



# **St. Joseph College of Teacher Education for Women Ernakulam**



## **CRITERION II**

**2.4.2 Students go through a set of activities as preparatory to school-based practice teaching and internship. Pre practice teaching/internship orientation/training encompasses certain significant skills and competencies**

**(Documentary evidence in support of selected activities)**

Submitted to

**National Assessment and Accreditation Council (NAAC)  
3rd Cycle of Assessment**



**2.4.2: Visualizing Differential Learning Activities according to student needs**

<b>Sl.No</b>	<b>Documentary Evidence</b>	<b>Page No.</b>
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# ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala  
(Affiliated to Mahatma Gandhi University, Kottayam)

## Orientation for conducting survey on learning difficulties

Name of the Event	Orientation for Conducting Survey on Learning Difficulties
Objectives	1) To identify differential learning needs of students 2) To identify different learning activities 3) To enable student teachers to deal with differentially abled students
Details of Event Coordinators	St. Joseph College of Teacher Education for Women, Ernakulam
Dates(5YEARS)	2022-23(10/8/2022),2021-22(25/1/2022),2020-21(12/1/2021),2019-20(24/9/2019),2018-19(18/8/2018)
Resource person	Dr.Soya Mathew Assistant Professor In General Education
Beneficiaries	Student Teachers
Event Venue	St. Joseph College of Teacher Education for Women, Ernakulam

### Programme Report

The college organized an annual orientation session for conducting a survey on learning difficulties, to equip educators with the skills and knowledge necessary to identify and address learning challenges in students. The session was led by Dr. Sr. Soya Mathew, an esteemed Assistant Professor in General Education at the college. The report provides an overview of the orientation sessions conducted across multiple academic years, from 2018-19 to 2022-23.

#### Academic Year 2018-19 (18/8/2018):

In the academic year 2018-19, Dr. Sr. Soya Mathew conducted an orientation session on August 18, 2018. The focus was on understanding the fundamentals of learning difficulties, their various forms, and early identification strategies. Educators were





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introduced to assessment tools and techniques to identify students who may require additional support.

## **Academic Year 2019-20 (24/9/2019):**

The orientation session on 24<sup>th</sup> September 2019, built upon the previous year's foundation. Dr. Sr. Soya Mathew delved deeper into the assessment and screening methods for learning difficulties. Educators were equipped with strategies to differentiate between different types of learning challenges, enabling them to provide more targeted assistance to students.

## **Academic Year 2020-21 (12/1/2021):**

Despite the challenges posed by the COVID-19 pandemic, an orientation session was conducted on 12<sup>th</sup> January 2021. This session focused on adapting assessment and support strategies to online and remote learning environments. Dr. Sr. Soya Mathew emphasized the importance of addressing learning difficulties in the context of virtual education.

## **Academic Year 2021-22 (25/1/2022):**

In the academic year 2021-22, an orientation session on 25<sup>th</sup> January 2022 continued to explore innovative approaches to identifying and assisting students with learning difficulties. Dr. Sr. Soya Mathew introduced the latest research and best practices in the field of special education and inclusive teaching.

## **Academic Year 2022-23 (10/8/2022):**

The most recent orientation session took place on 10<sup>th</sup> August 2022, as part of the 2022-23 academic year. Dr. Sr. Soya Mathew provided updates on current trends and developments in the assessment and intervention of learning difficulties. Educators were







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encouraged to use a multidisciplinary approach to support students with diverse needs effectively.

The orientation sessions conducted by Dr. Sr. Soya Mathew have played a crucial role in enhancing the knowledge and skills of educators. These sessions have not only focused on identifying learning difficulties but have also emphasized the importance of inclusive education and the use of innovative teaching strategies.

As the college continues its commitment to quality education and inclusivity, the insights gained from these orientation sessions will undoubtedly contribute to the success and well-being of all students, especially those with learning difficulties. The report reflects the essence of the orientation sessions conducted across multiple academic years, highlighting their significance in promoting inclusive and effective teaching practices





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Recognised by NCTE

Orientation on conducting survey on learning

Date: 10/08/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AMALA ANTONY	EN	
2	ANNA ROSHNI VARGHESE	EN	
3	DEEPA P S	EN	
4	DEVIKA VENUGOPAL	EN	
5	DIVYA RADHAKRISHNAN	EN	
6	F MERLINE RODRIGUES	EN	
7	GURUMAHIMA M V	EN	
8	HARSHA THERESA THOMAS	EN	Absent
9	K A RABIA	EN	Absent
10	LEATITIA JOSHY	EN	
11	LINET JOHN	EN	
12	MEERA JOY	EN	
13	MERIZE BEN ALIAS	EN	
14	PRATIBHA S	EN	
15	SANDRA JOY	EN	Absent
16	SANTHI M S	EN	Absent
17	VEENA C V	EN	



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Principal in Charge  
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Orientation on conducting survey on learning

Date: 10/08/2022

Sl.No	Name of the student	SUBJECT	Signature
1	ALEENA ANTONY	ML	
2	ANASWARA P S	ML	
3	ANCE BABY	ML	
4	ANISHA T	ML	
5	DIVYA RAJAN	ML	
6	JAYALAKSHMI JAYAKUMAR	ML	
7	JOBITHA JOY	ML	
8	LIYA BABY	ML	
9	MARY AMALA R.	ML	
10	NITHA ALFRED	ML	
11	PRANAYA P M	ML	
12	RIYA SABU	ML	
13	SHILPA K	ML	
14	SNEHA M M	ML	
15	SREELAKSHMI K A	ML	
16	TEENA VINCENT	ML	



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Orientation on conducting survey on learning

Date: 10/08/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AKSHAYA SHAJU	MT	
2	ARYA K SURENDRAN	MT	
3	ASWATHI B A	MT	
4	FREEDA K F	MT	
5	JINU JOSEPH	MT	
6	JOMOL BABU	MT	
7	LEKSHMIPRIYA T S	MT	
8	MARIYA JESSNEELA	MT	
9	MELISSA XAVIER	MT	
10	PARVATHY M	MT	
11	AGATHA CYRIAC	PS	Absent
12	RESHMA FRANCIS	MT	
13	ROSE MARIA JOHN	MT	
14	ROSY ROY	MT	
15	SONA PAUL	MT	
16	SREEJA SREENIVASAN	MT	



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Orientation on conducting survey on learning

Date: 10/08/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AGIYA COSMOS M C	PS	
2	AKSHAYA K S	PS	
3	ALIDA SAIJU	PS	
4	ANILA SHAJU	PS	
5	ANU P. THOMAS	PS	
6	APARNA S	PS	Absent
7	FATHIMATHUZUHRA	PS	
8	JESNA GEORGE	PS	
9	MARIYA DAS	PS	
10	NEETHU J A	PS	
11	RAVEENA K RAMESH	PS	Absent
12	ROSHNA RAHIM	PS	
13	VANDANA S	PS	Absent
14	VINNY PAPPACHAN	PS	



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Date: 10/08/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AKHITHA SEBASTIAN	NS	Absent
2	ALLAN FRANCIS	NS	
3	ANGITHA RAMACHANDRAN	NS	Absent
4	ANITA ABRAHAM	NS	
5	CAREN GRACE	NS	
6	DILHANA HUSSAIN	NS	
7	JESHMA DAS V S	NS	
8	KEERTHANA M S	NS	
9	MEERA SUSAN KURIAN	NS	
10	MERIN SHAJAN	NS	
11	POOJA MARIA JACOB	NS	
12	RANJIMA V	NS	
13	SANIYA SIMON	NS	
14	SHALINI P S	NS	
15	SHIMNA K	NS	
16	THERESA THANKACHAN	NS	Absent
17	VYSHNAVI N SARMA	NS	



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Orientation on conducting survey on learning

Date: 10/08/2022

Sl.No	Name of the student	SUBJECT	Signature
1	AKSHITHA BHASKARAN	SS	
2	ANAGHA T	SS	
3	ANCY ABRAHAM	SS	
4	ANJALY A C	SS	
5	ANUPAMA SREEDHAR	SS	
6	CELENE PAUL	SS	
7	DIVYAMOL P D	SS	Absent
8	DONA K JOSE	SS	
9	KRISHNAPRIYA K	SS	Absent
10	MARY RINU K F	SS	
11	MEREENA JOY	SS	Absent
12	MINU JOY	SS	Minu
13	REGINA TEENA DCOSTA	SS	
14	RIYA DAVIS	SS	
15	ROSE MARY PAUL	SS	
16	VARSHA K V	SS	



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# A Study On Toxic Parenting And its Consequent Effects on Adolescent Girls

Submitted by:

Anitta Johnson

B.Ed. Student (2022-2024)

St. Joseph College of Teacher Education for Women.

Submitted To:

Dr. Smitha Jose,

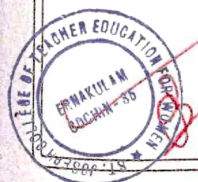
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Practical EDU 107.1 [EDU 101]

Social Survey

Date of Submission - 5<sup>th</sup> Dec 2022





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## Introduction

There are people in life who will lift up and give the support whenever required. And there may be others who delight in tearing down or causing pain. It can be particularly disheartening and challenging when a toxic person like this also happens to be the parent or someone who tasked to Co-parent. "Toxic parent" isn't a medical term or a clearly defined concept. They are typically describing parents who consistently behave in ways that cause guilt, fear or obligation in their children. All these are the patterns of behavior that negatively shape their child's life.

## Background And Context of the Study

Toxic parenting need a mandatory mention currently. In all daily interactions, everyone is knowingly or unknowingly competing with others. Competitiveness is not bad but how people treat competition is what causes problems. This tendency is more seen in parents keeping their child as a puppet to play with



their traumas, ego, Complex, unending dreams. This is mostly reflected in the Education of their children. They partake in parenting styles that inflict on-going and repetitive trauma, abuse, humiliation, and ill-will. The Main Victim for this is, unfortunately the daughters.

Some parents see their children as extensions of themselves, rather than as separate people with their own hopes and dreams. Adolescent girls falls in this trap more easily because teenage is that time period in a humans life where they show strong feelings and intense emotions, and their mood might seem unpredictable. These emotional ups and downs happen partly because the teenager's brain is still learning how to control and express emotions in a grown-up way. According to psychology it is the girls who strives hard to satisfy the parents more than boys, as far as academic is concerned. Boys, in majority, doesn't take all these into consideration during teenage. But it is not similar in girl's case. When mother didn't have the support system and dropped out of school, she tries everything she can help her daughter in particular get

through school and do so with high grades. So, due to this daughters feel that it is their great mistake if they fail to satisfy high dreams of parents.

## Theoretical Overview

The Book "Poisonous Parenting" which has shea M. Dunham, Shannon B. Deemer and Jon Carlson as its editor systematically studied on toxic relationships between parents and adult children. International Journal of Scientific and Research Publications has published an article named "Toxic parenting Adversely Correlates to students". Academic Performance in Secondary Schools in Vasin Gishu County, Kenya by Jennifer and Margaret has been a powerful aid for the study. The Cleveland clinic has uploaded an article regarding "How to tell if you have a Toxic parent" was highly beneficial for the study.

## Need and Significance of the Study

Toxic parent/child relationships develop when children experience significant stress at the hands of their parents or when parents fail to protect their children from a stressful environment. These relationships may involve physical



emotional or Sexual abuse and parental Substance use and mental health issues. Thus, the study is highly significant, relevant, pertinent and Substantial to the peak and Core, as it affects perilously on young minds.

## REVIEW OF LITERATURE

"Toxic Parents" Overcoming their Hurtful Legacy and reclaiming your life by Susan Forward and Craig Buck was taken as foundational Reference of the study. "The Impact of toxic parenting" is an article in the Magazine Called "Adoption Today" provided for a better analysis of the topic of study.

## Statement of The Problem

The Study can be entitled as "The problem of toxic parenting" and how it affects the education with special attention on adolescent girls. Toxic parents can have negative effects on children throughout their lifespan, including mental health disorders, depression, anxiety, drug and alcohol use etc. "As the Youth are the

assets of Nation" - The study has its base on these. Toxic parents create toxic home environment. And it is from these homes the youth develops into a full-fledged adults. Due to toxic parenting homes has degenerated into a mere 'dwelling'. Homes in which toxic parenting traits persist fail to provide Conducive and Congenial environment to the children, as the toxic parents put their own needs before the needs of their children.

## Definition of Key terms

- Toxic - of or relating to or caused by a toxin or poison.
- Parenting - The Activity of bringing up a child as a parent.

## Objectives of the study

- ① To throw light on the increasing condition of Toxic parenting victims from the sample selected for the study.
- ② To find out the toxic parenting traits in both father and Mother along with the economic status
- ③ To find out the treacherous and hazardous



Consequences and Implications of Toxic parenting among adolescent girls.

## Methodology

The Method on which the study Constructed was Social Survey. The study was Carried out among adolescent girls. The study targeted a total of 43 Samples. Data was Collected by the Use of Questionnaire as tool. There was total of 13 questions which was framed with an objective to gather data. The Study Concentrated on girls from 9<sup>th</sup> Grade to 12<sup>th</sup> grade from different Economic Status. Study is a descriptive cum analysis based. The main motive was to know more about the most dangerous Consequences of toxic parenting. The study Covers a period of two weeks from 07/11/2022 to 21/11/2022. Simple percentage analysis was used as statistical technique. Google forms were used to collect data. Responses were mostly gathered in the form of Yes or No model.

# Analysis And Interpretation of Data.

Objective: 1 To throw light on the Increasing Condition of par toxic parenting Victims from the Sample Selected for the Study.

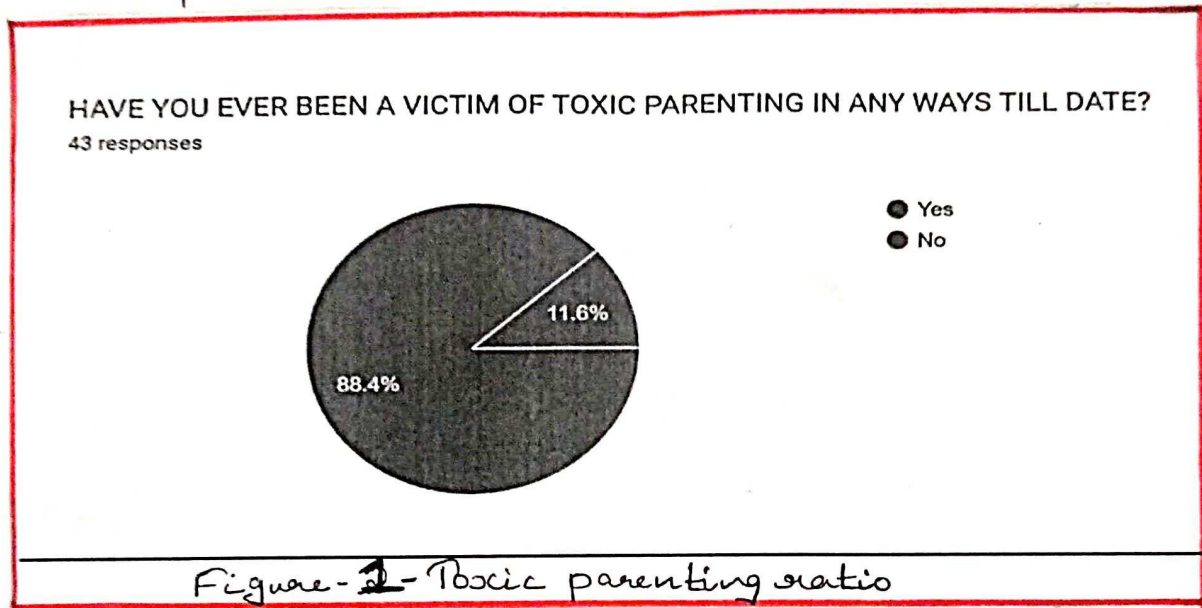


Table 1: Percentage of students undergoing Toxic parenting from Sample

Total Number of Adolescent Girls Surveyed SAMPLE(N)	Total Number of Toxic parenting Victims from Students Surveyed	PERCENTAGE	Total Number of girls not suffering from toxic parenting From Survey	PERCENTAGE
43	37	88.4%	6	11.6%

above table shows the percentage of students



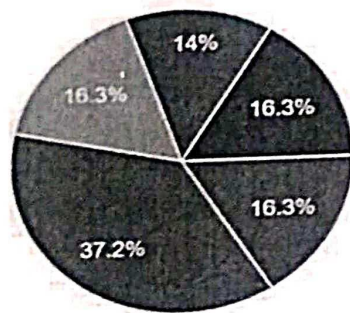


Table 3: Implications of Toxic Parenting

Depression	Lack of Self-Confidence	loneliness	Not taking into Consideration	Fear or Keeping grudges towards Parents
7	16	7	6	7
16.3%	37.2%	16.3%	14%	16.3%

HOW DOES THIS TOXIC PARENTING EFFECTS YOUR MENTAL HEALTH?

43 responses



- DEPRESSION
- LACK OF SELF-ESTEEM AND CONFIDENCE
- LONELINESS
- NOT TAKING IT INTO CONSIDERATION
- FEAR OR KEEPING GRUDGES TOWARDS PARENTS

Figure 3: The percentage analysis among the Various Consequences of toxic Parenting

From the above table and pie chart it can be inferred that the main consequences of toxic parenting results in Lack of Self-Confidence or Self-esteem. Through low Self-esteem girls may hide themselves from social situations that life will

Mer.



(10)

## Major Findings

- ① Toxic parenting traits can be seen more from mothers as per the study.
- ② Lack of Confidence and Self esteem is the major consequences of toxic parenting.
- ③ Economic status plays a major role as far as toxic parenting is concerned.
- ④ Mothers who are more Educated, who were ambitious when they were young tends to give more academic pressure.
- ⑤ Girls normally feel more responsible for how their parents feel, and most of girls major decisions in the field of education are based on whether their parents would approve or not.

## Educational Implications of Study

- The toxic parenting Victims grow up to become extremely harsh on themselves and do not have the Confidence and Self esteem to stand up for themselves which will eventually results in their Education.
- The toxic parenting Victims showcase a Sycophantic personality who agrees with everyone's attitude, but does not believe in one's opinion, that will results in poor personality as the aim of education is the all around



development of personality. They lack the power to speak up which is the base of education.

- Children who have extremely toxic parents often take failure and criticism very seriously. As an adolescent, if the parent is toxic, the inability to handle criticism may result and reflect in education.
- All these have an indirect link with education.
- In educational process, the child has to see everything even the failures with an optimistic attitude rather than being pessimistic.

## Conclusion

Toxic parenting. The term seems to be trending lately as many Indonesian parents learn to be better mothers or fathers by avoiding their parental mistakes. From dominating their children to being verbally abusive, parents' faults may have lasting effects on their children.

"Toxic parenting" comes from "Ignorance" psychologist Sani Hermawan said. All the human being as parents have

a duty that is to grow along with the kid. Parenting is a skill that is needed to consciously learn and develop. Communicating clearly is helpful as it avoids assumptions and pre-conceived notions. Being mindful and in the present enables one to handle conflicts more calmly. Personal or professional support can help a child address the difficulties they face at home.





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# Appendix - 1

St. Joseph. College of Teacher Education for Women, B. Ed Batch 2022-24 SOCIAL SURVEY

## TOOL - QUESTIONNAIRE

### A. GENERAL INFORMATION

① Name of the student

② class of the student

• STD 1X • STD X • STD X 1 • STD X 11

### B. QUESTIONNAIRE

③ Have you ever been a Victim of Toxic Parenting in any ways till Date?  Yes  No

④ If Yes, Has it ever reflected its Consequences in your studies?  Yes  No

⑤ From whom have you experienced more "Toxic parenting Traits"? Father  Mother

⑥ Are many of your major decisions in the field of Education are based on whether your parents would approve?  Yes  No

⑦ Do your parents manipulate you with threats or guilt regarding Academic Marks?

Yes  No





8) Do you feel responsible for how your parents feel? If they are unhappy do you feel it's your fault?

- Yes  No  Sometimes

9) How does this toxic parenting affect your mental health?

- Depression  Fear or Keeping grudges towards Parents  
 Loneliness  Not taking it into Consideration  
 Lack of Self-Esteem/Confidence

10) Have you ever shared this to anyone in life?

- Yes  No

11) Have you ever avoided telling your parent about your successes because they didn't seem to matter?

- Yes  No  Maybe

12) Have your parent ever made hurtful statements to you like "YOU'RE STUPID" or "YOU'RE SUCH A LOSER"?

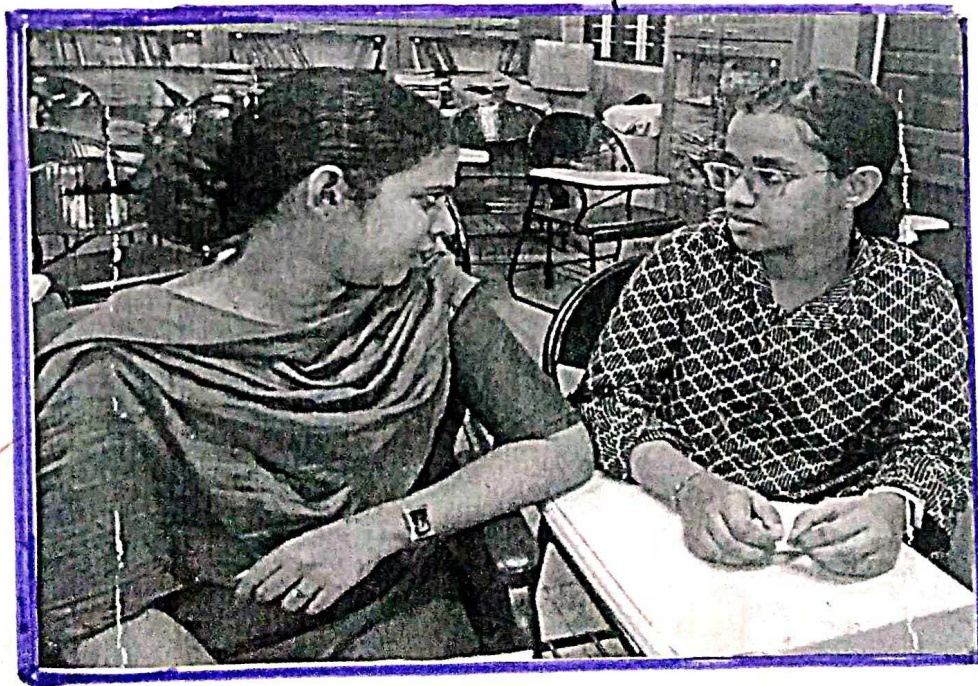
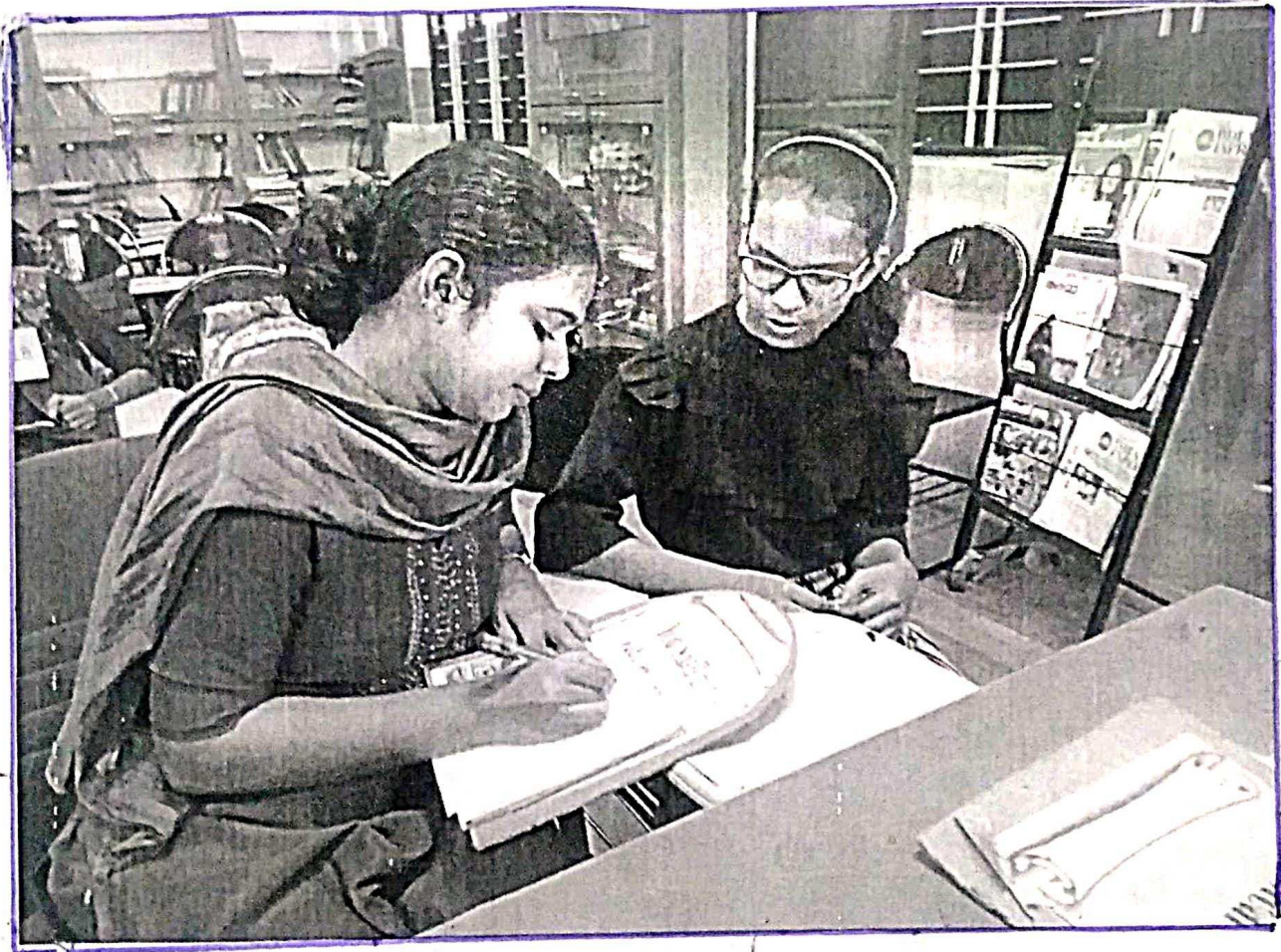
- YES  NO

13) Do you believe that Someday, Somehow your parents are going to change for the better?

- Yes  No  Maybe



# Appendix-2



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