

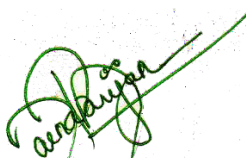
Report On Student Engagement In Activities (School Wise).

SI No	Programs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	Lab cleaning	✓	✓	✓	✓			✓		✓		✓			✓		✓
2	Children's day celebration	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	Science fest	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	Library cleaning	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
5	Ozone day Celebration	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	Youth festival	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	Sports day	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8	Participation in school assembly	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	Awareness program	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	Exhibition	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11	Food fest							✓									
12	Hindi Diwas celebration	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
13	Essay writing competition			✓	✓	✓		✓									✓
14	Kerala Piravi celebration	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15	Reading day competition			✓	✓	✓	✓	✓	✓	✓				✓			✓
16	Awareness program	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17	AIDS day		✓														✓
18	Quiz program	✓		✓			✓	✓	✓	✓							✓
19	Gandhi Jayanti program	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

SCHOOL LIST

1.St Antony's HSS, Mala
2.Goverment Samithi HSS, Melador
3.St Sebastian, Kuttikad
4.Donbosco,Kodakara
5.St Mary's Kuzhikkatussery
6.St George HS, Pariyaram
7.SCGHSS,Mala
8.SNVVHSS,Aloor
9.Gandhi Smaraka, Ashtamichira
10.Goverment Boys, Kodakara
11.Goverment Girls, Kodakara
12.Sreekrishna HSS, Mattathur
13.Goverment Boys, Chalakudy
14.VK Rajan HS,UPS, Pullut
15.Goverment,Karupadanna
16.St Mary's, Irinjalakuda




PRINCIPAL
 Jesus Training College, Mala

JESUS TRAINING COLLEGE

MALA

(Affiliated to the University of Calicut)

SCHOOL OF INTERNSHIP PROGRAMME



Name of Student : ... Abiya Prasad
Admission No. : ... 2793
Register No. : ... STAWTN5001
Subject (Group) : ... Natural Science

Certified that this is a Bonafide Record

Dm
MEMBER OF THE FACULTY



Dmy
PRINCIPAL

Principal
Jesus Training College
Mala : 680 732

Place... Mala

Place... Mala

Date... 21/12/23

Date... 21/12/23

*Verified
Sub
6/21/24*

LESSON PLAN - I

Name of the teacher : Abiya Prasad
Name of the School : St Mary's C.H.S
Kuzhikkathussery
Name of the Unit : Let's regain our fields.
Name of the topic : Food Security

Theme

Food Security

Learning Outcomes

Understanding the reasons for food
Understanding the food in security
scarcity measures in Kerala.

Concepts / Ideas

Population explosion, decrease in agricultural
lack of interest in farming are the
food scarcity.

Food security is the situation that
food for everyone to lead a healthy
There is a decrease in the cultivable
production and an increase in population

Process Skills

It is necessary to ensure sufficient food security for a better and healthy society where there is no poverty or health issues due to lack of nutrition.

It is essential to recreate a culture of love for the soil and agriculture.

Regaining lost cultivable land is also important.

Observing

Observes the charts, pictures etc.

Communicating

Communicates using the presentation of task cards.

Inferring

Infers the seasons for food security in Kerala

Predicting

Predicts the food production issues and food security measures in Kerala.

Values / Attitudes

Learners develops an awareness about the importance of food security.

Learning Aids

Expected Products

Pre-requisites

Activity cards, task cards, sticky charts, Textbook.

Completed charts

Completed task cards.

Knowledge about food scarcity

Knowledge about importance of food security.

PROCESS

ASSESSMENT

INTRODUCTORY ACTIVITY

Teacher asks one of the students to read out the news-paper cutting that she had brought regarding food security. After that, teacher inquires students about their knowledge on food scarcity and food security. Students share their views on the topic and teacher concludes by stating that food security is important for the survival of human population.

LOKSABHA PASSES : FOOD SECURITY BILL

New Delhi : The Lok Sabha has passed the food security bill. The bill eases the distribution of food grains at a lower rate. The bill has been legalized to distribute rice at a price of 3 rupees and wheat at 2 rupees per kg.

DEVELOPMENTAL ACTIVITY

Activity - 1

Teacher divides the class into 3 groups. Teacher then displays a sticky chart showing the pictures regarding the seasons for food security, which are unlabelled. Teacher asks one member from each group to label each picture using the sticky cards.

Codification

Teacher codifies by saying that food security is the shortage of food that may happen when demand is more than supply.

not produced. Overpopulation, decrease in cultivable lands, lack of interest in agriculture and climatic calamities which may result in the loss of production of the crops are the main reasons for food security.

Activity - 2

Teacher presents a chart showing the details of food security. She then distributes task cards to four groups and asks them to answer it with the help of the chart presented there.

Discussion Points

What is food security?

Why is food security necessary?

What is the nature of a society having food security?

Codification.

After the student's presentation teacher codifies that food security is the situation that ensures sufficient food for

What is food security?

Why food security important?

everyone to lead a healthy life. It is necessary to ensure food security for a better and healthy society where there is no poverty or health issues due to lack of nutrition.

How food security affects society

Activity - 3

Teacher presents a chart showing a table related to the production of rice in Kerala. From the table presented, teacher asks three groups to find out the answers for the questions given in the task cards.

Discussion Points

What were the changes that occurred in the area of agricultural fields from the years 1971 to 2011?

What tendency could be observed in rice production and

population growth during the period 1971 to 2011?

Is this tendency desirable? Why?

Members of each group presents their answers.

What is the change occurred in agricultural fields from 1971 to 2011?

Codification

After students presentation, teacher codifies by saying that the area of agricultural fields and production decreased from the year 1971 to 2011, while population increased during this period. This is not desirable because it will result in food scarcity. So it is essential to recreate a culture of love for the soil and agriculture. Regarding least cultivable land is also important.

Activity 4

Teacher presents a chart having match the following items. Teacher then asks one member from each group to match each item with their correct answers.

Discussion Points

Sufficient food for everyone
Shortage of food
Major reason for food security

~~Food scarcity~~
Food security
over population
Health issues.

What is
food security and
food scarcity?

Codification

Sufficient food for everyone - Food security

Shortage of food - Food Scarcity

Major reason for food security - Overpopulation.

Review

What is Food Security ?

What is the major reason for food scarcity ?

FOLLOW UP ACTIVITY

Teachers asks the students to write a short note on the importance of food security in their science diaries.

B. B SUMMARY

FOOD SECURITY

Food scarcity - Shortage of food, when enough food is not produced.

Reasons - Overpopulation, lack of cultivable lands, climatic calamities.

Food Security - Sufficient food for everyone to lead healthy life.

JESUS TRAINING COLLEGE

MALA

(Affiliated to the University of Calicut)

ACHIEVEMENT TEST



Name of Student : ABIYA PRASAD
Admission No. : 2793
Register No. : STAWTNSOOL
Subject (Group) : NATURAL SCIENCE

Certified that this is a Bonafide Record

Resma
MEMBER OF THE FACULTY

Dmy
PRINCIPAL

Place MALA Place MALA
Date 29.01.2024 Date 29-01-2024

*Verified
My
6/2/24*



*Jesus Training College
Mala - 680 732*

Name of the teacher - Abiya Prasad
Name of the School - St Mary's G H S
Kuzhikkattussery
Standard - IX
Subject - Biology
Unit - Breathing For
Energy
Duration - 1 hour
Maximum mark - 20
Date - 25-10-2023

LEARNING OUTCOMES

Unit 4 - Breathing For Energy

- 4.1 To understand parts of respiratory system
- 4.2 To analyze changes occurring during inspiration and expiration.
- 4.3 To understand role of haemoglobin in oxygen transport.
- 4.4 To understand methods of expulsion of CO_2 from body.
- 4.5 To explain consequence of excess CO_2 in body
- 4.6 To understand anaerobic respiration.
- 4.7 To understand about vital capacity and tidal volume
- 4.8 To evaluate mode of respiration in other organisms.
- 4.9 To understand mode of respiration in plants.

THINKING SKILLS

1. Remembering
 - (i) Recognising
 - (ii) Recalling.

2. Understanding

- (i) Interpreting
- (ii) Exemplifying
- (iii) Classifying
- (iv) Summarising
- (v) Inferring
- (vi) Comparing
- (vii) Explaining

3. Applying

- (i) Executing
- (ii) Implementing

4. Analysing

- (i) Differentiating
- (ii) Organizing
- (iii) Attributing

5. Evaluating

- (i) Checking
- (ii) Critiquing

6. Creating

- (i) Generating
- (ii) Planning
- (iii) Producing

PREPARATION OF DESIGN OF TEST

WEIGHTAGE TO UNIT AND LEARNING OUTCOME

Sl. No	UNIT	LEARNING OUTCOMES	SCORE	PERCENTAGE (%)
	Breathing For Energy.	4.1	1	5%
		4.2	2	10%
		4.3	1	5%
		4.4	3	15%
		4.5	2	10%
		4.6	4	20%
		4.7	3	15%
		4.8	3	15%
		4.9	1	5%

WEIGHTAGE TO THINKING SKILLS

Sl No	THINKING SKILLS	SCORE	PERCENTAGE
1	LOTS	8	40%
2	HOTS	12	60%
	Total	20	100%

WEIGHTAGE TO FORM OF QUESTIONS

Sl. No.	FORM OF QUESTION	NUMBER OF QUESTION	SCORE	PERCENTAGE
1.	Objective	4	4	20%
2.	Short Essay	5	12	60%
3	Essay	1	4	20%
	Total	10	20	100%



BLUE PRINT

UNIT	FORM OF QUESTIONS LEARNING OUTCOMES	THINKING SKILLS						TOTAL
		LOTS			HOTS			
		O	S	E	O	S	E	
Breathing For Energy.	4.1	(1)'						
	4.2	(2)'						
	4.3	(1)'						
	4.4	(1)'	(2)'					
	4.5		(2)'					
	4.6						(4)'	
	4.7					(3)'		
	4.8		(3)'					
	4.9	(1)'						
		6	7			3	4	20

The number inside the bracket indicate the number of mark and outside the bracket indicate the number of question.

Provision of choice

There is no choice.

SECTION OF QUESTION PAPER

There are 3 sections in the question paper.

Section - A → Objective Type

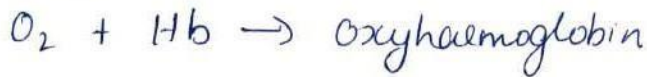
Section - B → Short answer Type

Section - C → Essay type.

CONSTRUCTION OF TEST ITEM

Section A

1. Analyse the illustration and identify x



2. Find out errors in undulined part

a) Gaseous exchange in leaves takes place through lenticels

b) Gaseous exchange through lenticels is an example of active transport.

3) Double layered protective membrane of lungs

4) _____ molecule contains four protein strand and haem.

Section - B

5) If excess CO_2 formed in body it is not eliminated in time homeostasis will be disturbed. How?

6) The elimination of CO_2 from cells takes place only through haemoglobin. Do you agree with statement. Why?

7) Complete the table given below using following information.

- Volume of thoracic cavity increases.
- Intercostal muscle contract
- Diaphragm relax
- Pressure in thoracic cavity increases.

Inspiration	Expiration

Section C

8) Analyze the following terms

a) Tidal volume b) vital capacity c) Emphysema

i) Which is the indicator of strength of muscle in thoracic cavity.

ii) Differentiate tidal volume and vital capacity

9) Rearrange the column B & C according to A

Organism	Respiratory organ	Exchange of gases
Amoeba	Cell membrane	Directly with tissue
Cockroach	Trachea	through blood capillary
Fish	gills	Directly from air
		Directly with cytoplasm.

Section

10) "Many organisms can survive even in absence of O_2 "

a) Do you agree with statement why.

b) If you agree describe the process with help of flow chart.

c) What is fermentation?

d) Write any 2 examples of fermentation in daily life.

SCORING KEY AND MARKING SCHEME

Que. No.	VALUE POINTS	SCORE	TOTAL
1.	Carbaminohaemoglobin	1	1
2	a) Stomata	1/2	1
	b) Diffusion	1/2	
3.	Pleura	1	1
4	1 haemoglobin	1	1
5	The excess carbondioxide combine with water in the cell to produce carbonic acid. When the level of carbonic acid in body increases. It increases acidity of body	2	2
6.	No Carbondioxide + haemoglobin \rightarrow Carbaminohaemoglobin 23% Carbondioxide + Plasma water 7% Carbondioxide + water in RBC \rightarrow Bicarbonate 70%	2	2
7.	Inspiration Volume of thoracic cavity increases Intercostal muscle contract.		

Expiration

Diaphragm relax

Pressure in thoracic cavity increases

8 i) Vital capacity

ii) Tidal volume - The amount of air
in each breath is in and out during
normal breathing is human 500ml.

Vital capacity - Volume of air that
can be breathed out by forceful
expiration after maximum or forceful
inspiration.

In male - 4.5 l Female - 3 l.

iii) Emphysema reduce vital capacity of
an individual

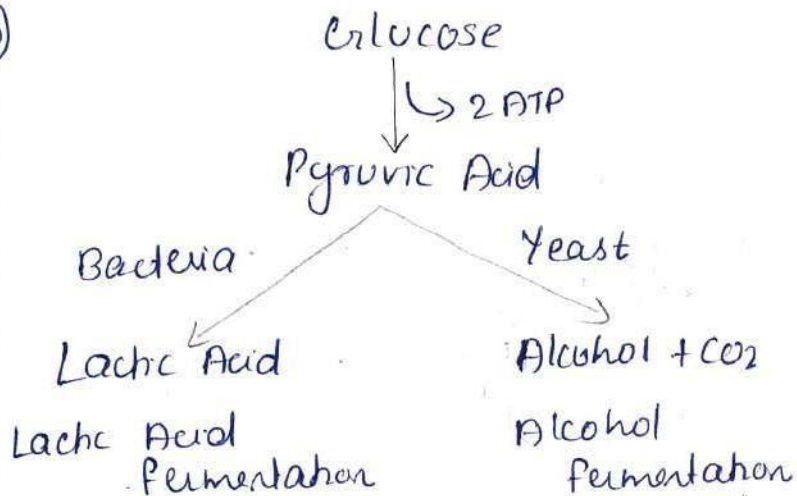
9 Amoeba - Cell membrane - Directly
with cytoplasm.

Cockroach - Trachea - Directly with
Tissues.

Fish - Gills - Through capillary
to blood.

10 a) Yes in many organisms
respiration take place without O_2
eg: bacteria and yeast.

b)



1

4

c) Fermentation is anaerobic process in which energy can be released from glucose even if O₂ is not available

1

d) Milk to curd
Production of beer and wine.

1



QUESTION WISE ANALYSIS

Q. No.	Content	Learning Outcomes	Thinking Skills	Form of Questions	Score	Time
1.	Breathing For Energy	4.3	Analyzing • Analyzing	Objective	1	
2.		4.9	Understanding • Inferring	Objective	1	
3		4.1	Remembering • Recalling	Objective	1	
4		4.3	Remembering • Recalling	Objective	1	
5		4.5	Applying • Implementing	Short essay	2	
6		4.4	Applying • Implementing	Short essay	2	
7		4.2	Understanding • Classifying	Short essay	2	
8		4.7	Analyzing • Differentiating	Short essay	3	
9		4.8	Analyzing • Organizing	Short essay	3	
10		4.6	Evaluating • Critiquing	Essay	4	



MARK LIST

(Mark to be converted to out of 100)

Sl. No	Name	Mark	Rank
1.	Diya Somadas	55	13
2.	Riya Prince	60	10.5
3.	Ann Monya Varghese	55	13
4.	Neha Mary	75	3
5.	Crowi	30	21.5
6.	Nehra Fathima	45	18
7.	Diya Thanas	40	20
8.	Romiya Rose	70	5
9.	Sreebhadra	65	8
10.	Hafna K.A	60	10.5
11.	Bidheesha	45	18
12.	Safoora N.A	80	1.5
13.	Atoniya shayu	70	5
14.	Angeleena	30	21.5
15.	Anika	65	8
16.	Afna	50	15.5
17.	Nivedhya K.R	45	18
18.	Nafisathul Misriya	80	1.5
19.	Balabhadra Santhosh	50	15.5
20.	Sona Fathima	65	8
21.	Sreelakshmi K.M	70	5
22.	Andnya Joseph	55	3

REFLECTIVE JOURNAL



PAGE NO.

DATE:

DAY: 1

11 September 2023.

Amu. C.G.

The four month internship program for the academic year 2022-2024 began on 11 September 2023. 13 trainees from Jesus training college selected Gandhi Samasaba Higher secondary school as their center for the internship program. On day 1 trainees reached the school by 9:30 AM. Then we met the head mistress of the school who gave valuable insight to the trainees for our future endeavours.

On day 1 of internship program, during the fifth hour I went to class IX C along with my fellow trainee Bijamal P.H. We made use of the hour to introduce ourselves to the students. It was an interactive session where we got along with the students. Some students showcased their talent to us. We were not prepared for the class since it was the first day.

REFLECTIVE JOURNAL

DAY: 3

13 September 2023

Amu. C. 61

On day 3, I went to class VIII A during the second hour. I introduced the chapter "The Light on the Hills" by Lucy Clifford to the students. I made use of ICT and learning aids in my class. I was well prepared for the class. It was 40 minutes long. The students showed active participation during the class. The subject teacher was also present at the class who gave me a review regarding the class. She also pointed out the mistakes that is to be corrected. On day 3 I was able to properly execute the lesson plan. The time management was also good. The class was very effective and interesting.

JESUS TRAINING COLLEGE MALA

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2022-2024 Batch

EPC/Practical/Task... *Innovative... programmes... organised... by...*
the intern

Semester... III.....

Name... *Abiya Prasad*.....

Register No... *S.T.A.W.T.N.S.001*.....

Optional... *Natural... Science*.....

Class Teacher: *Sona*
08/10/24

Place: *Mala*

Date: *5/1/2024*

Dmy
Principal

Principal
Jesus Training College
Mala - 680 732





ST MARYS GHS KUZHIKKATTUSSERY
KUZHIKKATTUSSERY P.O THRISSUR Dist.,
PIN680697

DATE:

LETTER OF APPRECIATION

This is to certify that Miss Abiya Prasad, Teacher Trainee from Jesus Training College, Mala has organized an innovative programme **TEEN TALK** on 24/11/2023 on the topic **Digital Influence in Teenagers** under the guidance of Rev.Fr. Chacko kattuparambil.

Her work was Praise Worthy.




MINI K.X.
Headmistress
St. Mary's G.H.S.
Kuzhikkattussery

TEEN TALK

DON'T USE TO IMPRESS PEOPLE; USE IT
TO IMPACT PEOPLE

24 NOVEMBER 2024

TIME : 1.30 PM - 3.30 PM

VENUE : VJ HALL , ST.MARYS G.H.S KUZHIKATTUSSERY



ORGANIZED BY
B.Ed trainees
Jesus Training College ,Mala

RESOURCE PERSON
Fr.CHACKO KATTUPARAMBIL

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JESUS TRAINING COLLEGE MALA

Affiliated To the University Of Calicut



2022-2024 Batch

EPC/Practical/Task.. Beyond... the... classroom... activities of... the...
intern... in... school.

Semester.. IV.....

Name.. Abiya Prasad.....

Register No.. STAININS001.....

Optional... Natural Science.....

Class Teacher: Ssing
05/11/24

Place: Mala

Date: 5/1/2024

Abiya
Principal

Principal
Jesus Training College
Mala - 680 732



IT LAB CLEANING

As a result of hardwork, patience, and dedication the school authorities of St. Mary's C.H.S Kozhikkattusery got ten laptops and ten personal Computers from M.P Fund.

As for the preparation for the IT lab inauguration which was held on 26th September 2023, B.Ed trainees were asked to manage and decorate the IT lab and main stage. For this same we eight members were divided into different groups. There was stage decoration committee, IT lab decoration committee, refreshment committee. I was included in the stage decoration committee. Even if we were divided into different groups we all worked cooperatively to do the same. For the stage decoration first we planned for the items that were used for decoration. After many discussions we finally decided one and we bought the items for decoration with the permission of principal. We mainly used paper crafts for the decoration. After that we hang it on the stage. We also used balloons for the decoration.

LIBRARY CLEANING

Librarians play a significant role in providing information to students in the academic field. The books stored on the shelves of librarians are the source of wisdom and knowledge. Librarians create the essential habit of reading in students. So it is important to keep a library clean and ordered.

We the BEd trainees of Jesus Training College cleaned the library with the permission of the headmistress. We the eight members arranged the library in a good manner. All the books in the library were disorder. We arranged it based on the serial number. There are different shelves for poems, stories, novels etc. When we first get into the library all were mixed. After that with the guidance of the librarian we ordered each books. There was serial number for each book so she instructed to arrange it based on the serial number. It was a difficult task to order the books in order. But we all cooperated with unity and completed the task by noon. We started to clean the library by 10:20 AM that is by second hour. Even though some of our colleagues were having classes we adjusted our

SCIENCE DRAMA COMPETITION

Science drama competition is an event where one can experience the extraordinary fusion of science and drama in delivering scientific knowledge to the community in an accepted comprehensive manner.

Mala Subdistrict science drama competition based on the topic 'unhealthy Food' was held on _____ at St. Mary's C.I.T.S Kozhikkathussery in which a group of students from various school from classes VIII to X participated enthusiastically showcasing their excellent skills of acting. The competition started by

One of the major harmful effects of junk food favourite fast food restaurants is obesity and it is related to health complication. This generation need only unhealthy food than healthy food. All the group of students convey the message about harmfulness of unhealthy food with their drama.

One of the team of this competition was St. Mary's C.I.T.S Kozhikkathussery. We the B.Ed trainees helped the students of science



JESUS TRAINING COLLEGE MALA

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2022-2024 Batch

EPC/Practical/Task..Participation of the intern in co-curricular activities of the school

Semester... III

Name... Abiya Prasad

Register No... STAWTALSOOL

Optional... Natural Science

Class Teacher: 200
05/01/24

Principal
Jesus Training College
Mala - 686 732

Diney
Principal

Place: Mala

Date: 5/1/2024



SPORTS DAY

In every school the most exciting event is the annual school sports day. This year annual sports day of St. Mary's C.H.S Kuzhikkattusery school was conducted on 14/9/2023 Thursday. The sports day started at 9:15 AM by the march past of students. The children were divided into four groups. The competition was among these four groups. After the march past, the inauguration ceremony started at 9:30 AM. The inauguration was done by Headmistress Sr. Little Flower; welcome speech was done by Sports sir Mr. Gladwin. The PTA president Jithin Kumar conveyed his grateful speech for the day.

After the inauguration Deepashikha was handed over to school leader. After this different events of sports started. We all were given different duties regarding all the events in the sports. Jumping and throwing items were done earlier.

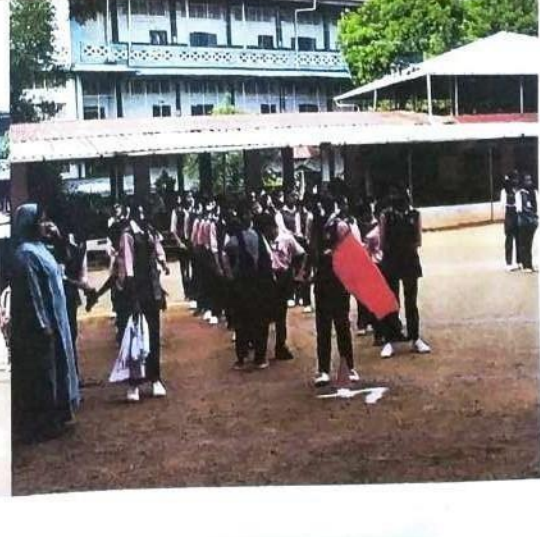
The competition items were 100m, 200m, 400m, 600m running race of boys and girls.

ARTS DAY

The arts serve a vital function in society and human history, one we can easily overlook despite the presence of the arts in our everyday lives. The purpose of the celebration of the Arts Day is to highlight students' creative ambition and drive and to give them a chance to showcase their handwork and inspiration. Since creativity and innovation do not come in a single form or medium, our showcase highlights student work from a diverse range of genres.

On 19th and 20th September 2023

St Mary's C.H.S Kuzhikkathussery organized the arts day. Offstage events conducted on first day. The students of various classes participated in various offstage items. It includes pencil drawing, painting, poster making, story writing etc. On stage events were conducted on second day. It includes Bharatanatyam, Mohiniyattam, Kathakali, Thiruvathirakali, group dance etc.



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2.4.10 PHOTOGRAPHS

Lab cleaning



Science fest

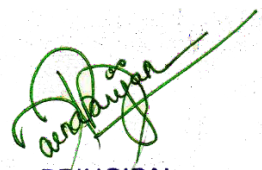


Library cleaning



Mid-day meal




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Jesus Training College, Mala

Youth festival



Sports day

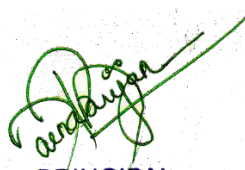


School assembly



Awareness program




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Exhibition



Food fest



Kerala Piravi



Essay writing competition





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PRINCIPAL
Jesus Training College, Mala

Innovative program AIDS Day



Mentoring



Quiz competition



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