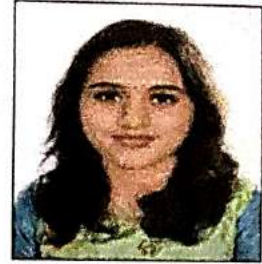


**ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA**

**MENTORING RECORD**



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

Name: ANNS THOMAS

Subject: SOCIAL SCIENCE

Age & Date of Birth: 25, 29-12-1997

Sex: FEMALE

Permanent Home Address: MANGAPPALLIL(H)

VAZHOOR P.O,

KODUNGOOR

686504

Religion: CHRISTIAN

Caste: RCSC

e-mail: annstomas29@gmail.com

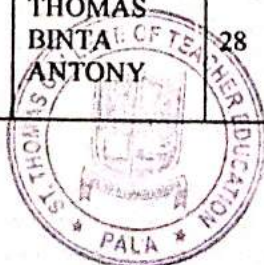
Mobile: 9074423360

**Educational History**

| Course         | Institution                       | Subject    | % of marks | Remarks              |
|----------------|-----------------------------------|------------|------------|----------------------|
| PG             | St.Thomas College,Pala            | History    | 93%        | 1 <sup>st</sup> Rank |
| Degree         | St.Dominics College,Kanjirappally | History    | 93%        | 1 <sup>st</sup> Rank |
| PDC/+2         | St.Dominics HSS,Kanjirappally     | Humanities | 95%        |                      |
| SSLC/CBSE/ICSE | St.Marys HS,Kanjirappally         |            | Full A+    |                      |
| Any other      |                                   |            |            |                      |

**Family Details**

| Relation      | Name         | Age | Education | Occupation      | Income |
|---------------|--------------|-----|-----------|-----------------|--------|
| Mother        | BEENA THOMAS | 58  | MA,B.Ed.  | Rtd.Teacher     | 200000 |
| Brother       | JOHNS THOMAS | 29  | M.Com.    | Business        |        |
| Sister-in-law | BINTA ANTONY | 28  | M.Com.    | IT Professional |        |



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Academic Performance ∴ Rank holder in both UG and PG courses.  
Main subject is history. Interested in studies.

Participation in Co-curricular activities : Participated in a few cocurricular activities. Basically not ready to participate in stage events.

Special Information if any: Ready to work hard to achieve/ ~~achieve~~ pass NET, SET/TET exams.

Motivation:

Strength: Academically good.

Weakness: Absent in class at times, due to certain ~~physical~~ allergic problems.

Opportunity: Made use of all the facilities of the college.

Threat: Not ready to participate in single item stage programs.

Interest : Interested in academic matters, cooking and maintaining fellow relationships.

Goal: To become an aspiring teacher.

Support: Personal support to be active in all activities.

4-12-2021.

Student was more interested to prepare for NET exam. Basically good in academic matters. By nature, she was not ready to participate in stage programs. Scored to do stage programs. Encouraged her to participate in various programs.



*[Signature]*  
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~~Amms had a bit of laziness~~

Not interested in doing self study courses.

Main aim was to pass the SET & NET exam.

Microteaching class was taken during I Sem. ~~Exam.~~

5/02/22 Session 2

Amms good in studies - Performed well during criticism class. While taking class, she tries to remember the content and it becomes evident. Asked her to avoid that. She was interested to cover the high school text books of Social science so that she can clear TET exams.

10/08/22

Amms scored good marks in Sem 1 and Sem 2 exams. (A<sup>+</sup> grade). During III Sem first she complained about the work load. But as time went on she got adjusted with it. Internship period was interesting for her and she encouraged and played a major role in conducting various events at school.



*Beena*  
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Session 4.

4-01-23

During her internship, her mentor teacher conveyed that she was sincere to do all works. School was a venue of various medals and she helped the teacher for the smooth functionings of it. Cleared TET exams of both category I & II and now her aim was to clear SET & NET exams.

*[Signature]*  
5/6/23



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

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



**ANNU SUNNY**  
16-04-2023

Name: ANNU SUNNY

Subject: SOCIAL SCIENCE

Age & Date of Birth: 26, 27/08/1997

Sex: FEMALE

Permanent Home Address: VAZHAYIL(H)

KADANAD P.O,

KADANAD

686653

Religion: CHRISTIAN

Caste: RCSC

e-mail: annusunny97@gmail.com

Mobile: 9745078357

**Educational History**

| Course         | Institution                   | Subject    | % of marks | Remarks |
|----------------|-------------------------------|------------|------------|---------|
| PG             | St.Thomas College, Pala       | Economics  | 74%        |         |
| Degree         | St.George College, Aruvithura | Economics  | 80%        |         |
| PDC/+2         | St.Sebastians HSS, Kadanad    | Humanities | 94%        |         |
| SSLC/CBSE/ICSE | St.Marys GHSS, Pala           |            | 80%        |         |
| Any other      |                               |            |            |         |

**Family Details**

| Relation | Name            | Age | Education     | Occupation          | Income |
|----------|-----------------|-----|---------------|---------------------|--------|
| Father   | SUNNY ANTONY    | 63  | Graduate      | Rtd. Govt. Employee | 200000 |
| Mother   | JESSY SUNNY     | 57  | Pre degree    | House wife          |        |
| Brother  | ANTO SUNNY      | 33  | Graduate      | Abroad              |        |
| Brother  | TOM SUNNY       | 31  | Post Graduate | Priest              |        |
| Sister   | KOCHURANI SUNNY | 29  | Post Graduate | House wife          |        |



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Academic Performance : Annus academic performance before she joined for B.Ed is good. Scored above 75% for both P.G and U.G courses. Her main subject is Economics. After joining for B.Ed she is always bringing her best to perform well as a teacher trainee.

Participation in Co-curricular activities

Special Information if any: Participated in on desktop competitions, oratory club activities and also was a member of music club.

Motivation: To become a teacher who is also ready to do the or take steps to achieve that aim.

Strength: Ready to do her duty with sincerity. Hardworking

Weakness: Find difficulty to take class in English language.

Opportunity: Made use of the library, teachers and peers.

Threat: Lack of communication skills

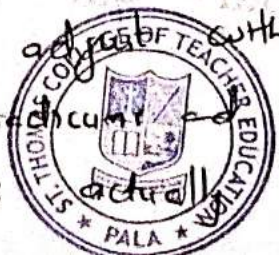
Interest : Interested in participating in speech competitions, music etc.

Goal: Want to become a very good teacher.

Support: Family, friends & teachers

3-12-2021

Annus conveyed about her lack in communication skills and was ready to take class in English medium. Took effort to read books to improve language. Found a bit difficulty to adjust with the six paper of I Sem B.Ed with all practicals. Yet provided her support, she was actually an



principals. Yet provided an ST. THOMAS COLLEGE OF TEACHER EDUCATION But  
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her company made her a little ~~not~~ inhibited to take part in various activities. During the I.Sem even she had an inhibition to take class in English, she took it as a challenge. July

5/6/2022

Actively participated in writing discussion lesson plans. Observed & Not ready to join additional self study course in Swayam. Joined in Kuremannu school for induction classes. Her class can be improved by interacting ~~with~~ more with the students. School atmosphere was conducive, ~~but~~ certain students performance was very poor. She provided additional time to these students and helped the school authorities whenever required.


10/11/22.

Continuous period of 4 months internship started during the III.Sem. Lot of practicals were there. She found it bit difficult to complete all the courses, but encourage her. Observed her class, this time she took classes both in English & Malayalam medium. Took effort to improve her communication skills. In between motivated her to prepare for the TET exams. First & Second Sem results were ~~out~~ Got ~~of~~ grade A in both semesters



3/02/23

Annu got A grade during I, Sem, but secured ~~got~~ A<sup>+</sup> in both III & IV Sem. She is now ready to put effort, ~~as~~ ~~as~~ and it was reflected in her academics. During III Sem she took classes both in English ~~and~~ and Malayalam medium. Became more confident. Participated in co-curricular activities. Interested to participate in speech competitions and an active member of music club.

  
5/3/23.



  
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## MENTORING RECORD

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



Name: Archana TS

(2021-2023) Batch

Subject: Social Science

Age & Date of Birth: 24, 7/12/1998

Sex: Female

Permanent Home Address: Thonikuzhiyil (H)

Religion: Hindu

Punnathura East P. O Kottayam

Caste: SC

e-mail: [archanats61@gmail.com](mailto:archanats61@gmail.com)

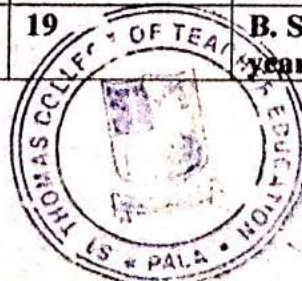
Mobile: 8590578557

### Educational History

| Course         | Institution                             | Subject    | % of marks             | Remarks |
|----------------|---|------------|------------------------|---------|
| PG             | ST THOMAS COLLEGE, PALA                 | HISTORY    | B Grade<br>SGPA (3.49) |         |
| Degree         | CMS COLLEGE KOTTAYAM                    | HISTORY    | 71%                    |         |
| PDC/+2         | ST MARY'S H. S. S MANARCAD              | HUMANITIES | 72%                    |         |
| SSLC/CBSE/ICSE | ST THOMAS GIRLS HIGH SCHOOL PUNNATHUR A |            | 77%                    |         |
| Any other      |   |            |                        |         |

### Family Details

| Relation | Name         | Age | Education                    | Occupation | Income |
|----------|--------------|-----|------------------------------|------------|--------|
| Father   | Shaji TG     | 56  | 7 <sup>th</sup> standard     | Cooli      | 4200   |
| Mother   | Rejani Shaji | 53  | Pre-Degree                   | Tailoring  |        |
| Brother  | Abhijith TS  | 19  | B. S. C 3 <sup>rd</sup> year | Student    |        |



*[Signature]*  
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**Academic Performance**

Good

Participation in Co-curricular activities :Dancing;2nd in Bharatanatyam and Kuchippudi

Special Information if any:No

Motivation: reasons that emanating from individuals' intrinsic values to choose to teach and sustaining teaching

Strength: I have passion for teaching,

i have goo voice modulation,

Iam able to understand a learners effectively

I can motivte leaners

Weakness:

Impatient

Handwriting is not legible

Opportunity:Supportive family and teachers

Opportunity for higher studies

Studing in a college with A+ accreditation

Threat: Heavily Workload

Rapid technoogical changes

Lot of competition in the field

Lack of job opportunities

Interest :Dancing and teaching

Goal: An inspiring and digilant teacher who encourages students to embrace self confidence, creativity and Social Justice in all the endeavours

Support:

Date: 10/12/2021

Archara is an average student. In academics, she can do well if only she puts more effort. I advised her to read more and her handwriting is not at all legible. She is aware of it. Interest is dancing, Financial



strain was also there. Received scholarship also. Confident in taking class. But she needs more systematic and logical structuring of ~~her~~ while she takes class. Asked her to prepare well and practice link session.

During After link, asked her to improve B-B writing and improve her language. She has to be more thorough with the content.

~~Some~~ Date 16/02/2022

During the II Sem, discussions lesson plans were written and she gave ideas to complete the teaching manual. ~~Her~~ ~~conclusion~~ Corrections were given. At times, she was down with health issues and had allergy to chalk dust. Took leave due to allergic issues. Completed her records and she was allotted to St. Joseph's School Matholy for induction. School atmosphere was good. Had adequate voice, used learning aids also.



*Ben*  
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Date

9/8/2022

During the internship period, she helped her students to participate in drama and dance competitions. She gave guidance to her students and her mentor teacher also helped her. Regarding her class, I again asked her to prepare the topic in a logical sequence.

Records were not neat and ~~was~~ was incomplete. Asked her to give attention ~~to~~ and spend more time to complete her records. Always advised her to make use of her time to ~~clear~~ TET exams.

3/03/2023

By this IV Sem she has become ~~more~~ more confident. Active participant in co-curricular activities. During Sem I and Sem 2 she got only B grade. By Sem III she got A grade.



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6/3/2023

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

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

Name: Gopika Anil (2021 - 2023) Batch      Subject: Social Science  
Age & Date of Birth: 27/08/1998      Sex: Female  
Address: Vattakkavumkal(H)      Religion: Hindu  
Vazhoor P O, Kodungoor-686504



Caste: Nair

e-mail: [gopikaamil998@gmail.com](mailto:gopikaamil998@gmail.com)

Mobile: 7510853609

**Educational History**

| Course         | Institution                | Subject           | % of marks | Remarks                   |
|----------------|----------------------------|-------------------|------------|---------------------------|
| PG             | St.Thomas College, Pala    | Political Science | 88.6%      | 5th Rank in MG University |
| Degree         | Baselius College, Kottayam | Political Science | 94.9%      | NCC "C" Certificate       |
| PDC/+2         | SVR NSS HSS, Vazhoor       | Humanities        | 92%        |                           |
| SSLC/CBSE/ICSE | St.Mary's GHSS, Pala       | SSLC              | 94%        |                           |
| Any other      |                            |                   |            |                           |

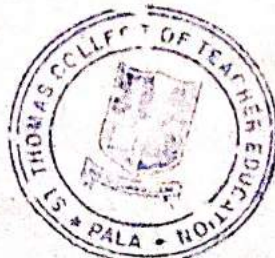
**Family Details**

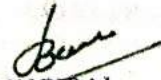
| Relation | Name          | Age | Education    | Occupation | Income           |
|----------|---------------|-----|--------------|------------|------------------|
| Father   | V R Anilkumar | 64  | 7th Standard | Tailor     | 5000 ( Monthly ) |

**Academic Performance :**

**Participation in Co-curricular activities**

**Special Information if any:**



  
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Motivation: Highly Motivated Student.

Strength: Determined and focussed. Optimistic person.  
Aware of her drawbacks.

Weakness:

Opportunity: Made use of all resources available in college.  
Ready to receive advise from teachers.

Threat:

Interest: Reading, discussions, listening to others, friendly

Goal:

Support: Teachers, relatives & friends.

Session 1 3/12/2021

Gopika, a very determined person. Optimistic and never ~~was~~ to hurt others. Passionate to all. Even she had certain negative aspects, she will never give it to anyone. Even though she had some problems, she used to manage it by herself. Very open and used to talk to me when she needs it. She took initiative in the class as a leader and at the same time encouraged other fellows who was not that much optimistic. Her works were good and very

neat.


She always requires more time to make her work perfect. She was not ready to do a practical until it's really understood by her.

Her microteaching and lesson practice classes are good. Voice good. Asked her to interact more with students. Records are neat. Active person in sports events.

Session Two. 9/02/2022

Her internship school was St. Thomas Higher Secondary School, ~~at~~ Boys school, she had ~~to~~ had the courage to handle those once. At first, she found it difficult, as time went on she could maintain the discipline also. Active role in ~~making~~ participating students in various co-curricular activities. ~~Did~~ Aimed always to clear the TET exams and was preparing for it systematically. At times, she shared her emotional breakdowns. Helped her to overcome that, just by listening to her. Financial constraints were there.



  
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Session 3. 22/06/2022

She took classes in both language. More fluent in taking class in English. Her class mgmt good. Lesson plans were written on time. All records were neat. Pleasant student, and a person who ~~was~~ is ready to help others whenever required.

Student of clear vision and preparing well for TET exams. She tried maximum not to depend on any one on financial matters. Performed well during her internship and her mentor teacher was satisfied with her works. Sem I and Sem 2 results are good. Working for Sem III result. Very active in sports events and helped physical education sir in all programs.

Session 4. 19/01/2023

Cleared TET exams. Preparing for NET also. Actively participated in community living camp. Played a major role in making the tour memorable. In between she did some additional works to meet her expenses. ~~By~~ ~~her~~ ~~speaking~~ ~~she~~ A very dedicated person in ~~all~~ ~~all~~ ~~all~~ matters.



25/01/2023



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

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



**PHOTO**

Name: JIJO THOMAS

Subject: Social science

Age & Date of Birth: 34, 30 -10- 1988

Sex: Male

Permanent Home Address: Vennayappillil

Religion: Syro Malabar Syrian Catholic

Maryland PO Kadand 686652

Caste: general

e-mail: jjoვენnayappillil@gmail.com

Mobile: 9895639161

**Educational History**


| Course         | Institution    | Subject        | % of marks | Remarks |
|----------------|----------------|----------------|------------|---------|
| PG             | SEERI Kottayam | Syriac         | 74         |         |
| Degree         | Private Reg MG | BA Philosophy  | 79         |         |
| PDC/+2         | open school    | Humanities     | 88         |         |
| SSLC/CBSE/ICSE | sslc           |                | 76         |         |
| Any other      | stcte          | social science | 95         |         |

**Family Details**

| Relation | Name           | Age | Education | Occupation | Income |
|----------|----------------|-----|-----------|------------|--------|
| Father   | Thomas Abraham | 60  | pdc PDC   | farming    |        |
| Mother   | ansamma Thomas | 60  | pdc PDC   | homemaking |        |

**Academic Performance**



  
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**PALA**

Participation in Co-curricular activities

Special Information if any:

Motivation: To be a motivational teacher

Strength: I am able to handle the class room with content knowledge

Weakness: I am inclined to be make faults in english language speaking

Opportunity: I am served with many years of teaching experience

Threat: I am worried about the future of the career

Interest I am happy to live among the students

Goal: a good guide in all ways to the students

Support: my living situation

Session 1      6/12/2021

Father good in studies, but was busy with activities of his parish. Confident in taking class in Malayalam. Microteaching class was good, asked to be more interactive with students. Took leave in between, so asked to compensate all the works within the given time



*[Signature]*  
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Session 2

5/02/22

Father was ~~a~~ ~~bit~~ preparing for PG exam as distance course. Found difficulty in managing all the works. Participated in ~~discussion~~ <sup>group works</sup> ~~plans~~ but was not that much social. Asked to get familiar with social science text from 7<sup>th</sup> std, which will help him to take classes during III Sem. Advised to prepare for TET exams also. Records all neat. Bit introvert.

Session 3. 9/11/2022

Assigned to Holy Cross <sup>School</sup> Cherupuzha. Assigned both English & Malayalam medium classes. More good to communicate in Malayalam language. Adequate voice while taking class.

First Sem & second sem results are good. But he could gain A<sup>+</sup> grade if he gave more time to academic matters. Bit lagging in works of III Sem. Always keeping in touch to complete the works on time.



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Session 4 5-6-2023

Interested more in reading spiritual books.  
Advised him to finish work on time. All the  
works were neat. Identified his SWOT and asked  
to analyse the weaknesses.

The Project and blog articles ~~was done~~  
were corrected many times. References were not  
given properly. Anyway <sup>he</sup> did all the corrections and  
submitted all the works.

  
8-6-2023



  
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