

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

MENTORING RECORD

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



Name : AJMEYA SULIMAN Subject: NATURAL SCIENCE
Age & Date of Birth : 26, 14/02/1997 Sex: FEMALE
Permanent Home Address : PUTHUPARAMBIL (H) Religion: ISLAM
ANAKKAL P.O Caste : MUSLIM
KANJIRAPPILLY, 686508
E-mail : ajmeyasuliman@gmail.com
Mobile : +91 9744512949

Educational History

Course	Institution	Subject	% of marks	Remarks
PG	KG College Pampady.	MSc. Zoology	80%.	
Degree	CMS College Kottayam.	BSc. Zoology	92%	
PDC/+2	Achamma Memorial Higher Secondary School, Kalaketty.	Science	90%	
SSLC/CBSE/ICSE	St.Marys Girls High School, Kanjirappilly		98%	
Any other				

Family Details

Relation	Name	Age	Education	Occupation	Income
HUSBAND	ASIF ASSY	30	B.Tech	Business	10 Lacks
SON	EHAN HADI MUHAMMAD	02			



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Session I - 12-10-2022

Ajmeya is proficient in academic studies displaying a strong aptitude for learning. As a married individual and a mother to a son, she navigates the responsibilities of family life. However, Ajmeya tends to procrastinate, occasionally delaying tasks. She faces challenges due to a lack of technological skills which might impact her daily activities.

Despite excelling in studies, her procrastination and technological shortcomings create hurdles in managing commitments.

Session II - 18-1-2023

Ajmeya's dedication to family and her academic strengths shine through but these obstacles might hinder her efficiency in an increasing tech-driven world.

Her academic abilities contrast with

challenges she faces, creating a

gap of strengths and



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Improvement. Overall Ajmeya's situation underscores a balance between her academic proficiency and the challenges she encounters in daily life.

I suggested that Ajmeya to establish a structured routine to tackle procrastination. Encouraged her to seek technological skill building resources like online courses or tutorials. Advised her to set achievable goals to gradually improve her tech abilities. Emphasised the importance of time management technique to enhance productivity. I suggested to seek support and guidance from family and peers for managing responsibilities. Encouraged Ajmeya to prioritize tasks to balance studies family and personal growth. I recommended to use productivity tools and apps to assist in organising tasks and schedules.

Session III 10-3-23

advises aimed to empower her confront and overcome challenges

effectively. By establishing a structured



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routine, she mitigated her procrastination tendencies. Engaging in technological skill building resources notably improved her competence in that area.

Setting achievable goals facilitated a gradual yet noticeable enhancement in her technological abilities.

Employing time management techniques notably enhanced her overall productivity.

Seeking support from family and peers further eased the management of responsibilities.

Prioritizing tasks resulted in a balanced approach to manage studies.

Overall the advice significantly contributed to Ajmeja's ability to tackle and surpass the difficulties she faced.



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FATHER	SULAIMAN P I	62	SSLC	Bussiness	4 Lacks
MOTHER	NAJEEBA	54	SSLC	Housewife	

Academic Performance *Intellectual, Analytical thinking*

Participation in Co-curricular activities *Participation in YIP
Participation in College cultural programmes.*

Special Information if any:

Motivation: *Motivated to learn*

Strength: *Sincere, Dedicated, Punctual, Hard working*

Weakness: *Procrastination, Poor time management*

Opportunity: *Member of College Union at UG and PG level.*

Threat: *Lack of knowledge in recent trends in technological skills.*

Interest: *Reading, Travelling, Cooking.*

Goal: *To become a great teacher who inspires students.*

Support: *Teachers and Family.*



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



Name: ALBI MOHAN V

Age & Date of Birth: 22 & 09/12/2000

Permanent Home Address: Vandananickal (H), Poochapra

Devarupara PO, Idukki(District), 685588.

Subject: Natural Science

Sex: Female

Religion: Hindu

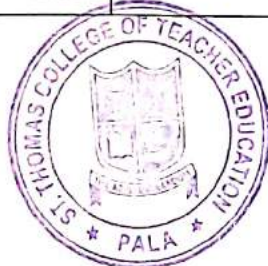
Caste: ST

c-mail: albymohanakumar10@gamil.com

Mobile: 9061532308

Educational History

Course	Institution	Subject	% of marks	Remarks
PG	-	-	-	
Degree	Nirmala College, Muvattupuzha	Bsc. Zoology	82%	
PDC/+2	St. Mary's Higher secondary school, Arakulum	Biology	80	
SSLC/CBSE/ICSE	Government High School, Poochapra		90%	
Any other				




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Family Details

Relation	Name	Age	Education	Occupation	Income
Father	Mohanakumar V A	59	Pre Degree	Retired SI of Police	240000
Mother	Bindhu Mohanakumar	50	Pre Degree	House wife	-
Brother	Aswin Kumar V	24	BA History	-	-

Academic Performance: Good academic performance, Information Gathering skills present

Participation in Co-curricular activities:
Participated in School Kalolsavam, Group Dance
Participated in sasthanamela

Special Information if any:
Completed Online Medical Coding course

Motivation:
Motivated to study and attend co-curricular activities

Strength:
Punctual, Innovative, Sincere, Dedicated and hard working.

Weakness:
Sensitive, fear

Opportunity:
Opportunity to attend co-curricular activities

Threat:
Lack of proficiency in other languages

Interest:
Drawing, Dancing, Stitching, Painting, Crafting



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Goal:

To - become an inspiring teacher

Support: Teachers, Family, Friends



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Session I 9-11-2022

Alby Mohan excels in her academic pursuit, demonstrating proficiency and skill in her studies. However she grapples with a deep seated fear when it comes to communicating with others. This fear impedes her ability to confidently express herself and engage in conversations. Despite her academic prowess this communication apprehension creates a significant challenge to her social interactions.

This fear often leads her to hesitate avoid speaking up or feel anxious in social situations.

Session II 23-2-23

Recognising Alby's low sound and slow pace in teaching, I provided her with advice and guidance to address these challenges. I advised her to encourage her voice and speak more distinctly while teaching.

I suggested strategies to enhance



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pace such as organising her content more efficiently or practicing to speak more fluently.

Alby could benefit from techniques like using visual aids or interactive methods to engage her students despite her slower pace.

My advice might also focussed on building her confidence often aids in overcoming the hurdles.

Session III 28-3-2023

During Alby's induction programme while she delivered classes nicely there were areas that required further improvement in her teaching skills. To assist her I offered strategies to enhance her teaching skills and refine her classroom teaching.

My suggestions included in integrity visual aids, demonstrations and real life examples. I encouraged Alby to gather regular feedback from students to gain

valuable insights
diverse range of

to implement a
assessment methods.



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Name: Anand K S

Subject: Natural Science

Age & Date of Birth: 24, 09/01/1999

Sex: Male

Permanent Home Address: Kalunkunkal (H) Puthuperiyaram P.O Thodupuzha
Religion: Hindu

Caste: Ezhava

e-mail: thodupuzhaanand@gmail.com

Mobile: 6238722751

Educational History

Course	Institution	Subject	% of marks	Remarks
PG	Nirmala College, Muvattupuzha	Zoology	87.4	
Degree	Newman College, Thodupuzha	Zoology	87.75	
PDC/+2	APJ Abdul Kalam Memorial H.S.S Thodupuzha	Science	83.67	
SSLC/CBSE/ICSE	St. George H.S.S Kallanickal		93.33	
Any other				

Family Details

Relation	Name	Age	Education	Occupation	Income
Father	K B Sabu	56	Degree	Business	
Mother	Binu	50	Pre Degree	House wife	
Sister	Anmol K S	20	Degree	Student	
Grandmother	Karthiyani Bhaskaran	93			
Aunt	Malathi K B	59			



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22-24

Academic Performance Good in Academic Performance
Critical thinking, Research skills

Participation in Co-curricular activities

Special Information if any:

Motivation: Motivated to learn.

Strength: Self motivation, problem solving skills

Weakness: Distractions, Difficulty in Organisation

Opportunity: Outside of class activities.
Digital learning, Volunteer work

Threat: Academic Pressure, Time management-
Difficulties

Interest: Travelling

Goal: To become a good teacher

Support: Teachers and family.



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Session I - 14-10-2022

Anand excels in his studies. He possesses a strong ambition for success. He has achieved qualification in the National Eligibility Test (NET)

Anand's primary aspiration is to become an exceptional teacher.

He is dedicated to his educational pursuits. Anand's commitment to teaching is unwavering. His passion for education is evident, Anand's journey is defined by his goal to be a great teacher.

Session II 24-1-2023

He feels tense when confronted with many academic tasks. The pressure intensifies

as deadline approach

Balancing assignments exams and projects

become overwhelming.




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I told him that it is crucial to stay organised and planned to schedule carefully. Seeking the help of teachers and peers can reduce tension. Break down the tasks into smaller manageable steps. Prioritizing and staying focussed can help to tackle the workload. I informed him with determination and time management he can successfully complete all the academic work.

Session III 17-2-2023

During the induction teaching programme he faced challenges with time management and spoke too quickly while delivering the content. I advised him to slow down his pace. Slowing down would ensure that students can better grasp the concepts being taught.




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the teacher and students to have a clear and engaging learning process. I encouraged him to practice and gradually improve his teaching process.

Session IV - 21-3-2023

I have noticed that Anand is no longer feeling tense. He has successfully improved his time management skills. This development is a positive change. Anand's ability to manage time effectively has reduced his stress levels. It's clear that he is more confident in handling academic workload. His progress is commendable and demonstrates his growth. This newfound skill will benefit him in various aspects of his life. Anand's calm approach to tasks is a valuable asset.




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Name: Anita Thomas

Subject: Natural science

Age & Date of Birth: 31, 17-06-1992

Sex: Female

Permanent Home Address: Chengalam Thakadiyil (H),
Moozhoor P.O, Kottayam .

Religion: Christian

Caste: RC

e-mail: anitathomas175@gmail.com

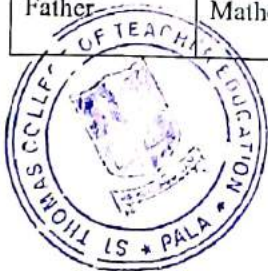
Mobile: 9061647069

Educational History

Course	Institution	Subject	% of marks	Remarks
PG	St. Thomas College, Pala	Botany	78	
Degree	Alphonsa College, Pala	Botany	90	
PDC/+2	+2	Science	69	
SSLC/CBSE/ICSE	CBSE		81	
Any other				

Family Details

Relation	Name	Age	Education	Occupation	Income
Mother	Anila Thomas	56	B.com	Home maker	
Father	Thomas Mathew	60	Pre degree	Agriculture	48000/-



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Sister	Brigit Thomas Annu Thomas	25	MCA		
Sister	Mathews Thomas	20	MA		
Brother		19	BA		

Academic Performance

Qualified UGC NET in June 2017. *Conscientious, Perseverance*

Participation in Co-curricular activities

Participation in YIP

Special Information if any:

Motivation: *Motivated to learn.*

Strength: *Hardworking, Communication skills*

Weakness: *Over thinking*

Opportunity: *Good in English language*

Threat: *Lack of knowledge in recent trends*

Interest: *Reading*

Goal: *To become an inspiring teacher for the betterment of students*

Support: *Family and friends*



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Session 1 3-10-22

Anita Thomas has prior experience as a Guest lecturer in a college showcasing her teaching abilities.

Her academic prowess is remarkable demonstrating a strong aptitude for studies and learning.

Anita is an introvert, preferring a more reserved and introspective demeanor.

Her teaching experience reflects her ability to communicate effectively despite her introverted nature.

To help Anita move away from her introverted nature I encouraged her to gradually step out of her comfort zone by initiating small interactions with peers and students.

Session II - 12-6-23

During Criticism class she demonstrate knowledge and proficiency in her teaching. Anita's introversion doesn't hinder her teaching. She thrives in creating an inclusive and supportive learning environment despite her reserved nature.



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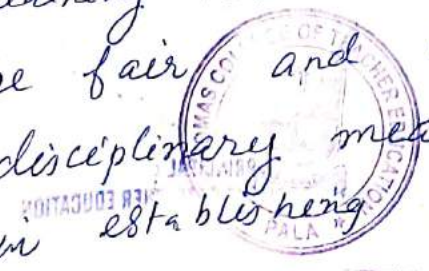
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I suggest Aneta to join in group discussions or activities of various clubs in the college to practice sociology in a comfortable setting

Session III - 9-8-23

To aid Aneta in the classroom discipline management during her induction I advise her to establish clear and consistent rules for the students to follow. Encourage her to communicate these rules effectively ensuring that they are easily understood. I recommended using positive reinforcement such as praise and rewards to encourage good behaviour among students. I asked her the importance of maintaining a calm and composed demeanor when addressing disciplinary issues in the classroom. I encouraged her to engage students in discussions about appropriate behaviour and its impact on learning environment. I advised her to be fair and consistent in applying disciplinary measures that will help in establishing a structured environment.



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Name: ATHIRA MOHAN

Subject: NATURAL SCIENCE

Age & Date of Birth: 24, 12/04/1999

Sex: FEMALE

Permanent Home Address: KUNHUMPIDUKKA PUTHIYEDATH (H)

ERUVESY P.O, KANNUR DT 670632

Religion: HINDU

Caste: IRUMAN

e-mail: athiramohan149@gmail.com

Mobile: 8281558058

Educational History

Course	Institution	Subject	% of marks	Remarks
PG	Government Victoria College Palakkad	M.Sc Botany	84.8%	
Degree	Little Flower College Guruvayoor	B.Sc Botany	91%	Fifth Rank in B.Sc Botany Under Calicut University 2016-2019
PDC/+2	Govt. Higher Secondary School Nedungome	Science	90%	
SSLC/CBSE/ICSE	Nirmala Higher Secondary School Chemperi		85%	
Any other				




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Family Details

Relation	Name	Age	Education	Occupation	Income
FATHER	MOHANAN K P	50	PG	GOVT.SERV ICE	5 LAKH
MOTHER	REJANI T V	47	DEGREE	HOUSE WIFE	
SISTER	ADHYA MOHAN	18	DEGREE	STUDENT	

Academic Performance *Stidious, Diligence*

Participation in Co-curricular activities

Special Information if any:

Strength: *Time management, empathy, Communication skills.*

Weakness: *stress*

Opportunity: *Participation in academic and artistic competitions*

Threat: *Job Hunt stress, Language barriers*

Interest: *Disruption of Routine
creative writing*

Goal: *To become a good teacher*

Support: *Family and Teacher*



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Session I - 18-10-22

Athira Mohan excels in her studies consistently displaying a high level of academic prowess and dedication to learning. Her in-depth understanding is evident in her performance in various class tests and knowledge retention. Additionally, Athira possesses remarkable teaching abilities, adept at conveying complex concepts in a clear and understandable manner.

Session II - 13-2-2023

In this session I suggested some ways to enhance her teaching skills. I advised Athira to consider incorporating various strategies in to her methods. These strategies could involve diversifying instructional techniques to cater to different learning styles and preferences among the students.

Utilizing multimedia resources and technology could significantly enhance her teaching approach.




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Developing a structured lesson plan while allowing flexibility for spontaneity and adaptation to the student's needs would help in maintaining a well organised and yet adaptable classroom atmosphere.

Session III - 21-3-2023

During the induction period, Athira showcased commendable teaching skills demonstrating a strong foundation in her approach. While I recommended a few strategies to further enhance her teaching, it was apparent that Athira's existing methods were already engaging and impactful to her students. She managed to create an interactive and participatory atmosphere within her classes, fostering an environment where students were actively involved in the learning process.

Athira's use of technology and multimedia resources was notably effective, making her lessons more captivating and comprehensive for her students.



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