



MUSLIM COLLEGE OF EDUCATION

No. 1 New Street, Thiruvithancode, Kanyakumari District, Tamil Nadu, India - 629174

Affiliated to Tamil Nadu Teachers Education University - Chennai CC:10915,10936

Recognised by SRC (NCTE) New Delhi

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7598174494, 9442760383

F. No. SRC/NCTE/APSO 8071/B.Ed./TN/2014-15/ 62329

F. No. SRC/NCTE / APSO9493/M.Ed/TN/2015/65325

F. No. SRC/NCTE/SRCAPP14511/ B.A.B. Ed, B.Sc.Ed/TN/2017-2018/91300

MUSLIM COLEGE OF EDCUATION

THIRUVITHANCODE

WORKSHOP ON DIGNITY, DUITES AND RESPONSIBILITIES OF A TEACHER

22-09-2022

Name :

Strongly Agree : 3

Agree : 2

Disagree : 1

S. No.	Statements	Strongly agree	Agree	Disagree
1	This training met my expectations	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	The presentation and content delivered by the Resource Person	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3	The duration of the training was sufficient for the materials covered	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4	The training helped me with new learning or knowledge	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5	Did you encounter any technical problems during the training?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	How useful was the training for you?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you like to be able to listen and understand the programme.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you enjoy the activities of the Section.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you seek developing your skills in Workshop.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10	Overall, how would you rate the training?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



Principal
Principal
Muslim College of Education
Thiruvithancode

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Muslim College of Education, Thiruvithancode

WORKSHOP ON DIGNITY, DUTIES AND RESPONSIBILITIES OF A TEACHER

22-09-22

Year	Full Name in CAPITAL LETTERS with salutation	Email Address	This training met my expectations:	The presentation and content delivered by the Resource Person	The duration of the training was sufficient for the materials covered	This training helped me with new learnings or knowledge	Did you encounter any technical problems during the training?	How useful was the training for you?	Overall, how would you rate the training
2022 - 2023	R.ASHIKA	ashika@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
	A. ABISHA	abihsa@gmail.com	Agree	Excellent	Strongly Agree	Agree	No, All Good	Somewhat useful	Good
	V ANNE	anne@gmail.com	Strongly Agree	Good	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
	A.L. ANUJA	anju@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	Connecting Issues	Extremely useful	Excellent
	S.J ASPA	aspa@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
	G. AATHIRA	aathira@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	Audio Issues	Extremely useful	Excellent
	V. BERIL	beril@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
	S. DHANYA	dhanya@gmail.com	Agree	Excellent	Strongly Agree	Agree	Audio Issues	Extremely useful	Good
	V.GOBIKA	gobika@gmail.com	Strongly Agree	Good	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
	M.HASNA	hasna@gmail.com	Strongly Agree	Excellent	Agree	Strongly Agree	Audio Issues	Extremely useful	Excellent

JJEBIN BRITTA	jebinbritto@gmail.com	Strongly Agree	Excellent	Agree	Strongly Agree	Connecting Issues	Extremely useful	Excellent
KARTHIKA.S	karthika@gmail.com	Strongly Agree	Excellent	Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
NATHIYA.R	nathiya@gmail.com	Agree	Good	Strongly Agree	Agree	Connecting Issues	Somewhat useful	Good
NITHIRA.R	nithiya@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
NOORA.S	noora@gmail.com	Strongly Agree	Excellent	Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
PRIYA A	priya@gmail.com	Strongly Agree	Good	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
SAJEEV.N.S	sajeev@gmail.com	Strongly Agree	Good	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
SAJIN.B.R	sajin@gmail.com	Strongly Agree	Good	Strongly Agree	Strongly Agree	Connecting Issues	Extremely useful	Excellent
SAJIN.R	sajinsajinr@gmail.com	Agree	Good	Strongly Agree	Agree	No, All Good	Extremely useful	Excellent
SAJIN .S	sajinsajinr@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
S.SELCIYA	selciyas@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
J.SHEEBA	sheeba@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
T. VIBISHA	vibisha@gmail.com	Agree	Good	Strongly Agree	Agree	Audio Issues	Somewhat useful	Good
TINTU VINCENT	tintuvincent@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
V.R.SHNIY	Vshinyshiny@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	Audio Issues	Extremely useful	Excellent

S. SARANYA	saranaya@gmail.com	Strongly Agree	Excellent	Agree	Agree	No, All Good	Extremely useful	Excellent
R.PRIYA MALINI	priva@gmail.com	Agree	Excellent	Agree	Agree	Audio Issues	Somewhat useful	Good
P.PONMANI	ponmani@gmail.com	Agree	Good	Agree	Agree	Video Issues	Somewhat useful	Good
M.MELJA SAIMAL	melja@gmail.com	Agree	Good	Strongly Agree	Agree	Audio Issues	Somewhat useful	Good
M.MAHISA	mahisa@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
J.JANU SHERIN	anusherin@gmail.com	Strongly Agree	Good	Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
N.NITHIN	nithin@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
EMI MOLE	emimol@gmail.com	Agree	Excellent	Strongly Agree	Agree	No, All Good	Somewhat useful	Good
FAYIZA.M	faziya@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
ASPIN STEFFY.S	aspinsteffy@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
ASNA M.P	asna@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
ARUNA DEVARAJ.G	arunadevaraj@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
ANUSHA JOHN.J.P	anusha@gmail.com	Agree	Excellent	Strongly Agree	Agree	No, All Good	Extremely useful	Good
AJINSHA. A. V	ajinsha@gmail.com	Agree	Excellent	Strongly Agree	Agree	Audio Issues	Somewhat useful	Good
JOHNCY MARY.J	johnncy@gmail.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent

NIRMA MAHENDRE	nirmamahendren@gmail.com	Agree	Excellent	Strongly Agree	Agree	No, All Good	Extremely useful	Good
KAVITHA S	kavitha@gmail.com	Strongly Agree	Excellent	Agree	Strongly Agree	No, All Good	Extremely useful	Excellent
NIHIL.P	nihil@gmail.com	Agree	Excellent	Agree	Agree	No, All Good	Somewhat useful	Excellent
ALJESEERA. N	aljessrrea@gmail.com	Strongly Agree	Excellent	Agree	Strongly Agree	Audio Issues	Extremely useful	Excellent
AJONISHA A.V	ajonisha@gamil.com	Strongly Agree	Excellent	Strongly Agree	Strongly Agree	Audio Issues	Extremely useful	Excellent
ABINAYA.V. S	abinaya@gmail.com	Strongly Agree	Good	Strongly Agree	Strongly Agree	No, All Good	Extremely useful	Excellent

3.3.2023

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S. No	Year	Course	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1	2022-2023	B.Ed. I	Aashika R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2			Abinaya V S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3			Abisha A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4			Abisha R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5			Abisha X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6			Ajinsha A V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7			Ajonisha A V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8			Al Jaseera N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9			Ancy John	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10			Annie V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11			Anu L N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12			Anuja A L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13			Anusha John J P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14			Arsha Das S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15			Aruna Devaraj	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16			Asbin Beniya C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17			Ashika R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18			Ashna M P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19			Aspa S J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20			Aspin Prishya R P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21			Athira G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
22			Ausbin Steffi S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
23			Babisha J M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
24			Beril Shafrin V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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Dhanya S	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X
Emy Mol E	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fathima Farsana S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fayiza	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Gopika V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Hasna M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Janu Sherin J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jebin Britto J	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X
Johny Mary J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Karthika S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Kavitha S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Mahisha M	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Manju M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Mehrunnisha J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Melja Shymel M	X	X	X	X	X	X	X	X	X	X	C	X	X	X	X	X	X	X	X
Muhsina Barvin S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nadhiya R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nikhil Purushothaman C J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nirma Mahendran S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nithin M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nithya R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Noora S	X	X	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X
Ponmani P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Pradheesha G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Priya A	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X
Priya Malini R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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51	Rashika Sherin S	x	a	7	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
52	Sajeev N S	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
53	Sajin B R	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
54	Sajin R	x	x	x	x	x	x	a	x	x	x	x	x	x	x	x	x	x	x	x
55	Sajin S	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
56	Sameera S	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
57	Selshia S	x	x	x	x	x	x	a	x	x	x	x	x	x	x	x	x	x	x	x
58	Sharanya S	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
59	Sharmila Rathi R	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
60	Sheeba J	x	x	a	x	x	x	x	x	x	x	x	x	a	x	x	x	x	x	x
61	Sherlin Jenisha Raj R	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
62	Shifana Barvin P	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
63	Shiny V R	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
64	Spurjan Saviour J	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
65	Syedali Fathima Nilofer S	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
66	Tintu Vincent	x	x	x	x	x	x	x	a	x	x	x	x	x	x	x	x	x	x	x
67	Udhaya Priya M K	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
68	Unaisha K	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
69	Vaishiya D	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
70	Vaishnavi Bala V U	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
71	Vibisha T	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
72	Vinothini D	x	x	a	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
73	2022-2023	M.Ed. I	Abija D	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	a
74			Ahalya Devi R	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
75			Aiswarya M S	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
76			Amudha M	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x



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Anitha C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Anitha Rani A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Anuja C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Anusha M	X	X	9	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Asha S T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ashlin Beni N R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ayisha Bibin Rani G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Brindha S	X	X	X	X	X	X	X	X	X	9	X	X	X	X	X	X	X	X	X
Disha Edward	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Fruitly Sims S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ginisha R G	X	X	X	X	9	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Gonxha Juliet J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Hepsibha A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jensi Carola U	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jino Joy	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	9	X
Karunya J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lekshmi M S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lijomol Jacob	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Manisha Gnancy P M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Pavithra M	X	X	X	X	X	X	X	9	X	X	X	X	X	X	X	X	X	X	X
Rajasree N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ramalakshmi A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Rishma N S J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sasikala S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Satheena M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sheeja Rani D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Simi Roach A C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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104			Subashini S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
105			Thaboral E	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
106			Venkateswari V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
107			Vijayalakshmi P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
108	2022-2023	B.Ed. II	Aaditya T S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
109			Abisha. D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
110			Abisha P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
111			Ahila A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
112			Ahila. R S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
113			Aiman Sherin R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
114			Ajil Jenisha D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
115			Ajisha J. V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
116			Ajitha A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
117			Ansila N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
118			Anslin Reena S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
119			Anupriya B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
120			Aparna A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
121			Aparna J A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
122			Archana Nath S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
123			Arshitha A F	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
124			Ashlin Shabel J P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
125			Ashmi E	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
126			Aspin Mini R D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
127			Aswathy J S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
128			Aswathy Prathap S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
129			Aswini J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
130			Athira R P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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131	Babini Asha R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
132	Beena P V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
133	Benisha M	X	X	9	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
134	Beulin Mafiya N R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	a
135	Bexi R J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
136	Binisha R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
137	Blessing Sharmi S	X	X	X	X	X	X	9	X	X	X	X	X	X	X	X	X	X	X
138	Blessy Raja Malar J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
139	Christy Rani R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
140	Deleena G	X	X	X	X	X	X	X	X	X	X	X	X	9	X	X	X	X	X
141	Dhurka S	9	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
142	Dixit geovin S G	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
143	Fathima Nowrin B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
144	Gincy I	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
145	Godwel Jaysil D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
146	Gowsalyal M	X	X	X	X	9	X	X	X	X	X	X	X	X	X	X	X	X	X
147	Harishma H	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
148	Hensha D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
149	Infenta S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
150	Jaberlin C T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
151	Jacqueline Punitha	X	X	X	X	X	X	X	X	X	X	9	X	X	X	X	X	X	X
152	Jaspin O	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
153	Jebeenamol P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
154	Jebila L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
155	Jebisha B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
156	Jemima A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
157	Jenisha J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

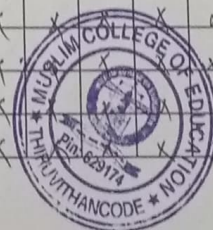


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Jenisha K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jensha B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Jiji S	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X
Joanna Judith W	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Karishma Nair N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lavanya L	X	X	X	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X
Mariyam Irfana M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Mary Vincy V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nabishath Nowfiya M	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X
Nelober Nisha S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nevita M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nevitha M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nisha Termi	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nishivimal J	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X
Nivashini R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Pavithra R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Pradheeba L S	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X
Pratheeba R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Preethu V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Prinisha F	X	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X
Priyatharshini V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ramkumar S B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Ramya K	X	X	X	X	X	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X
Ranjitha	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Rashida L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Reshma R S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Rosalia A. M. Linet	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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185		Sabitha D	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X
186		Sagara V S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
187		Sajin V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
188		Sanjana J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
189		Santhiya B M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
190		Sasikanth S M	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
191		Shahina Sadhiq J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
192		Sharmi P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
193		Sherin J Kumar	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
194		Shiny. G	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X
195		Soba Juliet S V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
196		Sree Rengini M S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
197		Sreeja M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
198		Subashini K	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	a	X	X	X	X
199		Subiya S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
200		Sujitha Rani S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
201		Sulbath A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
202		Supraja K S	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
203		Sushmitha S J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
204		Varsha B J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
205		Vidhya W	X	X	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X
206		Vijitha N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
207		Vishnu Priya V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
208	2022-2023	M.Ed. II	Aadishmeera. P. V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
209		Abisha S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
210		Abisha. S. V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
211		Anisha. S. V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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212	Arul Prasanna R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
213	Blessy Minerva R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
214	Chella Esakki G	X	X	9	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
215	Evanjalin Vinita. D	X	X	X	X	X	X	X	X	9	X	X	X	X	X	X	X	X	X	X
216	Ezhil Baby	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
217	Gayathri P Nair	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
218	Iswariya	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
219	Jeya Anisha Mol	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
220	Jeyamalathi	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
221	Jinu Mol	X	X	X	X	X	9	X	X	X	X	X	X	X	X	X	X	X	X	X
222	Kausalya	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
223	Kumari M. V. Jaisha	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
224	Lalitha Devi	X	9	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
225	Lekshmi	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
226	Lourdsamy. M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
227	Mari Kohila	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
228	Mithun Kumar Nesaraj M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	9	X	X	X
229	Muthumari	X	X	X	X	X	X	X	X	9	X	X	X	X	X	X	X	X	X	X
230	Padmapriya	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
231	Pounpathirakali	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
232	Rajalekshmi	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
233	Rajamallika	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
234	Ramya	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
235	Sajitha T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
236	Sandra. S. S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
237	Sangeetha R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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238	Sangeetha S	X	X	X	X	X	X	q	X	X	X	X	X	X	X	X	X	X	X	X
239	Shalina Nasrin	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	a	X	X
240	Shibu S	X	X	X	X	q	X	X	X	X	X	X	X	X	X	X	X	X	X	X
241	ShifnazBarveen	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
242	Shimoha R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
243	Shylu L	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	q
244	Simna	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
245	Siva sankar	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
246	Sivaneshvari	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X
247	Sowmiya	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
248	Suganth	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
249	Sumathi	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
250	Tijo Y S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
251	Valli	X	X	X	X	X	X	X	X	X	X	X	X	q	X	X	X	X	X	X
252	Venuka (Starvin)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
253	Viji Kala	X	X	X	q	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
254	Vijin	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
255	Vinitha D	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	a
256	Willma Navis	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
257	Yesu Balan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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Workshop on creating ID and Accounts for Twitter, Blog Youtube & Facebook



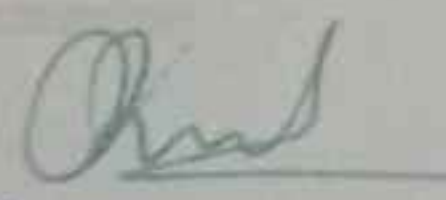
Date : 24th April 2023

Time : 10.00 to 1.00pm

Venue : Seminar Hall

Organised by IQAC-MCE




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web: www.muslimcollegeofeducation.in | email id : muslimcollegeofeducation@gmail.com

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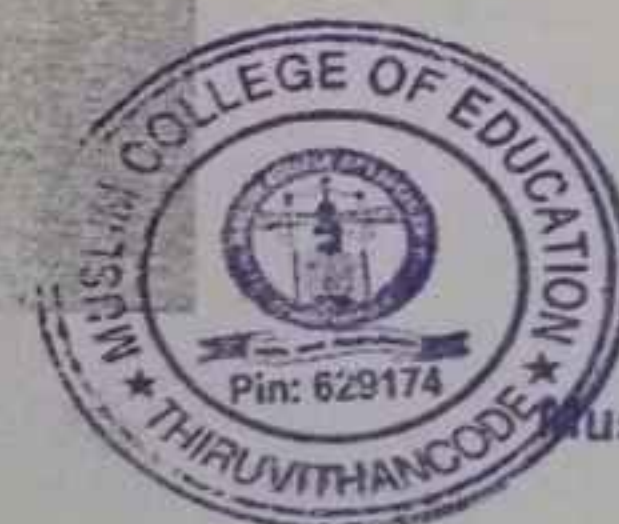
F. No. SRC/NCTE/APSO 8071/B.Ed./TN/2014-15/ 62329
F. No. SRC/NCTE / APSO9493/M.Ed/TN/2015/65325
F. No. SRC/NCTE/SRCAPP14511/ B.A.B. Ed, B.ScB.Ed/TN/2017-2018/91300

WORKSHOP FOR CREATING ID AND ACCOUNT FOR BLOG, TWITTER, YOUTUBE & FACEBOOK

IQAC, Muslim College of Education conducted workshop for creating ID and account for blog, twitter, YouTube and Facebook on 24/04/2023 in the seminar hall at 10.00 a.m. Workshop began with prayer and welcome address by Miss. Ancy John. Trainer for the workshop was Mrs. Johny Jesin Jose.

The objective of the workshop is to use social media effectively and achieve successful results.

Benefits of workshop is to make students to know the importance of social media and to deal with problems if arise. Miss. Sherin Jenisha Raj proposed vote of thanks.



Principal

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REPORT ON 'MENTOR – MENTEE MEETING'

A mentor – mentee meet was held on 16/8/2022 to identify the needs and interests of the mentees. All the teachers have enquired about the mentee's family, educational qualification and the reason for choosing B.Ed. especially at Muslim College of Education. This paved way for the teachers to know about the personal details of their mentees. As planned, the meeting served its purpose. Again the meeting was held on another date 10/12/2022 discuss the inconveniences they have faced during examinations, their performances during internal examinations and the usefulness of the value added courses. In addition, if need arises, the mentees individually meet the mentors for their clarifications and to get support in all means.



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PTA General Body Meeting and Orientation Programme

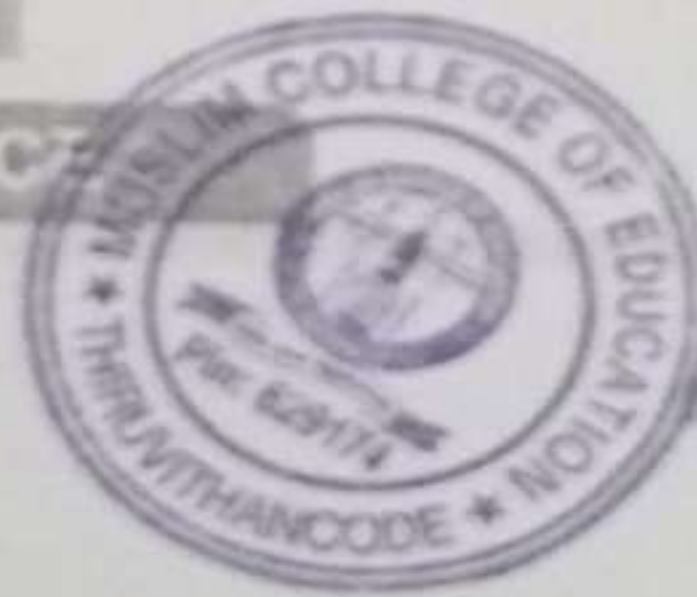
PTA Meeting



Date & Time : 13th July 2022, 10am to 1.00pm

Venue : Seminar Hall

Organised by : IQAC-MC



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PTA GENERAL BODY MEETING AND ORIENTATION PROGRAMME HELD ON 13/07/2022

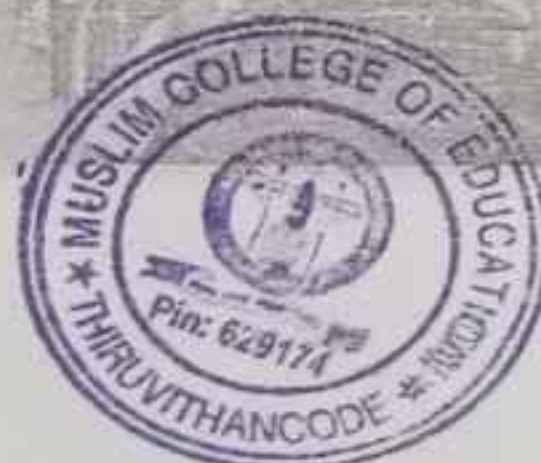
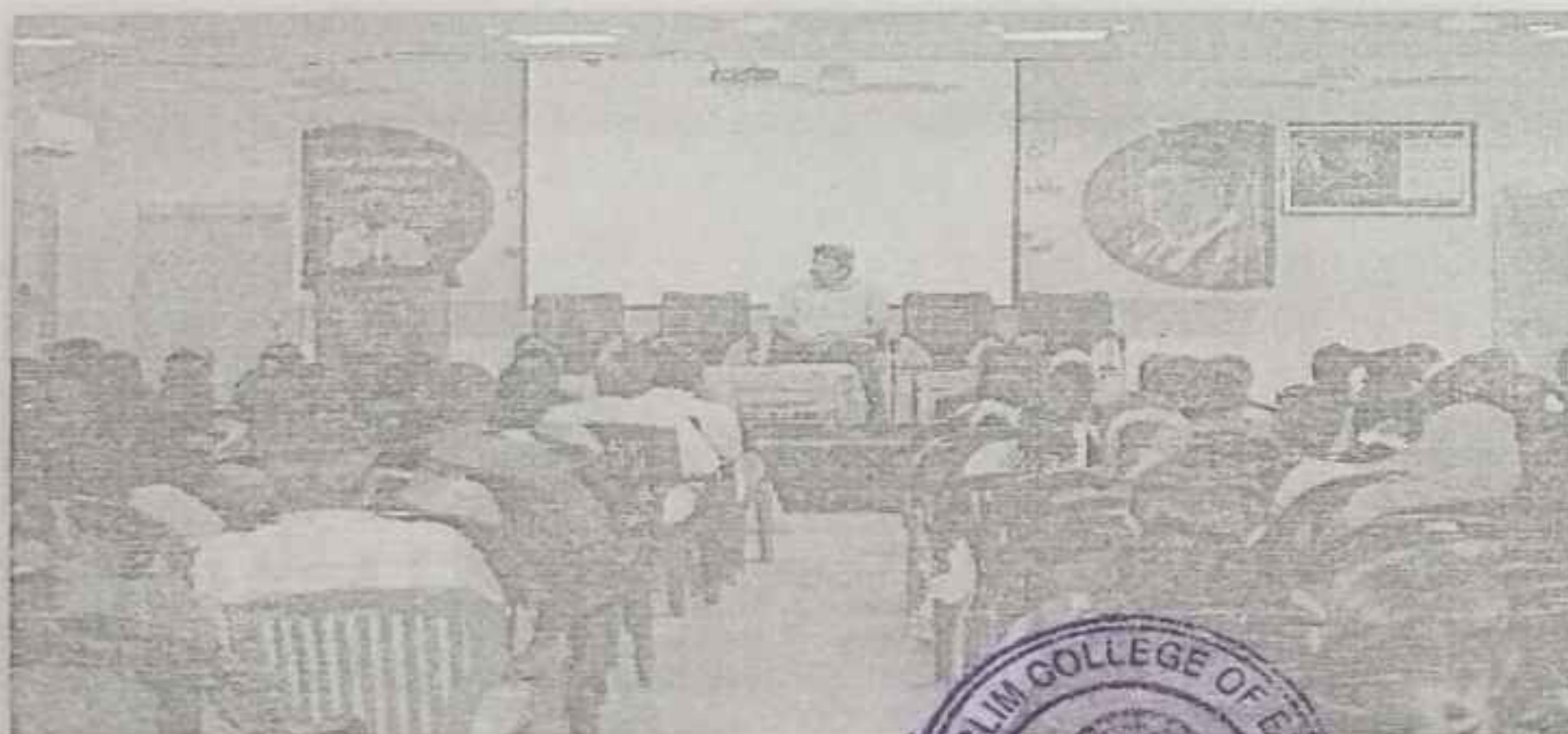
The Annual General Body Meeting called by the PTA, Muslim College of Education for the academic year 2022-2023 was held on 13/07/2022 in the seminar hall from 10.00 a.m. to 1.00 p.m.

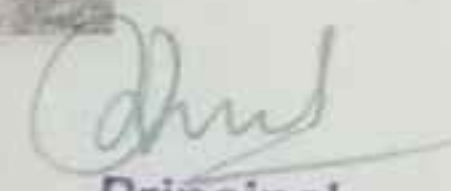
Secretary Lion. Dr. H. Mohamed Ali, Principal Dr. V. S. Pramod and the guest speaker of the meeting presided over the meeting.

Mrs. Merline Jaya warmly welcomed everyone and the meeting begins with prayer song to invoke Almighty God's loving presence. Principal in his speech spoke about the crucial role the PTA plays bridging the gap between the student teachers' home and the college. The PTA's collaboration with the management of the college ensures a successful year all around. Principal expressed his deepest gratitude and appreciation to the PTA for this.

Mr. Rajasekaran, President of the PTA read out a brief synopsis of the activities undertaken by the PTA in the last academic year. He then presented the audience with the previous academic year's financial report of the PTA as well. In his speech on positive parenting, took a deep look into the soul of parenting. He urged parents to instil in their children good values to make them true global citizens, tolerant and kind. Bringing up children who finally make a difference to other people's lives can be called truly successful individuals, he said.

The meeting concluded with vote of thanks proposed by Mrs. Valsala, Assistant Professor in Biological Science. The meeting concluded with National Anthem.




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Workshop on Vegetable Carving and Flower Arrangement



Date & Time : 09th February 2023
10.00am to 4.00pm

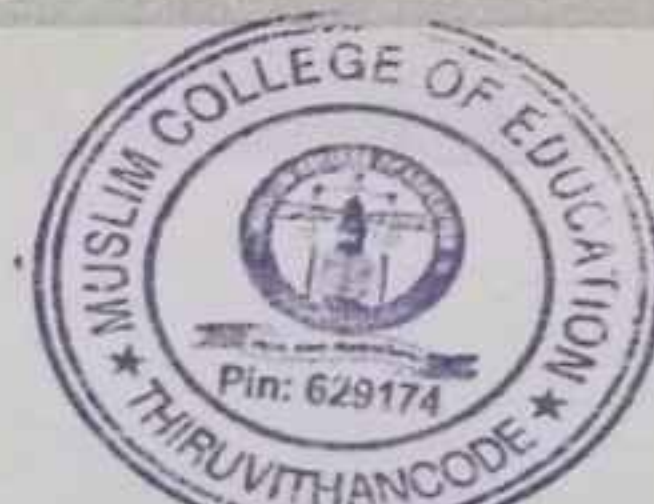
Venue : Seminar Hall

Resource Person

Shanu

Asst. Prof. in Hotel management
Muslim Arts College

Organised by: IQAC-MCE



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Workshop on Vegetable Carving and Flower arrangement held on 09/02/2023

The purpose of fruit and vegetable carving is to make food more attractive, more appetizing, and also easier to eat. Vegetables and fruits are the most fragile foods and carving is an art which involves patience, skill and creativity. Muslim College of Education along with IQAC organised a one-day vegetable carving programme on 09/02/2023 from 10.00 a.m. to 4.00 p.m.

Mr. J. Shanu, Board Member of Food Science, M.S. University and Assistant Professor at HMSC, Muslim Arts College was invited as the resource person to conduct a programme on vegetable carving for student teachers. The workshop was very informative, interactive and interesting. He explained all the methods of carving in a stepwise manner which was easy to grasp and demonstrate. Participants of the programme together made carvings using vegetables and fruits. He also taught how to create a bouquet out of vegetables and greens. The programme was very useful and learnt basic carvings like rose, spirals, different kind of flowers out of carrot, cucumber, beetroot, raddish etc. The programme was found to be more beneficial and student teachers can implement these skills in practical sessions and in their future career life.



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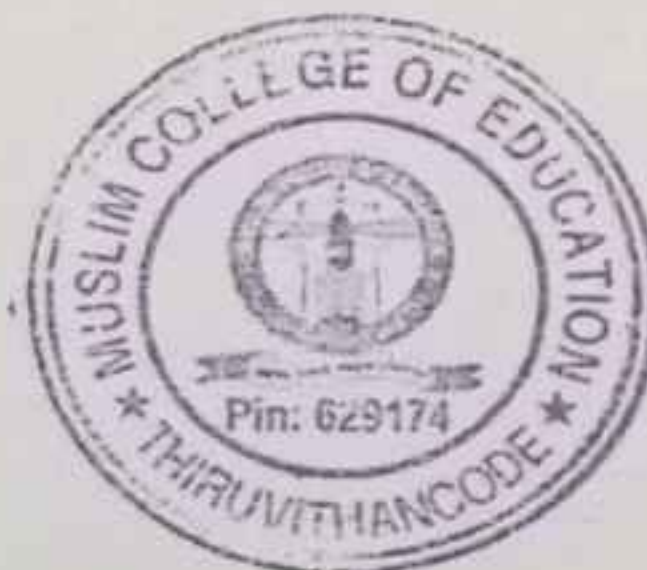
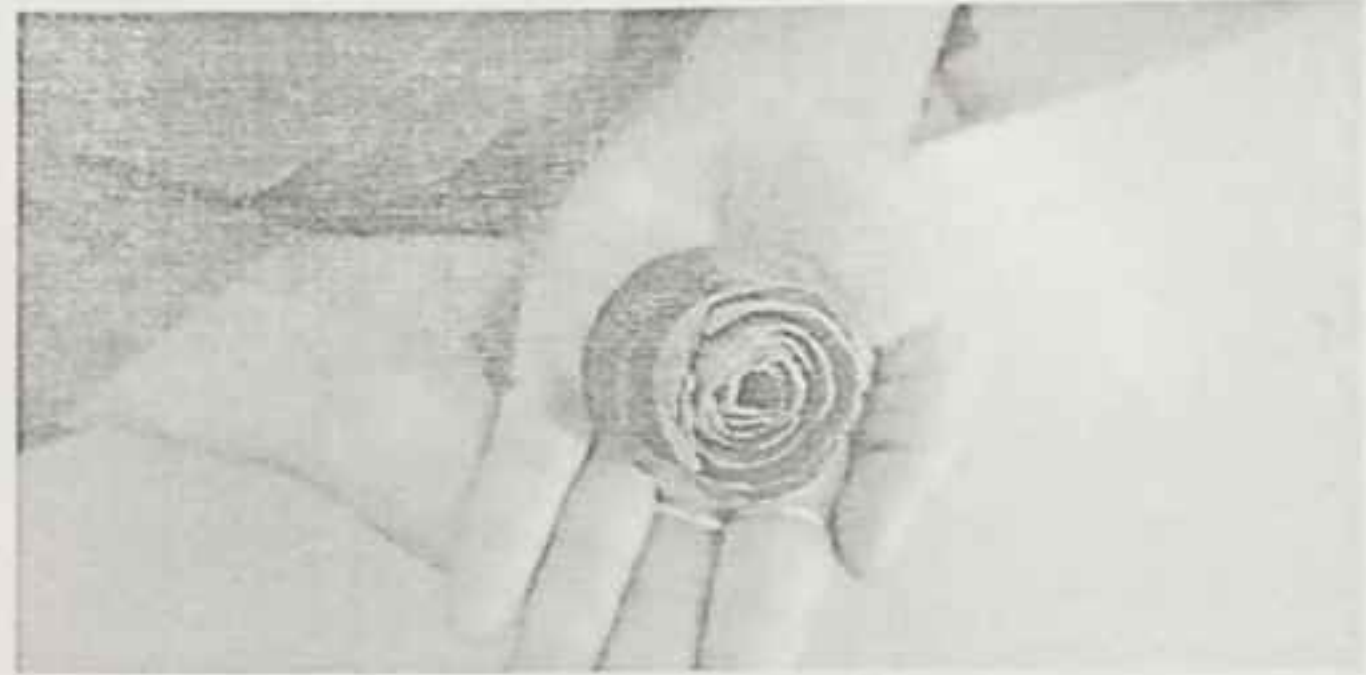
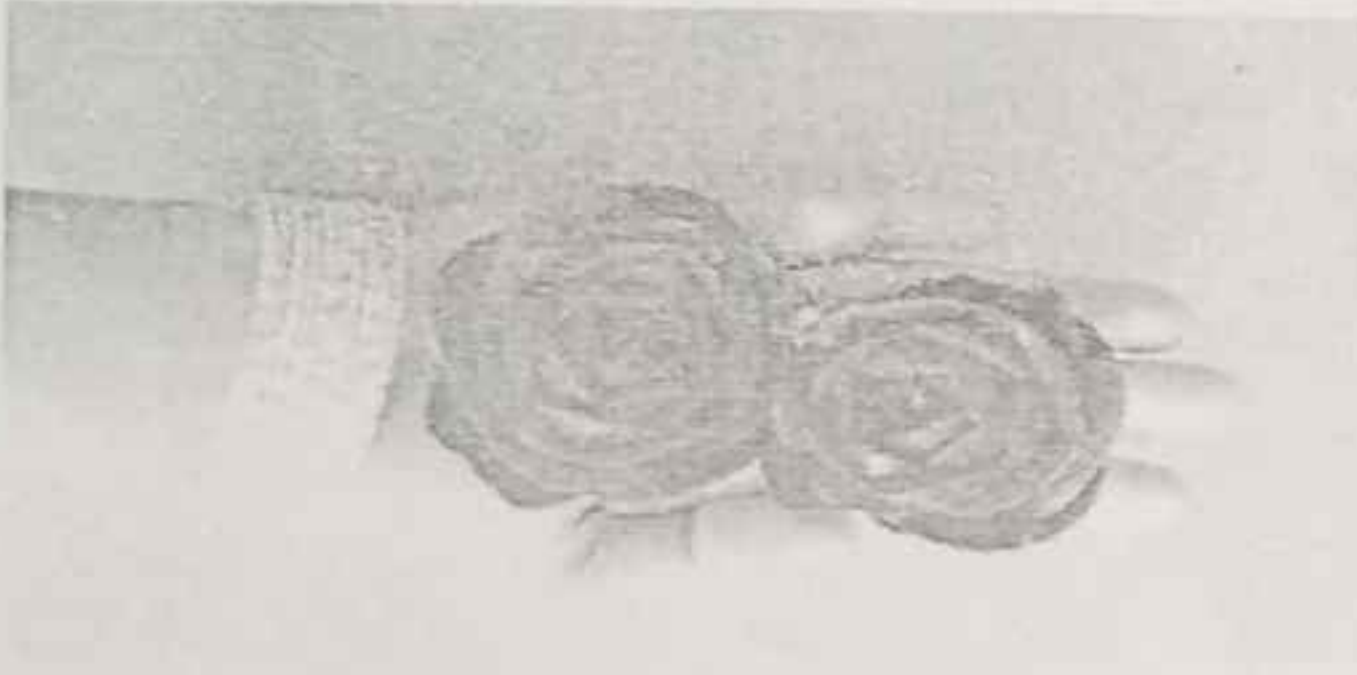
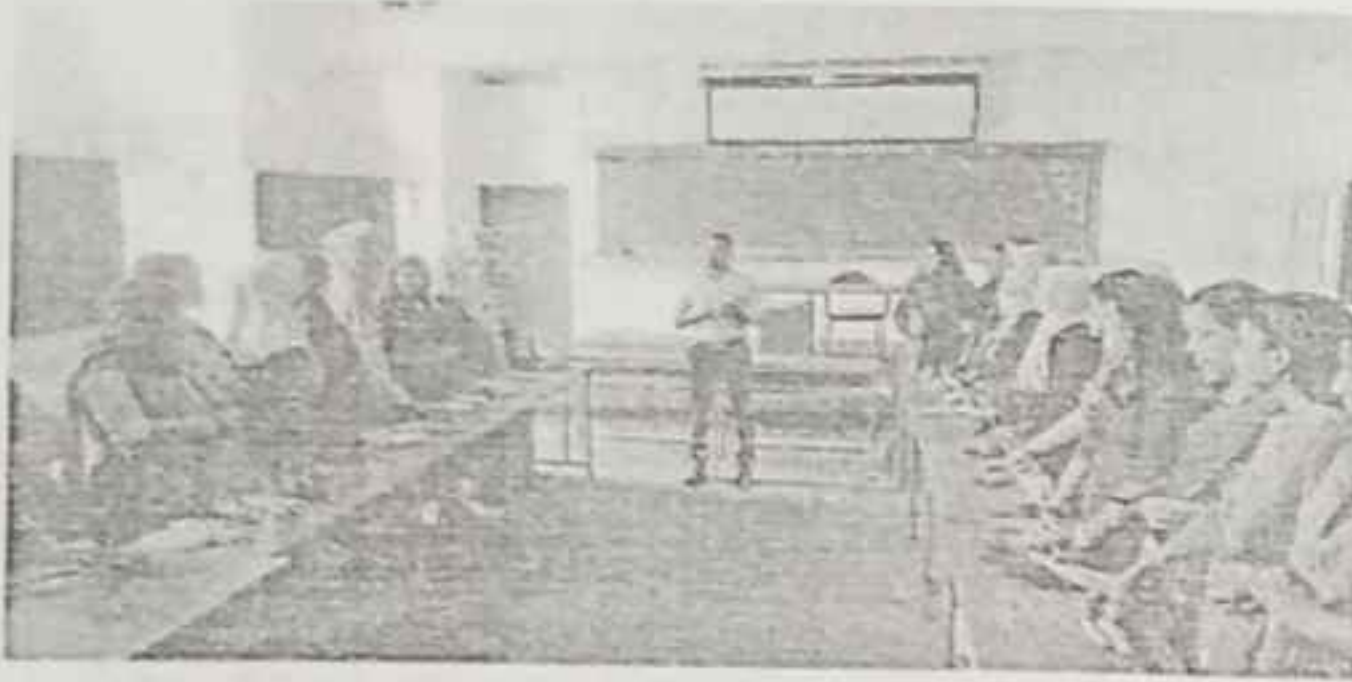
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Student Welfare Council & GUIDANCE AND COUNSELLING CELL

Jointly Organizes

CTET, TET, TRB, & TNPSC Orientation Programme

AWAKE ASPIRE ACHIEVE

.....Resource Persons.....



Dr. Amose

Asst. Prof. in Public Admin.
Muslim Arts College



Raina Rose

Asst. Prof. in Physical Science
Muslim College of Education



Dr. Jagadeesh

Asst. Prof. in Commerce
Muslim Arts College



Dr. P. Rajan

Asst. Prof. in Computer Science
Muslim Arts College

Date & Time : 01st November 2022, 10am to 3.00pm

Venue : Seminar Hall

Organised by : IQAC-MCE



[Signature]

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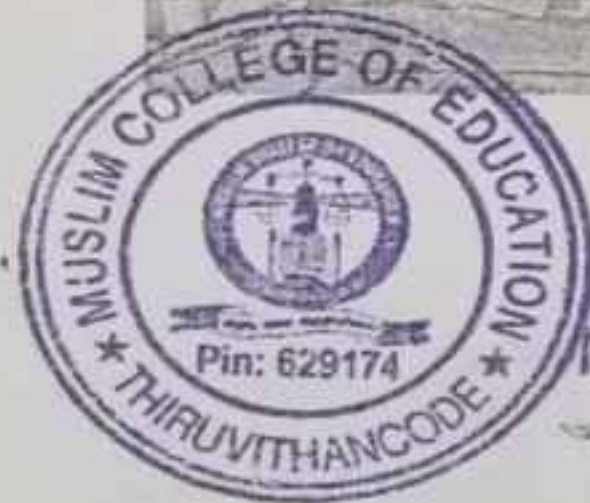
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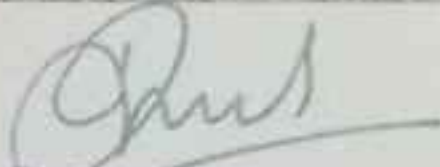
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HANDS ON TRAINING REPORT

Hands on training lessons are organized into the areas of skill and activities. In this training students who are use manipulative create physical evidence of thinking, reasoning. Problem solving and make sense of subject ideas. In all the subjects we use stick bundles, flip books flash cards and puzzles can be effective pools for teaching number of facts. A scale for measuring mass and volume can be built using clay pencils and string hands on training encourages the students to become active participants in their teaching and learning. It helps students develop critical thinking skills, problem solving abilities And deeper understanding of the subject matter. On this training the students gets knowledge on hands on training and to make different types of teaching aids on hands on training.




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Circular

We would like to bring to your kind notice that we have planned to conduct a Research colloquium on BASIS IN EDUCATIONAL RESEARCH Programme from the Research and development cell for the academic year 2022-2023 on 26/09/2022. Faculty members and students are asked to take part in the above programme for a smooth transition to the new era.



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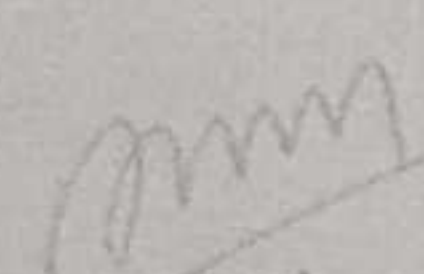
PRACTICAL - 4
Hands on Training

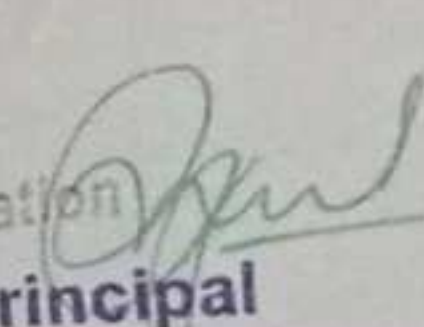
Submitted by

Name : Sowmya

Class : M.Ed III Semester




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246 M	R	P	above 10	S	H	S	H	T	F	SF	57
247 M	R	P	5 to 10	S	H	S	H	T	F	SF	58
248 M	R	P	5 to 10	S	H	S	H	T	F	SF	59
249 M	R	P	5 to 10	S	H	S	H	T	F	SF	60
250 M	R	P	5 to 10	S	H	S	H	T	F	SF	61
251 M	R	P	5 to 10	S	H	S	H	T	F	SF	62
252 F	R	P	5 to 10	S	H	S	H	T	F	SF	63
253 F	R	P	5 to 10	S	H	S	H	T	F	SF	64
254 M	R	P	5 to 10	S	H	S	H	T	F	SF	65
255 M	R	P	5 to 10	S	H	S	H	T	F	SF	66
256 F	R	P	5 to 10	S	H	S	H	T	F	SF	67
257 F	R	P	5 to 10	S	H	S	H	T	F	SF	68
258 F	R	P	5 to 10	S	H	S	H	T	F	SF	69
259 M	R	P	5 to 10	S	H	S	H	T	F	SF	70
260 M	R	P	5 to 10	S	H	S	H	T	F	SF	71
261 M	R	P	5 to 10	S	H	S	H	T	F	SF	72
262 F	R	P	5 to 10	S	H	S	H	T	F	SF	73
263 F	R	P	Bel 5	S	H	S	H	T	F	SF	74
264 F	R	P	Bel 5	S	H	S	H	T	F	SF	75
265 F	R	P	5 to 10	S	H	S	H	T	F	SF	76
266 F	R	P	5 to 10	S	H	S	H	T	F	SF	77
267 F	R	P	5 to 10	S	H	S	H	T	F	SF	78
268 F	R	P	5 to 10	S	H	S	H	T	F	SF	79
269 F	R	P	5 to 10	S	H	S	H	T	F	SF	80
270 F	R	P	Bel 5	S	H	S	H	T	F	SF	81
271 M	R	P	5 to 10	S	H	S	H	T	F	SF	82
272 M	R	P	5 to 10	S	H	S	H	T	F	SF	83
273 M	R	P	5 to 10	S	H	S	H	T	F	SF	84
274 M	R	P	5 to 10	S	H	S	H	T	F	SF	85
275 F	R	P	5 to 10	S	H	S	H	T	F	SF	86
276 F	R	P	5 to 10	S	H	S	H	T	F	SF	87
277 F	R	P	5 to 10	S	H	S	H	T	F	SF	88
278 M	R	P	5 to 10	S	H	S	H	T	F	SF	89
279 M	R	P	5 to 10	S	H	S	H	T	F	SF	90
280 M	R	P	5 to 10	S	H	S	H	T	F	SF	91
281 M	R	P	5 to 10	S	H	S	H	T	F	SF	92
282 F	R	P	5 to 10	S	H	S	H	T	F	SF	93
283 F	R	P	above 10	S	H	S	H	T	F	SF	94



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288	F	R	P	S to 10	H	H	U	W	F	L	IF	28
289	F	R	P	S to 10	I	H	U	W	F	L	IF	28
290	M	R	P	S to 10	S	H	U	W	F	L	IF	28
291	F	R	P	S to 10	I	S	U	W	F	L	IF	28
292	F	R	P	S to 10	H	S	U	W	F	L	IF	28
293	F	R	P	S to 10	S	H	S	H	F	L	IF	28
294	M	R	P	S to 10	S	H	U	W	O	F	IF	28
295	M	R	P	S to 10	S	I	S	H	M	M	IF	28
296	M	R	P	S to 10	I	S	S	H	T	L	IF	28
297	M	R	P	S to 10	I	S	S	W	T	L	IF	28
298	M	R	P	S to 10	I	S	S	W	T	L	IF	28
299	M	R	P	S to 10	I	I	S	W	O	F	IF	28
300	M	R	P	S to 10	I	H	S	W	M	M	IF	28
301	M	R	P	S to 10	S	I	U	H	M	M	IF	31
302	M	R	P	above 10	H	H	U	W	M	L	IF	27



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t-Test: Two-Sample Assuming Unequal Variances

Gender	Male	Female
Mean	27.12739	27.95804
Variance	17.95803	12.91372
Observatio	157	143
Hypothesiz	0	
df	297	
t Stat	1.836	
P(T<=t) one	0.033678	
t Critical one	1.65	
P(T<=t) two	0.067357	
t Critical two	1.967984	

t-Test: Two-Sample Assuming Unequal Variances

Locality	Rural	Urban
Mean	26.88889	28.93548
Variance	15.40022	13.53927
Observatio	207	93
Hypothesiz	0	
df	188	
t Stat	-4.36355	
P(T<=t) one	1.05E-05	
t Critical one	1.652999	
P(T<=t) two	2.11E-05	
t Critical two	1.972663	

Anova: Single Factor

Type of School

SUMMARY

Groups	Count	Sum	Average	Variance
Government	90	2576	28.62222	20.75456
Aided	90	2415	26.83333	14.09551
Private	120	3266	27.21667	11.95266

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	162.8144	2	81.40722	5.344347	0.005245	3.026153
Within Groups	4524.022	297	15.2324			
Total	4686.837	299				



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T-Test: Two Sample Assuming Unequal Variances

Monthly Income of Parent

	5 to 10	Above 10
Mean	28.30769	26.53608
Variance	14.97288	16.18879
Observatio	195	97
Hypothesis	0	
df	185	
t Stat	3.183728	
P(T<=t) one	0.000853	
t Critical one	1.653132	
P(T<=t) two	0.001706	
t Critical two	1.97287	

Anova: Single Factor
Qualification of Father
SUMMARY

Groups	Count	Sum	Average	Variance
Illiterate	81	2193	27.07407	12.91944
SSLC	121	3407	28.15702	14.23347
HSC	68	1877	27.60294	19.73551
Graduate	30	780	26	16.82759

ANOVA

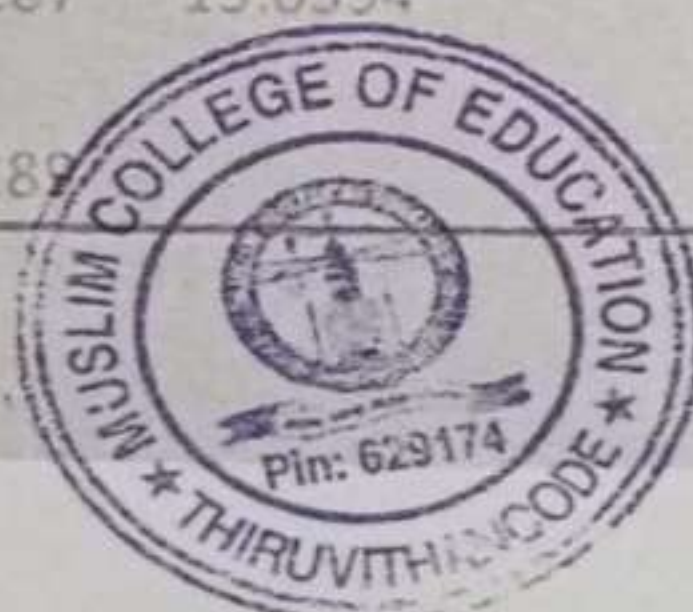
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	134.9852	3	44.99506	2.92596	0.034096	2.635106
Within Groups	4551.851	296	15.37788			
Total	4686.837	299				

Anova: Single Factor
Occupation of Father
SUMMARY

Groups	Count	Sum	Average	Variance
Unskilled	35	1010	28.85714	17.18487
Skilled	173	4633	26.78035	13.4631
Employee	82	2304	28.09756	17.47185

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	180.6381	2	90.31907	6.007097	0.002781	3.028221
Within Groups	4315.158	287	15.0354			
Total	4495.797	289				



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Anova: Single Factor
Qualification of Mother
SUMMARY

Groups	Count	Sum	Average	Variance
Illiterate	55	1465	26.63636	16.68013
HSC	93	2646	28.45161	14.40252
SSLC	105	2956	28.15238	13.61117
Graduate	47	1190	25.31915	14.17854

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	393.3025	3	131.1008	9.038205	9.6E-06	2.635106
Within Groups	4293.534	296	14.50518			
Total	4686.837	299				

t-Test: Two-Sample Assuming Unequal Variances
Occupation of Mother

	Housewife	Working
Mean	27.26702	27.97248
Variance	15.80727	15.26775
Observations	191	109
Hypothesized Mean Difference	0	
df	228	
t Stat	-1.49446	
P(T<=t) one-tail	0.068219	
t Critical one-tail	1.651564	
P(T<=t) two-tail	0.136438	
t Critical two-tail	1.970423	

Anova: Single Factor
Mno of Siblings
SUMMARY

Groups	Count	Sum	Average	Variance
One	116	3207	27.64655	14.80442
Two	115	3181	27.66087	15.7524
More	69	1869	27.08696	17.22762

ANOVA

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	17.07587	2	8.537936	0.543019	0.581568	3.026153
Within Groups	4669.761	297	15.7231			
Total	4686.837	299				



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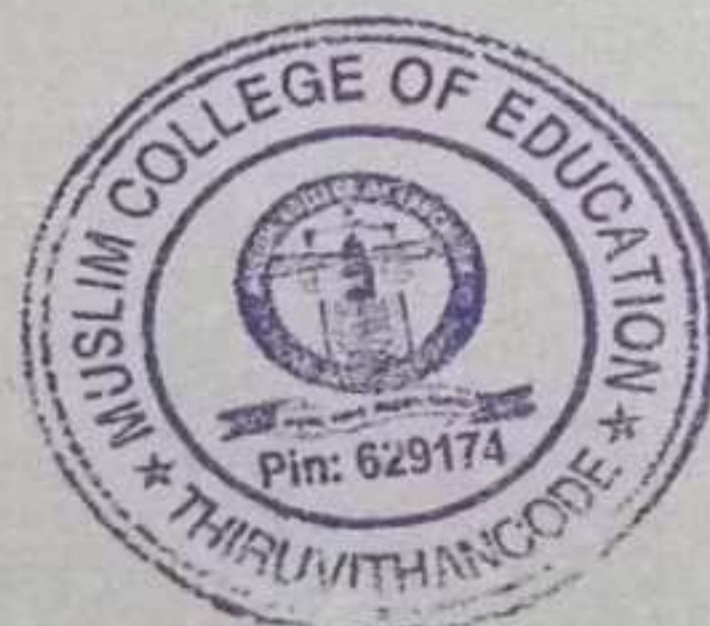
Anova: Single Factor
birth Order
SUMMARY

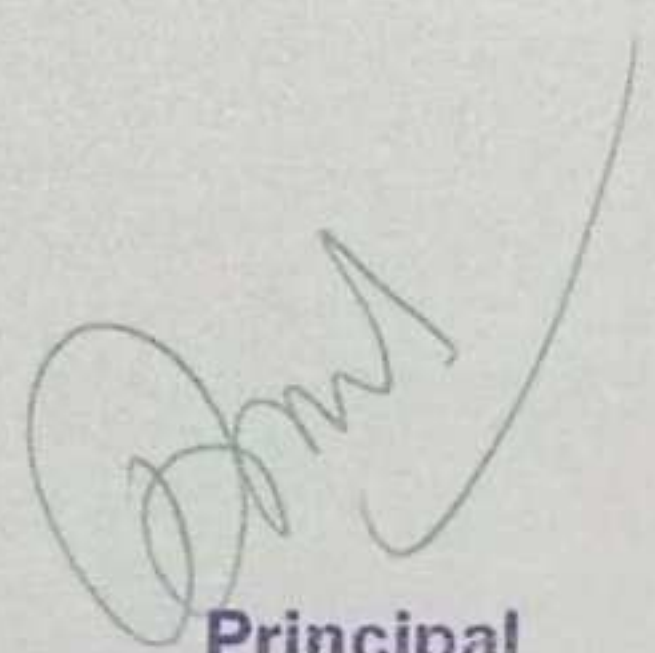
Groups	Count	Sum	Average	Variance
First	166	4580	27.59036	14.58269
Middle	30	825	27.5	16.39655
last	104	2852	27.42308	17.50859

ANOVA	SS	df	MS	F	P-value	F crit
Between Groups	1.807473	2	0.903736	0.057291	0.94433	3.026153
Within Groups	4685.029	297	15.77451			
Total	4686.837	299				

t-Test: Two-Sample Assuming Unequal Variances
Type of Family

	Single Family	Joint Family
Mean	27.86802	26.86408
Variance	14.15596	18.07938
Observations	197	103
Hypothesized Std. Dev.	0	
df	186	
t Stat	2.018467	
P(T<=t) one-tail	0.022489	
t Critical one-tail	1.653087	
P(T<=t) two-tail	0.044979	
t Critical two-tail	1.9728	




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(1) Gender

Male - 151

Mean - 27.12

S.D - 1.23

t-test - $|1.83|$

Female

Total - 143

Mean - 27.95

S.D - 3.59

② Locality of school:

Rural - total - 207

Mean - 26.88

S.D - 3.92

Urban - Total - 93

Mean - 28.93

S.D - 3.67

t-test value - $|4.36|$



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Types of School

Investment - Total - 90

Mean - 28.62 81.4022

Aided - Total - 90

Mean - 26.83 15.2324
99
162.8144

Private - Total - 120

4524.022

Mean - 27.23

F-test value - 5.344

② Monthly income of parents

Below 5 - 8

Mean - 25.25

5 to 10 - 195 -

Mean - 28.10

S.D - 3.3.86

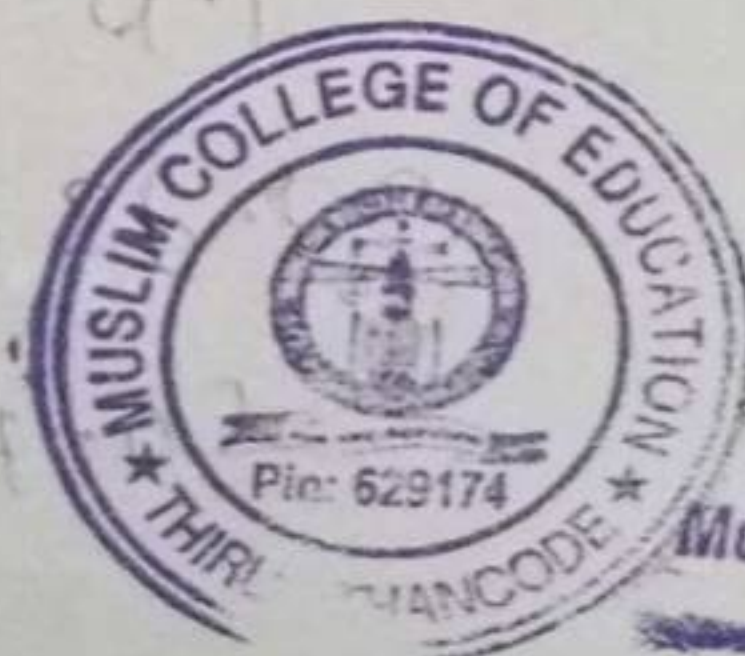
above 10 - total - 97

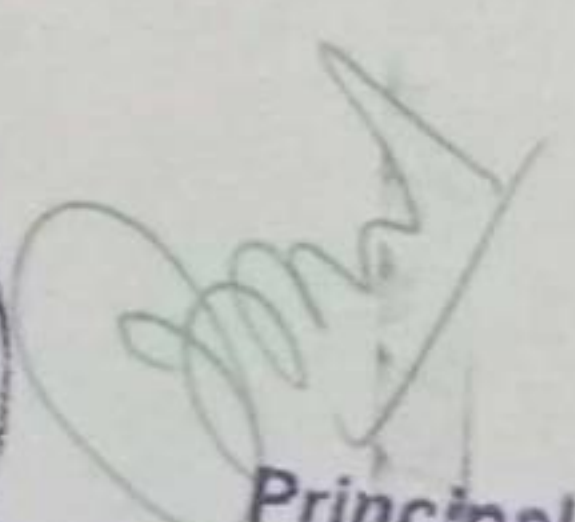
Mean -

S.D - 4

CT value

P = 10.11




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(5) Qualification of Father

Illiterate - 91

Mean - 27.04

SSLC - 121

Mean - 28.15

HSC - 68

Mean - 27.60

Graduate - 30

F-value 2.92

	SS	MS
Between	134.9852	44.99506
within	45551.851	15.37788

⑥ Qualification of Mother

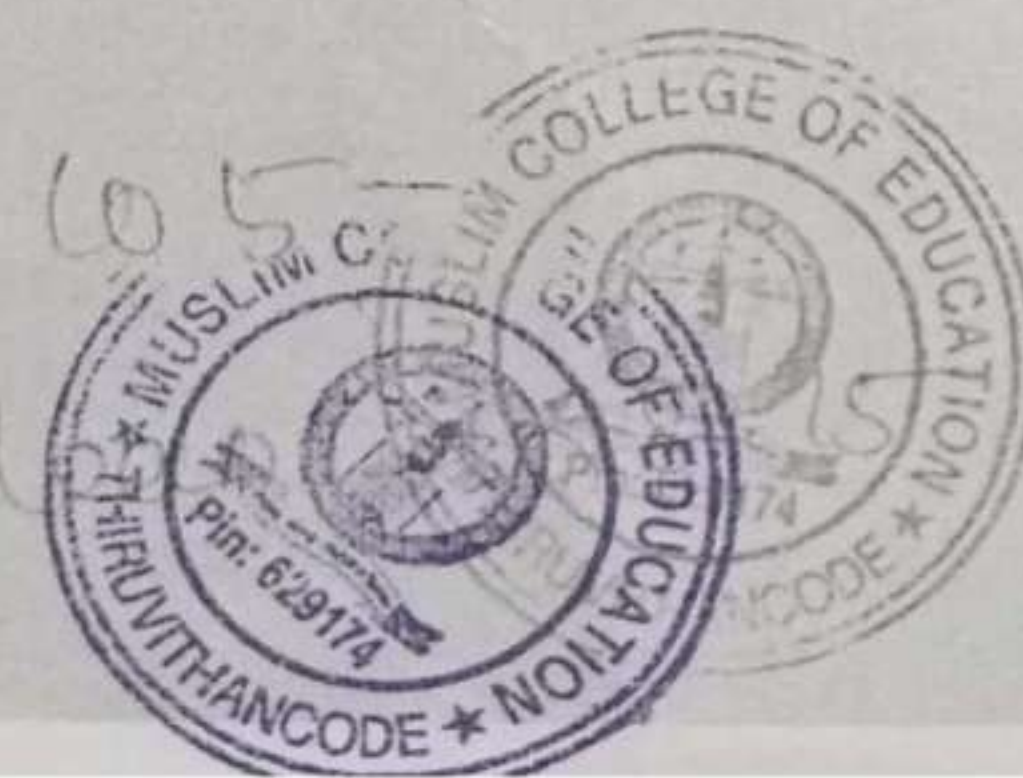
Illiterate - 55

Mean - 26.63

HSC - 93

Mean - 28.45

SSLC - 105



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Mean - 31.31

T. test value - $\sqrt{9.038205}$

<u>MS</u>	<u>SS</u>
131.1008	393.3025
14.50518	4293.534

①. Occupation of father

Unskilled - 35

Mean - 28.85

Skilled - 173

Mean - 26.78

Employee - 82

Mean - 28.09

private - 10 - Mean - 31.

F. value - 6.00

<u>MS</u>
90.31907
15.0354



6381

15.158

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Housewife - 191

Mean - 27.26

Working - 109

Mean - 27.97

t-value - $\boxed{1.49}$

⑥ Number of Sibling.

One - 116

Mean - 27.64

Two - 115

Mean - 27.66

More than two - 69

Mean - 27.08

F-value - $\boxed{0.54}$

~~1468~~

~~0.903236~~

~~15.77451~~



~~807423~~
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MS

8.582936

15.2231

SS

12.02587

4649.761

(10) Birth order

first — 166

Mean — 27.59

Middle — 30

Mean —

Last — 104

Mean —

f-value — 0.05

SS

0.903736

15.22451

SS

1.807473

4685.029



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Q. Types of family

Single - 197

Mean - 27.86

S.D - 3.16

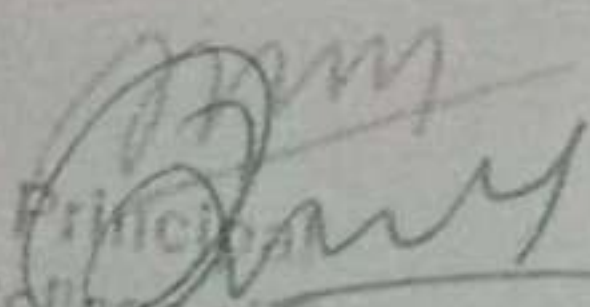
Joint family - 103

Mean - 26.86

SD - 4.25

T. value - 2.0




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Level of Home Environment

Mean \pm SD

Higher = mean + SD

Lower = mean - SD

① Gender

male - 157

Mean - 27.12

SD - 4.16

$$\begin{aligned}\text{high} &= 27.12 + 4.16 \\ &= 31.28\end{aligned}$$

$$\begin{aligned}\text{low} &= 27.12 - 4.16 \\ &= 22.96\end{aligned}$$

high - 56 - 36%

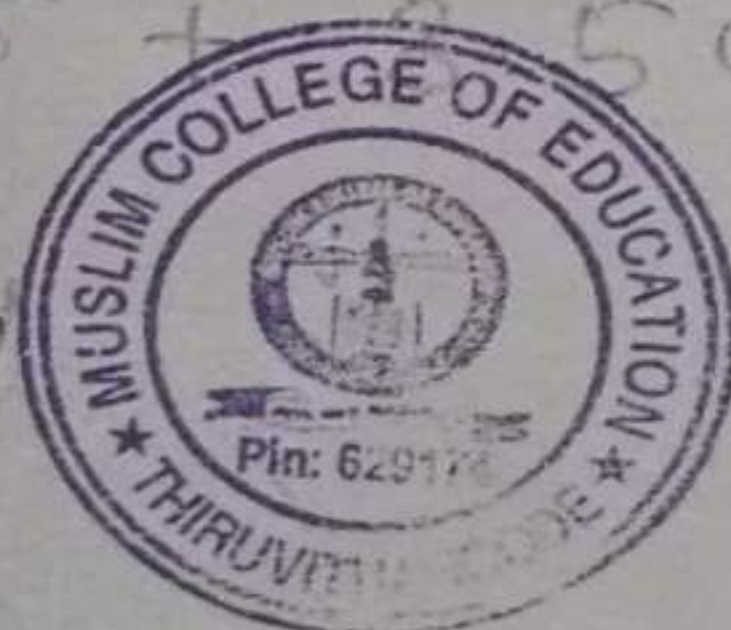
Av - 78 - 49%

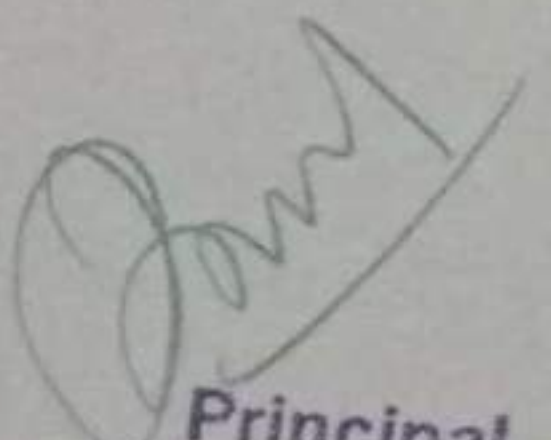
low - 23 - 15%

Female - 143

Mean + SD

$$\begin{aligned}27.95 + 4.59 \\ = 31.54\end{aligned}$$




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24.95 - 3.59

24.36

high - 30 - 21%

Av - 94 - 66%

low - 19 - 13%

2) Locality of School.

Rawal - 204

Mean - 26.88

SD - 3.92

high = $26.88 + 3.92$
= 30.8

low = $26.88 - 3.92$
= 22.96

high - 48 - 23%

Ave - 130 - 63%

low - 80 - 14%



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Urban - 43

Mean - 28.93

SD - 3.67

high - $28.93 + 3.67$

= 32.6

low - $28.93 - 3.67$

= 25.26

high - 18 - 19%

Av - 71 - 77%

low - 04 - 04%

3) Type of schools

Government - 90

Mean 28.62

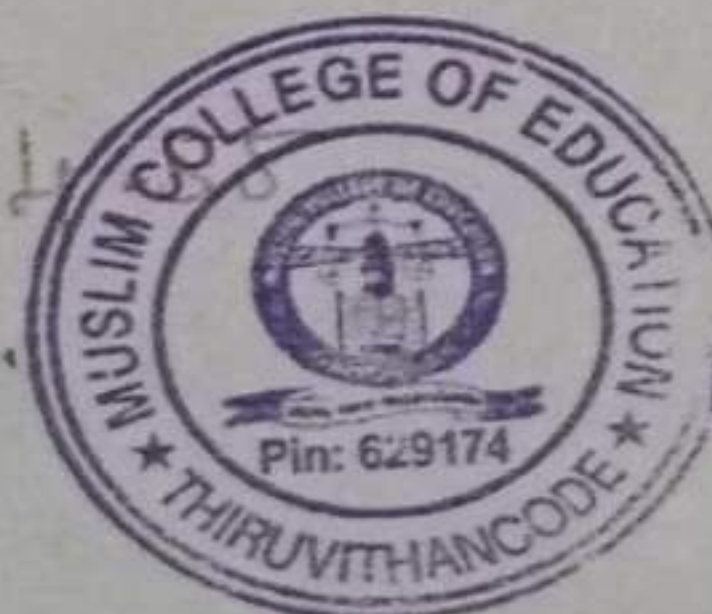
SD - 4.55

high - $28.62 + 4.55$

= 33.17

low - $28.62 - 4.55$

= 24.07



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High - 20 - 25%

Av - 57 - 64%

low - 13 - 14%

Aided - 90

Mean - 26.83

SD - 3.75

$$\begin{aligned}\text{high} &= 26.83 + 3.75 \\ &= 30.58\end{aligned}$$

$$\begin{aligned}\text{low} &= 26.83 - 3.75 \\ &= 23.08\end{aligned}$$

high - 19 - 21%

Av - 56 - 63%

low - 15 - 16%

Private - 120

Mean - 27.21

SD - 3.45

$$\begin{aligned}\text{high} &= 27.21 + 3.45 \\ &= 30.66\end{aligned}$$



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$$\text{low} = 27.21 - 3.45$$

$$23.76$$

$$\text{high} = 27 - 22\%$$

$$\text{Ave} = 72 - 61\%$$

$$\text{low} = 21 - 14\%$$

41 Monthly income of parents

$$5 \text{ to } 10 - 195$$

$$\text{Mean} = 28.10$$

$$\text{SD} = 3.86$$

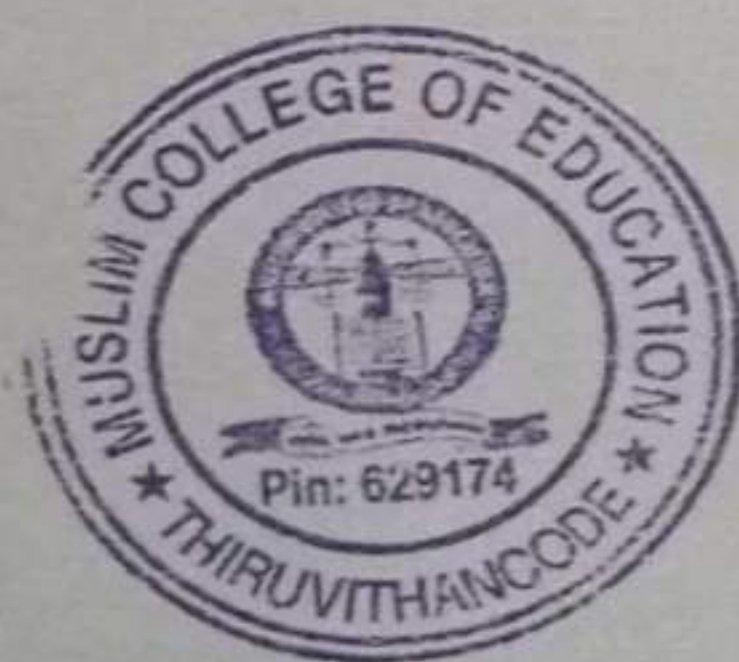
$$\begin{aligned}\text{high} &= 28.10 + 3.86 \\ &= 31.96\end{aligned}$$

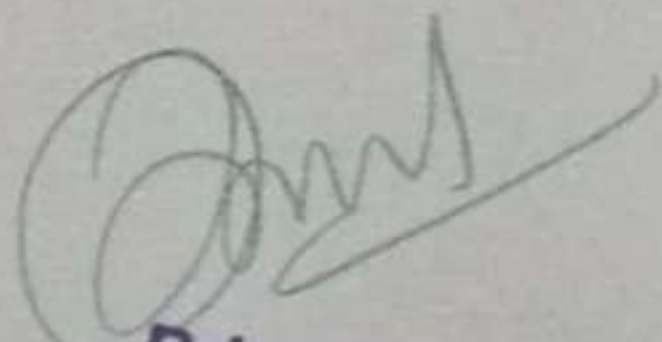
$$\begin{aligned}\text{low} &= 28.10 - 3.86 \\ &= 24.24\end{aligned}$$

$$\text{high} = 50 - 26\%$$

$$\text{Ave} = 120 - 61\%$$

$$\text{low} = 25 - 13\%$$




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Above 10 - 91

Mean - 26.53

SD - 4.02

$$\begin{aligned}\text{high} &= 26.53 + 4.02 \\ &= 30.55\end{aligned}$$

$$\begin{aligned}\text{low} &= 26.53 - 4.02 \\ &= 22.51\end{aligned}$$

high - 19 - 20%

Ave - 62 - 67%

low - 16 - 13%

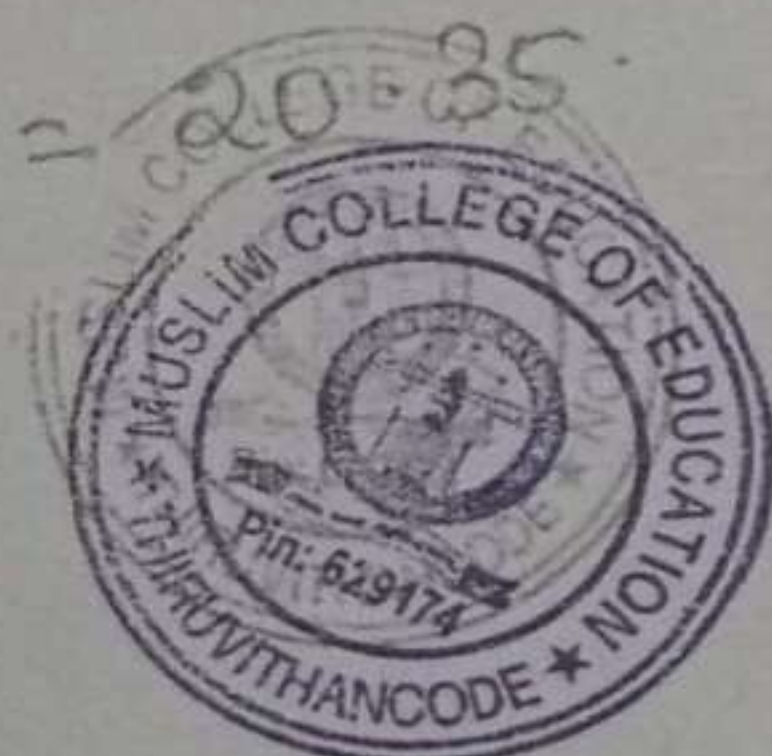
Below 5000 - 8

Mean - 22.25

SD - 1.90

$$\begin{aligned}\text{high} &= 22.25 + 1.90 \\ &= 24.15\end{aligned}$$

$$\begin{aligned}\text{low} &= 22.25 - 1.90 \\ &= 20.35\end{aligned}$$



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high - 6 - 14%

Ave - 1 - 13%

low - 1 - 13%

5. Qualification of father

Illiterate - 81

Mean - 27.07

SD - 3.59

$= 27.07 + 3.59$

$= 30.66$

$= 27.07 - 3.59$

$= 23.48$

high - 15 - 18%

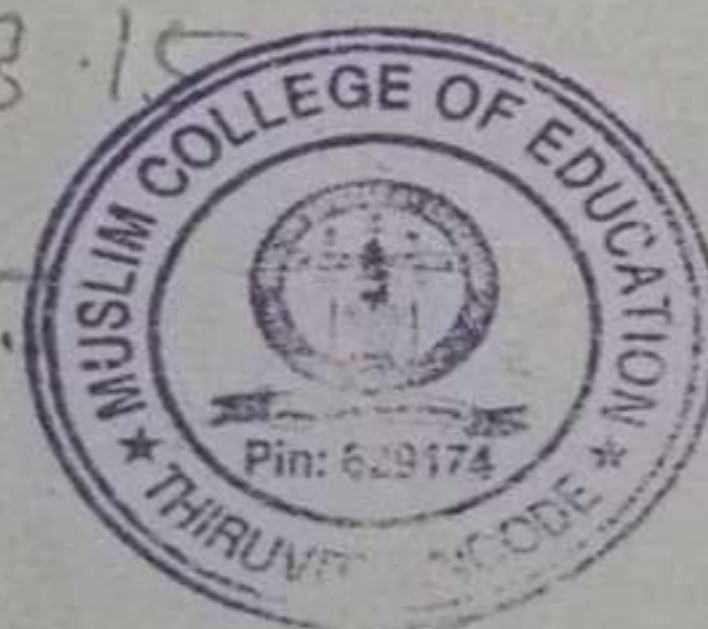
Ave - 74 - 69%

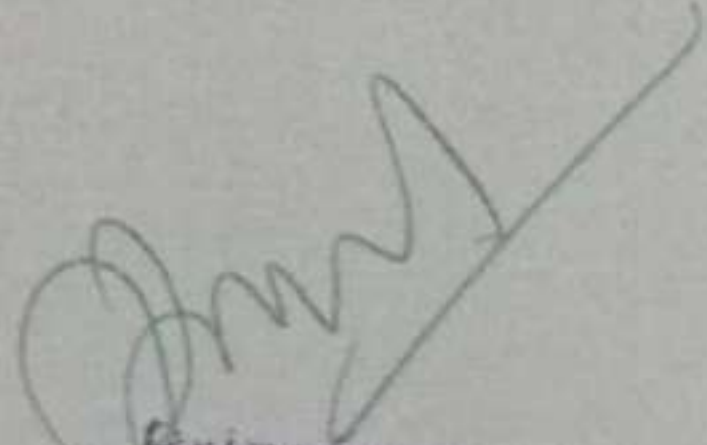
low = 11 - 13%

SSLC - 121

Mean - 28.15

SD - 3.77




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high - 33 - 27%

Ave - 71 - 59%

low - 17 - 14%

HSC - 68

Mean - 27.60

SD - 4.42

= 27.60 + 4.42

= 32.02

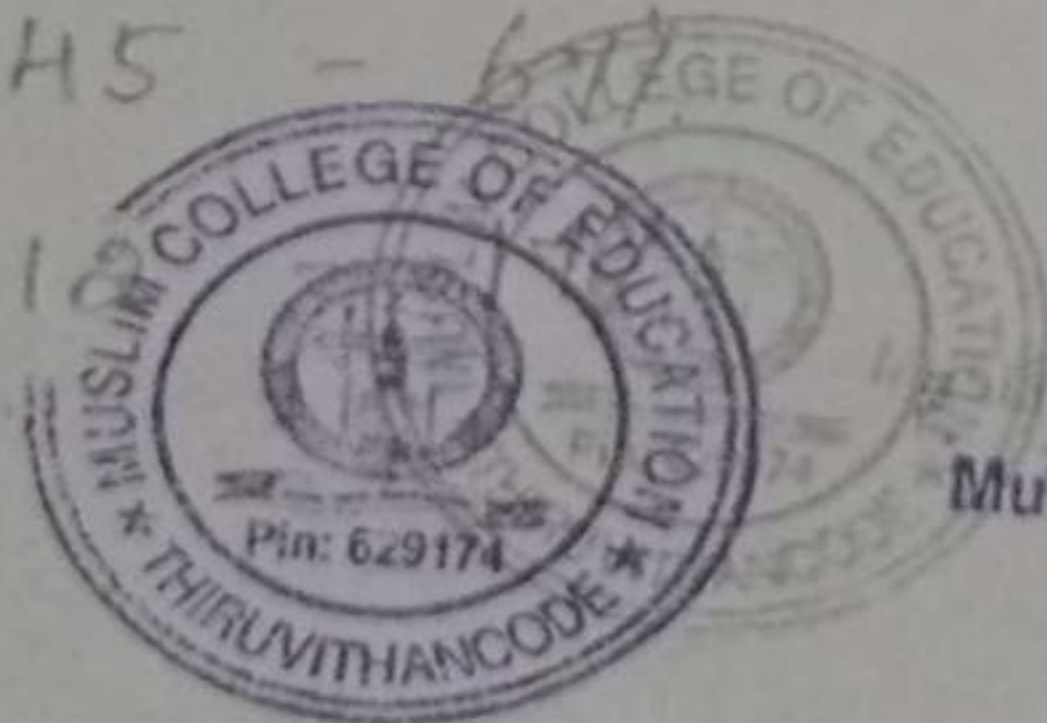
= 27.60 - 4.42

= 23.18

high - 11 - 16%

Ave - 45 - 67%

low - 1



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Graduation and above 30

Mean = 26

SD = 4.10

$$= 26 + 4.10$$

$$= 30.10$$

$$= 26 - 4.10$$

$$= 21.9$$

high - 5 - 16%

Ave - 19 - 64%

low - 6 - 20%

Qualification of mother

Illiterates - 55

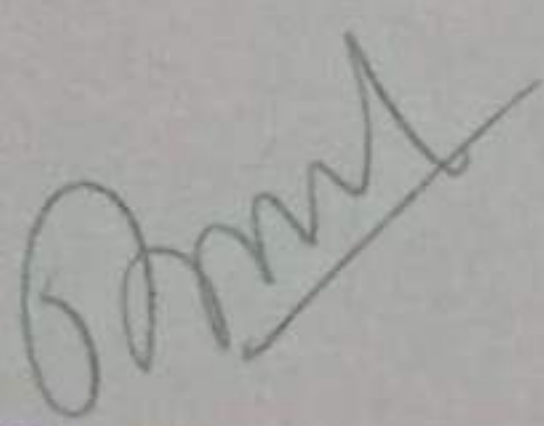
mean - 26.63

SD - 4.68

$$= 26.63 + 4.6$$

$$= 31$$




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26.63 - 4.68

21.95

high - 8 - 47%

Ave - 42 - 77%

low - 5 - 09%

HSC - 93

Mean - 28.45, SD - 3.79

$$= 28.45 + 3.79$$

$$= 32.24$$

$$= 28.45 - 3.79$$

$$= 24.66$$

high - 19 - 19%

Ave - 66 - 73%

low - 8 - 08%

SSLC - 105

Mean - 28.15, SD - 3.68

$$= 28.15 + 3.68$$

$$= 31.83$$



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high - 5 - 14%

Ave - 28 - 81%

low - 2 - 5%

Skilled - 173

Mean - 26.78 , SD - 3.66

$$= 26.78 + 3.66$$

$$= 30.44$$

$$= 26.78 - 3.66$$

$$= 23.12$$

high - 35 - 19%

Ave - 105 - 62%

low - 35 - 19%

Employee - 82

Mean - 28.09 , SD - 4.17

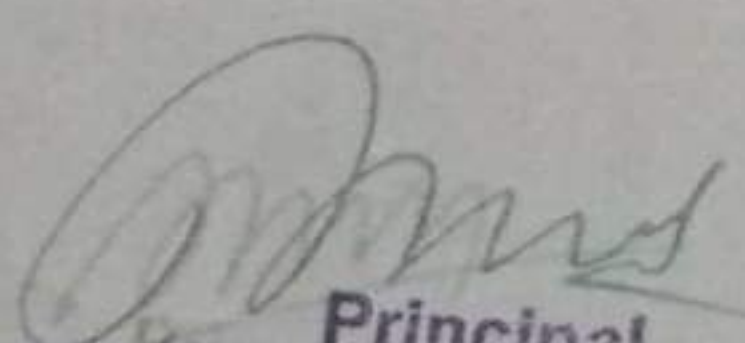
$$= 28.09 + 4.17$$

$$= 32.26$$

$$= 28.09 - 4.17$$

$$= 23.92$$




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high - 16 - 19%

Ave - 58 - 10%

low - 08 - 11%

Professional - 10

Mean - 31, SD - 2.70

$$= 31 + 2.70$$

$$= 33.7$$

$$= 31 - 2.70$$

$$= 28.3$$

high - 03 - 30%

Ave - 5 - 50%

low - 02 - 20%

Occupation of mother.

House wife - 191

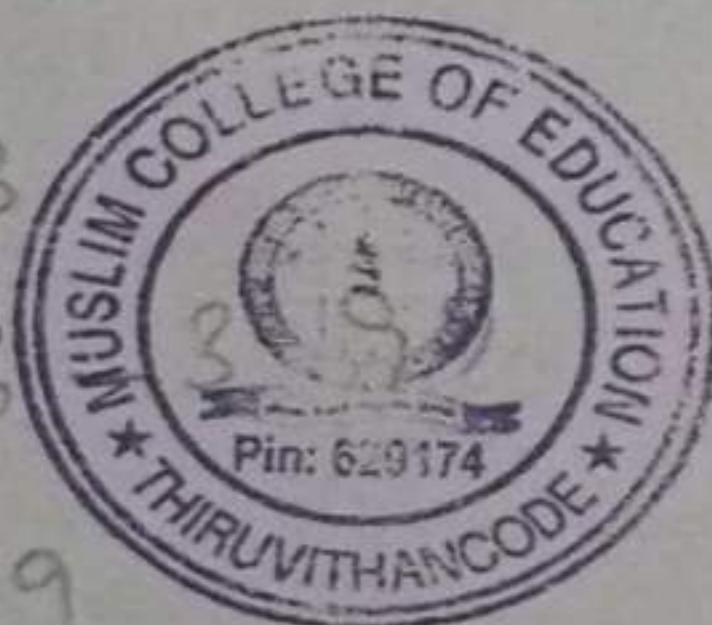
Mean - 27.26, SD - 3.97

$$= 27.26 + 3.97$$

$$= 31.23$$

$$= 27.26$$

$$= 23.29$$



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high - 36 - 18%

Ave - 122 - 63%

low - 33 - 19%

Working - 109

Mean - 27.97, SD - 3.90

$$= 27.97 + 3.90$$

$$= 31.87$$

$$= 27.97 - 3.90$$

$$= 24.07$$

high - 27 - 24%

Av - 69 - 63%

low - 13 - 13%

9. Number of Children

one - 116

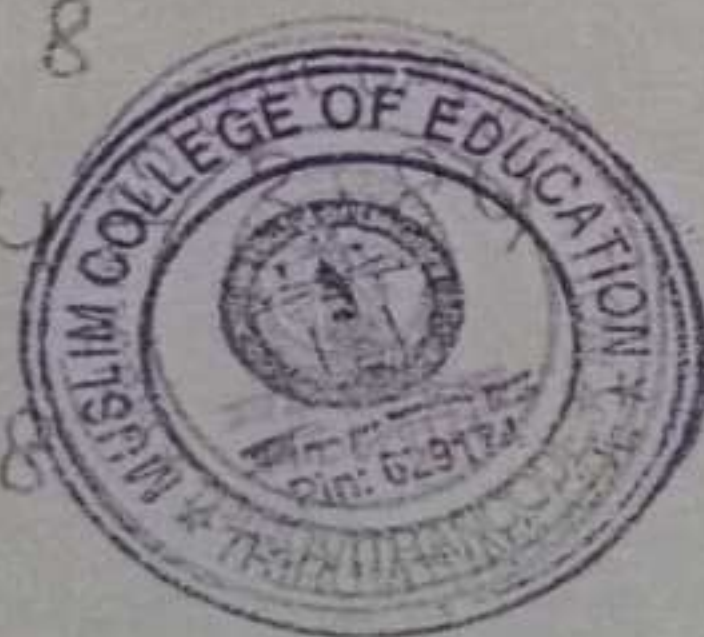
Mean - 27.64, S.D - 3.84

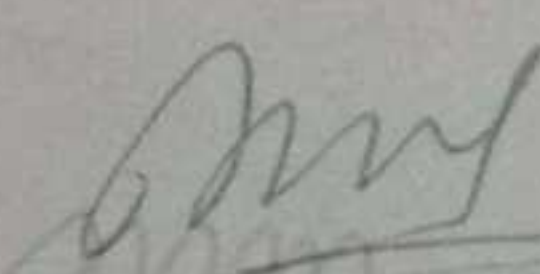
$$= 27.64 + 3.84$$

$$= 31.48$$

$$= 27.64$$

$$= 23.8$$




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high - 24 - 21%

AV - 16 - 66%

low - 16 - 13%

Two - 115

Mean - 27.66 , S.D - 3.96

$$= 27.66 + 3.96$$

$$= 31$$

$$= 27.66 - 3.96$$

$$= 23.7$$

high - 25 - 21%

AV - 15 - 65%

low - 15 - 14%

More than two - 69

Mean - 27.08 , S.D - 4.15

$$27.08 + 4.15$$

$$= 31.23$$

$$= 27.08 - 4.15$$

$$= 22.93$$

high - 14 - 20%

AV - 15 - 65%

low - 16 - 15%



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Study

Unit - 166

Mean - 27.59 , S.D - 3.81

$$= 27.59 + 3.81$$

$$= 31.4$$

$$= 27.59 - 3.81$$

$$= 23.78$$

high - 34 - 20%

Av - 109 - 67%

low - 23 - 12%

middle - 30

mean - 27.5 , S.D - 4.04

$$= 27.5 + 4.04$$

$$= 31$$

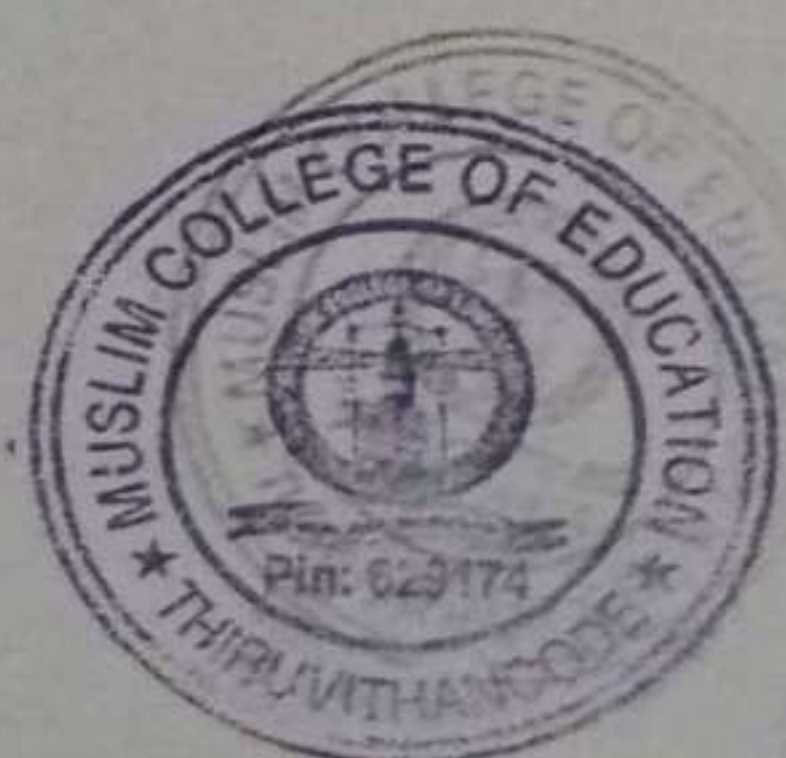
$$= 27.5 - 4.04$$

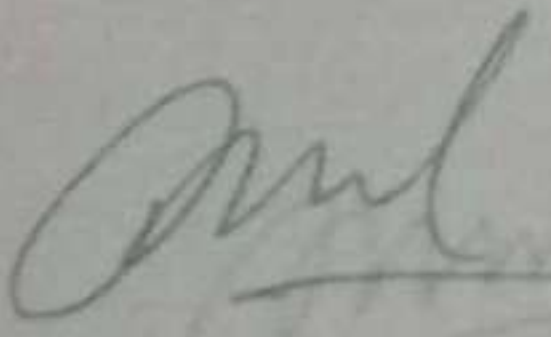
$$= 23.46$$

high - 09 - 30%

Av - 15 - 50%

low - 06 - 20%




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Latit - 10.4

Mean

23.112

5.1.1.6

23.112 + 4.18

= 31.6

23.112 - 4.18

= 23.84

high - 20 - 19%

Av - 68 - 65%

low - 16 - 16%

Family Type of family

Single family - 194

Mean - 27.86 , S.D - 3.76

= 27.86 + 3.76

= 31.62

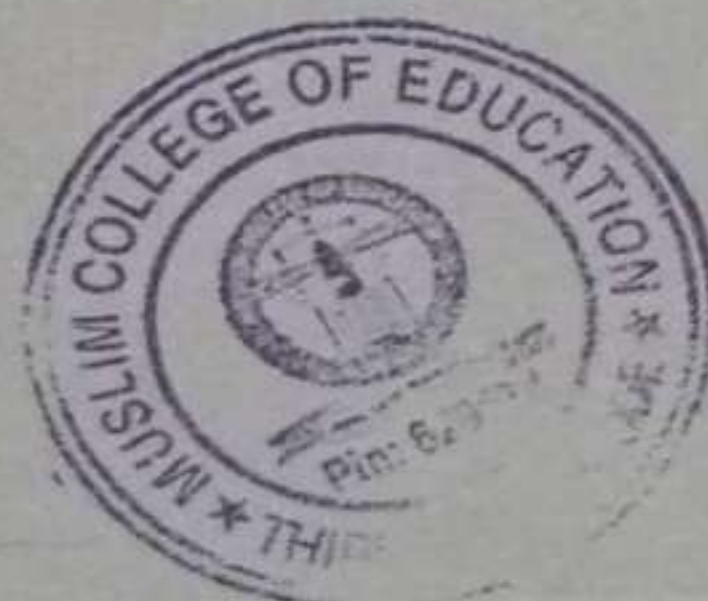
= 27.86 - 3.76

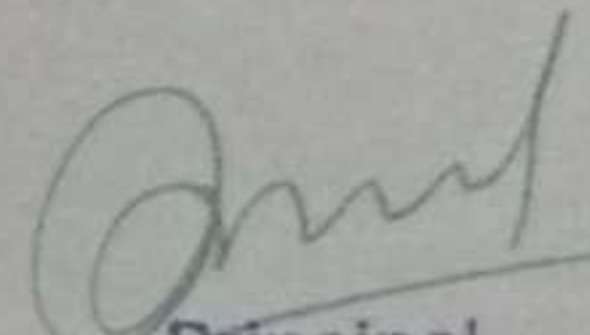
= 24

high - 32 - 16%

Av - 136 - 69%

low - 29 - 15%




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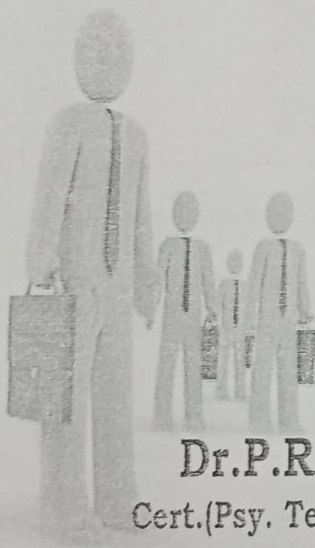
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Love **THE** Parents
Respect **THE** Teachers



LIFESKILL FOR STUDENTS

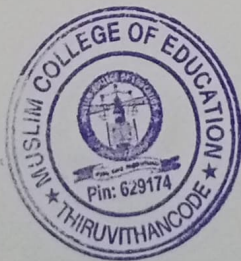


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Dr.P.RAAJAN MCA.,M.Phil.,Ph.D.,M.Sc (Psy.),
Cert.(Psy. Testing & Counseling.), Dip(Yoga),(LLB),PG.Dip
(Criminology & Forensic Science)

CONSULTANT PSYCHOLOGIST & LIFESKILL TRAINER

MPK CONSULTANCY SERVICES



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Orbit Of Life



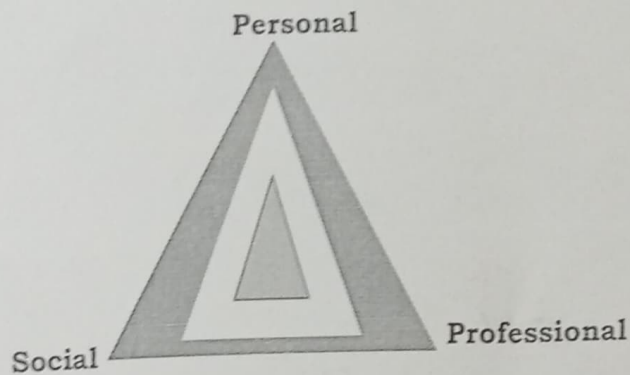
Professional Life



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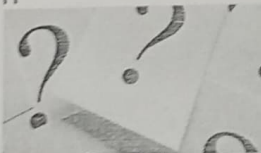
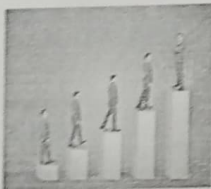
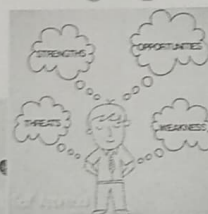
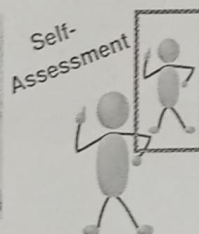
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Management Triangle



FIVE PILLARS

- Introspection
- Self Assessment
- Self Appraisal
- Self Development
- Self Interrogation



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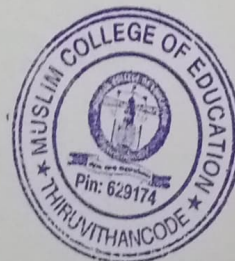
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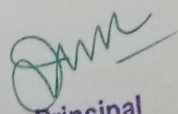
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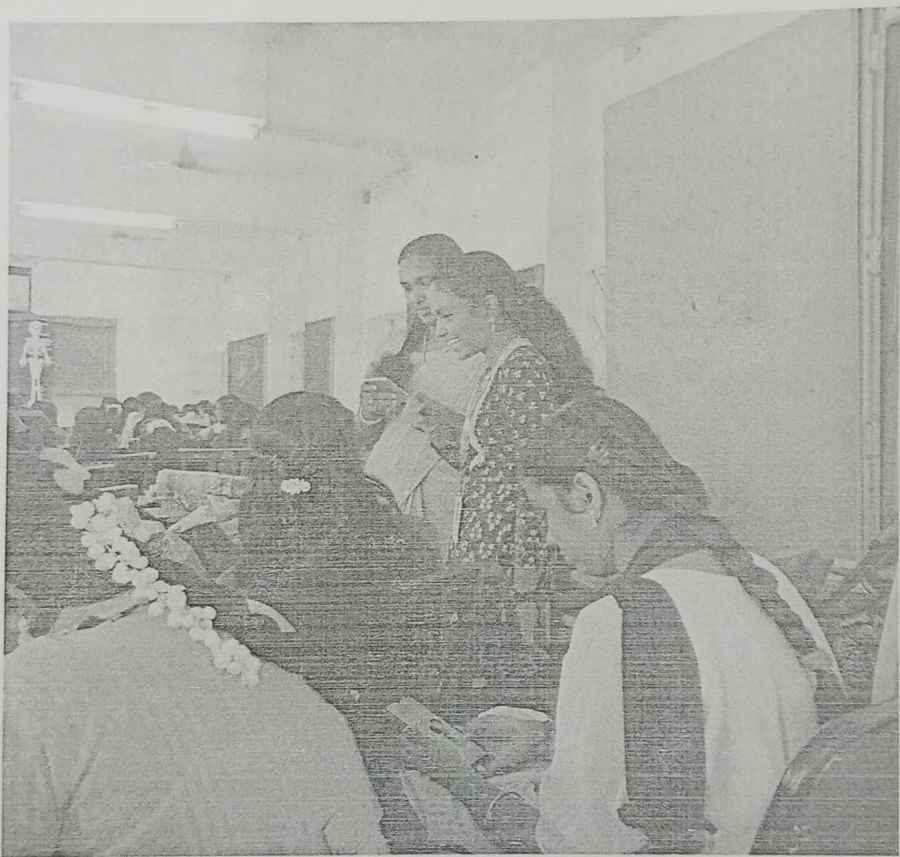
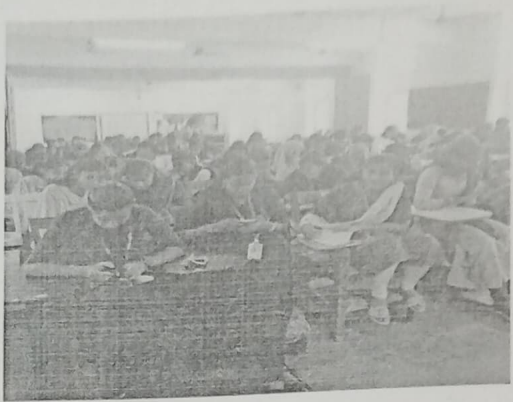
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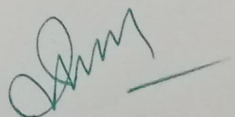
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WORKSHOP ON CREATING ID AND ACCOUNTS FOR TWITTER, BLOG, YOUTUBE, FACEBOOK




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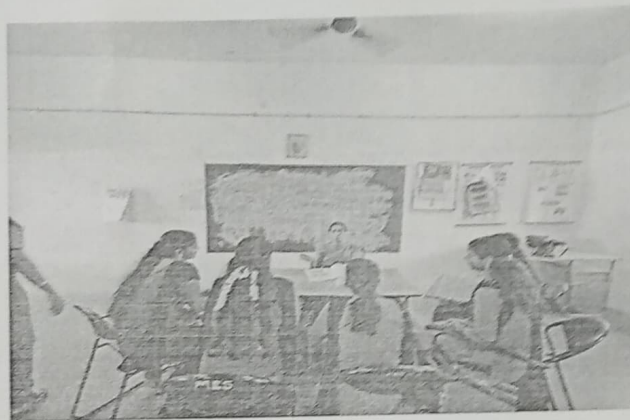
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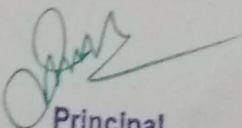
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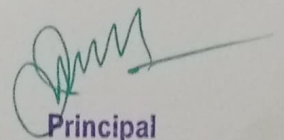
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2. MENTOR - MENTEE MEETING




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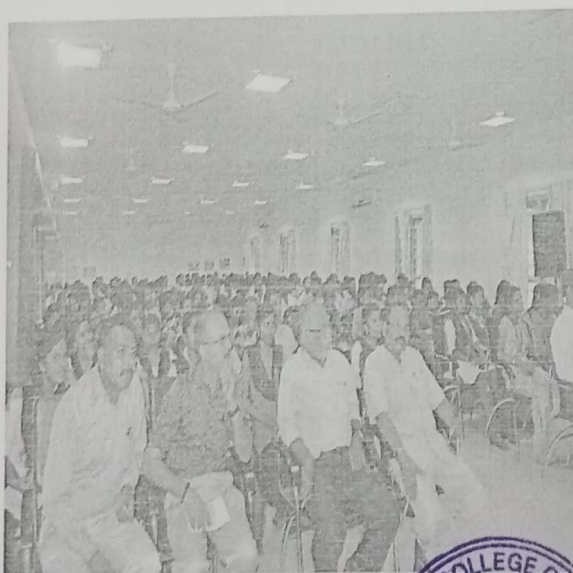
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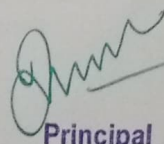
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3. PTA- MEETING





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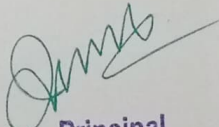
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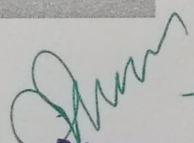
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5. STUDENT WELFARE COUNCIL & GUIDANCE AND COUNCELLING CELL




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- Curriculum Design and Pedagogy in schools
- Transformative Educational Change
- Reorganization of School Education
- Digital Literacy
- Artificial Intelligence
- Innovative Education based on experience
- Value-Based Education
- Governance Skills for Teachers
- Any other topic pertinent to the seminar

TARGET DELEGATES

Educationalists, Teacher Educators, School Teachers, Administrators, Professionals, Research Scholars, UG & PG Students.

CALL FOR PAPERS

You can contribute research papers on the above said themes. The abstract of paper shall be maximum 300 words, in MS Word 12 size and Font in New Times Roman with 1.5 line spacing. Full paper shall be within 3000 – 5000 words. The paper will be published in the national journal Tel-eS (Teacher, Learner & Society) with the ISSN 2348-8409. Paper can be sent to muslimcollegeofeducation@gmail.com

Sincerely

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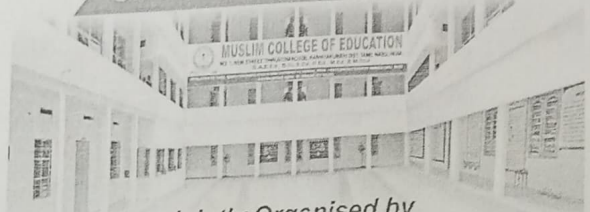
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Self Esteem to our Day-to-Day Life

R. AHALYA DEVI

M.Ed. Scholar, Muslim College of Education,
Thiruvithancode.

S INDIRA

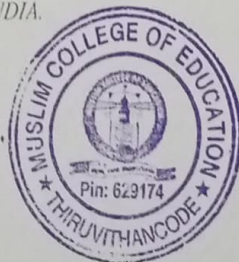
Assistant professor, Muslim college of Education,
Thiruvithancode.

The purpose of self-esteem is to feel and imagine that people nurtured in their mind over time about their self. Self-esteem is self-assessment; their perception and evaluation will be positive or negative and pleasant or unpleasant. Children with high self-esteem, usually feel good about themselves and better able to resolve their conflicts with other children and are resistant to deal with problems. One of the most important human traits to achieve objectives is self-esteem. The term self-esteem means "reverence for self." The "self" pertains to the values, beliefs, and attitudes that we hold about ourselves. Having a strong will and self-confidence, decision-making power and originality, creativity, sanity and mental health is directly related to self-esteem and sense of self-worth.

Keywords: Self-esteem, Perception, Self-Confidence, Beliefs,
Mental Health.

TeLeS, ISSN 2348-8409, Vol. 23, No 2, Sep 2023

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3. Inflated self esteem

1. High Self Esteem

There are some simple ways to tell if we have healthy self-esteem.

We probably have healthy self-esteem if we:

1. Believe that we are equal to everyone else, no better and no worse
2. Express our needs
3. Feel confident
4. Have a positive outlook on life
5. Say no when you want to
6. See our overall strengths and weaknesses and accept them

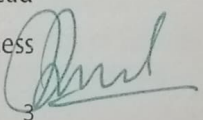
2. Low Self Esteem

People who have low self- esteem think of themselves below average. They do not believe in themselves, they do not trust their abilities. Low self- esteem can affect a lot of things. These people have poor relationships with others. Low self- esteem causes depression and anxiety. Low self-esteem may manifest in a variety of ways. If we have low self-esteem, we may believe that others are better than us. We may find expressing our needs difficult. We may focus on our weaknesses.

3. Inflated Self Esteem

People with inflated self-esteem tend to think of themselves as better than other people and are always ready to underestimate others. These persons are negative types. These people always have a head and most times do not mind hurting people to achieve the success





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thinking that will bring them happiness. They have no ability to listen to others.

Benefits of Self Esteem

A person with healthy self-concept and self-respect enables us to be positive in difficult situations. People with self-esteem can adopt changes in their life including accepting a new job and moving to a new place. The person with self-esteem lets others appreciate what others recommend. They are open minded and ready to learn from others. Self-esteem improves the quality of work and productivity. Self-esteem person has a positive mental state.

How to Improve Self Esteem?

Some actions that we can take to help to improve our self-esteem are, become more aware of negative thoughts. Challenge negative thinking patterns. Use positive self-talk. Practice self-compassion. We know ourselves. Always positive. Try to avoid comparing ourselves with others. Practice to avoid telling 'no' to all our life activities.

Conclusion

We ourselves, as much as anybody in the entire universe, deserve our love and affection. Never be bullied into silence. Never allow ourselves to be made a victim. Accept no one's definition of our life, but define ourselves.

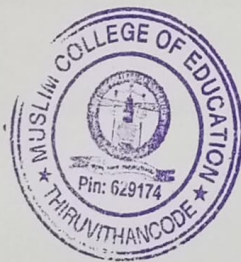


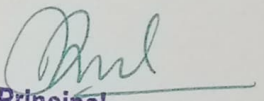
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Effectiveness of 5e Learning Cycle Model on Scientific Interest and Achievement in Physics of Students at Secondary School Level

GAYATHRI, P. NAIR

M. Ed Scholar, Muslim College of Education,
Thiruvithancode, Kanyakumari District.

Dr. J. RAINA ROSE

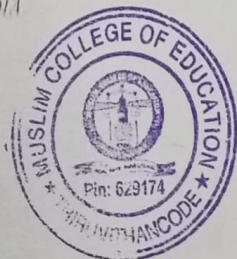
Assistant Professor, Muslim College of Education, Thiruvithancode.

Today, with the development of science and technology and its rapid progress, the importance attached to science education has increased. This increase in interest has led to the development of the methods, techniques, and approaches that enable the students to be active, question and construct knowledge. The 5E learning model is one of them, and many studies have been conducted in literature related to this model. These independent studies have been carried out in different study areas, with different study groups, and different results have been achieved. In order to evaluate these results in general, it is necessary to make use of as many studies as possible. Since the study was intended to find out the effectiveness of 5E Learning Cycle Model on Scientific Interest and Achievement in Physics of students at secondary level, experimental method was adopted.

Keywords: Self-esteem, Perception, Self-Confidence, Beliefs, Mental Health.

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Journal of Muslim College of Education,
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Introduction

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of her or his own worth. Self-esteem encompasses beliefs and emotions such as triumph, despair, pride and shame. Some would distinguish how 'the self-concept is what we think about the self; self-esteem, the positive or negative evaluation of the self, is how we feel about it'. A person's self-concept consists of the beliefs one has about oneself, one's self perception, or, the picture of oneself. Self-concept as totally perception which people hold about him\herself. It is not the "facts" about one-self but rather what one believes to be true about one-self. Early researchers used self-concept as a descriptive construct, such as 'I am an athlete'.

Self Esteem

Self- esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. Self- esteem is our self- confidence. Self- esteem is our overall opinion about ourselves, our belief and about our ability. Self- esteem is shaped by our thought relationship and experiences including those related to culture, religion and societal status. Self- esteem is a positive perception of ourselves. It improves our quality of life and help ourselves to succeed our carrier in optimum success.

Factors that Affecting Self Esteem

There are many factors that can influence self-esteem. Our self-esteem may be impacted by: Age, Disability, Genetics, Beliefs, Friends, Workplace.



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Types of Self Esteem

1. High self-esteem
2. Low self-esteem
3. Inflated self esteem

1. High Self Esteem

There are some simple ways to tell if we have healthy self-esteem.

We probably have healthy self-esteem if we:

1. Believe that we are equal to everyone else, no better and no worse
2. Express our needs
3. Feel confident
4. Have a positive outlook on life
5. Say no when you want to
6. See our overall strengths and weaknesses and accept them

2. Low Self Esteem

People who have low self- esteem think of themselves below average. They do not believe in themselves; they do not trust their abilities. Low self- esteem can affect a lot of things. These people have poor relationships with others. Low self- esteem causes depression and anxiety. Low self-esteem may manifest in a variety of ways. If we have low self-esteem, we may believe that others are better than us. We may find expressing our needs difficult. We may focus on our weaknesses.



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3. Inflated Self Esteem

People with inflated self-esteem tend to think of themselves as better than other people and are always ready to underestimate others. These persons are negative types. These people always have a head and most times do not mind hurting people to achieve the success thinking that will bring them happiness. They have no ability to listen to others.

Benefits of Self Esteem

A person with healthy self-concept and self-respect enables us to be positive in difficult situations. People with self-esteem can adopt changes in their life including accepting a new job and moving to a new place. The person with self-esteem lets others appreciate what others recommend. They are open minded and ready to learn from others. Self-esteem improves the quality of work and productivity. Self-esteem person has a positive mental state.

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Conclusion

We ourselves, as much as anybody in the entire universe, deserve our love and affection. Never be bullied into silence. Never allow ourselves to be made a victim. Accept no one's definition of our life, but define ourselves.

References

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