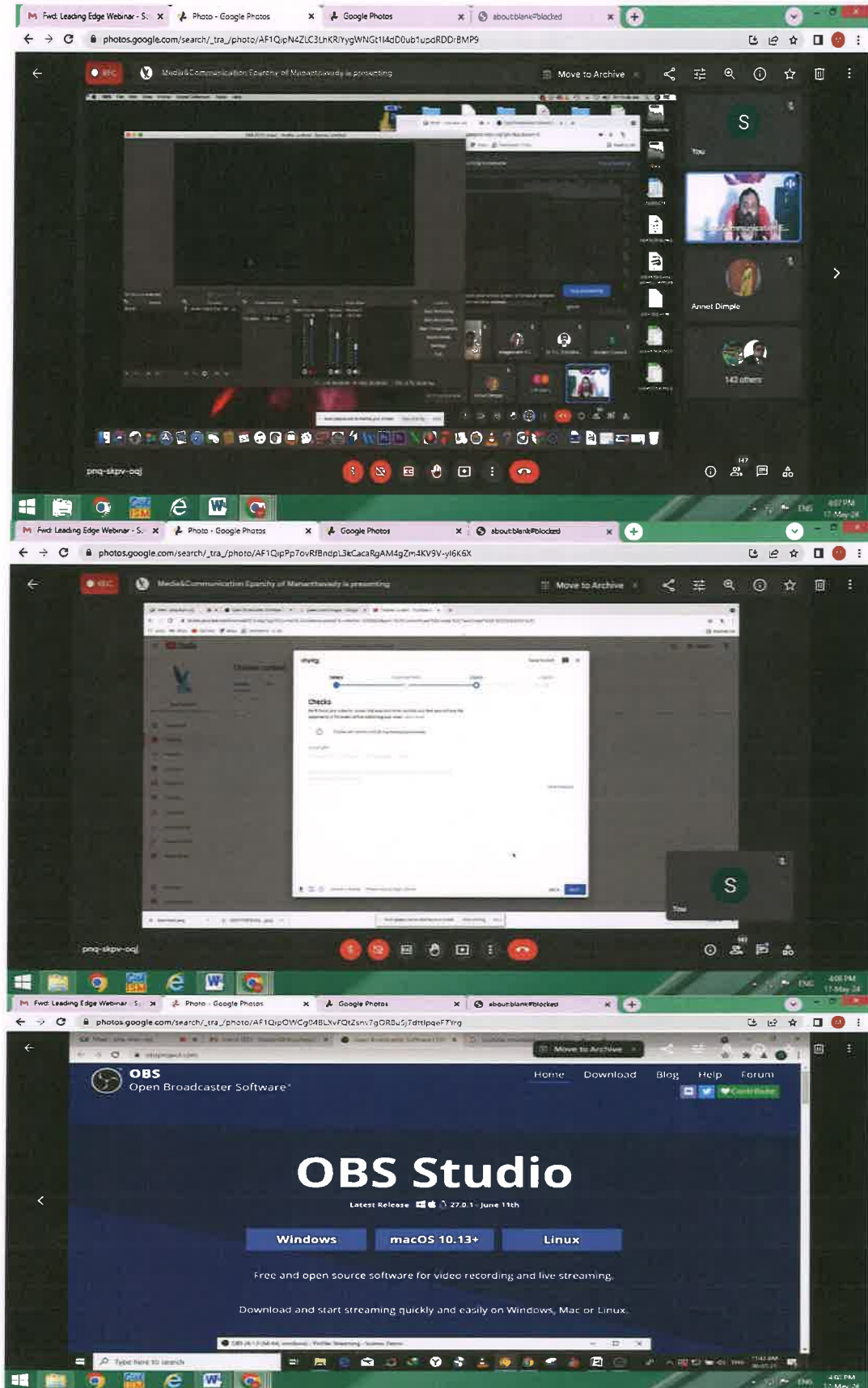




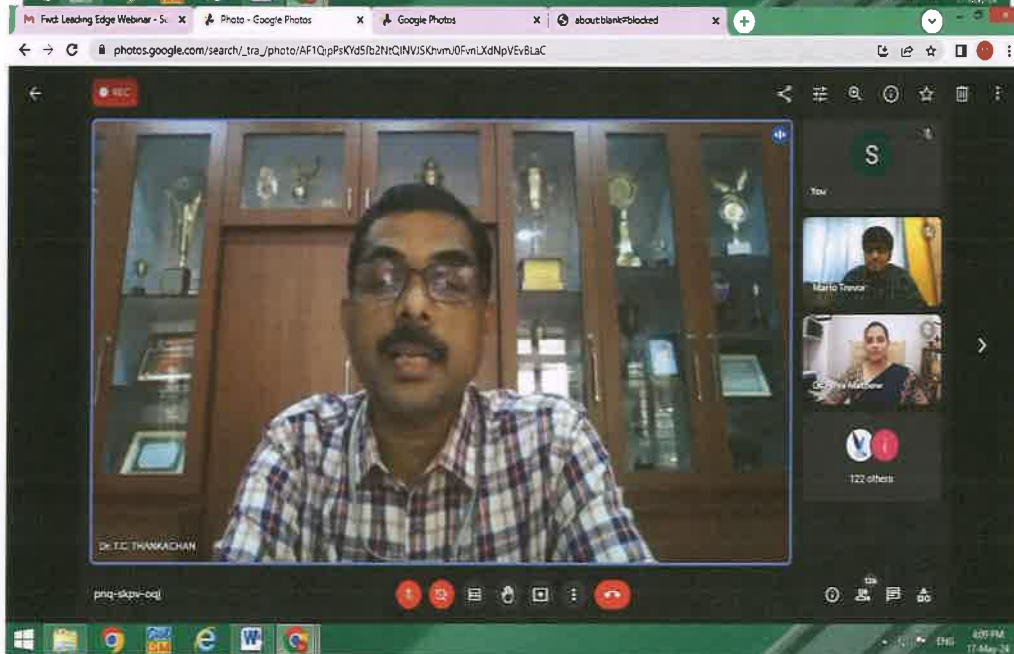
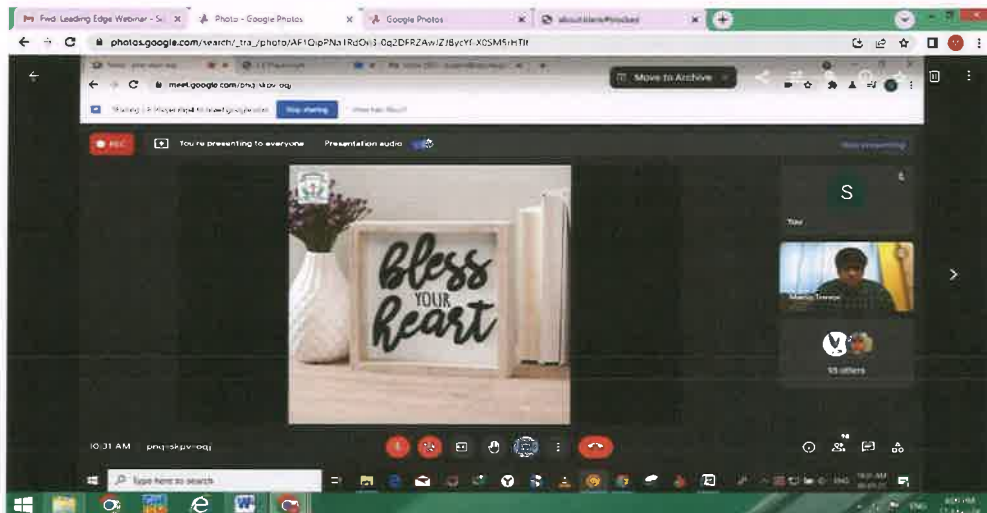
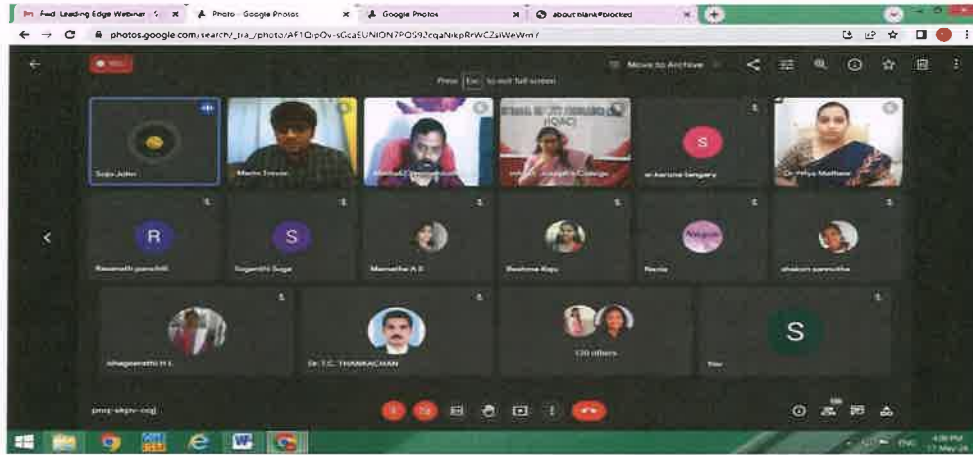
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Webinar on 'Contemporary Teacher Competencies in 2021' with Yuvakshetra Institute of Management (MOU institution)

An Online workshop on 'Contemporary Teacher Competencies in 2021. Dr. Joseph Olikkakkunal handled session for a diverse students participation in and out of Kerala.



An Online Capacity Building Programme on Climate Education and Curricular Development 16 to 26 February 2021

Bring Back Green is an initiative which focuses on rewriting the unsustainable past that we have rode upon till now due to greed and speed. Our core belief is that every young person is a powerhouse of change and if it is well exploited by providing opportunities it can radically revolutionise the entire planet. The team at BBG are very young and socially oriented students starting from the age of 16. We want to inspire action among the youth for the Climate Change Movement by bringing those opportunities as well as awareness about the situation. The Capacity Building Program on Climate Education and Curriculum Development, conducted by Bring Back Green in association with St Thomas College of Teacher Education, Palai, and IQAC, aimed to empower young people to drive real change for the planet. The program was held online from February 16th to 26th, 2021, and involved 98 students from the B.Ed batch (2019-2020 and 2020-2021). The students were divided into 10 groups and participated in the workshop on climate education and curriculum development. This initiative aimed to inspire action among the youth for the Climate Change Movement by providing them with opportunities



and awareness about the situation.



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Event Details

Day 1: Inauguration

Welcome:

Dr Sunu Austin

Assistant Professor

Presidential Address

Dr T C Thankachan

Principal

Inaugural Address:

Ashish Kothari

Environmentalist

Vote of Thanks:

Akhilesh Anilkumar

Director, Co-Founder, BBG

Day 2: Basics of Plastic and Importance of Education

Resource Person:

Anagh,

Project Head, Bring Back Green

Research Scholar, MG University

Day 3: Educating the students on Basics of Climate and Challenges to Climate

Resource Person:

Nikhilesh V P, Green Army

Day 4: Alternate Education as Climate Education

Resource Person:

Babitha P S,

Climate Educator

Day 5: Sustainable living from Childhood

Resource Person:

Akhilesh Anilkumar

Co-Founder and Director,

Bring Back Green

Day 6: Waste Management in Educational Institutions

Resource Person:

Raju S,

Project Management Team, Thanal

Day 7: Gender Education in Climate Curriculum

Resource Person:

Kavya,

Ecofeminist

Co-founder, SMKC



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Event Details

Day 8: Disaster Management

Resource Person:

Dr Karunakaran Akhil Dev,
Kerala Disaster Management Team

Day 9: Introduction to Alternative Products and Educating Students

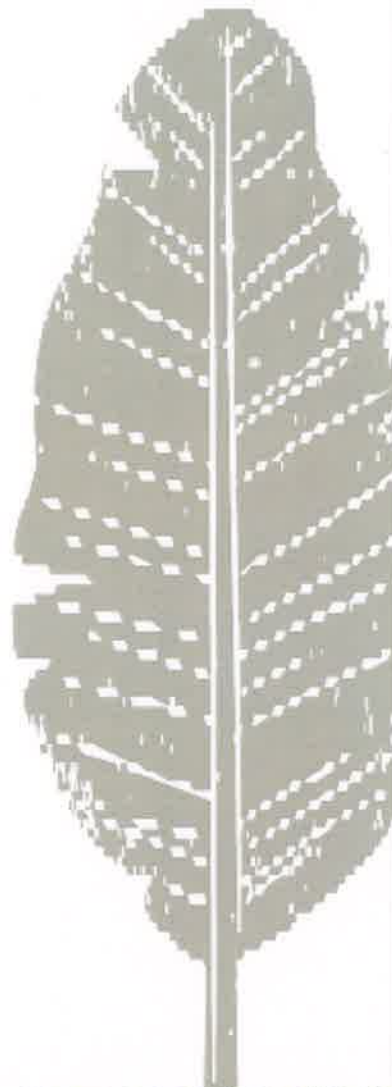
Resource Person:

Fahad T,
Co-Founder and Director,
Bring Back Green

Day 10: Formulation of climate curriculum, Presentation by the Participants

Moderated and Analysis by:
Tessie Sebastian and Shriya Dayal,
Climate Education Project Team,
Bring Back Green

Day 11: Valedictory Session and Certificate Distribution



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Blog Book Awards

Capacity Building Program on Climate Education and Curriculum Development

Valedictory

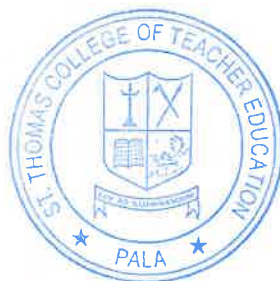


Dr. T.N Seema
Executive Vice-Chairperson of
Marthoma Kerala Mission

She is an inspiring and
excellent teacher and
leader who with her
warm and caring
nature has been
instrumental in
the success of the
Capacity Building
Program on Climate
Education and Curriculum
Development.

February 26, 2023
10:30 AM IST onwards

enquiries@sttce.edu.in

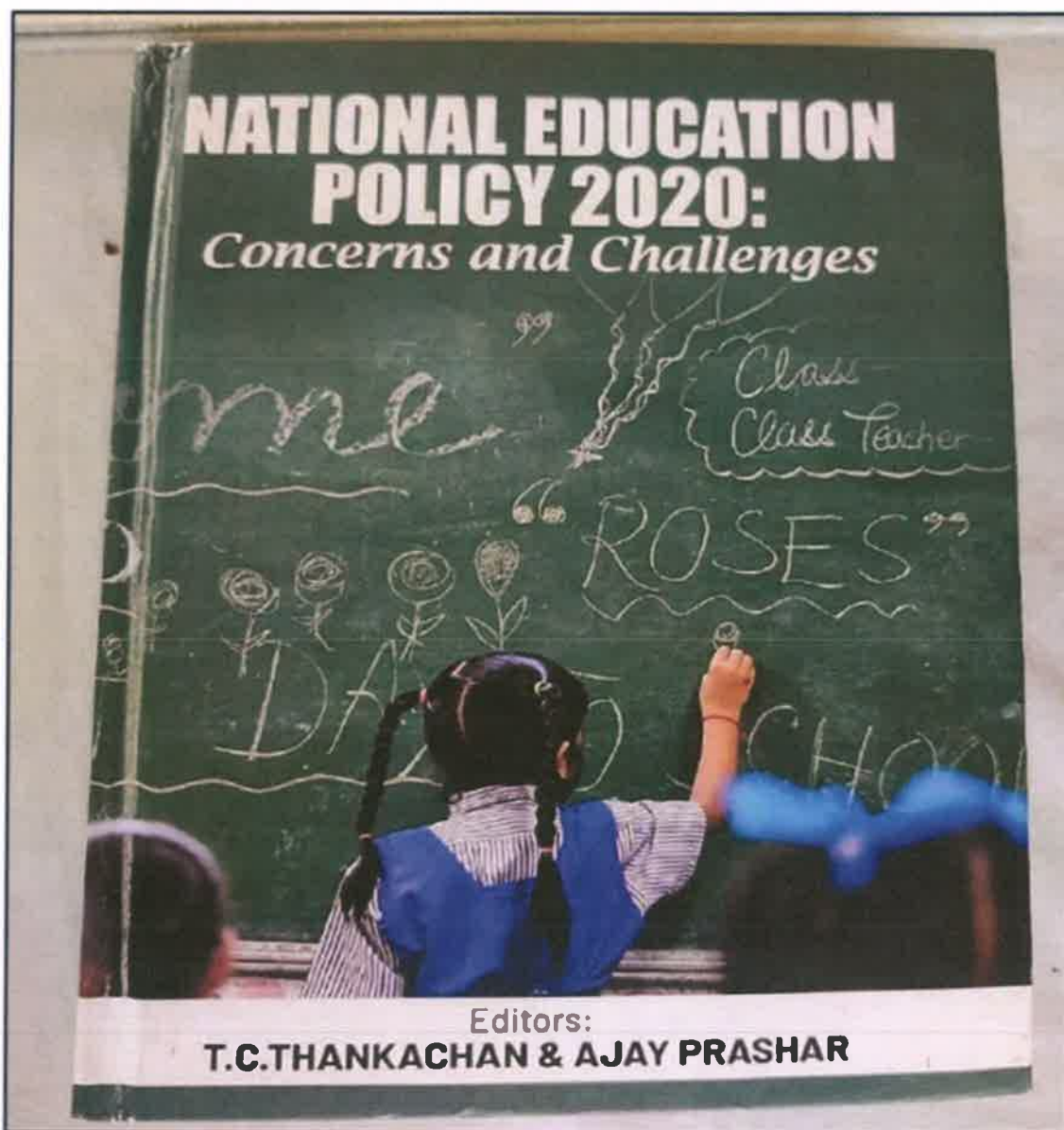



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13. EDITED BOOK IN COLLABORATION WITH MOU INSTITUTION

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The institution has published one book in collaboration with Trinity College, Jalandhar, Panjab where the institution has an MOU agreement with. The book “National Education Policy 2020’ is jointly authored by Dr. T C Thankachan, Professor, STCTE and Dr. Ajay Prashar, Principal, Trinity College, Jalandhar, Panjab. Each of the faculties of the college published a chapter in this Edited Book.




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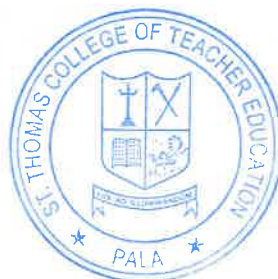


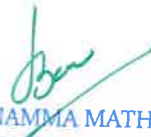
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Concerns and Challenges

Editors

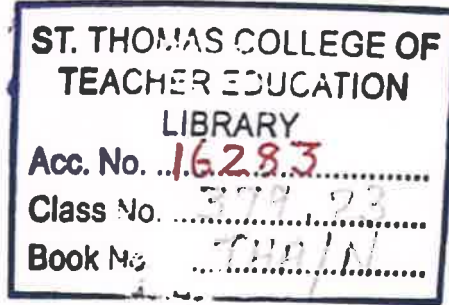
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2022



National Education Policy 2020: Concerns and Challenges

(This Book is a joint Initiative of Society of Innovative Researchers and Academicians (SIRA); St. Thomas College of Teacher Education, Pala, Kerala; Trinity College, Jalandhar, Punjab & St. Jude's Convent School, Nakodar, Punjab)

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Dr. T. C. Thankachan completed his Master Degrees in Political Science, Sociology, English Literature, Journalism and Mass Communication of Religions, Applied Psychology and Education from different South India. He has also completed M.Phil from Madurai Kar and Ph.D in Education from Alagappa University, Karaikudi, has authored 24 books, published 22 chapters in edited book: National and International journals, 46 papers in Conference p 26 documents and reports. He has successfully completed two I Projects and one Minor Research Project funded by UGC, New D and produced 3 Ph.Ds in Education from Bharathiar Univer Presently 6 scholars are pursuing Ph.D (Education) under h School of Pedagogical Sciences, 'MG University, Kerala. He h and presented papers in 20 international, 41 national and 25 reg conferences. He has participated in conferences and visited Unive Kaulalumpur, Malaysia; Alliant International University, San De, USA; Stanford University, San Francisco, USA; California University, Berkely, USA; Alhosn University, Abudabi, UAE; Geneva Business School, Geneva, Switzerland and other countries such as; Germany, France, Netherlands, Austria, Luxemburg, Linchestein, Belgium, Italy, etc. He has been honoured with several awards, Outstanding Faculty Award (2015) Shiksha Rattan Puraskar (2012) Award for the Best Paper Presentation instituted by CTE National – India (2012), Dr. Vedamani Manuel Award for Best Paper Presenter of the year (2009), etc. He is the Member, Board of Studies (Psychology), MG University, Kottayam; Chief Editor, Educational Extracts (ISSN 2320 – 7612); Associate Editor of the e-journal, Journal of Contemporary Educational Research and Innovations (JCERI) (ISSN 2249-9636); Member Editorial Board, International Journal of Multi-Dimensional Research (IJMR) (ISSN 2321–1784); Member, Editorial Board of International Journals such as Asian Research Review from University of Malaya, Malaysia; West African Journal of Open and Flexible Learning, published by National Open University of Nigeria; and Founder President, Society of Innovative Researchers and Academicians (SIRA-INDIA). He has 21 years of teaching experience at teacher education level. Presently, he is the Principal of St. Thomas College of Teacher Education, Pala, Kerala.

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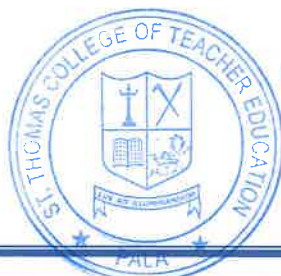
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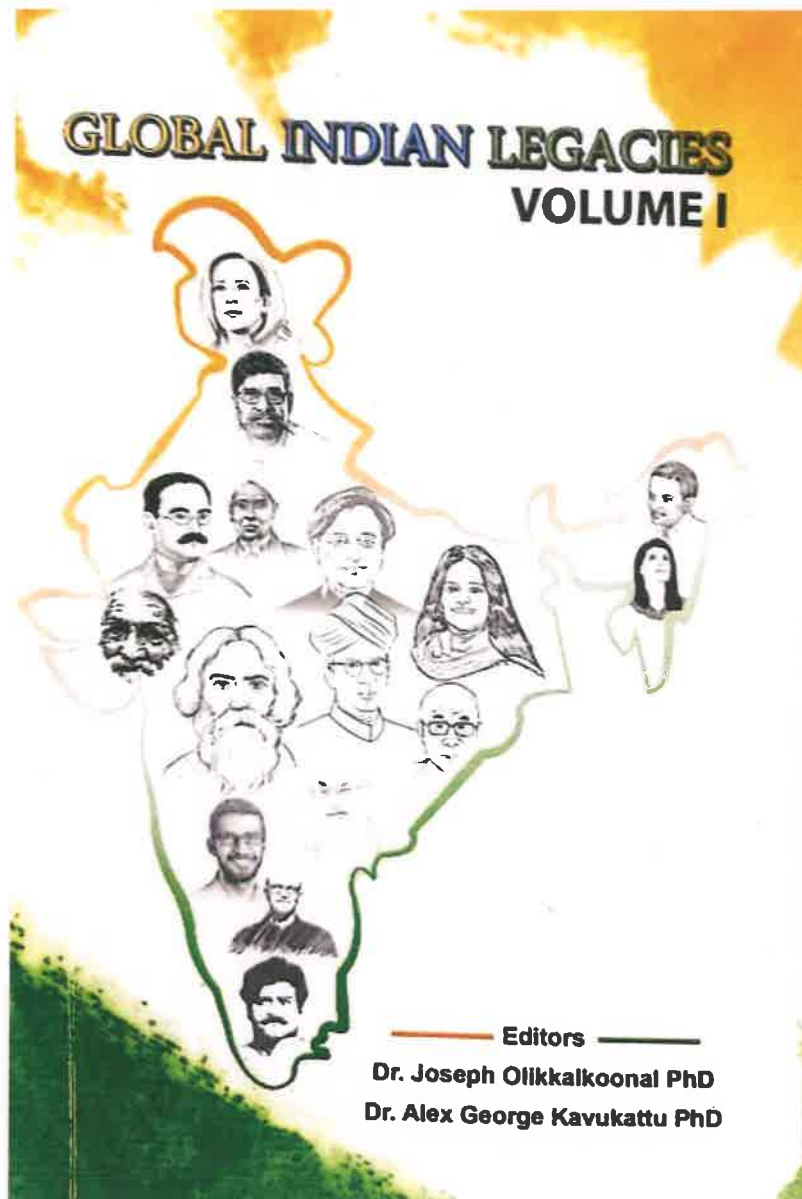
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VOLUME I

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Dr. Joseph Olikkalkoonal PhD
Dr. Alex George Kavukattu PhD

English Language

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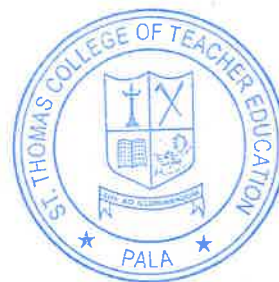
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Dr. Joseph Olikkalkoonal also known as Dr. Lalu Olikkal was born on 23 August 1972 at Kanjirapuzha, Palakkad, Kerala. He has his graduation and post-graduation in English Language and Literature. He was ordained priest on 29th December 2001. He completed his Masters and Ph.D. in Theology from The Pontifical Oriental Institute, Rome. He holds also a Diploma in Counselling from the University of Theresianum, Rome. He is rendering his service for the education and formation of young people since 2016, as the Vice Principal of Yuvakshetra Institute of Management Studies, Ezhakkad, Mundur, Palakkad. He is also the Director of Syllable Mentors' Academy that provides a number of classes and motivation sessions for parents, teachers, students etc. He has to his credit 24 books with ISBN number, 11 articles in international journals, 43 seminars, webinars etc. He leads a number of counselling sessions for different groups.



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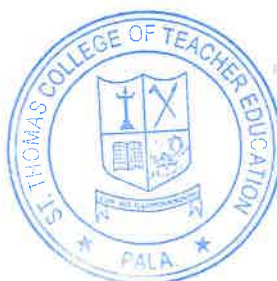
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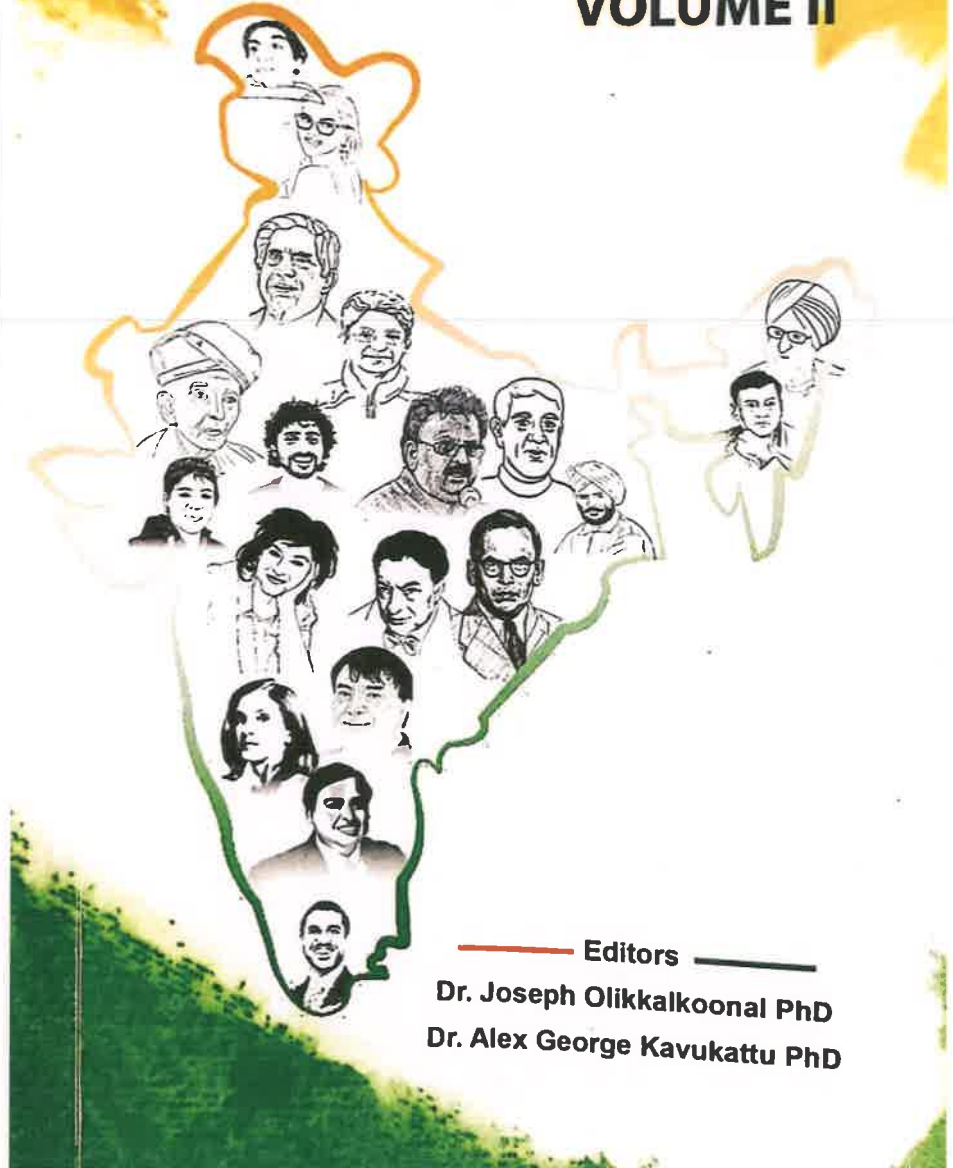


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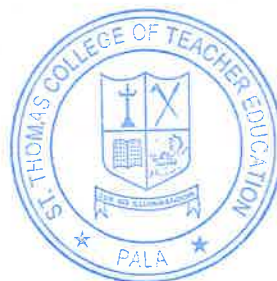


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English Language

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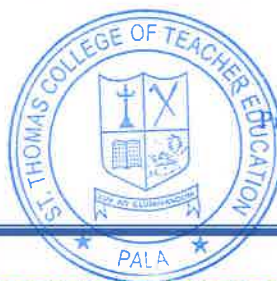
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Dr. Joseph Olikkalkoonal also known as Dr. Lalu Olikkal was born on 23 August 1972 at Kanjirapuzha, Palakkad, Kerala. He has his graduation and post-graduation in English Language and Literature. He was ordained priest on 29th December 2001. He completed his Masters and Ph.D. in Theology from The Pontifical Oriental Institute, Rome. He holds also a Diploma in Counselling from the University of Theresianum, Rome. He is rendering his service for the education and formation of young people since 2016, as the Vice Principal of Yuvakshetra Institute of Management Studies, Ezhakkad, Mundur, Palakkad. He is also the Director of Syllable Mentors' Academy that provides a number of classes and motivation sessions for parents, teachers, students etc. He has to his credit 24 books with ISBN number, 11 articles in international journals, 43 seminars, webinars etc. He leads a number of counselling sessions for different groups.



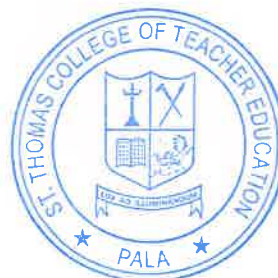
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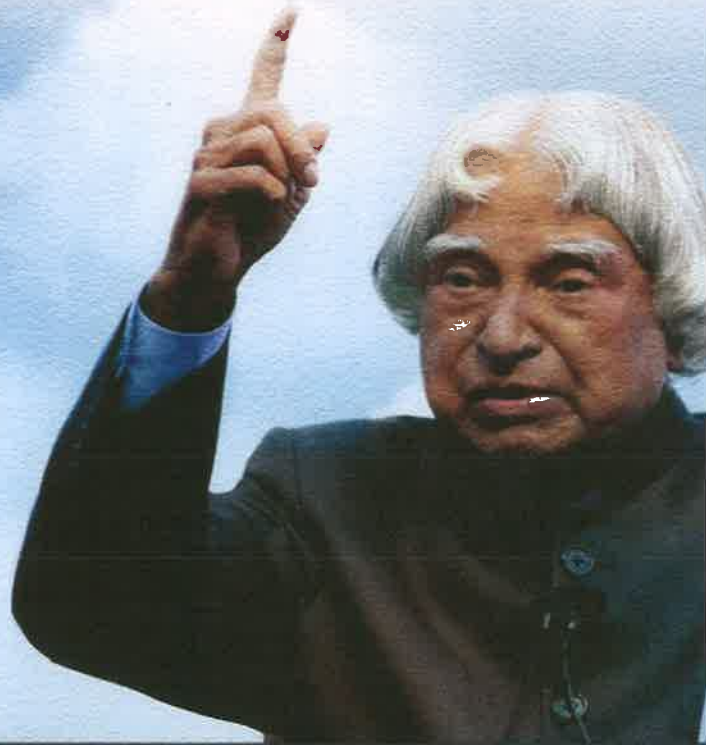
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About the College

Yuvakshetra Institute of Management Studies (YIMS) is one of the accomplishments of Yuvakshetra Charitable Trust, a premier professional training institute in Palakkad District, is one of the best of its kind in South India. The Sanskrit word 'KSHETRA' means the place of gathering/holy place. Here 'Yuvakshetra' represents the gathering place of young people where they are moulded by professionalism, discipline and holistic development. The institute is unique in its approach towards professionalism, whereby even those from the lower economic strata get a platform to forge their skills and potentials. Unsurprisingly, this is the first college in Palakkad that offers a regular degree in Hotel Management from a University based in Kerala.

About the Authors

Rev. Dr. Joseph Olikkalkoonal



Rev. Dr. Joseph Olikkalkoonal also known as Fr. Lulu Olikkal, was born on 23 August, 1972 at Kanjirapuzha, Palakkad, Kerala. His schooling was at Govt. L.P School, Mundakkunnu and Govt. GHS Pottassery. After completing his Pre Degree in private, he did his Graduation in English Language and Literature from Govt. Victoria College, Palakkad. Then he joined at St. Mary's Minor Seminary for his priestly studies for the Diocese of Palakkad on 4th June 1995. After his Philosophy and Theology studies at St. Thomas Apostolic Seminary, Vadavathoor, Kottayam, Kerala, he was ordained priest on 29th December, 2001 by His Excellency Mar Jacob Manathodath for the Diocese of Palakkad. Then for six years he served the diocese as Asst. Parish Priest at Ramanathapuram Holy Trinity Forane Church (now it is a Cathedral Church of the Ramanathapuram Syro Malabar Diocese), Vice Rector of the Diocesan Seminary and Parish Priest of St. Paul's Church, Snehagiri and St. Joseph's Church, Mezhukumpara. During this period, he did his Masters in English Language and Literature both from Madurai Kamaraj University and Bharathiar University.

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Practical Usage Guide

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Volume - I

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2020

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Dr. Joseph Varghese working as an Assistant Professor (2018-present) in Department of Management Studies Yuvaakshetra Institute of Management Studies Palakkad, India. Completed his PhD on 1st March 2019 in the field of Marketing for Karunya Institute of Technology and Science (KITS). Deemed to be University, Coimbatore. He has done his MBA (2010-2013) CMS College Institute of Management Studies Bharathiyar University, Coimbatore. BCom (2007-2010) CMS College of Arts and Science, Bharathiar University, Coimbatore. He has published 9 Research papers and attended more than 5 International Conferences in India and Sri Lanka. His area of interest is teaching Principles Marketing, Managerial Skills, and General Management oriented fields.



Dr. J Clement Sudhakar is Professor in Marketing and Decision Strategy area in Department of Management Studies Karunya Institute of Technology and Science Coimbatore. He has a PhD in Marketing area from Bharathidasan University Trichy, Tamil Nadu. He has a unique blend of Teaching and Industry experience spanning for 23 year. His areas of interest are Core Marketing and Strategy Research Decisions. He has a passion for writing case studies and teaching experiential learning caselets. He has attended, chaired and presented innumerable international seminar on Marketing Research Insights. He is currently the Research Coordinator and Internal Branding Consultant of the School.



Dr. Alex George Kavukattu presently working as the Assistant Professor of General Education at St. Thomas College of Teacher Education, Palai, Kerala. He received his Masters Degrees in Economics, Education and Psychology from different universities in South India. He was also awarded PhD in Education from Bharathiar University, Tamil Nadu.



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14.PAPER PUBLICATION BY STUDENTS

Journal Articles

Thirty-Seven articles were published by our students in various journals with ISSN

Sl. No.	Name of Author	Title	Journal	Volume, Issue and Page Numbers	Year	ISSN	Guide
1	Densy John	Analysing the Student Tendencies of Preferring their Native Language	Educational Extracts	Vol 10 Issue 2, July 2022, pp 43-97	2022	2320-7612	Dr. T.C. Thankachan
2	Steffy Tom	Effect of Perceived Academic Stress on College Students	YMER, Scopus Active 2022	2022 June, pp 343-352	2022	0044-0477	Alex George
3	Bhanupriya R	A Study on Self Confidence and Academic Achievement among High School Students	Educational Extracts	Vol.10 No.2. July 2022, pp 72- 76	2022	2320-7612	Alex George
4	Harikrishnan V, Irin Sera Joseph	'Embodying Life Skills to Posterity: A Proposal to Get the Ball Rolling	Educational Extracts	Vol.10 No.2. July2022, pp 77- 80	2022	2320-7612	Alex George
5	Divyamol M.S.	'Learning Difficulties faced by Students in the School Classroom with Special Emphasis on ADHD	Educational Extracts	Vol.10 No.2. January2023, pp 59- 65	2023	2320-7612	Alex George
6	Anil, K.A.	Dictionary Use of High School Students	Educational Extracts	Vol.11 No.1. January 2023, pp 72- 76	2023	2320-7612	Lavina Dominic
7	Gouri Gayathri G	Post-Covid impact on the physical and mental health of the South	Educational Extracts	Vol.10 No.2. July2022, pp 77- 80	2022	2320-7612	Dr. Sunil Thomas



		keralites with special reference to Lifestyle Diseases					
8	Densy John	Food and its impact: Shaping Literature and Culture	Educational Extracts	Vol.10 No.2. July2022, pp 77- 80	2022	2320-7612	
9	Divya Maria Paul	Challenges in Online Teaching of English at secondary Level	Educational Extracts	Vol.10 No.2. July2022, pp 77- 80	2022	2320-7612	Dr. Pratheesh Abraham
10	Anu Teresa Jose	A Study on the Financial and Social Insecurity of Private Sector Employees	Educational Extracts	Vol 9 Issue 2, July 2021	2021	2320-7612	Dr. T.C. Thankachan
11	Steffy Tom	A Study on E-Learning and its Impact on Student Learning	Educational Extracts	Vol 9 Issue 2, July 2021	2021	2320-7612	Dr. T.C. Thankachan
12	Anita Mathew	Problems faced by Teachers and Students during Covid Pandemic in Kottayam District of Kerala with special reference to Education and Online Classes	Trinitarian Journal	Vol 03 Issue 2, Jul-Dec 2021	2021	2582-0761.	Dr. T.C. Thankachan
13	Densy John	Analysing the Student Tendencies of Preferring their Native Language in Learning	Educational Extracts	Vol 10 Issue 1, January 2022	2022	2320-7612	Dr. T.C. Thankachan
14	Annumol Joji	A Study on Stress among Adolescents	Educational Extracts	Vol 10 Issue 1, January 2022	2022	2320-7612	Dr. T.C. Thankachan
15	Riya Rose Johns	A Study on People's Awareness on Farmer's Protest	Educational Extracts	Vol 10 Issue 1, January 2022	2022	2320-7612	Dr. T.C. Thankachan



		and Farm Bill 2020”					
16	Selvi S.	Effectiveness of Problem based learning strategy on Problem solving skills in Chemistry among the students of standard XI.	Educational Extracts	Vol 10 (1). January 2022	2022	2320-7612.	Dr. Sr.Mary Thomas
17	Joseph, P	A Study on the Inter disciplinary awareness among students of standard nine	Educational Extracts	Vol 9 Issue 2, July 2021	2022	2320-7612	Lavina Dominic
18	Mathew, M.R	Impact of Literary Works in Improving the Cognisance of Secondary School Pupils about Disaster Management Skills.	Educational Extracts	Vol 10 Issue 1, January 2022	2022	2320-7612	Lavina Dominic
19	Francis, F	Alternative Pedagogy for the Academically Challenged-An Experience.	The International Journal of Analytical and Experimental Modal Analysis	14(05), May 2022	2022	0886-9367	Lavina Dominic
20	Mathew, D	Enhancing English Language Skills through Self-Deigned Audio Packages.	Rabindra Bharati Journal of Philosophy	23(10), 77-86, 2022	2022	0973-0087	Lavina Dominic
21	Jose, J.	Study on the Awareness on POSCO Act (2012) among the Secondary Level Teacher Trainees,	Educational Extracts	Vol 10 (1), January 2022	2022	2320-7612	Sunu Austin



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22	Viju Muringasserry	Influence of Social Media use on students' mental health and academic performance	Educational Extracts	Vol.9 No.2, July2021	2022	2320-7612	Alex George
23	Ms. Reeja Susan Roly	A study on the Attitude and preference of online shopping among students	Trinitarian Journal	Vol.3 No.2, July-December 2021	2022	2582-0761	Alex George
24	Bhanupriya R	A Study on Self Confidence and Academic Achievement among High School Students	YMER	21(5), Scopus Active April 2022	2022	0044-0477	Alex George
25	Jibin George	Application of Mathematical concepts among secondary school students	Educational Extracts			2320-7612.	Dr. Sr. Beenamma Mathew
26	Bincy Xavier	Exploring the Effect of Difference Gamification Approaches on Mathematical Achievement	Indian Journal of Psychology	Book No. 2, 2024, Pp 31-36	2024	0019-5553	Dr. T.C. Thankachan
27	Bincy Xavier	Effectiveness of Hybrid Gamifications on Achievement in Mathematics among Secondary School Students	Journal of Advanced Zoology	Vol 44 (S-07), 2023, Pp 1852-1860	2023	0253-7214	Dr. T.C. Thankachan
28	Bincy Xavier	Unlocking Potential: A Study on the Enhancing Effects of Gamification on Problem Solving in Secondary School Students	Humanities and Social Science Studies	Vol 13 Issue 1, No 09, January-June 2024 Pp 72-79	2024	2319-829X	Dr. T.C. Thankachan




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29	Rajini Alex	Autonomous Learner Model: A Promising Approach to Enhance Self-Esteem	Rabindra Bharati University Journal of Economics	Vol 28. No 01, 2024 Pp 112-117	2024	0975-802X	Dr. T.C. Thankachan
30	Rajini Alex	Effectiveness of Autonomous Learner Model on Achievement in Social Science among Secondary School Students	Bharatiya Shiksha Shodh Patrika	Vol 43. No 01 (3), January-June 2024, PP 137-142	2024	0970-7603	Dr. T.C. Thankachan
31	Deviprasad A	Igniting the Learning Minds of Secondary Students in English with Just in Time Teaching (JiTT) Strategy	IFJANS International Journal of Food and Nutritional Sciences	Vol 11. Issue 04, April 2024, pp 137-142	2024	2320-7876	Dr. T.C. Thankachan
32	Hanna Elizabeth Joy	Awareness on Laboratory Safety Awareness among School students	Educational Extracts	2023, 11(2), pp 46-52	2023	2320-7612.	Mary Thomas
33	Sunny. S.	Misconceptions in Subject-Verb Agreement	Educational Extracts			2320-7612.	Lavina Domnic
34	Gouri,G.	The Emotional Dimensions of Literary Works in the English Course Book of Standard Nine with respect to the Bharata Muni's Rasa Theory	International Journal of English: Literature, Language & Skills			2278-0742.	Lavina Domnic




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35	Varghese, S. S.	Geometric Intuitive Skills among Secondary School Students: Awareness among Mathematics Teachers	Educational Extracts,			2320-7612	Lavina Domnic
36	James, A.	Environmental Awareness Among Secondary School Students	Educational Extracts,			2320-7612	Bindu David
37	Gouri Gayathri G	Post- Covid impact on the Physical and Mental Health of the south Keralites with special reference to Life style diseases	Educational Extracts	Vol.10, Issue.2, July 2022	2022	2320-7612.	Dr.Sunil Thomas

Chapters in an Edited Books With ISBN

Students of our college have published 102 book chapters in edited books which is an output of MOU with Yuvakshetra Institute of Management.

Sl. No.	Name of Author	Title of the Book	Page No.	Publisher	Year	ISBN	Co Authors
1	Priyanka Joseph	Global Indian Legacies Volume 1	82-86	Yuvakshetra Publication	2021	978-81-952569-1-4	Dr. Alex George & Dr Joseph Olikkalkoonal
2	Reeja Susan Roly	Global Indian Legacies Volume 1	87-91	Yuvakshetra Publication	2021	978-81-952569-1-4	Dr. Alex George & Dr Joseph Olikkalkoonal
3	Jinu Jose	Global Indian Legacies Volume 1	92-99	Yuvakshetra Publication	2021	978-81-952569-1-4	Dr. Alex George & Dr Joseph Olikkalkoonal
4	Neetha Noble	Global Indian Legacies Volume 1	100-103	Yuvakshetra Publication	2021	978-81-952569-1-4	Dr. Alex George & Dr Joseph Olikkalkoonal



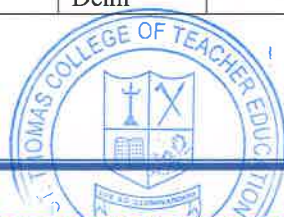
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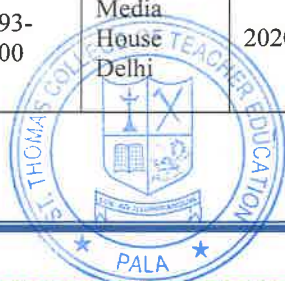
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63	Liya Margarette Antony	NEW TRENDS IN BUSINESS MANAGEMENT	349-355	Media House Delhi	2021	978-93-90608-77-5	Jincy Johny
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79	Greeshma Sabu	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	419-426	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
80	Deepa Jose & Bijo Mathew	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	527-534	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
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82	Reeja Susan Roly	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	583-588	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
83	Jemy George	Education for Future An Archive of Humanities , Science and technology for Sustainable	599-605	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu




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86	Amal Thomas & Sunil Thomas	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	703-709	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
87	Josilin James & Anju Soman	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	735-740	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
88	Rani Jos Maria	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	741-750	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
89	Dayana Mathew & Jestin Joy	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	855-859	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
90	Lidiya Pious & Rosu Ann Soy	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	861-867	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
91	Anju Treesa Saji	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	869-876	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
92	Binchumol Joseph	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	877-883	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
93	Deepa Jose	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	885-891	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
94	Jais Jose	Education for Future An Archive of Humanities , Science and technology for Sustainable	893-900	Media House Delhi	2020	978-93-88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu



		Development					Joffy J. Njavallil
95	Joffy J. Njavallil	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	901- 908	Media House Delhi	2020	978-93- 88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
96	Richa Cherian Kattakayam & Neetha Noble	Education for Future An Archive of Humanities , Science and technology for Sustainable Development	909- 914	Media House Delhi	2020	978-93- 88989-61-9	Alex George Shanthipriya Ajmera Ramachander Merugu Joffy J. Njavallil
97	Jemy George	CREATIVITY AND PROBLEM SOLVING THROUGH EDUCATION	175- 180	Media House	2021	978-93- 90608-30-0	Dr Alex George Dr Bindhu Jose Dr Bindu Thomas Dr Jincy Johny
98	Miliya Rose Mathew	CREATIVITY AND PROBLEM SOLVING THROUGH EDUCATION	217- 221	Media House	2021	978-93- 90608-30-0	Dr Alex George Dr Bindhu Jose Dr Bindu Thomas Dr Jincy Johny
99	Priyanka Joseph	CREATIVITY AND PROBLEM SOLVING THROUGH EDUCATION	351- 356	Media House	2021	978-93- 90608-30-0	Dr Alex George Dr Bindhu Jose Dr Bindu Thomas Dr Jincy Johny
100	Arun Robert	CREATIVITY AND PROBLEM SOLVING THROUGH EDUCATION	371- 376	Media House	2021	978-93- 90608-30-0	Dr Alex George Dr Bindhu Jose Dr Bindu Thomas Dr Jincy Johny
101	Reeja Susan Roly	CREATIVITY AND PROBLEM SOLVING THROUGH EDUCATION	399- 404	Media House	2021	978-93- 90608-30-0	Dr Alex George Dr Bindhu Jose Dr Bindu Thomas Dr Jincy Johny
102	Amal Thomas	"Mental health and its preservation for better future"	703	Media house, Delhi & S.M. Books and Publication s, Kerala.	2020	IS978-93- 88989-61-9	Dr.Sunil Thomas

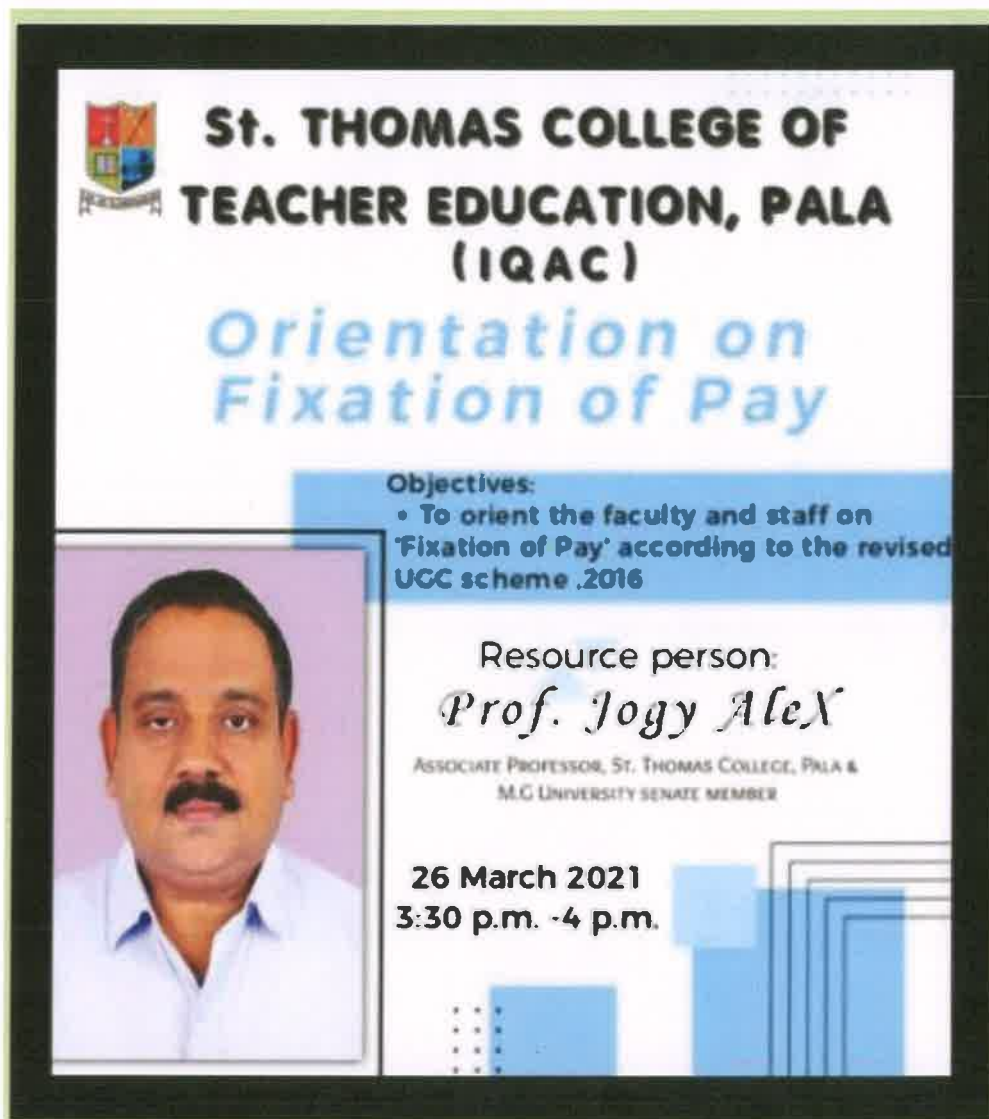



 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

15. TRAINING PROGRAMME FOR FACULTY


Orientation For Fixation of Pay 26- 03-2021 – Training Programme for Faculty and Staff

St. Thomas College of Teacher Education, Pala organised an orientation programme on Fixation of Pay on 26th March 2021 from 3.30 PM to 5.00 PM at the St. Thomas College of Teacher Education, College auditorium. Prof. Jogy Alex, Associate Professor, St. Thomas College, Pala and M.G. University Senate Member was the resource person for the event. The main objectives for the orientation programme was to orient the faculty and staff on Fixation of Pay according to the revised UGC scheme 2016. The programme provided a meaningful discussion among the participants and it created an awareness on pay fixation based on the metric.



The poster features the college logo at the top left, followed by the title 'ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA (IQAC)' in bold black letters. Below this, the event title 'Orientation on Fixation of Pay' is written in a blue, sans-serif font. A blue box contains the objectives: 'Objectives: • To orient the faculty and staff on 'Fixation of Pay' according to the revised UGC scheme .2016'. To the left of the text is a portrait of Prof. Jogy Alex. Below the portrait, it identifies him as the 'Resource person: Prof. Jogy Alex', 'ASSOCIATE PROFESSOR, ST. THOMAS COLLEGE, PALA & M.G UNIVERSITY SENATE MEMBER'. The date and time '26 March 2021 3:30 p.m. -4 p.m.' are listed at the bottom. The background of the poster has a blue and white geometric pattern.

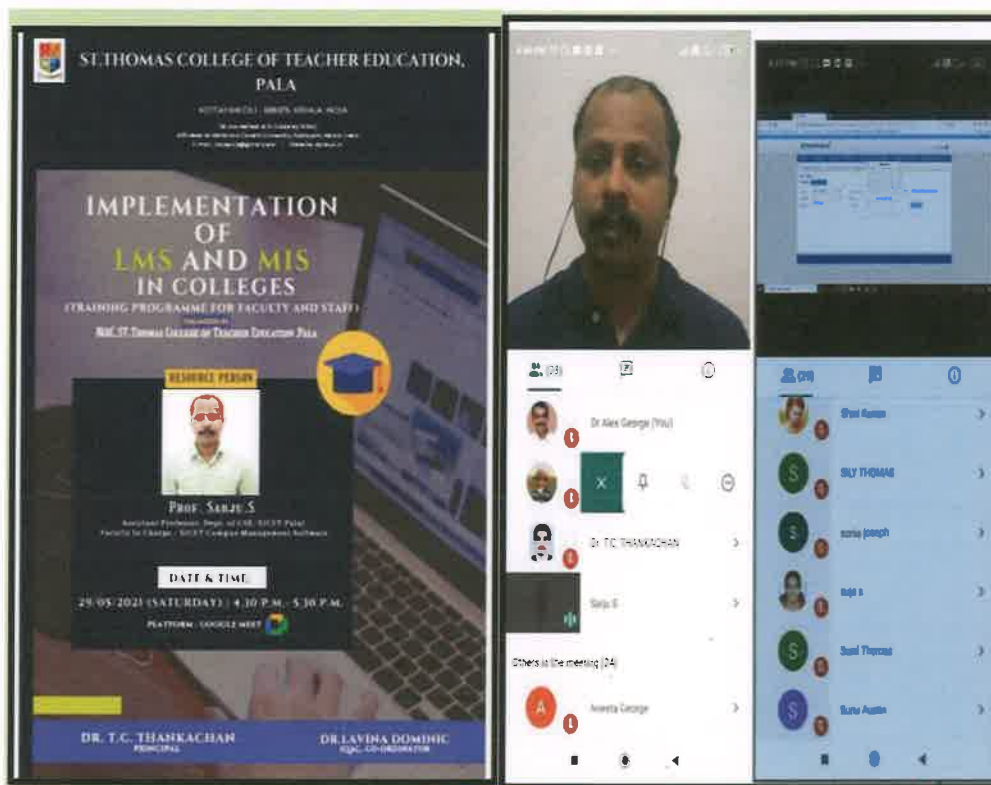



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF 255
TEACHER EDUCATION
PALA



Training Program for the Implementation of LMS and MIS - For Faculty and Staff – 29 May 2021

A training program for the implementation of LMS (Learning Management System) LMS and MIS (Management Information System) for the faculty and staff were provided on 29th May 2021 by Prof. Sarju. S, Assistant Professor, Department of CSE, St. Joseph’s College of Engineering and Technology, Pala. The session provided insightful thoughts among the participants. The resource person discussed the main focus of LMS and MIS. LMS focuses on teaching and learning, MIS focuses on institutional management and data analysis, both being essential for efficient and data-driven decision-making in education. All the faculty got an awareness about them.



Beena
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 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

Training programme for faculty and staff on income tax and calculation

Dr. Pratheesh Abraham, Asst. Professor, took a class on 'Calculation of Income-tax using Excel software' for members of the faculty and staff. The class was very informative and useful to the members of the staff.



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PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

16. INTER COLLEGIATE QUIZ COMPETITIONS- ELIT QUIZ

The EL-LIT Quest 2K19, an all Kerala Inter College Quiz Competition on English Language and Literature organised by 'Purple Patch' was conducted on January 15, 2019.

Twenty-one teams participated in the quiz competition and a team comprised of two members from a college. There was a written elimination round at 10:45 a.m. out of which 4 teams were selected for final competition.

The winners of the competition were;


First Prize: S.B. College Changanassery

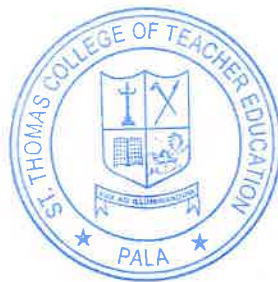
Second Prize: C.M.S. College Kottayam


Third Prize: K.E. College Mannanam

The first prize winning team was awarded a cash prize of Rupees 3000 along with an ever-rolling trophy and certificate, and a cash prize of Rupees 2000 and Rupees 1000 were awarded for second and third prize winners respectively along with an ever-rolling trophy and certificates. The prizes were sponsored by Elizabeth International English Test Coaching Centre Pala. The prizes to the winners were awarded by Dr. Sr. Celene Joseph, St. Thomas College of teacher education Pala.





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TEACHER EDUCATION
PALA




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PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

**17.INTER-COLLEGIATE ESSAY COMPETITION FOR STUDENT TEACHERS -
UNDER THE AUSPICIOUS OF ALUMNI**




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

18. PROF NJ JOSEPH ENDOWMENT LECTURE

Dr. Jobin Jose – Asst. Prof. IIT Patna, Delivered A Talk On ‘Principle of Causality on 19/12/2019

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




PROF. NJ JOSEPH ENDOWMENT LECTURE

‘Principle of Causality’

WITH
DR. JOBIN JOSE
Asst. Prof. IIT Patna

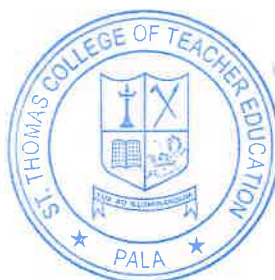
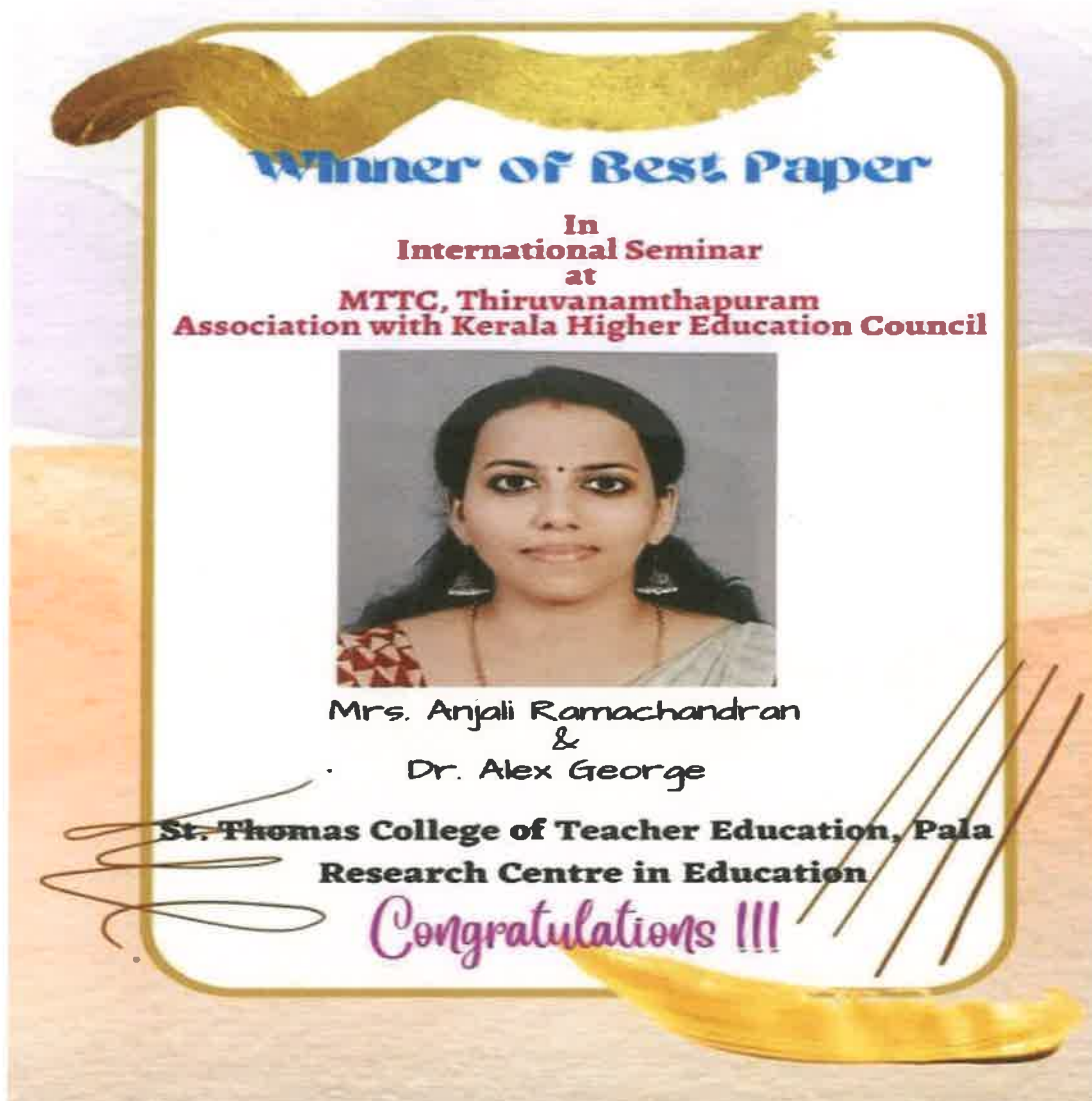
19 DECEMBER, 2019





Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

19. ENCOURAGING STUDENTS PAPER PRESENTATION

Best paper presentation award for Anjali Ramachandran, PhD scholar , under the guideship of Dr.Alex George




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

20. ORIENT THE FACULTY AND STUDENTS TOWARDS MOOC COURSES AND SWAYAM PLATFORM

The institution shows continual commitment towards its faculties, students and non-teaching staff by motivating and orienting them towards various platforms including MOOC. Our faculties, Students and non-teaching staffs are frequently completing courses through various platforms: Swayam, Coursera, NPTEL, MOOC Courses offered by MG University, Kottayam.



SWAYAM ARPIT ONLINE COURSE CERTIFICATION

This Certificate is awarded to

LAVINA DOMINIC

*For successfully completing the ARPIT course for
Career Advancement Scheme(CAS) promotion*

*Online Refresher Course in Education (Concerns In Educational Research And
Assessment)*

From 1st Dec 2020 to 31st March 2021

With a Grade "B" in the proctored examination held on 21/08/2021

Central University of South Bihar, Gaya (Bihar)

Authorised Signatory Of Institution (Course Coordinator)
Central University of South Bihar, Gaya (Bihar)

Authorised Signatory Of AICTE

Date Of Issue : 27/10/2021

ARP20AP09433935695

www.swayam.gov.in



SWAYAM ARPIT ONLINE COURSE CERTIFICATION

This Certificate is awarded to

DR. PRATHEESH ABRAHAM

*For successfully completing the ARPIT course for
Career Advancement Scheme(CAS) promotion*

Annual Refresher Programme In English Language Teaching

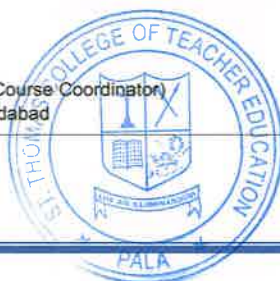
From 1st Dec 2020 to 31st March 2021

With a Grade "B" in the proctored examination held on 21/08/2021

Gujarat University Ahmedabad

Authorised Signatory Of Institution (Course Coordinator)
Gujarat University Ahmedabad

Authorised Signatory Of AICTE



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



SWAYAM ARPIT ONLINE COURSE CERTIFICATION

This Certificate is awarded to

SUNU AUSTIN

*For successfully completing the ARPIT course for
Career Advancement Scheme(CAS) promotion*

*Online Refresher Course in Education (Concerns In Educational Research And
Assessment)*

From 1st Dec 2020 to 31st March 2021

With a Grade "A" in the proctored examination held on 21/08/2021

Central University of South Bihar, Gaya (Bihar)

Authorised Signatory Of Institution (Course Coordinator)
Central University of South Bihar, Gaya (Bihar)

Authorised Signatory Of AICTE

Date Of Issue : 27/10/2021

ARP20AP09044255842

www.swayam.gov.in



SWAYAM ARPIT ONLINE COURSE CERTIFICATION

This Certificate is awarded to

GILU G. ETTANIYIL

*For successfully completing the ARPIT course for
Career Advancement Scheme(CAS) promotion*

Emerging Trends & Technologies in Library & Information Services (ETTLIS)

From 1st Dec 2020 to 31st March 2021

With a Grade "A" in the proctored examination held on 21/08/2021

Indian Institute of Technology Delhi

Authorised Signatory of Institution (Course Coordinator)
Indian Institute of Technology Delhi

Authorised Signatory of AICTE

Date of Issue : 27/10/2021

ARP20AP28005842375

www.swayam.gov.in



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

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SWAYAM ONLINE COURSE CERTIFICATION

This Certificate is awarded to

Mary Thomas

for successfully completing the 4 credit course

Design and Facilitation of E-Learning Courses

with a consolidated score of 67% marks

in the proctored examination held on "22nd May, 2019"

offered by Dr. G. Mythili of

Indira Gandhi National Open University, New Delhi



Roll No: 461788

Uma Kanjilal
Prof. Uma Kanjilal
 National Coordinator
 Indira Gandhi National Open University (IGNOU)
 New Delhi

Dr. Anil Kumar Shukla
 Registrar, SED
 Indira Gandhi National Open University (IGNOU)
 New Delhi

Issued On: 22/08/2019

To validate and check scores: <https://swayam.gov.in/>



SWAYAM ONLINE COURSE CERTIFICATION

This certificate is awarded to

Joffy J Njavallil

for successfully completing the three credit course

Educational Technology

with a consolidated score of 74%

from the evaluation based on continuous online assessments and the Proctored examination held in month of March 2021.



Roll No. : 4010207915

This course was offered by Dr. Naziya Hasan of Manipur University, Imphal

Marks in Online Assignments		Marks in Proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	30	70	44	100	74

J. B. Nadda
J. B. Nadda
 National Coordinator
 Consortium for Educational Communication (CEC),
 New Delhi



W. C. Singh
Prof. W. C. Singh
 Registrar
 Manipur University, Imphal

Issued On : 18/06/2021

To validate and check scores: <https://swayam.gov.in/>



Beena
Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

265



SWAYAM ONLINE COURSE CERTIFICATION

This certificate is awarded to
Rosu Ann Soy
 for successfully completing the four credit course
e-Assessment
 with a consolidated score of 88%
 from the evaluation based on continuous online assessments and the proctored
 examination held in month of September 2020.



Roll No. : KL11030012

This course was offered by **Dr. C. Karthik Deepa** of **Avinashilingam Institute for Home Science and Higher Education for Women, Tamil Nadu**

Marks in Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	28	70	60	100	88

J. B. Nadda
 National Coordinator
 Consortium for Educational Communication (CEC),
 New Delhi



Dr. K. Manmocha
 Controller of Examination
 Avinashilingam Institute for Home Science and Higher
 Education for Women, Tamil Nadu

Issued On : 18/11/2020

To validate and check scores: <https://swayam.gov.in>



Elite

NPTEL Online Certification

(Funded by the MoE, Govt. of India)



This certificate is awarded to
ALFRED GEORGE
 for successfully completing the course



Human Molecular Genetics

with a consolidated score of **83** %

Online Assignments	23.33/25	Proctored Exam	59.69/75
--------------------	----------	----------------	----------

Total number of candidates certified in this course: 992

Prof. B. V. Ratish Kumar
 Chairman, Centre for Continuing Education
 IIT Kanpur

Jan-Feb 2022
 (4 week course)

Prof. Satyaki Roy
 NPTEL Coordinator
 IIT Kanpur



Indian Institute of Technology Kanpur



Roll No: NPTEL22BT07S33780210

To validate and check scores: <https://npTEL.ac.in/noc>



Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

266



Elite

NPTEL Online Certification

(Funded by the MoE, Govt. of India)



This certificate is awarded to
IRINE THERASA DIUS
for successfully completing the course

Human Molecular Genetics

with a consolidated score of **79** %

Online Assignments	20/25	Proctored Exam	58.5/75
--------------------	-------	----------------	---------

Total number of candidates certified in this course: 992

Ratish

Prof. B. V. Ratish Kumar
Chairman, Centre for Continuing Education
IIT Kanpur

Jan-Feb 2022
(4 week course)

Satyaki

Prof. Satyaki Roy
NPTEL Coordinator
IIT Kanpur



Indian Institute of Technology Kanpur



Roll No: NPTEL22BT07S43780665

To validate and check scores, <https://nptel.ac.in/noc>

इन्दिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय
INDIRA GANDHI NATIONAL OPEN UNIVERSITY
STUDENT EVALUATION DIVISION
MAIDAN GARHI, NEW DELHI-110 068

CERTIFICATE NO: **151769**
DATE OF PRINTING : 15-Apr-2024



PROVISIONAL CERTIFICATE

This is to certify that Mr./Ms. **MITHRA JAMES**
(Enrolment No. **2200235109**) has successfully completed the

***** BACHELOR OF LIBRARY AND INFORMATION SCIENCE *****

in the examination held by Indira Gandhi National Open University in
DECEMBER 2023. The grade card/ statement of marks including details
of grades/ marks has already been issued to the student.

[Signature]
REGISTRAR (SED)

(Valid till the original is issued at the next Convocation)



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



Tamilnadu State University

பாரதியார் பல்கலைக்கழகம்
தொலைமுறைக் கல்விக்கூடம்
BHARATHIAR UNIVERSITY
School of Distance Education

Established by Tamilnadu State Legislature under Bharathiar University Act, 1981 (Tamilnadu Act No. 1 of 1982)

Certificate No. : 2023/150207

COURSE COMPLETION CERTIFICATE



This is to certify that **STEFFY TOM** with Enrollment No. **20ABHRN1873** underwent the **M.B.A. Human Resource Management** Degree course in the School of Distance Education during the Academic Year Batch (2020-21 To 2021-22) and he/she has completed the duration of the course. Statement of marks and Provisional / Degree Certificate may be referred for result.

Friday, September 1, 2023 10:31:49



DIRECTOR



Coimbatore - 641046, Tamil Nadu, India. web portal : <http://sde.b-u.ac.in>



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION

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PALA



World TESOL Academy
Accredited Teaching Certifications



120-Hour TESOL/TEFL Certificate Accredited course graduate

Josmi Joseph

This certificate has been issued upon completion of an accredited training course.

The bearer has successfully completed a course focusing on a complete range of topics surrounding the teaching of the English language to non-native students, both in an overseas and online classroom environment.

Accredited by ACCREDITAT & The CPD Certification Service
UK Registered Learning Provider (UKRLP: 10087431)

Course director: *R. Caplan*
Assessments tutor: *Sue H. Limato*



Date of issue: 24/05/2021
Certificate number: WTA22220443



Elite

NPTEL Online Certification

(Funded by the Ministry of HRD, Govt. of India)



This certificate is awarded to

PRIYANKA JOSEPH

for successfully completing the course

History of English Language and Literature

with a consolidated score of **71** %

Online Assignments	22.19/25	Proctored Exam	49.13/75
--------------------	----------	----------------	----------

Devendra Jalihal

Prof. Devendra Jalihal
Chairman
Centre for Continuing Education, IITM

Total number of candidates certified in this course: 384

Jul-Oct 2019
(12 week course)

Andrew Thangaraj

Prof. Andrew Thangaraj
NPTEL Coordinator
IIT Madras



Indian Institute of Technology Madras



Roll No: NPTEL19HS46S61670060

To validate and check scores: <https://npTEL.ac.in/hoc>



Beena
Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



SWAYAM ONLINE COURSE CERTIFICATION

*This certificate is awarded to
Sino Thomas
 for successfully completing the four credit course
e-Assessment
 with a consolidated score of 71%
 from the evaluation based on continuous online assessments and the proctored
 examination held in month of September 2020.*



Roll No. : KL11030025

*This course was offered by Dr. C. Karthik Deepa of Avinashilingam Institute for Home Science and Higher Education
 for Women, Tamil Nadu*

Marks in Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	23	70	48	100	71

J. B. Nadta
 National Coordinator
 Consortium for Educational Communication (CEC),
 New Delhi



Dr. K. Manimozhi
 Controller of Examination
 Avinashilingam Institute for Home Science and Higher
 Education for Women, Tamil Nadu

Issued On : 18/11/2020

To validate and check scores: <https://swayam.gov.in>



SWAYAM ONLINE COURSE CERTIFICATION

*This certificate is awarded to
Sruthy S Kumar
 for successfully completing the four credit course
e-Assessment
 with a consolidated score of 62%
 from the evaluation based on continuous online assessments and the proctored
 examination held in month of September 2020.*



Roll No. : KL11030040

*This course was offered by Dr. C. Karthik Deepa of Avinashilingam Institute for Home Science and Higher Education
 for Women, Tamil Nadu*

Marks in Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	19	70	43	100	62

J. B. Nadta
 National Coordinator
 Consortium for Educational Communication (CEC),
 New Delhi



Dr. K. Manimozhi
 Controller of Examination
 Avinashilingam Institute for Home Science and Higher
 Education for Women, Tamil Nadu

Issued On : 18/11/2020

To validate and check scores: <https://swayam.gov.in>



Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA



Elite

NPTEL Online Certification

(Funded by the Ministry of HRD, Govt. of India)



This certificate is awarded to

LIDIYA PIOUS

for successfully completing the course



Gender Justice and Workplace Security

with a consolidated score of **81** %

Online Assignments	22.50/25	Proctored Exam	58.5/75
--------------------	----------	----------------	---------

Total number of candidates certified in this course: 206

Prof. G P Raja Sekhar
Dean, Continuing Education
IIT Kharagpur

Sep-Oct 2020
(4 week course)

Prof. Debjani Chakraborty
Coordinator, NPTEL
IIT Kharagpur



Indian Institute of Technology Kharagpur



Roll No: NPTEL20MG42551830253

To validate and check scores: <https://nptel.ac.in/noc>



NITTTR
Chennai

SWAYAM ONLINE COURSE CERTIFICATION

This certificate is awarded to

LIDIYA PIOUS

for successfully completing the **Three credit course**

Exam ID: 4010201303

STUDENT PSYCHOLOGY

with the consolidated score of **96%** marks

in the proctored examination held on **25.03.2021**

offered by **Dr S RENUKADEVI**

National Coordinator
Director
NITTTR, Chennai

Course Coordinator
NITTTR, Chennai

Date of Issue: 16/08/2021

To validate and check scores: <http://swayam.gov.in/>



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



SWAYAM ONLINE COURSE CERTIFICATION

*This certificate is awarded to
Deepa George
 for successfully completing the four credit course
 e-Assessment
 with a consolidated score of 71%
 from the evaluation based on continuous online assessments and the proctored
 examination held in month of September 2020.*



Roll No. : KL11030021

*This course was offered by Dr. C. Karthik Deepa of Avinashilingam Institute for Home Science and Higher Education
 for Women, Tamil Nadu*

Marks In Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	23	70	48	100	71

J. B. Nadda
 National Coordinator
 Consortium for Educational Communication (CEC),
 New Delhi



Dr. K. Manimochi
 Controller of Examination
 Avinashilingam Institute for Home Science and Higher
 Education for Women, Tamil Nadu

Issued On : 18/11/2020

To validate and check scores: <https://swayam.gov.in>



SWAYAM ONLINE COURSE CERTIFICATION

*This certificate is awarded to
Maria V Madhavappallil
 for successfully completing the four credit course
 e-Assessment
 with a consolidated score of 76%
 from the evaluation based on continuous online assessments and the proctored
 examination held in month of September 2020.*



Roll No. : KL11030007

*This course was offered by Dr. C. Karthik Deepa of Avinashilingam Institute for Home Science and Higher Education
 for Women, Tamil Nadu*

Marks In Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	23	70	53	100	76

J. B. Nadda
 National Coordinator
 Consortium for Educational Communication (CEC),
 New Delhi



Dr. K. Manimochi
 Controller of Examination
 Avinashilingam Institute for Home Science and Higher
 Education for Women, Tamil Nadu

Issued On : 18/11/2020

To validate and check scores: <https://swayam.gov.in>



Beena
 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA



SWAYAM ONLINE COURSE CERTIFICATION

*This certificate is awarded to
Binchamol Joseph
for successfully completing the four credit course
e-Assessment
with a consolidated score of 67%
from the evaluation based on continuous online assessments and the proctored
examination held in month of September 2020.*




Roll No : KL11030027

*This course was offered by **Dr. C. Karthik Deepa** of **Avinashilingam Institute for Home Science and Higher Education for Women, Tamil Nadu***

Marks in Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	17	70	50	100	67


J. B. Naidu
National Coordinator
Consortium for Educational Communication (CEC),
New Delhi




Dr. K. Manimathi
Controller of Examinations
Avinashilingam Institute for Home Science and Higher
Education for Women, Tamil Nadu

Issued On : 18/11/2020

To validate and check scores: <https://swayam.gov.in>



SWAYAM ONLINE COURSE CERTIFICATION

*This certificate is awarded to
Jemy George
for successfully completing the four credit course
e-Assessment
with a consolidated score of 88%
from the evaluation based on continuous online assessments and the proctored
examination held in month of September 2020.*




Roll No : KL11030041

*This course was offered by **Dr. C. Karthik Deepa** of **Avinashilingam Institute for Home Science and Higher Education for Women, Tamil Nadu***

Marks in Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	29	70	59	100	88


J. B. Naidu
National Coordinator
Consortium for Educational Communication (CEC),
New Delhi





Dr. K. Manimathi
Controller of Examinations
Avinashilingam Institute for Home Science and Higher
Education for Women, Tamil Nadu

Issued On : 18/11/2020

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TEACHER EDUCATION
PALA



SWAYAM ONLINE COURSE CERTIFICATION

*This certificate is awarded to
Jais Jose
 for successfully completing the three credit course
Educational Technology
 with a consolidated score of 84%
 from the evaluation based on continuous online assessments and the Proctored
 examination held in month of March 2021.*



Roll No. : 4010201256

This course was offered by Dr. Naziya Hasan of Manipur University, Imphal

Marks in Online Assignments		Marks in Proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	30	70	54	100	84

J. B. Nadda
 National Coordinator
 Consortium for Educational Communication (CEC)
 New Delhi



Prof. W. C. Singh
 Registrar
 Manipur University, Imphal

Issued On: 18/03/2021

To validate and check scores: <https://swayam.gov.in>



University of Pittsburgh

05/21/2020

Jissa Joseph

has successfully completed

Epidemics, Pandemics and Outbreaks

an online non-credit course authorized by University of Pittsburgh and offered through Coursera

COURSE CERTIFICATE



Elene Bayla *Elizabeth Ferrall Bjerke*
Ryan Mathari *Amogh A. Adalja*

Elene Bayla, Associate Professor of Law, University of Pittsburgh
 Amogh Adalja, Senior Associate, UPMC Center for Health Security
 Ryan Mathari, Guest Instructor, University of Pittsburgh
 Elizabeth Ferrall Bjerke, Director, IDMPH Program, Health Policy and Management, University of Pittsburgh

Verify at coursera.org/verify/TPaHWWN9A27j
 Coursera has confirmed the identity of this individual and their participation in the course.



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 PALA

UNIVERSITY OF
COPENHAGEN



05/31/2020

Jissa Joseph

has successfully completed

Diabetes - the Essential Facts

an online non-credit course authorized by University of Copenhagen and offered through Coursera

**COURSE
CERTIFICATE**



Nicolaus Jacob Wewer Albrechtsen
Signe Tonboer
Professor Jens Juul Holst

Verify at coursera.org/verify/45NZJ7E3GQSL
Coursera has confirmed the identity of this individual and their participation in the course.

UCI Division of
Continuing Education

04/25/2020

ELSAMMA JOSEPH

has successfully completed

**Work Smarter, Not Harder: Time Management for
Personal & Professional Productivity**

an online non-credit course authorized by University of California, Irvine and offered through Coursera

**COURSE
CERTIFICATE**



Margaret Maloni, MBA, PMF
Instructor
University of California, Irvine Division of Continuing Education

Verify at coursera.org/verify/P73SHRYFB64U
Coursera has confirmed the identity of this individual and their participation in the course.



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL

ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



THE UNIVERSITY of
NEW MEXICO

04/24/2020

ELSAMMA JOSEPH

has successfully completed

International Business I

an online non-credit course authorized by University of New Mexico and offered through Coursera

Douglas E. Thomas, PhD
Associate Professor
Anderson School of Management
University of New Mexico

**COURSE
CERTIFICATE**



Verify at coursera.org/verify/U34JRXFYKES
Coursera has confirmed the identity of this individual and their participation in the course.



THE UNIVERSITY of
NEW MEXICO

04/24/2020

ELSAMMA JOSEPH

has successfully completed

International Business I

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Douglas E. Thomas, PhD
Associate Professor
Anderson School of Management
University of New Mexico

**COURSE
CERTIFICATE**



Verify at coursera.org/verify/U34JRXFYKES
Coursera has confirmed the identity of this individual and their participation in the course.



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



05/01/2020

ELSAMMA JOSEPH

has successfully completed

Intercultural Management

an online non-credit course authorized by ESCP Business School and offered through Coursera

**COURSE
CERTIFICATE**



Kerstin Altes, Robert Wilken, Chiara Succì, Marion Festing

Kerstin Altes, Robert Wilken, Chiara Succì, Marion Festing

Verify at coursera.org/verify/4RTDXDEJTBQ8
Coursera has confirmed the identity of this individual and their participation in the course.

UCI Division of Continuing Education

04/25/2020

ELSAMMA JOSEPH

has successfully completed

Work Smarter, Not Harder: Time Management for Personal & Professional Productivity

an online non-credit course authorized by University of California, Irvine and offered through Coursera

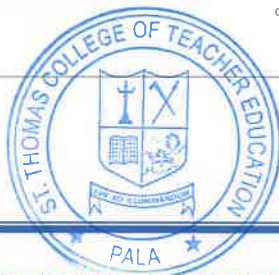
**COURSE
CERTIFICATE**



Margaret A. Meloni

Margaret Meloni, MBA, PMP
Instructor
University of California, Irvine Division of Continuing Education

Verify at coursera.org/verify/P73SHRYFB64U
Coursera has confirmed the identity of this individual and their participation in the course.



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PRINCIPAL
**ST. THOMAS COLLEGE OF
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Confirmation of Participation
Infection Prevention and Control (IPC) for
Novel Coronavirus (COVID-19)

JOSMY TOM
May 10, 2020



SWAYAM ONLINE COURSE CERTIFICATION

This certificate is awarded to
Rosu Ann Soy
for successfully completing the four credit course
e-Assessment
with a consolidated score of 88%
from the evaluation based on continuous online assessments and the proctored
examination held in month of September 2020.



Roll No. : KL11030012

This course was offered by Dr. C. Karthik Deepa of Avinashilingam Institute for Home Science and Higher Education for Women, Tamil Nadu

Marks in Online Assignments		Marks in proctored Exam		Total Score	
Total	Obtained	Total	Obtained	Total	Obtained
30	28	70	60	100	88

J. B. Nadda
 National Coordinator
 Consortium for Educational Communication (CEC),
 New Delhi

Dr. K. Manimozhi
 Controller of Examination
 Avinashilingam Institute for Home Science and Higher
 Education for Women, Tamil Nadu

Issued On : 18/11/2020

To validate and check scores: <https://swayam.gov.in>



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**List of Students who have Completed 'Organic Farming' an online MOOC
Course offered by MG University**

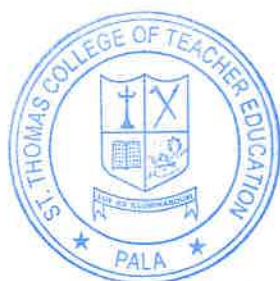
Sl. No.	Reg. No.	Name	Subject
1.	203240112062	Anitta Jose	EG
2.	203240112063	Cheslin Jose	EG
3.	203240112064	Densy John	EG
4.	203240112065	Harikrishnan V	EG
5.	203240112066	Irin Sera Joseph	EG
6.	203240112067	Julian Tom Job	EG
7.	203240112068	Raina Martin	EG
8.	203240112069	Vinesha Vinayan	EG
9.	203240112070	Annie Teresa Shajan	MT
10.	203240112071	Annumol Joji	MT
11.	203240112072	Anuja Babu	MT
12.	203240112073	Christy Thomas	MT
13.	203240112074	Nevil George	MT
14.	203240112075	Riya Rose Johns	MT
15.	203240112076	Sneha Jayakumar	MT
16.	203240112077	Alphonsa Xavier	PS
17.	203240112078	Ashmi Maria John	PS
18.	203240112079	Divya Stani	PS
19.	203240112080	Jaicy Jose	PS
20.	203240112081	Lakshmi S	PS
21.	203240112082	Lis Mary Antony	PS
22.	203240112083	Mariya Mathew	PS
23.	203240112084	Mariya Sebastian	PS
24..	203240112085	Syamily Sasi	PS
25.	203240112086	Tima Mathew	PS
26.	203240112087	Anita Mathew	NS
27.	203240112088	Anjumol S	NS
28.	203240112089	Athira P S	NS
29.	203240112090	Bhanupriya R	NS
30.	203240112091	James Mathew	NS
31.	203240112092	Jyothylakshmi K.R	NS
32.	203240112093	Meera V S	NS
33.	203240112094	Reshma Raju	NS
34.	203240112095	Agie Mol Salas	SS
35.	203240112096	Anjaly Elizabeth Xavier	SS
36.	203240112097	Anusree Biju	SS
37.	203240112098	Meera Seby	SS
38.	203240112099	Nayyamol K R	SS
39.	203240112100	Rakhi R	SS
40.	203240112101	Reshma C L	SS
41.	203240112102	Sojo John	SS
42.	203240112104	Ambily Mani	CM

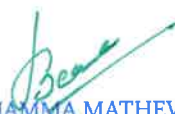


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43.	203240112105	Anu Tressa Jose	CM
44.	203240112106	Elsamma Joseph	CM
45.	203240112107	Ligin Pullemkunnel	CM
46.	203240112108	Liya Margarete Antony	CM
47.	203240112109	Rose Mary Cherian	CM
48.	203240112110	Steffy Tom	CM
49.	203240112111	Treesa Jomy	CM




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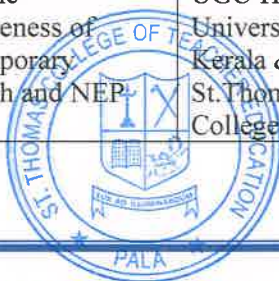
21. PAPER PRESENTATION BY STUDENTS AT THE NATIONAL SEMINAR

A total of Thirty-three papers/articles have been published by our students in a book which is published as seminar/conference proceedings.

Sl. No.	Name of the Author	Title	Seminar	Organiser	Year	ISBN	Co- Author
1	Nisha Chandran	Flipped Classroom in the Present Education System	National Seminar on <i>Teaching Learning Platforms for Digital Natives on 27th & 28th September 2018 Proceedings</i>		2018		Dr.T.M. Mollykutty
2	Pushpa George	Virtual Classroom Education in Technological Era	National Seminar on <i>Teaching Learning Platforms for Digital Natives</i>		2018		Dr.T.M. Mollykutty
3	Bincy Xavier	Technology Mediated Classroom to Enrich Learning Mathematics	National Seminar on <i>Teaching Learning Platforms for Digital Natives</i>		2018		Dr.T.M. Mollykutty
4	Aparna Muralidharan	Mobile Learning Apps: A Beneficiary Tool for Teaching – Learning Process	National Seminar on <i>Teaching Learning Platforms for Digital Natives</i>		2018		Dr.T.M. Mollykutty
5	Bincy Antony	Blended Learning a New Approach in Education	National Seminar on <i>Teaching Learning Platforms for Digital Natives</i>		2018		Dr.T.M. Mollykutty
6	L. Selva Pramila	Teaching and Learning towards Digital Literacy	National Seminar on <i>Teaching Learning Platforms for Digital Natives</i>		2018		Dr.T.M. Mollykutty
7	Subi Maria Zacharia	Biological Disasters; Mass Destruction by Microbial Agents	<i>Disaster and Crisis; Preparedness, Management and Resilience</i>		2019		Dr.T.M. Mollykutty



8	Joffy J Njavallil	Crisis Management Skills among Student Teachers at Primary Level	National Seminar Disaster and Crisis; Preparedness, Management and Resilience		2019		Dr.T.M. Mollykutty
9	Meera Varghese	Disruptive Technologies for Disaster Risk Reduction and Management	National Seminar Disaster and Crisis; Preparedness, Management and Resilience		2019		Dr.T.M. Mollykutty
10	Bincy Xavier	Learning Up Learning: A Study on Analogue Gamification and its effects on Problem Solving in Secondary School Students	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Dr. T.C. Thankachan
11	Suja K.K	Critical Thinking and Decision making Skills among Higher Secondary School Students	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Dr.T.C. Thankachan
12	Deviprasad A	A Study on Secondary School Students' Attitude towards the Application of Artificial Intelligence (AI) 13in English Ed14ucation 15	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Dr.T.C. Thankachan
13	Sindhu Sebastian	A16wareness of Dem17ocratic Values of the Prospective Teachers	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Dr.T.C. Thankachan
14	Rajini Alex	Autonomous Learner Model: Boosting Teen's Volunteering	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of	Feb-2024	ISBN: 978-81-927201-8-0	Dr.T.C. Thankachan



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PALA

		and Cooperation		Teacher Education, Pala			
15	Ajitha A.A	Empathy and Social Skills of Higher Secondary School Students	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Dr.T.C. Thankachan
16	Varghese S. S.	Fostering Geometric Intuitive Skills through Experiential Learning: An NEP 2020 Perspective	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Lavina Domic
17	Grace. F	Interpersonal Harmony: Exploring social sensitivity in developing Soft Skills	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Lavina Domic
18	John.N	Mastering the Art of Leadership: Navigating Success through Effective Social Skills	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Lavina Domic
19	Anand K.S	Advancement in Organ-On-Chip Systems Bridging the Gap between In Vitro and In Vivo Models	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Bindu David
20	Neenum Dittu	Perception and Relevance on Micro-based Learning among School Education	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Alex George
21	Mrs.Anjali Ramachandran	Focused Futures: Empowering ADHD	Futuristic Appositeness of Contemporary Research and NEP	UGC-HRDC, University of Kerala & St.Thomas	Feb-2024	ISBN: 978-81-927201-8-0	Alex George

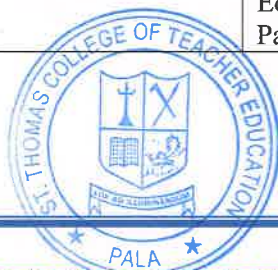


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		Students Through Concentration CASCADE Method	2020	College of Teacher Education, Pala			
22	Ms. Sathy P	Empowering Migrant Students: Navigating Success Through Soft Skills	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Alex George
23	Gilu G Ettaniyil	Neuralink Technology: Future and Challenges	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	
24	C. A, Jayadevi	A Theoretical Exploration of Contemporary Research Skills Essential for English Teachers in the 21st Century	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Sunu Austin
25	Nair J.S	21st Century Skills and Scientific Temper: A Synergistic Approach	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Sunu Austin
26	Johney,A. G	A Journey of Science Education with Music of an individual in the 21st Century	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Sunu Austin
27	Sen J.R.	Futuristic Transference of Thinking Skills	Futuristic Appositeness of Contemporary Research and NEP 2020	UGC-HRDC, University of Kerala & St.Thomas College of Teacher Education, Pala	Feb-2024	ISBN: 978-81-927201-8-0	Sunu Austin



28	Deviprasad A.	Augmented Reality Learning for Enhancing Achievement in English among Secondary School Students	Academic Research Practices in Higher Education: Multidisciplinary Perspectives	UGC-HRDC, University of Kerala, Thiruvananthapuram	Oct-2022	ISBN 978-81-957171-2-	Dr. T.C. Thankachan
29	Suja K.K.	Problem Solving Skills and Achievement in Economics at Higher Secondary Level	Academic Research Practices in Higher Education: Multidisciplinary Perspectives	UGC-HRDC, University of Kerala, Thiruvananthapuram	Oct-2022	ISBN 978-81-957171-2-	Dr. T.C. Thankachan
30	Ajitha A.A.	Family Environment and Emotional Health of Adolescents	Academic Research Practices in Higher Education: Multidisciplinary Perspectives	UGC-HRDC, University of Kerala, Thiruvananthapuram	Oct-2022	ISBN 978-81-957171-2-	Dr. T.C. Thankachan
31	Rajini Alex	Social Skills and Pro-Social Behaviour of Higher Secondary School Students	Academic Research Practices in Higher Education: Multidisciplinary Perspectives	UGC-HRDC, University of Kerala, Thiruvananthapuram	Oct-2022	ISBN 978-81-957171-2-	Dr. T.C. Thankachan
32	Bincy Xavier	Effect of Gamification on Interest in 34 Mathematics Learning	Academic Research Practices in Higher Education: Multidisciplinary Perspectives	UGC-HRDC, University of Kerala, Thiruvananthapuram	Oct-2022	ISBN 978-81-957171-2-	Dr. T.C. Thankachan
33	Neenum Dittu	Film used Techniques for Effective Business Studies Classrooms	Academic Research Practices in Higher Education: Multidisciplinary Perspectives	UGC-HRDC, University of Kerala, Thiruvananthapuram	Oct-2022	ISBN 978-81-957171-2-	Alex George



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