

**Fr. (Dr.) Thomas P. J.**

**Ph.D. (Education, Psychology)**



Designation	: Associate Professor
Department	: Education
Official Address	: Associate Professor, St. Joseph's Training College, Mannanam P. O Kottayam– 686 561
E-mail	: <a href="mailto:frthomaspemala@gmail.com">frthomaspemala@gmail.com</a>
Phone No.	: 0481-2597237, 09447507422
Date of Birth	: 02-05-1966
Area of specialization	: Educational Sociology, Educational Philosophy Educational Psychology, Reflective Practice, Mindfulness Practices
Date of Appointment	: 01-07-2003
Residential Address	: St. Joseph's Monastery, Mannanam P.O., Kottayam, Kerala 686 561

**Academic Qualification: M.A. (Eco), M.A.(Socio), M.Sc. (Psy), M.Ed., SLET, Ph.D. (Edu, Psy)**

Degree	Board/ University	Subject	Division
Ph.D.	Annamalai University	Education	
	Bharathiar University, Coimbatore	Psychology	
SLET	Accredited by UGC	Education	
M.Ed.	Mangalore University	Education	First Class
M.A.	Mahatma Gandhi University, Kottayam	Economics	Second Class
M.A.	Mahatma Gandhi University, Kottayam	Sociology	
M.Sc.	Bharathiar University, Coimbatore	Applied Psychology	Second Class
B.A.	University of Kerala	Economics	First Class
B.Ed.	Mahatma Gandhi University, Kottayam	Social Science	First Class

## Google Classroom ID

<https://classroom.google.com/u/0/c/MzUxMjkwMzU2ODha>

<https://classroom.google.com/u/0/c/MTA4MDg2MDkwNzg4>

## Research Supervisor

Research Supervisor – Part- time Ph.D. Category B, Bharathiar University Coimbatore- 641046;  
Reg. No. EDU GU 1265

**Ph.D. Degree Awarded:** One Student

## Research Projects Undertaken

**Major Research Project completed:** Principal Investigator - UGC funded Major Project - titled *Preparation, Execution and Analysis of Reflective Journal for Pre-service Student Teachers at Secondary Level*. The period of the project was from 1<sup>st</sup> July 2013 to 31<sup>st</sup> July 2018.

**Minor Research Project completed:** Principal Investigator - UGC funded Minor Project - titled *An Exploratory Study of the Reflective Practices of the College Teachers at UG Level*. The period of the project was from 10<sup>th</sup> June 2011 to 10<sup>th</sup> December 2012.

## Academic Extension Activities

Director of Publications of the journal - *The Ground Builder: An Attempt to Recast Quality Education* (ISSN- 2299-4911).

Coordinator, U.G.C. Sponsored National Level Seminar on Human Rights Education: *Relevance of Multicultural Education based on the Philosophy of Pluralism in the Contemporary Indian Context* organized by St. Joseph's Training College, Mannanam from 12<sup>th</sup> to 13<sup>th</sup> January 2012.

Resource person in the UGC sponsored National seminar on *Reflective Practice: A Tool for Professional Development of Teachers* held at St. Joseph's Training College, Mannanam, Kottayam on 16<sup>th</sup> and 17<sup>th</sup> August 2013.

Resource person in the UGC sponsored National seminar on *Human rights – the elixir of life* held at Kuriakose Elias College, Mannanam, Kottayam on 10<sup>th</sup> and 11<sup>th</sup> February 2012.

## Membership in Academic Bodies

- Research Guide, Bharathiar University
- Chairperson, B.Ed. Degree Theory Examination, Mahatma Gandhi University
- Adjudicator, M. Ed. Degree Dissertation Valuation, Mahatma Gandhi University
- Expert Committee Member of B. Ed. Degree Curriculum Revision, Mahatma Gandhi University
- Question Paper Setter for B.Ed. Degree Examinations, Kerala University
- Expert Committee Chief of B. Ed. Degree Examinations Question Bank Preparation, Mahatma Gandhi University

## Professional Memberships

- Member of Association of International Researchers of Indian Origin (AIRIO)
- Member of All India Association for Educational Research (AIAER)
- Member of Council of Teacher Education (CTE)
- Member of All Kerala Training College Teachers' Association (AKTCTA)

## Courses Attended

1. Participated in the UGC sponsored Orientation Programme held from 2<sup>nd</sup> to 29<sup>th</sup> March 2004 organized by Academic Staff college, Bharathiar University, Coimbatore.
2. Participated in the UGC sponsored Refresher Course in Education held from 11<sup>th</sup> December 2004 to 1<sup>st</sup> -January 2005 organized by Academic staff college, University of Kerala.
3. Participated in Three-week Refresher Course in Education held from 8<sup>th</sup> to 27<sup>th</sup> November 2010 organized by UGC Academic Staff College, H. P. University, Shimla.
4. Attended the Refresher Course held from 23<sup>rd</sup> March to 12<sup>th</sup> April 2017 organized by UGC Human Resource Development Centre, Gauhati University.
5. Participated in the Training Programme in Science of Breath Retreat held from 31<sup>st</sup> October to 5<sup>th</sup> November 2016 organized by Swami Rama Sadhaka Grama Association of Himalayan Yoga and Meditation Societies International, Rishikesh.
6. Participated in the intensive Mindfulness-based symptom Management Training Programme held from 24<sup>th</sup> June to 29<sup>th</sup> June 2016 organized by Pause for Perspective Hyderabad.

7. Participated in the workshop on Research Methodology, Statistics and SPSS package held from 26<sup>th</sup> September to 2<sup>nd</sup> October 2011 organized by St. Joseph's Training College, Mannanam.

### **Publications - Books**

**Thomas, P. J., & Tessa, J. K.** (2018). *Reflective practice for professional development of teachers*. Mannanam: St. Joseph's Training College. (ISBN 978-81-928044- 4-7).

**Thomas, P. J.** (2017). *Education and economic development of a society*, Samiksha, Anowar Hussain et al., (Pp 43-46), Gauhati: UGC-HRDC Gauhati University. (ISBN 978-93-244-0680-4).

**Thomas, P. J.,** Thankachan, T.C., & Joseph, M. (2016). *Gender and society*. Jeevan Books, Bharananganam. ISBN 978-93-83341-95-5.

Joseph, M., **Thomas, P. J.,** & Thankachan, T.C. (2016). *Knowledge and Curriculum*. Jeevan Books, Bharananganam. ISBN 978-93-83341-67-2.

Thankachan, T.C., Joseph, M., & **Thomas, P. J.** (2015). *Contemporary India and Education*. Jeevan Books, Bharananganam. ISBN 978-93-83341-49-8.

Joseph, M., & **Thomas, P. J.** (2006). *Philosophical and sociological basis of education*. Mannanam: St. Joseph's Training College.

### **Journal Articles – Indexed with Impact Factor**

1. **Thomas, P. J., & Tessa, J. K.** (2020). Reflective journal writing: A tool for developing teaching repertoire. *International Journal of Multidisciplinary Educational Research*, 9(6), pp 01- 08.

(Impact Factor 6.514 (2020), Index Copernicus Value 5.16, International Scientific Indexing Value 2.286, ISSN: 2277-7881, Peer Reviewed & UGC approved Journal).

2. Tessy, J. K., & **Thomas, P. J.**, (2020). Framework for structured reflective journal for professional development of student teachers at secondary level. *International Journal of Multidisciplinary Educational Research*, 9(5), pp 92-99.

(Impact Factor 6.514 (2020), Index Copernicus Value 5.16, International Scientific Indexing Value 2.286, ISSN: 2277-7881, Peer Reviewed & UGC approved Journal).

3. Tessy, J. K., & **Thomas, P. J.**, (2020). An analysis of the reflective categories in the journal entries of student teachers. *International Journal of Enhanced Research in Educational Development*, 8(2), pp 1-8.

(Impact Factor 5.246 (2020), indexed in Thomson Reuters Researcherid, Endnotes, Google Scholar, Europeana Libraries, ISSN: 2320-8708, Peer Reviewed & UGC approved Journal, DOI <http://www.doi.org/ed/20.0201>  
[http://www.erpublications.com/uploaded\\_files/download/dr-tessy-joseph-kallarakal-dr-thomas-p-j\\_bjraE.pdf](http://www.erpublications.com/uploaded_files/download/dr-tessy-joseph-kallarakal-dr-thomas-p-j_bjraE.pdf)

4. **Thomas, P. J.**, & Tessy, J. K. (2020). Student teachers' reflective inquiry quest for excellence in teaching. *International Education and Research Journal*, 6(2), pp 9-13.

(Impact Factor 5.564. Index Copernicus Value 71.60, h5-Index value 6, E-ISSN: 2454-9916, Journal DOI 10.21276/2454-9916).

5. Tessy, J. K., & **Thomas, P. J.**, (2020). Attitude of student teachers towards structured reflective journal writing experience. *International Journal of Multidisciplinary Educational Research*, 9(3), pp 195-204.

(Impact Factor 6.514 (2020), Index Copernicus Value 5.16, International Scientific Indexing Value 2.286, ISSN: 2277-7881, Peer Reviewed & UGC approved Journal).

6. Tessy, J. K., & **Thomas, P. J.**, (2019). Transformation of student teachers to self-reflective praxis through structured reflective journal writing. *International Journal of Multidisciplinary Educational Research*, 8(12), pp 55- 63.

(Impact Factor 6.014 (2019), Index Copernicus Value 5.16, International Scientific Indexing Value 2.286, ISSN: 2277-7881, Peer Reviewed & UGC approved Journal).

7. **Thomas, P. J., & Tessy, J. K.** (2020). Themes of critical incidents in student teachers' reflective journal writings. *International Journal of Multidisciplinary Educational Research*, 9(4), pp 55- 63.

(Impact Factor 6.514 (2020), Index Copernicus Value 5.16, International Scientific Indexing Value 2.286, ISSN: 2277-7881, Peer Reviewed & UGC approved Journal).

8. **Thomas, P. J. & Suresh Kumar, P. N.** (2017). Efficacy of Mindful-based intervention on Behaviour Regulation Index of Executive Functions among Students with Inattention. *Telangana Journal of Psychiatry*, 3(2), pp 115-120.

Indexing: Index Copernicus International, Cross ref, Google Scholar, Genamics, SIS, Academia.edu, DRJI, DJQF, Double Blind Peer Reviewed Open Access, (eISSN 2455 – 8559).

9. **Thomas, P. J., & Sebastian, A.** (2018). Effect of home environment on academic achievement of higher secondary students. *Review of Research*, 7(11), pp 9-12 (ISSN 2249 – 894X).

Impact Factor 5.7631, UGC Approved Journal No.48514.

#### **Journal Articles - Peer Reviewed**

1. **Thomas, P. J. & Sureshkumar, P. N.** (2017). Efficacy of mindful-based intervention on Emotional Regulation Index of Executive Functions among secondary school students with Inattention. *Educational Extracts*, 5(2), pp 69-80. (ISSN 2249 – 9911). Peer Reviewed.
2. Tessy J. K. & **Thomas, P. J.** (2017). Attitude of student teachers towards reflective journal writing for professional development. *Educational Extracts*, 5(1), pp 9-22. (ISSN 2249 – 9911). Peer Reviewed.
3. **Thomas. P. J., & Visvanathan, G.** (2009). Administrative problems of the heads of higher secondary schools in Kerala. *Pedagogics* 8(1), 74-78. Mahatma Gandhi University, Kottayam. Peer Reviewed.
4. **Thomas, P. J., & Visvanathan, G.** (2009). Leadership behaviour of the heads of higher secondary schools in Kerala. *Ushus*, 8(2), pp 46-54 (ISSN 0975 – 3311). Peer Reviewed.
5. **Thomas, P. J., & Visvanathan, G.** (2009). Students related problems of the heads of higher secondary schools in Kerala. *Artha*, 8(2), pp 59-66 (ISSN 0975 –329X). Peer Reviewed.

6. **Thomas, P. J.** & Sureshkumar, P. N. (2015). Academic challenges for children with ADHD: Policy implications for school-based practice. *The Ground Builder: An Attempt to Recast Quality Education*, 4(1), pp 1-13. (ISSN 2249 – 9911).
7. Tessy J. K. & **Thomas, P. J.** (2013). Journal writing as a strategy of reflective practice among college teachers for professional development: Concept to Practice. *The Ground Builder: An Attempt to Recast Quality Education*, 2(1), pp 34-44 (ISSN 2249 – 9911).

#### **Paper Presentations in Seminars – International (2008 onwards)**

1. **Thomas, P. J.** (2014, October). *Adult Attention Deficit Hyperactivity Disorder: A review*. Paper presented at the International Symposium on Research Innovation for quality Improvement in Higher Education organized by Research and Development Centre. Bharathiar University. Coimbatore.
2. **Thomas, P. J.,** & Tessy, J. K. (2013, January). *Strategies of reflective practices of college teachers for professional development*. Published in the Proceedings of the UGC Sponsored International Conference on Redefining education: Expanding horizons. Bombay Teachers' Training College, Colaba, Mumbai. (ISBN 978-93-82302-56-8).
3. **Thomas, P. J.,** & Tessy, J. K. (2012, November). *Teachers' Attitude towards reflective practices*. Published in the Proceedings of the UGC sponsored national seminar on educational renaissance for a new generation. St. Thomas College of Teacher Education, Pala (ISBN 978-93-82359-41-8).
4. **Thomas, P. J.,** & Tessy, J. K. (2012). *Models of reflective practice for teachers - A critical approach*. Compendium of the UGC sponsored international seminar on education for global excellence. Mar Theophilus Training College, Trivandrum. (ISBN 978-93-5067-101-6)
5. **Thomas, P. J.** (2011, March). *Peace education for social cohesion: An analysis in the Indian context of pluralism*. Paper presented in the U.G. C. sponsored International Conference on Promoting Social Cohesion through Peace Education organized by Lokamanya Tilak Teacher's Training College, Babok, Udaipur.



6. **Thomas, P. J.** (2010, February). *Facts of meaningful life*. Paper presented at the international conference on education for mitigation of human conflicts held at Annamalai University, Tamil Nadu. (ISBN 81-903674-7-1).
7. **Thomas, P. J.** (2010, August). *Philosophy of pluralism as a basis for multicultural education*. Paper presented at the Ninth Annual Convention and International Seminar of Council for Teacher Education on Peace Education: An Orientation for Gen Next organized by St. Thomas College of Teacher Education, Pala.

### **Paper Presentations in Seminars –National (2008 Onwards)**

1. **Thomas, P. J.** (2015, February). *Uniqueness and universalisation of religious identity: Views of Swami Vivekananda*. Published in the Proceedings of the UGC Sponsored national seminar on Education for Liberation: Contributions of Swami Vivekananda. St. Joseph's Training College, Mannanam. (ISBN 978-81-928044-2-2).
2. **Thomas, P. J.** (2015, March). *Principles and practices of meditation and yoga for students with Attention Deficit Hyperactivity Disorder (ADHD) An Analysis*. Published in the Proceedings of the UGC Sponsored national seminar on Scientific Excellence of Yoga: A Multi-sectoral Dialogue. St. Joseph's Training College, Mannanam. (ISBN 978-81-928044-3-9).
3. **Thomas, P. J.** (2013, August). *Strategies of reflective practice: An overview*. Paper presented in the UGC Sponsored National Seminar on Reflective Practice: A Tool for Professional Development of Teachers. St. Joseph's Training College, Mannanam. Kottayam (ISBN 978-81-928044-0-8).
4. **Thomas, P. J., & Sebastian, A.** (2013, August). *Religious attitude of higher secondary school students of Kerala*. Paper presented in the UGC Sponsored National Seminar on Reflective Practice: A Tool for Professional Development of Teachers. St. Joseph's Training College, Mannanam, Kottayam (ISBN 978-81-928044-0-8).
5. **Thomas, P. J., & Tessy, J. K.** (2012, November). *Teachers' attitude towards reflective practices*. Published in the Proceedings of the UGC sponsored national seminar on educational renaissance for a new generation. St. Thomas College of Teacher Education, Pala (ISBN 978-93-82359-41-8).
6. **Thomas, P. J.** (2012, January). *Multicultural education for the protection of human rights*. Paper presented in the UGC Sponsored National level seminar on Human Rights



Education: Relevance of Multicultural Education on the Philosophy of pluralism in the contemporary Indian Context held at St. Joseph's Training College, Mannanam.

7. **Thomas, P. J.** (2011, February). *Introduction in research Proposal: A structured approach*. Paper presented in the UGC sponsored National Seminar on Science of Identifying Research Problems and Crafting of Proposals held at St. Joseph's Training College, Mannanam.

8. **Thomas, P. J.** (2010, March). *Interview as a basic strategy in qualitative research*. Paper presented at the national seminar on Quality improvement in educational research: Innovative trends held at St. Joseph's Training College, Mannanam.

#### **Workshops Attended (2008 onwards)**

1. Participated in the National Workshop on Research Methodology, Social Entrepreneurship and ICT Application held from 22<sup>nd</sup> August to 23<sup>rd</sup> August 2013 organized by UGC Academic Staff College, Pondicherry Central University.
2. Participated in the workshop on Research Methodology, Statistics and SPSS package held from 26<sup>th</sup> September to 2<sup>nd</sup> October 2011 organized by St. Joseph's Training College, Mannanam.
3. Participated in the UGC sponsored State Level Workshop on '21<sup>st</sup> Century Skills of Teacher Educators' held from 28<sup>th</sup> to 29<sup>th</sup> July 2010 organized by St. Joseph's College of Teacher Education for Women Ernakulam.
4. Participated in the National Workshop on 'Empirical Research and Data Analysis' held from 19<sup>th</sup> to 20<sup>th</sup> November 2009 organized by Christ University, Bangalore.
5. Participated in the two-day State Level Workshop on "Materializing Social Constructivism and Critical Pedagogy in the classroom" held from 16<sup>th</sup> to 17<sup>th</sup> January 2009 organized by NSS Training College, Changanacherry.
6. Participated in the Workshop on 'Curriculum Transaction based on Constructivist Paradigm' held from 26<sup>th</sup> to 28<sup>th</sup> March 2008 organised by School of Pedagogical Sciences, Mahatma Gandhi University.