

MAR THOMA PUBLIC SCHOOL, KAKKANAD
OFFLINE/ONLINE TRAINING ATTENDED BY TEACHERS

	Name of the teacher	Online course	Duration	Offline course	Duration	Total Hrs - Online	Total Hrs - Offline
1	SUNITHA A CHERIAN	The art of parenting	1 hr	NEP & NCF, 21st Century Life Skills	2 days	27 hrs	23 hrs
		Virtual lab for teaching learning assessment in chemistry	1 hr	Board Examiner/HE/AHE/	6 hrs		
		Power of audio in education	5 hrs	Viewing DD PM Vidya	3 hrs		
		Inclusive education and technology	5	Integrating technology into teaching	2 hrs		
		empowering teachers with AI	5	Promoting mental and mental wellness in students			
		media literacy	5				
		Five-day Online training on dyslexia					
2	MARIA CATHERINE MATHEW			NEP & NCF, 21st Century Life Skills	2 days		35 hrs
				Board Examiner/HE/AHE/	6 hrs		
				Viewing DD PM Vidya	3 hrs		
				Integrating technology into teaching	2 hrs		
				AI in classrom (CBP)	1 Day		
				Strengthening Assessment And Evaluation Practices (CBP)	2 days		
3	JEENA JACOB	empowering teachers with AI	5	NEP & NCF, 21st Century Life Skills	2 day	27 hrs	23 hrs
		The art of parenting	5	Board Examiner/HE/AHE/	6 hrs		
		Media literacy	1	Viewing DD PM Vidya	3 hrs		
		cyber wellbeing	1	Integrating technology into teaching	2 hrs		
		Innovate & lead: School Trasformation Strategies	8				
		Instructional design for techno-Pedagogy Integration	5				
4	LEENA SAJEEV	Empowering teachers with AI	5	NEP & NCF, 21st Century Life Skills	2 days	29 hrs	29 hrs
		Integrating social emotional learning into Social culture	1	Art integration	1day		
		Integrating cance awareness in school mental health programs	1	Board Examiner/HE/AHE/	6 hrs		
		cyber well being	1	Viewing DD PM Vidya	3 hrs		
		management of indivisible disabilities in the classroom	1	Integrating technology into teaching	2 hrs		
		Media literacy	5				
		Ask the expert: Live mentorship session	2				
		Effective strategies in the NEP Framework for the children with academic and behavioural challenges	2				
		Art of parenting	1				
		Clebrating SLDs in inclusive calssrooms	5				
5	RHEA MIRIAM VARGHESE	empowering teachers with AI	5	NEP & NCF, 21st Century Life Skills	2 days	10 hrs	12 hrs
		Media literacy	5				
6	SUSAN JACOB	Safety in cyberspace	5	NEP & NCF, 21st Century Life Skills	2 days	30 hrs	23 hrs
		Inclusive education and digital technology	5	Board Examiner/HE/AHE/	6 hrs		
		Celebtating SLDs in inclusive calssrooms	5	Viewing DD PM Vidya	3 hrs		
		Virtual lab for teaching learning and assessment in biology	2	Integrating technology into teaching	2 hrs		
		Media literacy	5				
		Inclusive education and digital technology	8				
7	SHUJI K	empowering teachers with AI	5	NEP & NCF, 21st Century Life Skills	2 days	27 hrs	23 hrs
		Media literacy	5	Board Examiner/HE/AHE/	6 hrs		
		Virtual lab for teaching learning and assessment in Languages	2	Viewing DD PM Vidya	3 hrs		
		Safety in cyberspace	5	Integrating technology into teaching	2 hrs		
		Open space Education Resources: Innovating Education	5				
		Celebtating SLDs in inclusive calssrooms	5				
8	DEEPA M S	Celebtating SLDs in inclusive calssrooms	5	NEP & NCF, 21st Century Life Skills	1 day	30 hrs	29 hrs
		empowering teachers with AI	5	CBP- MATHEMATICS	2 days		
		Media literacy	5	Board Examiner/HE/AHE/	6 hrs		
		Innovate & lead: School Trasformation Strategies	8	Viewing DD PM Vidya	3 hrs		
		Virtual lab for teaching learning and assessment in Mathematics	2	Integrating technology into teaching	2 hrs		
		Inclusive education and digital technology	5				
9	JISHA K V	empowering teachers with AI	5	NEP & NCF, 21st Century Life Skills	1 day	25 hrs	23 hrs

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		Instructional design for techno-Pedagogy Integration	5	Board Examiner/HE/AHE/	6 hrs		
		Digital wellness	5	Viewing DD PM Vidya	3 hrs		
		Cyber swatchtha and digital citizenship	5	Integrating technology into teaching	2 hrs		
		Media literacy	5				
		Inclusive education and digital technology	5				
10	VINEETHA MERINE	Media literacy	5	NEP & NCF, 21st Century Life Skills	2 days	32 hrs	23 hrs
		Virtual lab for teaching learning and assessment in Languages	2	Board Examiner/HE/AHE/	6 hrs		
		Celebrating SLDs in inclusive classrooms	5	Viewing DD PM Vidya	3 hrs		
		English language proficiency for teachers class 12	5	Integrating technology into teaching	2 hrs		
		Inclusive education and digital technology	5				
		Digital wellness	5				
		Social media safety	5				
11	NANCY SAJAN	Media literacy	5	NEP & NCF, 21st Century Life Skills	2 days	39 hrs	18 hrs
		Art of parenting	1	Art integration	1 day		
		cyber wellbeing	1				
		Innovate & lead: School Transformation Strategies	8				
		empowering teachers with AI	5				
		Integrating social emotional learning into Social culture	1				
		Cyber wellbeing	1				
		Management of indivisible disabilities in the classroom	1				
		Ask the expert: Live the Mentorship session	5				
		Effective strategies in the NEP Framework for the children with academic and behavioural challenges	2				
		Celebrating SLDs in inclusive classrooms					
		Integrating cancer awareness in school mental health programs					
12	Dr. SARITHA K R	Art of parenting	1	Art integration	1 day	20 hrs	29 hrs
		Media literacy	5	NEP & NCF, 21st Century Life Skills	2 days		
		Empowering teachers with AI	2	Board Examiner/HE/AHE/	6 hrs		
		Integrating social emotional learning into Social culture	2	Viewing DD PM Vidya	3 hrs		
		Ask expert: Live Mentorship session	2	Integrating technology into teaching	2 hrs		
		Effective strategies in the NEP Framework for the children with academic and behavioural challenges	2				
		Shaishik samvad saath sahyog evam seek					
13	INDU V S	Leveraging digital tool and AI in language teaching	5	NEP & NCF, 21st Century Life Skills	1 day	20 hrs	12 hrs
		Cyber Swatchtha and digital citizenship	5	Art integration	1 day		
		Dyslexia	5				
		Cyber shishak	5				
14	NEETHA K GEORGE	Media literacy	5	NEP & NCF, 21st Century Life Skills	2 days	20.5 hrs	24 hrs
		Art of parenting	1	Art integration	1 day		
		Cyber wellbeing	1	Foundational Literacy and Numeracy	1 day		
		Management of indivisible disabilities in the classroom	1				
		Empowering teachers with AI	5				
		Transforming mixed ability classes with AI tools	1				
		Empowering teacher educators to introduce art based translanguaging practices	1				
		Promoting intentional dialogue in the classroom: teachers talking less and listening more	1				
		Celebrating SLDs in inclusive classrooms	5				
15	TREASA P T	Ciet NCERT online CPD course	5	Social science subject enrichment program	2 days	10hrs	27 hrs
		NCERT training on financial safety	5	Social science -CBP	5		
				NEP and NCF, 21 st century Life skills	2 days		
16	PHILDA GONSALVES	media literacy	5	NEP & NCF, 21st century skills	2 days	36 hrs	12 hrs

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	art of parenting	1				
	Instructional design for techno-pedagogy integration	5				
	Empowering teachers with AI	5				
	Innovate and lead: Transformation strategies	8				
	Virtual lab for teaching learning and assessment in Mathematics	2				
	media literacy	5				
	Device and network security	5				
17 PREENU RAJEEV	Developing social personal qualities in school environment	3	NEP & NCF, 21st century skills	2 day	19hrs	30 hrs
	art of parenting	1	Art integration	1 day		
	Empowering teachers with AI	5	Foundational Literacy and Numeracy	1 day		
	media literacy	5	CBP Hindi	1 day		
	celebrating SLDs in inclusive classrooms	5				
18 SAMANGA N	Cyber swatchatha and digital citizenship	1	NEP and NCF ,21 st century Life skills	2 days	17 hrs	12 hrs
	Addressing unique challenges faced by children with special needs	1	AI in classsroom	1 day		
	Foundationla knowledge about disability	1				
	Intel-CBSE for class IX	18				
	Intel-CBSE for class XII	18				
	ibm-cbse cbp FOR CLASS XI	18				
	ibm-cbse cbp FOR CLASS XII	18				
	Celebrating SLDs in inclusive classrooms	5				
19 SOUMYASREE K KARTHA	Cyber swatchatha and digital citizenship	5	NEP and NCF ,21 st century Life skills	2 day	54 hrs	18 hrs
	Virtual lab for teaching learning and assessment in Physics	2	Art integration	1 day		
	Instructional design for techno-pedagogy integration	5				
	media literacy	5				
	Empowering teachers with AI	5				
	cyber wellbeing	5				
	cyber crime	5				
	Virtual lab for teaching learning assessment in biology	2				
	Clebrating SLDs in inclusive classrooms	5				
	Digital wellness	5				
	Microlearning and nano courses to enhance teaching	5				
	Inclusive education and digital technology	5				
20 NITHA T S	art of parenting	5	NEP and NCF ,21 st century Life skills	2 days		
	media literacy	5	Art integration	1 day		
	Empowering teachers with AI	5	Foundational Literacy And Numeracy	1 day		
	Cyber swatchatha and digital citizenship	5	CBP HINDI	1 day		
	Celebrating SLDs in inclusive classrooms	5				
21 REENA ANTONY	Art of parenting	1	NEP and NCF ,21 st century Life skills	2 days	16 hrs	26 hrs
	Media literacy	5	Art integration	1 day		
	Empowering teachers	5	Board Examiner/HE/AHE/	6 hrs		
	Cyberwellbeing	5		2 hrs		
22 DINU JACOB	Celebrating SLDs in inclusive classroom	5	NEP & NCF, 21st century skills	2 days	20 hrs	12 hrs
			AI in classsroom	1 day		
	Cyber Shishak programmes	15				
23 MEENU M A	Diploma in schoo; and college coueselling	24	NEP and NCF ,21 st century Life skills	2 days	35 hrs	30 hrs
	Media literacy	5	Art integration	1 day		
	Empowering teachers	5	Foundational Literacy And Numeracy	1day		
	Art of parenting	1	Early Childhood Care and Education - The Foundation of Learning	1day		
24 RABITHA K R	Madhuban publications	5	NEP and NCF ,21 st century Life skills	2 days	46 hrs	24 hrs
	Media literacy	5	Art integration	1 day		
	Empowering teachers	5	Foundational Literacy And Numeracy	1 day		
	Art of parenting	1				
	Cyber Shishak programmes	5				
	Celebrating SLDs in inclusive classroom	5				
25 BIBITHA ANTONY	Media literacy	5	NEP and NCF ,21 st century Life skills	2days	35 hrs	30 hrs
	Art of parenting	1	Art integration	1 day		

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		Empowering teachers with AI	5	Foundational Literacy And Numeracy	1day		
		Diploma in schoo; and college cousselling	24	Early Childhood Care and Education - The Foundation of Learning	1day		
26	ANN MARY ABRAHAM	Media literacy	5	NEP & NCF, 21st Century Life Skills	2 day	37 hrs	18 hrs
		Art of parenting	1	Art integration	1 day		
		Cyber wellbeing	1				
		Innovate and lead: Transformation strategies	1				
		empowering teachers with AI	5				
		Integrating social emotional learning into social culture	1				
		Management of invisible disabilities in the class room	1				
		Celebrating SLDs in inclusive classrooms	5				
		Transforming mixed ability classes with AI tool	1				
		Transforming mixed ability classes with AI tool	1				
		Empowering teacher educators to introduce art based translanguaging practices	1				
		Promoting intentional dialogue in the classroom: teacher talking less and listening more	1				
		Diploma in schoo; and college cousselling	24				
27	SYAGI SYAMALAN	Media literacy	5	NEP & NCF, 21st Century Life Skills	2 days	45 hrs	18 hrs
		Device and network security	1	Art integration	1 day		
		cyber wellbeing	1				
		Innovate and lead: Transformation strategies	1				
		empowering teachers with AI	5				
		Integrating social emotional learning into social culture	1				
		Management of invisible disabilities in the class room	1				
		Celebrating SLDs in inclusive classrooms	5				
		Integrating cancer awareness in school mental health programs	1				
		Diploma in schoo; and college cousselling	24 hrs				
28	PHILOMENA LOVELY	Empowering teachers with AI	5	NEP and NCF ,21 st century Life skills	2 days	56 hrs	36 hrs
		cyber crime	5	Art integration	1 day		
		Media literacy	5	Foundational Literacy And Numeracy	1 day		
		Device and network security	5	CBP- MATHEMATICS	2 days		
		Virtual lab for teaching and assessment in mathematics	2				
		Innovate and lead: Transformation strategies	8				
		Art of parenting	1				
		cyber wellbeing	1				
		Diploma in schoo; and college cousselling	24				
29	THARA CHANDRA G	Media literacy	5	NEP&NCF 21st Century life skills	2 days	22 hrs	23 hrs
		cyber crime	5	Board Examiner/HE/AHE/	6 hrs		
		Cyber swatchatha and digital citizenship	5	Viewing DD PM Vidya	3 hrs		
		art of parenting	1	Integrating technology into teaching	2 hrs		
		Management of invisible disabilities in the class room	1				
		Empower teachers with AI	5				
30	ASWATHY SURESH	Media literacy	5	NEP and NCF ,21 st century Life skills	2days	35 hrs	32 hrs
		Art of parenting	6	Art integration	1 day		
		Empowering teachers with AI	5	Foundational Literacy And Numeracy	1day		
		Diploma in school and college counselling	24	Early Childhood Care and Education - The Foundation of Learning	1day		
31	ANN MARY SAMUEL	Leveraging digital tool and AI in language teaching	5	NEP and NCF ,21 st century Life skills	2 days	15 hrs	12 hrs
		Cyber swatchatha and digital citizenship	5	AI in classsrom	1 day		
		Cybershishak	5				
32	BIJI JAYADEEP	Empowering trachers with AI	5	NEP & NCF, 21st Century Life Skills	2 days	24 hrs	36 hrs
		Media literacy	5	Strengthening Assessment And Evaluation Practices	2 days		
		Virtual lab for teaching learning and assessment in Mathematics	2	CBP- MATHEMATICS	2 days		
		Celebrating SLDs in inclusive classrooms	5				

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		School leadership training	7				
33	SYBIL MATHEW	Media literacy	5	NEP and NCF,21st century Life skills	2 day	6 hrs	12 hrs
		Art of parenting	1				
34	MARY CELINE K J	Art of parenting	1	NEP and NCF ,21 st century Life skills	2 days	35 hrs	36 hrs
		Empowering teachers with AI	24	Art integration	1 day		
		Media literacy	5	Foundational Literacy And Numeracy	1 day		
		Celebrating SLDs in inclusive classrooms	5	Early Childhood care and Education.	1 day		
				CBP HINDI	1 day		
35	JANCY JOB	Art of parenting	1	NEP and NCF ,21 st century Life skills	2 days	37 hrs	24 hrs
		Diploma in schooland college counselling	24	Early Childhood Care and Education - The Foundation of Learning	2 days		
		Virtual lab for Teaching, learning and assessment in mathematics	2				
		Empowerinf teachers with AI	5				
		Safety in cyber space	5				
36	LINI ROSE MATHEW	Media Literacy	5 hrs	NEP and NCF ,21 st century Life skills	2 days	17 hrs	24 hrs
		Empowering Teachers with AI	5 hrs	Art integration	1 day		
		School leadership trainings	7 hrs	Foundational Literacy And Numeracy	1 day		
37	DEEPTHI E U	AI Boot camp	6 hrs	CBSE CBP -Rote to Roots -NCF	1 day	45 hrs	6 hrs
		MOOCs on Swayam	3 hrs				
		IBM-CBSE CBP for AI in class XI	3 days				
		IBM-CBSE CBP for AI in class XII	3 days				
38	MARIA SUSAN ROY	Empowering teachers with AI	5	NEP,NCF, 21 century skills	2 days	15 hrs	18 hrs
		Media literacy	5	Art integration	1 day		
		Cyber crime	5	Foundational Literacy and Numeracy	1 day		
39	JALAJA RAJAN	Art of parenting	1 hour	NEP,NCF, 21st century skills	2 days	23 hrs	36 hrs
		Media literacy	5 hours	Art integration	1 day		
		Cyber Swachhta and Digital Citizenship	5 hours	Foundational Literacy and Numeracy	1 day		
		Empowering Teachers with AI	5 hours	CBP Mathematics	2 days		
		Celebrating SDL in inclusive class rooms	5 hours				
		Virtual Lab for teaching and learning Assessment in Mathematics	2 hours				
40	DIVYA P K	Art of parenting	1hour	NEP,NCF, 21st century skills	2 days	26 hrs	36 hrs
		Media literacy	5 hours	Art integration	1 day		
		Empowering Teachers with AI	5 hours	CPB MALAYALAM	2 days		
		Celebrating SDL in inclusive class rooms	5 hours	Foundational Literacy and Numeracy	1 day		
		Microlearning and nano courses to enhance teaching learning	5 hours				
		cyber safety and security	5 hours				
41	DEEPA K A	Art of parenting	1hour	NEP,NCF, 21st century skills	2 days	26 hrs	36 hrs
		Media literacy	5 hours	Art integration	1 day		
		Empowering Teachers with AI	5 hours	CPB MALAYALAM	2 days		
		Celebrating SDL in inclusive class rooms	5 hours	Foundational Literacy and Numeracy	1 day		
		Microlearning and nano courses to enhance teaching learning	5 hours				
		cyber safety and security	5 hours				
42	Nija J kalathiveetil	Media literacy	5 hours	NEP,NCF, 21st century skills	2 days	20 hou	23 hrs
		cyber safety and security	5 hours	Board Examiner/HE/AHE/	6 hrs		
		Cyber crime	5 hours	Viewing DD PM Vidya	3 hrs		
		Empowering Teachers with AI	5 hours	Integrating technology into teaching	2 hrs		
43	Jini George			NEP, NCF, 21st century skills	2days		18 hrs
				Art integration	1day		
45	Nitha T S	Media Literacy	5 hours	NEP & NCF, 21st Century Life Skills	2 days	26 hrs.	30 hrs.
		Art of Parenting	1 hour	Art integration	1 day		
		Cyber well being	5 hours	Foundational Literacy And Numeracy	1 day		
		Empowering teachers with AI	5 hours	Hindi workshop	1 day		
		Cyber swachhta and digital citizenship	5 hours				
		Power of audio in education	5 hours				
46	Sneha Serah Oommen	Art of Parenting	1 hour	NEP & NCF, 21st Century Life Skills	2 days	9 hrs	36 hrs
		Integrating Social-Emotional Learning (SEL) into School Culture	1 hour	Art integration	1 day		
		Management of Invisible Disabilities in the Classroom	1 hour	CBP Mathematics	2 days		
		Cyber well being	1 hour	Foundational Literacy and Numeracy	1 day		

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		Empowering teachers with AI	5hours				
45	Mithu Francis	The Craft of Designing Competency based Question making in English and language teaching.	5 hours	CBP of Sahodaya- English	1 day	25 hours	5 hours
		Media Literacy	5 hours	NEP, NCF	1 day		
		Empowering Teachers with Artificial Intelligence	5 hours	NEP, NCF	1 day		
		Digital Wellness	5 hours	NEP, NCF	1 day		
		Device and Network Security	5 hours	NEP, NCF	1 day		
		Cyber Crime					
46	Jyothy Thomas	Media Literacy - CIET ,NCERT New Delhi	5 hours	CBP Economics (Senior secondary)	2 days		
		Empowering teachers with AI	5 hours	NEP & NCF, 21st Century Life Skills	2 days		
47	Cindu Balagopal	Management of invisible disabilities in the classroom	1 hr	NEP, NCF, 21st century skills	2 days	17 hrs	12 hrs
		Career driven teaching preparing students for future	1 hr				
		Empowering teachers with AI	5 hrs				
		Celebrating SDL in inclusive classrooms	5 hrs				
		Media literacy	5 hrs				
48	Prathibha R. Chandran	Media literacy 5	5 hours	NEP & NCF,	2 days	19 hrs	24 hrs
		Art of parenting 1	1 hour	Art integration 1 day	1 day		
		Cyber wellbeing 1	1 hour	21st Century Life Skills 2 day	1 day		
		Innovate and lead: Transformation strategies 1	1 Hour				
		empowering teachers with AI 5	5 hour				
		Transforming mixed ability classes with AI	1 hour				
		Celebrating SLDs in inclusive classrooms 5	5 hour				
49	MARIA SUSAN ROY	Empowering teachers with AI	5	NEP,NCF, 21 century skills	2 days	15 hrs	18 hrs
		Media literacy	5	Art integration	1 day		
		Cyber crime	5	Foundational Literacy and Numeracy	1 day		
50	BIBITHA ANTONY	Learning		in ELT			
		Cyber crime	5 hours				
		Open Education Resources:Innovating Education	5 hours				
51	REGHA S VARRIER	Media Literacy	5hours	NEP, NCF, 21'ST Century skills		20hours	12 hours
		Cyber safety and security	5hours				
		Cyber crime	5 Hours				
		Empowering teachers with AI	5Hours				
52	RESHMI R.	Empowering teachers with AI	5 hours	NEP, NCF, 21 st Century skills	2 days	37 hours	30 hours
		Media Literacy	5 hours	CBP - Mathematics	2 days		
		Microlearning and Nano Courses to Enhance Teaching-Lear	5 hours	Promoting Mental Health and Wellness Among Studer	1 day		
		Virtual Lab for Teaching-Learning and Assessment in Mathematics- Au	2 hours				
		Instructional Design for Techno-Pedagogy Integration	5 hours				
		Digital Wellness	5 hours				
		Inclusive Education and Digital Technology	5 hours				
		Open Education Resources (OER): Innovating Education	5 hours				
53	Lini Rose Mathew	Safety in Cyberspace	5 hours	NEP & NCF, 21st Century Life Skills	2 days		
		Social Media Safety	5 hours	Art integration	1 day		
		Empowering teachers with AI	5 hours	CBP Mathematics	2 days		
		Power of Audion in Education	5 hours	Foundational Literacy and Numeracy	1 day		
		Media Literacy	5 hours				
52	Soumyasree K Kartha	Media literacy 5	5 hours	Promoting Mental Health and Wellness Among St	1 day	19 hr	24 hr
		Art of parenting 1	1 hour	NEP & NCF, 21st Century Life Skills	2 days		
		Cyber wellbeing 1	1 hour	Art integration	1 day		
		Innovate and lead: Transformation strategies 1	1 Hour				
		empowering teachers with AI 5	5 hour				
		Transforming mixed ability classes with AI	1 hour				
		Celebrating SLDs in inclusive classrooms 5	5 hour				
53	Sapna Anu Jacob	Psychological first aid - A multidimensional framework for promoting well-being in educational settings.				3 hr	6 hr
		Positive mental health - AIIMS virtual mental health series	1 hour	Promoting mental health and wellness among stu	1 day		
		AIIMS virtual mental health series	1 hour				
		Building resilience in adolescents - AIIMS virtual mental hea	1 hour				