

ST. JOSEPH'S TRAINING COLLEGE, MANNANAM

PROFILE OF TEACHERS

Period of Report 2019-2020

I	GENERAL	
1	Name & Designation of the Teacher	Dr. Benny K. M. Assistant Professor in Physical Education
2	Academic Qualifications	M.A., M.P.Ed., M.Phil., P.hD.
3	Date of Birth	26 / 05 / 1969
4	Date of Joining the College	24 - 07 -2003
5	Date of Confirmation	24 - 07 -2003
6	Previous experience (with dates) if served in other colleges / institutions.	Henry Baker College Melukavu from 15th February to 23rd July 2007 as junior lecturer in physical education. (6 years and 5 months)
7	Courses taught at Various Levels	
	a. Undergraduate Level	B.Ed.
	b. Postgraduate Level	
8	Workload per week	16
	a. Lecturers	10
	b. Tutorials	2
	c. Practicals	1
	d. Seminar / Group Discussions	3
	e. Total number of hours / periods provided in the time table under (a), (b), (c) & (d) in the academic year and the number actually taken during the year.	16
9	Teaching methods applied:	lecture, discussion, demonstration, co- operative learning, power point presentations, seminars, etc
10	Details of academic planning / preparation of Lecturers during the session.	Unit wise planning

11.	How far the lecturers planned at the session were carried through up to the end of the session.	Lectures were carried out as planned.
12.	Details of lecture notes, bibliography etc. circulated to the students before delivering the lecturers.	Lecture notes, hand outs, printed materials, list of references were circulated to the students.
13.	Whether topics for discussion in the tutorials were intimated in advance? If so, details of topics on which discussions were held in the tutorials may be given on a separate sheet of paper.	Yes
14	Has the college provided audio-visual aids and if so, how far the teacher used these in teaching demonstration experience etc.?	Yes, LCD and Smart board
15	Formulation of schemes under COSIP/CCHSSIP, if the college is participating in these schemes and teachers own contribution thereto:	NA
16	Significant contribution made in the field of:	
	a. Teaching Methods	
	b. Evaluation Techniques	
	c. Course Developments, etc.	
	d. Teaching aids developed, if any,	
	e. Any experiment / apparatus designed or fabricated by him for improving teaching.	
II	Academic & Professional Advancement during the year:	
(a)	Research facilities offered in the college.	Nil

(b)	Research qualifications acquired.	Nil
(c)	Research Projects undertaken indicating the name of project, and duration source of funds, if any.	Nil
(d)	Research projects completed.	Nil
(e)	Papers published indicating titles and names of journals in which published.	Nil
(f)	Guidance rendered to Research Scholars working for Ph.D. / award of Ph.D. degrees.	Nil
(g)	Name of Seminars / Workshop / Conferences in which participated during the year and titles of papers presented at such gatherings.	List attached
(h)	Names of refresher courses / orientation programmes in which participated.	Nil
(i)	Any other training obtained.	Nil
(j)	Participation in other activities of the college like Adult & Continuing Education, Community Services, NSS, Sports & Culture, Activities etc.	Participated in all the activities conducted by the college and organized Inter Training Collegiate Athletic Meet
(k)	Membership of various professional / other bodies in the college.	Member of discipline committee, IQAC member
(l)	Membership of various bodies of the University.	
(m)	Membership of other academic and professional bodies.	Member of CTE, AKTCTA, KPCTA,

III. Any other distinct contribution which the teacher has made during the year under reference, in the improvement of higher education / Development programmes.

Note: Please give information on separate sheet of paper wherever necessary and indicate the enclosure number against the relevant column.

I certify that the information given above is correct and factual to the best of my knowledge.

Signature of Teacher

Department

IV. Evaluation by Head of Department / Incharge / Principal with regard to:

- a. Correctness of factual information.
- b. Evaluation of the overall contribution of the teacher.

Signature

In charge of the Department / Head of the Department.

Observations / recommendation of the Principal on the overall standing / performance of teacher in college:

Signature

Principal

Seminars and Workshops

1	Participated in the National Seminar on Life Coping Skills for College teachers organized by Mount Carmel College of Teacher Education, in collaboration with M G University on the 21 st , 22 nd and 23 rd of July 2004
2	Attended one day Workshop on Preparation of Lesson Plan in Physical Education held on 9 th August 2005 organized by Sahodaran Ayyappan Memorial Training College Poothotta, Ernakulam
3	Attended one day Workshop on Modification of Lesson Plan in Physical Education held on 28 th June 2006 organized by patriarch Ignatius Lakka 1 st Training College, Malecruz, Puthencruz, Ernakulam.
4	Participated in the UGC sponsored Orientation Programme IT Oriented organized by Academic Staff College, Kerala University from 07/12/2006 to 03/01/2007
5	Attended UGC sponsored workshop on Development of Component Skills of Teaching in the Constructivist Paradigm conducted at St. Joseph's Training College Mannanam on 21 st , and 22 nd March 2007
6	Participated in One day Seminar on First Aid organized by St. Joseph College of Teacher Education for Women, Ernakulam and Association of Training College Physical Education Teachers of M. G. University on 25 th October 2007
7	Participated in the UGC sponsored Refresher Course in Physical Education organized by Academic Staff College, Kerala University from 16/04/2008 to 07/05/2008
7	Participated in the Seminar on Curriculum Transaction in Physical Education organised by All Kerala Training College Teachers Association held on 21/10/2008 at Titus II Teachers College, Thiruvalla.
8	Acted as a resource person in the UGC Sponsored three-day conference on 'Equipping the Secondary School Teachers to meet the changing roles ' conducted at St. Joseph's Training College Mannanam on 5, 6 and 7 March 2009
9	Attended the UGC sponsored National Level seminar on Quality Improvement in Educational Research: Innovative trends held at St. Joseph's Training College Mannanam on 5 and 6 March 2010
10	Participated in the Orientation Programme for University and College Teachers on Student Welfare Activities held at Chaithanya Pastoral Centre, Thellakam, Kottayam on 12 th October 2010
11	Participated in the National Level Workshop on Research Methodology, Statistics and SPSS Package from 26 th September to 2 nd October 2011 held at St. Joseph's Training College Mannanam.
12	Participated in the National Level Seminar on Research Methodology, Statistics and SPSS Package from 26 th September to 2 nd October 2011 held at St. Joseph's Training College Mannanam.
13	Participated in the National Level Seminar on "Human Rights Education: Relevance of Multicultural Education Based on the Philosophy of Pluralism in the Contemporary Indian Context" on 12 th and 13 th January 2012 held at St. Joseph's Training College Mannanam.
14	Acted as a resource person in the one day workshop on Guidelines Regarding Teaching Practice organized by AKTCTA held on 27 th March 2012 at St. Joseph College of

	Teacher Education for Women, Ernakulam.
15	Participated in the Blessed Chavara Kuriakose Elias Lecture Series on 'Education for the marginalised' held on 22 nd February 2013 conducted by St. Joseph's Training College Mannanam and St. Joseph College of Teacher Education for Women, Ernakulam.
16	Attended the Seminar on Autonomous Colleges organized by Sree Sankara College under the auspices of KPCTA M.G. University Regional Committee on 7 th July at Sree Sankara College, Kalady.
17	Co-ordinated Malayalam Kavitha Study Camp Organised by Vailoppilly Samskrithi Bhavan, Thiruvananthapuram under the Cultural department of Govt. of Kerala on 21 st and 22 nd June 2014
18	Acted as Co-ordinator of the National Level Seminar on 'Scientific excellence of Yoga: A Multi-Sectoral Dialogue' on 6 th and 7 th March 2015 in collaboration with AKTCTA held at St. Joseph's Training College Mannanam.
19	Co-ordinated three days Malayalam Kavitha Study Camp for Young Poets Organised by Vailoppilly Samskrithi Bhavan, Thiruvananthapuram under the Cultural department of Govt. of Kerala on 18 th , 19 th and 20 th September 2015
20	Participated in the National Seminar on Autonomy and Quality Assurance in Higher Education-Achievements, Issues and Challenges, held on 12 th and 13 th February 2015 held at Kuriakose Elias College, Mannanam.
21	Participated in the National Level Seminar on 'Proactive Stress Coping Strategies for Developing Mental Well Being' on 9 th and 10 th January 2015 held at St. Joseph's Training College Mannanam.
22	Participated in the orientation programme on Two Year B.Ed. Curriculum organized by the Board of Studies-Education (Pass) and School of Pedagogical Sciences, Mahatma Gandhi University on 4 th , 6 th and 10 th August 2015 in the University Assembly Hall.
23	Acted as resource person in the workshop for Curriculum Development of Two year B.Ed. programme organized by the Board of Studies-Education (Pass) and School of Pedagogical Sciences, Mahatma Gandhi University on 4 th and 5 th May 2015 in the University campus.
24	Participated in the UGC sponsored Refresher Course in Human Rights (Multidisciplinary) conducted by the UGC-Human Resource Development Centre, University of Kerala, Kariavattom, Trivandrum, from 06/05/2015 to 26/05/2015
25	Participated in the Two Day National Seminar on Converging Concepts in Research: Global Perspectives on 4 th and 5 th of December 2015 held at St. Joseph's Training College Mannanam.
26	Participated in the UGC Sponsored national Seminar on "Promoting Wellness and Fitness Among educators" organized by Mount Carmel College of Teacher Education for Women, Kottayam, in Collaboration with School of Physical Education and Sports Sciences, M.G. University, Kottayam on 10 th and 11 th March 2016
27	Participated in the workshop on Performance Based Appraisal System and UGC Regulations organized by the AKTCTA held on 1 st April 2017 at SNM Training College, Moothakunnam, Kerala.
28	Participated in the One day Seminar on Science and Technology for Sustainable Future conducted as a part of National Science Day Celebrations held on 28 th February 2018 organized by St. Joseph's Training College, Mannanam supported by Kerala State Council for Science, Technology and Environment & DST, Govt. of India.

29	Participated in the workshop on Four Year Integrated Teacher Education Programme: Concerns and Prospects, organized by AKTCTA on 17 th March, 2018 at St. Thomas College of Teacher Education, Pala.
30	Participated in the Nature Awareness programme organized by the Kerala Forests & Wildlife Department at Periyar Tiger Reserve, Thekkady from 19 th March 2018 to 21 st march 2018.
	Participated in the UGC sponsored Short-Term Course in Disaster Management conducted by the UGC-Human Resource Development Centre, University of Kerala, Kariavattom, Trivandrum, from 18/07/20158 to 25/07/2018.
	Participated in the Workshop on Reviewed B.Ed. Curriculum of Mahatma Gandhi University, organized by AKTCTA held on 15 th September 2018 at Mount Carmel College of Teacher Education for Women, Kottayam, Kerala.
	Participated in the Blessed Chavara Kuriakose Elias Lecture Series on ‘Futuristic Teaching and Learning’ held on 3 rd November 2018 conducted by St. Joseph’s Training College Mannanam and St. Joseph College of Teacher Education for Women, Ernakulam.
	Participated in the “Nai Talim, Experiential Learning and Work Education in School & Teacher Education Curriculum (A Consultative Workshop)” held on 23 rd November 2018 organized by Mahatma Gandhi National Council of Rural Education, Hyderabad in collaboration with School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam, Kerala.
	Participated in the one day State Level Academic Seminar on Rebureaucratization of Indian Higher Education and Assessment of Teacher Quality: Qualitative and Quantitative Concerns in connection with State Conference of KPCTA held at Shreyas Convention Centre, Sultan Bathery, Wayanad on 8 th February 2019.
	Participated in the workshop on ‘Orientation to 4 Year Integrated B.Ed. Programme’ organized by the AKTCTA on 2 nd March 2019 at Titus II Teachers College, Thiruvalla.
	Participated in the one day Seminar on ‘ Women in Science’ conducted as a part of National Science Day Celebrations held on 20 th February 2020 organized by St. Joseph’s Training College, Mannanam supported by Kerala State Council for Science, Technology and Environment & DST, Govt. of India.

Presentations

- Presented a paper on Various Research Styles in Game Play in the Context of Computer Game Design in the National Level Seminar on Science Identifying Research Problems and Crafting of Proposals on 25th and 26th February 2011
- Presented a paper on Strategies for Reflective Practices in the National Level Seminar on Reflective Practice: A Tool for Professional Development of Teachers’ on 16th and 17th August 2013 held at St. Joseph’s Training College Mannanam.

- Presented a paper on Swami Vivekananda's contribution to the Inter-religious harmony in the national Level Seminar on 'Education for Liberation: Contributions of Swami Vivekananda' on 6th and 7th February 2015 held at St. Joseph's Training College Mannanam.

Books Published

- Published a text book of Health and Physical Education in 2006 published by V. Publishers CMS College road, Kottayam.
- Published the second edition of the text book of Health and Physical Education in 2007 published by V. Publishers CMS College road, Kottayam.
- Published a text book of Health Care Education in 2012 published by V. Publishers CMS College road, Kottayam.
- Published the second edition of the text book of Health Care Education in 2014 published by V. Publishers CMS College road, Kottayam.
- Published the third edition of the text book of Health Care Education in 2015 published by V. Publishers CMS College road, Kottayam.
- Published the fourth edition of the text book of Health Care Education in 2016 published by V. Publishers CMS College road, Kottayam.

Journal Publications

- Published an article in *Voice of Sports Research Journal* on Physical Education and sports on the effect of pranayamas and kapalabhati on vital capacity among players of contact and non-contact sports in 2008 September

- Published an article in *Voice of Sports Research Journal* on Physical Education and sports on Isolated and combined effect of parcours and circuit training on speed explosive power and cardio vascular endurance among school football players in 2010 September
- Published an article in *International Journal of Physical Education Sports Management & Health Sciences* on the effect of Multimedia Computer assisted instruction and traditional instruction on learning soccer penalty scoring ability in 2014 December