

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA  
MENTORING RECORD



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

Name: Sathulalshree T.K  
Age & Date of Birth: 23 , 09/11/1999  
Permanent Home Address: Thekkinkattil C/W  
Muttolapuzham P.O  
Elozzi  
Caste: scheduled caste, Velar  
Subject: Physical science Education  
Sex: Female  
Religion: Hindu  
e-mail: sathulalshree<sup>Erasalekkan</sup>ishraluma@gmail.com  
Mobile: 6238494055

Educational History

Course	Institution	Subject	% of marks	Remarks
PG	Devaswam Board Collge Thattolapuzham	M.Sc. Physics	70%	
Degree	Deva Matha college, Keeerilangad	B.Sc. Physics	82%	
PDC/H2	St. Peter's HSS, Elozzi	science (Bio-Math)	86%	
SSLC/CBSE/ICSE	St. Paul's H.S. Muttolapuzham		94%	
Any other				

Family Details

Relation	Name	Age	Education	Occupation	Income
Father	T.N Keshtaluma	56	Pze Degree	Farmer	30,000

Academic Performance

Participation in Co-curricular activities : Participated in sports items and competitions.

Special Information if any:

Motivation: I always like to be motivated by myself in harder situations. I could achieve my dream.



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Strength: Helping, sincere, honest, adaptive

Weakness: sensitive, fear

Opportunity:

Threat: Job

Interest: Listening and singing music, craft works, watching videos

Goal: My goal is to become a good teacher with honest

Support: My support system is my family, friends and teachers.

18/9/2022 : Selhulakshmi is very creative and calm and silent. She comes from Mutholapuram, an interior place away from college. I asked to come and stay in the hostel. First, she was not ready but within two weeks, she came to hostel.

11/11/2022 : After microteaching class and feedback she was sad because of her feeble voice. I asked to her to say loudly as if there are many people in the class. ~~She~~



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9/2/2023. Sethulakshmi went to Govt. school Pala for induction. In that school boys were very naughty, below average ~~as~~. With her feeble voice she could not manage them. So she was sad. I consoled her and ~~gave~~ suggested few strategies for discipline management.

14/8/23 : Internship school was same and it was a tension matter for her. She came to me and discussed school problems with me. I listen her attentively and suggested strategies for adjusting with the system and strategies for stress reduction.

29/1/2024 :- Sethus father passed away. ~~She~~ she was very sad. I consoled her.

*Swini*



*Beena*  
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## PERSONAL DETAILS



Name : Selvalakshmi T.K  
 Subject : Physical science  
 Age & Date of Birth : 22 ; 09/11/1999  
 Sex : Female  
 Religion & Caste : Hindu, Velan  
 Marital Status :  
 Permanent Address with Phone Number : Thirukishkottai (III), Muthalapuram P.O, Elanji Phn: 9238494055  
 Temporary Address with Phone Number : Thirukishkottai (III), Muthalapuram P.O, Elanji Phn: 9544628443  
 Father's Name & Occupation : T.N Krishnakumar, Farmer  
 Mother's Name & Occupation : Meera Krishnakumar, House wife  
 Whether day Scholar / hostel resident : day scholar  
 If hostel resident Name, Address and Phone Number of local guardian :  
 Details of Siblings :  
     Brothers : Sanjay Krishnakumar  
                     Job : At private company  
     Sisters :

### Educational Qualification:

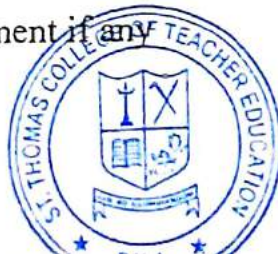
Course	Subject	Year	College/Univ.	Marks	Percentage	Remarks
P.G.						
Degree	physics	2020	Deva Matha College Kumbakonam	2720	82.42%	
PDC / +2	Science	2017	St. Peter's H.S. Elanji		86.6%	
SSLC		2015	St. Paul's HS Muthalapuram		95%	
Any other Degree/diploma						

Ranks/Awards and Prizes received with items and level :

Extra Curricular activities and hobbies : Singing, Music, read

Details of previous employment if any :

Any other information :



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**MENTORING RECORD**



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

**Name:** Sona Alex  
**Age & Date of Birth:** 25, 25/12/1997  
**Permanent Home Address:**  
Koozumala Kozh, Manarcadu P.O Kottayam  
**e-mail:** sonaalex02@gmail.com  
**Mobile:** 92898644

**Subject:** Physical science  
**Sex:** Female  
**Religion:** Jacobite-Christian  
**Caste:** Jacobite

**Educational History**

Course	Institution	Subject	% of marks	Remarks
PG	NSS Hindu College Changanacherry	Chemistry	85%	
Degree	Baselius College Ktr	Chemistry	90%	
PDC/2 <sup>+</sup>	St. Mary's H.S. Med	Bio-maths	95.58%	
SSLC/CBSE/ICSE	Infant Jesus Med		97%	
Any other				

**Family Details**

Relation	Name	Age	Education	Occupation	Income
Father	K V Alex	65	SSLC	Farmer	60,000

**Academic Performance :** The overall academic performance is above average.

**Participation in Co-curricular activities :** Participated in competitions, sports items

**Special Information if any:**

**Motivation:** Highly motivated by myself to achieve my goal



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Strength: Punctual, Adaptive, Helping

Weakness: Fear, Tension, highly perfection

Opportunity:

Threat: Job opportunities.

Interest : Listening music, craft works.

Goal: To be a good teacher

Support: My support system is my family, Teachers and my friends.

7/6/9/2022. Discussed about self study course. Soma is very intelligent and ready to hard work. But she is worried about little things. I told her it is a blessing, because of her tension she may finish her work earlier and this may motivate others also.

7/11/2022: During Micro teaching time she came to me to share her difficulties in preparing lesson plans in specific skills. I gave her necessary support -



  
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8/2/23. Induction period gave her a lot of strain. In that school she had to face problems of over substitution and substitutions in lower classes. I consoled her and gave supportive strategies.

13/8/23. During internship also she faced certain problems in the teaching practice school. She had discipline management problems in school. The boys in the class were very naughty and made noises while taking class. This made a strong tension in her. I consoled her and said to her mentor teacher in school.

28/1/24: After the internship she became strong - she is happy.

*Swind*



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PERSONAL DETAILS



Name : SONA ALEX  
 Subject : PHYSICAL SCIENCE  
 Age & Date of Birth : 24, 25/12/1997  
 Sex : Female  
 Religion & Caste : JACOBITE, CHRISTIAN  
 Marital Status : SINGLE  
 Permanent Address with Phone Number : KOORUMALA KAROT,  
 MANARCADU, P.O KOTTAYAM  
 Temporary Address with Phone Number :  
 Father's Name & Occupation : K.V ALEX, FARMER  
 Mother's Name & Occupation : MOLLYKUTTY ALEX, HOUSEWIFE  
 Whether day Scholar / hostel resident : DAY SCHOLAR  
 If hostel resident Name, Address and Phone Number of local guardian :  
 Details of Siblings  
 Brothers :  
 Sisters : ELDER SISTER, DONA ALEX

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.	M.SC CHEMISTRY	2018-2020	NSS HINDU COLLEGE CHANMANASSERY	3.4	85%	
Degree	B.SC CHEMISTRY	2015-2018	BASELIUS COLLEGE KOTTAYAM	2995	90.75%	
PDC / +2	BIO-MATHS	2015	ST. MARYS HSS MANARCADU	1147	95.58%	
SSLC		2013	INFANT JESUS B.C.W.H.S.S	7A+, 3A	97%	
Any other Degree/diploma						

Ranks/Awards and Prizes received with items and level :

Extra Curricular activities and hobbies :

Details of previous employment if any

Any other information

: CLASS MENTOR AT BRILLIANT STUDY CENTRE



*Beeha*  
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MENTORING RECORD



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

Name: Tessa Kurian

Subject: Physical Science

Age & Date of Birth: 27, 21/11/1995

Sex: Female

Permanent Home Address: SD St. Joseph's Provincial H.  
Kurisummoodu P.O Chethipuzha  
Changanacherry

Religion: Christian

Caste: RCSC

e-mail: Kuriantessy1475@gmail.com

Mobile: 9946992775

Educational History

Course	Institution	Subject	% of marks	Remarks
PG				
Degree	Assumption College Changanacherry	Chemistry	70%	
PDC/+2	N.S.H.S. Nedumudy	Bio-maths	85%	
SSLC/CBSE/ICSE	L.G.H.S. Palinummoo		85%	
Any other				

Family Details

Relation	Name	Age	Education	Occupation	Income
Father	V.J Kurian	58	PDC	Farmer	

Academic Performance

Participation in Co-curricular activities Participated in competitions writing poem, story,  
sports items

Special Information if any:

Motivation:



  
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Strength: Adaptive, caring, mingling with others, prayerful

Weakness: Lack of self confidence, tension

Opportunity:

Threat:

Interest Reading, writing stories, poems, listening music, watching beauty of nature.

Goal: To become a motivating teacher

Support: As a religious sister her superiors are very supportive.

14/9/22: Sr. Terry is a sister belongs to sisters of destitute. She has many tensions related to the selection of the college, study etc. She is very much adaptive & caring. I offered her mental support and prayer.

15/11/2022: Microteaching time was a period of tension. She has many worries related to writing lesson plan, language to be selected for the class etc. I told her to take the class in English language as a trial.



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9/2/23: During school induction period she came to me to share her personal prob related religious life and community life. I listen her carefully and offered mental support and prayer. I told her to call me or send a message whenever necessary.

18/8/23: For internship she selected St. Joseph GHS Mutholy and she was transferred to a convent near this school. Now she enjoys her community life and she is happy. She has certain health problems related to low HB. During internship she was hospitalized and I gave mental support.

30/1/24: Now also she suffers from health problems. Anyway she could join with her peers for tour and camp.



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PERSONAL DETAILS



Name : Tessa Kurian  
 Subject : Physical Science  
 Age & Date of Birth : 27, 22/11/1995  
 Sex : Female  
 Religion & Caste : Christian, Syrian Catholic  
 Marital Status :  
 Permanent Address with Phone Number : SD Provincial House, Kurisummoodu Po, Chethipuzha, Kottayam, Kerala, 686104  
 Temporary Address with Phone Number : St. Vincent Providence House, Pala  
 Father's Name & Occupation : V. J Kurian, Farmer  
 Mother's Name & Occupation : Rosamma Kurian, House wife  
 Whether day Scholar / hostel resident : Day scholar  
 If hostel resident Name, Address and Phone Number of local guardian :  
 Details of Siblings :  
 Brothers : Christin Kurian  
 Sisters : Rosmy Kurian

**Educational Qualification:**

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	Chemistry	2013-2016	Assumption College Changanacherry, M-G	2250	70%	
PDC / +2		2011-2013	N.S.H.SS Nedumudy		85%	
SSLC		2011	L.F.G.H.S Palimunnai		85%	
Any other Degree/diploma						

Ranks/Awards and Prizes received with items and level :  
 Extra Curricular activities and hobbies : Reading, listening music  
 Details of previous employment if any :  
 Any other information :



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Affiliated to MG University, Kottayam, Kerala

## MENTORING RECORD



Mentoring Outcome: **Develop personally and professionally competent future teachers**

Name : Liya Mathew Programme & Subject: B.Ed., Social Science  
 Age & Date of Birth : 25, 26/04/1999 Gender: Female  
 E-mail : liyamprayil@gmail.com Mobile: 9446656868  
 Permanent Address : Emprayil (II) Ezechuchery (PO) Religion & Caste: Christian, RCSC  
 Anthinad

### EDUCATIONAL HISTORY

Course	Institution	Subject	% of marks	Remarks
PG	St. Thomas College Pala	History	88%	5 rank in MG University
Degree	Alphonsa College Pala	History	90%	1 rank in MG university
PDC/+2	St. Marys Higher Secondary School, Pala	Humanities	94%	
SSLC/CBSE/ICSE	SIIGHS	SSLC	93%	
Any other				

### FAMILY DETAILS

Relation	Name	Age	Education	Occupation	Income
Father	Mathewkutty Joseph	59	MA, B.Ed	Teacher	
Mother	Joma Mathew	57	MSc	Home maker	
Sister	Namitha Mathew		MSc, B.Ed	Teacher	
Brother	Joseph Mathew		BA		



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**PALA**

PERSONAL DETAILS



Name : LIYA MATHEW  
 Subject : Social Science  
 Age & Date of Birth : 23, 26-04-1999  
 Sex : Female  
 Religion & Caste : Christians, Syrian Christians  
 Marital Status : Single  
 Permanent Address with Phone Number : Emprayil (H) Ezhachey (Po) Arthimad  
 9446656868  
 Temporary Address with Phone Number :  
 Father's Name & Occupation : Mathewkutty Joseph, Pensioner  
 Mother's Name & Occupation : Joma Mathew, Home Maker  
 Whether day Scholar / hostel resident : Scholar.  
 If hostel resident Name, Address and Phone Number of local guardian :  
 Details of Siblings :  
 Brothers : 1  
 Sisters : 1

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	History	2020	MU university	8.83	88.3%	
PDC / +2	Humanities	2017	Board of Higher sec Education, Kerala	1,121	93%	
SSLC		2015	General Edu. Department		91.5%	
Any other Degree/diploma	-	-	-	-	-	

Ranks/Awards and Prizes received with items and level : 4th rank, - BA Exams

Extra Curricular activities and hobbies : Nss.

Details of previous employment if any : -

Any other information :



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ACADEMIC PERFORMANCE AT STCTE, PALA

SEM I		SEM II		SEM III		SEM IV	
Score & Grade	%	Score & Grade	%	Score & Grade	%	Score & Grade	%
9.63, A+		10.00, A+		9.93, A+			

Session I

14/9/22

P.G student in Economics. Good in academics. Active, in all activities. Smart and efficient in doing all her classworks.

Session II

7/11/22

Her class on microteaching sessions were good. Can raise her voice while taking class to make it more effective. Good B.B. writing. Good interaction with students and trying to elicit responses from them.

Strengths-

- Active in activities both curricular and cocurricular activities
- Good handwriting
- Good content knowledge
- Rank in P.G student

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- Talented in drawing & creative

- classes all good

Weaknesses:

→ Starting trouble in all activities

→ Sometimes a bit delayed in submitting the works

Opportunity

- Family background supportive

- Financially sound

- Encouraged to pass the various exams from family and college

- Qualified TET and SET exams

Threats

- Lack of job vacancies

- Numerous students qualified



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SWAYAM/MOOC/Add-on/VAC/Certificate Programme/Bridge Course Attended

Name of the Program	Year of Completion	Grade/Score	Certificate
Yogic Practices	2023	A	
Aerobics	2023	A	
Adolescent Counselling	2023	A	

PARTICIPATION IN SEMINAR/WORKSHOP/TRAINING PROGRAMMES

Title	Duration with date	Certificate	Outcome

VOLUNTEERED FOR ANY PROGRAM (Extension/Survey/Community/College Programs)

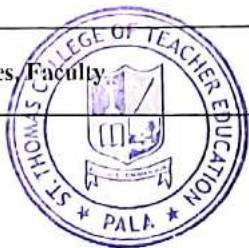
Name of the Program	Date(s)	Place	Outcome

PARTICIPATION IN CO-CURRICULAR/EXTRA-CURRICULAR ACTIVITIES

Activities Participated	NSS	Sports	Fests – Arts/Cultural
No. of Events	265 Working Hours	2	2
Achievements		2 <sup>nd</sup> prize in cricket 3 <sup>rd</sup> prize in Dumbbells	1 <sup>st</sup> prize in nadapattu

OTHER DETAILS

Ambition/Goal Teacher	Interests & Hobbies Reading books
Strengths Confident, Energetic	Weaknesses Procrastination
Opportunities Availability of resources, Faculty	Challenges Lack of vacancies



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**COMPETITIVE/ELIGIBILITY EXAMS CLEARED**

<b>UGC-NET/CSIR</b>	<b>SET</b>	<b>TET/CTET</b>	<b>Any other</b>
	Qualified	Qualified	

**ACTIVITIES DURING INDUCTION & INTERNSHIP AT SCHOOL**

(to be filled by the mentee)

<b>Date</b>	<b>Name and Description of the Activity &amp; Nature of involvement</b>	<b>Outcome</b>
	Coordinate Flash mob	
	Conduct quiz programmes	
	Coordinate social science club activities	
	Conducted case study, achievement test.	
	Coordinate sports day day events.	



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PERSONAL DETAILS



Name : NIBIN BABU  
 Subject : SOCIAL SCIENCE  
 Age & Date of Birth : 20, 03/04/2002  
 Sex : MALE  
 Religion & Caste : HINDU, PULAYAN  
 Marital Status : SINGLE  
 Permanent Address with Phone Number : PAYYARKKAL (H)  
 KADUPPASSERY P.O  
 PIN CODE: 686683  
 Temporary Address with Phone Number : PH: 9656294160  
 Father's Name & Occupation : BABU P.C DAY WORKER  
 Mother's Name & Occupation : SREEDENI A.C, HOUSE WIFE  
 Whether day Scholar / hostel resident : HOSTEL RESIDENT  
 If hostel resident Name, Address and Phone Number of local guardian : SREEDENI A.C  
 PAYYALICALAD  
 KADUPPASSERY P.O  
 Details of Siblings  
 Brothers :  
 Sisters : NIYA BABU

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	HISTORY	2019-2022	MAHATMA GANDHI UNIVERSITY	2560	83%	
PDC / +2	HUMANITIES	2017-2019	L.B.S.M.H.S.S. RUITTATHUR	1118	94%	
SSLC	STATE	2016-2017	ST MARY'S H.S.S. TRINJALAIKUDA	5A+, 1A, 3B+, 1C+	89%	
Any other Degree/diploma						

Ranks/Awards and Prizes received with items and level : 2nd Rank in Mahanagar college history.

Extra Curricular activities and hobbies : Reading

Details of previous employment if any :

Any other information :



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Name: NIBIN BABU  
Age & Date of Birth: 21, 03/04/2002  
Permanent Home Address: PAYYAKKAL (H)  
KADUPPASSIERYP.O  
PIN CODE: 680683  
Subject: SOCIAL SCIENCE  
Sex: MALE  
Religion: HINDHU  
Caste: SC  
e-mail: nibinbabu7734@gmail.com  
Mobile: 9656294160

**Educational History**

Course	Institution	Subject	% of marks	Remarks
PG				
Degree	maharaja college Punalur	History	83%	
PDC/2	L.B.S.P.M.H.S.S. Punalur	Humanities	94%	
SSLC/CBSE/ICSE	ST. MARY'S H.S.S.	SSLC	90%	
Any other				

**Family Details**

Relation	Name	Age	Education	Occupation	Income
MOTHER	SAREEDEVIA C	48	SSLC	Nil	-
SISTER	NIUYABABU	26	P.C	TEACHER	15,000/-

**Academic Performance**

**Participation in Co-curricular activities :**

**Special Information if any:**

**Motivation:**



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Strength:

Weakness:

Opportunity:

Threat:

Interest:

Goal:

Support:

Session : 1

16/9/22

Nibis came from Palghat. During the beginning days he found very difficult to adjust to the new atmosphere. <sup>Present</sup> College environment was entirely different one, when compared to the previous ones. Talked with him, ~~to~~ <sup>to</sup> console him that ~~the~~ as time goes on he will get adjusted to it. Sincere in his work. Academically he is ready to take the pace, but his pace is too fast. Asked him not to finish all the works with a very short span of time. He could ~~do~~ <sup>do</sup> everything very neatly if he spends more



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Regarding the microteaching classes, he was thorough with the content, adequate voice and good interaction with students. Handwriting must be more legible and neat.

Hardworking student with determination. Cooperates with all his class mates. At times, very sensitive. Takes initiative always for the activities to be conducted ~~under~~ by social science class.

Elected as the chairperson of the union 22-23. Sincere to his duties. Advised him to take decisions only after consultation with staff advisor regarding union activities. Performed well in all test papers, but found difficulty to read his answersheets. Inbetween, he went for part time jobs to meet his financial needs. organic farming

### Session 2

8/2/23

Nibin is having ~~the~~ thorough subject knowledge, ~~about~~ regarding social science of all classes. This helped him to handle the classes

easily.



Asked him to reduce the speed while ~~and~~ which was ~~the~~ main defect of

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Session 3

13/12/23 Nibris very active as a teacher. In the school

At school, ~~she~~ he was, an active participant in all activities, as in the school. Under his a lot of children for ~~children~~ <sup>he</sup> encouraged students to participate in various competitions.

As ~~such~~ Personally he had a lot of problem, but he tried maximum to keep it ~~was~~ all in a balance. Hand writing ~~to~~ Took the maximum effort to make student learn, ~~and~~ As his continuous effort, ~~so~~ students of his class scored good marks in X'mat exam. Mainly due to his hard work. Financially he was struggling in between. ~~Consulted~~ Used to talk to me. ~~Consulted~~ <sup>Heard</sup> him, consulted him and helped him at required times. ~~but~~ A He was preparing for TET exams also. organic farming

*Swing*



*Boone*  
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