

REPORT ON EACH CAPACITY BUILDING AND SKILL ENHANCEMENT INITIATIVE

1. CAREER AND PERSONAL COUNSELLING

a.Career Counselling

The Placement Cell at Jesus Training College, Mala plays an integral role in providing career support to students through Career Awareness Programs.

Career Awareness Programs: The college has hosted multiple career awareness workshops and guidance programs, led by experienced professionals and alumni. These programs have equipped students with vital career insights, interview skills, and resume-building techniques.

In the **2023-2024 academic year**, a career guidance program was handled by Fr.Rapai P C, faculty JTC, Mala on January 5 th 2024 and Dr.Sr. Catherine CMC ,Principal, Carmel College, Mala,one of the alumni of the institution on March 9 th 2024.



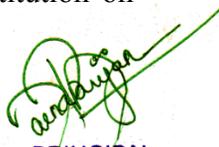
Guidance program was handled by
Fr.Rapai P C



Guidance program was handled by Dr.Sr.
Catherine CMC

In the **2022-2023 academic year**, a career guidance program was handled by Mr. Raphi K.L,HSA,St.Sebastian's HSS,Kuttikad, one of the Alumni of the institution on January 7 th 2023 and Fr. Binu CMI- Principal St. Xaviers CMI School, one of the alumni of the institution on March 11th 2023.




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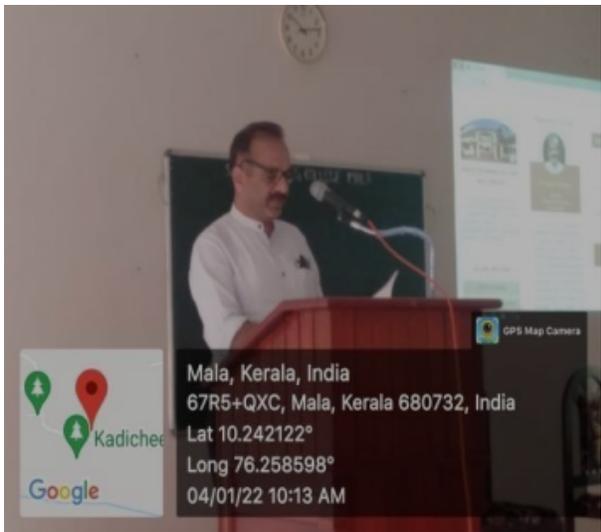


Guidance program was handled by Mr. Raphi K.L



Guidance program was handled by Fr. Binu CMI

In the **2021-2022 academic year**, a career guidance program was handled by Dr.Stany Thomas,P.S.C Member on January 4th 2022 on the topic Leadership-Role of the Teacher and Mr. Saiju, Teacher,Christ Raj H.S,Thannipuzha,Aluva, one of the alumni of the institution on November 18th 2021.



Guidance program was handled by Dr.Stany Thomas



Guidance program was handled by Mr. Saiju

In the **2020-2021 academic year**, a career guidance program was handled by a career guidance program led by by Fr.Sebastian P.L, Principal,JTC,Mala on February 3 rd 2021 and by Fr.Shaju Edamana CMI, Principal,Devamatha Public School,Thrissur, one of the alumni of the institution, on March 14th , the Alumni day.



Sebastian P.L
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Guidance program was handled by Fr.Shaju Edamana CMI

In the **2019-2020 academic year**, a career guidance program was handled by a career guidance program led by the Placement officer Mr.Sureshkumar P.K on 16th July 2019 and by Fr.George Palamattom-Former Principal, JTC, Mala in online platform.



Guidance program was handled by Mr. Sureshkumar P.K

These initiatives have been instrumental in preparing students for their career paths by providing them with the necessary skills and confidence to pursue their chosen professions effectively.




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b. Personal Counselling

The counselling centre at Jesus Training College, Mala, provides comprehensive counselling services not only to its B.Ed. students but also to the students of St. Antony's HSS, Mala, as well as to those from the wider community who seek support. This collaboration, built on the shared patronage of both institutions, strengthens the ability to address a wide range of student needs.



Counselling session conducted by Sheena Bhaskar



Counselling session conducted by Fr. Rappai P.C.

Key Components:

- **Shared Patronage:** The counselling centre and St. Antony's HSS operate under the same patronage, which promotes a unified and coordinated approach in addressing the needs of students. This shared foundation fosters a strong sense of community, trust, and mutual understanding.
- **Skill and Resource Sharing:** This partnership facilitates the exchange of expertise and resources between the counselling centre and the school, benefiting both students and external individuals seeking guidance.

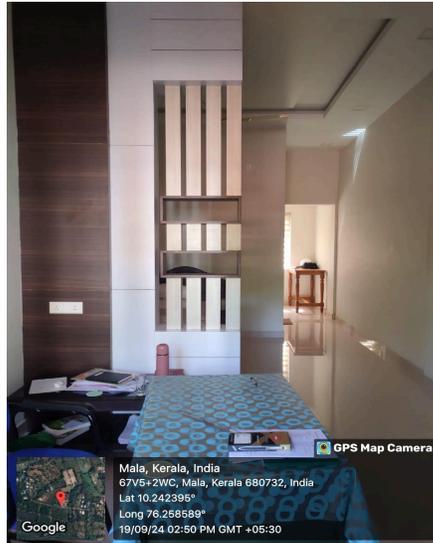
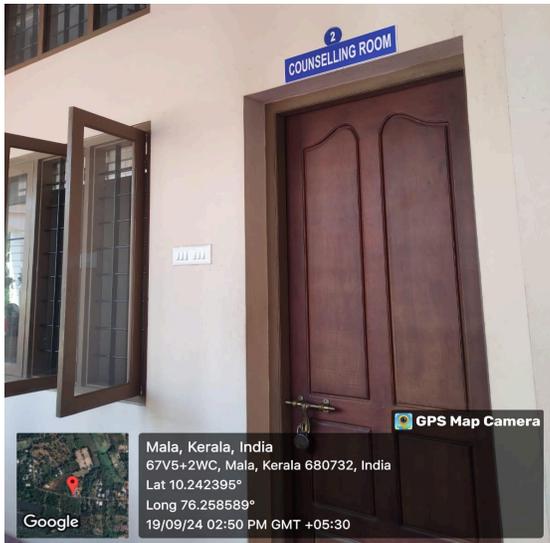
Key elements include:

- **Educational Resources:** The sharing of teaching materials, research findings, and best practices to enhance learning and personal development.
- **Expertise:** Access to the specialised knowledge of trained counsellors, which is integrated into both institutional programs and individual support sessions for students and outsiders alike.




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- **Frequent Interaction:** The counselling centre actively engages with students at various stages, offering:
 - **Criticism and Demonstration:** Feedback and guidance during school-based activities and teaching demonstrations.
 - **Initiatory School Experience:** Support for students transitioning into school environments, ensuring smoother adjustments.
 - **Practice Teaching Days:** Regular interactions during practice teaching sessions to help B.Ed. students apply their learning in real-world scenarios.



The counselling services provided aim to foster personal growth, improve academic performance, and equip students with the skills needed to thrive both personally and professionally.



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2. SKILL ENHANCEMENT IN ACADEMIC, TECHNICAL AND ORGANISATIONAL ASPECTS

Academic Year 2020 - 21

ORIENTATION ON CLASSROOM MANAGEMENT

19/11/2020– 20/11/2020



JESUS TRAINING COLLEGE, MALA

ORIENTATION ON CLASS ROOM MANGEMENT

AREAS ON FOCUS

- ✓ CLASSROOM MANAGEMENT
- ✓ RESPECTING INDIVIDUAL DIFFERENCE
- ✓ INDIVIDUAL ATTENTION
- ✓ TIME MANAGEMENT

RESOURCE PERSON
Mr. ALIAR IBRAHIM

TIME: 9.30 TO 3.30.
DATE: 19/11/20 TO 20/11/2020

The graphic also features a circular inset photograph showing a male teacher in a purple shirt leaning over a desk, interacting with a group of students who are looking at a laptop screen.

Jesus Training College, Mala, organised a two-day orientation on "Classroom Management" from November 19 to 20, 2020, led by Mr. Aliar Ibrahim, a distinguished expert in the field. The program focused on key areas such as classroom management, time management, individual attention, and respecting individual differences, all crucial for fostering a positive learning environment. These topics were designed to help educators maintain an engaging classroom setting while recognizing and accommodating the diverse needs of their students. By addressing these core elements, the program aimed to equip teachers with the skills necessary to handle the complexities of modern-day classrooms.

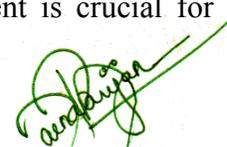
Participants benefited greatly from Mr. Ibrahim's practical insights and interactive sessions, which effectively combined theoretical knowledge with real-world application. The orientation equipped educators with practical tools and techniques to enhance classroom dynamics and promote inclusivity, contributing significantly to their professional development. Ultimately, the program helped create a more productive and supportive learning atmosphere for students and teachers alike.

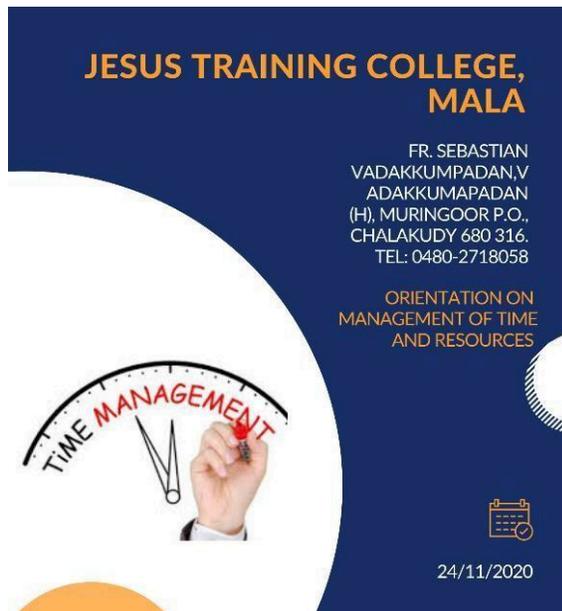
MANAGEMENT OF TIME AND RESOURCES

24/11/2020

Time management is the process of organising and planning how to allocate time effectively among various tasks. When done correctly, it allows individuals to work smarter rather than harder, enabling them to achieve more in less time, even when facing tight deadlines and high pressure. In the teaching profession, mastering time and resource management is crucial for working efficiently and maintaining a balanced approach to responsibilities.




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Recognizing its importance, Jesus Training College, Mala, organised a workshop on the subject to equip educators with essential skills. The workshop, led by Fr. Sebastian Vadakkumpadan, emphasised the significance of effective time management in the teaching profession. By implementing these strategies, educators can handle their workloads more efficiently, ensuring that they meet their professional goals while maintaining a positive work-life balance. This session was a valuable opportunity for educators to learn practical methods for optimising their time and resources in both academic and administrative tasks.

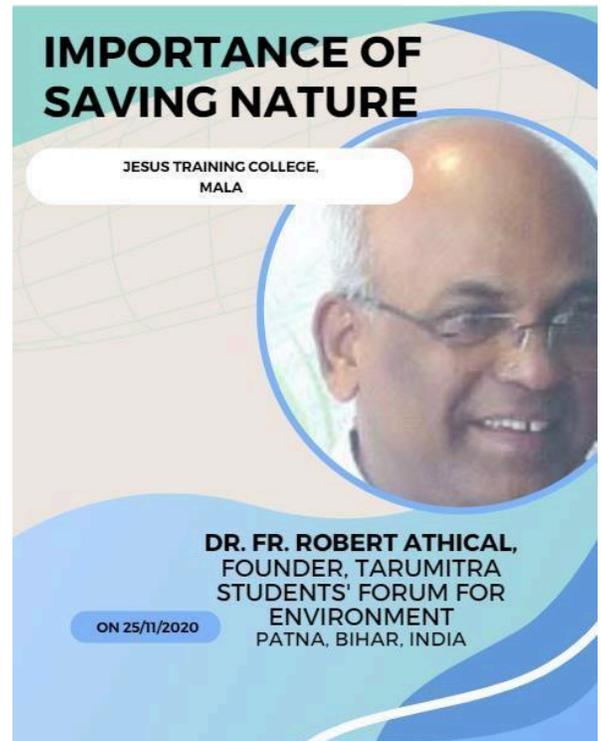
IMPORTANCE OF SAVING NATURE

25/11/2020

The wellness of nature is far more important than the wellness of humans. It underpins our economy, our society, indeed our very existence. Our forests, rivers, oceans and soils provide us with the food we eat, the air we breathe, the water we irrigate our crops with. We also rely on them for numerous other goods and services we depend on for our health, happiness and prosperity. The talk was organised to provide the students a serious outlook on environment conservation. The resource person was a true naturalist and his thought-provoking words inspired all.



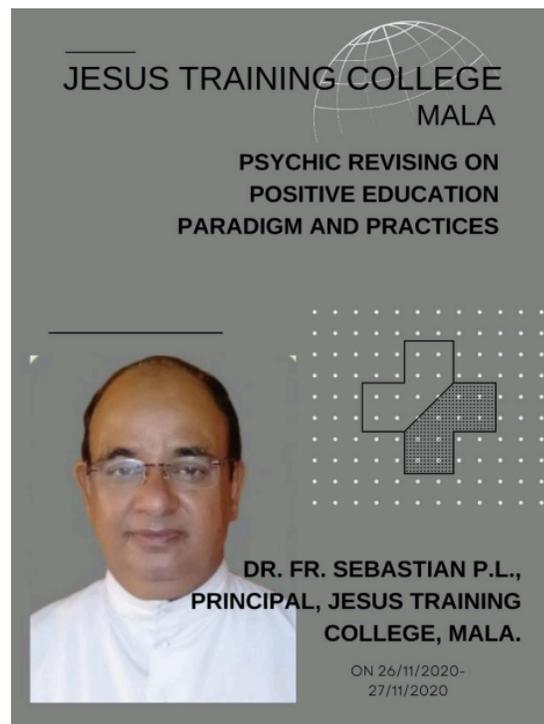
ambujam
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PSYCHIC REVIVING ON POSITIVE EDUCATION: PARADIGM AND PRACTISES

26/11/2020- 27/11/2020

A two-day orientation program on the theme "Psychic Revising on Positive Education: Paradigm and Practices" was conducted at Jesus Training College, Mala. This event focused on understanding the psychological underpinnings of positive education, which emphasises fostering students' well-being along with academic learning. The orientation aimed to provide insights into creating an educational environment that promotes positive mindsets, resilience, and holistic development in students. Dr. Fr. Sebastian P.L., Principal of Jesus Training College, Mala, served as the resource person for the program. With his vast experience in education and leadership, Dr. Fr. Sebastian guided participants through various paradigms and practical approaches to integrating positive education in classrooms. His in-depth knowledge and practical examples offered valuable perspectives to educators, empowering them to cultivate a more nurturing and supportive atmosphere in their schools.



ORIENTATION ON POST COVID STRESS

29/05/2021

Jesus Training College , Mala
Thrissur

A Webinar On
Covid-19 & Black Fungus
Stay Informed! Stay Safe!

29/05/2021
PROGRAMME SCHEDULE

2.00 pm TO 2.45 pm
Post Covid Stress - Dr. V.J. SEBASTIAN

3.00 pm TO 4.00 pm
Covid 19 and Black Fungus- Outcome and Remedies- Dr. MATHEW PHILIP

DR. MATHEW PHILIP
MD, DNB(Med), DM, DNB(GE)
HOD of Gastroenterology,
Lisie Hospital, Ernakulam.
President SGEI

DR. V. J. SEBASTIAN
FRCS, (Ed), DRCOG, UK
Surgeon, Fathima Matha Mission
Hospital, Kalpetta



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A webinar on post-COVID stress was organised on May 29, 2021, by Jesus Training College, Mala, Thrissur. This session focused on addressing the psychological and emotional challenges faced by individuals recovering from the pandemic. The discussion provided valuable insights into managing anxiety, stress, and the long-term effects of COVID-19 on mental health. The program was highly relevant as it came during a period when many were grappling with the aftermath of the pandemic, making it a timely and impactful session. The resource person for the talk was Dr. V.J. Sebastian, FRCS (Ed), DRCOG, UK, a surgeon at Fathima Matha Mission Hospital, Kalpetta. With his vast experience in healthcare, Dr. Sebastian offered practical advice on dealing with post-COVID stress, shedding light on both physical and psychological aspects.

COVID 19 AND BLACK FUNGUS: OUTCOME AND REMEDIES

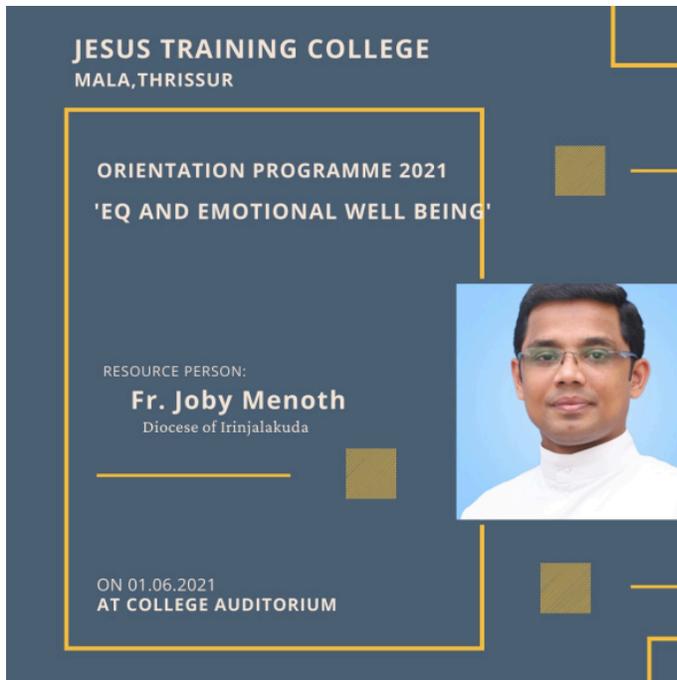
29/05/2021

The session was handled by Dr. Mathew Philip, HOD of Gastroenterology, Lisie Ernakulam. The black fungus being a new threat to humanity, the knowledge was essential for surviving without infecting. The session contributed a lot to the knowledge system of students.

Academic Year 2021 - 22

AN ORIENTATION PROGRAMME ON EQ AND MENTAL WELLBEING

01/06/2021



The orientation programme on "EQ and Emotional Well Being" held at Jesus Training College, Mala, Thrissur, was a timely and much-needed initiative, especially in the aftermath of the COVID-19 pandemic. The entire community was grappling with stress, anxiety, and emotional challenges stemming from the pandemic's effects. This session aimed to address these concerns and provide emotional support. The talk resonated deeply with the participants, offering both solace and practical insights into managing emotional well-being during these difficult times.

Fr. Joby Menoth, the resource person for the session, is a priest from the Diocese of Irinjalakuda. He approached the topic with grace and understanding, delivering the session in a way that was both engaging and supportive. His expertise and compassionate demeanour made the session not only informative but also emotionally uplifting, helping participants reconnect with their inner resilience and navigate their post-pandemic emotional struggles.

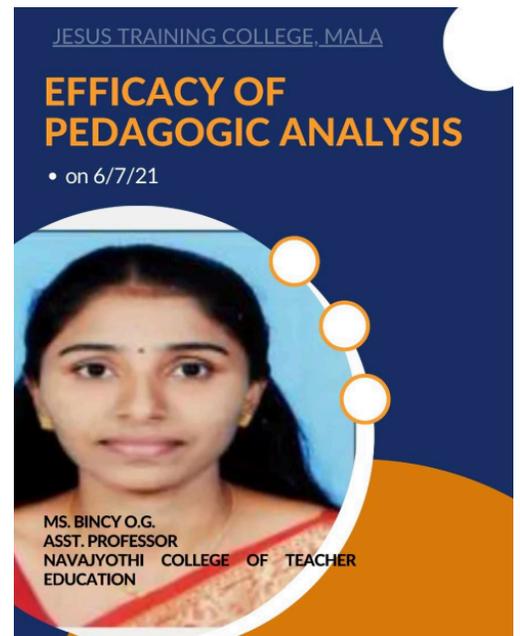



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EFFICACY OF PEDAGOGIC ANALYSIS

6/7/2021

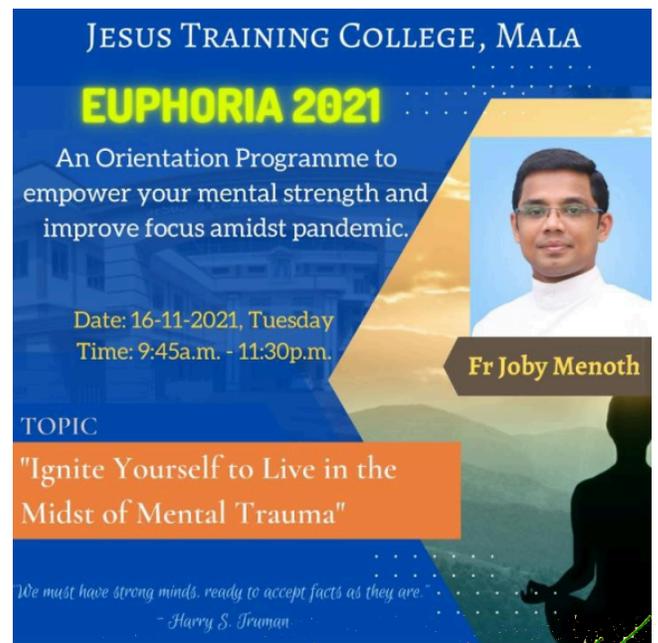
A class on "Efficacy of Pedagogic Analysis" was held on 6th July 2021 at Jesus Training College, Mala. The resource person for the session was Ms. Bincy O.G., an esteemed Assistant Professor from Navajyothi College of Teacher Education, Olarikkara. As an experienced educator, Ms. Bincy shared valuable insights into the importance of pedagogic analysis in teaching and curriculum development, making the session both informative and practical for all participants. Ms. Bincy's expertise and clear presentation provided a comprehensive understanding of how teachers can apply these techniques in their daily instructional practices. This knowledge proved to be highly beneficial for the attendees, equipping them with the tools to improve their approach to curriculum delivery.

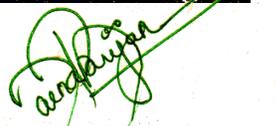


IGNITE YOURSELF TO LIVE IN THE MIDST OF MENTAL TRAUMA

16/11/2021

Emotional and psychological trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world. Psychological trauma can leave you struggling with upsetting emotions, memories, and anxiety that won't go away. It can also leave you feeling numb, disconnected, and unable to trust other people. All these issues are found to be relevant in this scenario. The institution organised a talk on Ignite yourself to live in the midst of mental trauma by Fr. Joby Menoth. Psychological trauma can leave you struggling with upsetting emotions, memories, and anxiety that won't go away. It can also leave you feeling numb, disconnected, and unable to trust other people. All these issues are found to be relevant in this scenario, especially in the post-pandemic context.




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DRUG ADDICTION: OUR ROLE

16/11/2021

Jesus Training College, Mala
EUPHORIA 2021
Drug Addiction- Our Role
An Orientation Programme to enlighten you on the Role of a Teacher to build a Drug Free Society.

16 Nov
TUESDAY
1:30 PM

Resource Person
Dr George Leons
Medical Officer, Sanjo Sadan IRCA, Anandapuram

"Addiction is a Family disease...
One person may use but the whole family suffers."
~Shelly Lewis

Teachers should understand the various activities of drug prevention in their classrooms. They examine the instructional materials that they use in the classroom for drug abuse prevention. They include examples of the destructive effect of drug abuse during their classroom lessons. The programme by medical officer, Anandapuram, Dr. George Leon smashed the light of awareness to the students about what they can do as teachers.

ILLUME-2021- HOW TO BECOME A GREAT TEACHER?

17/11/2021

Mr. Binu Kaliyadan, HR Director, Training Hub., shared some tips to become a great teacher. Teaching is one of the most important professions in today's society. As a teacher, you will shape the minds of others and encourage them to think independently. To become a good teacher, it's important to be organised. Create lesson plans, objectives, activities, and assessment plans well before each class day. Get your students interested in learning by fostering a positive, supportive, yet challenging classroom environment. Seek out other teachers for assistance, too.

Orientation Programme
17/11/2021

Illume 2021
How to Become a Great Teacher?

Resource person
• Mr. Binu Kaliyadan, HR Director, Training Hub.

17/11/2021

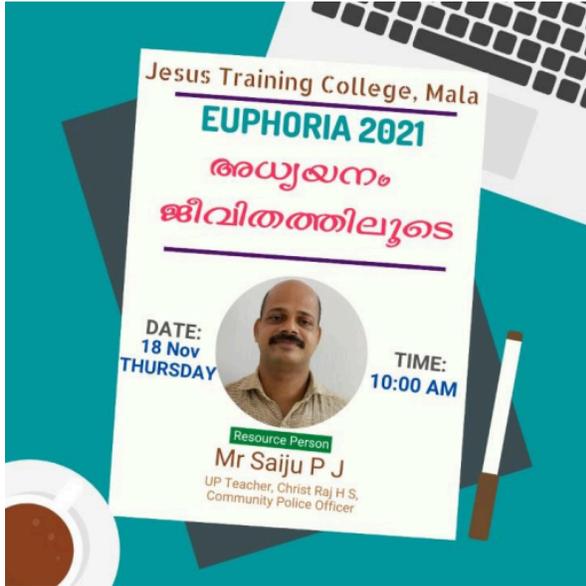
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ADHYAYANAM JEEVITHATHILLODE

18/11/2021



Mr. Saiju P.J., an experienced school teacher at Christ Raj School, captivated his students with rich stories drawn from his years of teaching in Up Schools. His engaging narratives not only shared valuable life lessons but also infused the classroom with a sense of inspiration and growth. Each tale resonated deeply, offering new morals and insights that enriched the students' understanding of the world, making the class a truly transformative experience for all involved.

LEADERSHIP ROLE OF THE TEACHER: QUALITY LEVEL AND EXCELLENCE RANGE

4/1/2022



JESUS TRAINING COLLEGE
MALA, THRISSUR

We cordially invite you for a talk on the most relevant theme, "LEADERSHIP ROLE OF THE TEACHER: QUALITY LEVEL & EXCELLENCE RANGE" at the college auditorium on 04/01/2022.

ALL ARE WELCOME

DATE: 04/01/2022

VENUE: COLLEGE AUDITORIUM

TIME: 9.30 A.M.

Resource Person



Dr. sianiy Thomas
Member
Kerala Public Service
Commision

He is the former Head of the Department of Political Science, St. Thomas College, Pala. He holds his doctorate degree in Political Science from Mahatma Gandhi University, Kottayam. He has a total of 27 years' teaching experience. Since 2008, he has supervised eight Ph.D. theses and currently five scholars are pursuing Ph.D. under his supervision.

PROGRAMME SCHEDULE

Prayer

Welcome Speech
Fr. Dr. Sebastian P.L. CST
Principal, JTC

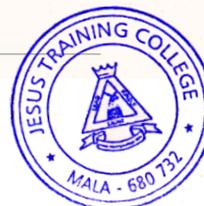
Introducing the Resource Person
Ms. Christy Benny

Theme Presentation
Dr. Stany Thomas

Vote of Thanks
Ms. Ann Mary Antony



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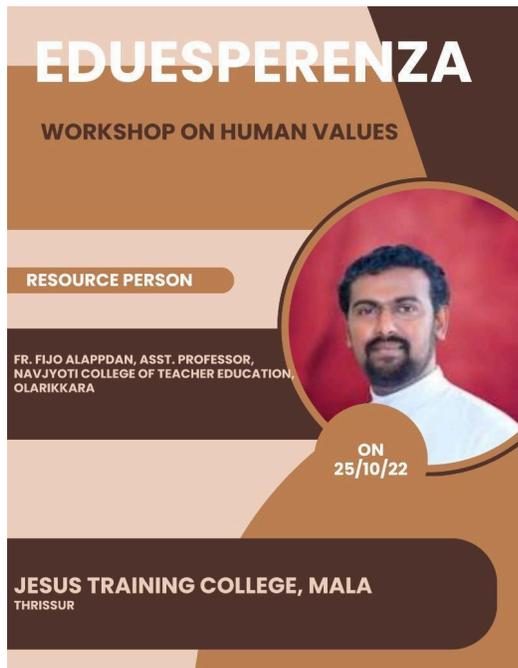
The program on "Leadership Role of the Teacher: Quality Level & Excellence Range" was held on January 4, 2022, at the college auditorium of Jesus Training College, Mala. The event featured Dr. Stany Thomas, a member of the Kerala Public Service Commission (KPSC) and a former Head of the Department of Political Science at St. Thomas College, Pala, as the esteemed resource person. Dr. Thomas, with over 27 years of teaching experience, offered a wealth of knowledge, drawing from his extensive academic background and supervision of numerous Ph.D. scholars.

The session was attended by educators and students, eager to learn about the critical leadership qualities necessary for teachers in modern society. Dr. Thomas emphasised the importance of teachers as role models and leaders who not only impart knowledge but also inspire students to strive for excellence in all aspects of life. His presentation highlighted the responsibility of educators to ensure that students are equipped with the skills and values needed to succeed in a rapidly changing world. The session was well-received, leaving participants with a greater understanding of the teacher's vital role in shaping both academic success and societal growth.

Academic Year 2022 - 23

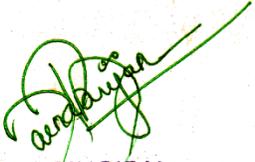
WORKSHOP ON HUMAN VALUES

25/10/2022



The erosion of values in our society is a collective mourning for us. Every nation has some values that help it to reach the pinnacles of glory and to remain apart from others. Till today, no nation has consciously or unconsciously trampled on these to be called a valueless society. However, in the state of trance, they lose these. And when they lose value, there is no coming back. In our society, values are falling into oblivion or, in other senses, they have taken a back seat. In this situation the institution realises the need to encompass the students with human and social values. The programme was organised on 25/10/2022. The resource person was Fr. Fijo Alappadan, Asst. Professor, Navjyoti College of Teacher Education, Olarikkara.

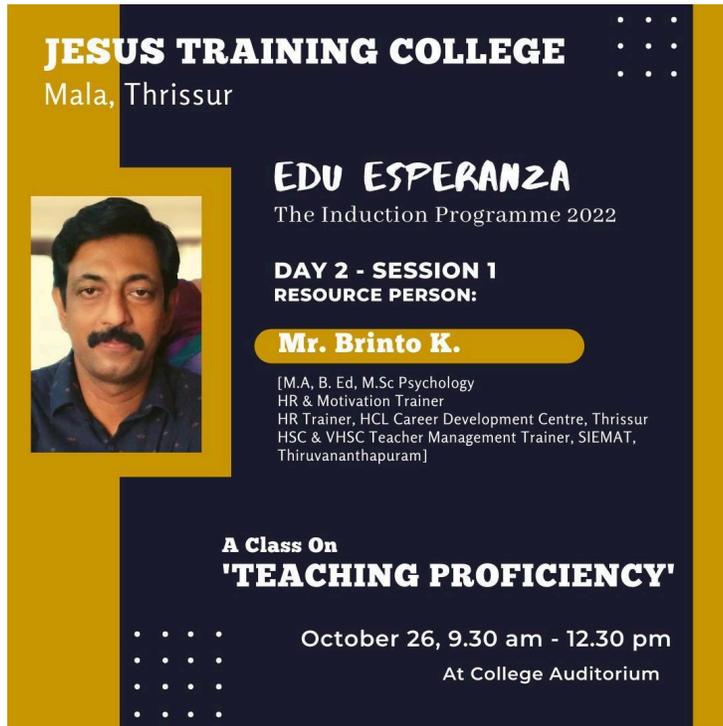



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TEACHING PROFICIENCY

26/10/2022

On October 26, 2022, an induction programme, EDU Esperanza, was organised at Jesus Training College, Mala, Thrissur, focusing on "Teaching Proficiency." Mr. Brinto K., an experienced HR Trainer at HCL Career Development Centre, Thrissur, and an HSC & VHSC Teacher Management Trainer at SIEMAT, Thiruvananthapuram, served as the resource person.



JESUS TRAINING COLLEGE
Mala, Thrissur

EDU ESPERANZA
The Induction Programme 2022

DAY 2 - SESSION 1
RESOURCE PERSON:

Mr. Brinto K.

[M.A, B. Ed, M.Sc Psychology
HR & Motivation Trainer
HR Trainer, HCL Career Development Centre, Thrissur
HSC & VHSC Teacher Management Trainer, SIEMAT,
Thiruvananthapuram]

A Class On
'TEACHING PROFICIENCY'

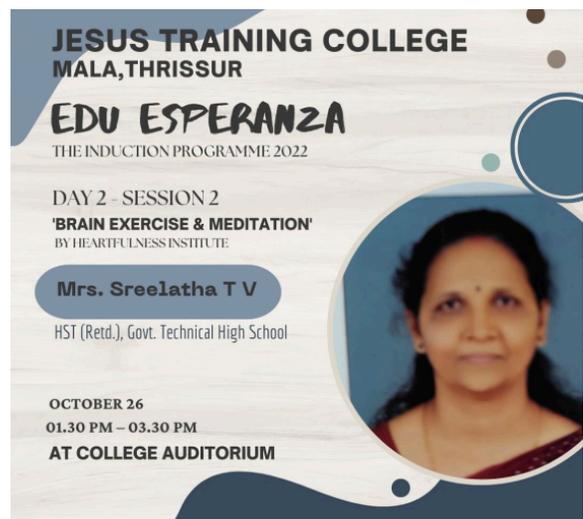
October 26, 9.30 am - 12.30 pm
At College Auditorium

His extensive background in HR and motivation training, coupled with his knowledge of teacher management, made his contributions invaluable to the session. Participants gained insightful strategies to enhance their teaching skills, making the event a significant educational experience. Teaching proficiency is a vital aspect of educational success, as it refers to a teacher's ability to effectively deliver instruction, foster engagement, and support student learning. It plays a crucial role in professional development and helps to enhance the overall quality of education, ultimately benefiting student outcomes.

BRAIN EXERCISE AND MEDITATION

26/10/2022

Brain Exercise and meditation plays a significant role in the teaching - learning process. It enhances concentration, reduces performance anxiety, and promotes a deeper engagement with the physical activity at hand. This mindfulness aspect can transform exercise from a routine task into a more enriching, enjoyable experience, thereby increasing its efficacy for brain health. The programme was organised on 26/10/2022. The resource person was Ms. Sreekala T.V., HST (Retd.), Govt. Technical High School.



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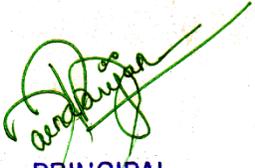
EDU ESPERANZA
THE INDUCTION PROGRAMME 2022

DAY 2 - SESSION 2
'BRAIN EXERCISE & MEDITATION'
BY HEARTFULNESS INSTITUTE

Mrs. SreeLatha T V
HST (Retd.), Govt. Technical High School

OCTOBER 26
01.30 PM - 03.30 PM
AT COLLEGE AUDITORIUM



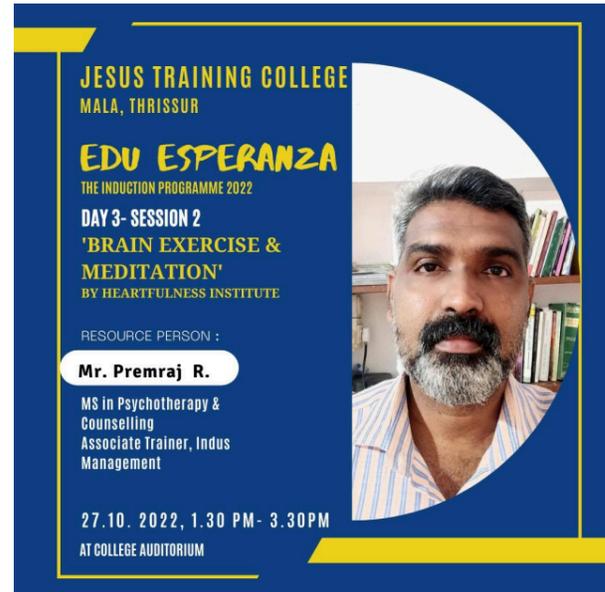

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BRAIN EXERCISE AND MEDITATION (continuation)

27/10/2022

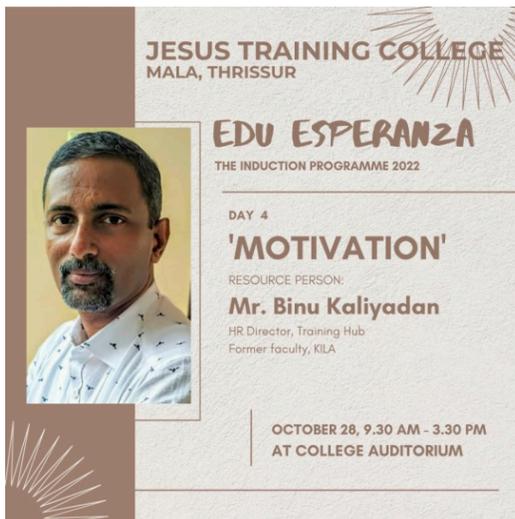
It was the continuation of the last session. The resource person Mr. Premraj, Associate Trainer, Indus Management was an expert in this area and his class was really thought provoking. With his expertise in the field, Mr. Premraj delved deeper into how brain exercises, coupled with meditation, can significantly improve focus, emotional resilience, and cognitive function.

His thought-provoking session challenged conventional approaches to mental well-being in education and provided practical strategies to integrate these exercises into daily routines. The session offered participants a fresh perspective on enhancing both personal and professional productivity, reinforcing the value of mental health in achieving academic success.



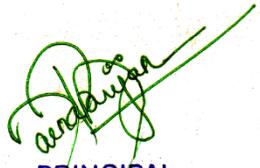
MOTIVATION

28/10/2022



Finding ways to increase motivation is crucial because it allows us to change behaviour, develop competencies, be creative, set goals, grow interests, make plans, develop talents, and boost engagement. To boost our students' performance in a positive way the programme was organised on 28/10/2022. The resource person was Mr. Binu Kaliyadan, HR Director, Training Hub. The session provided valuable insights into how educators can cultivate motivation to boost student performance in a positive way. Through engaging discussions and practical strategies, the participants learned how to tap into students' potential, encouraging growth, talent development, and long-term engagement in the learning process.




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Academic Year 2023 - 24

BEAT PLASTIC POLLUTION

5-06-2023

As part of Environment Day, the Eco-club of our college organised a seminar on June 5th, 2023, featuring Dr. C. P. Shaji, an eminent conservation biologist. The theme of the program was “Beat Plastic Pollution.” Dr. Shaji shared his expertise on the impact of plastic waste on ecosystems, emphasising the urgent need for sustainable practices. The session aimed to familiarise students with pressing environmental issues and raise awareness about conserving natural resources. Interactive discussions encouraged students to think critically about their own consumption habits and explore eco-friendly alternatives.



The seminar also highlighted successful global and local initiatives combating plastic pollution, inspiring students to take proactive steps within their communities. Feedback from participants was overwhelmingly positive, with many expressing a renewed commitment to reducing their environmental footprint. Overall, the event was a significant step in promoting environmental consciousness and fostering a culture of sustainability within the college.

INTERNATIONAL YOGA DAY

21-06-2023



JESUS TRAINING COLLEGE, MALA

CELEBRATES

**INTERNATIONAL
YOGA DAY**

21 JUNE 2023

Welcome Speech:-

Vishnupriya Wilson

Presidential address:-

Dr. M.G. Remadevi(Principal)

Theme Presentation :-

Anjaly Johny

Yoga Performance

Vote Of Thanks :-

Anagha T



Anagha T
PRINCIPAL
Jesus Training College, Mala

The college celebrated International Yoga Day on June 21st, 2023, at 2:00 PM, with approximately 98 participants. The event featured Sr. Ancy, a renowned yoga instructor, who shared valuable insights on integrating yoga into daily life. The session focused on the importance of breathing exercises (pranayama) and various yoga asanas, highlighting their benefits for physical and mental well-being. Participants were guided through a series of exercises designed to enhance flexibility, reduce stress, and improve concentration.

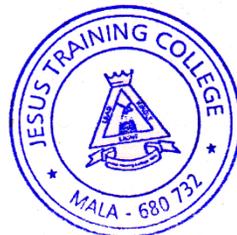
Sr. Ancy emphasised the holistic nature of yoga, encouraging attendees to adopt regular practice for a balanced lifestyle. The interactive session allowed participants to ask questions and receive personalised advice on incorporating yoga into their routines. The event was well-received, fostering a sense of community and promoting health awareness among students and staff. Many participants expressed enthusiasm for continuing their yoga journey and looked forward to more such events in the future.

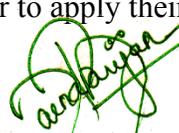


ART AND DRAMA WORKSHOP

04/07/23, 05/07/23

Jesus Training College Mala organised an art and drama workshop on July 4th and 5th, 2023. The workshop was led by Fr. Fijo Joseph Alappadan, who guided participants through various aspects of drama and artistic expression. Students engaged in group tasks that fostered creativity and teamwork, allowing them to explore different elements of performance and storytelling. Fr. Alappadan emphasised the importance of collaboration and encouraged participants to express themselves freely. The workshop provided a platform for students to develop their communication skills and build confidence in public speaking. It also highlighted the therapeutic benefits of art and drama, promoting emotional well-being and self-discovery. Participants enjoyed the hands-on activities and expressed appreciation for the opportunity to learn from an experienced facilitator. The event was a resounding success, leaving students inspired and eager to apply their new skills in future projects.




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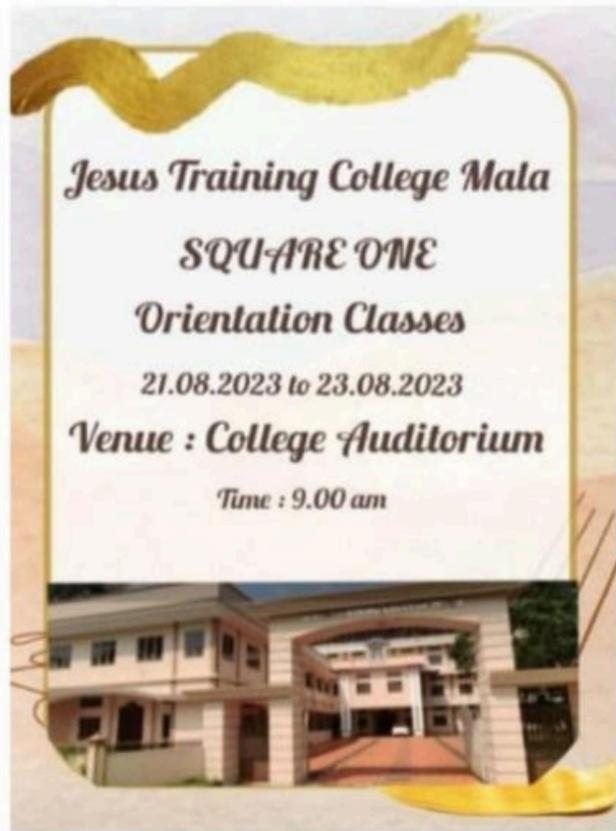
SQUARE ONE ORIENTATION CLASS

21-08-2023 to 23-08-2023

Jesus Training College Mala organised an orientation class for the new 2023- 2025 batch from 21-08-23 to 23-08-23. As part of "Square One," a workshop titled "Workshop on Human Values" was conducted on August 21st, 2023, by Fr. Fijo Joseph Alappadan, Assistant Professor of Performing Arts at Nava Jyoti B.Ed. College, Olarikkara. The session was both engaging and informative, providing students with a deeper understanding of essential human values and their significance in daily life. Fr. Alappadan used interactive activities to encourage reflection and discussion, fostering a sense of empathy and respect among participants. Students appreciated the opportunity to explore concepts such as integrity, compassion, and responsibility through practical examples and group discussions. The workshop aimed to inspire personal growth and encourage positive contributions to the community.




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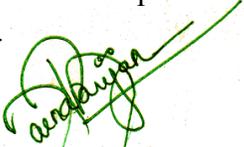


WORKSHOP ON PATHWAY TO GREAT TEACHER

22-08-2023

Under the "Square One" initiative, a workshop titled "Motivation: Skillfulness Pathway to Great Teaching" was held on August 22nd, 2023. Led by Binu Kaliyadan, HR Director at Training Hub Aluva, the workshop aimed to enhance teaching skills among students. Binu Kaliyadan shared valuable insights on the role of motivation in effective teaching, emphasising strategies to inspire and engage learners. The session included interactive activities that helped participants develop practical techniques to foster a positive learning environment. Students learned about the importance of self-motivation and how to cultivate it in their teaching practice. The workshop also highlighted the significance of continuous learning and adaptability in education.



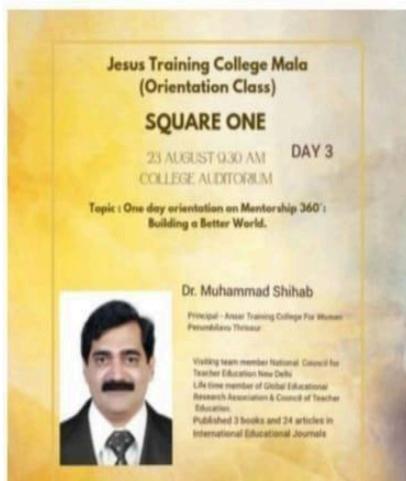

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WORKSHOP ON MENTORSHIP 360 °- BUILDING A BETTER WORLD

23-08-2023

Dr. Muhammad Shihab, Principal of Ansar Training College for Women, Perumpilavu Thrissur, conducted a workshop on August 23rd, 2023, titled "One Day Orientation on Membership 360° - Building a Better World." The workshop offered valuable insights for future teachers, focusing on the importance of community engagement and holistic education. Dr. Shihab emphasised the role of educators in shaping a better world through inclusive and innovative teaching practices. Participants explored strategies to foster strong connections with students and the community, promoting a collaborative learning environment. The session included interactive discussions and activities designed to inspire personal and professional growth. Feedback from attendees was highly positive, with many expressing a deeper understanding of their role as educators in driving positive change. The event successfully prepared aspiring teachers to build meaningful relationships and contribute to societal progress.



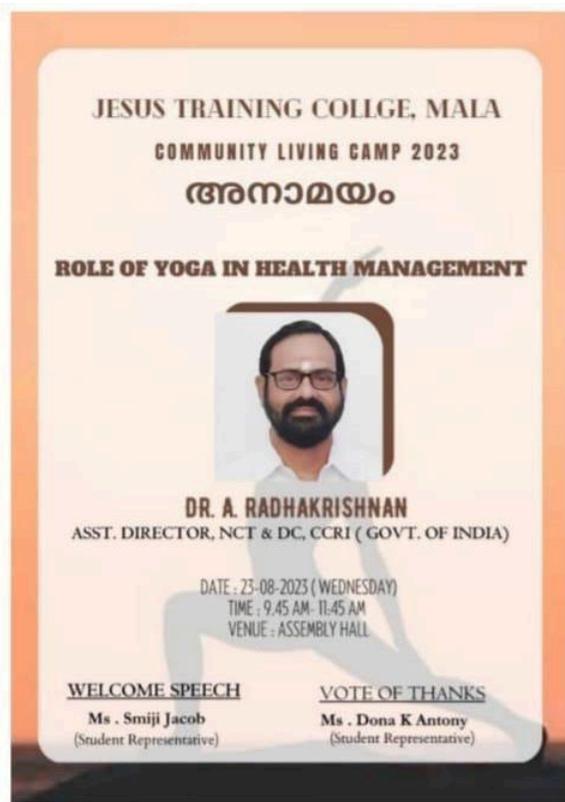
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ROLE OF YOGA IN HEALTH MANAGEMENT

23-08-2023

Another session under the Anamayam Community Living Camp was held on August 23rd, 2023, focusing on "Role of Yoga in Health Management." The session was conducted by Dr.A. Radhakrishnan, Assistant Director at NCT and DC, CCRI (Govt. of India).

Dr. Radhakrishnan provided valuable information on how integrating yoga into daily health practices can enhance overall well-being. The session covered various yoga techniques and their benefits for physical and mental health, including stress management, improved flexibility, and enhanced respiratory function. Participants learned practical yoga exercises and routines that can be easily incorporated into their daily lives. Dr. Radhakrishnan emphasised the importance of consistency and mindful practice in achieving long-term health benefits.



SESSION ON INTERNATIONAL WOMEN'S DAY

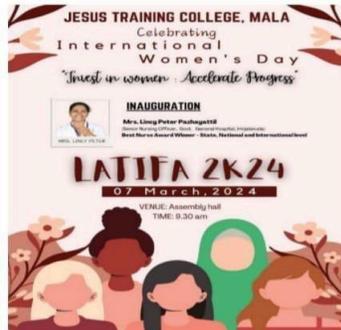
07-03-2024

International Women's Day was celebrated at Jesus Training College Mala on March 7th, 2024, with a special session titled "Latifa 2k24." The event featured Mrs. Lincy Peter Pazhayatil, a senior nursing officer at Government General Hospital Irinjalakuda, renowned for her achievements and contributions to the field of nursing.



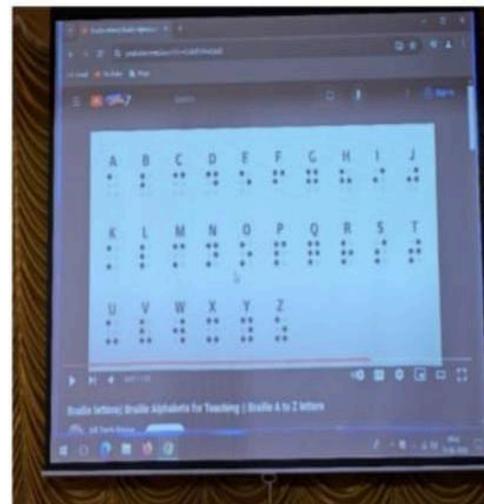
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Mrs. Pazhayatil, a recipient of several prestigious awards at state, national, and international levels, shared her experiences and insights on the importance of women in healthcare and leadership. Her session highlighted the significant impact of dedication and perseverance in professional and personal life. The event provided an inspiring platform for students and staff to engage with a distinguished role model. Mrs. Pazhayatil's discussion included topics such as overcoming challenges, advancing women's rights, and the evolving role of women in various sectors. The celebration was marked by enthusiastic participation and reflection, making it a memorable and empowering occasion for all attendees.



3. COMMUNICATING WITH PERSONS OF DIFFERENT DISABILITIES: BRAILLE, SIGN LANGUAGE AND SPEECH TRAINING

TEACHER SEMINAR ON INDIAN LANGUAGE SIGNS



Lily Peter Pazhayatil

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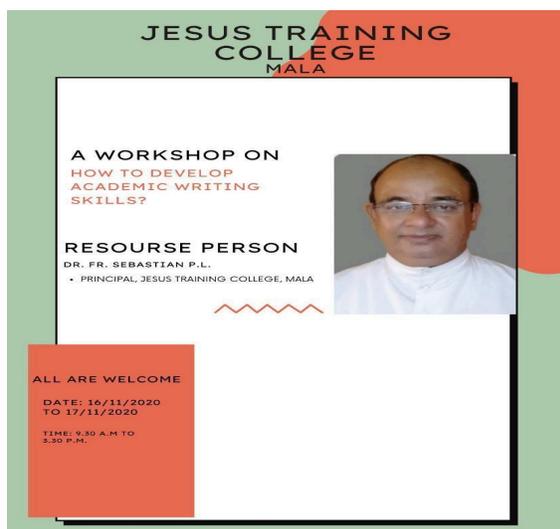
On March 19th, 2024, Renia Kuruvilla, Assistant Professor at Jesus Training College Mala, demonstrated Indian Sign Language for dealing with special children, enhancing understanding and communication in inclusive educational settings.

A session on recent changes in the new SCERT textbook for 2024, focusing on gender equality and inclusive education, was conducted on March 4th, 2024, by Sisna A.S., Assistant Professor at Jesus Training College Mala. The session highlighted the importance of inclusive education and gender equality in the new syllabus.

4. CAPABILITY TO DEVELOP A SEMINAR PAPER AND A RESEARCH PAPER; UNDERSTAND/APPRECIATE THE DIFFERENCE BETWEEN THE TWO

HOW TO DEVELOP ACADEMIC WRITING SKILLS?

16/11/2020 - 17/11/2020.



A workshop on academic writing skills was conducted from 16/11/2020 to 17/11/2020. The resource person was the principal of the college Dr. Fr. Sebastian P.L. Academic writing is part of a complex process of finding, analysing and evaluating information, planning, structuring, editing and proofreading your work, and reflecting on feedback that underpins written assessment. The resource person introduced all these aspects to students as an initial stage.



Sebastian P.L.
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5. E-CONTENT DEVELOPMENT

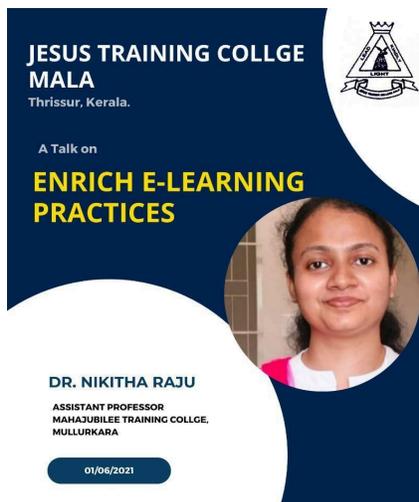
Technology in Classroom

23/11/2020

Information and Communication Technology, or ICT classroom, integrates digital technologies to enhance learning and teaching processes. Its rise has transformed education significantly by providing access to vast resources, interactive learning platforms, and personalised learning experiences. For instance, online courses, virtual classrooms, and educational apps have revolutionised traditional teaching methods. ICT in teaching fosters collaboration, improves engagement, and allows for flexible learning, catering to diverse student needs. Its importance lies in fostering digital literacy, preparing learners for the modern workforce, and bridging educational gaps globally. ICT has revolutionised education, making it more accessible, inclusive, and effective. Considering the situation the institution organised a workshop on Technology in the classroom. The resource person was the staff of the college, Mr. Jisto. He introduced some of the apps and software that can be used in daily classroom activities.

ENRICHING E-LEARNING PRACTISES

1/6/2021



During the pandemic and post-pandemic era, digital technology became a very common tool for effective learning practices. A training programme on e-learning Practice is essential at this time. The institution organised a programme for the purpose. The resource person was Dr. Nikitha Raju, Asst. Professor, Mahajubilee Training college, Mullurkara. That was a common programme for teachers, non-teaching staff and students.

ICT workshop

14-08- 2023

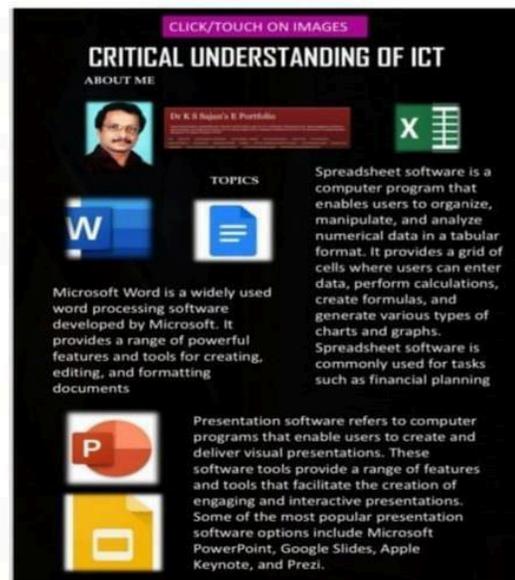
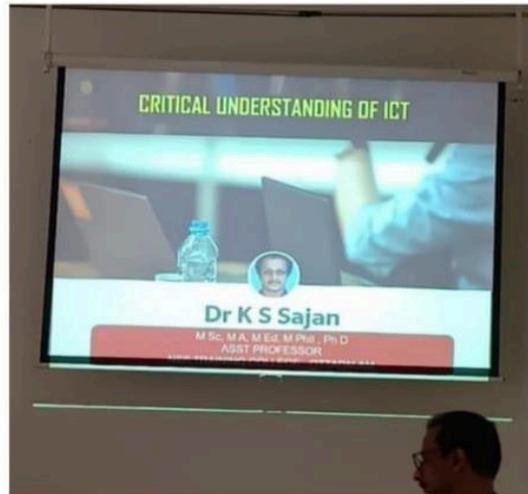
An ICT workshop was held on August 14th, 2023, featuring Jean Joseph, who discussed various artificial intelligence tools such as ChatGPT, Midjourney, Figma, Freepik, and Background Remover. The workshop provided valuable insights into the practical applications of these tools. Jain James demonstrated how AI can enhance creativity and efficiency in different fields, offering students hands-on experience with each tool.




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Participants learned how to integrate these technologies into their projects, boosting productivity and innovation. The workshop was highly beneficial, equipping students with essential skills for the modern digital landscape. Feedback was overwhelmingly positive, with many students expressing enthusiasm about applying their new knowledge to future endeavours.

ICT Workshop
17 to 19 January 2024




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A workshop on ICT was conducted from January 17th to 19th, January 2024, by Dr. KS Sajan, Assistant Professor at SNM Training College Maliankara. The workshop was a key component of the teacher training program, offering detailed insights into the integration of ICT in education. Dr. Sajan covered various aspects of ICT, including its applications in classroom management, instructional design, and student engagement. The sessions provided practical strategies for utilising digital tools and resources to enhance teaching effectiveness. Participants engaged in hands-on activities that demonstrated the use of various ICT tools, fostering a deeper understanding of their potential benefits in an educational setting. The workshop also addressed challenges and best practices for implementing technology in teaching.

6. ONLINE ASSESSMENT OF LEARNING

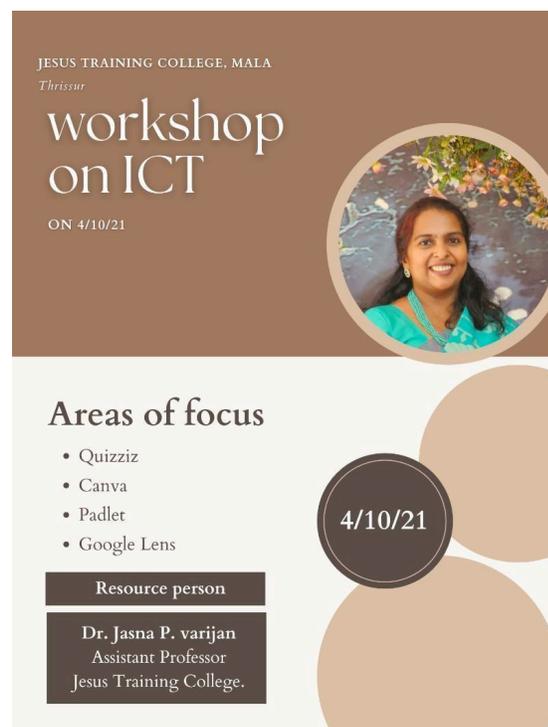
WORKSHOP ON ICT

4/10/2021

The workshop was organised to enhance the ICT skills of students. It will help them for effective and engaged transactions during the schooling process. The resource person was Dr. Jasna P Varijan, Asst. Professor, Jesus Training College, mala. The session discussed some ICT tools that can be easily used in the teaching learning process. The workshop discussed mainly google Lense, padlet, quizzz and canva. Participants gained hands-on experience with these platforms, empowering them to create interactive, dynamic, and engaging learning environments. This session not only expanded their technical proficiency but also fostered innovative approaches to modern education.

Conclusion

The institution demonstrates a strong commitment to holistic student development through a diverse range of capability-building and skill enhancement initiatives. These programs include career and personal counselling, as well as skill enhancement in academic, technical, and organisational domains. The institution also emphasises inclusive communication by providing training in Braille, sign language, and speech for interacting with individuals with different disabilities. Students are further equipped with the ability to develop both seminar and research papers, appreciating the distinctions between the two. Additionally, the institution fosters digital proficiency through e-content development and online assessment of learning, ensuring students are well-prepared for future academic and professional challenges.



The poster for the 'Workshop on ICT' is designed with a brown and white color scheme. At the top, it reads 'JESUS TRAINING COLLEGE, MALA Thirissur'. The main title 'workshop on ICT' is prominently displayed in a large, white, serif font. Below the title, the date 'ON 4/10/21' is noted. A circular inset on the right side features a portrait of Dr. Jasna P. Varijan, the resource person, smiling. The 'Areas of focus' section lists 'Quizziz', 'Canva', 'Padlet', and 'Google Lens'. A dark circular badge on the right contains the date '4/10/21'. At the bottom, a dark box identifies the 'Resource person' as 'Dr. Jasna P. varijan, Assistant Professor, Jesus Training College.'




PRIYANKA
Jesus Training College, Mala