



St. Thomas College of Teacher Education, Pala, Kerala – 686 575

Affiliated to Mahatma Gandhi University, Kottayam

Criterion III- Research and Outreach Activities

3.1- Resource Mobilisation for Research

3.1.4 REPORTS OF INNOVATIONS TRIED OUT AND IDEAS INCUBATED



**ST. THOMAS COLLEGE
OF TEACHER EDUCATION, PALA
ESTD. 1957**

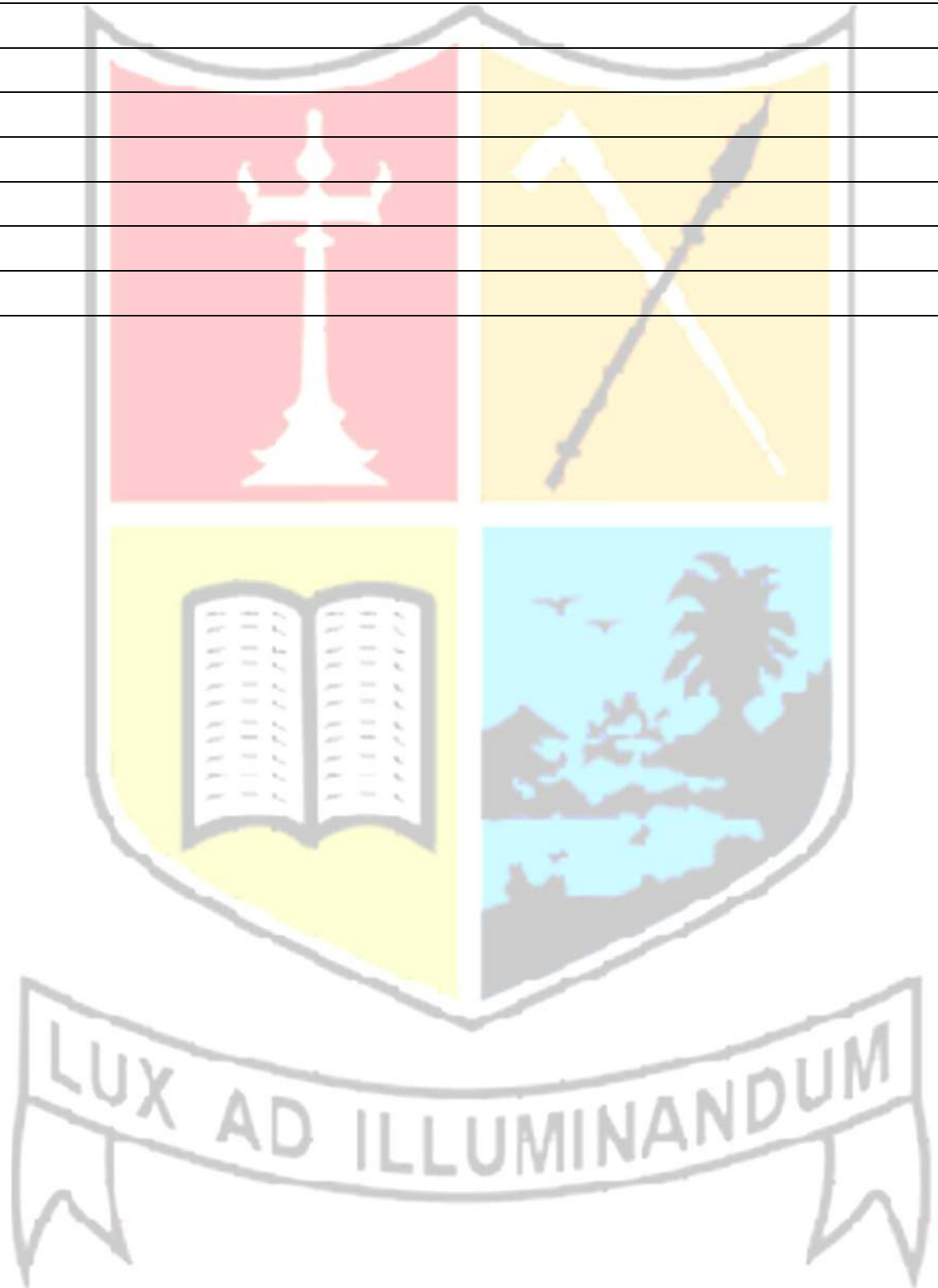
**SSR Submitted to
NAAC
Fourth Cycle
of
Accreditation**

3.1.4 REPORTS OF INNOVATIONS TRIED OUT AND IDEAS INCUBATED

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[Link for additional information](#)

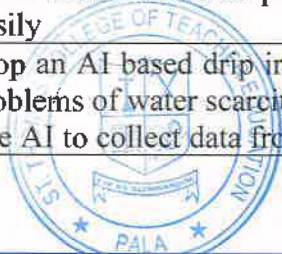


INNOVATIVE IDEAS FOR YIP (YOUNG INNOVATORS PROGRAMME)

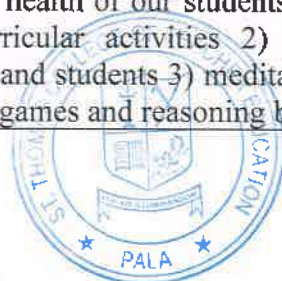
Young Innovators Programme (YIP 2020- 2021)

The Young Innovators Programme is a specially designed programme under Kerala Development and Innovative Strategic Council (K-DISC). The programme aims to empower future innovators to innovate new products, services, or models to meet emerging requirements, unarticulated needs, or existing market needs of the society more effectively through an innovative challenge. The college encouraged students to participate in this programme and present novel ideas. The first year B.Ed. students of this college had an opportunity to participate in YIP 2021 and ten teams participated. The registration process was done on 6 th January 2021.

Sl.No	Team members	Innovative Ideas given by our students
1.	James Mathew, Jyothilakshmi KR, Jyotsna Baby, Reshma Raju Idea id -2443	Excessive game addiction is a problem faced by children nowadays as a solution to this problem we are planning an automatic games freezing system to be incorporated in Smartphone over continuous usage of 1 hour in collaboration with major smartphone companies. As per this idea users who are below the age of 18 are not allowed to place at games continuously for more than one hour which is detected automatically when they sign in from their accounts. The system will Resume the application after a break of 1 hour since the program is inbuilt in the phone the user cannot override its effect and advantage that is offered over third-party application.
2.	Anita Mathew Bhanupriya R Anju Mol S, Athira PS Idea id- 2442	Milma kaksha ka app - This app helps the farmers to get their Dairy Milk supplies status that rate quantity of milk and the daily rate for their milk from the milma society to their smartphone. This app also includes a portal to share the government subsidies and schemes related with dairy farmers which help the farmers to access the schemes easily by introducing this app we can reduce the usage of paper.
3.	Anu Treesa Jose, Akhila Manmadan, Liya Margaret Antony, Rosemary Cheriyann Idea id - 2484	Arranging piggy bank for each child in a class labeled with the target amount and strong if completed before the target time we will over them scratch cards lucky draws et cetera as motivators by the end of a school then needs written by the students are evaluated and are met under the initiative of the school if any basic need mentioned by students are noted in between it will be given due care in face to banks are incorporated into this venture and the piggy bank will turn into an account in bank and the motivators will continue
4.	Divya Stani, Lis Mary Antony, Jaicy Jose, Ashmi Maria John Idea id-2458	Our basic idea is to set up Agro Pharma desk it is an organisation which AIMS at marketing products on maximum profile scale in the open market this forum is opened forced students teenagers and elder people so in short a person can gain best profit for the products that they produce this organisation will help to provide a statistical output of most demanded products in the market which can be sold out easily
5.	Annie Theresa Shajan, Annumol Joji, Anuja babu,	Develop an AI based drip irrigation system to help farmers to solve the problems of water scarcity ie drip irrigation controlled by AI. We can use AI to collect data from soil and light sensors to advice on the



	Christy Thomas	quantity of water required, to take note of humidity, temperature, climate data, forecast and satellite data. This is particularly useful to inexperienced farmers who might need help to improve productivity while reducing water consumption.
6.	Sneha Jayakumar, Riya Rose Johns, Nevil George Idea id- 2459	Develop an application for educational purpose which will facilitate all the needs and rectify the loopholes of the existing similar applications. The highlight of the application is that while conducting the class the host will be able to verify the presence of the participants in front of the digital screen without using microphone or video sharing. The class can be recorded automatically onto the server and that is available at any time only to those who will be permitted by the host. In this application the host will be able to set the timer beforehand so that he or she will be notified that time is up by some changes in the screen without hindering the class. Also, this application will contain an option for uploading the educational qualifications and this will be a total online educational platform which provides the notifications from government and non-government job portals automatically to our profile account once we register our academic and professional qualification in this application.
7.	Irin Sera Joseph, Anitta Jose, Densy John, Julian Tom Job Idea id-2470	Reclaiming the forgotten mental space for our posterity. - It is the need of the hour to render due care for all, irrespective of their differences. When we think of children, two broad categories stem up in our minds: normal kids and special children. our idea is to reclaim the mental health of special children by introducing Pet Therapy (AAT)
8.	Harikrishnan V, raina Martin, Cheslin Jose, Vinesha Vijayan Idea id- 2460	Assistant technology is assistive adaptive and rehabilitated devices or people with disabilities or the elderly population. People who have disabilities often have difficulty in performing activities of daily living independently or even with assistance. We are considering a software or app which helps differently abled students. With the help of Artificial Intelligence and other new technology advancement we thought that such an app or software will help them to study especially in this ubiquitous era of online education because we strongly felt that with arrival of online education many students, especially differently able students and special students were conveniently neglected by our education system. Those apps or software should assist them to access the network connectivity automatically allow their entry to Google meet and other platforms on time read the text automatically etc.
9.	Steffy Tom, Treesa Jomy, Ambily Mani, Elsamma Joseph, Ligin Pullenkunnel	Student friendly transportation card - Presently students are facing many difficulties while travelling such as and safe best travel payment delay risk of carrying money lack of available tea of coins. This card helps students to travel safer with the tap-to pay contactless students' friendly card. This card also stores your bus tickets, bus pass and pay conveniently for your best travel.
10.	Meera Seby, Agiemol Sales, Navyamol K.R., Sojo John	We propose a quaternate package for improving the mental and Physical health of our students which includes 1) different kinds of extra-curricular activities 2) good informal interaction between teachers and students 3) meditation and yoga practices 4) education-oriented games and reasoning based game for general knowledge



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

Official approval and innovative try-outs

District level approval

Out of ten teams that participated in YIP 2021, four teams from our college were shortlisted for second level evaluation. The selected ideas and team members are:

Sl.No	Team members	Innovative Ideas given by our students
1.	James Mathew, Jyothilakshmi KR, Jyotsna Baby, Reshma Raju Idea id -2443	Excessive game addiction is a problem faced by children nowadays as a solution to this problem we are planning and automatic games freezing system to be incorporated in Smartphone over continuous usage of 1 hour in collaboration with major smartphone companies. As per this idea users who are below the age of 18 are not allowed to place at games continuously for more than one hour which is detected automatically when they sign in from their accounts. The system will Resume the application after a break of 1 hour since the program is inbuilt in the phone the user cannot override its effect and advantage that is offered over third-party application.
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3.	Anu Treesa George, Akhila Manmadan, Liya Margaret Antony, Rosemary Cheriyam Idea id - 2484	Arranging piggy bank for each child in a class labeled with the target amount and strong if completed before the target time we will over them scratch cards lucky draws et cetera as motivators by the end of a school then needs written by the students are evaluated and are met under the initiative of the school if any basic need mentioned by students are noted in between it will be given due care in face to banks are incorporated into this venture and the piggy bank will turn into an account in bank and the motivators will continue
4.	Divya Stani, Lis Mary Antony, Jaicy Jose, Ashmi Maria John Idea id-2458	Our basic idea is to set up Agro Pharma desk it is an organisation which AIMS at marketing products on maximum profile scale in the open market this forum is opened forced students teenagers and elder people so in short a person can gain best profit for the products that they produce this organisation will help to provide a statistical output of most demanded products in the market which can be sold out easily

Team 1



Team 2

YOUNG INNOVATORS PROGRAM 2020
 ORGANIZED BY
 KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL
 K-DISC
YIP DISTRICT LEVEL PARTICIPANTS

Ms. Anu Shreejith
Team Leader

Ms. Kase Mary Cherian
Team Member

Ms. Lijo Mangalathil Saseedha
Team Member

Ms. Anshu Manojkumar
Team Member

Dr. Alex George
Teacher in charge, YIP

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Team 3

YOUNG INNOVATORS PROGRAM 2020
 ORGANIZED BY
 KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL
 K-DISC
YIP DISTRICT LEVEL PARTICIPANTS

Ms. Jisha Jee
Team Leader

Ms. Anu Mary Anand
Team Member

Ms. Lijana Mathew
Team Member

Ms. Anshu Manojkumar
Team Member

Dr. Alex George
Teacher in charge, YIP

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Team 4

YOUNG INNOVATORS PROGRAM 2020
 ORGANIZED BY
 KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL
 K-DISC
IDEATORS SELECTED FOR STATE LEVEL COMPETITION

Ms. Anita Mathew
Team Leader

Ms. Shanthigriya R
Team Member

Ms. Athira P S
Team Member

Ms. Anjumal S
Team Member

Dr. F.C. Thekkachen
Principal

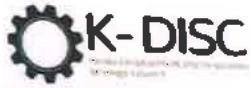
Dr. Alex George
Teacher in charge, YIP

ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA



Beena
 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

Certificate of second level participation of our students



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Anu Tressa Jose

Ideator Id: 20YIP24841


St. Thomas College Of Teacher Education, Pala 686 575

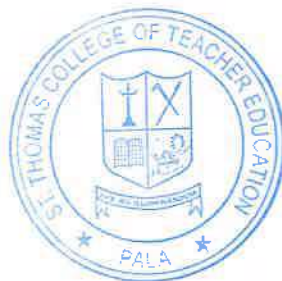
for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.


Anu Tressa Jose

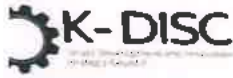
has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021

Date: 2021 June 25


Dr. P.V. Unnikrishnan
Member Secretary




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Liya Margarette Antony

Identi-Id: 20YIP24843

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Liya Margarette Antony has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.

Dr. P.V. Unnikrishnan

Dr. P.V. Unnikrishnan
Member Secretary

Date: 2021, June 23



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Akhila Manmathan

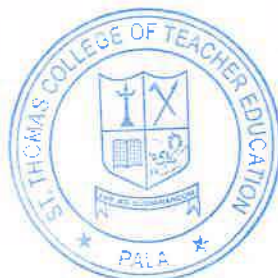
Identi-Id: 20YIP24842

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Akhila Manmathan has also attended the training program on **Introduction to Design and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.

Dr. P.V. Unnikrishnan



Beena
Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
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CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Rose Mary Cherian

Ideator Id: 20YIP24844

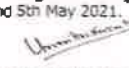
St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Rose Mary Cherian

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.

Date: 2021 June 21


Dr. P.V. Unnikrishnan
Member Secretary



CERTIFICATE

This certificate is awarded to

Anjumol S

Idea_ID : 20YIP24423

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19




Dr. P.V. Unnikrishnan
Member Secretary, K-DISC



CERTIFICATE

This certificate is awarded to

Anita Mathew

Idea_ID : 20YIP24421

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19




Dr. P.V. Unnikrishnan
Member Secretary, K-DISC




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
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CERTIFICATE

This certificate is awarded to

Bhanupriya R

Idea_ID : 20YIP24422

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19



Unnikrishnan
Dr. P.V. Unnikrishnan
Member Secretary K-DISC



CERTIFICATE

This certificate is awarded to

Athira P S

Idea_ID : 20YIP24424

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19



Unnikrishnan
Dr. P.V. Unnikrishnan
Member Secretary K-DISC



CERTIFICATE

This certificate is awarded to

Athira P S

Idea_ID : 20YIP24424

who has attended the Immersion Boot Camp held from 26th July 2021 - 08th September 2021 and also the State Level Evaluation of the Young Innovators Programme 2021 conducted by the Kerala Development and Innovation Strategic Council from 29th September 2021 - 16th November 2021.

2021 November 19



Beenamamma Mathew
Dr. P.V. Unnikrishnan
Member Secretary K-DISC



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

Jyothylakshmi K R

Ideator Id: 20YIP24433

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Jyothylakshmi K R

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.



CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

James Mathew

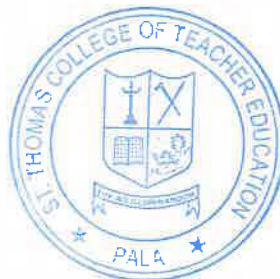
Ideator Id: 20YIP24431


St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

James Mathew

has also attended the training program on **Introduction to Design Thinking and Pitch Deck Preparation** conducted during 7th April and 5th May 2021.




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
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CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO



Lis Mary Antony

Idicator Id: 20YIP24584

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

Lis Mary Antony

has also attended the training program on Introduction to Design Thinking and Pitch Deck Preparation conducted during 7th April and 5th May 2021.

Dr. P.V. Unnikrishnan
Member Secretary

Date: 2021 June 21



CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO



Jaicy Jose

Idicator Id: 20YIP24581

St. Thomas College Of Teacher Education, Pala 686 575

for having participated in the Second Level evaluation of the Young Innovators Program (YIP 2020) conducted by the Kerala Development and Innovation Strategic Council.

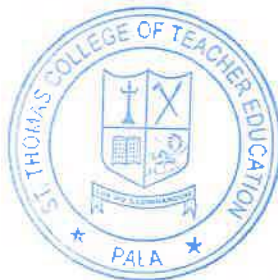
Jaicy Jose

has also attended the training program on Introduction to Design Thinking and Pitch Deck Preparation conducted during 7th April and 5th May 2021.

Dr. P.V. Unnikrishnan
Member Secretary

Date: 2021 June 21

3-25
3-25



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State level approval

The idea of 'Milma Karshaka App' was selected and shortlisted after the a State level evaluation on 7th January 2022. As part of YIP programme, on May 6,2022 the State level winners Ms. Anita Mathew (Team Leader), Ms. Bhanupriya R., Mrs. Anjumol S.,Ms. Athira P.S. and ,Dr. Alex George (Teacher in-charge, YIP) visited College of Dairy Science and Technology, Kolahalamedu, Vagamon and interacted with Dr. Shyam Suraj, Special officer and State level Mentor of YIP.

Dr. Alex George is also selected as State Level Idea Evaluator and Mentor trainer of YIP 2022.

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INTERACTIVE DISCUSSION

YIP State Level Ideators With Mentor

Ms. Anita Mathew, Ms. Bhanupriya R., Ms. Athira P.S., Ms. Anjumol S.

Venue : College of Dairy Science and Technology, Kolahalamedu, Idukki

6 /05 /2022
11.30 a.m. – 3.00 p.m.

OBJECTIVES :

- To workout the action plan of the project.
- To get exposure in the Dairy Technology.
- To create an annual plan for the YIP project

YOUNG INNOVATORS PROGRAMME 2020
ORGANIZED BY **K-DISC**

Dr. T.C. Irenkachen Principal, Mr. Dipin V.S. Head, YIP, Dr. Alex George Mentor, YIP



Details of the idea of 'Milma Karshaka App'



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PALA



APP

An App for milk farmers to connect with their milma society...

Our Team

BHANUPRIYA R

1 Year B.Ed Student
St. Thomas College of Teacher Education, Pala



OUR MENTOR
Dr. Alex George
Assistant Professor
in Education



ANITA MATHEW

1 Year B.Ed Student
St. Thomas College of Teacher Education, Pala



ANJIBOL S

1 Year B.Ed Student
St. Thomas College of Teacher Education, Pala



ATHIRA P S

1 Year B.Ed Student
St. Thomas College of Teacher Education, Pala



WHY THIS IDEA ?

To solve the problems faced by the dairy farmers during the Covid pandemic



To know the subsidies and schemes in the finger tip of farmers



To keep the daily milk supply records safely



A platform for the Milma society to maintain a link with the farmers



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PRINCIPAL
ST. THOMAS COLLEGE OF
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PALA



HOW IT WORKS ?

HOW IT IS UNIQUE ?

This platform help the farmers to know the Govt. Subsidies and schemes

Milma society can provide informations and reminders to the farmers

It is the first app that is providing new options to connect milma centers and the Farmers



This app is for the dairy farmers to get their daily reading records from the milma society



As first step logo for the app is created.

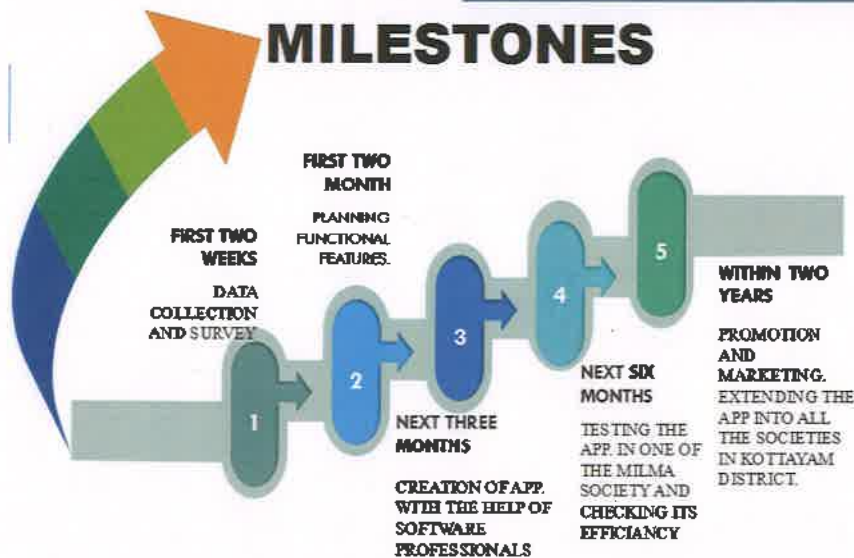


ID ,name of the farmer and Society number are required to Login the app.



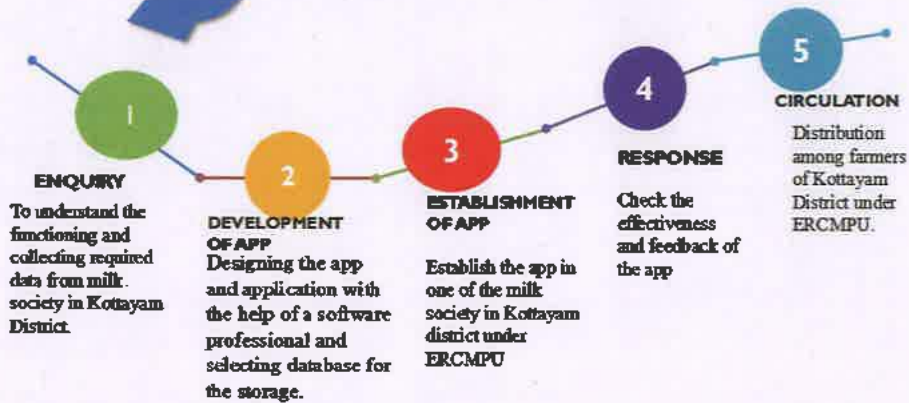
Each society has its own unique society number

MILESTONES



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PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
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WORK PLAN



BENEFITS



 To know **fat content**, **quality of milk**, **rate** on daily wise

 Knowledge about **Government subsidies** and **schemes** for farmers

 Reduce **paper usage**

 Easy to **handle** and **access**

 Save **time** and **effort**


 View the **history** of milk supply

FUND BREAKUP

	APPROXIMATE AMOUNT
STUDY AND SURVEY	1 LAKH
APPLICATION DEVELOPMENT AND TECHNICAL SUPPORT	8 LAKH
PLAY STORE AND ADVERTISEMENT	50000
MISCELLANEOUS	50000
TOTAL AMOUNT	10 LAKH
APPROXIMATE FUND REQUIRED	10 LAKH

Certificates of the Team members




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



Certificate of Appreciation

This is to certify that

Bhanupriya R

Institution ID : 12538

St. Thomas College Of Teacher Education, Pala 686 575

is a winner of the idea titled

"MILMA KARSHAKA APP" (Idea ID: 2402)

from her/his institution in the macro theme

Marketing

under the main theme

Agriculture & Allied Sectors

at the State Level Evaluation of the Young Innovators Programme (YIP) 2020.



2021 December 09

Dr. P.V. Unnikrishnan
Member Secretary, K-DISC



Certificate of Appreciation

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Athira P S

Institution ID : 12538

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at the State Level Evaluation of the Young Innovators Programme (YIP) 2020.



2021 December 09

Dr. P.V. Unnikrishnan
Member Secretary, K-DISC



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



Certificate of Appreciation

This is to certify that

Anjumol S

Institution ID : 12538

St. Thomas College Of Teacher Education, Pala 686 575

is a winner of the idea titled

"MILMA KARSHAKA APP" (Idea ID: 2412)

from her/his institution in the macro theme

Marketing

under the main theme

Agriculture & Allied Sectors

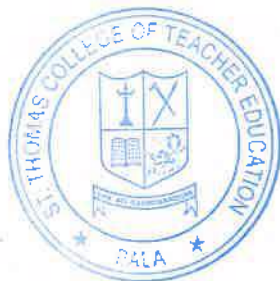
at the State Level Evaluation of the Young Innovators Programme (YIP) 2020.



2021 December 09

Uthava Theerthapada
Dr. P.V. Unnikrishnan
Member Secretary, K.DISC

YIP ideas of the year 2021-22



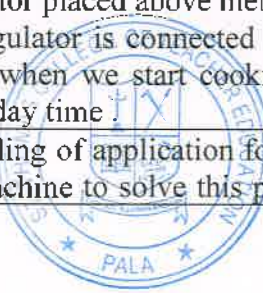
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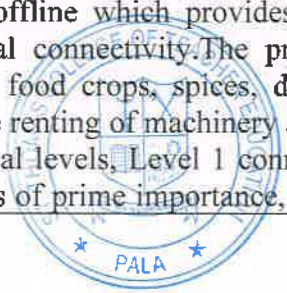
YOUNG INNOVATORS PROGRAMME 2021-2022



Idea id	Team members	Innovative Ideas given by our students
4623	Minu Maria Thomas Aiswarya KV Seenu Thomas Sneha Jos Rinku Maria Joy	An air-tight plastic incinerator made of stainless steel. It has an inlet to place plastic. Ignite the waste using a fire source. Close the chamber's lid. Use an air pump to enhance burning. The most commonly used plastics polyethene, PET etc are made up of only carbon and hydrogen, it undergoes incomplete combustion to liberate carbon dioxide and water. The liberated carbon dioxide is absorbed by soda lime. The soda lime is placed in the space inside the lid such that the absorbent is exposed to the poisonous gases and carbon dioxide liberated. It changes its colour from white to pink on reaching carbon dioxide absorption capacity. Absorbent is replaceable.
4727	Josna Jose Sanchu Jose Jilu Tresa George Elizabeth T.S Tom Joseph	The tourists often face the problem of having no facility to charge their mobile phones or lamps during the nighttime. Here we introduce a technique for charging their phones along with cooking at night. We make a hearth for cooking, a metallic tray whose bottom is coated with, thermoelectric plates which helps to generate electricity using see beck effect, use electric tape to protect from short circuits and it is connected to a voltage regulator placed above metallic plates coated with aluminum foil, then voltage regulator is connected to a cable which help them to charge mobile phones when we start cooking. A solar cell is also connected to charge them in day time.
4822	Archana Madhu	To avoid the filling of application forms in banking systems. To introduce a fingerprint machine to solve this problem. Just analysing our fingerprint



	Dinta Baby Gopika Anil Angel Joseph Sreelakshmi	to get all details for bank to fill the application forms like withdrawals, deposit forms etc..
4860	Divyamol MS Haripriya J Irene Ann George Minna Mary Tom Seene Thomas	Develop a daily assessment learning app which promotes students to upload their assignments based on the topics taught to them each day. The presentation of their assignment is totally the student's choice. Also, a directory of subject-resource persons from all districts of Kerala are uploaded which will help students locate their nearby mentors for clearing their doubts.
5074	Pearly S Thomas Cyriac Thomas Aleena Jose Alfred George Archana TS	We propose to integrate all the ambulances in both public and private sector and develop an ambulance service app that allows users to get service on fingertips without delay. This app consolidates the entire data of ambulances in our state, services in a particular area their customized facilities, the hospitals to which they are linked etc. The integration of ambulances and it's management through the medium of a mobile app will be most beneficial to common people.
5108	Athira Kp Adithya Shaji Mithra James Annu Sunny Vandana VV	Establishment of ladies friendly toilets in public transport mainly in bus. A small sized toilet and a wash area like in that of aero plane and train at the end of the bus. For implementing this number of seats must be reduced to maintain the size of bus and if it is sleeper the advisable height can be increased little more. There should be a proper waste disposal system also. Automatic Bus Toilet Cabin. Ideal for large buses. Fully self-contained with mirror, integrated waste bin, water tank, waste tank, toilet seat, sink, and light. The latest version of the technology can be applied here.
5120	Neethu KM Irine Theresa Dius Liz Teenu Mathews Anu Ann James Sisirkhosh mohan	Our major idea is the proper management of food waste, especially the food waste from hotels. A majority of people in our society is focused on agriculture and animal husbandry for their livelihood and they are the main beneficiaries of our idea, as the food waste from hotels can be supplied to such farmers who run pig farming and such waste can be used for making compost mix and biogas. So we thought of developing an app through which the farmers can make contacts with various hotels by checking the availability of slots for getting this food waste.
5132	Arya Ashok Hanna Elizabeth Joy Fr. Jijo Thomas Jisha Shaji Suman Sunny	If a self-scanning system is introduced, it will enable the shoppers to scan the products to their basket which let them pay at final stage in an easy and quick way. They can access the app, start scanning and keep their products in trolley which enables them to add the products they purchased to virtual cart. At the end, customers can make in-app payment via their valet and walk out of the store. It helps to avoid the long billing queues and waiting times where customers can easily come and finish their shopping as they wish.
5386	Rani baby Gouri Gayathri G Krishnand H Ninumol Joseph Sulumol Sunny	The aim is to improve entrepreneurial skills of farmers and help them keep their identity. We are planning to implement a platform for farmers, both online and offline which provides opportunity to sell products through various zonal connectivity. The products include all kind of fresh and unprocessed food crops, spices, dairy products and beverages. We also deal with the renting of machinery and direct sale of fertilizers. Farmer can access 3 zonal levels, Level 1 connects farmers and beneficiaries in local area which is of prime importance, level 2 connects regular customers and



		Level 3 focuses large scale marketing.
5507	Shilpa Elizabeth Joychan Alina Ann Roy Sr.Soniya Dominic MinuMathews Ans Thomas	We are planning to introduce an electronic book where the words are uttered electronically and it also provides a provision to hear, see and write the letters and words within the book.

State level selection for innovative ideas (YIP 4.0)

Out of ten teams registered at district level competition, two teams were selected for the state level competition and each team got 25000/- as prize.









IQAC - QUALITY INITIATIVE PROGRAMME 2023

**YOUNG INNOVATORS PROGRAM
K-DISC**



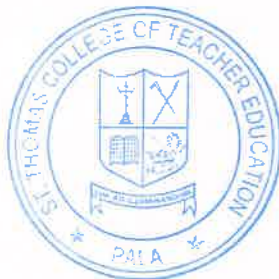
Beenamamma Mathew
 Prof. Dr. BEENAMAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

YOUNG INNOVATORS PROGRAM 2021
 ORGANIZED BY
KERALA DEVELOPMENT AND INNOVATION STRATEGY COUNCIL
 IDEATORS SELECTED FOR STATE LEVEL COMPETITION

 Ms. Shilpa Elizabeth Joychen Team Leader	 Ms. Alina Ann Roy Secretary	 Sr. Soniya Dominic Team member	 Ms. Minu Mathews Team Member	 Ms. Anus Thomas Team Member
 Dr. Sr. Beenamamma Mathew Principal	 Mr. Dipu V S District Program Executive - DISE	 Dr. Alex George Teacher in charge - IEP	₹25,000 + CERTIFICATE CONGRATULATIONS	


ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

STATE-LEVEL INNOVATIVE MEET CASH AWARD



Beena
 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



CERTIFICATE OF APPRECIATION

This certificate is awarded to **Elizabeth T S**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **4727** as a mark of appreciation under the theme

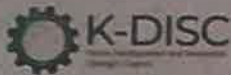
Business model innovation and Future Technologies

which has been selected as one of the district level winners of Young Innovators Programme 4.0.

Unnikrishnan PV

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: **20 July 2023**



CERTIFICATE OF APPRECIATION

This certificate is awarded to **Minu Mathews**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **5507** as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 4.0.

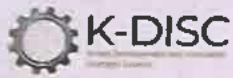
Unnikrishnan PV

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: **20 July 2023**



Beena
Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
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CERTIFICATE OF APPRECIATION

This certificate is awarded to **JOSNA JOSE**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **4727** as a mark of appreciation under the theme

Business model innovation and Future Technologies

which has been selected as one of the district level winners of Young Innovators Programme 4.0.

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: **20 July 2023**



CERTIFICATE OF APPRECIATION

This certificate is awarded to **Anns Thomas**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **5507** as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 4.0.

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: **20 July 2023**



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
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CERTIFICATE OF APPRECIATION

This certificate is awarded to **Shilpa Elizabeth Joychen**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **5507** as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 4.0

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: **20 July 2023**



CERTIFICATE OF APPRECIATION

This certificate is awarded to **TOM JOSEPH**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **4727** as a mark of appreciation under the theme

Business model innovation and Future Technologies

which has been selected as one of the district level winners of Young Innovators Programme 4.0

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: **20 July 2023**



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
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CERTIFICATE OF APPRECIATION

This certificate is awarded to **Soniya Dominic**

St. Thomas College of Teacher Education, Pala 686 575

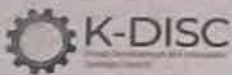
Idea ID: 5507 as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 4.0.

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 30 July 2023



CERTIFICATE OF APPRECIATION

This certificate is awarded to **JILU TRESA GEORGE**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: 4727 as a mark of appreciation under the theme

Business model innovation and Future Technologies

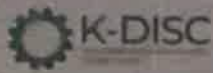
which has been selected as one of the district level winners of Young Innovators Programme 4.0.

Dr. P. V. Unnikrishnan
Member Secretary, K-DISC

Date: 20 July 2023



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
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CERTIFICATE OF APPRECIATION

This certificate is awarded to **Alina Ann Roy**

St. Thomas College of Teacher Education, Pala 686 575

Idea ID: **5507** as a mark of appreciation under the theme

Problems of the Children

which has been selected as one of the district level winners of Young Innovators Programme 5.0.

Dr. R. V. Unnikrishnan

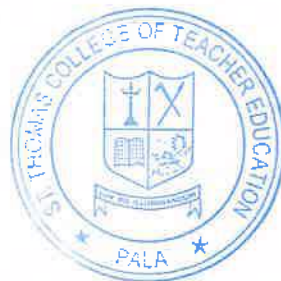
Member Secretary, K-DISC


Date: 20 July 2023

Young Innovators Programme (YIP 2023) -- YIP 5.0

Young Innovators Programme is a specially designed programme under Kerala Development and Innovative Strategic Council (K-DISC). The programme aims to empower future innovators to innovate new products, services, or models to meet emerging requirement, unarticulated needs, or existing market needs of the society more effectively through an innovative challenge. The college encouraged students to participate in this programme and present novel ideas. The first year B.Ed. students of this college had an opportunity to participate in YIP 5.0 and ten teams registered in the district level.

Our Team members




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

YOUNG INNOVATORS PROGRAMME 5.0.

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INNOVATION STRATEGY COUNCIL

TEAM BRAINYBUDDIES



MEEREN ANN PHILIP
Commerce Education (A)



LINTA JOSEPHI
Mathematics Education



ANNU PAULIN JOSEPH
Social Science Education



JEFFIN JOSE JAMES
Physical Science Education



AJMEIYA SULIMAN
Mathematics Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program
Coordinator, K-DISC



Dr. Alex George
Teacher in charge, YIP



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TEAM ITTOOLIPASS



MERIYA VERONIKA SAM
Commerce Education (A)



ANAND E. S.
Science Education



ALPHONZA MATHEW
Mathematics Education



ANNU ABRAHEM
Social Science Education



RESHMI K. K.
English Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program
Coordinator, K-DISC



Dr. Alex George
Teacher in charge, YIP



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TEAM OASISSTTHOMAS



AFEENA ELIZABETH ALEX
Physical Science Education (A)



ADHILA SUNEER
Social Science Education



NAYANA BABU
English Education



EMMA MARLA JOSEPHI
English Education



SNEHA JOSE
English Education



Dr. (Sr.) Beenamma Mathew
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Mr. Dipin V. S.
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Teacher in charge, YIP



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TEAM PRONOIA



VINUJA V.
Social Science Education (A)



SYANI SAI A S
English Education



ELIZABETH CYRIAC
Commerce Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
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Coordinator, K-DISC



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Teacher in charge, YIP



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TEAM FIVESPARK



DENNA JOSE
Physical Science Education (A)



CATHERINE JOSE
Mathematics Education



ANCYMDL JOY
English Education



DEVIEA R
Commerce Education



NITHIN CT
Natural Science Education



Dr. (Sr.) Beenamma Mathew
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Mr. Dipin V. S.
District Program
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Teacher in charge, YIP



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TEAM BLOOMS



ATHIRA MOHAN
Natural Science Education (A)



FATIEMA SALIM
Physical Science Education



LIJO JOSE
Social Science Education



AJINA JOSEPH
Commerce Education



RIYA TRESA ROYCE
Mathematics Education



Dr. (Sr.) Beenamma Mathew
Principal



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District Program
Coordinator, K-DISC



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Teacher in charge, YIP



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TEAM PRAGYA



SANDEEP KUMAR V
Mathematics Education (B)



AMRUTHA FANIL
English Education



PEARL ANNIE SEN
Social Science Education



TESSY KURLAN
Physical Science Education



DIVYA THANKACHAN
Natural Science Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program
Coordinator, K-DISC



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TEAM ENERGELA



SINA ALEX
Physical Science Education (B)



ALNI MOHAM V
Natural Science Education



NIBIN BABU
Social Science Education



AMALU K ALIAS
Computer Education



LINTA ELDOS
Mathematics Education



Dr. (Sr.) Beenamma Mathew
Principal



Mr. Dipin V. S.
District Program
Coordinator, K-DISC



Dr. Alex George
Teacher in charge, YIP



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TEAM MOUNTAIN MOVERS



SETHILAKSHMI T. K.
Physical Science Education (L)



LIDWIN MARIA GEORGE
Natural Science Education



LIYA MATHEW
Social Science Education



SIFESHIMA DAS K.
Computer Education



ARSILA M. S.
Mathematics Education



ANSE MARIA TOMY
Physical Science Education



Dr. Sr. Beernamma Mathew
Principal



Mr. Dipin V. S.
District Program
Coordinator, K-DISC



Dr. Alex George
Teacher in charge, YIP



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INNOVATION STRATEGY COUNCIL

TEAM OIKOS



ELIZABETH PAULI
Physical Science Education (L)



ANITA THOMAS
Natural Science Education



GINSE JOSE
Social Science Education



SRADHA MERIYA BABI
English Education



ALAN MARIA BENNY
Mathematics Education



Dr. Sr. Beernamma Mathew
Principal



Mr. Dipin V. S.
District Program
Coordinator, K-DISC



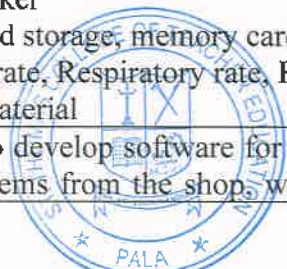
Dr. Alex George
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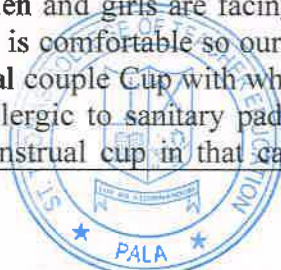
Ideas submitted by our Teams

Idea id	Team members	Innovative Ideas given by our students
23222	Meriya Veronica Sam Anand K S Annu Abraham Alphonsa Mathew Reshmi K R	YoCoon Protective Gear: Our product is a chargeable protective gear (looks like a belt around the body) that inflates during an accident. The protective gear also includes a camera connected to cloud storage-memory card, vital sensor (heartrate, respiratory rate, body temperature), connectivity (hospitals, loved ones), location tracking with trigger-based system that activates when a disturbance in vital detector or collision sensor. FEATURES YoCoon App - For registration Message & Calling Option - Hospitals, Loved Ones can reach to them ASAP Location Tracker Camera (Cloud storage, memory card) Vitals- Heart rate, Respiratory rate, Body temperature Waterproof material
23142	Athira Mohan Fatima Salim	This idea is to develop software for the marketing field. when we need to buy several items from the shop, we can use the software and select the



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	Ajina Joseph Riya Treesa Royce Lijo Jose	required items with the token number. So that the item lists are received by the shopkeeper through software, and he packs the items required for us within the short time. We can collect our items from the shop using this token numbers. This saves our time and it is also easy for the retailer.
22758	Merrin Ann Philip Linta Sr. Jose Joseph Jose Jeffin Jose James Ajmeya Suliman Annu Paulin Joseph	In Kerala, there are only 'step' facilities in both public & private buses. So, the elderly people find it difficult to board these buses. Here arise the need for a 'slope & hand rail' facility on the bus along with the steps similar to those in hospitals, schools, colleges, religious places etc. So that the conveyance will be more easier & cheaper for the elderly people.
22714	Sandeep Kumar V Amrutha P Anil Sr. Tessy Kurian Divya Thankachan Pearl Annie Sen	AdaptiveVision: intelligent headlights for safer night-time driving experience. Our idea, AdaptiveVision, is an innovative solution to the problem of failure to dim headlights at night. AdaptiveVision utilizes advanced sensor and adaptive technology to automatically adjust headlight brightness based on real-time conditions. This intelligent system enhances visibility for the driver while minimizing glare for other road users, ensuring safer nighttime driving.
22832	Denna Jose Nithin CT Catherine Jose Ancymol Joy Devika R	The idea we submit is about safety alarms in neighbourhoods. Setting up an alarm with sounds that connects directly to the nearby police station with the attached camera. The camera helps the authorities to reach the person in need directly. The alarm will only stop beeping when the authorities have noticed. This will also be helpful for disabled people who find difficulty in contacting others in need of help. By the sound of an alarm local people can also reach the place before authorities which will be very beneficial for the one in need.
22605	Aleena Elizabeth Alex Adhila Emma Maria Joseph Nayana Babu Sneha Jose	An app to sell all products produced by farmers across Kerala the customer gets an opportunity to select the products based on local locality and their specification.
23841	Vinduja V Sivani sai Elizabeth Cyriac	Manufacturing plates and bottles for events using coconut shell and leftover tender coconut materials. By utilizing this natural resources, we can provide functions with moral sustainable and environmentally friendly alternatives
23579	Arsha MS Sethulakshmi TK Lidwin Maria George	Major part of women and girls are facing fear on the usage of menstrual Cup even though it is comfortable so our idea is to make another measure other than menstrual couple Cup with which can be used without fear also children may be allergic to sanitary pads and at the same time they are afraid of using menstrual cup in that case this idea could make up this




		problem
23599	Alan Maria Benny Anitta Thomas Ginse jose Sradha Maria Babu	The elderly people need special attention and psychological support with the help of college students' teams can be formed to attend their needs they can be given training and their service can be counted as their experience in the field it can be made as their part time job.
25194	Liya Mathew Sreeshma Das Arsha MS Ans Maria Tomy Lidwin Maria George	Diapers are commonly used by elderly and children never days Technical Advancement had has led people to adopt disposable diapers even though it is user friendly and hygienic it produce the secured amount of environment based it might take years to decompose the majority of people depend on bearing as a method of disposal. So, the development of a device that helps in the proper disposal helps in many ways.
22840	Sona Alex Linta Eldos Nibin Babu Alby Amalu k alias	As we know most of the people are using private or KSRTC bus for their transportation but many issues like robbery sexual harassment etc are increasing in such a situation many of them become panic in such situation if there is any electronics systems like basor which anyone can access will be helpful and this must be directed to nearby station and this they can access by location and they can paste the spot easily

YOUNG INNOVATORS PROGRAMME 6.0 2023-2025

PRILIMINARY DISCUSSION




 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Research Centre in Education approved by M.G. University,
Kottayam, Kerala

YOUNG INNOVATORS PROGRAMME 6.0



PRELIMINARY DISCUSSION

21 December, 2023



10:30 am - 12:30 pm




Under the leadership of,

Dr. Alex George (Mentor & Nodal officer)

Miss. Sissy Babu (Student Coordinator)

Dr. Alex George, the Nodal Officer of the Young Innovators Programme (YIP) at St. Thomas College of Teacher Education, Pala, organized a preliminary discussion session on December 21, 2023 from 10:30 am to 12:30 pm for the B.Ed 2023-25 batch students. He divided the students into 10 groups, each comprising 4 or 5 members. And also appointed Miss Sissy Babu as the student coordinator. Each group chooses a suitable name and selects a leader to represent them. Dr. Alex George provided a brief overview of YIP and its objectives, emphasizing the importance of innovation and creativity in education. During the session, each group discussed their innovative ideas, covering various fields. The session aimed to introduce the students to the YIP initiative and provide them with an opportunity to discuss their innovative ideas. Each group also prepared a brochure for their group




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

ORIENTATION PROGRAMME



ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

Research Centre in Education approved by
M.G. University, Kottayam, Kerala



**YOUNG INNOVATORS
PROGRAMME 5.0**



**ORIENTATION
PROGRAMME**

DATE :

23 DECEMBER 2023

TIME :

8:00 P. M. - 9:00 P. M.



Resource Person :

Mr. Jinto Sebastian

(Senior Program Executive
K-DISC, Kottayam)

PRINCIPAL

Dr. Sr. Beenamma Mathew

MENTOR & NODAL OFFICER

Dr. Alex George

STUDENT COORDINATOR


Ms. Sissy Babu



Google Meet

On December 23, 2023, an orientation program for the B. Ed 2023-24 batch students was conducted for the Young Innovators Programme (YIP). The one-hour program took place via Google Meet from 8 pm to 9 pm. Ms. Krishnendhu T K began the session with a prayer song, followed by a welcome from student coordinator Ms. Sissy Babu. Dr. Alex George, the mentor and nodal officer, delivered an introductory message. Mr. Jinto Sebastian, Senior Program Executive at K-DISC, Kottayam, conducted the class, providing valuable information about YIP and its registration process. The session proved to be highly informative and useful, offering students a clear understanding of YIP. Following the session, students shared their evaluations through the chat box. Mr. Sachin C Mattathil delivered the vote of thanks, and the program concluded promptly at 9 pm.




Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



8:52 PM [Signal] [Battery] [Wi-Fi] [Cellular]

In-call messages

- Anu Maris Mathew** Now
The session was really fruitful and sir has systematically and comprehensively communicated with us the aspects related to YIP, specifically about the associated Pre and Idea registration processes. It was also motivating! Thank you sir!
- archana p anil** Now
It was very clear and informative. Also interesting
- Riya Joshy** Now
It was really a fruitful class. I was able to know in detail about YIP. The class was really clear and informative.
- Ajay Jijo** Now
Merry Christmas
- Liya Treesa Sunny** Now
All the information shared was very clear and it was extremely a wonderful class
- Anju Mathew** Now
Really useful...Thank you sir

Send message

8:51 PM [Signal] [Battery] [Wi-Fi] [Cellular]

In-call messages

- Meera Babu** Now
The class was very clear and precise. It was a very fruitful class. I also gained lots of new information. Thank you, sir.
- AnnMariya Thomas** Now
Informative ayirnnu... Clear audio and good presentation... Thank you sir.
- APARNA MOHAN** Now
Useful session. YIP kurich kooduthal manasilakkan sadhichu. Thank you Sir
- Joshna John** Now
Class was well explained, systematic, simple and well organized presentation was really informative. Thank you sir

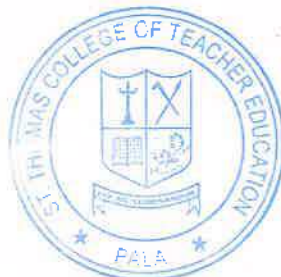
Send message

8:52 PM [Signal] [Battery] [Wi-Fi] [Cellular]

In-call messages

- anjali rameshan** Now
Very informative and useful session. Get more Clear idea about YIP. Thank you Jinto sir for your time and supportive talk.
- Ashna Varkey** Now
It was a good session; it provided valuable insights into the YIP program. Thank you jinto sir.
- POOJA THERESE SEBASTIAN** Now
The session was extremely lucid with explanation and because the processes were explained step by step, it will surely help us in the registration process.
- Scarya P S** Now
Thank you sir. You gave a clear idea about the programme. Very informative class
- krishnendu Tk** Now
Really a good class

Send message



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PRINCIPAL
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PALA

Sl. No.	Brochure	Idea Id	Idea Summary
1		33293	<p>The lack of sign language education in schools creates barriers for deaf and hard-of-hearing students due to insufficient awareness, lack of qualified instructors, and inadequate support for assistive technologies. To tackle this issue, schools need to prioritize sign language in their curriculum, provide proper training for educators, and governments should implement policies supporting inclusive education. Recognizing the significance of sign language promotes equality and equips all students for academic and social success.</p>
2		33350	<p>Parental Tax: This idea aims at collecting tax from those children in foreign lands, who have not made arrangements or provisions for taking care of their aged parents in India/ Kerala. This tax is to be transferred to those old age homes according to the priority level of necessity.</p>



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YIP **K-DISC**

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 2023-24

GROUP: FutureForge Innovators



Shwetha Paul
Commerce Education



Archana P Anil
Mathematics Education



Ajay Jijo
Physical Science Education
(LEADER)



Kavya N Nambudhri
Social Science Education



Riya Jitry
Natural Science Education



Dr. Sr. Beenamamma Mathew
Principal



Dr. Alex George
Minister & Nodal Officer

3

31729

A community-based plastic waste upcycling project where young participants collect plastic waste from their neighborhoods and transform it into colorful, durable eco-bricks for creating benches or play structures in local parks.

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 2023-24

Group : INNOVATORS HUB



Lijo Augustine
English Education
(LEADER)



Anju Mathew
Physical Science Education



Archana K.
Social Science Education



Krishnendu T.K.
Commerce Education



Elsit Baby
Mathematics Education



Dr. Alex George
Minister & Nodal Officer



Dr. Sr. Beenamamma Mathew
Principal

4

33346

The idea is a Smart Kitchen Sensor that detects gas leaks, providing immediate alert for safety, while also monitoring gas levels to notify users when cylinder approaches low or empty, ensuring continuous awareness and enhanced safety.

33415

A digital ID card system for students at every part of the school. This system would track attendance and activities, allowing parents to stay informed about their child's whereabouts and activities through a mobile app.



Beenamamma
 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
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YIP YOUNG INNOVATORS PROGRAMME 6.0 

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Group : THE THINK TANK



SACHIN C MATTATHIL
 Mathematics Education
 (LEADER)



ANNMARIYA THOMAS
 Commerce Education



DONA FRANKSON
 Natural Science Education



TIRU MARIA ZACHARIAS
 Physical Science Education



Dr. Sr. Beenamma Mathew
 (Principal)



Dr. Alex George
 (Mentor & Nodal Officer)

5

33348

Portable iron box: A Li iron battery is installed as a power source in iron box, and it can be charged using solar power. It also has an automatic shut off system and insulated cover to prevent burning. It is helpful to hostels and travelers.



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 2023-24

GROUP: VENTURE FORGE



Joshua John
 Natural Science Education



Anu Maria Mathew
 English Education
 (LEADER)



Sissy Babu
 Commerce Education



Riya James
 Physical Science Education



Soumya John
 English Education



Dr. Sr. Beenamma Mathew
 (Principal)



Dr. Alex George
 (Mentor & Nodal Officer)

6

33059

Flood is becoming one of the common issues in Kerala due to social change. The majority of the people, especially school children are the victims of it due to several reasons. There have been many instances in which without the lack of proper facilities and preventive measures, many children lost their lives. If they are provided with school bags, which can float on water, it can act as a life jacket, which prevents them from drowning. These bags can be made from water hyacinth which is causing a serious threat to our environment. Thus, the idea has twofold motives which will prove beneficial to human society and to our Nature.



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Group: INNOQUAD

Hini Joseph
 Commerce Education
(LEADER)

John W Jose
 Social Science Education

Mrs. Anitha Varughese
 English Education

Shila Sathyan
 Mathematics Education

Dr. Beename Mathew
 (Principal)

Dr. Alex George
 (Master & Hostel Officer)

32316

The idea is to digitalize the Student Concession Card and make it a Smart Student Card. This project mainly focuses on the students who depend on private buses for transportation. Smart Student Card contains the details which clarifies the eligibility of the student to avail concession in bus. It has a facility similar to wheels on card which helps the student to make pre-payment of a sum of money. On each usage the concerned concession amount gets deducted from the main balance while swiping in the ticket machine by the conductor. Students need not carry coins. This process makes the card more authentic and avoid manipulation.

8

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GROUP: TRAILBLAZER

Nimmy Thomas
 Natural Science Education
(LEADER)

Aparna Mohan
 Physical Science Education

Dayas Xavier
 Mathematics Education

Jasmun Jose
 Social Science Education

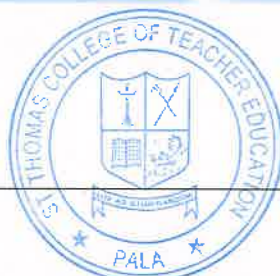
Meera Babu
 English Education

Dr. Sr. Beename Mathew
 (Principal)

Dr. Alex George
 (Master & Hostel Officer)

33294

Radiation from mobile phone gradually produce health hazards/ nervous system damage to people, who use it long time or keep it nearby. This problem can be eliminated to a certain extent by using biocover which absorbs mobile radiation. If we invent a mobile cover made of biomaterials and that have radiation absorbing capacity, it reduces problems of both radiation related health hazards and non-degradable solid waste pollution. Development of a mobile cover, which made up of radiation absorbing biological materials like dung/ onion, etc... in a solidified and non-disintegrating manner will be helpful to reduce radiation related health hazards.



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2023-24

GROUP: TRAILBLAZER



Nimmy Thomas
Natural Science Education
(LEADER)



Aparna Mohan
Physical Science Education



Dnyas Xavier
Mathematics Education



Jesmon Jose
Social Science Education



Meera Babu
English Education



Dr. Sr. Beenamma Mathew
(Principal)



Dr. Alex George
(Mentor & Nodal Officer)

33129

To enhance the experience for women seeking consultations with a gynecologist, we propose the implementation of a system that provides real-time updates to those with scheduled appointments. This system aims to offer timely information to patients, including details such as the current token number being attended, the availability of the doctor for consultation, and any potential delays caused by emergencies. By incorporating these updates into a mobile application, patients can conveniently stay informed about their appointments and streamline their experience at the hospital, reducing wait times and ensuring efficient communication.



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Group : VISION VAULT



ANNU DOMINIC
Social Science Education
(LEADER)



ANJALI RAMESHAN
Commerce Education



JOSNA JOSEPH
Physical Science Education



BRIDGET SANTI
English Education



SOORYA P.S.
Natural Science Education



DR. SR. BEENAMMA MATHEW
Principal



DR. ALEX GEORGE
Mentor & Nodal Officer

33256

Idea, production and marketing are three important stages that a finished product has to pass through. Integrating these three factors in a digital platform will generate huge opportunities and earnings for young innovators without curtailing the benefits of other parties as they are also involved in the procedure. Students get an opportunity to market their brilliant ideas and products they have presented in the State level school fairs.

33463

The idea is to create an app, which can be used by the person who has met with an accident or anyone else in that scene, which will directly inform the nearby hospital about that accident and the hospital will get the exact

9



location through the app with the help of Google map, so that they can come to the rescue of the person as soon as possible and provide medical support at the earliest. Since it is an app it can be used in all areas; rural and urban.



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FLARE MINDS



Ansa Elizabeth Thankachan
Physical Science Education



Lijya Thresa Sunny
Mathematics Education



Nehira Joseph
Natural Science Education



Ashina Varkey
Commerce Education
(LEADER)



Pooja Therese Sebastian
English Education



Dr. Alex George
(Mentor & Nodal Officer)



Dr. Sr. Beenamamma Mathew
(Principal)

10

33098

The idea is to set up traffic signals at all zebra crossings with sound installation. The announcements would be made for red lights and green lights so that the pedestrians and drivers could be alerted to easily cross without any difficulties. This idea mainly focuses on the people visually impaired, those with colour blindness, the elderly, and those with cataracts who all need assistance for crossing the streets. The sound would be recorded, and it could be installed into the traffic signals to make the announcements at regular intervals. The announcement should mainly contain STOP for the vehicles to stop at the red sign. A switch can also be attached to the signal for the visually challenged to press and initiate a STOP by the next 15 seconds.



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FLARE MINDS



Ansa Elizabeth Thankachan
Physical Science Education



Liya Treesa Sunny
Mathematics Education



Ashna Varkey
Commerce Education
(LEADER)



Nihira Joseph
Natural Science Education



Pooja Therese Sebastian
English Education



Dr. Alex George
(Monitor & Social Officer)



Dr. Sr. Beenamma Mathew
(Principal)

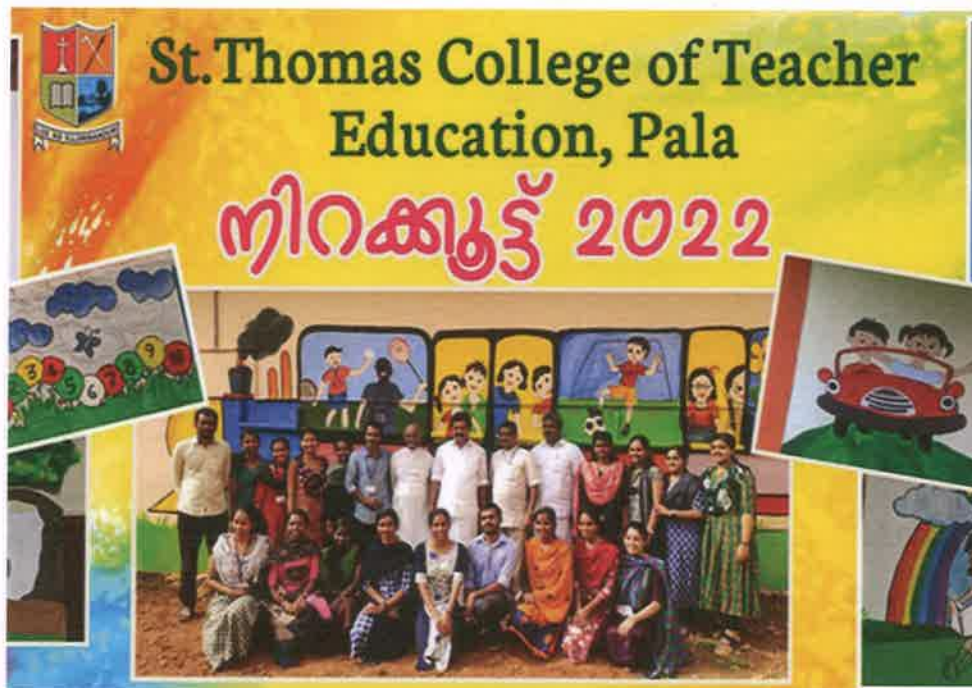
33651

The idea is to develop an application or a website which includes information about all the private buses in all the districts of Kerala. It could have data about the availability of the buses for the day, their timings, their routes, stops, if there are any replacements. The additional advantage would be the installation of a GPS that could help the users track the movement of the bus in its routes. The bus routes can be integrated into Google Maps. Also, the data would be updated scrupulously without any delay. The app or website will have the option of Malayalam too.



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INNOVATIVE PROJECT 'NIRAKOOT' - PROMOTION OF MOTHER TONGUE



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ST. THOMAS COLLEGE OF
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PALA


NIRAKOOT: Adding Colours to Life

Nirakkoot –Adding colours to life an initiative to beautify the neighbouring schools and ignite the young minds was the extension activity done by our BEd students. Objectives of the programme were i) to create a learning environment through murals ii) to foster social commitment in schoolteachers iii) to make schools attractive and iv) to develop children’s creativity. The B.Ed. students spent their ‘vacation time’ for painting about 15 schools which are found in the nearby locations of the college. The initiative received awards from the Kerala State Education Minister, local MLA, MP, the Vice Chancellor, Mahatma Gandhi university, and the PTA of local schools. The project received widespread appreciation from the local administration and the general public.

List of schools selected Nirakoot

SI NO	Name of the School at which the Nirakoot programme was carried out	Date
1	Govt. LPS Arunapuram	01/04/2022
2	St.Thomas LPS Pala	04/04/2022
3	St.Thomas HSS Pala	19/04/2022
4	Aided LPS Meenachil	21/04/2022
5	St. Sebastians LPS Pathazha	21/04/2022
6	SLT LPS Bharananganam	29/04/2022
7	Govt. LPS Thalapulam	07/05/2022
8	St.Thomas HSS Pala	08/05/2022
9	Govt. New LPS Puliyanloor	11/05/2022
10	Kallivayalil Pappan memorial Public-School Mundakayam East	14/05/2022
11	St.Mathews UPS Elikulam	18/05/2022
12	St.joseph’s UPS Vellilappilly	25/05/2022
13	St.Thomas LPS Velathusserry	30/05/2022
14	St.Antonys HS Vellikulam	31/05/2022




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Nirakkooth Day 1 – Painting the walls of Govt. LPS Arunapuram

Student coordinator: Sojo John

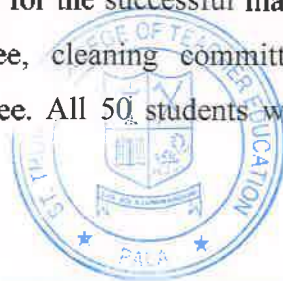
The second-year students of St. Thomas College of Teacher Education, Pala Cleaned the school premises, planted vegetable garden and Painted the walls of Govt. LPS Arunapuram on 1/4/2022. The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine. The staff coordinator, Dr. Alex George, and the student coordinator Sojo John gave the necessary instructions, which were duly followed. The student teachers painted pictures and the letters of the Malayalam alphabet on the walls of the school, cleaned the school premises, and planted plants and vegetables in the school grounds. The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine.

The programme began with a general assembly at nine o'clock in the morning, all the students were present at the school before nine. The staff coordinator, Dr. Alex George, and the student coordinator Sojo John gave the necessary instructions, which were duly followed. The student teachers painted pictures and the letters of the Malayalam alphabet on the walls of the school, cleaned the school premises, and planted plants and vegetables in the school grounds.

The lunch and refreshments were prepared by the student teachers themselves. From time-to-time water and refreshments were provided to the students to ensure the smooth conduct of the programme. At 12:15 p.m all the activities were completed, and everyone gathered in the school hall for the valedictory function.

The meeting was presided over by Shri. Shibu Mon George, Headmaster, Arunapuram Government LP School. Rev. Fr. Dr. Thomas Moolayil delivered the keynote address. Dr. T.C Thankachan, the Principal of STCTE, Pala honoured Rev. Fr. Dr. Thomas Moolayil in the meeting for his noble efforts in promoting the Malayalam language. The toys that the student teachers have sponsored were handed over to the headmaster of the school, by the principal in the meeting. College Vice Principal Dr. Beenamma Mathew; IQAC Coordinator, Lavina Dominic; Teacher in Charge, Dr. Alex George; Student Coordinators Mr. Sojo John and Ms. Reshma Raju were the other members of the dais. After the meeting, lunch followed. Fr. Thomas Moolayil observed and evaluated the students' works.

Five committees were constituted for the successful management of the extension activity. The committees were: Food committee, cleaning committee, Artwork committee, Finance committee, and Documentation committee. All 50 students were a part of at least one of these committees.



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PALA

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	26.	Anita Mathew
2.	Cheslin Jose	27.	Anjumol S
3.	Densy John	28.	Athira P S
4.	Harikrishnan V	29.	Bhanupriya R
5.	Irin Sera Joseph	30.	James Mathew
6.	Julian Tom Job	31.	Jyothylakshmi K.R
7.	Raina Martin	32.	Meera V S
8.	Vinesha Vinayan	33.	Reshma Raju
9.	Annie Teressa Shajan	34.	Agie Mol Salas
10.	Annumol Joji	35.	Anjaly Elizabeth Xavier
11.	Anuja Babu	36.	Anusree Biju
12.	Christy Thomas	37.	Meera Seby
13.	Nevil George	38.	Navyamol K R
14.	Riya Rose Johns	39.	Rakhi R
15.	Sneha Jayakumar	40.	Reshma C L
16.	Alphonsa Xavier	41.	Sojo John
17.	Ashmi Maria John	42.	Akhila Manmathan
18.	Divya Stani	43.	Ambily Mani
19.	Jaicy Jose	44.	Anu Tressa Jose
20.	Lakshmi S	45.	Elsamma Joseph
21.	Lis Mary Antony	46.	Ligin Pullemkunnel
22.	Mariya Mathew	47.	Liya Margarete Antony
23.	Mariya Sebastian	48.	Rose Mary Cherian
24.	Syamily Sasi	49.	Steffy Tom
25.	Tima Mathew	50.	Treesa Jomy



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PALA

Nirakkoot Day 2 – Painting the walls of St. Thomas LPS Pala

Student Coordinators: Sojo John, Lakshmi S, and Sneha Jayakumar

Following the great success of Nirakoot 2022, the extension program of second year teacher trainees, it was decided by the students and staff of the college to further the initiative by taking up other schools as part of the project.

The scope of the programme was limited to decorating the walls of the schools by painting interesting pictures and content relevant to the primary school curriculum. The second day of 'Nirakoot 2022' was conducted on April 4, 2022, at our institution's model school St. Thomas HSS Pala. Sojo John, Lakshmi S, and Sneha Jayakumar were the student coordinators of the programme.

A total of 21 teacher trainees participated in the programme. All of the participants were present at the school campus before 9 a.m. The students were then divided into two groups, for it was decided beforehand that two pictures would be drawn considering the dimensions of the walls. The two pictures which were planned to be drawn were an aquarium and a small train. The pictures were envisioned in such a way that the walls should be more appealing to the eyes of both the students and the general public. The students started to draw the outline of pictures after 9:30 am. At 4.30 p.m all the activities were completed.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	12.	Jyothylakshmi K.R
2.	Jaicy Jose	13.	Reshma Raju
3.	Annumol Joji	14.	Akhila Manmadhan
4.	Riya Rose Johns	15.	Sojo John
5.	Sneha Jayakumar	16.	Steffy Tom
6.	Nevil George	17.	Ambily mani
7.	Ashmi Maria John	18.	Anjaly Elizabeth
8.	Lakshmi S	19.	Navyamol K.R
9.	Bhanupriya R	20.	Anitta Mathew
10.	Meera V.S	21.	Syamili Sasi
11.	James Mathew		



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Nirakkoot Day 3 – Painting the walls of St. Thomas HSS Pala

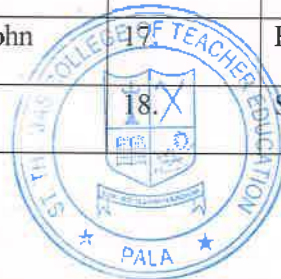
Student Coordinators: James Mathew and Anjaly Elizabeth Xavier

Day three of Nirakoot was held on April 19, 2022, at Pala St. Thomas HSS, the model school of St. Thomas College of Teacher Education, as a continuation of the work done on 4/4/2022. James Mathew and Anjaly Elizabeth Xavier were the student coordinators of the event, and they led the programme with the assistance of Nirakoot Core Committee.

A short meeting was held at 9:30 am to formally begin the programme. Dr. Alex George Kavukatt, staff coordinator, George Kutty Jacob, the Headmaster of the school and student coordinator Anjaly Elizabeth Xavier addressed the gathering. The students were divided into groups of two and a section of the walls were assigned to each group. After the meeting the student teachers directly began the work. Two breaks and regular refreshments were arranged so that the participants would not have any difficulty. 17 walls were painted on and besides regular pictures, some of them dealt with topics regarding the school syllabus. Each team finished their assigned task by 1.30 p.m and lunch were served. At 2 p.m. there was a valedictory function which was presided over by Mr. Anto Jose Padinjarekara, the Municipal Chairman of Pala. Dr. T.C. Thankachan, Principal; George Kutty Jacob, Headmaster of the School; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Mrs. Biji Jojo, Municipal Ward Councillor; Dr. Alex George, Program Coordinator; and the student coordinators James Mathew and Anjaly Elizabeth Xavier were present at the meeting.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	11.	Bhanupriya R
2.	Cheslin Jose	12.	James Mathew
3.	Densy John	13.	Jyothylakshmi K.R
4.	Raina Martin	14.	Meera V.S
5.	Riya Rose Johns	15.	Reshma Raju
6.	Sneha Jayakumar	16.	Anjaly Elizabeth
7.	Ashmi Maria John		Reshma CL
8.	Lakshmi S		Sojo John



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ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

Sl. No.	Name	Sl. No.	Name
9.	Lis Mary Antony	19.	Ambily mani
10.	Mariya Mathew	20.	Ligin Pullemkunnel

Nirakkoot Day 4– Painting the walls of Aided LPS Meenachil

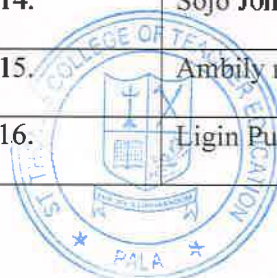
On 21st April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. All the volunteers arrived at the school before 9 a.m. 19 students were present. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Thomas Thottunkal; and school headmistress, Tharamma Joseph addressed the gathering.

Around 10:15 a.m, all the outlines for the pictures were clearly drawn and the students started to paint the pictures. Each picture was assigned to a group of two or three students. At 11:30 a.m students had a tea break and at 1:00 p.m. we had our lunch. The Auxiliary Bishop of the Syro-Malabar Catholic Eparchy of Palai, Mar Jacob Muricken, had blessed the programme with his esteemed presence and appreciated the students for their good will and talented artworks.

An official meeting was held at 2:00 PM and Sri. Ranjeeth G, Panchayat President of Mutholy chaired the meeting. Sri. Josemon Mundackal, District Panchayat Member; Smt. Manju Vijayan, Meenachil Grama Panchayat Ward Member; Rev. Dr. Thomas Moolayil, Project advisor - Nirakoot 2022, and others from both the college and the school attended the meeting. The dignitaries wholeheartedly appreciated our initiative and extended their full support in our future endeavours. By around 5 p.m., the walls of Meenachil L.P school were gleaming with alluring pictures and dashing colours.

List of Students participated in the programme


Sl. No.	Name	Sl. No.	Name
1.	Cheslin Jose	11.	Reshma Raju
2.	Julian Tom Job	12.	Agiemol Salas
3.	Raina Martin	13.	Navyamol K.R
4.	Sneha Jayakumar	14.	Sojo John
5.	Ashmi Maria John	15.	Ambily mani
6.	Lakshmi S	16.	Ligin Pullemkunnel



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

Sl. No.	Name	Sl. No.	Name
7.	Lis Mary Antony	17.	Akhila Manmadhan
8.	Mariya Mathew	18.	Steffy Tom
9.	Bhanupriya R	19.	Treesa Jomy
10.	Meera V.S		




 Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

Nirakkoot Day 5– Painting the walls of St. Sebastians LPS Pathazha


Student Coordinators: Anitta Jose and Akhila Manmadhan

On 21st April 2022, the fourth edition of Nirakoot was held at Meenachil Aided L.P. School. All the volunteers arrived at the school before 9 a.m. 15 students were present. A small meeting was held at the school courtyard to mark the beginning of the programme. Our college principal Dr. T.C Thankachan; the teacher-in-charge, Dr. Alex George; the school Manager, Fr. Michael Narikkatt addressed the gathering and inaugurated the programme. By around 4 p.m., the programme was completed.

List of Students participated in the programme

Sl. No.	Name
1.	Anitta Jose
2.	Densy John
3.	Julian Tom Job
4.	Raina Martin
5.	Sneha Jayakumar
6.	Ashmi Maria John
7.	Lakshmi S
8.	Mariya Mathew
9.	James Mathew
10.	Sojo John
11.	Akhila Manmadhan
12.	Ligin Pullemkunnet
13.	Rose mary Cheriyan
14.	Steffy Tom
15.	Treesa Jomy




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Nirakkoot Day 6– Painting the walls of St. Little Thresia's LP School Bharananganam.

Student Coordinators: Ashmi Maria John and Navya mol K.R

On April 29, 2022, Day 6 of Nirakoot 2022 was held at St. Little Thresia's LP School Bharananganam. Ashmi Maria John and Navya mol K.R were the student coordinators for the day. They along with the Nirakoot core committee led the programme.

After a short meeting addressing the gathering, the students then proceeded to paint the walls assigned to them, after turning into groups of two or three. There were two breaks and regular refreshments to ensure that the work was not too tiring for the students. The media team from 24 News came to report on our efforts and the report was duly aired later. The students painted 12 walls with a variety of pictures and many of them were about topics of relevance to the primary school curriculum. A total of 21 students participated in the programme.

At 3 p.m. a valedictory function was held and Sri. Mani C Kappen MLA inaugurated the same. Sri Rajesh Valliplackal, District Panchayath Member; Rev. Dr. Thomas Moolayil, Initiator of the Primary Level Comprehensive Literacy Project; Sri. Chacko; Fr. Vadakkekara; Mr Tony, Member of Panchayat; Dr. T.C. Thankachan, College Principal; Dr. Alex George, Program Coordinator; and Sr. Shiny, Headmistress of the School were present at the meeting.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Anitta Jose	12.	Bhanupriya R
2.	Densy John	13.	James Mathew
3.	Julian Tom Job	14.	Jyothylakshmi K.R
4.	Raina Martin	15.	Meera V.S
5.	Annumol Joji	16.	Agiemol Salas
6.	Riya Rose Johns	17.	Navyamol KR
7.	Sneha Jayakumar	18.	Sojo John
8.	Ashmi Maria John	19.	Akhila Manmadhan
9.	Lakshmi S	20.	Ligin Pullemkunel
10.	Lis Mary Antony	21.	Treesa Jomy
11.	Mariya Mathew		



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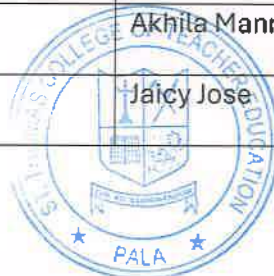
Nirakkoot Day 7– Painting the walls of Govt. LPS Thalapulam


The seventh day of Nirakoot 2022 was held at Govt. H.W.L.P School on May 07, 2022. Ms. Jyothylakshmi K.R was the Student Coordinator for the day. A brief meeting was held at 12.30 pm to initiate the programme. Smt. Anupama Vishwanadh, Thalappalam Grama Panchayat President inaugurated the function. Sheeja P.S, Panchayat Secretary; Sri. Biju K.K, Education standing committee chairman; Chithra Saji and Suresh P.K, Ward members; and Rev. Fr. Thomas Moolayil spoke on the occasion. Dr. T.C Thankachan, Principal of STCTE Pala; Dr. Alex George, Teacher in-charge; Smt. Gracy V. Benjamine, Headmistress of the school; Sri. Sajeev Philip; and Shri. Jayakrishnan P.R, P.T.A president were present at the meeting

The students then proceeded to paint their assigned walls, turning into a group of two or three. Breaks and refreshments were arranged in between so that the students would not have any difficulty. Students painted 14 walls of the school with suitable pictures which depicted various topics like giving importance to reading, drama, music, cartoon, science, and Maths. In addition to these, other pictures for improving the ambience of the school were also painted. 11 students participated in the programme. The media team from Drishya news came to the school to report on our activities.

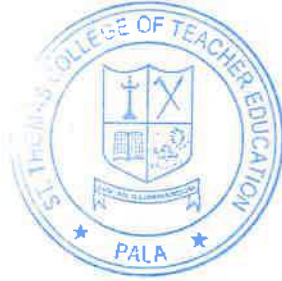
List of Students participated in the programme


Sl. No.	Name
1.	Densy John
2.	Riya Rose Johns
3.	Sneha Jayakumar
4.	Nevil George
5.	Lakshmi S
6.	James Mathew
7.	Jyothylakshmi K.R
8.	Sojo John
9.	Akhila Manmadhan
10.	Jaicy Jose




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Sl. No.	Name
11.	Steffy Tom




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Nirakkoot Day 8– Painting the walls of St.Thomas HSS Pala


Student Coordinators: Ambily Mani and Jaicy Jose

Day 8 of the beneficent venture Nirakoot 2022 was held on 8th may 2022 at St. Thomas Higher Secondary School, Pala. It was the third day of our activities at St. Thomas school. Ambily Mani and Jaicy Jose were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. A brief meeting was held at 9.00 a.m. chaired by Dr. T. C. Thankachan, Principal of St. Thomas college of Teacher Education, Pala. Minister Sri. Roshi Augustine spoke in praise of the students who participated in Nirakoot 2022 in the meeting. Rev. Fr. Thomas Moolayil, Georgekutty Jacob, and Dr. Alex George also addressed the meeting. Student representative Ms. Sneha Jayakumar spoke about the objectives of Nirakoot 2022 and requested the minister for a small token of appreciation for our activities in the meeting. A total of 19 students participated in the programme.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	11.	James Mathew
2.	Jaicy Jose	12.	Jyothylakshmi K.R
3.	Annumol Joji	13.	Reshma Raju
4.	Riya Rose Johns	14.	Akhila Manmadhan
5.	Sneha Jayakumar	15.	Sojo John
6.	Nevil George	16.	Steffy Tom
7.	Ashmi Maria John	17.	Ambily mani
8.	Lakshmi S	18.	Anjaly Elizabeth
9.	Bhanupriya R	19.	Navyamol K.R
10.	Meera V.S		




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Nirakkoot Day 9– Painting the walls of Govt. New LPS Puliyanoor


Student Coordinators: Bhanupriya R and Steffy Tom

Day 9 of the beneficent venture Nirakoot 2022 was held on 11 th may 2022 at Govt. New LPS Puliyanoor. Bhanupriya R and Steffy Tom were the student coordinators for the day. We were honoured by the presence of Shri. Roshi Augustine, Minister of Water Resources at the school. The activities started at 9.00 a.m. The students were divided into 3 groups. At 11.00 am a brief meeting was held and it was chaired by Sri.Ranjeet G., Mutholy Gramapanchayath President. Sri. Mani C.Kappen MLA visited the school premises and appreciated the students. A total of 12 students participated in the programme.

List of Students participated in the programme

Sl. No.	Name
1.	Densy John
2.	Sneha Jayakumar
3.	Ashmi Maria John
4.	Lakshmi S
5.	Bhanupriya R
6.	James Mathew
7.	Sojo John
8.	Akhila Manmadhan
9.	Ambily mani
10.	Steffy Tom
11.	Jaicy Jose
12.	Nevil George




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**Nirakkoot Day 10– Painting the walls of Kallivayalil Pappan memorial Public School
Mundakayam East**

Student Coordinators: Nevil George and Riya Rose Johns

The 10th day of Nirakoot 2022 was held on 14 May 2022 at Kallivayalil Pappan Memorial Public School, Mundakayam East. Nevil George and Riya Rose Johns were the students' coordinators for the day, along with the general coordinator Sojo John and programme co-ordinator Lakshmi S. The school had arranged their bus for the commutation of the student teachers to the school. The bus started its journey from the college at 8:00 a.m., reaching the destination by 9:15 a.m

After having breakfast at the school, the programme officially started at 9:30 a.m. The School Principal, Mr. Shins Mathew officially welcomed the team to the school and Fr. Varghese Pulikan, the School Director felicitated the team. Dr. Alex George, Teacher-in-Charge of the Extension Programme gave the guidelines and the team directly started the work.

Taking into consideration the class to be painted and the area available in each of the walls, the pictures were finalised. Students started working in groups on the pictures. The magic of teamwork and cooperation was visible on each of the walls. The hard work and commitment of the teacher trainees turned the prosaic walls into mesmerising creative works of art. The trainees had their lunch at 1:30 p.m and afterwards continued with their work. The teachers and students of the school who visited in between were enthusiastic to see the visual treat made for them. The innovative attempt of the students were covered by the Local Television Chennel.

Sl. No.	Name	Sl. No.	Name
1.	Annumol Joji	13.	Anjaly Elizabeth
2.	Riya Rose Johns	14.	Navyamol K.R
3.	Sneha Jayakumar	15.	Sojo John
4.	Lakshmi S	16.	Akhila Manmadhan
5.	Lis Mary Antony	17.	Ambily mani
6.	Mariya Mathew	18.	Rose Mary Cheriyan
7.	Bhanupriya R	19.	Treesa Jomy
8.	James Mathew	20.	Jaicy Jose
9.	Jyothylakshmi K.R	21.	Rakhi R
10.	Meera V.S	22.	Nevil George
11.	Agiemol Salas	23.	Christy
12.			



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Nirakkoot Day 11– Painting the walls of St.Mathews UPS Elikulam

Student Coordinators: Annumol Joji and Agiemol Salas

The venue for the 11th day of Nirakoot 2022, which was conducted on 18-05-2022, was St. Mathew's U.P.S, Elikulam. Along with the General coordinator, Sojo John and Programme coordinator, Lakshmi S, the Student coordinators for the day were Annumol Joji and Agiemol Salas

A team of 11 members, along with Dr. T. C Thankachan, our principal reached the school on 17-05-2022 for planning the pictures to be drawn and to sketch the outlines of the same. Smt. Ancy Joseph, Headmistress, welcomed the team to the school. After discussing with the HM, we decided on the pictures and gave outlines and went on to complete some of the pictures. Snacks and meals were provided for us. By 4 p.m., we returned to our homes.

On 18-05-2022, a team of 18 reached the school along with Dr. Alex George, Teacher-in-charge for the Extension Programme. Among the students, three of them, Nevil George, Annumol Joji and Steffy Tom were selected as the resource persons for the forenoon session of the Enrichment Programme which was conducted for the students of St. Mathew's U.P.S, Elikulam.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	10.	Reshma Raju
2.	Annumol Joji	11.	Agiemol Salas
3.	Sneha Jayakumar	12.	Navyamol K.R
4.	Ashmi Maria John	13.	Sojo John
5.	Lakshmi S	14.	Akhila Manmadhan
6.	Lis Mary Antony	15.	Ambily mani
7.	Mariya Mathew	16.	Steffy Tom
8.	Bhanupriya R	17.	Treesa Jomy
9.	Meera V.S	18.	Nevil George



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Nirakkoot Day 12– Painting the walls of St.Joseph’s UPS Vellilappilly

Student Coordinators: Meera V.S and Mariya Mathew

The venue for the 12th day of Nirakoot 2022(25-05-2022) was St. Joseph's U.P.S, Veililappilly. The programme was led by the General Co-ordinator, Sojo John, and Programme Co-ordinator, Lakshmi S. The Student Co-ordinators were Meera V.S and Mariya Mathew. A team of 18 members reached the school on 25-05-2022 at 9:30 am along with Dr. Alex George, Teacher-in-charge, Extension Programme. Sr. Mercy Sebastian, Headmistress, welcomed the students to the school. After discussing with the HM, the team decided on the pictures and started drawing at 10 O'clock. Snacks and meals were provided for the students. The official meeting was conducted in the afternoon.

The frame release of Nirakoot 2022 was held at this occasion in the presence of Rev. Dr. Thomas Moolayil, Joseph K.K (Ramapuram A.E.O), B.P.C Ashoka G, HM of the school Sr. Mercy Sebastian, staff secretary Joby Joseph. By 4:30 pm, the team returned to their homes. All the precious moments were captured by the news channel 14 U. At 5 pm, Nirakoot team members got the opportunity to meet with Sri. Thomas Chazhikkadan (Member of Parliament, Kottayam). The frame release was also done by him. Then he appreciated the initiative and gave the promise to give a certificate of excellence for students and to visit our future Nirakoot venue.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	Name
1.	Densy John	10.	Mariya Mathew
2.	Julian Tom Job	11.	James Mathew
3.	Annumol Joji	12.	Jyothylakshmi K.R
4.	Riya Rose Johns	13.	Meera VS
5.	Sneha Jayakumar	14.	Reshma Raju
6.	Nevil George	15.	Agie Mol Salas
7.	Ashmi Maria John	16.	Sojo John
8.	Lakshmi S	17.	Anitta Mathew
9.	Lis Mary Antony	18.	Syamili Sasi



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Nirakkoot Day 13- Painting the walls of St.Thomas LPS Velathusserry


Student Coordinators: Tima Mathew and Harikrishnan V

The 13th day of Nirakoot 2022 was held on 30th May 2022 at St. Thomas L.P. School, Velathussery. Tima Mathew and Harikrishnan V., were the student co-ordinators along with the general co-ordinator Sojo John and programme co-ordinator Lakshmi.S. This was indeed the first activity of the student-teachers' five-day community living camp called Punarjeni 2022. The school arranged their school bus from the college and Team Nirakoot started the journey at 11 a.m. and reached the destination by 01 p.m. After having lunch at the school, the programme got officially started by 01:30 p.m. The school Headmaster Mr. Michael Joseph officially welcomed the team to the school and Fr. Joseph Mecheril, School Manager felicitated the team. Dr. Alex George, teacher-in-charge of the extension programme provided the guidelines and the team got involved in their creative work.

Nirakoot 2022 with the tag line 'Adding Colours to Life was indeed a revelation to many. Taking into consideration the school and class walls to be painted and according to the area available in each of the walls, the pictures were finalised. Students started working in groups on the pictures. Then the magic of teamwork and co-operation, collaboration, artistic skills etc., was visible on each of the walls. The hard work and commitment of the teacher trainees turned the walls into exquisite creative art. The trainees had their tea-break at 04:30p.m. and resumed the work.

The teachers, students, ward members and other well-wishers of the school who visited in between were exhilarated to enjoy the visual treat made for them. The school headmaster Mr. Michael Joseph and school manager Fr. Joseph Mecheril shared their feedback about the creative work of the teacher trainees and rendered their wishes for the success of future endeavours of the team Nirakoot. English alphabets, VIBGYOR worm, cute elephant, looney toons, Donald Duck, Indian peacock, honeybee with balloons, garden, giant tree with months etc., were few among the pictures that enriched the walls of the school. The teacher trainees completed their final touch up of the paintings by 06:30 p.m. and gathered in front of the school. The school once again conveyed their gratitude to the team Nirakoot and the team headed towards St. Antonys H.S. Vellikulam for their stay at night. It was with scrumptious pleasure and warm fuzzies that the students expressed their reflections on that day about Nirakoot.




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List of Students participated in the programme

Sl. No.	Name
1.	Densy John
2.	Raina Martin
3.	Annumol Joji
4.	Nevil George
5.	Riya Rose Johns
6.	Sneha Jayakumar
7.	Ashmi Maria John
8.	Jaicy Jose
9.	Lakshmi S
10.	Lis Mary Antony
11.	Mariya Mathew
12.	Mariya Sebastian
13.	Tima Mathew
14.	Bhanupriya R
15.	James Mathew
16.	Jyothylakshmi K.R
17.	Meera V S
18.	Reshma Raju
19.	Agie Mol Salas
20.	Anjaly Elizabeth Xavier
21.	Anusree Biju
22.	Sojo John
23.	Akhila Manmathan
24.	Ambily Mani
25.	Steffy Tom
26.	Treesa Jomy




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Nirakkoot 14– Painting the walls of St.Antonys HS Vellikulam

Student Coordinators: Annie Theresa Shajan and Julian Tom Job

The 14th edition of Nirakoot was conducted at St. Michael's school, Vellikulam near the scenic Vagamon. It was the first residential programme of Nirakkootu, where the students had to work two days to complete the assigned task. This programme together with the Nirakkootu activity in St. Thomas LP school Mavady were conducted as part of the B.Ed community Living Camp of the second year students.


The students began their journey to Vellikulam on 30 May 2022, at around 12.00 pm in the school buses provided by the Vellikulam school. After about one hour we reached the school and placed our belongings in the classrooms which were provided for us to stay the night. After lunch, the students directly began the work. Sketches were drawn in the L.P school block, K.G block, and on a common washroom complex. A total of 26 students participated in the venture.

The programme on 31/5/ 2022 started after the breakfast and completed the work by 12.30pm. Validictory meeting was blessed with the presence of Grama Panchayath president.

List of Students participated in the programme

Sl. No.	Name	Sl. No.	
1.	Densy John	14.	Bhanupriya R
2.	Raina Martin	15.	James Mathew
3.	Annumol Joji	16.	Jyothylakshmi K.R
4.	Nevil George	17.	Meera V S
5.	Riya Rose Johns	18.	Reshma Raju
6.	Sneha Jayakumar	19.	Agie Mol Salas
7.	Ashmi Maria John	20.	Anjaly Elizabeth Xavier
8.	Jaicy Jose	21.	Anusree Biju
9.	Lakshmi S	22.	Sojo John
10.	Lis Mary Antony	23.	Akhila Manmathan
11.	Mariya Mathew	24.	Ambily Mani
12.	Mariya Sebastian	25.	Steffy Tom
13.	Tima Mathew	26.	Treesa Jomy

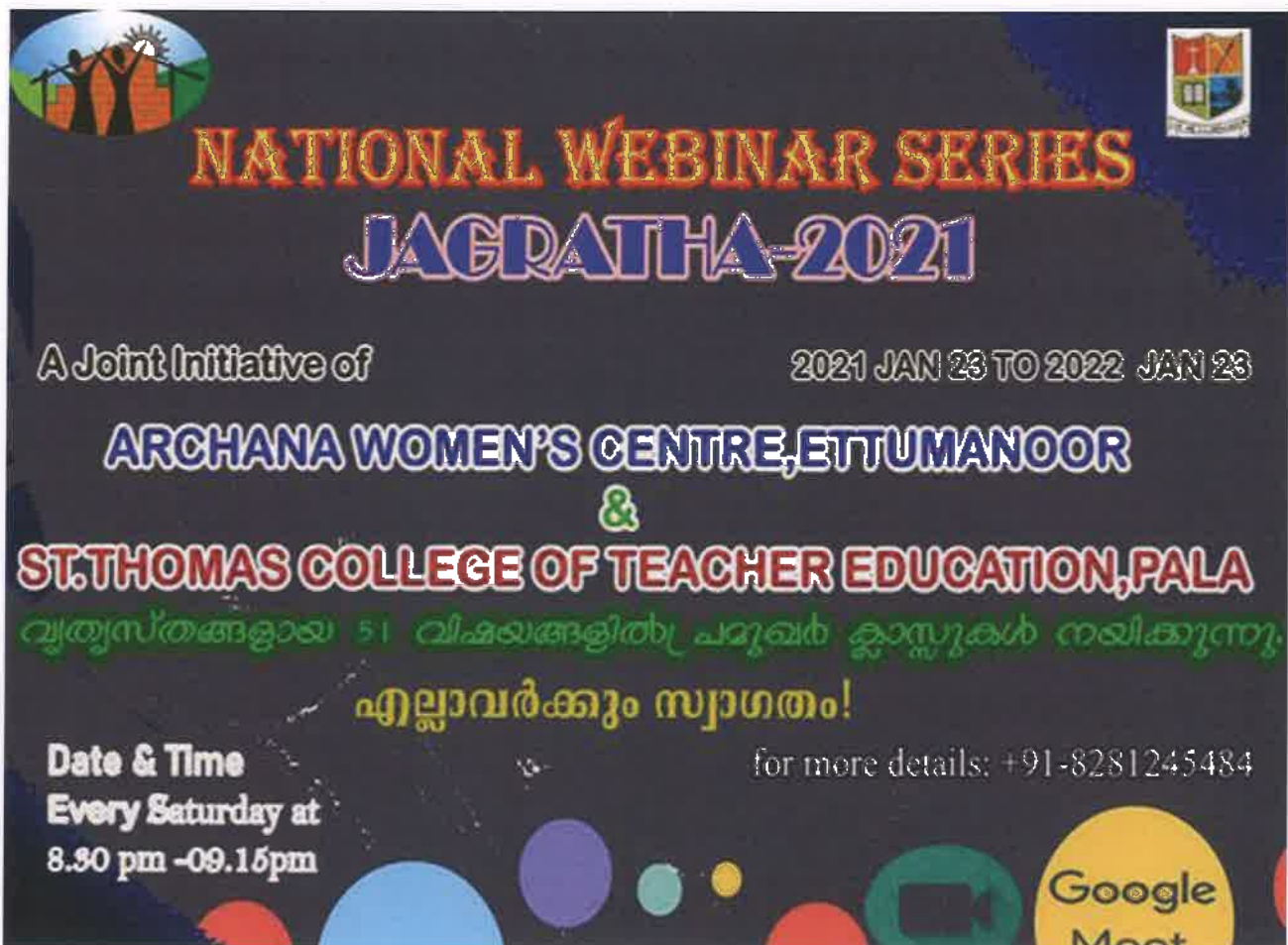



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JAGRATHA

National Webinar Series

The college in collaboration with Archana Women's Centre, Ettumanoor organized a series of National Webinar, 'Jagratha' which take up various social issues for discussion including: empowerment of rural women, domestic violence, protest against dowry etc. The webinar is conducted on Saturdays every week. The classes were taken by well-known resource persons. Our faculty and students also were resource persons in few sessions. The programme was organized from the last week of January 2021 to March 2022. The following table details the dates of the webinar, resource persons and topic.



NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiative of 2021 JAN 23 TO 2022 JAN 23

ARCHANA WOMEN'S CENTRE, ETTUMANOOR
&
ST. THOMAS COLLEGE OF TEACHER EDUCATION, PALA

വ്യത്യസ്തങ്ങളായ 51 വിഷയങ്ങളിൽ പങ്കുവെക്ക ക്ലാസ്സുകൾ നയിക്കുന്നു.
എല്ലാവർക്കും സ്വാഗതം!

Date & Time
Every Saturday at
8.30 pm -09.15pm

for more details: +91-8281245484

Google Meet



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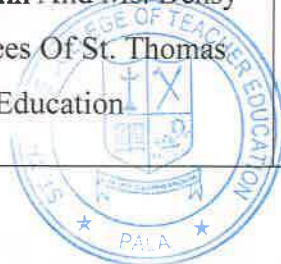
	Date	Resource Person	Topic
1.	23/01/2021	Dr. Alex George, Assistant Professor St. Thomas College of Teacher Education, Pala	Mental Health and Parenting'
2.	20/02/2021	Thressiamma Mathew, Director Archana	'Santhusta Jeevithathinu Panchaseelam'
3.	27/02/2021	P.L Abhraham, Assistant Agriculture Officer	Care Of the Crops in Different Seasons
4.	06/03/2021	Sri. George Karunackal, Consultant And Trainer	Ways to Manage the Stress
5.	13/03/2021	Sri Jossy Thumpanathu, Journalist	Family is a Great School
6.	20/03/2021	Sri. Lorance Mathew, Industrial Extension Officer	Entrepreneurship Development
7.	27/03/2021	Mrs. Bindhu Varghese	Smart Parenting
8.	10/04/2021	Dijo Das, Counsellor, Adart	Drug Free Family
9.	17/04/2021	Mr. Mathew Mundamattom, Trainer-TRADA	Gender Equality
10.	8/05/2021	Jyothis S, Research Scholar	Female Characters in Indian Mythology
11.	29/05/2021	Civilson Sebastian	Role of Family Members in a Drug Free Life
12.	05/06/2021	Sri. Nevil George, Teacher Trainee St. Thomas College Of Teacher Education, Pala	Adolescent Care
13.	12/06/2021	Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission	Covid and its Psychological Issues



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14.	19/06/2021	Ms Anu Tresa & Ms Irin Sera Joseph Teacher Trainee Of St. Thomas College Of Teacher Education, Pala	Adolescent Issues and Ways to Deal With them
15.	26/06/2021	Bhanupriya R. Teacher Trainee Of St. Thomas College Of Teacher Education, Pala	Covid Pandemic and Provided Awareness on the Various Measures to Prevent Corona
16.	03/07/2021	Soumya V P, Dietician	Food Habits that We Need to Follow During the Covid Pandemic
17.	10/07/2021	Ms. Remya Sinoy, Chief Editor, Malayalamanorama.	Women Empowerment and Ways We Can Avoid Dowry System
18.	17/07/2021	Dr. Sandrima K S, Ayurveda Medical Officer	Health Problems
19.	24/07/2021	Mr. Arun Kumar K.R, Assistant Sub Inspector Of Police	Drug Abuse among Children
20.	07/08/2021	Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad	Experiences when She fought for the Women Rights.
21.	14/08/2021	Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam	Dowry System and How We Need to Change Our View Regarding Dowry
22.	28/08/2021	Sri. Nocer Mathew, Chairman, Nocer Hai Rainbow Consumer Council	How Women Can Overcome the Challenges Faced by Them
23.	04/09/2021	Mr. Shamnas K S	Mobile Technologies and Cyber Crimes
24.	11/09/2021	Ms. Ashmi Maria John And Ms. Densy John, Teacher Trainees Of St. Thomas College Of Teacher Education	Human Rights and Its Relevance



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25.	18/09/2021	Sri. Jose Thayyil, Chairman Kisan Service Society	The Need for Economic Empowerment Of Women
26.	25/09/2021	Dr. Sr. Terciline F.C.C , Director And Psychologist At Bishop Charles Lavigene Psychiatric Rehabilitation	Women And Mental Health.
27.	09/10/2021	Suresh S, Skill & Motivational Trainer	Ways to Improve the Entrepreneurship of Women
28.	16/10/2021	Mr. Ananthukrishnan, Consultant And Trainer	Let's Get Started New Ventures
29.	30/10/2021	Adv. Shiny Gopi, Advocate, District Court, Kottayam	Various Violences Faced by the Women in the Society
30.	06/11/2021	Sri. Civilson Sebastian	Role of Women In Social Progress
31.	13/11/2021	Ms. Anjaly Elizabeth Xavier, Teacher Trainee At St. Thomas College Of Teacher Education, Pala	Smart Parents for Adolescents
32.	20/11/2021	Ms. Jaicy Jose, Teacher Trainee At St. Thomas College Of Teacher Education , Pala	Depression among Adolescents
33.	27/11/2021	Ms. Lakshmi S, Teacher Trainee, St. Thomas College Of Teacher Education, Pala	Suicidal Tendencies among Adolescents
34.	11/12/2021	Mr. Harikrishnan V, Teacher Trainee, St. Thomas College Of Teacher Education, Pala	Adolescence: A Period of Temporary Insanity
35.	18/12/2021	Adv. Sis. Reji Augustine	Cybercrimes in Children



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36.	22/01/2022	Shibu Thekkemattam, General Convenor, Pala Blood Forum	Benefits of Donating Blood
37.	05/02/2022	Dr. Shiny Antony, Dentist & Fitness Instructor.	Urgent Need of Fitness at the Present Time Due to the Increasing Life Style Diseases
38.	19/3/2022	Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Viewspaper	Need of Women Equality in t/he Society
39.	26/03/2022	Prof. Leena Jose T, Paradigm Shift Facilitator	Need Of Changing Our Mindsets and Give Importance to Learn Unlearn And Relearn



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JAGRATHA 2021- NATIONAL WEBINAR SERIES

DATA RECORDED

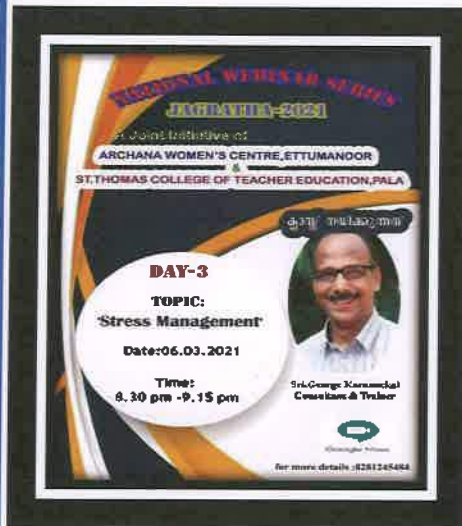
Conveners
 Miss. Thressamma Mathew (Director, Archana)
 Dr. T.C. Thankachan (Principal, St. Thomas College of Teacher Education, Pala)

Programme Co-coordinators
 Sri. Paulson K.F. (Programme Officer, Archana Women Centre, Kottayam, Kerala)
 Dr. Alex George (Teacher in Charge, Extension Activities St. Thomas College of Teacher Education, Pala)
 Dr. Lavina Dominic (IQAC Co-ordinator, St. Thomas College of Teacher Education, Pala)

27/02/2021
 8.30 p.m-9.15p.m
 No. of Participants: 88

The class was handled by Sri. P.L. Abhraham, Assistant Agriculture Officer. Sir gave a clear idea about how to take care of the crops in different seasons. He explained about the organic pesticides and its preparation techniques. In the session he point out the various schemes and subsidies provided by the agriculture societies. Participants actively participate in asking their doubts regarding the ways to control the pest diseases in crops.

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 PALA



06/03/2021
8.30p.m-9.15p.m
No. of Participants : 90

The resource person for the session was Sri. George Karunackal, Consultant and Trainer. He took class on the various ways to manage the stress in our life. During this pandemic period this class was relevant to cope up with the stress in life. He points out the different root causes of stress in life and gave simple techniques to overcome it. The class was interactive, and participants responded actively.



13/03/2021
8.30p.m- 9.15p.m
No. of Participants: 90

The session was handled by Sri Jossy Thumpanathu, Journalist on the topic 'Family is a great school'. He discussed on how to maintain the bond in the family system. He explained the ways to build a network of family relation and also point out the causes of dysfunctional family relationship. The session was worthful and effective.



20/03/2021
8.30p.m-9.15 p.m
No. of participants:95

The class was handled by Sri. Lorance Mathew, Industrial Extension Officer. He discussed on the topic Entrepreneurship development. He inspired the participants as to how to be a successful entrepreneur. He also shared his experiences. It was really an inspiring and motivating session.



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Prof. Dr. BEENAMMA MATHEW
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കൂടുതൽ വിവരങ്ങൾ

DAY :6
Topic
"Smart Parenting"
Date: 27/03/2021
Time:
8.30 pm - 9.15 pm.



MRS BINDHU VARGHESE
COUNSELLOR, AWC

27/03/2021
8.30p.m -9.15 p.m
No. of Participants: 70

Resource person for the session was Mrs. Bindhu Varghese. She took the class on the topic "Smart Parenting". Her focal area of the talk was how children can combat their insecurities and suggest conversations parents can have with their kids, activities they can engage in together. Finally she spoke about the intelligent look at raising smart children will help parents teach their kids that there's more to life than academic achievement. Participants especially mothers asked their doubts with the resource person.

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കൂടുതൽ വിവരങ്ങൾ

DAY :7
Topic
"ലഹരി വിമുക്ത കുടുംബം"
Date: 10/04/2021
Time:
8.30 pm - 9.15 pm.



MR. DIJO DAS
COUNSELLOR, ADARAT


10/04/2021
8.30p.m- 9. 15p.m
No. of participants: 100

The class was handled by Mr. Dijo Das, Counsellor, Adart. He dealt the class with the topic "Drug free family". He pointed the ways we can avoid the drugs especially alcohol and the role played by the family to prevent the use of drugs. The topic was presented systematically and well presented.

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കൂടുതൽ വിവരങ്ങൾ

DAY :8
Topic
"Gender Equality "
Date: 17/04/2021
Time:
8.30 pm - 9.15 pm.



Mr. Mathew Mundamattom
Trainer - TRADA, Kottayam

17/04/2021
8.30p.m – 9.15p.m
No. of Participants: 95

The session was handled by Mr. Mathew Mundamattom, Trainer-TRADA on the topic Gender Equality. He started the class by explaining about the meaning of the gender equality. He discussed about the proactive measures we need to take for making a gender equality society. Participants gave good comments regarding the class in the chat box. The class was inspiring and interesting.

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DAY : 10

Topic
"ഇന്ത്യയിലെ പുരുഷൻ
കഥകളിലെ സ്ത്രീ
അനുഭവങ്ങൾ"

Date: 08/05/2021
Time:
8.30 pm - 9.15 pm




JYOTHIS S
Research Scholar, Archana Women's Centre,
St. Thomas College of Teacher Education, Pala

more details
contact:8281245484

8/05/2021
8.30p.m-9.15 p.m.
No. of Participants: 80

The class was handled by Jyothis S, Research Scholar. She discussed on the topic "Female characters in Indian mythology". She focused on Indian epics to point out that the mythological tales we grew up listening to reverberated about strong male characters sketching the religious anecdotes. Participants raise their opinions and throughout the class an interaction is maintained.

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DAY : 11

Topic
"ബഹുവിധീകൃത
ജീവിതശൈലി
കുടുംബാംഗങ്ങളുടെ പങ്കി"

Date: 29/05/2021
Time:
11.30 am - 12.30pm




CIVILSON SEBASTIAN
Research Scholar, Archana Women's Centre,
St. Thomas College of Teacher Education, Pala

more details
contact:8281245484

29/05/2021
11.30a.m- 12.30 p.m.
No. of Participants

The session was took by Civilson Sebastian on the topic "Role of family members in a drug free life". He discussed about the role of family in addiction recovery and also family involvement in adolescent substance use.




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DAY : 12

TOPIC: "ADOLESCENT CARE"
ക്ലാസ് നയിക്കുന്നത്

Date: 05/06/2021
Time:
03.00 Pm -04.00pm

Sri.Nevil George **Dr.Alex George**

more details
contact:8281245484



The screenshot shows a Zoom meeting in progress. The main window displays a slide with the title "SOCIAL MEDIA DANGERS" and text including "WHEN IT COMES TO ADDICTION IT CONSUMES YOUR LIFE". The right-hand panel shows a list of participants, including "Dr. BEENAMMA MATHEW" who is identified as the "PRINCIPAL" of "ST. THOMAS COLLEGE OF TEACHER EDUCATION".

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PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION

5/06/2021 3.00p.m.-4.00p.m. No. of participants: 87

The session was handled by Dr. Alex George, Assistant Professor St. Thomas college of teacher education and Sri. Nevil George, Teacher trainee St. Thomas college of teacher education, Pala on the topic "Adolescent Care". The first half of the session handled by Dr. Alex George about the adolescence and need for adolescent care. In the second half, Mr. Nevil George discussed on the various adolescent issues such as Substance abuse, mobile addiction etc. The class was informative and effective. Participants interact with the resource persons, asked their doubts and concerns towards adolescent age group.



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കൂടെ നയിക്കുന്നത്



Dr.C.K.Pradeep Kumar

M.Sc.,Ph.D.,M.A.,D.Ed.,D.L.S.,
History Ph.D.,District Co-Ordinator
District Literacy Mission, Kollam

Date: 12/06/2021
Time:05.00 Pm -06.00pm



DAY :13

TOPIC:

"Covid & Psychological Issues"

(കേരളീയ, ദേശീയ പ്രശ്നങ്ങളും)

In the light of Anti suicidal initiative,
Amritham Ganaya 2021

more details contact:8281245484

12/06/2021 5.00p.m.-6.00p.m.

No. of Participants: 97

The resource person for the session was Dr. C.K. Pradeep Kumar, Coordinator District Literacy Mission. He discussed about the Covid and its psychological issues. He also provides mental health awareness to cope up with the pandemic situation. Participants raised questions and provided comments regarding the class.

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DAY :14

TOPIC:

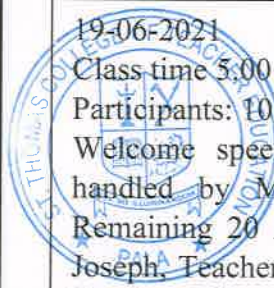
19-06-2021

Class time 5.00 – 6.00 p.m.

Participants: 101

Welcome speech by Rakhi R. First phase is handled by Ms Anu Tresa for 20 minutes.

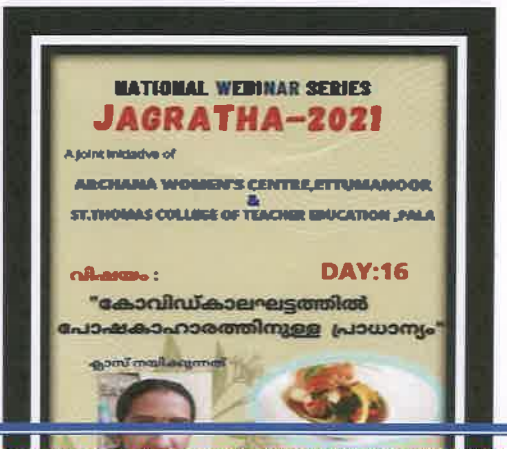
Remaining 20 minutes handled by Ms Irin Sera Joseph, Teacher trainee of St. Thomas College of Teacher Education, Pala. Both resource persons



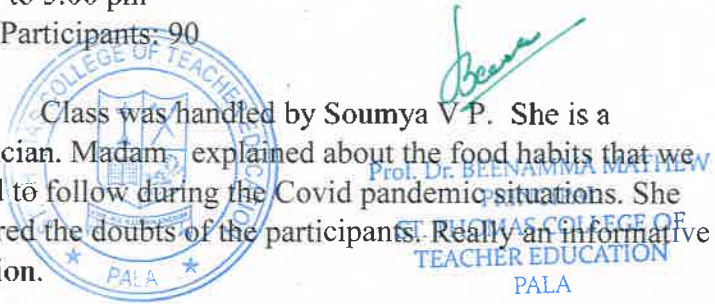
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26-06-2021
 Class time 4.00 -5.00 p.m.
 Participants: 99
 Prayer by Annumol joji. Welcome speech by Sr. Alphonsa xavier. Class was handled by Bhanupriya R. She took the class about the care and support that we need to maintain in a family during Covid pandemic and provided awareness on the various measures to prevent corona. She also shared her experience during the Covid positive days. Class taken for 45min and 5 minutes discussion. 2 members asked doubts. Good comments are written in the chat box by the participants.



3/7/2021
 4.00 to 5.00 pm
 No. Participants: 90
 Class was handled by Soumya V P. She is a dietician. Madam explained about the food habits that we need to follow during the Covid pandemic situations. She cleared the doubts of the participants. Really an informative session.





10/7/2021 11 to 12 pm No. Participants: 100

Class was handled by Ms. Remya sinoy, Chief editor, Malayalamanorama. She discussed the need of women empowerment and ways we can avoid dowry system. She also speaks about the gender equality that we need to bring in the family. Participants expressed that the session was worthful. Everyone expressed their feedback in the chat box.



17/7/2021 4.00 p.m. – 5.00 p.m. No. of Participants: 99

Class was handled by Dr. Sandrima K S, Ayurveda Medical Officer. Doctor discussed about the medicines that we need to take for some common diseases and also she provide some home remedies to treat minor health problems. Participants actively participate in the interactions.

Dr. Sandrima K S
Ayurveda Medical Officer
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ക്ലാസ് നയിക്കുന്നത്

Arun Kumar K.R.
 Assistant Sub Inspector of Police
 DySP Office Kottayam and Co-ordinator
 Operation Quackdass Project.

വിഷയം:
"ലഹരിയിൽ മുങ്ങുന്ന ജീവിതങ്ങൾ"

DATE: 24 / 07 / 2021 | TIME: 03.00 PM - 04.00 PM

more details contact: 8251243484

24/7/2021 3p.m – 4p.m No. of Participants: 95

The session was taken by Mr. Arun Kumar K.R, Assistant Sub Inspector of Police. Class was based on the drug abuse among children. He taken the class by pointing out his experiences with drug abuse cases. He stressed the importance to keep the youngsters from drug addiction. Participants especially mothers expressed their concern with children regarding phone addiction.



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ക്ലാസ് നയിക്കുന്നത്

DATE: 07/08/2021

7/08/2021
 3p.m-4p.m
 No. of Participants: 90

The class was taken by Mrs. Sulochana Ramakrishnan, Women's Voice, Wayanad. She discussed about how women empowerment can be achieved. She shared her experiences when she fought

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വിഷയം :
 "സ്ത്രീ സുരക്ഷ മാറുന്ന സമൂഹത്തിൽ"
 ക്ലാസ് നയിക്കുന്നത്



DAY:21
 ON 14/08/2021
 TIME:03.00 PM-04.00PM.

Sr. Adv. Jyothis P Thomas
 Member Child Welfare Committee, Kottayam

For more details contact:
 6281245484

14/08/2021
 3p.m – 4p.m
 No. of Participants: 96

The session was handled by Sr. Adv. Jyothis P Thomas, Member Child Welfare Committee, Kottayam. Sr. Jyothis made a discussion on dowry system and how we need to change our view regarding dowry. She took the class by showing interesting and informative videos and slides. Participants shows interest to express their views.

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വിഷയം :
 "സ്ത്രീ അമ്മ ഭാര്യ സഹോദരി, മകൾ എന്നിട്ടും സ്ത്രീത്വം കരയുന്നു എന്താണ് കാരണം?"
 ക്ലാസ് നയിക്കുന്നത്



DAY:22
 ON 28/08/2021
 TIME:03.00 PM-04.00PM

Sri.Nocer Mathew (Ashoka Fellow
 Chairman,
 Nocer Hai Rainbow
 Consumers Council

for more details contact:
 6281245484

28/08/2021
 3p.m – 4p.m
 No. Participants: 100

The resource person for the class was Sri. Nocer Mathew chairman, Nocer Hai Rainbow Consumer Council. The class was based on the women and the issues faced by women in the society. He discussed on how women can overcome the challenges faced by them. It was an interactive session. Participants actively participated in asking questions and expressed their opinions.

Prof. Dr. BEENAMIN MATHEW
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TOPIC:
"Awareness to the Parents
about the Mobile
Technologies"



3PM - 4PM
04/09/2021

Guest Speaker



Shannas KS
Smartphone Repairing Trainer Govt.
Polytechnic College Nattobam

DAY: 23

4/9/2021

3p.m-4p.m

No. of Participants: 92

The class was handled by Mr. Shannas K S. It was an awareness session to the parents about the Mobile Technologies. At present situation, this session was very much important for the parents who lack behind in dealing with the technology. He also discussed about Cyber crimes in the session and also the ways to monitor the use of mobile phones by their children. Parents ask their doubts and clarifications.

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DAY -24 TOPIC

Child Rights and Its relevance

Relevance of human rights in current scenario



Densy John



Ashmi Maria John

more details contact:
8281245484

DATE: 11-09-2021

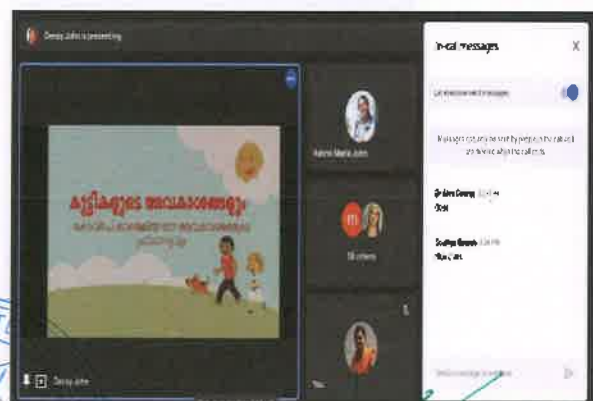
TIME: 3.00PM - 4.00PM

11/09/2021

3p.m - 4p.m

No. of Participants: 70

The class was handled by Ms. Ashmi Maria John and Ms. Densy John, Teacher trainees of St. Thomas College of Teacher Education. Dr. Alex George introduced the topic to the participants. First 30 minutes were taken by Ms Ashmi Maria John on the topic Human rights and its relevance. She explained clearly using slides and covered the major areas of Human rights. Then the second half of the session was handled by Ms. Densy John for 30 minutes regarding the child rights and its relevance. She also explained the way to protect their rights and how to deal the children during the pandemic situation avoiding the stress on them. Participants were really impressed by the class and given good comments on the chat box.



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18/09/2021
3.00p.m.-4.00p.m.

No. of Participants: 80

Prof. Dr. BEENANNA MATHIEW
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DAY-26
September-25, 2021
Time: 3.00 PM - 4.00 PM

സ്ത്രീയും മാനസികാരോഗ്യവും
(WOMEN & MENTAL HEALTH)



Sr. Dr. Terciline F.C.C
Director and Psychologist
Bishop Charles Lavigne Psychiatric Rehabilitation
Center, Arumanoor

Comments:
1. Mr. J.C. Prabhakaran, Principal, STCTE Pala.
2. Mrs. Parvathamma M Pillai (Founder & Director, AWCC)
Co-organizers:
1. Sr. Alice George (Teacher in-Charge Community Outreach Programs, STCTE Pala)
2. Sr. A. Parvathy (Principals, AWCC)
3. Mrs. Manojkalya R. S. (AWCC, 2020-21 Batch)
4. Pradipran V.P. (Office Secretary cum Computer Analyst, AWCC)

For More Details Contact
+91-8281245484

25/9/2021
3.00 – 4.00 p.m
No. of participants : 100

The class was handled by Dr. Sr. Terciline F.C.C , Director and psychologist at Bishop Charles Lavigne Psychiatric Rehabilitation. Sr. handled the topic about women and mental health. Sr. cited examples from her experience in day to day life. Participants clarifies their doubts by asking questions and suggestions from the speaker. It was an active session.



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സ്ത്രീകളുടെ സഹായ സാധ്യതകൾ

Day 27

Time - 3.00 PM - 4.00 PM

9/10/2021
3.00 – 4.00p.m
No. of Participants : 80


The class was taken by Suresh S. Skill & Motivational Trainer about the ways to improve the entrepreneurship of women. He also explained the different women startups. He explained the need for sustainable growth of women entrepreneurs to promote a balanced growth in the country. It

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DAY-28
OCT-16, 2021
Time: 3.00 PM - 4.00 PM

തലമുറകൾ : പുതിയ നവോത്ഥാനങ്ങൾ
 (Let's get started! New ventures)



Mr. AnanthuKrishnan
 Consultant, Trainer

Co-Chair:
 1. Dr. P.C. Thambickan Palappal, STCTE, Pala
 2. Mrs. Theekamma Mathew (Founder & Director, AWC)

Co-ordinators:
 1. Dr. Alex George (Teacher in-charge Community Extension Programmes, STCTE, Pala)
 2. Sri. Paulose K.P. (Project Manager, AWC)
 3. Mrs. Shanugriya R. (In-charge, 2020-22 Batch)
 4. Mrs. Seethyvel V.S. (Office Secretary cum Computer Analyst, AWC)

For More Details Contact
 91-8281245484

16/10/2021
 3.00 – 4.00 p.m.
 No. of participants : 90

The class was handled by Mr. Ananthukrishnan, Consultant and trainer about the topic Let's get started new ventures. Resource person give a clear idea about the programs that provide services for the development of small and medium enterprises. Session went through the active participation of the participants.



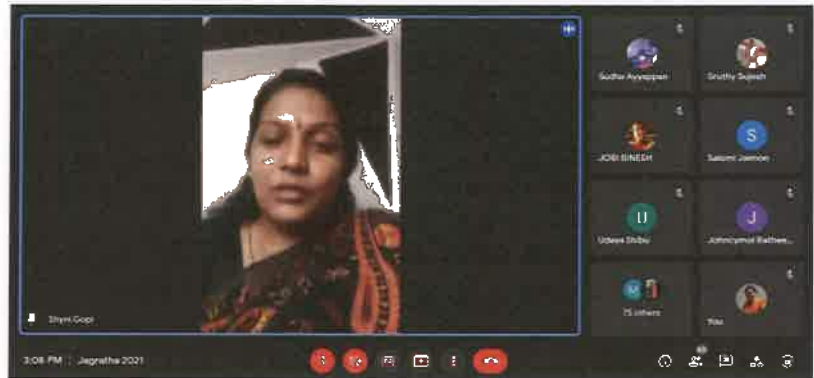
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30/10/2021 3.00 – 4.00 p.m No. of Participants : 83

The class was handled by Adv. Shiny Gopi, Advocate, District court, Kottayam about domestic violence – Laws and Remedies. She has pointed out the various violences faced by the women in the society. She also explained the various helplines and counselling facilities available in India and also the laws related with the domestic violence. It was an effective session because

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സാമൂഹിക പുരോഗതിയിൽ സ്ത്രീകളുടെ പങ്ക്
 (The role of women in social progress)

 **NOV - 06 - 2021** | **3:00-4:00 PM**
 DATE | TIME

Sri. CIVILSON SEBASTIAN
 MSW, M.Phil | +91-8281245484

Comments:
 1. Dr. P. J. Thakkerian (Principal, STCE, Pala)
 2. Mrs. Elizabetha Mathew, Founder & Director, NWCE
 Contact: 0486-244440
 3. The National Council of Teachers' Education (Community Extension Programme) (STCE), Pala
 4. Sri. P. J. Thomas (Project Manager, NWCE)
 5. Ms. Anjali Elizabeth Xavier
 6. www.nwce.org.in | www.stce.org.in

6/11/2021
 3.00 – 4.00 p.m
 No. of Participants: 85

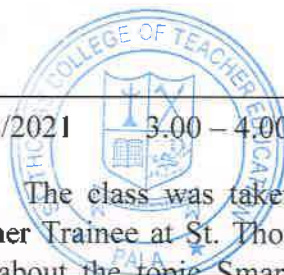
The session was handled by Sri. Civilson Sebastian. Class was about the role of women in social progress. He pointed out that the women have also on average, reinvested up to 90% of income into their households. With more opportunities, they get access to more money to spend on food, housing and education. These are all essential components for poverty reduction and sustainable development. It was a motivational class for the women community.

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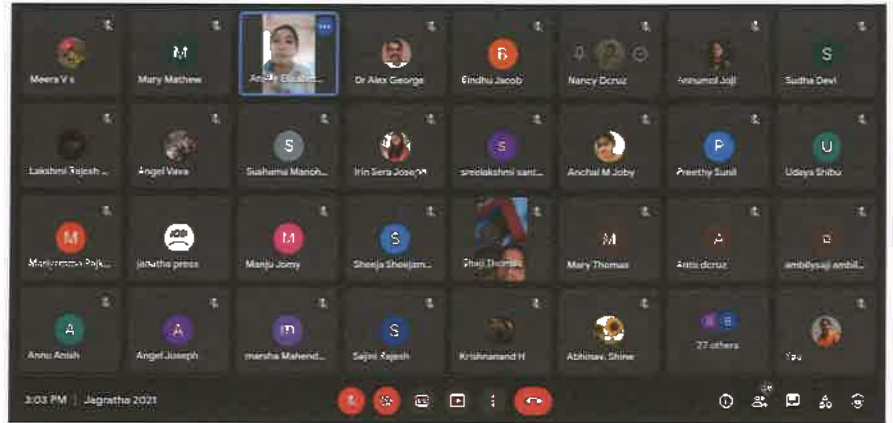
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 The National Council of Teachers' Education, Pala

13/11/2021 | 3.00 – 4.00 p.m | No. of participants: 60

The class was taken by Ms. Anjali Elizabeth Xavier, Teacher Trainee at St. Thomas College Of Teacher Education, Pala about the topic Smart Parents for Adolescents. She has



Prof. Dr. DEENAMMA MATHEW
 PRINCIPAL
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TOPIC:
DEPRESSION AMONG ADOLESCENTS

NOV-20-2021 3.00-4.00PM
 DATE TIME

DAY:32


 Ms. Jaicy Jose
 M.Sc Physics

For More Details Contact
 +91-3281245484

Organizers:
 1. Dr. T.C. Theodorakos (Principal, STETC, Pala)
 2. Mrs. Theodorakos Mathew (Founder & Director, STETC)
 Coordinators:
 1. Dr. Alex George (Teacher In-Charge Community Extension Programmes, STETC, Pala)
 2. S.A. Paulose E. P. (Principal, STETC)
 3. Ms. Theodorakos P. (M.Sc. Student, STETC, Pala)
 4. Mrs. Theodorakos V. J. (Office Secretary, STETC Computer Analyst, STETC)

20/11/2021 3.00 – 4.00 p.m. No. of participants: 90

The class was handled by Ms. Jaicy Jose, Teacher trainee at St. Thomas College of Teacher Education , Pala about the topic Depression among Adolescents. She has explained the various reasons and symptoms of depression among adolescents. She also point out the ways to handle them and the need of counselling. Some of parents raised questions and the resource person clarified their concerns and doubts.




ST. THOMAS COLLEGE OF
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 PALA

NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiative of
Archana Women's Centre, Ettumanoor
&
St. Thomas College of Teacher Education, Pala

TOPIC
Suicidal tendencies among adolescents
കൗമാരക്കാരിലെ ആത്മഹത്യ പ്രവണത

DATE: Nov -27 -2021
DAY -33 TIME: 3 pm - 4 pm


Lakshmi S
M. Sc chemistry

Co-ordinators:
1. Dr. T. J. Thekkumkara (Principal, STTC, Pala)
2. Miss Thekkumkara Mathew (Principal & Director, AWCC)
Facilitators:
1. Dr. Kishor George (Teacher In-charge Community Extension Programmes, STTC, Pala)
2. Mr. Pradeep S. M Project Manager, AWCC
3. Ms. Thekkumkara K. R. S. (Coordinator, 2020-21 Events)
4. Mrs. Thekkumkara K. S. (Officer, In-charge of Social Computer Analyst, AWCC)

The Phone Details Contact
+91-8281245484

27/11/2021 3.00 – 4.00 p.m. No. of participants : 90

The class was handled by Ms. Lakshmi S, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic suicidal tendencies among adolescents. She has explained the causes of adolescent suicides and also mentioned the actions from parents side to prevent suicide. She had presented the powerpoint slides effectively which was effective in communicating the important points.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

A Joint Initiative of
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&
St. Thomas College of Teacher Education, Pala

TOPIC:
ADOLESCENCE : A PERIOD OF TEMPORARY INSANITY!
(കൗമാരത്തിന്റെ മാറുന്ന മുഖപിത്രം)

DEC- 11- 2021 3.00-4.00PM
DATE TIME
DAY:34


Mr. Harikrishnan V
MA English Literature

Co-ordinators:
1. Dr. T. J. Thekkumkara (Principal, STTC, Pala)
2. Miss Thekkumkara Mathew (Principal & Director, AWCC)
Facilitators:
1. Dr. Kishor George (Teacher In-charge Community Extension Programmes, STTC, Pala)
2. Mr. Pradeep S. M Project Manager, AWCC
3. Ms. Thekkumkara K. R. S. (Coordinator, 2020-21 Events)
4. Mrs. Thekkumkara K. S. (Officer, In-charge of Social Computer Analyst, AWCC)

The Phone Details Contact
+91-8281245484

11/12/2021
3.00 -4.00 p.m
No. of Participants : 93


The class was handled by Mr. Harikrishnan V, Teacher trainee, St. Thomas College of Teacher Education, Pala about the topic Adolescence: A Period Of Temporary Insanity. The class was effective and interactive. Participants gave good feedback about the class.

NATIONAL WEBINAR SERIES
JAGRATHA-2021

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TOPIC:
CYBERCRIMES IN CHILDREN
(സൈബർ കുറ്റകൃത്യങ്ങൾ കുട്ടികളിൽ)

DEC- 18- 2021 3.00-4.00PM
DATE TIME
DAY:35


Adv. Sis. Reji Augustine
P.T. B.S

Co-ordinators:
1. Dr. T. J. Thekkumkara (Principal, STTC, Pala)
2. Miss Thekkumkara Mathew (Principal & Director, AWCC)
Facilitators:
1. Dr. Kishor George (Teacher In-charge Community Extension Programmes, STTC, Pala)
2. Mr. Pradeep S. M Project Manager, AWCC
3. Ms. Thekkumkara K. R. S. (Coordinator, 2020-21 Events)
4. Mrs. Thekkumkara K. S. (Officer, In-charge of Social Computer Analyst, AWCC)

The Phone Details Contact
+91-8281245484

18/12/2021
3.00 – 4.00 p.m
No. of Participants: 95


The class was handled by Adv. Sis. Reji Augustine about the topic Cybercrimes in children. The resource person explained the ways the children get affected by cyber crimes and also about the most common cybercrimes targeting children. The session was fruitful due to the relevance of the topic.

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22/01/2022
3.00 – 4.00 p.m
No. Of Participants: 90

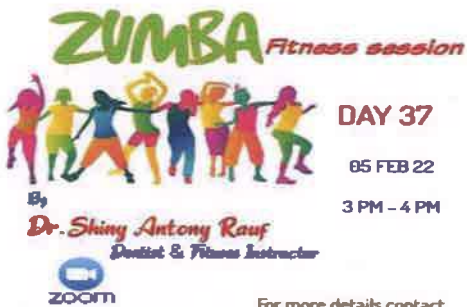



Prof. Dr. BEENAMMA MATHEW
PRINCIPAL
ST. THOMAS COLLEGE OF
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PALA

The class was led by Shibu Thekkenrattam,

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+91 8281245484

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5/02/2022

3.00 – 4.00 p.m.

No. Of Participants: 90

The class was handled by Dr. Shiny Antony, Dentist & Fitness Instructor. She talked about the urgent need of fitness at the present time due to the increasing life style diseases. She demonstrated Zumba with simple steps which is easy to follow by the participants. She explained the importance of fitness in our life. It was an interesting and active session.

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Prof. Leena Jose T.
Paradigm Shift Facilitator,
Editor, Viewpaper.in

വിഷയം
**സ്ത്രീനിതി
കുടുംബത്തിന്റെയും
സമൂഹത്തിന്റെയും
നന്മയ്ക്ക്**

DAY 38

19 MARCH 22
3 PM - 4 PM

For more details contact
+91 8281245484



19/3/2022 3.00 – 4.00 p.m. No. of participants: 70

The class was handled by Prof. Leena Jose T, Paradigm Shift Facilitator, Editor, Viewpaper.in. She has discussed about the need of women equality in the society and also about how the gender stereotypes kills a women's self-confidence. She has stressed that the change in the attitude towards women must come from the family. She also mentioned the ways to overcome gender stereotyping. The class was really interactive and motivational to the women community.



Paradigm Shift Facilitator:
leena@viewpaper.in
94482 38327

Viewpaper.in

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PRINCIPAL
ST. THOMAS COLLEGE
TEACHER EDUCATION



National Webinar Series
JAGRATHA - 2021

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 &
 St. Thomas College of Teacher Education, Pala



ദിവാദിനം
ആന്തരിക
സ്വാതന്ത്ര്യത്തിലേക്ക്

Prof. Leena Jose T
 Paradigm Shift Facilitator,
 Editor, Viewspaper.in

Day: 39

26 March 2022 3 PM - 4 PM

Google Meet For more details contact
 +91 8281245484

Convener
 1. Dr. T.C. Thekkumkara, Principal, STCE, Pala
 2. Mrs. Thekkumkara Mathew, Principal & Director, Arch
 Co-organisers
 1. Dr. Smt. George Mathew, Co-Organiser, Archana Women's Centre, Ettumanoor
 2. Mrs. Thekkumkara Mathew, Co-Organiser, Archana Women's Centre, Ettumanoor
 3. Mrs. Thekkumkara Mathew, Co-Organiser, Archana Women's Centre, Ettumanoor
 4. Mrs. Thekkumkara Mathew, Co-Organiser, Archana Women's Centre, Ettumanoor

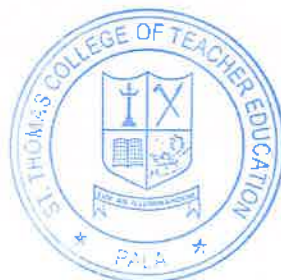
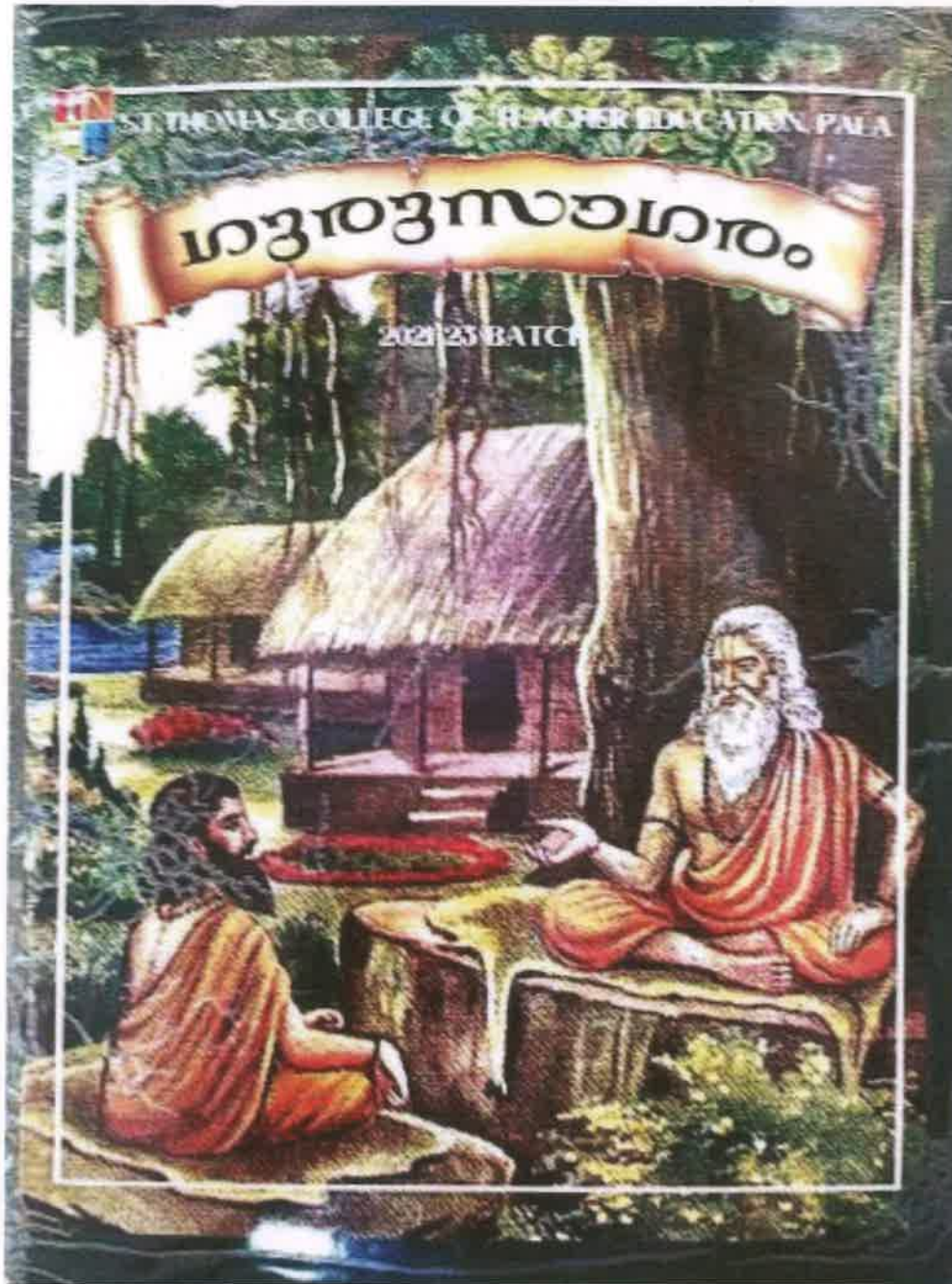
26/03/2022 3.00 p.m. – 4.00 p.m. No. of participants: 93

The class was led by Prof. Leena Jose T, Paradigm Shift Facilitator. She started the session by giving clarification about what is paradigm shift Facilitator?. She has stressed the need of changing our mindsets and give importance to learn unlearn and relearn. She point out that our view informs our understanding and our understanding informs our attitude. It was a thought provoking session. Participants raised questions and gave good feedback about the session.



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VOICES OF EDUCATION: A STUDENT-LED ANTHOLOGY




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PALA

Students were tasked with engaging with local eminent teachers through structured interviews. Students meticulously prepare detailed reports summarizing the key discussions and wisdom shared by the teachers. Once individual reports are completed, students collaborate to compile them into a cohesive anthology. One faculty member was tasked with overseeing this activity. All students diligently prepared reports based on their interviews with esteemed teachers in their local community.

The institution's authorities have granted the opportunity to publish these materials in book form. It is scheduled for publication on September 5th, coinciding with Teachers' Day, to pay tribute to the invaluable contributions of teachers.

Over the years, we have compiled four books. Students have given creative names to these publications. For the academic year 2022-23, the book was titled "Gurusagaram." In the academic year 2021-22, it was named "Gurusmruthi," and for the academic year 2020-21, the book was called "Guruvandanam."




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അഭിപ്രായം

അദ്ധ്യാപനത്തിൽ നിന്നും പ്രവർത്തനങ്ങളിൽ
 ഉൾപ്പെടുത്തപ്പെട്ടിട്ടുള്ള ഒരു അഭിപ്രായം തയ്യാറാക്കി അതിൽ
 അദ്ധ്യാപനത്തെ ദൃഢീകരിക്കാനും അതിൽ അന്നു നന്നായി
 ഉൾപ്പെട്ടവർ അദ്ധ്യാപനത്തെ ശുഭമായിത്തീർന്നു 44
 അദ്ധ്യാപകരുടെ ഉൾപ്പെടുത്തപ്പെട്ടവരുടെ സമ്പൂർണ്ണമായ അഭിപ്രായം
 തയ്യാറാക്കി.

അതിനാൽ അദ്ധ്യാപക വിദ്യാർത്ഥികൾക്ക് ഉള്ളിലു
 വന്നു. ഇതിൽ അദ്ധ്യാപകർക്ക് ഉൾപ്പെടുത്തപ്പെട്ടവർ ഈ നേട്ടം
 ഒരു മാർഗ്ഗമായി ഉൾപ്പെടുത്തിയ ഒരു അഭിപ്രായം തയ്യാറാക്കി.
 ഒരു അദ്ധ്യാപനം ഉൾപ്പെടുത്തിയ അദ്ധ്യാപകർ ഉൾപ്പെടുത്തപ്പെട്ടവർ
 അദ്ധ്യാപകർക്ക് ഉൾപ്പെടുത്തിയ അദ്ധ്യാപകർ, അദ്ധ്യാപകർ പ്രവർത്തിക്കുന്ന
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അദ്ധ്യാപകർക്ക് ഉൾപ്പെടുത്തിയ അദ്ധ്യാപകർ, അദ്ധ്യാപകർ പ്രവർത്തിക്കുന്ന
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അതിനാൽ അദ്ധ്യാപകർക്ക് ഉൾപ്പെടുത്തിയ അദ്ധ്യാപകർ, അദ്ധ്യാപകർ പ്രവർത്തിക്കുന്ന
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 അദ്ധ്യാപകർ
 അദ്ധ്യാപകർ



Prof. Dr. BEENAMMA MATHEW
 PRINCIPAL
 ST. THOMAS COLLEGE OF
 TEACHER EDUCATION
 PALA

ആശംസ



കാഴ്ചകൾ നൂതനമായ ആശയങ്ങളിലേക്കും അറിവുകൾ
 തിരിച്ചറിവുകളിലേക്കും അനുഭവങ്ങൾ അന്വേഷണം
 സമ്പന്നങ്ങളിലേക്കും. ഉടച്ചകൾ വിദ്യാലയം മുറിക്കി
 ഭക്തനങ്ങളിലേക്കും സ്വീകരിക്കുന്നവർ മുറിക്കിപടന്നു
 സുഖമുണ്ടു മനോഹരമുദാഹരണം നല്ല സമ്പത്തിലൂ
 ള്ളകളിലൂടെയും അങ്ങനെയുമായും ഈ സമൂഹത്തിൽ
 ഭക്തപാർപ്പനമാണ് - സുഖമുണ്ടാവാം.

വിദ്യാലയം ഉന്നതങ്ങളായ പച്ചക്കടന്നു നിലവാരത്തിൽ
 പുരസ്കാരത്തിൽ എന്തും നമ്മുടെ നിലവാരമാണ്
 അയാൾ. വിദ്യാർത്ഥിനങ്ങൾ. മൂല്യങ്ങൾ നമ്മുടെയ്ക്കി
 കാനൂസുകളിലൂടെയും പുരസ്കാരത്തിൽ അങ്ങനെയും
 പൂർണ്ണതയുമുണ്ടാക്കിയ അയാൾ. വിദ്യാർത്ഥികൾ
 ഭക്തികളായും സുഖമുണ്ടാക്കുന്നതാണ് ഇതിൽ
 ഉൾപ്പെടുത്തിയിരിക്കുന്നത്. മൂല്യങ്ങൾ നമ്മുടെയ്ക്കി
 കാനൂസുകളിലൂടെയും അങ്ങനെയും പടയാൻ ഈ
 സമൂഹത്തിൽ മൂലമുണ്ടാകും എന്ന് അറിയിക്കുന്നതാണ്

സ്റ്റേണാമന്റേഴ്സ്
 8000 നമ്പർ 8000 06/10/2020

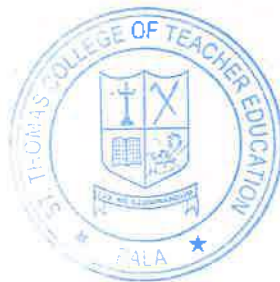



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എഡിറ്റോറിയൽ ബോർഡ്

Dr. Alva George
Sreha Jose
Kazhrammed X
Aarthya Shaji
St. Elizabeths TS
Pearly S Thomas
Mona Mathew
Anns Thomas
Haripriya J
Shilpa Elizabeth Joychen
Aleena Ann Roy
Roshni Maria Jay


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Printing : St. Thomas Press, Pala




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ക്ര. നം.	കുറിപ്പ്	പരിഷ്കരണത്തിന് കാര്യം	ക്ര. നം.
1	പരിഷ്കരണ കമ്മിറ്റി	പരിഷ്കരണ കമ്മിറ്റി (പ്രൊ.)	1
2	പരിഷ്കരണ കമ്മിറ്റി	പരിഷ്കരണ കമ്മിറ്റി	2
3	പരിഷ്കരണ കമ്മിറ്റി	പരിഷ്കരണ കമ്മിറ്റി	3
4	പരിഷ്കരണ കമ്മിറ്റി	പരിഷ്കരണ കമ്മിറ്റി	4
5	പരിഷ്കരണ കമ്മിറ്റി	പരിഷ്കരണ കമ്മിറ്റി	5
6	പരിഷ്കരണ കമ്മിറ്റി	പരിഷ്കരണ കമ്മിറ്റി	6
7	പരിഷ്കരണ കമ്മിറ്റി	പരിഷ്കരണ കമ്മിറ്റി	7
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INTERVIEW



NAME : ANNAMMA VARGHESE AGD : 74
ADDRESS : NAUPARAMBU (11), EDAYARAJAPPA PO, PTA, KOTTAYAM
EDUCATIONAL QUALIFICATION : SSC, T.P.C
DATE OF ENTRY INTO SERVICE : 1st June, 1969
DATE OF RETIREMENT : 5th April, 2004
SCHOOLS TAUGHT : Abboton, Mackhona Memorial Higher
Secondary School, Edayarajappala

1. How many years did you work as a teacher?
I was in the service for 35 years. There times were the period I got to work as a teacher and become bond with children of many generations. Today when I look back I feel proud that I could mould many children into their final state.

2. What would you like to convey to the upcoming teachers like us?
The greatest teacher found in Jesus Christ. I am saying this because without Almighty's blessings we are nothing!! Do you think a teacher can manage and discipline hundreds of children? After all teachers are also human beings, we have limitations. What is impossible for us is possible with God's abundant grace. I would like to say to you that there is a God who is with you. He is the one who will give you the strength to do all that you set your mind to do.



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we can shape the children into good citizens and socially conscious persons.

2. As you said it is important to educate them with values. However nowadays teachers are very afraid of the students restlessness and passionness in class. What do you have to say about it?

I have already given you the answer. It is Prager. God will give you the strength to manage it. Children with all kinds of behaviours.

There is no point in working them or shouting at them all the time. Remember! Children whom you find restless all the time or with disruptive behaviours have got something wrong within them. That could be family issues, these might be disputes between their parents and many more. I remember, there was a girl studying in 4th standard at that time whom I found restless in the class for many days. One day, me and my colleagues called her alone to have a talk about her problems. ~~But~~ In present world it is too common issue. The child was abused by her relatives. Like that there might be many other issues which the child might hold with itself and don't open themselves to their parents.

Another important factor is such children lack attention. Some suffer ignorance from being loved. Therefore, if we put them on their shoulders, ask them for their welfare. It will be a medicine that can cure them. Definitely they will understand that we love them. This is indeed a therapy. Once they find you trust them they will show all the respect. Like we say, one good word is worth three.



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4. How was your experience as a teacher who worked for 20 years in the same school?

Most of all when I started as a teacher, I just found that duty to work in the same school when I have studied - I grew up in a dignified school in that school. I got married & settled in the place. After all I loved my school & it gave me an opportunity to work with the best who taught me. It was like a family that all teachers were working at that time. We tackled our problems with other who students' problems. We had a good rapport with all kind of other. We had a lot of respect and respect of that faculty. It was a lovely time!!

5. What do you think should be the changes in education?

Education does not revolve only around books, teachers and educational institutions. It is not about making engineers, doctors, etc. It is about knowing your locality, enjoying time & spending time with family eat good home-made foods. There are also a part of education because nowadays children do not eat home food made at their homes. They do not understand that they are fresh and do not contain adulteration. Children are running behind fast foods which shall lead to a unhealthy lifestyle causing serious illness. They do not maintain a communication with their neighbours. It is very important to know everyone living in our locality. Only then a feeling of oneness can be developed during a vocational education. I find that students eat more no of exams which are inversely proportional to the chapters properly taught in schools. Every parent is trying to compete their children with others to be the top. Everyone cannot create entrance or beat the entrance pattern. But still encourage in their studies. As teachers should motivate them and every child will be in great future. All we have to do is respect them and love them.



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INTERVIEW



Name : Honeyamol P Thomas

Surname : Kappalumalekal

Educational qualification : BA. B.Ed.

Date of commencement of service : 01-6-1999

Retirement date : 31-3-2022

Name of schools worked before :

St Pauls LPS, Mundakayam

St Philomena's HSS, Uppukara

Padhina HS, Mannala

St George LPS Cheerakkulam

St Marys HSS Kandyapally.

Honeyamol is a teacher who is much more enlightened and committed. She is a progressive woman who has adopted a new



J. Ben
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What do you most like about teaching?
 My students gave me a lot of joy in my family. I like being intellectually challenged by asking questions and making people think in love with the interactions that take place and I was much more invested in the process to inspire them indeed.

Can you share an incident which is in your memory?

I have a lot of inspiring and motivating stories to share. But then the incident that I get to remember is a case of 2 of my students had an accidental death. It was a really shocking incident for me as my colleagues.

Would you comment on the reason why the value of education in Kerala has been declining?

The main reason is the all round decline till 8th standard. The value of papers is mostly not done appropriately by many teachers. Teachers have to be more vigilant and informed while they mark the answer sheets. Giving more importance to quality education is a must. Knowledge should be shared inspite of all the difficulties.



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Even after your diagnosis, did you find that students' support with you changed as your condition became known?

Well as far as my relationship with my students goes, my career can be really divided into two sections. First there was the pre-illness period, in which I had a good sense of humor and good rapport with my students. I prepared them well and thorough. This phase ended as the illness progressed. It change overtook me as I realized that there would be an abrupt pause to my career. I tried to make each class healthy and interactive. My students offered a tremendous support. They offered a lot of understanding, love, support and humanity. With all the support, I recovered from my diagnosis and still taught with almost confidence.

What has retirement enabled you to do?

It's just been a few months that I am being retired. But still it makes a lot of difference. I don't wanna sit idle at any point of time. I am into fish farming and vegetable gardening. I also get to spend more time with my family and friends. I am reading a lot more than before and contributing more thoughts to the society.



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6. Is there any change in the teacher-student relation than before? Teachers are much more with students than before. The connection has more become than old times. The really good thing is to get to have healthy communication with

From your extravagant experience in teaching career, can you give few ideas to the student teachers who are the knowledge providers?

I would definitely say it takes years to learn to be a teacher. To copy any other teachers, learn to be yourself in the classroom. The most skill to master is classroom management because without order, learning can't take place. Give yourself time and go for what you want. It's worth being a

This teacher reminds me a vibrant woman, bursting with lots of possibilities and vision. She is anything forgettable. She obviously loved teaching and made an everlasting impression of values and culture.



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2021 - ലെ കലയാഘോഷ ദിനത്തോടനുബന്ധിച്ച്

B.Ed. വിദ്യാർത്ഥികൾക്കു കരുക്കുന്ന
സ്നേഹദർശനം

B.Ed. 2020-22 Batch




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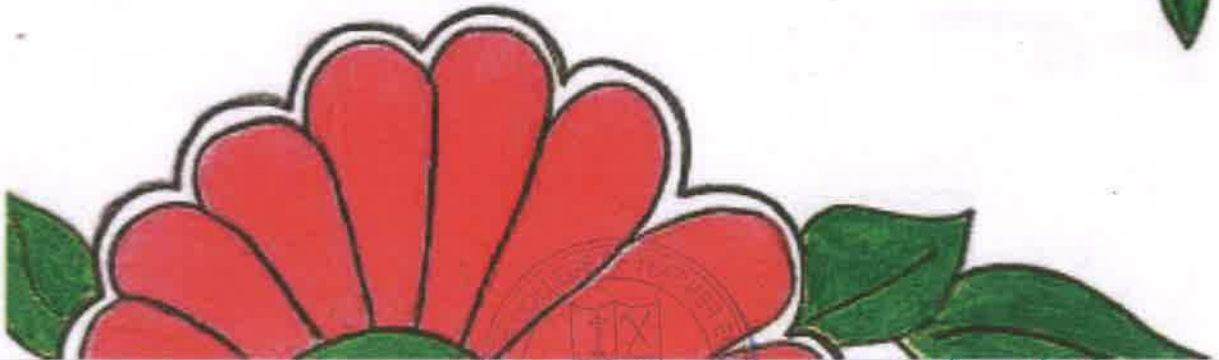
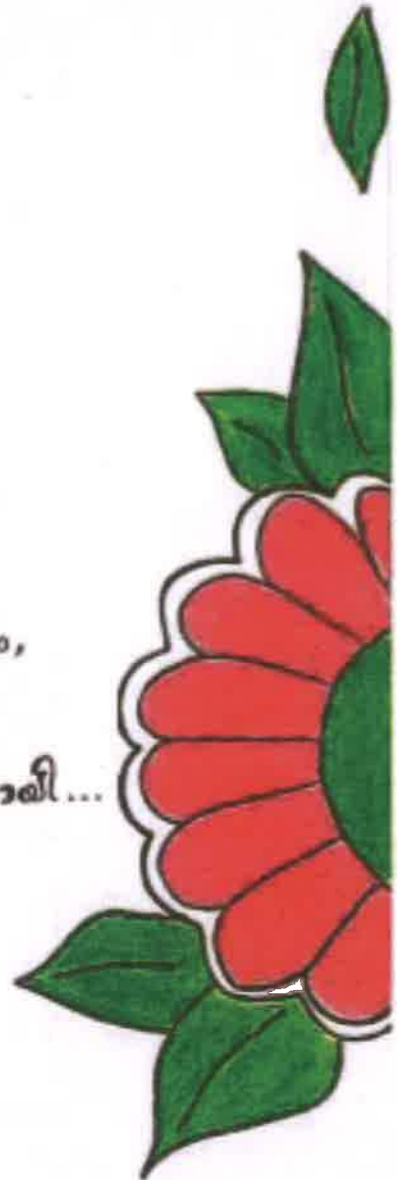
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സ്മരപണം

കോവിഡ് കാലഘട്ടത്തിലും
അവ്യാപനത്തിലൂടെ സ്നേഹവും, അറിവും,
കരുതലും വിദ്യാർത്ഥി സമൂഹത്തിന്
പകർന്നുതന്ന എല്ലാ ഗുരുരശ്മിമാർക്കുമായി...



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ആശംസ



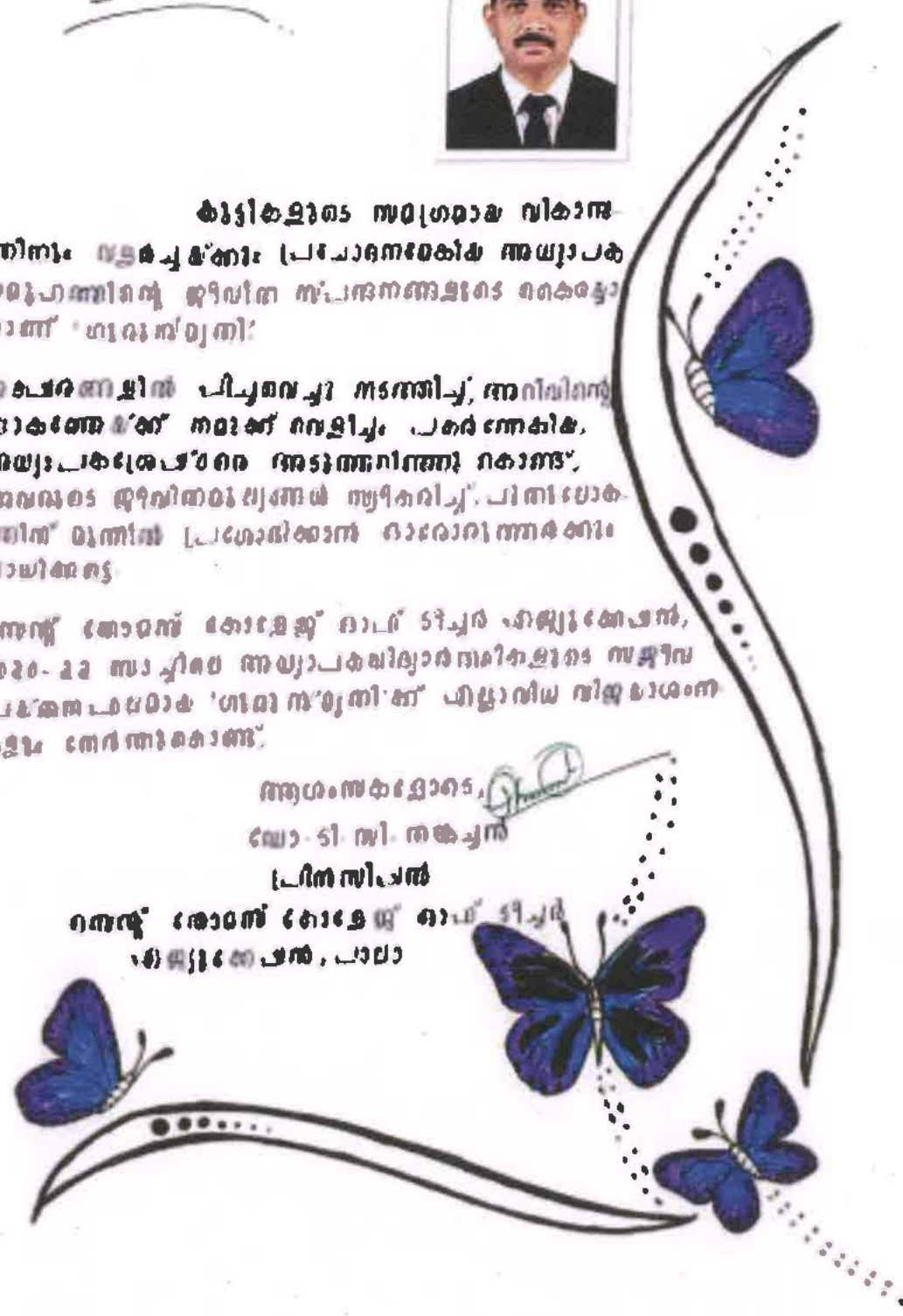
കുട്ടികളുടെ സമഗ്രമായ വികാസത്തിനും വളർച്ചയ്ക്കും പ്രചോദനശക്തിയേറിയ സാധ്യതകൾ സമൂഹത്തിന്റെ ജീവിത സ്വഭാവങ്ങളിലൂടെ നേകപ്പെടാൻ 'ഗുരുന്ദിനി'.

അക്ഷരങ്ങളിൽ പിശുരവച്ചു നടത്തിച്ചു, അറിവിന്റെ ശോകത്തോടുകൂടി നമുക്ക് നമുക്കു പകർന്നുകൊടുക്കുന്ന സാധ്യതകളോടുകൂടി അടുത്തുനിന്നു നമുക്ക്, അവരുടെ ജീവിതരംഗങ്ങൾ സൃഷ്ടിച്ചു, പിന്നിലോകത്തിൽ ഉന്നിത പ്രശോധിക്കാൻ ദാരോദിനങ്ങളുടെ സാധ്യതയെ.

നമ്മുടെ തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ, 2020-22 സാമൂഹിക സാധ്യതകളെക്കുറിച്ചുള്ള സമഗ്ര പ്രകാശനപദ്ധതി 'ഗുരുന്ദിനി'ക്ക് വിജ്ഞാപനം അയക്കുന്നു.

ആശംസകളോടെ,
ഡോ. ടി. സി. നമുക്കു
പ്രിയപ്പെട്ടവർ

നമ്മുടെ തോമസ് കോളേജ് ഓഫ് ടീച്ചർ എഡ്യൂക്കേഷൻ, പാലാ



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ആശംസ



വാക്യങ്ങളും എഴുത്തും,
 സ്വപ്നം കാണാനും, ഉപദേശം
 കീഴടക്കാനും, സുഹൃത്തുക്കൾ,
 കൂട്ടികാകും മേൽ നിന്ന അധ്യാപകരിലേക്ക്
 ഒരു എത്തി നോട്ടം - 'ഗുരുസ്മൃതി'!

അനിമിതൻ അനന്ത വിപാകസ്സിലേക്ക്
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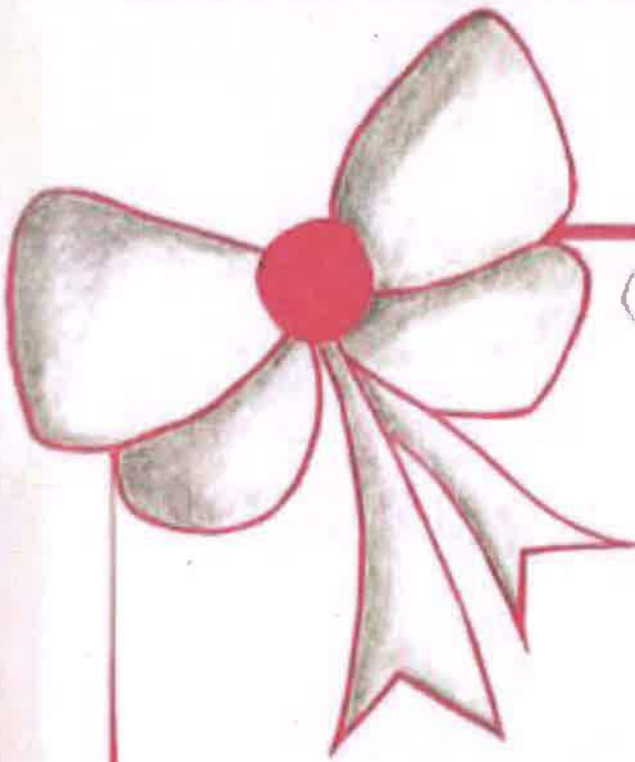
'ഗുരുസ്മൃതി'കൾ പൂർണ്ണമാക്കുന്നതിന്
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 സെന്റ് തോമസ് കോളേജ്
 പാലാ 591001



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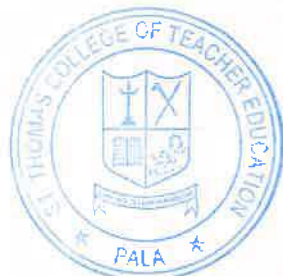
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ജ്ഞി

അയ്യപ്പൻമാരുടെ മനോഹരമായ, അതിൽ കൂടെ, കർമ്മം, ദ്വി
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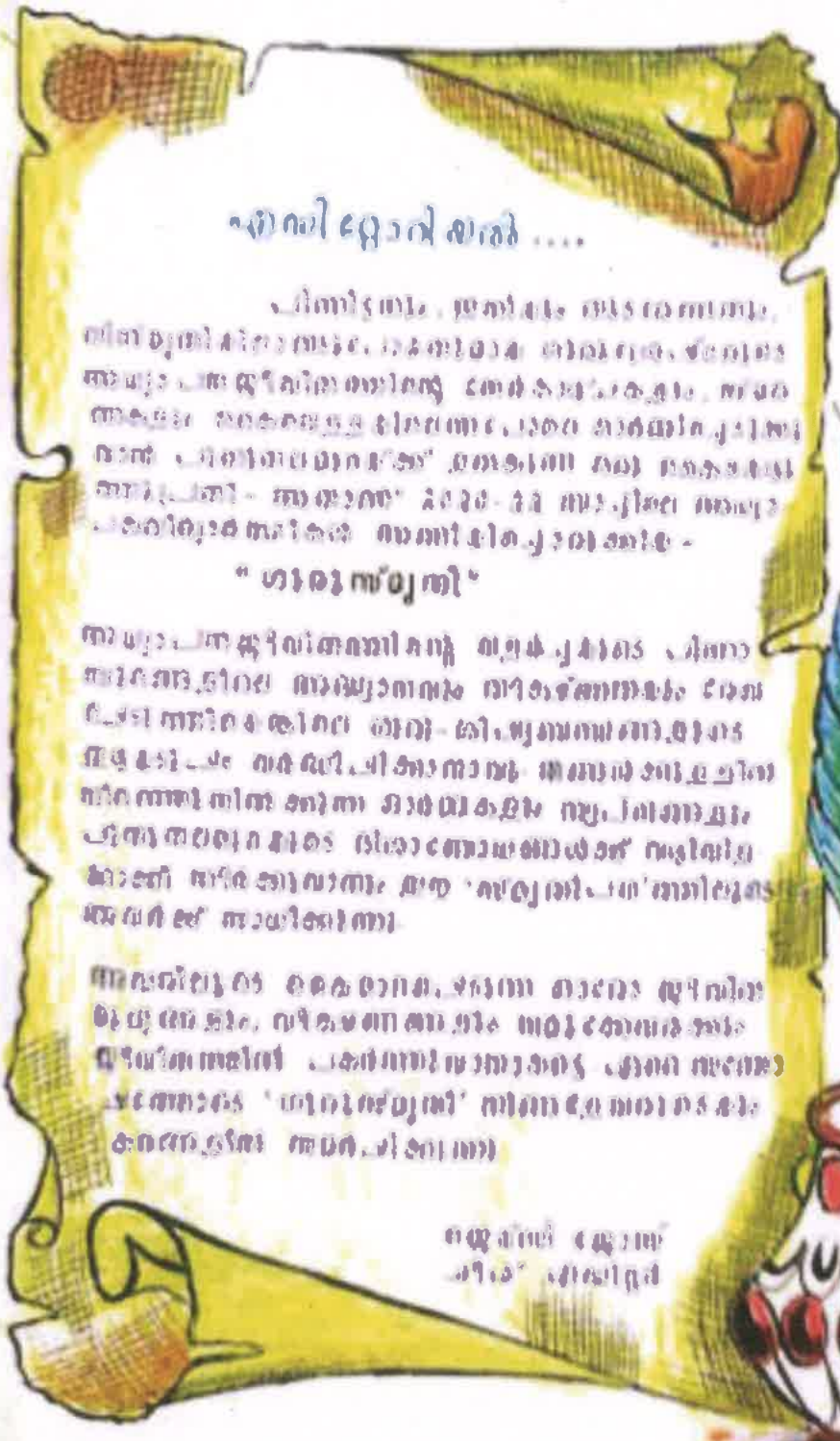
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എന്റെ ഏറ്റവും മികച്ച ...

പ്രതിഭയുള്ളവരും, പലപ്പോഴും പലപ്പോഴും, പലപ്പോഴും
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" ഗുരുനാമം "

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എഡിറ്റോറിയൽ ബോർഡ്

ഡോ അലക്സ് ജോർജ്ജ്
സോജോ ജോൺ
ജെ.കെ.എസ് മാത്യു
പാർവ്വത്യമ്മ സി
സി. റോസ്ലേനി ചെറിയാൻ
സെന്റി ജോൺ
ജെ.കെ.എസ്
സ്നേഹ ജയകുമാർ
മണ്ണൂരി ടോം

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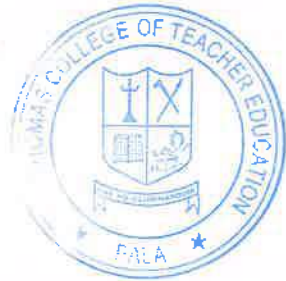
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BIO DATA

Name : Jessykutty Thomas

Address : Panamkattu(H)
Karimkumam

Education
Qualification : TTC, B.A. Economics

Subject : Economics

CAREER CHRONOLOGY

Started : 1987

Retired : 2020

Designation
on
Retirement : Headmistress,
St. Mary's UPS,
Nediasala



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INTERVIEW


1. How many years did you work as a teacher and in which all institutions?

> I joined St. Joseph's School, Kochera on leave vacancy in 1987. During my career spanning 33 years from 1987-2020, I worked in a number of schools under Kanjirapally diocese and Kothamangalam diocese. Starting with St. Joseph's Kochera, I moved on to St. George High School, Parakkode, St. Theresa's School, Madakarai, 18 years in Little Flower School, Nedingad and finally retired as headmistress from St. Mary's UPS, Nedissala.

2. Why did you choose teaching as your career? Has there been an inspiration behind your choice?

> We are a family of teachers with most of my family employed in the teaching profession, starting with my father. But, in addition to that I have always found teaching to be a profession that has a level of satisfaction like no other. Being a teacher, I was able to maintain a good work-life balance. Being amidst children, especially little kids was a bonus.




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3. During your career has there been any student/ students who influenced you in any way?

> Frankly speaking, the one principle I followed throughout my career was to treat all my students without any bias, to be equally available to each one of them in their need. Having said that, I should say that I have had a very pleasant experience with almost every batch of students I taught. But one incident that particularly stands out for me is when a seventh grade student got suspended, he came to me before leaving to speak to me. I was so taken aback and happy at once because of his warm attitude towards me. Another very sweet memory is that of a first grader who came rushing to the staffroom during lunch break and kissed my cheek. During my career I have always been awed by these faces that brew innocence.

4. Mention the happiest day/moment in your career.

> There has been many such moments during my career. One is definitely when I got placed in the school I had been a student previously. It was a great feeling to work alongside my teachers and to get their care and affection once again. Also, taking my students to competitions and seeing them win prizes also gave me great joy. To conclude, I would like to mention one of the biggest feats in my career. In my years as the headmistress of St. Mary's UPS, Nellasala, I was able to make the school economically



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from being an uneconomic school with just 81 students.

5. How do you feel now? Do you miss being a working woman or have you moved on in life?

> I have moved on, definitely I have. There is so much work in a house. Apart from the household chores, I have a garden to look after. But, it would not be fair to say I don't miss being a working woman. But, seeing the shift to the online mode of education, I must say, I am happy I got retired before that as I cannot imagine teaching a class without live students.

6. What advice would you like to give to aspiring teachers?

> More than an advice, I would say this ought to be the underlying principle guiding the teaching profession - treating every student equally, without any prejudice. This does not mean neglecting individual differences. We should take this very seriously when this comes to primary school students. With respect to high school students, I would say teachers shall be ready to listen and provide solutions, if not, just listen and think what you could do to help them. Lastly, as teachers form a vital part of a child's formative years, we should try to impart some spiritual thoughts to them as and when we can to mould them into good human beings.

Chesha Jose



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ഗർഭം മുദ്രണം

മുദ്രണം ചെയ്ത തീയതി: 2019-20

2019-20




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INTRODUCTION

A teacher is a friend, philosopher and a guide who instills confidence in young minds and gives them a hope to dream. Teaching is truly a rewarding experience. Teaching has always been considered as the most sacred, noble and exciting profession.


I had an interview with a retired teacher of our area. His name is K.K. Lalitha and he had 28 years of service. The interview is as follows :-

INTERVIEW

Question : When did you enter into the government service and how many years of experience do you have ?

Answer : I have joined in 1977 at A.M.U.P.S., Pothad and my retirement was in the year 2006. I have 28 years of service and I retired as HM.




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Q: In the beginning, I received around 300 rupees. I don't remember the exact amount. But at the time of retirement, the scale of pay was 9590 - 240 - 10790 - 200 - 11910 - 340 - 13610 - 380 - 16650.

Q: What was the basic qualification one should have to become a teacher at that time?

A: Basic qualification was TTC. But I had BA, B.Ed at that time.

Q: What was the strength of each class?

A: Each class had about 40 students. If the number of students exceeds 45, then we used to have two divisions.

Q: How was the student-teacher relationship?

A: Unlike today, students had a distant relationship with the teacher. They always feared teachers. During those days, teachers were too adamant and always had a dictator kind of role in the classrooms. Only few teachers were exceptional.



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Q: Which type of approach do you find more effective? Student centered or teacher centered?

A: In my opinion, we should have a mixture of these two approaches. Teacher centered approach does not provide a platform for students to express their ideas, interests and opinions. They are inactive. But student centered approach, in my opinion has become a burden for children. They are doing a lot of activities nowadays and the workload has increased. Therefore, we should have a balance between these two approaches.

Q: Nowadays, according to the rule, students should not be punished in schools. What is your opinion regarding this?

A: According to me, students should be punished. But it should not be too harsh. It is a part of discipline. But nowadays, according to the rule, students should not be punished. Because of this reason, most of the students are not bothered about the reaction of something wrong. Because



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from using a card.
Question: Did teachers used to observe the familial and social backgrounds of children?

Answer: It depends upon the personal quality of the teacher. It varied from person to person. Only a few teachers were bothered about such things and according to their will they visited the houses of several students. Today, it has become a part of the curriculum and teachers are doing it for name sake in many cases without any interest.


Question: What about the examination and evaluation system?

Answer: We had half yearly, quarterly and annual exams. Grade system was not there. It came only after 2000. At the time of my retirement, grade system was introduced.

Question: Did your school had proper infrastructural facilities?

Answer: The condition of infrastructure was very poor. Our school did not even had proper toilet facilities. Girl students used to go to




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They faced a lot of troubles because of this reason. It results to unhygienic conditions. It was a very pathetic situation and it has continued for so many years.

Laboratory and library facility was there. But it was not at all used by the teachers properly. Teachers take laboratory classes once or twice in a year.

Question: Did the students had extra curricular activities?


Answer: We had "Sahityasamajam". It was an association where used to perform drama, painting, dance etc every month. It was very well organised. Unlike today, different clubs were not there. Clubs were formed during 2004 period. Arts day and Sports day was held every year.

Question: What about student welfare activities?

Answer: PTA was constituted every year. But during those days, PTA was not at all active. Meetings had very less attendance.

Question: Would you like to convey any message to




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... your vision of becoming a teacher?
Q. If you are able to become a good student
the school one student, it means you have
succeeded in your life. Be hundred percent
committed to your profession because this is
the most sacred profession one could ever
have.

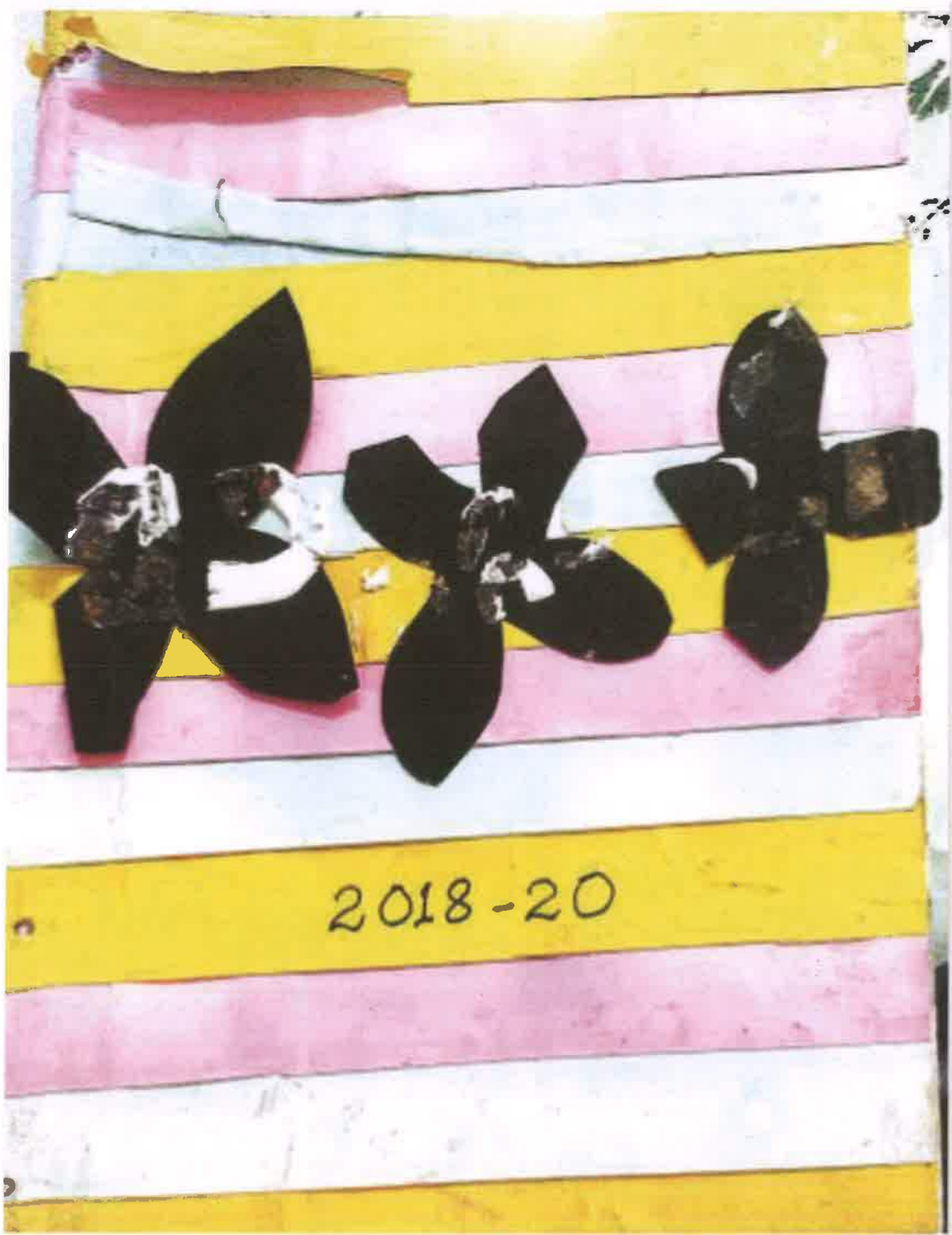
CONCLUSION

The interview has helped me to understand the
experiences of a teacher who worked for a long time.
It enabled me to travel through the positive, negative,
challenging experiences of a teacher. Moreover, this interview
has made me aware of the role of a teacher in a
student's life much more than before.

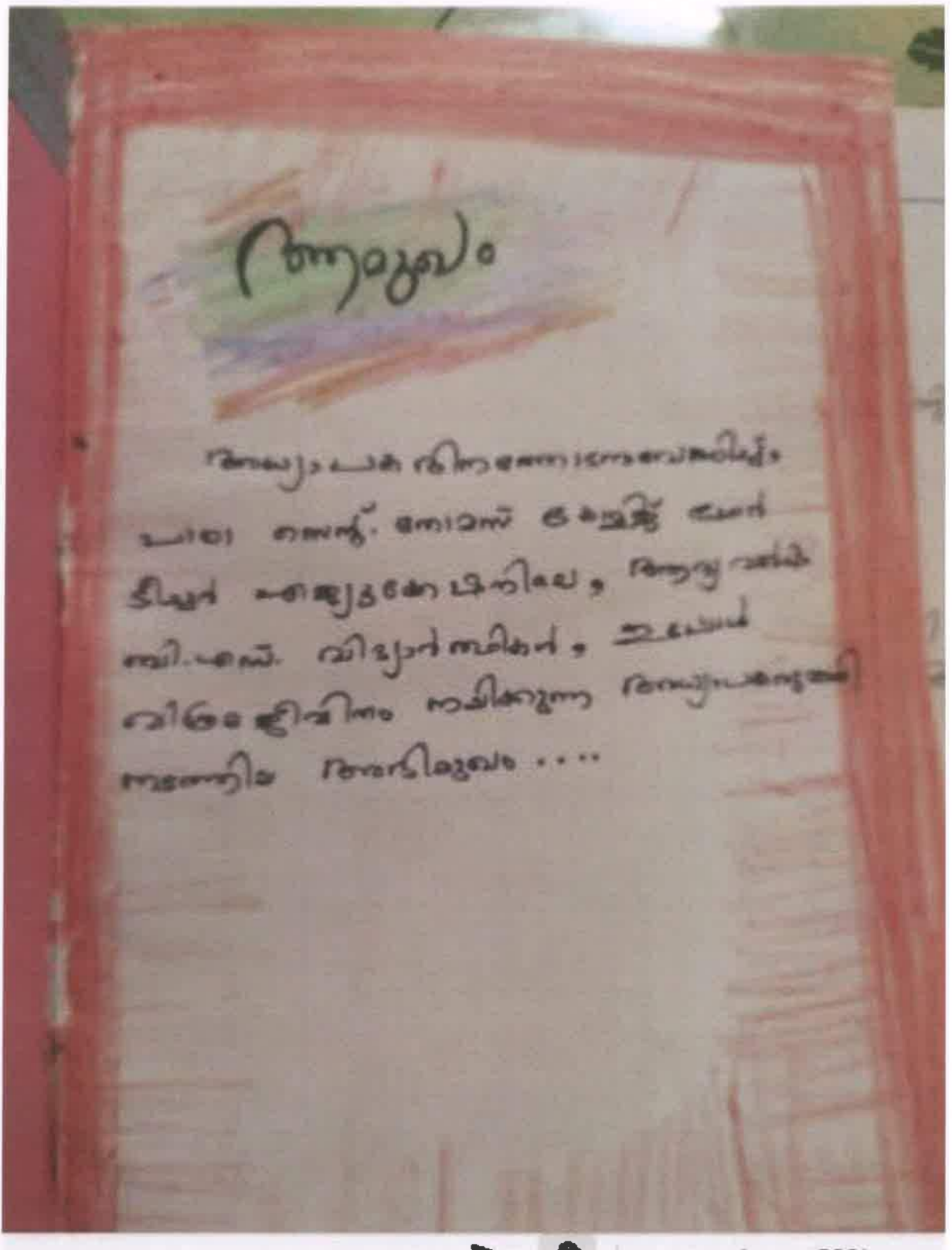
by - Mitha Ramesh -




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അദ്ധ്യക്ഷൻ

അദ്ധ്യക്ഷൻ ദിനാചാര്യന്മാരുടെ
പാലാ സെന്റ്. തോമസ് കോളേജ് യാർ
ട്രിപ്പിൾ ഹെൽത്ത് കേന്ദ്രം, അദ്ധ്യക്ഷൻ
സി.പി.സി. വിദ്യാർത്ഥികൾ, ഇപ്പോൾ
വിഭാഗങ്ങളിലും നവീകൃത അദ്ധ്യക്ഷൻ
നടത്തിയ അദ്ധ്യക്ഷൻ ...



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TEACHER INTERVIEW REPORT

INTERVIEWEES: M. Mubandhan Mathew, Head Head Master - A P E S Hajjakkal Pongod.

INTERVIEWED BY: Ajun K. Anil

This is a report of a study conducted in an form of an interview teacher is chosen from the locality.


Q) Sir, How do you judge the system provided during your service?

Students were given a poor motivation from the part of teachers but quality students were there and they attain good positions in society. There was a broad and vast curriculum based on a just vision to improve the student to become a better human being. Students were very much attracted to nature and natural resources. So students have first hand experiences over most of the subject. Time management is the biggest constraint. Teachers with too many responsibilities to manage their class appropriately. Year based system and good valuation system helped good quality among students. Challenges in teaching abstract concepts for students. Board and chalk are the only medium which help the teacher. Poor mastery by over English language makes institutions into difficulty.

Q) Sir, which are the areas that need an improvement?


The teacher profession was considered divine and even the doctor's word to respect the teachers. But gradual degradation and loss of respect led to poor standard and social. Low salaries made people stay away from teaching profession. School facilities like libraries were not sound during the old time only a few people can access the library and other facilities. But now the things have changed after the arrival of computer and internet students can access knowledge from every part of the world. During my service the availability of text and other study materials was a huge task and completely the burden of the school.




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Is that an idea / solution for teachers?
 Students to meet teachers that would help improve
 this thing to get across that ideal teacher must be with
 such a student to show that maximum utilization. Its impact P.
 education of today, teachers and students are used to improve
 current scenario. Give more emphasis to life skills to make
 our students well rounded individuals. Empower teachers as
 students through better teaching through giving them digital
 books as opposed to reduce dependence on lectures and
 methods and instead use more practical methods of teaching.
 Nowadays students are fearful about failures even small things
 affect one in the life students think about suicide this happens
 because of weak orientation and lack of family support. As
 a teacher/mentor teacher you must be very patient and
 to help the student tackle their difficulties in life as well
 and future. Today examinations means a mere assessment mode
 check student memory, assessment for learning and assess for
 knowledge through practicality.




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INTERVIEW

PROFILE

Name: *Thomma Jose*

Age: *55 years*

Address: *Palakkal (H), Thommankuth P.O,
Thodupuzha, Idukki.*

Educational qualification: *B.A (Eng Lit), B-Ed*

Sec: *Sacred Heart G.N.S.S, Muthalakodam.*

2nd Degree: *Newman College, Thodupuzha*

B.Ed: *H.D. Patel B-Ed College, Gujarat.*

Class taught: *Lower primary and Upper primary*

Schools taught: *St. George UP School, Kallanickal*

St. Xavier's HSS, Chommanar

St. George's HS, Parathodi

St. Josephs LP School, Thommankuth

Teaching experience: *28 years*

Why did you choose teaching as a profession?

I found teaching to be one of the noblest professions as teachers have a very important role in shaping and giving direction to a child's life. Unlike other professions, teaching gives a kind of satisfaction, which is why



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What was your salary when you first joined as a teacher?

I first joined St. George's in Othman, Kollam for a salary of Rs 1000, which was 40 rupees in those times.

What do you think is the role of a teacher in society?

A teacher has a very influential role in society as people respect teachers a lot and thus we, as teachers have power to bring about a positive change in society and the life of our students. As teachers, it is our responsibility to teach them values apart from academics. Teachers mould students and make them responsible citizens. The contribution of a teacher to the society is really great.

How was your experience in teaching different types of students over the span of your teaching career?

As a teacher, I feel I have been able to do justice to the profession even though I was strict with my students, I was also patient and understanding with them. There were difficult situations and difficult students to deal with but patience and persistence was what helped me through.

Please recount one unforgettable experience in your




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I once had a student, who had recently lost her mother. She was not very bright in studies and her mother's loss led her to depression. I often used to speak to her privately and tried to help her overcome her grief and depression. Once, when she won a prize for a competition, I congratulated her, patted her back and hugged her. Later, she told me that my presence made her feel loved and cared for, just like her mother. From that day onwards, she began to work hard and became one of the toppers in class. Today, she is a very successful engineer. The experience was really touching for me and changed my whole perception about my role of a teacher.

What do you think, are the main differences between the older generation and the new generation of students?

A: I feel that students of the older generation were more respectful and gave more importance to values, in comparison to the students of this generation. There was more cooperation among students and teachers. As for the new generation, the internet serves as a storehouse of information but for the older generation, books were the only source, in addition to classroom.





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What advice would you like to give to the present generation of teachers?

I would recommend the present generation of teachers to be patient while dealing with students. They must be loving, affectionate and encouraging. It is the duty of the teachers to teach them moral values and teach them to respect others.

Thank you so much for your valuable time.




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