

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
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

Mobile: 8590578557

Educational History

Course	Institution	Subject	% of marks	Remarks
PG	ST THOMAS COLLEGE, PALA	HISTORY	B Grade 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 th standard	Cooli	4200
Mother	Rejani Shaji	53	Pre-Degree	Tailoring	
Brother	Abhijith TS	19	B. S. C 3 rd year	Student	




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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

Archana 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 in dancing. Financial



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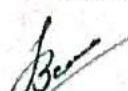
Strain was also there. Received scholarship also. Confident in taking class. But she needs more systematic and logical structuring of her work while she takes class. Asked her to prepare well and practice link session.

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

~~See~~ Date 16/02/2022

During the II Sem, discussions lesson plans were written and she gave ideas to complete the teaching manual. ~~Her~~ 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 and adequate voice, and learning aids




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10/10/2021

10/10/2021

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 cocurricular 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

PERSONAL DETAILS



Name : SANCITU JOSE
 Subject : Social Scienc.
 Age & Date of Birth : 23 , 10/03/1999
 Sex : Male.
 Religion & Caste : Christian, RCSC.
 Marital Status : Single.
 Permanent Address with Phone Number : Pullattu (H), Teebooy P.O, Teebooy.
 686580, 759306 2612.
 Temporary Address with Phone Number : Pullattu (H), Teebooy P.O, Teebooy
 7593 062612.
 Father's Name & Occupation : JOSE P C , Agriculture.
 Mother's Name & Occupation : MOLLY JOSE , House wife.
 Whether day Scholar / hostel resident : Day scholar.
 If hostel resident Name, Address and Phone
 Number of local guardian : —
 Details of Siblings
 Brothers : Two Brothers.
 Sisters : —

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.	Economics.	2018-20	St. Thomas, Pala/ M.G University.			
Degree	Economics.	2015-18.	St. Thomas College, Pala.	2015	65%.	
PDC / +2	Scienc.	2013-15	St. Mary's H.S.S Teebooy.	889	75%	
SSLC		2013	St. Mary's, H.S.S. Teebooy		72%	
Any other Degree/diploma						

Ranks/Awards and Prizes received with items and level :

Extra Curricular activities and hobbies

: Reading & Playing.
Football.


Details of previous employment if any

: No.

Any other information

: No



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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**



Name: Sanchu Jose

Subject: Social Science

Age & Date of Birth: 25 & 10/03/1998

Sex: Male

Permanent Home Address: Pullattu (H)

Religion: Christian

Teekoy P.O

Caste: RCSC

Teekoy

e-mail: sanchujose98@gmail.com

Mobile: 7593062612

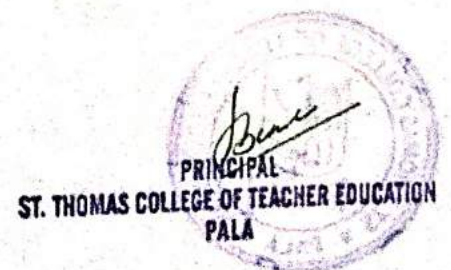
Educational History

Course	Institution	Subject	% of marks	Remarks
PG	St.Thomas College Pala	Economics	65	
Degree	St.Thomas College Pala	Economics	66	
PDC/+2	St.Mary's HSS Teekoy	Science	75	
SSLC/CBSE/ICSE	St.Mary's HSS Teekoy		82	
Any other				

Family Details

Relation	Name	Age	Education	Occupation	Income
Father	Jose P C	58	Degree	Agriculture	
Mother	Molly Jose	53	Degree	Home Maker	
Brother	Jofin Jose	28	PG	Student	
Brother	Sandeep Jose	26	Degree	Student	

Academic Performance:



Participation in Co-curricular activities: Participated in sports items

Strength: Strong communication skills, flexibility and adaptability.

Weakness: Over thinking, over perfectionism

Opportunity: School teacher, Educational counselor

Threat: Lack of job vacancies in the education sector

Interest: Reading, Driving

Goal: To become teacher

25/10/21 He is from Teekay. Well financial status. Good family. simple. obedient. self study organic learning. work hard but ~~weak~~ to improve in Language, communication skills, study and works

3) 7/1/22 He is trying to get the level best. His parents are also supportive. Ask him to improve leadership skills too. suggest to improve study, language, communication skills, leadership. After the internship he became a good self study - organic learning. suggest him to improve all the needs like communication, works, language, self study etc. He is trying a lot to achieve the qualities he need. self study, communication, Language etc.



PERSONAL DETAILS



Name : *Minu Maria Thomas*
 Subject : *English Education*
 Age & Date of Birth : *22. 11-02-1999*
 Sex : *Female*
 Religion & Caste : *Christian REBC*
 Marital Status : *Single*
 Permanent Address with Phone Number : *Chirayil (H) Venkuringi P.O.
 Olakkulam Patheramthitta
 9446353233*
 Temporary Address with Phone Number : *Koipurathu (H) Pazhayandan P.O.
 Cherappadi*
 Father's Name & Occupation : *Thomas Emmanuel Agriculture*
 Mother's Name & Occupation : *Beena Thomas House wife*
 Whether day Scholar / hostel resident : *hostel resident.*
 If hostel resident Name, Address and Phone Number of local guardian : *Minu Maria Thomas
 Chirayil (H) Venkuringi P.O.
 Olakkulam 9446353233
 Thomas Emmanuel*
 Details of Siblings
 Brothers : *Manu Manuel Thomas
 Hotel management*
 Sisters : *Anu Thomas
 married.*

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	<i>English</i>	<i>2018 2021</i>	<i>Alphonsa College Pala Mahatma Centre</i>	<i>1560 3100</i>	<i>50.38%</i>	
PDC / +2	<i>Commerce Maths</i>	<i>2016 2018</i>	<i>SNDP HSS Venkuringi</i>	<i>781 1200</i>	<i>65%</i>	
SSLC		<i>2016</i>	<i>St. Thomas HSS Kumaly</i>			
Any other Degree/diploma						


Ranks/Awards and Prizes received with items and level : -

Extra Curricular activities and hobbies : *Drawing*

Details of previous employment if any : *Nil*

Any other information : *Nil*




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her to maintain discipline in the class.

Larina Dominic

10/9/22 Her internship went quite well — she has to work on her language skills — I encouraged her to use videos — the chalk board — Her physical limitations have to be considered. She improved a lot by the end of the internship — she was confident and fluent in English.

Larina Dominic

14/3/23 Minu actively participated in the class tour and educational camp, inspite of her physical disabilities. I advised her to have an aim in life and to work for it. Her parents and siblings have great expectations of her. I asked Minu to not worry too much about her physical deformities — have faith in God —

Larina Dominic



Bear
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Sessions

2/12/2021 Minu Maria Thomas is a differently abled child. She is the youngest of the siblings. She is a graduate in English. Minu seems to be sensitive - probably because of her physical disabilities. She is also very home sick. I tried to be in close touch with her - always enquiring about her studies, family -
Lavinia Dominic

12/11/2022 Minu's micro teaching lesson plans required several corrections - At first she was very tense - she has language problems - not fluent - not much command of language. I asked her to work on it - talk in English to her classmates - be free - don't worry too much about her physical appearance - I told her she has the potential - her too much worries about appearance fails to bring it out
Lavinia Dominic

14/12/22 Minu managed to take a class with school students - she has improved a lot - she has a friend at hostel, who seems to help her - she tries hard to keep her work updated and completed
Lavinia Dominic

11/7/22 As walking was a problem, Minu was given more over, it was a girls' school. It would help
Minu's H.P.S. Pala for internship -
Lavinia Dominic



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA
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..



Bene
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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.



Bune
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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 ^{improving} 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.



Beau
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St. Thomas College of Teacher Education, Pala
Student- Teacher Mentoring Summary



B.Ed. Batch: 2021-23

Roll No.: 30

Name of the Mentor	Dr. Alex George
Name of the Mentee	Elizabeth T.S
Optional Subject	Natural Science
Date of Birth	17-10-1993
Native Place	
Name of the father	Sunny T.A
Name of the mother	Ponnamma
No. of Siblings	1

Permanent Address				Route Map to Home			
Mother Superior, F.C.C Alphonsa Province Sundamiano, Puliyannoor Kottayam 686573				Pala → Arunapuram.			
Edn.	S.S.L.C	+2	Degree	P.G.			
%	73	68	7.3				

Mentoring Details

Date	Remarks
16/12/2021	Ambition: to become H.S. teacher. Develop reading habits (English) Weak subject - English
18/02/2022	Work load issues - stress. gave stress management tips for happiness
22/04/2022	Some health issues. Talk to improve the confidence level

Suggestions/ comments of Mentor (If any)

As a Catholic nun, some time limitation for study.
energetic, intellectual in nature.



Beena
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Sr. Elizabeth T.S. is very caring and committed teacher. Occasionally average teacher became. The social skills are very impressive because of her dedication, the ~~low~~ social cohesion is immense.

General observations

- very committed
- sincere to work.
- Hard worker

Overall

She is average student. Not cleared SET/K-7ET. I recommended to join M.Ed for examinations. She is ready to join for further, 2024-26 Batch M-Ed student

John
19/03/2024



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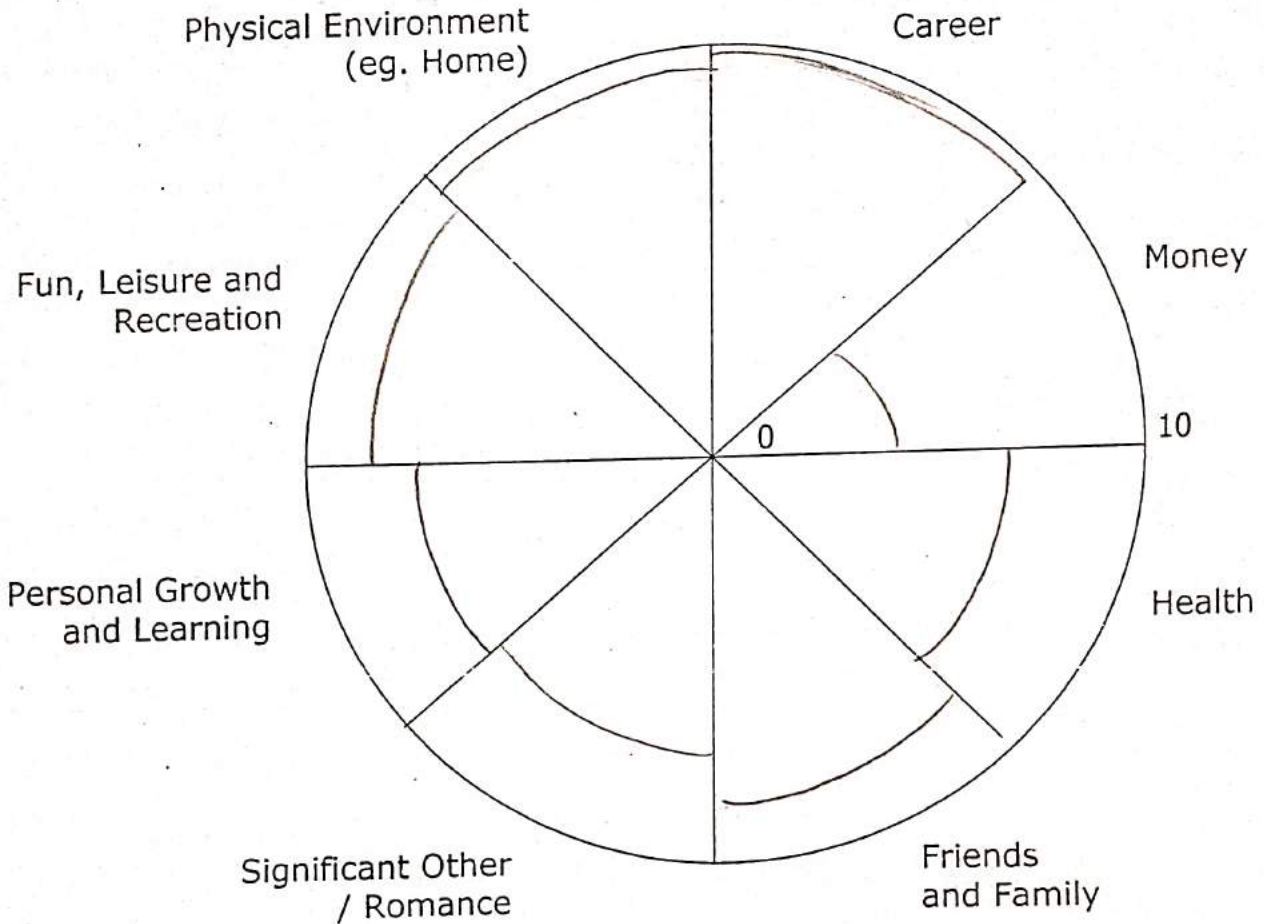


The Wheel of Life

YOUR COMPANY NAME/LOGO

NAME: Elizabeth P-S

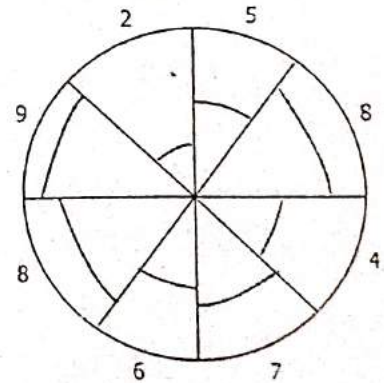
DATE: 15-3-2022



WHEEL OF LIFE INSTRUCTIONS

- The 8 sections in the Wheel of Life represent balance.
- ✿ Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
 - ✿ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
 - ✿ The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

EXAMPLE



Email: you@yourwebsite.com
Phone: your phone number



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
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Your Company Name
www.yourwebsite.com

Your Name: Elizabeth G.S

Personality, Dr. Brian Burke

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

Instructions: Write the number (1 to 5) next to each statement that is most true for you right now.

1. I am usually:	1	2	3	4	5
bored			(3)		enthusiastic
2. Life to me seems:	1	2	3	4	5
completely routine			(3)		always exciting
3. In life, I have:	1	2	3	4	5
no goals or aims				(4)	clear goals and aims
4. My personal existence is:	1	2	3	4	5
utterly meaningless, without purpose				(4)	purposeful and meaningful
5. Every day is:	1	2	3	4	5
exactly the same					(5) constantly new and different
6. If I could choose, I would:	1	2	3	4	5
prefer never to have been born				(4)	want 9 more lives just like this one
7. After retiring, I would:	1	2	3	4	5
loaf completely the rest of my life				(4)	do some of the exciting things I've always wanted to
8. In achieving life goals, I've:	1	2	3	4	5
made no progress whatever			(3)		progressed to complete fulfillment
9. My life is:	1	2	3	4	5
empty, filled only with despair			(3)		running over with exciting things
10. If I should die today, I'd feel that my life has been:	1	2	3	4	5
completely worthless			(3)		very worthwhile
11. In thinking of my life, I:	1	2	3	4	5
often wonder why I exist				(4)	always see reasons for being here
12. As I view the world in relation to my life, the world:	1	2	3	4	5
completely confuses me				(4)	fits meaningfully with my life
13. I am a:	1	2	3	4	5
very irresponsible person				(4)	very responsible person
14. Concerning freedom to choose, I believe humans are:	1	2	3	4	5
completely bound by limitations of heredity and environment				(4)	totally free to make all life choices
15. With regard to death, I am:	1	2	3	4	5
unprepared and frightened			(3)		prepared and unafraid
16. Regarding suicide, I have:	1	2	3	4	5
thought of it seriously as a way out				(4)	never given it a second thought
17. I regard my ability to find a purpose or mission in life as:	1	2	3	4	5
practically none				(4)	very great
18. My life is:	1	2	3	4	5
out of my hands and controlled by external factors				(4)	in my hands and I'm in control of it
19. Facing my daily tasks is:	1	2	3	4	5
a painful and boring experience				(4)	a source of pleasure and satisfaction
20. I have discovered:	1	2	3	4	5
no mission or purpose in life				(4)	a satisfying life purpose

SCORING: Add up all the numbers you wrote down (70-100). A score of less than 50 may indicate that you are experiencing an "existential void," a lack of meaning or purpose in your life right now.



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PRINCIPAL
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PALA

81-23 ALA

PERSONAL DETAILS



Name : Elizabeth G.S
 Subject : Natural Science
 Age & Date of Birth : 28, 17-10-1993
 Sex : Female
 Religion & Caste : Christian, R.C.S.C
 Marital Status : Single
 Permanent Address with Phone Number : F.C.C Alphonsa Province Sandamiano
 Paliyannoor P.O. Kottayam
 9496927792
 Temporary Address with Phone Number : F.C.C Alphonsa Province Sandamiano
 Paliyannoor, 9496927792
 Father's Name & Occupation : Sunny, Farmer
 Mother's Name & Occupation : Theresamma, House Name
 Whether day Scholar / hostel resident : Day scholar
 If hostel resident Name, Address and Phone
 Number of local guardian :
 Details of Siblings :
 Brothers : -
 Sisters : Sonia G.S

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	B.Sc Botany	2019	Alphonsa college	2236	67.75%	
PDC / +2	Science	2011	St. John Nepumcians H.S.	779	64.917%	
SSLC		2009	St. Joseph's H.S Mallukara	7	71%	
Any other Degree/diploma						

Ranks/Awards and Prizes received with items and level : Nil

Extra Curricular activities and hobbies : Reading

Details of previous employment : Nil

Any other information



: M.Pof. Dr. BEENAMMA MATHEW
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PERSONAL DETAILS



Name : VANDANA V.V.
 Subject : MATHEMATICS
 Age & Date of Birth : 21, 30.09.2000
 Sex : Female.
 Religion & Caste : Hindu, Paraya.
 Marital Status : Single
 Permanent Address with Phone Number : Vettikuzhiyil (H), Kakkooor P.O,
 Koothattukulam, Ennakulam, 686662
 6282026917
 Temporary Address with Phone Number : Same as above.
 Father's Name & Occupation : VIJAYAN V.K., Day Labour.
 Mother's Name & Occupation : SANTHA V.M., Day Labour.
 Whether day Scholar / hostel resident : /
 If hostel resident Name, Address and Phone
 Number of local guardian :
 Details of Siblings
 Brothers :
 Sisters : 2. Sisters, VRINDA V.V - Degree 3rd
 VARSHA VIJAYANE-ti^{yr.}

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	Maths	2018-'21	Alphonsa college Pala, MOU.	1942	59 %	
PDC / +2	Bio maths	2016-'18	Govt. H.S.S Pampakuda	831	69 %	
SSLC		2016	St. Joseph's H.S Pizavom.	-	85 %	
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 :




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Strengths

17/11/2020
Vandana V.V. being a graduate worked hard to reach the level of other classmates who could easily excel in teacher education related tasks.

Weaknesses

She is not so good in English language communication especially writing skills. Very often makes several mistakes in communication.

Opportunities

Since she belongs to reservation category, she can apply for several post set apart for NCA available in P&C.

Threats

Lack of sufficient communication skill may become a challenge for her career.

Personal Development Plan

As for post-graduation in Maths, and try to improve her communication skills and secure various certificates to



be placed in aided and unaided
schools. She ~~has~~ to strive for improving
her present status -



Boys

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PALA

PERSONAL DETAILS



Name : SISIRKHUSHI MOHAN
 Subject : Social Science.
 Age & Date of Birth : 24 yrs, 18.12.1996.
 Sex : male.
 Religion & Caste : Hindu, Paraya.
 Marital Status : Single.
 Permanent Address with Phone Number : Vachilampil (H), 200 Acre
 Mannamkandam. P.O. Adimali
 Temporary Address with Phone Number : IDUKKI. Pin: 685561, 8943302757
 Father's Name & Occupation : V. K. Mohanan & Pensioner.
 Mother's Name & Occupation : Kumary Mohan & Housewife.
 Whether day Scholar / hostel resident : Hostel resident.
 If hostel resident Name, Address and Phone Number of local guardian :
 Details of Siblings
 Brothers :
 Sisters : Vanna Mohan, Vaishnavi Mohan.

Educational Qualification:

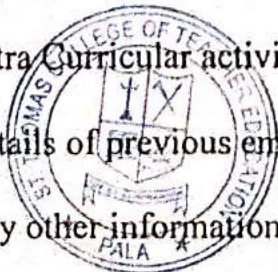
Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	B.A. Economics	2014	M.A. College, Kothamangalam.	74.1	74.1	
PDC / +2	Humanities	2015	S.N.D.P.V.H.S.S. Adimali	1097	91.4	
SSLC		2013.	"		93.3.	
Any other Degree/diploma						


Ranks/Awards and Prizes received with items and level :

Extra Curricular activities and hobbies

Details of previous employment if any

Any other information




 Prof. Dr. BEENAMMA MATHEW
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3/12/2021

Sureshbabu Mahan is coming from a rural area of (Dubbi) district. He is hardworking and aware of his strengths, weaknesses, opportunities and challenges. He is a fast learner also. He is active in extra-curricular activities inside and outside the institution.

5/12/2021

He shared about his ambition and future life. I could guide him ~~regard~~ his interests and attitudes. I helped him to complete his academic works in a time bound manner through advices and motivations..

09/12/2023

I could give him a good orientation towards teaching and he shared his views on the school system of the state. I advised him to start his studies to clear National and State level eligibility tests for teaching profession.


03/03/2023


I could give him some good orientations on writing the final year exam and getting a good result.



DR. BEENAMMA MATHEW
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student, creative and artistic. I wish
him all success in his academic and
personal life


Dr. P. Theobaldan


Prof. Dr. BEENAMMA MATHEW
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