



MY CALIBRE

Dr. JAYA P.J.

Contact: 9544908088

E-mail: jayajan28@gmail.com

CAREER OBJECTIVE

❖ To obtain a challenging academic position as deemed suitable to my teaching, administrative and professional skills, experience, and background to help myself grow further and to explore and utilize my potential to sustain the reputation of the institution.

❖ To perform the task assigned with full commitment, utmost sincerity and work hard for the successful completion of the task assigned and to be an asset to the institution, to work for the progress of the institution and to achieve success.

STRENGTH

- ❖ Flexible attitude, hardworking, and good communication skills
- ❖ Can work independently or within a team
- ❖ Sociable, punctual, responsible, and organized

EDUCATIONAL CREDENTIALS

- ❖ **Ph.D** (Education) Bharathiar University, Coimbatore on 20/02/2020
- ❖ **M. Phil** (Education), 2010: Bharathiar University, Coimbatore
- ❖ **M.Ed.** 2005: Madras University, Chennai
- ❖ **B.Ed.** 2004: Mahatma Gandhi University, Kottayam
- ❖ **M.Sc.** (Botany), 2001: Mahatma Gandhi University, Kottayam
- ❖ **B.Sc.** (Botany), 1999: Mahatma Gandhi University, Kottayam

PROFESSIONAL EXPERIENCE

- ❖ **Assistant Professor in Education** at Mount Carmel College of Teacher Education for Women, Kottayam (December 2012 to present).
- ❖ **Project Fellow** UGC sponsored Major Research titled "Development of an Intervention Strategy for Teachers and Parents for the Remediation of Children with Dyscalculia at Primary Level"- Mount Carmel College of Teacher Education for Women, Kottayam (November 2010 to March 2012).
- ❖ **NTTC Trainer** at Carmel Pre-Primary Teacher Training Institute Santhipuram- Nagampadom, Kottayam (September 2009 to April 2012).
- ❖ **High School Teacher** at St. Joseph's HSS, Kalamassery, Ernakulam (June 2007 to March 2009).
- ❖ **Lecturer in Natural Science** at Mount Carmel College of Teacher Education for Women, Kottayam (August 2005 to April 2007).

ACHIEVEMENTS

- ❖ **Chief / Additional Examiner** of Natural Science Optional and Environmental Education (Elective Paper) of Mahatma Gandhi University from 2014 to present.
- ❖ **Prepared Value points for** Natural Science Optional and Environmental Education (Elective Paper) of Mahatma Gandhi University Exams during the years 2022, 2023 and 2024.
- ❖ **Coordinator of Two Day National Workshop** on Digital Tools for Research Mount Carmel College of Teacher Education for Women, Kottayam from 02.11.2023 to 03.11.2023.
- ❖ Award received for the sincere and dedicated service rendered to the institution among the Teaching Faculty of B.Ed. 2022-2023.
- ❖ **Magazine Editor** of '**Carmelit 2022-2023**' (ATHENA), Mount Carmel College of Teacher Education for Women, Kottayam.
- ❖ **Participated in the Question Bank Up gradation** initiative of M.G University and contributed Question Bank of Elective Paper (Environmental Education) of First Semester of B.Ed. Degree Examination, February 2021.
- ❖ **Chief Editor** of the UGC Sponsored National Seminar Proceedings on Prioritizing Gender Equality to Ensure Quality Enhancement and Sustenance in Higher Education. June 2015.
- ❖ Qualified UGC-NET in Education (2011).
- ❖ Dr. Malathi Rajagopalan Award for **Best M. Ed. Thesis in 2005** (Madras University).
- ❖ **Constructed and validated a research tool** for Teacher's Burnout, Academic Stress, Student's Mental Health Scale and Student's Burnout Scale.

PUBLICATIONS

- ❖ Relevance of Ecotourism in Education published in Carmel Graphics. April 2024.
- ❖ Impact of Technology in Imparting Value Based Education. Paper Published and Presented on line platform during Two Days Webinar on "Redefining Child Rights for the New Normal Society" Conducted by SIRA on 9 th and 10 th of January 2021.
- ❖ Occupational Stress among Secondary School Teachers of Kottayam published in Carmel Graphics. April 2020.
- ❖ Conservation of Natural Resources –Role of Individuals and Institution Two Day National Seminar on "Disaster and Crisis-Preparedness, Management and Resilience" jointly organized by HRDC Trivandrum and SIRA on 11 th and 12 th October 2019.
- ❖ Relationship between Academic Stress and Mental Health among Secondary School Students published in Carmel Graphics. August 2019.
- ❖ Body Mass Index: An overview. Paper published at Malaysia on 10 th April 2019.
- ❖ Relationship between Academic Stress and Mental Health of Secondary School Students. Research paper published in Laxmi Book Publication, Maharashtra. November 2018.
- ❖ Emergence of Technological Innovations towards Societal and Environmental Sustainability. Paper published at International Conference on Emerging Management and Technology for Economic Sustainability at ALHOSN University, Abu Dhabi, UAE. April 2017.
- ❖ Mental Health and Mind Empowerment among Adolescents: A Need of the Hour. Paper Presented at National Seminar on Behaviour Modification: *A Psychodynamic Approach to Maladjustments in Adolescents*. January 2017.
- ❖ Relationship between Self-Efficiency and Leadership Quality of Secondary School Students. Guided paper of my M.Ed student, Ms. Rejani Cherian published in Carmel Graphics. August 2016.
- ❖ Relationship between Academic Stress Factors and Academic Achievement among Secondary School Students. Combined paper with the guide Dr.Pushpa Marian published in Carmel Graphics. August 2016.

- ❖ Focussing on Mental Health; A way of Life. Poster Presented at National Seminar on Promoting Wellness and Fitness among Educators. March 2016.
- ❖ Digital Gender Divide in the 21st Century. Poster Presented at National Seminar on *Revamping Teacher Education for the Digital Age Learners: Challenges and Prospects*. September 2015.
- ❖ Essay Published in the CTE National Journal on "The Relevance of Tagore's Educational Thoughts in the Emerging Indian Scenario" Jan-June 2015.
- ❖ Relationship between Academic Stress Factors and Academic Achievement among Secondary School Students. An Annual Peer Reviewed International Journal of Education –Carmel Graphics, 3 (1): 26-29. January 2015.
- ❖ Chief Editor of the UGC Sponsored National Seminar Proceedings on *Prioritizing Gender Equality to Ensure Quality Enhancement and Sustenance in Higher Education*. June 2015.
- ❖ Prioritizing Gender Equality to Ensure Quality Enhancement and Sustenance in Higher Education. December 2014.
- ❖ A Study on Mental Health of High School Teachers in Relation with Emotional Integration and Classroom Practices. *Education and Development* 2(1): 389–393, 2014.
- ❖ An Ethical Look at Inclusive Education. Poster Presented at International Seminar on *Learning Disabilities and Inclusion*. February 2014.
- ❖ Gender difference in occupational stress and mental health of high school teachers. *Education and Welfare*, 1 (1): 234–238, 2012.
- ❖ Relationship between occupational stress and mental health of high school teachers. *Education at the Crossroads*, 1 (1): 276–278, 2012.
- ❖ Envisaging sustainable development through education. In Proceedings of the UGC Sponsored National Seminar, *Educational Renaissance for a New Generation*. November 2012.
- ❖ Published a book *Improvisation in Teaching Natural Science*, Max Publications: Kottayam, 2012, 128pp.
- ❖ Adherence to Mental Health to Promote Better Living. National Seminar on Self Esteem and Mental Health Promotion among Teachers. August 2011.
- ❖ The Adaptive Application of Stress Management through Spiritual Intelligence. July 2011.
- ❖ Permeating Constructive Living through Value Education. August 2010.
- ❖ Environmental Education. August 2005.
- ❖ Two Lesson Plans on Models of Teaching. State Level Workshop on Models of Teaching. July 2005.

PROFESSIONAL TRAINING

- ❖ Workshop on Professional Development of College Teachers, February 2017.
- ❖ Workshop on Language across the Curriculum and Internship of Two Year B. Ed Programme. 8th June 2016.
- ❖ Orientation Programme on New Two-Year B.Ed. Curriculum. August 2015.
- ❖ Faculty Training Programme for Young Teachers. Kerala State Higher Education Council, Thiruvananthapuram. February 2015.
- ❖ Faculty Development Programme on Research Methodology and Data Analysis. September 2014 to March 2015.
- ❖ Value and Character Formation for Children in Kottayam. December 2014.
- ❖ Workshop on Preparatory and Practical Courses in Teaching. June 2013.

RESEARCH PROJECTS

- ❖ **Principal Investigator** UGC funded Minor Research in Sciences. "A study of Occupational Stress of Teachers and Academic Stress of Students in relation to their Mental Health and Burnout at the Secondary Schools of Kerala", completed in 2018.
- ❖ **Guidance given to FOUR students** in the completion of their M.Ed. thesis during the Year 2013–2014 and 2014–2015.

PERSONAL DEVELOPMENT TRAINING

- ❖ Faculty Development Programme on e- Content Development for University and College Teachers by College Development Council, at Mahatma Gandhi University in Collaboration with Mar Chrysostom Chair from **05.02.2024 to 09.02.2024**
- ❖ Short Term Course in Curriculum Design and Outcome Based Education (offline) at UGC-Human Resource Department Centre Trivandrum from **02.08.2023 to 08.08.2023**.
- ❖ Completed the online Two Week Interdisciplinary Refresher Course on Curriculum and Pedagogy organized by Teaching Learning Centre, Tezpur University from **07.06.2023 to 20.06.2023**.
- ❖ Participated National/ International Faculty and Staff Development Programme(FDP/FSDP) in **2020, 2021, 2022 and 2023**
- ❖ Completed Two Online Certificate Course in COUSERA in **September – December, 2020**.
- ❖ Refresher Course at UGC-Human Resource Department Centre Trivandrum from June 26th 2018 to July 16th 2018.
- ❖ Orientation Programme at UGC-Human Resource Department Centre Trivandrum from 28th February 2018 to 27th March 2018.
- ❖ Short Term Course in Student Counselling and Mentoring at UGC-Human Resource Department Centre Trivandrum from 30th October 2017 to 4th November 2017.
- ❖ Workshop on Professional Development of College Teachers, February 2017.
- ❖ Workshop on Language across the Curriculum and Internship of Two Year B. Ed Programme. 8th June 2016.
- ❖ Orientation Programme on New Two-Year B.Ed. Curriculum. August 2015.
- ❖ Faculty Training Programme for Young Teachers. Kerala State Higher Education Council, Thiruvananthapuram. February 2015.
- ❖ Faculty Development Programme on Research Methodology and Data Analysis. September 2014 to March 2015.
- ❖ Value and Character Formation for Children in Kottayam. December 2014.
- ❖ Workshop on Preparatory and Practical Courses in Teaching. June 2013.
- ❖ Diploma in Office Automation. February 2004.
- ❖ USUI Method of Healing (Reiki). August 2002.
- ❖ Basic Catechetical Training Course. July 1996.

POSITION OF RESPONSIBILITY

- ❖ **Mount Carmel College of Teacher Education for Women Branch Manager of AKPCTA** (All Kerala Private College Teacher's Association), March 2016 to 2019.
- ❖ **Placement Officer** at Mount Carmel College of Teacher Education for Women. March 2016 to present.
- ❖ Subject Course Coordinator of MOOC Organic Farming, Mahatma Gandhi University, Kottayam. from 2020 to 2023.
- ❖ **Teacher In charge of SC/ST Cell**, Department of Student Service (**DSS**) of Mahatma Gandhi University., Coordinator of Coordinator VENTEL Cell and **YIP** (Young Innovative Program).

- ❖ **Staff Secretary of Teaching Faculty** at Mount Carmel College of Teacher Education For Women. March 2016 to 2017.
- ❖ **Teacher In charge of Environmental Club Eco-Zone and Natural Science Club "Bios"** at Mount Carmel College of Teacher Education For Women. December 2012 to Present.
- ❖ **Mentor of Natural Science and Environmental Education Students** at Mount Carmel College of Teacher Education for Women. December 2012 to Present.
- ❖ **Member of Faculty of Education of Mahatma Gandhi University (Board of Studies).** August 2017 to 2020.
- ❖ Member of **IQAC, CTE and SIRA (Society of Innovative Researchers and Academicians)**
- ❖ **Executive Member of AKTCTA (All Kerala Training College Teacher's Association)** of Mahatma Gandhi University, August 2017 to 2019.

CO-CURRICULAR ACHIEVEMENTS

- ❖ Intramural Competitions of English Recitation, Third Place. March 2004.
- ❖ Intramural Competitions of Group Song, First Place. March 2004.
- ❖ Intramural Competitions of Throw Ball Tournament, Running Race, Short-put 2004,2016

PERSONAL DETAILS

Nationality	: Indian
Date of Birth	: May 28, 1974
Marital Status	: Married