

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

**Objective:** To promote the personal and professional well-being of beginning teachers



**Name:** Adithya Shaji

**Subject:** Natural Science

**Age & Date of Birth:** 24, 22/08/1998

**Sex:** Female

**Permanent Home Address:** Chanjanickal House, Kappadu PO  
Kalaketty, Kottayam 686508

**Religion:** Hindu

**Caste:** Ezhava

**e-mail:** adithyashaji77@gmail.com

**Mobile:** 7907264377

**Educational History**

Course	Institution	Subject	% of marks	Remarks
PG	St. Thomas College, Pala	Botany	93	
Degree	St. George's College, Aruvithura	Botany	99	
PDC/+2	Achamma Memiril Higher Secondary School, Kalaketty	Science	93	
SSLC/CBSE/ICSE	Achamma Memiril Higher Secondary School, Kalaketty		100	
Any other				

**Family Details**

Relation	Name	Age	Education	Occupation	Annual Income
Father	C K SHAJI	53	Matriculation	Daily labour	1 lakh
Mother	Sajini Shaji	51		House wife	Nil
Elder Sister	Archana Shaji	25	B.Sc. Nurse	Nurse	10 lakhs



  
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**Academic Performance:**

- Qualified GATE in 2023 (Life Science category)
- Qualified KTET Category 2&3 (October 2022)
- Qualified CTET Paper 2 (December 2022)
- Second rank in M.Sc. Botany from MG University Kottayam during the academic year 2019-2021
- First Rank in B.Sc. Botany from MG University Kottayam during the academic year 2016-2019
- NCC A, B and C certificate holder

**Participation in Co-curricular activities:**

- Completed MOOC on Human Molecular genetics conducted by NPTEL
- Participation in YIP

**Special Information if any:**

- Selling hand crafted products through Instagram page
- First prize in interuniversity, intercollegiate photo competition organized by Nature club. Department of Botany, Bharata Mata College, Thrikkakara on 6 June 2021
- First prize in bottle art competition conducted by Sacred Heart College Thevara as part of World art day on 15 April 2021.

**Strength:** Leadership quality, Sincere, Dedicated, Punctual, Communication skill, Hard working

**Weakness:** Sensitive, Overthinking, Over perfectionism

**Opportunity**

Magazine editor of college union (2021-22)

Published an article in the book "Biodiversity – Concerns and Challenges".

**Threat**

Lack of knowledge in recent trend in technological skill

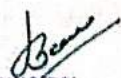
Lack of proficiency in other languages

**Interest:** Cooking, Gardening, crafting, painting, drawing

**Goal:** "To become an inspiring teacher who encourage and enable students to develop inquiring minds and curiosity"

**Support:** Family, Teachers and friends



  
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## Mentoring Record

Mentor Name : Dr. Bindu David

Mentee : Adithya Shaji.

### Profile.

Adithya Shaji is a dynamic and lively spirited student. She radiates a vibrant and captivating presence wherever she goes. She is an audacious and enthusiastic learner. She fearlessly tackle academic challenges and actively engages in classroom discussions, eager to expand her knowledge.

Session 1 - 15-12-21

Adithya's levelness and boldness shine in her active participation in extra curricular activities, where she fearlessly takes on leadership roles and showcases her creative ideas. I provided her with ample encouragement to delve in to a Mooc course emphasizing the significance of these courses. Due to her interest in molecular biology, she enthusiastically opted for a Mooc course in Molecular Biology. She has selected in Human Molecular Genetics



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Molecular Biology

Human Molecular Genetics

Session Two - 3-3-2022

During this session we have discussed about the status of the Mooc course she has taken. She is encountering challenges in understanding Pedigree analysis and molecular biology tools. I have given a clear understanding of the concept.

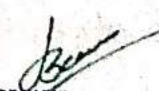
Session Three - 22-8-22

During her micro teaching practice I provided her with essential instructions she needed. I assisted her in improving her microteaching practice by guiding her through various teaching skills. I supported her in with adequate information on acquiring diverse teaching skills essential for effective microteaching sessions.

Session Four - 15-9-22

Adithya is not only a dedicated student but incredibly talented in craft work. Her creative abilities are truly impressive.



  
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Adithyas attention to detail and innovative ideas shine through in her work. Adithya's ability to combine her academic pursuits with her artistic talent displaced her well-roundedness as a student.

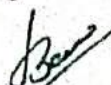
Session Five - 16-01-23

Her teaching practice required enhancements specifically in voice modulation and implementation of constructivist strategies. I noticed areas where she could improve. Helping her focused on refining her ability to vary tone and pace. I asked her the need for employing constructivist approaches in her teaching she aimed to refine these aspects.

Strength - Diligence, Curiosity, Critical thinking, Creativity.

Weakness - Sensitivity, Overthinking, <sup>over</sup> Perfectionism.



  
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## BIODATA

**ALFRED GEORGE**

Karakkattu (H)

Kappadu P.O Kalaketty

Kottayam (Dist)

Kerala, 686508

Mob: 9447570345

Email: [alfredgeo96@gmail.com](mailto:alfredgeo96@gmail.com)

Age and Date of Birth: 26, 10/12/1996



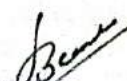
### EDUCATIONAL QUALIFICATION:

Qualification	Institute	Board/University	Year	Aggregate
B. Ed.	St. Thomas College of Teacher Education, Pala	M. G University	2023	Pursuing
M. Sc. Zoology	Kuriakose Gregorios College, Pampady	M. G University	2021	4.60
B. Sc. Zoology	St. Thomas College, Pala	M. G University	2019	9.35
12 <sup>th</sup>	St. Antony's Public School, Anakkal	C.B.S.E	2015	85.8
10 <sup>th</sup>	St. Antony's Public School, Anakkal	C.B.S.E	2013	9.2

### FAMILY DETAILS

Relation	Name	Age	Education	Occupation	Annual Income
Father	Georgekutty Jose	61	M.A, B.Ed.	Retired teacher	420000
Mother	Lucy T. D	61	M.A, B.Ed.	Retired teacher	420000
Brother	Milan George	29	M. D	Doctor	2000000
Sister-in-law	Amalu George	29	M. D	Doctor	2000000



  
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## QUALIFIED EXAMS:

CSIR NET-JRF- December 2019

CSIR NET-November 2020

CSIR NET-June 2022

SET 2022

KTET 2022

CTET 2023

## AWARDS AND ACHIEVEMENTS

First Rank in MSc. Zoology Examination (2019-2021)

First Prize in MG University Kalolsavam Quiz Competition

Won prizes in various intercollegiate Quiz Competitions.

## PUBLICATIONS

Published a chapter on Habitat Destruction in the edited book

Biodiversity- "Concerns and Challenges."

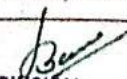
## ADDITIONAL QUALIFICATION

Completed the online certification course in 'Human Molecular Genetics' conducted by IIT Kanpur.

## DETAILS OF WORKSHOPS /WEBINARS PARTICIPATED

Sl. No	Title	Venue/Agency	Date	International/ National/ State
1	A Novel Approach in Sun Bear Research and Conservation	St. Berchmans College, Changanassery	07-10-2020	International
2	Prospective of Molecular Approaches in Entomology	Christ College, Irinjalakuda	17-09-2020	International
3	Herpetofaunal Diversity of Kerala	Christian College, Chengannur	30-07-2020	State
4	Cardiovascular Diseases: Immunology and Future	St. Peter's College, Kolenchery	06-08-2020	International
5	Online Workshop on Insect Taxonomy	St. Peter's College, Kolenchery	25-09-2020	National
6	Impact of Climate Change and Natural Disasters on Biodiversity and Ecosystems	Kuriakose Gregorios College, Pampady	06-01-2021	International
7	Love Your Heart and Celebrate Life (Heart Attack vs Cardiac Arrest)	Nirmala College, Muvattupuzha	31-05-2020	International



  
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8	Advances in DNA Sequencing Technology	Mar Athanasius College, Kothamangalam	07-08-2020	National
9.	Molecular Biochemistry of Insect Identification and Management	Newman College, Thodupuzha	27-08-2020	International
10.	Blue Revolution: Desert Aquaculture Model	Kuriakose Gregorios College, Pampady	23-10-2020	International
11.	Viral Diseases: Challenges and Solutions	St. Thomas College, Pala	10-07-2020	National
12.	Tiger Conservation in India	Erode Arts and Science College	29-07-2020	National
13.	Online Workshop on Mangrove Diversity & Ecosystem Services	Nirmala College, Muvattupuzha, St. Xavier's College, Aluva	15-08-2020	National
14.	Personal Presentation Skills	Union Christian College, Aluva	20-07-2020	National
15.	Forest Birds in Periyar Region	Alphonsa College, Pala	22-06-2020	National
16.	Photodynamic Therapy of Cancer Using Natural Photosensitizers	Alphonsa College, Pala	24-07-2020	International
17.	Preparation of a Manuscript	St. Aloysius College, Mangaluru	17-06-2020	National
18.	Carcinoma of Breast: An Integrated Approach from Basic Medical Sciences to Advanced Research	School of Biotechnology, NIT Calicut	22-07-2020	International
19.	National Education Policy in a Nutshell	St. Thomas College, Pala	7-10-2020	National
20.	Problems and Prospects for Higher Education	Safi Institute of Advanced Studies, Vazhayoor, Malappuram	16-08-2020	National
21.	National Education Policy, 2020	Nirmala College, Muvattupuzha	08-08-2020	National
22.	Managing Diabetes During COVID 19 Pandemic	Nirmala College, Muvattupuzha	31-07-2020	International
23.	Ozone Layer: Closing the Gap	Nirmala College, Muvattupuzha	16-09-2020	National
24.	Staying Healthy Amidst the COVID 19 Pandemic and Ayurveda	St. Thomas College, Pala	20-08-2020	National
25.	Heart Attacks During COVID Times	Sacred Heart College, Thevara	17-09-2020	National

### Strength

Leadership skills, Communication skills, Dedicated, goal-oriented personality



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**Weakness**

Procrastination, Too much detail-oriented

**Threat**

Difficulty in focusing on a single objective at a time.


**Interest**

Reading, Teaching, Movies

**Goal**

To build a stable and exciting career with unlimited potential for growth.



  
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# Mentoring Record - Alfred George

Session I 13-12-21

Alfred George is a highly intelligent student yet he often finds himself succumbing to procrastination.

Despite his remarkable intellectual abilities he frequently delays tasks and responsibilities. He tends to postpone tasks and obligations regularly.

During the meeting I emphasised to him the significance of time management for a trainee pursuing a BEd degree.

Session II 20-1-22

To effectively combat procrastination I asked Alfred to adopt strategies

to avoid procrastination. I informed him to start by setting clear specific goals and breaking them into smaller manageable tasks. Establish a well structured schedule or to do list to allocate time wisely. Eliminate distractions all create a focused workspace. I told them to



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cultivate a positive mindset and motivation by recognising the long-term benefits of completing tasks.

Session III - 2-1-22

Alfred embarked on a transformative journey to enhance his time management skills to prevent procrastination.

Recognising the need for change he began by setting clear actionable goals for himself. Breaking down tasks into smaller more achievable steps he made the work more manageable.

Alfred meticulously designed a daily schedule, allocating time for each task and adhering to it rigorously.

He crafted a dedicated workspace free from distractions. I expressed my appreciation to him for his remarkable efforts in conquering procrastination.

His commitment to self improvement and diligent work in overcoming this challenge was truly commendable.



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Session IV - 4-2-2022

During this session I have motivated Alfred to study well for the MOOC course, he has taken. I stressed its importance.

He is inspired by the guidance I offered.

He is finding difficulty in grasping the Fundamental of central dogma of Molecular Biology and Polygenic disorders.

I have directed him to certain books related to polygenic disorders that might be helpful. Some are

1) Introduction of Genetic Analysis by Anthony J.F and Griffiths.

2) Genetics: A conceptual Approach by Benjamin A Pierce.

Session V - 13-6-23

Alfred achieved exceptional results in the examinations. I have motivated him to be thorough in preparation and commitment to his studies in the future. I conveyed my heart-felt

admiration for his outstanding performance in each of three semesters.



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**MENTORING RECORD**

**Objective:** To promote the personal and professional well-being of beginning teachers

Name: Angel Joseph

Subject: Natural science

Age & Date of Birth: 27, 27/09/1995

Sex: Female

Permanent Home Address:

Adoration provincial House Christ Hall ,Pala p.o Kottayam 686575

Religion: Christian

Caste: Roman catholic

e-mail: angeleravuchira95@gmail.com

Mobile: 9778502045



**Educational History**

Course	Institution	Subject	% of marks	Remarks
Degree	Alphonsa college pala	Botany	CCPA 7.20	
PDC/+2	G.H.S.S Kuttiyadi	Biology scienc	83	
SSLC/CBSE/ICSE	N.H.S.S Vattoli		7A+2AB+	
Any other				

**Family Details**

Relation	Name	Age	Education	Occupation	Income
Provincial superior	Mareena Njarakkatil	59	MA Hidi BEd		

**Academic Performance**

~~Good~~ *Weak*

**Participation in Co-curricular activities**

Sports *Falls less of expected standard*  
Arts *Arts participation is not up to desired level*

**Special Information if any:**

Intrested in co- curricular activities like dance, quizzes, drawing etc..



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Motivation: Low motivation for studies.

Strength: Self assured, supportive, helpful, experienced.

Weakness: Teaching skills restricted, Academic short coming.

Opportunity: Availability of information Technologic resources available.

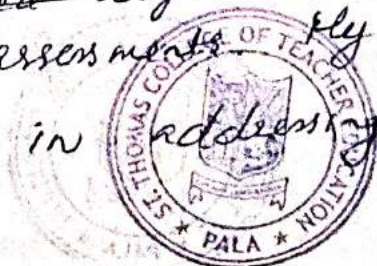
Interest: Interested in teaching.

Goal: To become a good teacher

Support: Guidance and assistance of family and teachers.

Session 1 - 9-12-2021

I have observed that Sr. Angel Joseph's academic performance appears to be less strong which is based on the outcomes of class tests. I enquired about the specific factors that might be affecting her performance in the tests. In the course of our conversation, I probed for the information that would shed light on the issues she might be facing during these assessments. My aim was to support her in addressing these challenges.



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PALA

and finding solution to improve the performance.

Session II 23-6-22

After the criticism classes we had a meeting. Sr. Angel Joseph encountered with significant difficulties in grasping the subject matter. Her level of competency in the subject matter was notably lacking which impeded her progress.

Her organisation of classes have to be improved. The meeting aimed to discuss and rectify these issues

Session III 5-11-22

Even during the internship she encountered challenges with different aspects of teaching. She had trouble with various teaching tasks like giving good introduction, teaching-learning activities, classroom management etc.

I provided suggestions to help her to enhance her teaching. I offered advice for <sup>improving</sup> her teaching methods. I offered guidance.



Recommendations to support her improvement in teaching.

Session IV 6-3-2023

Sr. Angel had some academic struggles I found it on the basis of class tests conducted. During the meeting I discussed the reasons for her academic difficulties and provided guidance on how to improve. I encouraged her to implement specific strategies to enhance her performance. After the meeting she started to show significant improvement in her studies. The conversation we had helped her in making positive changes in her academic performance.



*Bena*  
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**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**  
**MENTORING RECORD**



**Objective:** To promote the personal and professional well-being of future teachers

**Name:** Arya Ashok

**Subject:** Natural Science

**Age & Date of Birth:** 24, 12/10/1998

**Sex:** Female

**Permanent Home Address:** Kottarathil House, Vayannur (P.O)  
Kolayad, Kannur  
670650

**Religion:** Hindu

**Caste:** Pulluvan

**E-mail:** aryaashokvnr@gmail.com

**Mobile:** 9480930352

**Educational History:**

Course	Institution	Subject	% of marks	Remarks
PG	Central university of Kerala	Zoology	83.6	
Degree	Alphonsa College, Pala	Zoology	91.9	
PDC/+2	Jawahar Navodaya Vidyalaya, Mangalore	Science	78	
SSLC/CBSE/ICSE	Jawahar Navodaya Vidyalaya, Mangalore		93	
Any other				

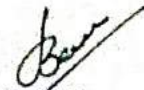
**Family Details:**

Relation	Name	Age	Education	Occupation	Annual Income
Father	Ashok Kumar K P	54	B.Sc, B.Ed.	Teacher	12 lakhs
Mother	Anitha M R	53	B.Sc, B.Ed.	Teacher	1.5 lakhs
Younger Sister	Anagha Ashok	21	Studying B.Tech	-	NIL

**Academic Performance:**

- Qualified SET in 2023
- Qualified CTET in 2023
- Qualified KTET 2 and KTET 3 in 2023



  
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**Participation in Co-curricular activities:**

- NCC 'A' certificate holder
- 1<sup>st</sup> prize in PowerPoint presentation competition conducted by Zoological society of Kerala
- 1<sup>st</sup> prize in writing and listening skills competition conducted by Zoological society of Kerala
- Participated and won prizes for various intercollegiate dance competitions

**Special Information if any:**

- Participated in Symposium on Basic and Translational Immunology at Central University of Kerala
- Completed MOOC on Human Molecular Genetics conducted by NPTEL
- Completed Stream Ecology Add on Course from Central University of Kerala
- Completed Beauty Therapy course organized by Alphonsa College Pala
- Attended various national seminars and lectures conducted by the department of Zoology at Central University of Kerala and Alphonsa College Pala
- Participated in two day National Workshop on Gandhian leadership held at Alphonsa College on 14<sup>th</sup> and 15<sup>th</sup> December 2017

**Strength:** Sincere, Team player, Dedicated, Punctual, Communication skills, passion for motivating students

**Weakness:** Sensitive, Time management, Overthinking

**Opportunity:** Professional development, mentorship programs, specialized certifications, international teaching, online teaching, research, and publishing.

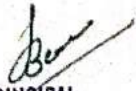
**Threat:** Keeping up with rapid technological advancements

**Interest:** Teaching, Dancing, Gardening, Travelling

**Goal:** Make a positive impact on the lives of students by providing them with quality education, guidance, and support.

**Support:** Family, teachers and friends



  
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Session I - 6-12-2021

I had a meeting with Arya Asok who appeared to be quite stressed during our conversation she mentioned that she is currently on anti-convulsion medication which raised some concern. Despite her health challenges, Arya is exceptionally talented academically, demonstrating proficiency in her studies. It is worth noting that she was a dedicated student enrolled in Navodhaya Vidyalaya

Session II 15-1-2021

Arya appears to be struggling with time management so I suggested that she consider implementing various strategies to improve this aspect of her life. I recommended that she explore and adopt techniques such as setting clear priorities, creating a structured daily schedule, apply to do list, simple time tracking tools like Google Calendar which allows users to schedule and organise their tasks.



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Session 3 - 12-7-2022

Arya has been encountering difficulties in organising her classroom teaching. I suggested her to outline the objectives first and the activities in a structured manner. Additionally I recommended she should establish a classroom structure which include a set order for starting and ending classes.

Session 4 - 9-11-22

During internship in order to enhance organisation I advised Arya to keep teaching material well organised with labelled folders or digital files making it easier to access resources during class. Arya has shown remarkable improvement in organisation of her classroom teaching.

Session 5 - 9-11-22

Arya's dedication to time management and organisation during class has been instrumental in ensuring that her lessons flow smoothly and cover the intended content effectively.



  
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PALA



**Family Details**

Relation	Name	Age	Education	Occupation	Annual Income
Father	Sajeev M S	54	SSLC	Farmer	38000 (annual)
Mother	Molly Sajeev	50	SSLC	Homemaker	- -
Sister	Aparnamol M S	21	Bsc. Psychology		

**Academic Performance:**

Qualified Ktet 2 in 2023

First semester (9.8), Second semester (9.73)

**Special Information if any:**

second PG representative of college union 2022-2023

**Paper published**

Wildlife procurement

Learning difficulties faced by school children with special emphasis on ADHD

**Strength**

Sincere, dedicated, punctual

**Weakness**

Sensitive


**Threat**

Lack of proficiency in foreign language

**Interest**

Teaching, reading, gardening



  
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**Goal**

**To inspire and empower students to learn, grow, and reach their full potential academically, intellectually, and personally.**

**Support**

**Family, teachers and friends**



  
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Session I - 3-12-2021

I had a meeting with Divyamol. M.S on December 3, 2021. She excels in her studies displaying a strong academic performance. However it became evident during our conversation that she is quite sensitive by nature. I provided Devya with strategies to manage her sensitivity like enhancing self awareness, practicing calming techniques like deep breathing and fostering a positive mindset through self affirmation, seeking support, setting boundaries and developing emotional intelligence.

Session II - 15-2-22

During her induction programme in the school I observed that even though Divya is a good teacher there is need for improvement in the classroom management. I asked her that to enhance classroom management she can establish clear and consistent rules for student behaviour. She can develop activities for engaging the students to the maximum.



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Regular communication with students and their parents can help to create a positive learning environment.


Session III - 18-10-22

I noticed that her sensitivity has shown some improvement. Her ability to handle emotionally charged situations has grown slightly. There has been a modest positive change in her level of sensitivity.

Session IV - 14-3-2023

In the meeting on I observed that there is a major positive shift in her sensitivity. It has grown modestly.



  
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