

Dr. Tessy Joseph Kallarakal

Ph.D. (Education, Psychology)



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| Designation | Associate Professor in Natural Science Education |
| Department | : Education |
| Official Address | : Associate Professor, St. Joseph's Training College, Mannanam P.O. Kottayam– 686 561 |
| E-mail | : tessykiran@gmail.com |
| Phone No. | : 9447407354 |
| Date of Birth | : 01-06-1967 |
| Area of specialization | : Pedagogy of Teaching Natural Science, Psychology, Educational Psychology, Reflective Practice, Mindfulness Practices, Research Methodology and Analysis of Data |
| Date of Appointment | : 05-06-2006 |
| Residential Address | : Panachickal House, Murikkingal P.O., Thrissur, Kerala -680 699 |

Academic Qualification: M.Sc. (Zool), M. Phil., M.Sc. (Psy), M.Ed., NET, Ph.D. (Edu, Psy)

| Qualification | University/Board | Subjects/ Specialization | Division/ Class/ Grade |
|---------------|-------------------------------------|-----------------------------|---------------------------|
| Ph.D. | Mahatma Gandhi University, Kottayam | Education | |
| | Bharathiar University, Coimbatore | Psychology | |
| NET | UGC | Education | |
| M. Phil | Pondicherry University | Zoology (EVS) | 1 st Class |
| M.Ed. | Mahatma Gandhi University, Kottayam | Natural Science Education | 1 st Class |
| M.Sc. | Mahatma Gandhi University, Kottayam | Zoology | 1 st Class |
| M.Sc. | Bharathiar University, Coimbatore | Applied Psychology | 2 nd Class |
| B.Sc | Mahatma Gandhi University, Kottayam | Zoology | 1 st Class |
| B.Ed. | Mahatma Gandhi University, Kottayam | Natural Science Education | 1 st Class |
| SSLC | State Board | | Distinction |

Google Classroom ID

<https://classroom.google.com/u/0/c/MTIyNDQ2MTk2ODA2>

<https://classroom.google.com/u/0/c/NjQ1NjE5NDgzMTBa>

YouTube Channel

<https://www.youtube.com/channel/UCXSxkYkxCeG5ncgiEXJ3rzA>

Research Supervisor

Research Supervisor – Part- time Ph.D. Category B, Bharathiar University Coimbatore-
641046; Reg. No. EDU GU 1264

Ph.D. Degree Awarded: Two Students

Research Projects Undertaken

Major Research Project completed: Co-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 1st July 2013 to 31st July 2018.

Minor Research Project completed: Co-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 10th June 2011 to 10th December 2012.

Academic Extension Activities

- Editorial Board Member -The Ground Builder: An Attempt to Recast Quality Education|| Published by St. Joseph's Training College, Mannanam.
- Chief Editor, *In Pursuit of Excellence: Making sense of Education.* Proceedings of the U.G.C. Sponsored National Level Seminar on Education for Liberation: Contributions of Swami Vivekananda organized by St. Joseph's Training College, Mannanam from 6th to 7th February 2015. (ISBN 978-81-928044-2-2).
- Chief Editor, Proceedings of the U.G.C. Sponsored National Level Seminar on Reflective Practice: A Tool for Professional Development of Teachers organized by St.

Joseph's Training College, Mannanam from 16th to 17th August 2013. (ISBN 978-81-928044-0-8).

- Coordinator, KSCSTE Sponsored State Level Seminar on Life Style Diseases: A Silent Killer organized by St. Joseph's Training College, Mannanam from 31st May to 1st June 2013.
- Coordinator, U.G.C. Sponsored National Level Seminar on Reflective Practice: A Tool for Professional Development of Teachers organized by St. Joseph's Training College, Mannanam from 16th and 17th August 2013.
- Chief Editor, Proceedings of the 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 12th to 13th January 2012.
- Resource Person in the Workshop on "Reviewed B.Ed. Curriculum of Mahatma Gandhi University" organised by All Kerala Training College Teachers' Association on 15th September, 2018 at Mount Carmel College of Teacher Education for Women, Kottayam, Kerala.
- Resource Person in the residential workshop on 'Finalization of Training Module for Teacher Educators of B. Ed. Colleges on Adolescence and Life Skill Education' organized by SCERT from 18th and 19th Feb 2014.

Membership in Academic Bodies

- Member, Board of Studies in Psychology, Mahatma Gandhi University
- Research Guide, Bharathiar University
- Zonal Chairperson, B.Ed. Degree Practical Examination, Mahatma Gandhi University
- Chief Examiner, 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 Orientation Programme held from 6th October to 2nd November 2010 organized by UGC Academic Staff College, Bharathiar University, Coimbatore.
2. Attended the Refresher Course held from 1st to 23rd December 2011 organized by Academic Staff College, University of Kerala, Trivandrum.
3. Attended the Refresher Course held from 23rd March to 12th April 2017 organized by UGC Human Resource Development Centre, Gauhati University.
4. Participated in the Training Programme in Science of Breath Retreat held from 31st October to 5th November 2016 organized by Swami Rama Sadhaka Grama Association of Himalayan Yoga and Meditation Societies International, Rishikesh.
5. Participated in the intensive Mindfulness-based symptom Management Training Programme held from 24th June to 29th June 2016 organized by Pause for Perspective Hyderabad.
6. Participated in the workshop on Research Methodology, Statistics and SPSS package held from 26th September to 2nd October 2011 organized by St. Joseph's Training College, Mannanam.

Publications- Books and Reports

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

Tessy, J. K. (2017). *Education and Population Growth*. Samiksha. Anowar Hussain et al., (Pp 47-51), Gauhati: UGC-HRDC Gauhati University (ISBN 978-93-244-0680-4).

Abbasi, S.A., & **Tessy, J. K.** (1991). *Environmental impact of water resources projects in Krishna Mahanadi and Godavari river basins*. State of the art report for the Ministry of Environment and Forest, Govt. of India.

Journal Articles – Indexed with Impact Factor

1. **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).
2. **Thomas, P. J., & Tessy, 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).
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 is: <http://www.doi.org/ed/20.0201>
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. **Tessy J. K., & Suresh Kumar, P. N. (2017).** Efficacy of Mindful-based Intervention on reasons for living among B.Ed. students with suicidal ideation. *Telangana Journal of Psychiatry*, 3(2), pp 89- 94.

Indexing: Index Copernicus International, Cross ref, Google Scholar, Genamics, SIS, Academia.edu, DRJI, DJQF, Double Blind Peer Reviewed Open Access, (eISSN 2455 – 8559)
9. **Merly A. M., & Tessy, J. K. (2020).** Effectiveness of Brain Based Learning strategies in enhancing fluency aspect of scientific creativity. *Aegaeum Journal*, 8 (10), pp 614-620.

UGC-CARE Approved Group - II Journal, ISSN NO: 0776-3808, [DOI:16.10089.AJ.2020.V8I10.285311.41135](https://doi.org/10.10089/AJ.2020.V8I10.285311.41135).
10. **Merly A. M., & Tessy, J. K. (2020).** Effectiveness of Brain Based Learning Strategies on Scientific Creativity among the Students of Standard IX. *Aegaeum Journal*, 8 (9), pp 419-425.

UGC-CARE Approved Group - II Journal, ISSN NO:0886-9367.
11. **Minimol, K. & Tessy J. K. (2017).** A study on the influence of social media on interpersonal relationship of plus one students. *Research Expo International Multidisciplinary Research Journal*, 7(10), pp 15- 20

Impact Factor:5.79, UGC Approved International Refereed Research Journal, ISSN: 2220-236X.

Journal Articles – Peer Reviewed

1. **Tessy J. K.**, & Suresh Kumar, P. N. (2017). Efficacy of Mindful-based Intervention on hopelessness among B.Ed. students with suicidal ideation. *Educational Extracts*,5(2), pp 106-116 (ISSN 2320–7612). Peer Reviewed.
2. Anbazhaugan. T.A., & **Tessy, J. K.** (2015). Effective learning and retention through Advance Organizer Model. *International Journal of Science Technology and Humanities*, 2 (2), pp 46-50. DOI: <https://doi.org/10.26524/ijsth53> ISSN:2394-7209E-ISSN :2394-7217. Peer Reviewed.
3. Thomas, P. J., & **Tessy, J. K.** (2017). Attitude of student teachers towards reflective journal writing for professional development. *Educational Extracts*,5(1), pp 9-22 (ISSN 2320–7612). Peer Reviewed.
4. Celine, P., & **Tessy J. K.** (2007). Multimedia approach - An effective instructional strategy at higher secondary level. *Pedagogics*, 6(1), 42-47. Mahatma Gandhi University, Kottayam. Peer Reviewed.
5. **Tessy J. K.** & Minimol, K. (2016). Theories related to social networking and interpersonal communication. *The Ground Builder: An Attempt to Recast Quality Education*,5(1), pp 108- 119 (ISSN 2249 – 9911).
6. **Tessy J. K.** & Merly, A. M. (2016). Brain friendly classrooms: A new way to successful teaching and learning. *The Ground Builder: An Attempt to Recast Quality Education*,5(1), pp 108- 119 (ISSN 2249 – 9911).
7. **Tessy J. K.**, & Sureshkumar, P. N. (2015). Suicidal ideation and perceived causes of suicide among adolescents: Building resilience and reasons for living as framework for prevention of suicidal behaviour. *The Ground Builder: An Attempt to Recast Quality Education*,4(1), pp 22-34(ISSN 2249 – 9911).
8. **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 (April 2008 onwards)

1. **Tessy, J. K.** (2014, October). *Suicidal ideation and its correlates: A meta-analysis*. 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., & Tessa, 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., & Tessa, 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., & Tessa, 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. Tessa, J. K. (2011, March). *Conflict resolution strategies for enhancing social cohesion*. 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. Tessa J. K. (2010, February). *Appropriate use of various conflicts management styles for minimizing human conflicts*. Conference monograph of the UGC (SAP) sponsored international conference on Education for mitigation of human conflicts. Annamalai University, Tamil Nadu (ISBN 81-903674-7-1).
7. Tessa, J. K. (2010, August). *Development of life skills for conflict resolution*. 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. Tessa, J. K. (2015, February). *Synthesis of scientific temper and spirituality in the life 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. **Tessy, J. K.** (2015, March). *Mindfulness-based interventions for youth suicidal ideation: A review*. 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. **Tessy, J. K.** (2013, August). *An analysis of reflective journals of pre-service teachers at B. Ed. level*. Published in the Proceedings of the UGC Sponsored National Seminar on Reflective Practice: A Tool for Professional Development of Teachers. St. Joseph's Training College, Mannanam. (ISBN 978-81-928044-0-8).
4. **Tessy, J. K. & Anbazhagan, T. A.** (2013, August). *Effectiveness of Advance Organizer Model- Metaanalysis*. Published in the Proceedings of the UGC Sponsored National Seminar on Reflective Practice: A Tool for Professional Development of Teachers. St. Joseph's Training College, Mannanam. (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. **Tessy, J. K.** (2012, February). *An analysis of right to education act 2009 in the frame work of UN Convention on the right of the child*. Paper presented in the UGC sponsored National seminar on Human rights – the elixir of life held at Kuriakose Elias College, Mannanam, Kottayam.
7. **Tessy, J. K.** (2012, January). *Human rights violation: A threat for social cohesion*. 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.
8. **Tessy, J. K.** (2011, February). *Policy analysis research: An overview of different approaches and methods*. 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.

9. **Tessy, J. K.** (2010, March). *Observation as a tool in ethnographic 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 22nd August to 23rd August 2013 organized by UGC Academic Staff College, Pondicherry Central University.
2. Participated in the one-day Workshop on 'Preparatory and Practical Courses in Teaching' held on 4th June, 2013 organized by AKTCTA at St. Joseph's Training College, Mannanam.
3. Participated in the UGC sponsored State Level Workshop on '21st Century Skills of Teacher Educators' held from 28th to 29th 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 19th to 20th November 2009 organized by Christ University, Bangalore.
5. Participated in the Two-Day State Level Workshop on 'Developing Leadership Qualities among Women' held from 26th to 27th March 2009 held organized by Mount Carmel College of Teacher Education for Women.
6. Participated in the two-day State Level Workshop on "Materializing Social Constructivism and Critical Pedagogy in the classroom" held from 16th to 17th January 2009 organized by NSS Training College, Changanacherry.
7. Attended a three-day course on 'Statistical Methods for Social Scientists' held from 25th to 27th October 2008 organised by Centre for Quantitative Analysis and Research in Social Sciences, Mathematical Sciences and Department of Statistics, St. Thomas College, Pala.
8. Participated in the Workshop on 'Curriculum Transaction based on Constructivist Paradigm' held from 26th to 28th March 2008 organised by School of Pedagogical Sciences, Mahatma Gandhi University.