

St. Joseph's College of Education for Women

Opp. Sambasivapet 2nd Lane, Naaz Center, GUNTUR, A.P., INDIA.
(Under the Management of Society of Jesus Mary & Joseph)



3.1.4

Details of Reports Highlighting the claims made by the institution



T. Swarnapalani
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Eco-system created by the institution for innovations and other initiatives for creation and transfer of knowledge

Institution is creating an eco-system for innovations and other initiatives for creation and transfer of knowledge that include interaction between faculty, scholars, students, to enhance research opportunities, academic excellence, real-world problem solving, and knowledge creation and dissemination. St. Joseph's College of Education for Women is striving its level best to provide suitable and congenial eco-system through its research center, Research Journal, Innovative methods of teaching, brain storming sessions, encouraging action research during internship, conducting seminars and workshops, organising extension and outreach activities, Providing Guidance for M.Ed Students to undertake Dissertation on Innovative Topics, Providing guidance to Ph.D scholars to prepare and standardize research tools ,experimental packages, Encouraging and guiding the B.Ed students to prepare innovative teaching aids, guiding IGNOU M.A (Education) students for research project work etc.

Participative Efforts

Promotion of Research Through Research Centre

St. Joseph's College of Education for Women, Guntur was recognized as Research Centre by Acharya Nagarjuna University in the year 2003. Since then our staff members were allotted research guide ship and have been guiding scholars for their Ph.D. and M.Phil in Education. Our faculty members Dr.D.Saroja, Dr.G.Aruna, Dr.K.Jaya Sree and Dr.M.Vanaja,our former lecturers served as Research supervisors. Four of our present Faculty members were recognized as Research guides in Education and are allotted



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Regular/Part-Time research scholars every year. 83 PhD's and 77 M.Phil's are awarded under the supervision of our staff members till now.

College is trying its level best to contribute for research for the Department of Education of Acharya Nagarjuna University and other state universities by rendering the services of our faculty members as Chairpersons and members of Board of Studies in Education and Dean of the Department.

The management and administration of the college is so cooperative and supportive in providing all sorts of help to Research Scholars such as access to usage of Library, internet facilities, availing printer, Scanner and Xerox facilities at free of cost. Research scholars are permitted to meet their Supervisors for carrying out their research.

Our staff members as Research Supervisors have been guiding students' research scholars for M.Phil. and PhD in Education. College is rendering lot of research contribution to the M.Ed. students and also to the research scholars in education from various parts of the country who got admission in Ph.D. in Education in Acharya Nagarjuna University and other universities also.

Every year we conduct one internal seminar as an activity of research circle for all the M.Ed. students and also for the research scholars to orient them with regard to identification of research problem, review of related literature, research proposal preparation etc. All the services rendered by the college through the research centre help the staff member's students and Research scholars to continue their research.



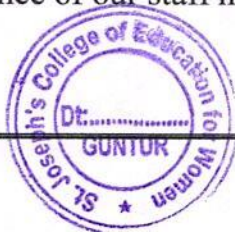
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**Details of the Ph.Ds. and M.Phil. Degrees Awarded under the
Guidance of our Faculty members as Research Supervisors**

Sl. No	Name of the Research Supervisors	PhD's Awarded	M.Phils. Awarded
1	Dr. D. Saroja	2	15
2	Dr. D. Vijaya Bharathi	--	3
3	Dr. G Aruna	11	21
4	Dr. K. Jayasree	8	15
5	Dr. M. Vanaja	8	3
6	Prof. T. Swarupa Rani	23	20
7	Dr. B. Srilatha	7	--
8	Dr. J. R. Priyadarsini	14	--
9	Dr. C. Grace Indira	10	--
Total		83	77

Providing expert guidance and support for research scholars pursuing Ph.D.

Our Staff members as research supervisors are providing expert guidance for research scholars registered for Ph.D. under Acharya Nagarjuna University and other universities in and around the country to successfully complete their research work. The management and administration of the college is so cooperative and supportive in providing all sorts of help to research scholars such as free access to library, internet facility, availing printer, scanner and Xerox facility at free of cost. Research scholars are permitted to meet their research supervisor at any time during working hours for carrying out their research. Following are the details of the research scholars pursuing Ph.D under the guidance of our staff members as research supervisors.



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List of Ph.D Scholars and M.Ed. students During 2018-23

Year	Name of the Guide	No. of PH.D scholars	No. of M.Ed Students
2018-23	Dr. T. Swarupa Rani	23	6
2018-23	Dr. Sri latha	7	7
2018-23	Dr. J.R. Priyadarsini	15	9
2018-23	Dr. C. Grace Indira	10	8
2018-23	Dr. Shaik Aktharunnisa Begum	-	8
2018-23	Dr. Subhashini	-	6
2018-23	Dr. J. Vijaya Kumari	-	5
2018-23	Mrs. B. Sucharitha	-	5
2018-23	Dr. P. Prasanthi Madhavi latha	-	4



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St. Joseph's College of
Education for Women, Guntur
Organizing Inhouse FDP on

**SIGNIFICANCE OF
SOCIAL SCIENCE
RESEARCH
METHODOLOGY**
23-02-2022

BY
Dr. B. Sri Latha
Associate Proff. SJCE



Organising Seminar on Research Methodology

St. Joseph's College of Education for
Women, Guntur
Organizing inhouse FDP on

**Significance of
Descriptive
Research**

12/10/2019

Dr. J. R. Priya Darsini, Assoc Proff SJCE



T. Swargul
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St. Joseph's College of
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Organizing Inhouse FDP on

ACADEMIC WRITING & ETHICS IN **RESEARCH**

Academic writing involves creating structured, evidence-based, and formal content typically used in scholarly contexts. Key aspects include clarity, precision, and objectivity.



DATE
12.04.2020

A Lecture By
Prof. T. Swarupa Rani
Principal SJCE



T. Swarupa Rani
PRINCIPAL
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Maintaining College Research Journal for publishing Innovative research articles

Another feather in our cap of research is our half-yearly journal "Journal of Educational Endeavors". with ISSN Number 2319-3018. We started this journal in 2006 and we are able to successfully release the journal with good and informative and innovative research articles. We have published 31 journals and 325 articles so far. The staff, B.Ed and M.Ed students, Research Scholars regularly publish their research articles in the journal along with others.



S. Swarnapari
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GUNTUR-5

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St. Joseph's College of Education for Women,

Autonomous, NAAC 'A'
GUNTUR



T. Subbanga
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JOURNAL OF EDUCATIONAL ENDEAVOURS

Vol. 14. No. 2. July, 2019

Contents

S. No.	Article	Author	P. No.
1.	Awareness of Child Rights Among the Secondary School Teachers	Shaik Amju Dr. B. Srilatha	1 - 7
2.	Inclusive and Child-Friendly Class Room and Child Development	Dr. A.SrinivasaMurthy Dr. Y.LalithaKumari	8 - 13
3. ✓	Child Rights Awareness Among Elementary School Teachers	Dr. C. Grace Indira Kandipalli Ramakrishnarao	14 - 20
4. ✓	Professional Ethics of Secondary School Teachers	R. Bala Venkateswarlu Sr. B. Srilatha	21 - 27
5.	The Use of Comics as an Active Teaching Strategy	Dr. S. Rajeswari Dr. G. Chenna Reddy	28 - 32
6. ✓	Efficacy of Vedic Mathematics in Teaching and Learning Mathematics	Ts. Subhashini	33 - 44
7. ✓	Scientific Knowledge and Aptitude of Secondary School Pupils	P. Prasanthi Madhavi Latha Dr. C. Grace Indira	45 - 52



P. Swarna
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
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Encouragement to Novel Ideas

Teaching of Innovative Lessons

Teaching methods are the ways to understand and practice the art of teaching. There is a great challenge faced by schools and colleges due to explosion in the field of knowledge. Traditional methods have been found not so useful in today's classrooms. Viewing these changes in Instructional design, Bloom's Taxonomy, we always take a step forward to research new methods of teaching. Along with the modern methods of teaching like Inductive-Deductive method, Analytic Synthetic Method, Heuristic method, Project Method, Activity Based Method, we try to make use of the following innovative methods and encourage the student teachers to teach accordingly.

Methods which were experimented are:

1. **Concept Attainment model of teaching in Mathematics and Social Sciences.**
2. **Inquiry Based Teaching in Physical Sciences**
3. **Programmed Instruction in all Pedagogy Courses**
4. **Blended learning**
5. **Peer Learning**
6. **Projectbased Learning**
7. **Collaborative Learning**



P. Srinivasulu
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Brain Storming Session

Brain Storming Session will be conducted every academic year before taking up the dissertation work by M.Ed students, to identify topics for M.Ed. Dissertation. Every year we conduct brain storming session to finalise the M.Ed Dissertation topics. As per the University norms, M.Ed Dissertation proposals will be conducted in the II semester. M.Ed students come up with the list of their interesting topics and after brain storming, the topics will be finalised with the acceptance of the student and the guide.

Providing Guidance for M.Ed Students to undertake Dissertation on Innovative Topics

Educational research is directed towards the solution of a problem in the field of education. Research in education as in the other fields is essential for providing useful and dependable knowledge through which the process of education can be made more effective. Educational Research is an important part of M.Ed curriculum that aims at finding out solution of educational problems by using scientific philosophical method. Dissertation is the report of the research study done by the M.Ed students as a part of practical work. Our students focused on the most recent and needed issues of the field of Education and society and conducted scientific research and came with fruitful and practicable conclusions. We have successfully completed 59 M.Ed Dissertations during 2018-2023.



P. Sivasubrahani
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Topics of M.Ed. Dissertations done by our Students

ST. JOSEPHS COLLEGE OF EDUCATION FOR WOMEN, GUNTUR LIST OF M. ED DISSERTATIONS FOR THE YEAR 2018-19

REG. NO	NAME OF THE STUDENT	TOPIC OF THE DISSERTATION	NAME OF THE GUIDE
512M Y19MED0 201	AGASTENAMA .D	YENIMIDAVA THARAGATHI TELUGU VACHAKAMU - PARISEELANA	DR. J. VIJAYA KUMARI
513M Y19MED0 202	LEENA EJ	A STUDY ON CO- CURRICULAR ACTIVITIES AND PERSONALITY DEVELOPMENT OF SECONDARY SCHOOL PUPILS	DR. SK. AKTHARUNNISA BEGUM

LIST OF M. ED DISSERTATIONS FOR THE YEAR 2019-20

REG. NO	NAME OF THE STUDENT	TOPIC OF THE DISSERTATION	NAME OF THE GUIDE
514M Y20MED02001	BHAGYALATH A UTHANSINGH	EXAMINATION ANXIETY & ACADEMIC ACHIEVEMENT OF SECONDARY SCHOOL STUDENTS DURING COVID-19	DR. T. SWARUPA RANI
515M Y20MED02002	CH. SIVA NAGAMANI	ACADEMIC ANXIETY OF SECONDARY SCHOOL STUDENTS IN RELATION TO ACADEMIC ACHIEVEMENT	DR. J. R. PRIYADARSINI
516M Y20MED02003	డి. ప్రియాంక	సుమతీ శతక పద్యాలలో గల నైతిక విలువలు విమర్శనాత్మక పరిశీలన	MRS. PRASANTHI MADHAVI LATHA



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517M Y20MED02004	JISMY K.C	A STUDY ON THE LEVEL OF AWARENESS ABOUT CHILD SEXUAL ABUSE AMONG THE ADOLESCENTS	MRS. T.S. SUBHASHINI
518M Y20MED02005	BANDARU JYOTSNA	AWARENESS OF PRIMARY SCHOOL TEACHERS IN INCLUSIVE EDUCATION WITH SPECIAL REFERENCE TO NEP	DR. J. VIJAYA KUMARI
519M Y20MED02006	KALPANA NEELA	ATTITUDE OF THE PRIMARY SCHOOL TEACHERS TOWARDS ONLINE TEACHING DURING COVID-19	MRS. B. MARY SUCHARITHA
520M Y20MED02007	K. SIVANI SAI APARNA	COPING SKILLS OF 10 TH STANDARD STUDENTS DURING THE PANDEMIC	DR. C .GRACE INDIRA
521M Y20MED02008	D. MARIYAMMA	A STUDY ON THE AWARENESS ON NATIONAL EDUCATION POLICY (2020) AMONG THE PRIMARY SCHOOL TEACHERS	DR. SK. AKTHARUNNISA BEGUM
522M Y20MED02009	S. FRANCIS IMELDA	AWARENESS ON SOCIAL PROBLEMS AMONG ADOLESCENT STUDENTS	DR. B. SRILATHA
523M Y20MED02010	SINCY FRANCIS	PSYCHOLOGICAL WELL-BEING OF SECONDARY SCHOOL TEACHER DURING COVID-19 SITUATIONS	DR. C .GRACE INDIRA
524M Y20MED02011	SUREKHA MOHANTY	FRUSTRATION OF SECONDARY SCHOOL STUDENTS IN RELATION TO ACADEMIC ACHIEVEMENT	DR. J. R. PRIYADARSINI




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ST. JOSEPH'S COLLEGE OF EDUCATION FOR WOMEN, GUNTUR
LIST OF M. ED DISSERTATIONS FOR THE YEAR 2020-21

REG. NO	NAME OF THE STUDENT	TOPIC OF THE DISSERTATION	NAME OF THE GUIDE
525M Y21MED0200 1	MS. V. DURGA BHAVANI	IMPACT OF SOCIAL AND EMOTIONAL COMPETENCIES ON ACADEMIC PERFORMANCE OF ADOLESCENTS	DR. SK. AKTHARUNNISA BEGUM
526M Y21MED0200 2	FERNANDES RALITA RAYMOND	SPIRITUALITY ATTITUDE AND WORK ORIENTATION OF SECONDARY SCHOOL, TEACHER	DR. T. SWARUPA RANI
527M Y21MED0200 3	N. HEPSIBAH PRIYADARS HINI	EMOTIONAL INTELLIGENCE AND ACADEMIC ANXIETY OF SECONDARY SCHOOL STUDENTS	DR. T.S. SUBHASHINI
528M Y21MED0200 4	S. KARME L SUNDARI	COUNSELING NEEDS AND ACADEMIC ACHIEVEMENT OF SECONDARY SCHOOL STUDENTS	DR. J. VIJAYA KUMARI
529M Y21MED0200 5	A DEVARAPAL LI	WORK-LIFE-BALANCE OF WORKING WOMEN A COMPARATIVE STUDY ON TEACHERS AND SOFTWARE PROFESSIONALS	DR. C .GRACE INDIRA
530M Y21MED0200 6	B. NAGAMALL ESWARI	SELF - EFFICACY ACADEMIC ACHIEVEMENT OF INTERMEDIATE STUDENTS	DR. B. SRILATHA
531M Y21MED0200 7	CH. RAMYA	PARENTAL INVOLVEMENT AND ACADEMIC ACHIEVEMENT OF	DR. J. R. PRIYADARSINI

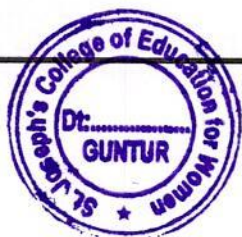



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		SECONDARY SCHOOL STUDENTS	
532M Y21MED0200 8	SK. RIJWANA	SELF CONCEPT OF SECONDARY SCHOOL STUDENTS IN RELATION TO ACADEMIC ACHIEVEMENT	DR. J. R. PRIYADARSINI
533M Y21MED0200 9	G. SANDHYA RANI	ATTACHMENT STYLES OF PRE ADOLESCENT CHILDREN	DR. SK. AKTHARUNNISA BEGUM
534M Y21MED0201 0	MEKA SRAVANI	FRUSTRATION AMONG UNEMPLOYED EDUCATED YOUTH	MRS. B. MARY SUCHARITHA

**ST. JOSEPHS COLLEGE OF EDUCATION FOR WOMEN, GUNTUR
LIST OF M. ED DISSERTATIONS FOR THE YEAR 2021-22**

REG. NO	NAME OF THE STUDENT	TOPIC OF THE DISSERTATION	NAME OF THE GUIDE
535M Y22MED020 01	G. LAKSHMI BHAVANI	THE IMPACT OF ACADEMIC FOR PERFORMANCE OF SECONDARY SCHOOL STUDENTS	DR. TS SUBHASHINI
536M Y22MED020 02	M. KRUPARATH NAM	ATTITUDE TOWARDS MATHEMATICAL PROBLEM SOLVING ANONG 9 TH CLASSTUDENTS	DR. J. VIJAYA KUMARI
537M Y22MED020 03	A. MOUNIKA	IMPACT OF SOCIAL NETWORKING SITES ON SECONDARY SCHOOL PUPILS	DR. C. GRACE INDIRA
538M Y22MED020 04	K. GEETHA	FACTORS INFLUENCING STRESS IN TEACHING PROFESSION OF SECONDARY	DR. J. VIJAYA KUMARI
539M Y22MED020 05	HANNA EVANGELINE	PERSANALITY FACTORS AND ACADEMIC ACHEIVEMENT OF SECONDARY SCHOOLS STUDENTS	DR. J.R. PRIYADARSINI




T. Subashini
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540M Y22MED020 06	G. HARITHA MADHAVI LATHA	ADJUSTMENT OF SECONDARY SCHOOL HEAD MASTERS	DR. J.R. PRIYADARSINI
541M Y22MED020 07	K. SUJATHAMM A	STUDY ON THE ROLE OF TECHNOLOGY IN THE CLASS ROOM	DR. P. PRASHANTHI
542M Y22MED020 08	K. A. PRAKASH KUMARA	PERCEPTION OF INTERMEDIATELEVEL TEACHERS AND STUDENTS TO WARDS TEACHING LEARNING IN POST COVID-19	PROF. T. SWARUPA RANI
543M Y22MED020 09	K.SARVAGNA SRIMAYI	A STUDY ON WORK PLACE CHALLENGES OF TEACHERS	DR. B. SRILATHA
544M Y22MED020 10	M. DIVYA	A STUDY ON CRITERIA OF AN EFFECTIVE CLASSROOM ENVIRONMENT	DR. SK. AKTHARRUNNIS A BEGUM
545M Y22MED020 11	M. REETHU	ATTITUDE OF ADOLESCENTS TOWARDS DRUG AND ALCOHOL	DR. B. SRILATHA
546M Y22MED020 12	MANINI BISHOYI	ATTITUDE OF ADOLESCENTS TOWARDS YOGA	DR. B. SRILATHA
547M Y22MED020 13	M. JANAKI	AWARENESS OF INTERMEDIATE STUDENTS ABOUT ENVIRONMENTAL WASTE	MRS. B. M. SUCHARITHA
548M Y22MED020 14	NARLA SRILAKSHMI	PARENTAL CARE TOWARDS THEIR SECONDARY SCHOOL STUDENTS	DR. C. GRACE INDIRA
549M Y22MED020 15	P. SIVA PARVATHI	IMPACT OF EMOTINAL COMPETENCIES OF SECONDARY SCHOOL PUPILS	DR. SK. AKTHARRUNNIS A BEGUM
550M Y22MED020 16	P. SUJATHA	A STUDY OF EMOTIONAL COMPETENCIES OF SECONDARY SCHOOL PEOPLES	DR. J.R. PRIYADARSINI
551M Y22MED020 17	DEVARAPAL LI RAMADEVI	MENTAL HEALTH OF VIII CLASS PEOPLES	DR. P. PRASHANTHI
552M Y22MED020 18	K. SANKARI	A STUDY OF SOCIAL INTELLIGENCE AND ACADEMIC PERFORMANCE	PROF. T. SWARUPA RANI




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		OF COLLEGE STUDENTS IN KRISHANA DISTRICT	
553M Y22MED020 19	SARIHADDU SOWJANYA	A STUDY OF LEADERSHIP QUALITY OF IX STANDARA STUDENTS"	MRS. B. M. SUCHARITHA
554M Y22MED020 20	V. SUNITHA DEVI	ATTITUDE OF SECONDARY SCHOOL STUDENTS TOWARDS E-LEARNING	DR. TS SUBHASHINI
555M Y22MED020 21	I. VARDHANA SYAMALA	RELATIONSHIP OF PARENTS WITH THEIR ADOLESCENT CHILDREN"	DR. C. GRACE INDIRA

**ST. JOSEPHS COLLEGE OF EDUCATION FOR WOMEN, GUNTUR
LIST OF M. ED DISSERTATIONS FOR THE YEAR 2022-23**

REG. NO	NAME OF THE STUDENT	TOPIC OF THE DISSERTATION	NAME OF THE GUIDE
556 M Y23MED0200 1	B. SANDHYA ROOPAKALA	PARENTAL CARE TOWARDS THEIR SECONDARY SCHOOL CHILDREN'S EDUCATION	DR. J. VIJAYA KUMARI
557 M Y23MED0200 2	JULIE. M. P.	GOAL ORIENTATION AND ACADEMIC ACHIEVEMENTS IN SECONDARY SCHOOL STUDENTS	DR. B. SRILATHA
558M Y23MED0200 3	D. JYOTHI SUNEETHA KUMARI	FACTORS INFLUENCING STRESS IN TEACHING PROFESSION	DR. C. GRACE INDIRA
559M Y23MED0200 4	KIRAN KANTHI RAO	MENTAL STRESS IN RELATION TO ACADEMIC ACHIEVEMENT OF SECONDARY SCHOOL STUDENTS	DR. J. R. PRIYADARSHINI
560M Y23MED0200 5	G. MADHAVI	A STUDY ON SCHOLASTIC BACKWARDNESS IN CHILDREN	DR. C. GRACE INDIRA
561M Y23MED0200 6	MARIYA DEVARAKON DA	RECEPTION OF SECONDARY SCHOOL TEACHERS TOWARDS DIGITAL LEARNING TOOLS	DR. T. SWARUPA RANI




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562M Y23MED0200 7	N. MYTHILI	POTENTIAL LEADERSHIP QUALITIES OF SECONDARY SCHOOL STUDENTS	DR. TS SUBHASHINI
563M Y23MED0200 8	P. KAVITHA	EMOTIONAL COMPETENCE AND SOCIALSKILLS OF SECONDARY SCHOOL STUDENTS	DR. J. R. PRIYADARSHINI
564M Y23MED0200 9	M. PUNITHA MARGARET	A RESEARCH STUDY ON THE ATTITUDE AND INREREST OF HIGH SCHOOL STUDENTS TOWARDS BLENDED LEARNING OF BIOLOGICAL SCIENCE	DR. P. PRASHANTHI MADHAVILATHA
565M Y23MED0201 0	M. RAMA DEVI	THE IMPACT AND ATTITUDE OF THE SECONDARY SCHOOL STUDENTS TOWARDS USAGE OF NEW MEDIA	MRS. B. M. SUCHARITHA
566M Y23MED0201 1	R. GAYATHRI RAJYALAKSH MI	IMPACT OF INTERNET ADDICTIONON ACADEMIC PERFORMANCE	DR. SK. AKTHARRUNNISA BEGUM
567M Y23MED0201 2	S. SAHAYA AROKIAAM	IMPACT OF SOCIAL MEDIAON ACADEMIC PERFORMANCE OF U.P. SCHOOL STUDENTS	DR. T. SWARUPA RANI
568M Y23MED0201 3	Sr. SHOWRYA POLANKI	IMPACT OF SMART PHONE ADDICTION ON ACADEMIC PERFORMANCE AMPONG SECONDARY SCHOOL STUDENTS	DR. B. SRILATHA
569M Y23MED0201 4	SINUMOL MATHEW	RELATIONSHIP BETWEEN EMOTIONAL MATURITY AND JOB SATISFACTION AMONG SECONDARY SCHOOL TEACHERS	DR. SK. AKTHARRUNNISA BEGUM
570M Y23MED0201 5	T.G. IGNATIUS SANDHYA RANI	IMPACT OF EMOTIONAL COMPETENCE ON ACADEMIC PERFORMANCE OF SECONDARY SCHOOL STUDENTS	DR. TS SUBHASHINI




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Guiding the IGNOU M.A (Education) Students for Project work on Research

Our college is a study center for IGNOU for many courses like M. A (Education), PGDET etc. Dissertation/Project work is a part of M.A. (Education).Our faculty members recognized as Academic Counsellors extend good guidance for IGNOU students to successfully complete their dissertation.



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ENVIRONMENTAL AWARENESS AND ENVIRONMENTAL ETHICS AMONG SECONDARY SCHOOL STUDENTS

Dissertation Submitted to IGNOU in partial fulfilment for the
Award of Master of Education (M.A. Education)

Submitted by

M. Vijayalakshmi

Enrol. No. 2253190318

Under the supervision of

Dr. J.R. Priyadarsini
M.Sc., M.Ed., M.Phil., Ph.D.

Associate Professor

St. Joseph's College of Education for Women, Guntur



**M.A. (Education) Dissertation Submitted to
Indira Gandhi National Open University New Delhi**



P. Swarnapal
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Organising Outreach Activities

Free Online Training on Web Designing Course

To keep our students updated with the technology, college has conducted a free online web designing course on 27/1/23. Sr. Gloria was invited both as a resource person and as a guest of honour for this particular purpose. The students appreciated the program and felt much empowered by the content shared.



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Teaching Aids Workshop

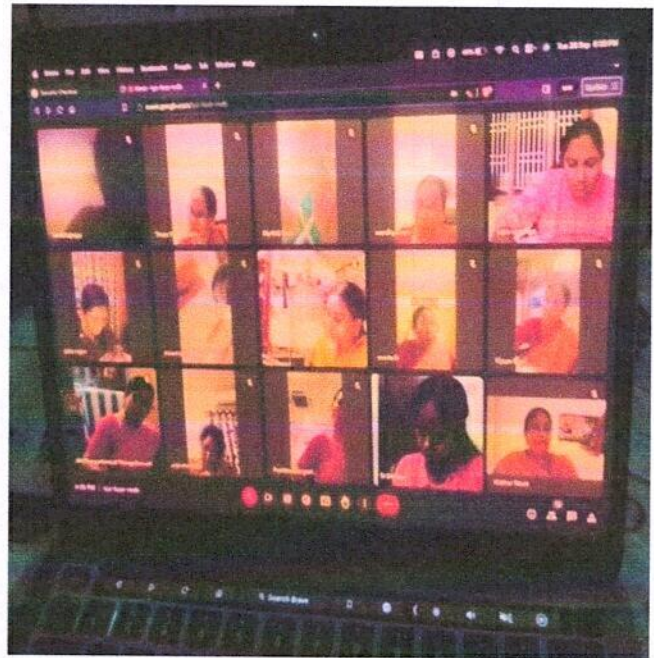
A workshop on "Teaching aids" was conducted on 14/09/22 with an objective of providing varied teaching learning experiences. This workshop was supervised by Mrs. D. Prashanthi, Senior Teachers, St. Joseph's School & Dr. P. Prashanthi, Lecturer, SJCE, Guntur. Teachers are oriented about creating a variety of teaching aids like 3D effects on charts, Flash cards and reusing materials. It was a very interesting and enriching experience for the students, as they got valuable insights in making their teaching learning experience more effective with the use of innovative teaching aids.



T. Srinivas
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Webinars on NEP 2020

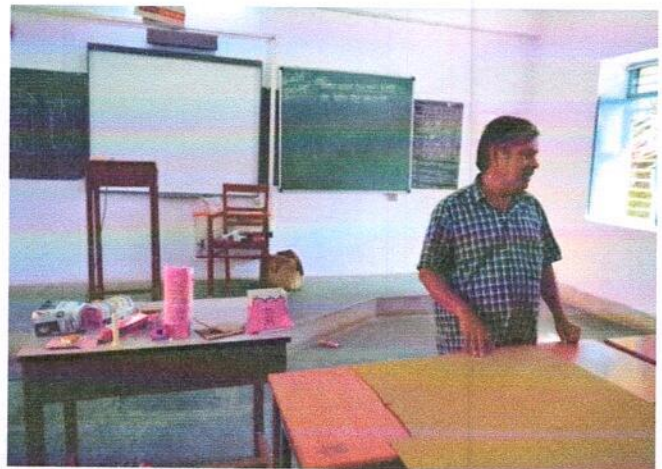
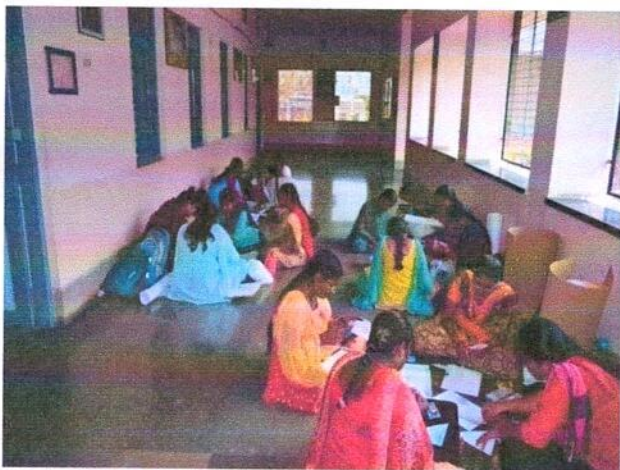
During the academic year 2020 -21, the teaching learning activities were carried out using online mode. A webinar on Early Childhood Care and Education was conducted to schoolteachers and student teachers from September 24th to 26th in the year 2021. Our faculty members are the resource persons. To develop the intellectual and critical thinking skills as per NEP2020 another webinar on awareness on NEP 2020 was organised. Prof. M. vanaja from MAUNUU, Hyderabad is the resource person and another on Innovative Methods and Techniques of teaching in the secondary and Higher Education on 12th-14th October 2020.



T. Swarnal
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
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Teaching Aids Workshop

A workshop on "Teaching aids" was conducted on 16/07/21 with an objective of providing varied teaching learning experiences. This workshop was supervised by Mr. M. Dayanidhi, Lecturer, Montessori College of Education, Vijayawada & Mrs. M. Anila, Senior teacher, Bharathiya Vidyabhavan school Guntur. Teachers are oriented about creating a variety of teaching aids like 3D models, power point presentations, working models etc. All the student teachers participated actively with great interest and enthusiasm and prepared interesting teaching aids. It was a very interesting and enriching experience for the students, as they got valuable insights in making their teaching learning experience more effective with the use of innovative teaching aids.

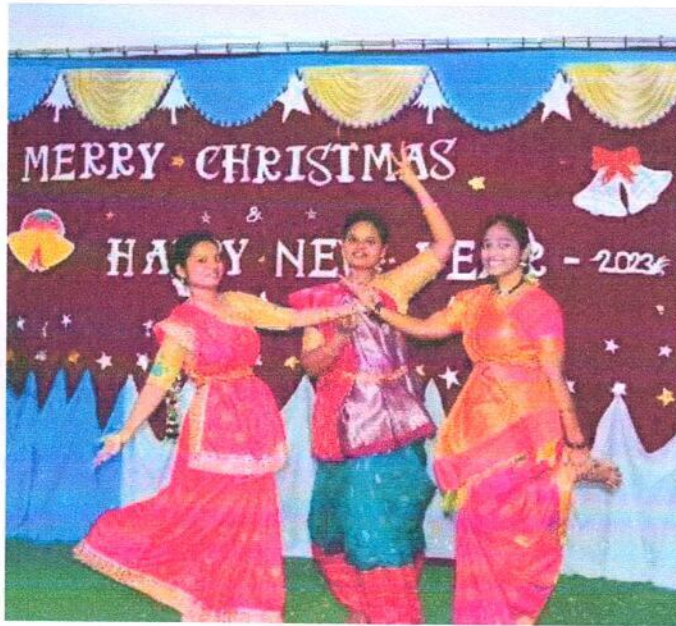


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Talent Show

It is a regular feature of our college to conduct Talent show for the newly joined B.Ed students to bring out their innate talents and leadership abilities. This year also we conducted talent show on 01.04.2021. This show is very interesting and lively and enable to identify the talents of the student teachers and also to pave a path for electing the office bearers and plan each and every activity of the college.



T. Swagath
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
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Teaching Aids Workshop

St. Joseph's College of Education for Women conducted TLM workshop on 17/07/2019. Students are diving deep into the creative and innovative aspects of preparing Teaching Learning Materials (TLMs). Our dedicated workshops and classes focus on enhancing students' intellectual and thinking skills, pivotal in crafting effective and engaging educational tools.

Through these sessions, students are encouraged to think outside the box and use a variety of materials and digital tools to create TLMs that are not only informative but also stimulate learning and curiosity among students. The process of TLM preparation involves brainstorming, planning, and executing ideas that incorporate visual, auditory, and kinaesthetic learning styles.

Our students have access to a wealth of resources, allowing them to experiment with different formats and technologies. From traditional paper-based materials to interactive digital presentations, the emphasis is on creativity and innovation. The goal is to prepare future educators who can tailor their teaching strategies to diverse learning environments and need



A. Swagath
PRINCIPAL

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Workshop on 'Employability Skills'

A workshop on 'Employability Skills' was conducted on 19-03-2019 and Mr. Suvanswas Rath and Priyashu Dubey from Kalinga University were the resource persons. Student teachers were guided with career-oriented skills. They inspired the students with their motivational and inspirational and very informative talk on 'Employability Skills'



**Mr. Suvaneswas Rath and Priyanka Dubey
from Kalinga University conducting a
workshop on Employability skill
on 19/03/2019**

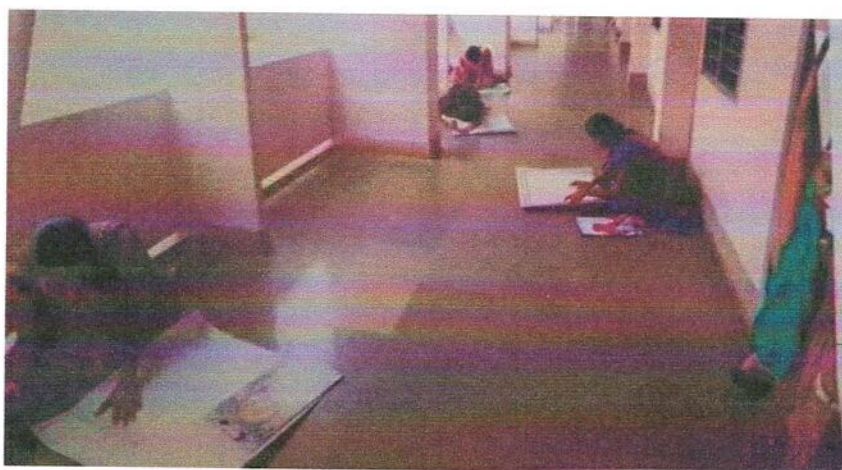
The student's participation.



T. Suvanswas
PRINCIPAL
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Teaching AIDS Workshop

A workshop on "Teaching aids" was conducted on 09/11/2018. The institution prioritizes the learning needs of students, particularly during teaching practice classes where the preparation of Teaching Learning Material (TLM) can be a significant challenge for undergraduate and postgraduate students new to this concept. As a regular practice, the institution conducts TLM workshops annually to address the needs effectively.



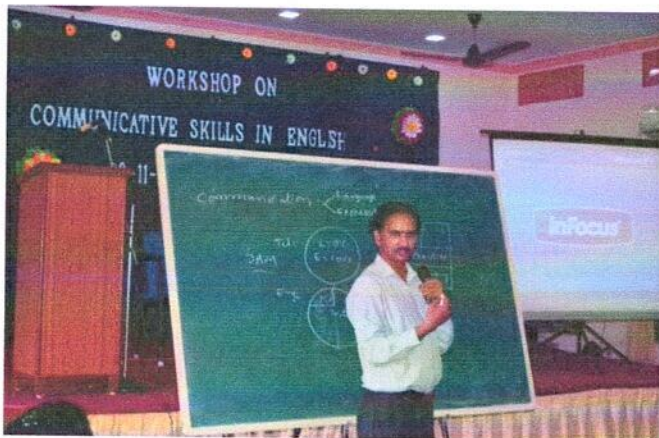
T.L.M. Workshop on 09/11/2018

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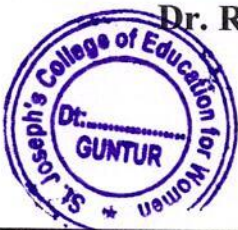
WORKSHOP ON COMMUNICATIVE SKILLS (CAREER GUIDANCE)

A workshop on communicative skills (career guidance) was conducted on 20/11/2018 by Dr. Ravikanth, Mrs. Lalitha, Faculty, APEX Institute of English, Guntur with an objective to create awareness among students regarding available career options, language development and help them in identify the following

- Grammar and its usage
- Seven ways of communication
- Career opportunity in teaching.
- Career skills and opportunities in research.
- Planning and preparation strategies for DSC and TET.
- All the student teachers participated actively and got much benefited.



Dr. Ravikanth and Mrs. Lalitha addressing the gathering on 20/11/2018.



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Mrs. Sudha encouraging and motivating the students participation



Staff and students listen to the lecture attentively.



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Teaching Aids Workshop

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T. Srinivas
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**Encouraging and guiding the student teachers to prepare and use
Novel and Innovative Teaching Aids**

Models for Teaching of Science

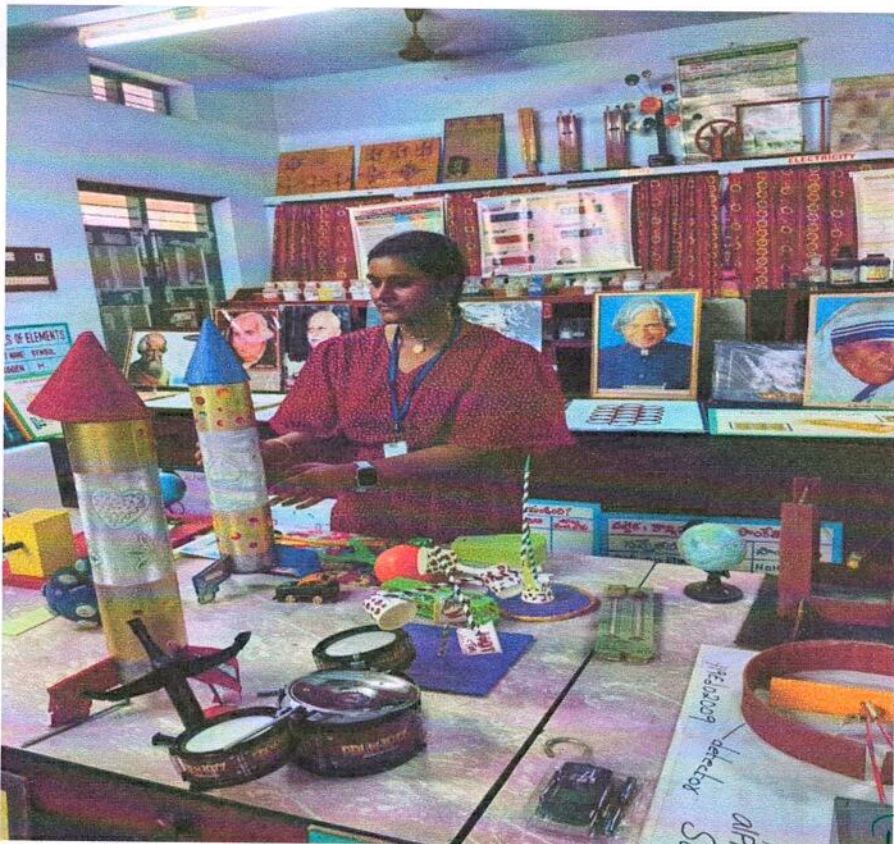
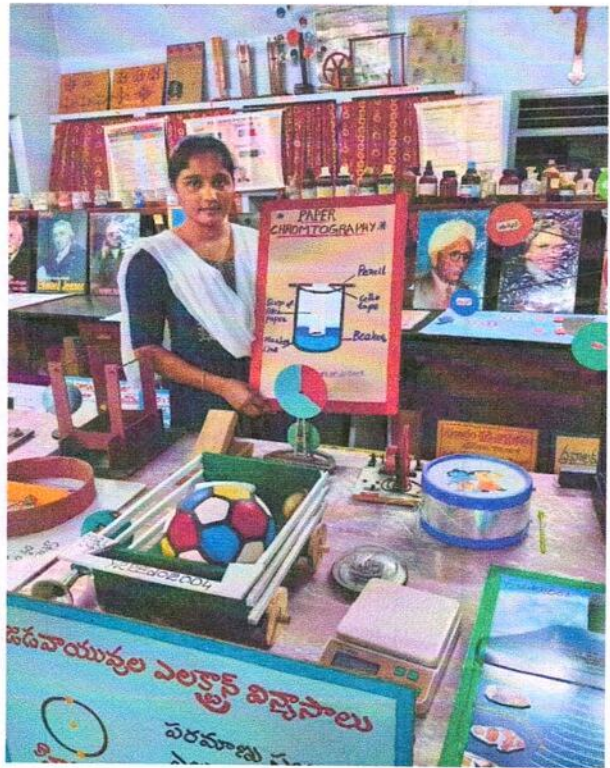


P. Suresh
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T. Swarna

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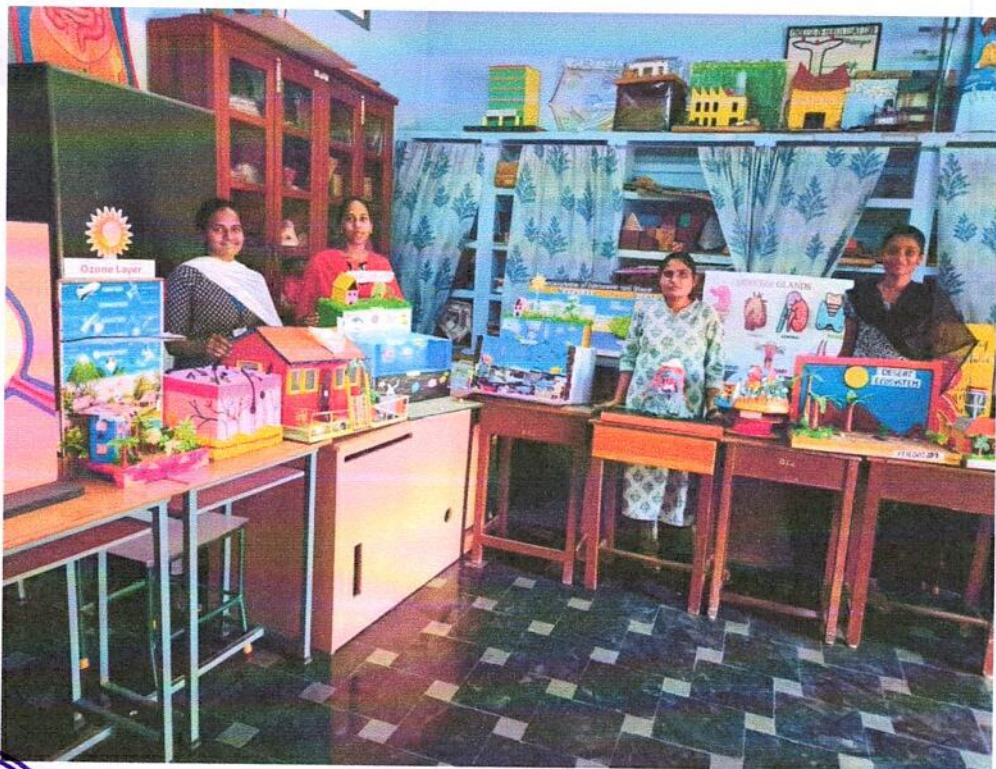
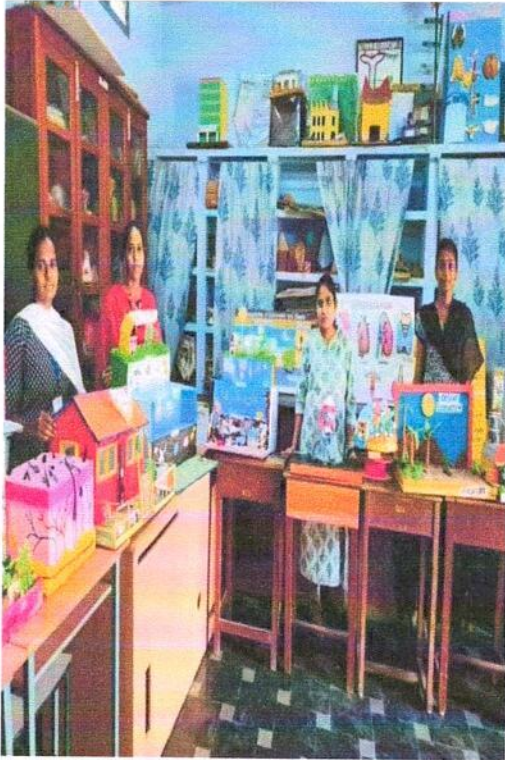


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T. Srinivasulu
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T. Srinaga
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001., A.P



HERBARIUM FRUIT PLANTS

Submitted By:
A. Chandrika
II B.Ed
R.No: 23
Regd. No: Y21ED02023



• Medicinal uses

- * Anti bacterial
- * Anti diabetic
- * Anti cancer
- * Anti oxidant
- * Anti helminthic
- * Effectively treats hypertension, gastritis
- * tooth ache
- * Relieves skin diseases such as acne, dermatitis



DEPARTMENT OF BOTANY
HERBARIUM SHEET
→ C.B.D. ←

College: St. Joseph's College of Education for Women
S.No: 1 Date: _____ Class: _____
Common Name: Periwinkle
Botanical Name: Vinca rosea
Natural Order: Apocynaceae Locality: Pedapati
Collected by: M. Divya Hall Ticket No: 013ED02023



T. Srinivasulu

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GUNTUR-522 001., A.P

Models for Teaching of English



Models for Teaching of Mathematics



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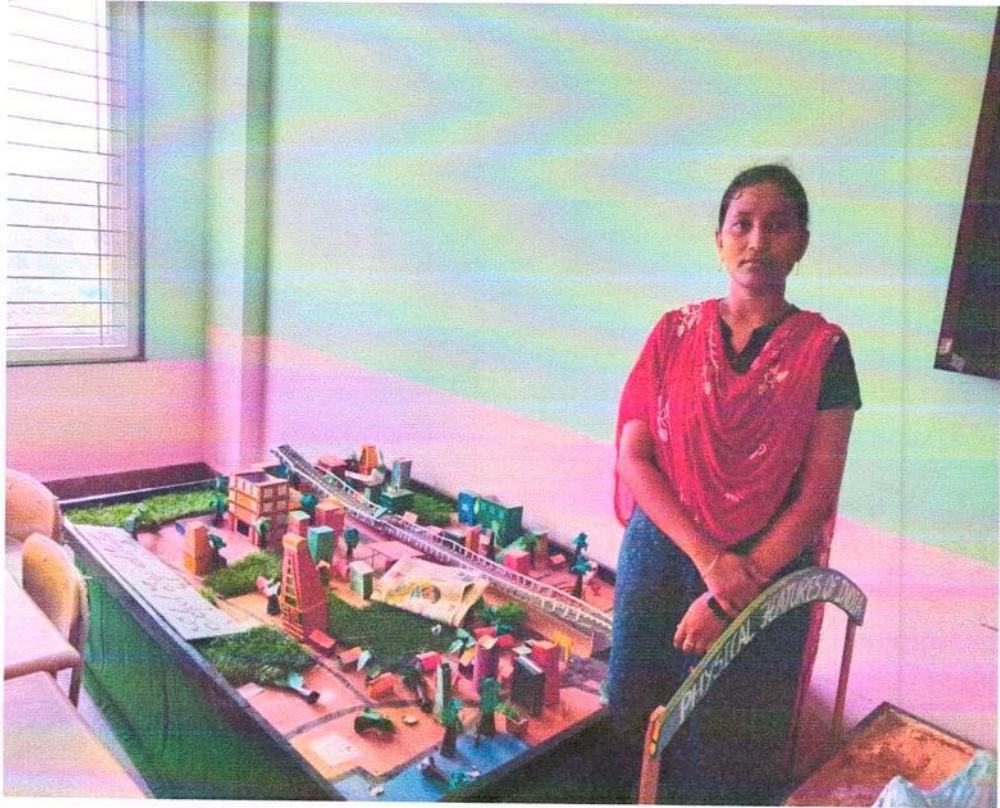


Models for Teaching of Telugu



T. Sanyal
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001., A.P

Models for Teaching of Social Studies



T. Swamikal
PRINCIPAL
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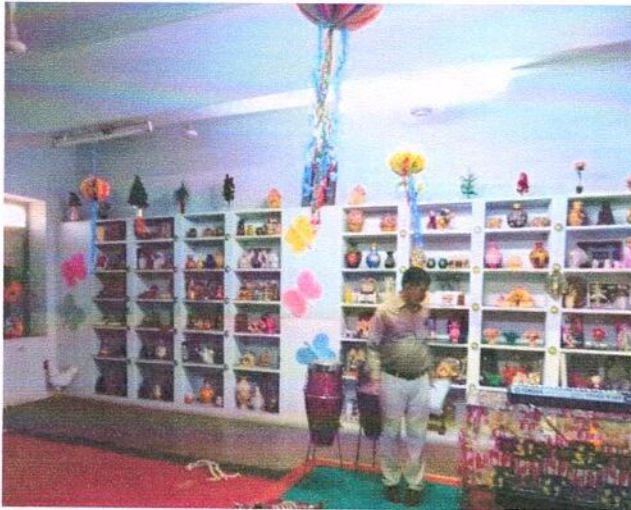
Innovative Thoughts in Art Education



T. Maryam
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001., A.P



T. Swarnaprabha
 PRINCIPAL
 ST. JOSEPH'S COLLEGE OF EDUCATION
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Training Student-Teachers to be the researchers to solve the problems of the classroom

Research is fundamental to advances in human society. Research innovations and inventions are the potent tools to bring desirable progress and improvement in all walks of human life.

Educational research provides a vast landscape of knowledge on topics related to teaching and learning, curriculum and assessment, students' cognitive and affective needs, cultural and socio-economic factors of schools, and many other factors considered viable to improving schools. Action research is research used by teachers, supervisors and administrators to improve the quality of their decisions and actions. With the help of action research, decision can be taken regarding the day-to-day problem which occurs before the principals, supervisor, administrators and managers .in other words they can remove them by evaluating their own working methods

Student teachers who are the future teachers are to be trained in all aspects of the school. In this regard all our student teachers were guided trained to take up action research and focus on the problems of their internship schools. Our students proved their capability in handling the problems faced by them during the internship and successfully resolve the problems and



T. Sri apaleni
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
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improved the teaching-learning situation. Some of the problems they solved through action research Are-Irregular to school,

Page No. 23

Problem :- "Irregular to school."

Identification of the problem :-

I have visited Srimathi Gollu Nancharamma Kondabrah Municipal Girls High school. I observe a girl who is irregular to school. Her Name is M. Maurice she is studying IX class.

Defining the problem :-

The girl is not coming regularly to school. She is coming morning and absent in the afternoon. While I am asking her she says that parents not at home.

Listing the probable causes of problem :-

- * There is no proper attention of parents
- * In afternoons parents watching tv, without caring of children
- * There is no proper attraction of classroom.
- * In school there is no Co-Curricular activities



T. Swarnal
PRINCIPAL
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Guidance to the Ph.D Scholars to do experimentation, formulate new strategies, Packages etc

St. Joseph's College of Education for Women, Guntur was recognized as Research Centre by Acharya Nagarjuna University in the year 2003. Since then our staff members were allotted research guide ship and have been guiding scholars for their Ph.D and M.Phil in Education. Under the able and efficient guidance of our faculty members the research scholars were able to conduct scientific research through Experimental Method on topics like Effect of Yoga Practice, Language Games, Abacus, Vedic Mathematics, Mind Mathematics Strategies etc. Scholars were awarded Ph.D for research on latest trends like Life skills, ICT, Metacognition etc. Research studies on societal needs of the hour like Inclusive Education, Educational Aspirations of Scheduled Tribe students etc were also done in an extensive manner and were awarded PhD's.

Experimental Packages Prepared by our Scholars

1. Vedic Mathematics Package to find out its effect on the problem solving ability of students in Mathematics.
2. Mind Mathematics Package to find out its effect on the problem solving ability of students in Mathematics.
3. Yoga package to find out its effect on the wellbeing of Adolescents.



T. Intayal
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001., A.P

**EFFICACY OF VEDIC MATHEMATICS,
POLYA'S HEURISTIC APPROACH, AND
CONVENTIONAL METHODS OF TEACHING IN
THE ACQUISITION OF PROBLEM SOLVING
ABILITY IN MATHEMATICS**

*Thesis Submitted to Acharya Nagarjuna University
in partial fulfilment for the Award of Research Degree of
Doctor of Philosophy in Education*

Submitted By

TSAPA SUBHASHINI

M.Sc., M.Ed., NET, APSET

Regd No. Y14EDR041

Under the Guidance of

Prof. T. SWARUPA RANI

M.Sc.(Maths), M.Ed., M.Phil., Ph.D.,

Principal, St. Joseph's College of Education for Women, Guntur.
Dean, Faculty of Education, Acharya Nagarjuna University, Guntur.



ACHARYA NAGARJUNA UNIVERSITY

NAGARJUNA NAGAR, GUNTUR, A. P. INDIA.

April, 2021



T. Swarupa

PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001., A.P

**EFFICACY OF MIND MATHEMATICS STRATEGIES IN THE
ACQUISITION OF SPEED, ATTENTION AND ACADEMIC
PERFORMANCE IN SOLVING PROBLEMS IN MATHEMATICS
AT PRIMARY LEVEL**

*Thesis Submitted to Acharya Nagarjuna University
in partial fulfillment for the Award of Research Degree of
Doctor of Philosophy in Education*

By

T .A. F. CHANDRA

Reg. No: Y14EDR002



Under the Supervision of

Dr. J. R. PRIYADHARSINI, M.Sc., M.Ed., M.Phil., Ph.D.

Associate Professor,

**St. Joseph's College of Education for Women, Guntur,
Board of Studies Chairperson, Department of Education,**

**ACHARYA NAGARJUNA UNIVERSITY
NAGARJUNA NAGAR, GUNTUR, A. P. INDIA.**



T. Swarnal
PRINCIPAL

**ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001, A.P.**

December 2023

Effectiveness of Yoga and Physical Exercises in enhancement of Wellbeing in Adolescents

*Thesis Submitted to Acharya Nagarjuna University
in partial fulfillment for the Award of Research Degree of
Doctor of Philosophy in Education*

Submitted By

A. ROSELIN, M.Sc., M.Ed.,

Reg. No: Y15EDR009



Research Supervisor

Dr. J. R. Priyadarsini

M.Sc., M.Ed., M.Phil., Ph.D.,

Associate Professor,

St. Joseph's College of Education for Women, Guntur,

Board of Studies Chairperson, Department of Education, ACHARYA NAGARJUNA UNIVERSITY

NAGARJUNANAGAR, GUNTUR, A. P. INDIA.

September 2023



T. Swagath
PRINCIPAL
**ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
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**Experimental Packages
Prepared by our
Research Scholars**



S. Srinivasulu
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001, A.P.

Vedic Mathematics Package



T. Sivaruparani
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
FOR WOMEN
GUNTUR-522 001., A.P

Parvartya Yojayet 1

The sutra paravartya yojayet consists of one single word (yojayet) and one compound word (paravartya). The word paravartya is a blending of two words. Para and vartya. Para is used as a prefix to nouns and verbs, and indicates off aside or away. Vartya is derived from the root Vrt and literally means 'to be turned back' or reversed or exchanged. Hence paravartya means "having transposed".

The literal meaning of yojayet is 'you should join' it is a verb form of the word yuj meaning to join, to insert, to unite. In mathematics it can mean add, subtract, multiply etc. hence the sutra is translated in a general way as "transpose and adjust". This is one of the most versatile sutra in the system of vedic mathematics. Its underlying principle of application, when applied to the solution of algebraic equations is gather all the terms involving the single real variable (say x) to the left side of the equations and all the independent terms to the right side of the equation with the condition that every transposition during the process produces a sign inversion i.e

'+' becomes '-' and vice versa

'*' becomes '/' and vice versa

This reduces the number of transposition operation

TYPE 1

Consider $ax + b = cx + d$

Sol :- Transpose the variables

$$ax - cx = d - b$$

$$x = \frac{d - b}{a - c}$$

(1)



P. Swarnalaxmi
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
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2 | Algebra in Vedic Mathematics

Example 1

Solve $7x - 5 = 5x + 1$

Here the equation is in the form of $ax + b = cx + d$

Sol : Vedic method

Here $a = 7$ $b = -5$ $c = 5$ $d = 1$

$$\begin{aligned}x &= \frac{1 - (-5)}{7 - 5} \\ &= \frac{1 + 5}{2} \\ &= \frac{6}{2} \\ &= 3\end{aligned}$$

Conventional method

$$7x - 5 = 5x + 1$$

Getting x terms on one side and constant terms on another side

$$\begin{aligned}7x - 5x &= 5 + 1 \\ 2x &= 6 \\ x &= 3\end{aligned}$$

Example 2

Solve $5x - 12 = 2x - 6$

Sol :

Here the equation is in the form of

So,

$$x = \frac{d - b}{a - c}$$

Here

$$a = 5, b = 12, c = 2, d = -6$$

$$\begin{aligned}x &= \frac{-6 - 12}{5 - 2} \\ x &= -\frac{18}{3} \\ &= -6\end{aligned}$$



S. Swagathani
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
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Example 3Solve $8m + 9 = 7m + 8$

Sol :- The equation is in the form of

So,

$$m = \frac{d-b}{a-c}$$

Hence $a = 8, b = 9, c = 7, d = 8$

So,

$$m = \frac{8-9}{8-7}$$

$$= -\frac{1}{1}$$

$$= -1$$

TYPE 2

Consider the equation

$$(x+a)(x+b) = (x+c)(x+d)$$

By using vedic sutra paravartya yojayet

$$(x+a)(x+b) = (x+c)(x+d)$$

$$x^2 + bx + ax + ab = x^2 + dx + cx + d$$

$$bx + ax - dx - cx = cd - ab$$

$$x(a+b-c-d) = cd - ab$$

$$x = \frac{cd - ab}{(a+b) - (c+d)}$$

Example 1Solve $\{(x-4)(x-2) = (x+3)(x+1)\}$ Sol :- **Conventional method**

$$\{(x-4)(x-2) = (x+3)(x+1)\}$$

$$x^2 - 2x - 4x + 8 = x^2 + x + 3x + 3$$

$$x^2 - 6x + 8 = x^2 + 4x + 3$$

Cancelling x^2 terms on both sides

$$-6x + 8 = 4x + 3$$

$$x = \frac{1}{2}$$



T. Sravanthi
 PRINCIPAL
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4 | Algebra in Vedic Mathematics

Example 1

$$\text{Solve } \{(x-4)(x-2) = (x+3)(x+1)\}$$

Sol :-

The equation is in the form of

$$(x+a)(x+b) = (x+c)(x+d)$$

Then by paravartya yojayet

$$x = \frac{cd-ab}{(a+b)-(c+d)}$$

$$\text{So, } a = -4, b = -2, c = 3, d = 1$$

$$x = \frac{3-8}{-6-4}$$

$$= \frac{-5}{-10}$$

$$= \frac{1}{2}$$

Example 2

$$\text{Solve } (z-7)(z-2) = (z+2)(z-5)$$

The equation is in the form of

$$(x+a)(x+b) = (x+c)(x+d)$$

Then by paravartya yojayet

$$z = \frac{cd-ab}{(a+b)-(c+d)}$$

$$\text{So, } a = -7, b = -2, c = 2, d = -5$$

$$z = \frac{2*(-5) - (-7)(-2)}{(-7-2) - (2-5)}$$

$$= \frac{-10-14}{-9-3}$$

$$= -\frac{24}{-12}$$

$$= 2$$

TYPE 3

Solving equations expressed as ratio to one another



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ST. JOSEPH'S COLLEGE OF EDUCATION
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$$\frac{(ax+b)}{(px+q)} = \frac{y}{z}$$

Cross wise multiplication

$$(ax + b)z = y(px + q)$$

$$axz + bz = ypx + yq$$

$$axz - ypx = yq - bz$$

$$x(ax - yp) = yp - bz$$

$$x = \frac{(yq - zb)}{(za - yp)}$$

Example 1

Solve $\frac{(5x+2)}{(2x+3)} = \frac{12}{7}$

Conventional method

Sol :-

Let us multiply both sides of the given equation by $(2x+3)$.
This gives

$$\frac{(5x+2)}{(2x+3)}(2x+3) = \frac{12}{7}(2x+3)$$

$$5x + 2 = \frac{12}{7}(2x + 3)$$

Again multiply both sides of the equation by 7. This gives

$$7(5x + 2) = 7 \cdot \frac{12}{7}(2x + 3)$$

$$7(5x + 2) = 12(2x + 3)$$

$$35x + 14 = 24x + 36$$

$$35x + 24x = 36 - 14$$

$$11x = 22$$

$$x = 2$$

Vedic method

Here

$$a = 5, p = 2, q = 3, b = 2, y = 12, z = 7$$



T. Srinivasulu
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
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6 | Algebra in Vedic Mathematics

$$x = \frac{36-14}{(35-24)}$$

$$x = \frac{22}{11}$$

$$x = 2$$

Example 2

Solve the equation

$$\frac{x+7}{3x+16} = \frac{4}{7}$$

Conventional method

By cross multiplication we get

$$7*(x+7) = 4*(3x+16)$$

$$7x+49 = 12x+64$$

$$7x-12x = 64-49$$

$$-5x = 15$$

$$x = -3$$

Vedic method

$$x = \frac{(yq-zb)}{(za-yp)}$$

Hence

$$a = 1, b = 7, p = 3, q = 10, y = 4, z = 7$$

Substituting the values

$$x = \frac{16-49}{7-12}$$

$$= \frac{15}{-5}$$

$$x = -3$$

TYPE 4

Let the equation be

$$\frac{a}{x+p} + \frac{b}{x+q} = 0$$



T. Swarna
PRINCIPAL
ST. JOSEPH'S COLLEGE OF EDUCATION
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$$\begin{aligned}
 a(x+a) + b(x+p) &= 0 \\
 ax + aq + bx + bp &= 0 \\
 (a+b)x &= -(aq+bp) \\
 x &= -\left(\frac{aq+bp}{a+b}\right)
 \end{aligned}$$

Example 1

Let the equation is

$$\frac{1}{x-1} + \frac{4}{x+5} = 0$$

Sol :- Conventional method

By LCM we get

$$\frac{1(x+5) + 4(x-1)}{(x-1)(x+5)} = 0$$

$$(x+5) + 4x - 4 = 0$$

$$x + 5 + 4x - 4 = 0$$

$$x + 4x = 4 - 5$$

$$5x = -1$$

$$x = -\frac{1}{5}$$

Vedic method

The given equation is in the form of

$$\frac{a}{x-p} + \frac{b}{x+q} = 0$$

Then

$$x = -\left(\frac{aq+bp}{a+b}\right)$$

In this problem

$$a = -1 \quad b = 4 \quad p = -2 \quad q = 5$$

$$x = -\left(\frac{1 \cdot 5 - 4 \cdot 1}{1 + 4}\right)$$

$$x = -\frac{1}{5}$$



T. Subbaram
 PRINCIPAL
 ST. JOSEPH'S COLLEGE OF EDUCATION
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8 | Algebra in Vedic Mathematics

Example 2

Solve x,

$$\frac{1}{(x-7)} + \frac{1}{(x-9)} = 0$$

Sol :

Conventional method

$$\frac{1}{(x-7)} + \frac{1}{(x-a)} = 0$$

By doing LCM we get

$$\frac{(x-9) + (x-7)}{(x-7)(x-9)} = 0$$

$$(x-9) + (x-7) = 0$$

$$x-9+x-7 = 0$$

$$2x-16 = 0$$

$$2x = 16$$

$$x = 8$$

Vedic method

The given equation us in the form of

$$\frac{a}{x+p} + \frac{b}{x+q} = 0$$

Then

$$x = -\left(\frac{aq+bp}{a+b}\right)$$

Here

$$a = 1, b = 1, p = -7, q = -9$$

$$x = -\left(\frac{-7-9}{2}\right)$$

$$x = -\left(-\frac{16}{2}\right)$$

$$x = -8$$



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PRACTICE

Solve for x

I. (1) $7x - 5 = 2x$
(3) $9y + 5 = 15y - 1$

(2) $5x - 12 = 2x - 6$
(4) $3x + 4 = 5(x - 2)$

II. (1) $\frac{5x+3}{2x+4} = \frac{7}{5}$

(2) $\frac{3}{x+1} + \frac{4}{x+2} = 0$

(3) $\frac{8P-5}{7P+1} = -\frac{2}{4}$

(4) $\frac{1}{x+2} + \frac{1}{x+1} = 0$



T. Srinivas
PRINCIPAL
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Mind Mathematics Package

Efficacy of Mind Mathematics in Arithmetic for Primary School Children –An Experiment

Mind Mathematics: Mathematics is a school subject through which the mental faculty of human being is developed to think logically. Therefore it is a must subject in education system. Mind Mathematics refers to the practice of doing calculations mentally or all in one's head. Mental calculation is performing arithmetical calculations without the aid of tools or supplies. Mind Mathematics is a new and simplified way of doing Arithmetic. Methods or techniques of solving mathematical problems orally without using paper and pen i.e., mental visualization of the solution of the problems. Mind Mathematics is based on procedures which are different from the conventional methods familiar to us.

Experimental Module or Treatment (X1):

Four Modules were prepared by the Investigator to proceed in the experiment as a Treatment (X1)

Module 1: Addition – Single & Double digits

Module II: Subtraction– Single & Double digits

Module III: Using Addition & Subtraction – Single & Double digits
Module IV: Combination in Addition

Module V: Combination in Subtraction

Module VI: Combination in Addition & Subtraction

Application of Mind Mathematics Strategy:

Arithmetic is the branch of mathematics concerning basic number operations: addition,



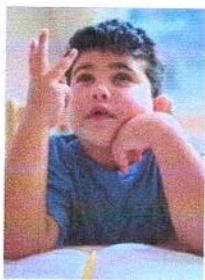
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subtraction, multiplication, and division. As kids, we are taught to do arithmetic because real-world math problems depend on a mastery of elementary arithmetic.

Training oneself to be skilled at Mind Mathematics and the attain the ability to quickly perform simple calculations in mind will strengthen the foundation for learning more advanced Maths topics. Being able to add or subtract with your fingers is a valuable skill to have, and people have been doing it since atleastthe15thcentury.Itisalso helpful for students learning addition and subtraction for the first time.

In U.S. schools, mental calculation is taught only for the most elementary arithmetic, such as single-digit addition and subtraction multiple digits, you are taught to add columns of digits from right to left, carrying the tens digit if the column sum exceeds 9. For example, how would you approach this addition problem of two numbers between 0 and 9. To solve ad Front facing up one's pals

TRICKS FOR ADDITION: The basic operation of arithmetic is addition. It combines two or more numbers into one, the sum of the terms. The terms can be added in any order, which is known as the commutative property of arithmetic. On a number line, the sum of two numbers is the total distance from zero covered by both numbers. Basic arithmetic allows us to evaluate the answers to an unlimited number of mathematical expressions. Arithmetical expressions can be purely mathematical, as in $2 + 2$, or they can represent quantities in the physical world, such as two items plus two more



To solve an addition problem mentally, it's best to introduce single digits. This is easier and once the students get familiar, later two are more digits could be introduced. The brain is constantly drawing links between every bit of information that hits our senses—this what allows us to be aware of what we see with our eyes. The students are trained to use fingers having the hands in front facing up one's palms.

Module for Addition - Instruction: Hold your hands out in front of you with your palms facing up. Each of your five fingers represents a number. Moving from your right thumb: Thumb finger represents 5, Pointing finger 1, Middle finger 1, Ring finger 1 and Small finger 1. At first all the fingers are closed and when any number is added the fingers are opened, when subtracted, the finger is to be hold down /folded/ closed.



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Example 1: When a number 5 is added to 1 ($5+1$), the thumb finger and the pointer finger is shown. Repeat the numbers orally and show the finger then the answer is to be expressed.
 $5+1=6$.

Example 2: $1+1+1+5$ (Pointing finger+Middle finger+Ring finger +Thumb finger). Answer
9

TRICKS FOR SUBTRACTION: The inverse arithmetical operation of addition is subtraction. It finds the difference between two numbers. Subtraction is not commutative because the order of the numbers determines whether the answer is positive or negative. On a number line, the difference between two numbers is the distance between their positions. The process of subtraction of numbers, the fingers are to be folded / closed, always starting from the little finger.



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0	1	2	3	4	5	6	7	8	9
									

Module for Subtraction- Instruction: Hold your hands out in front of you with your palms open facing up. Each of your five fingers represents a number. Moving from your right thumb. Thumb finger represents 5, pointing finger 1, middle finger 1, ring finger 1 and small finger 1. At first all the fingers are opened and when any number is subtracted the fingers are closed / folded. Repeat the numbers orally and show the finger then the answer is to be expressed.

Example: When a number 1 is subtracted from 9, the little finger is folded and the result is obtained. ($9-1=8$).

BASIC INSTRUCTION: Hold your right hand out in front of you with your palms facing up. Assume that each of your five fingers represents a number. Moving from your thumb shown in the figure.

Fingers in right hand are used for single digits



Right Hand

Thumb finger represents 5,
pointing finger 1,
middle finger 1,
ring finger 1,
and small / little finger 1.



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9	8	7	6	5	4	3	2	1	0

LeftHand RightHand

0	10	20	30	40	50	60	70	80	90

90	80	70	60	50	40	30	20	10	0

9	8	7	6	5	4	3	2	1	0

LeftHand RightHand

0	10	20	30	40	50	60	70	80	90

90	80	70	60	50	40	30	20	10	0



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Yoga Package

Experimental Treatment

The following are yoga package taught to the students' every day for 40 to 45 minutes for the experimental group.

Yoga package contains practice in Hatha yoga in the form of three different asanas as follows.

1. Meditative asana for 10 to 15 minutes

i) Padmasana or lotus

PADMASANA THE LOTUS POSE



• Instructions to Lotus Pose - Padmasana

- Sit on the floor with your legs straight in front. ...
- Bend the left knee and turn the leg out. ...
- Now lean back slightly, pick the right leg up off the floor, and lift the left leg in front of the right. ...
- Padmasana is the sitting asana par excellence, but it's not for everybody.

• Benefits of Lotus Pose – Padmasana:

- Opens up the hips.
- Stretches the ankles and knees.



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- Calms the brain.
- Increases awareness and attentiveness.
- Keeps the spine straight.
- Helps develop good posture.
- Eases menstrual discomfort and sciatica.
- Helps keeps joints and ligaments flexible.

ii) Siddhasana or adept's pose



• Instructions of Siddhasana or adept's pose

- Bend your left knee and bring your left heel in toward the groin area.
- Rest your heel along the perineum, the spot at the base of your spine between the anus and the genitals.
- Bend the right leg and draw your right heel in.
- Place your right, outer ankle over the inner ankle of your left foot.

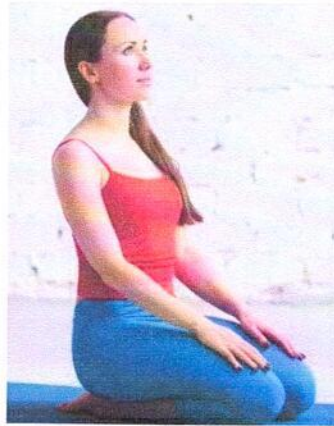
• Benefits of Siddhasana or adept's pose

- One of the best asanas for meditation.
- Better flow of energy through the body, especially in the spinal region.
- The chakras of 'Mooladhara' and 'Swadhistana' are stimulated.

iii) Vajrasana for people who cannot sit cross-legged:



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- **Instructions of Vajrasana pose**

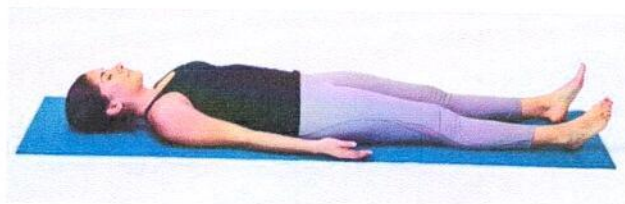
- Thighs and adjust your pelvis slightly backward and forward until you're comfortable. Start by kneeling on the floor. ...
- Pull your knees and ankles together and point your feet in line with your legs. ...
- Exhale as you sit back on your legs. ...
- Put your hands on your

- **Benefits of Vajrasana pose**

- Helping keep the mind calm and stable.
- Curing digestive acidity and gas formation.
- Helping to relieve knee pain.
- Strengthening thigh muscles.

2. **Relaxation Asanas for 10 to 15 minutes**

i) Savasana or corpse pose



- **Instructions of Savasana or corpse pose**



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- Lying on your back, let the arms and legs drop open, with the arms about 45 degrees from the side of your body. ...
- Close the eyes, and take slow deep breaths through the nose. ...
- Scan the body from the toes to the fingers to the crown of the head, looking for tension, tightness and contracted muscles.

● **Benefits of Savasana or corpse pose**

- Calms the brain and helps relieve stress and mild depression.
- Relaxes the body.
- Reduces headache, fatigue, and insomnia.
- Helps to lower blood pressure.

ii) **Abdominal relaxation pose**



Instructions of abdominal relaxation pose



- Breathing in, raise both the hands, legs, head and chest simultaneously to their maximum possible height.
- Rest the entire weight of the body on stomach and navel.
- After being in this state for 5 to 10 seconds, relax the body to normal position breathing out. Repeat it 3 to 5 times.

● **Benefits of Abdominal relaxation pose**

- Relaxes your shoulders and back.

It stretches your hip muscles, treats hypertension, and relieves fatigue



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List of Ph.D Awarded Research Scholars under the Guidance of

Prof. T.SWARUPARANI

St. Joseph's College of Education for Women, Guntur

S.NO	NAME OF THE SCHOLAR	TITLE OF THE PH.D THESIS	DATE OF THE NOTIFICATION
1	P. SANTHA KUMARI	WELLNESS AND METACOGNITION OF COLLEGE TEACHERS	02-05-2017
2	K.UDAYA KIRAN RANI	AWARENESS SF WOMEN RIGHTS AND SELF-CONCEPT OF WOMEN STUDENTS	17-07-2017
3	B.UMA MAHESWARA RAO	SPIRITUAL INTELLIGENCE, EMOTIONAL INTELLIGENCE, AND TEACHER EFFECTIVENESS OF THE SECONDARY SCHOOL TEACHERS	31-12-2018
4	B.RAMESH	EFFICACY OF INTERACTIVE WHITE BOARD TEACHING IN LEARNING SCIENCE-AN EXPERIMENT	13-11-2020
5	B.RAJARUBY KISHORE	PERCEPTIONS OF VOLUNTEER TEACHERS AND ADULT LEARNERS ABOUT ADULT EDUCATION PROGRAMMES –AN EMPIRICAL STUDY	30-01-2021
6	TS.SUBHASHINI	EFFICACY OF VEDIC MATHEMATICS, POLYA'S HEURISTIC APPROACH, AND CONVENTIONAL	28-08-2021



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		METHODS OF TEACHING IN THE ACQUISITION OF PROBLEM SOLVING ABILITY IN MATHEMATICS	
7	P.D.MAHESWARA RAO	A STUDENT OF VALUE BEHAVIOR PROFESSIONAL PLEASURE AND SELF- EFFICACY OF SECONDARY SCHOOL TEACHERS WORKING IN THE NORTH COASTAL DISTRICTS OF ANDHRA PRASAD	12-08-2022
8	CH. SESA SAILAJA	SPIRITUALITY ATTITUDE ,PURPOSE IN LIFE AND WORK ORIENTATION OF SECONDARY SCHOOL TEACHERS	21-11-2022
9	A.SIVAPADMAVATHI	IMPACT OF SPIRITUAL INTELLIGENCE ON OUR PURPOSE IN LIFE OF SECONDARY SCHOOL TEACHERS	01-12-2022
10	POONAM KUMARI	SPIRITUAL INTELLIGENCE AND PSYCHOLOGICAL WELLBEING OF PROSPECTIVE TEACHERS	13.01.2023
11	J.SURAJ MOHAN	EFFICACY OF BLENDED LEARNING APPROACHES ON ACADEMIC PERFORMANCE AND ACADEMIC RESILIENCE OF 9TH CLASS STUDENTS IN ENGLISH AND SOCIAL STUDIES	23-01-2023
12	T. UMA MANI	WELL BEING, COGNITIVE STYLES AND ACADEMIC RESILIENCE OF ADOLESCENT STUDENTS	19-04-2023



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13	J.DURGA PRASAD	AN ANALYSIS OF PERCEPTION OF TEACHERS STUDENTS ,PMC MEMBERS ON IMPLEMENTATION OF INTERVENTIONS UNDER SAMGRA SIKSHA ABHIYAN (SSA)	19-04-2023
14	P. JOY SALMON RAJU	PERCEPTION OF PRINCIPLE, TEACHERS, STUDENT OF HIGHER SECONDARY SCHOOLS TOWARDS ENGLISH LANGUAGE LABORATORY IN ENHANCEMENT OF LANGUAGE SKILLS	27-06-2023
15	M. SRINIVASU	SPIRITUAL INTELLIGENCE AND PSYCHOLOGICAL WELL BEING OF SECONDARY SCHOOL TEACHERS	17-07-2023
16	L. MURALI KRISHNA	SOCIAL MATURITY AND SELF-CONCEPT OF INTERMEDIATE STUDENTS	13-07-2021
17	D.JHANSI RANI	EFFECTIVENESS OF SMART CLASSROOM TEACHING IN LEARNING NATURAL SCIENCE	26-07-2021
18	B. HEPSIBHA	ENVIRONMENTAL RESPONSIBILITY AND PRO-ENVIRONMENTAL BEHAVIOUR OF SECONDARY SCHOOL TEACHERS	07-09-2021
19	P. HIMA BINDU	LIFE SKILLS OF INTERMEDIATE STUDENTS –A STUDY	22-03-2022
20	M. VIJAYA BHANU		
21	D. JAYA SREE	SOCIAL INTELLIGENCE, SOCIAL ADJUSTMENT	24-07-2023



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		AND SOCIAL MATURITY OF ADOLESCENT STUDENTS	
22	T.SUNEETHA	LIFE SKILLS OF SECONDARY SCHOOL STUDENTS	
23	M. SITHA MAHALAKSHMI	IMPACT STRESS AND ACADEMIC ANXIETY ON ACHIEVEMENT OF SECONDARY SCHOOL STUDENTS	



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**List of Awarded Research Scholars under the Guidance of
Dr. C. Grace Indira, Associate Professor, St. Joseph's College of Education
for women, Guntur**

SL. NO.	NAME OF THE SCHOLAR	TITLE OF THE PH.D. THESIS	DATE OF NOTIFICATION
1	A.BHARATHI	PERCEPTIONS AND PROBLEMS OF UPPER PRIMARY TEACHERS ON THE IMPLEMENTATION OF THE NEW ENGLISH CURRICULUM	26/07/2018
2	BHAVANI GARNEPUDI	EDUCATION A STUDY ON THE PERCEPTIONS OF TEACHERS TOWARDS PROFESSIONAL COMPETENCY AT THE PRIMARY LEVEL	18-03-2020
3	KALPANA RANI KALAPALA	COMMON ERRORS IN WRITTEN ENGLISH - AN ANALYSIS	18/04/2022
4	VENKATA NARAYANA VENDI	THE EMOTIONAL MATURITY AND LEVEL FRUSTRATION OF INTERMEDIATE STUDENTS - AN ANALYSIS	18/04/2022
5	P. PRASANTHI MADHAVI LATHA	SCIATIC KNOWLEDGE & APTITUDE AND ATTITUDE IN RELATION TO MECHANICAL REASONING AND PERFORMANCE IN SCIENCE AMONG SECONDARY SCHOOL PUPILS	06/10/2022
6	Y DHANA RAJU	TEACHING APTITUDE, INTEREST IN TEACHING AND TEACHER EFFECTIVENESS OF PRIMARY SCHOOL TEACHERS	02/06/2023
7	MARRI VAIDEHI	FAMILY ENVIRONMENT IN RELATION TO THE PERSONALITY ORIENTATION OF 9 TH STANDARD PUPILS	30/06/2023
8	VINAY KUMAR CHERUKURI	THE SPIRIT OF NATIONALITY AND SOCIAL MATURITY OF PROSPECTIVE TEACHERS- A STUDY	16/11/2023
9	K RAMA KRISHNARAO	A STUDY ON THE PERCEPTIONS TOWARDS FUNCTIONING OF SCHOOL MANAGEMENT COMMITTEES (SMC) IN ELEMENTARY SCHOOLS	23/12/2023
10	BANDARU SUDHA RANI	A STUDY ON THE PSYCHOLOGICAL WELLBEING AND OCCUPATIONAL STRESS OF SECONDARY SCHOOL WOMEN TEACHERS	04/03/2024



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List of Ph. D Awarded Research Scholars under The Guidance
OF Dr.J.R.Priyadarsini

St. Joseph's College of Education for Women, Guntur

SL. NO	NAME OF THE SCHOLAR	TITLE OF THE PH.D. THESIS	DATE OF THE NOTIFICATION
1	M. VENKATESWARA RAO	EFFECT OF LANGUAGE GAMES IN ENGLISH ON MOTIVATION AND ACADEMIC ACHIEVEMENT OF GRADE IN CHILDREN	26-04-2018
2	M. SARALA	VALUES IMPARTED TO THE SECONDARY SCHOOL STUDENT	28-05-2019
3	SK.ASIA BEGUM	IMPACT OF ACHIEVEMENTS MOTIVATION AND ADJUSTMENT FACTORS ON ACADEMIC ACHIEVEMENTS OF PHYSICALLY CHALLENGED STUDENTS	22-03-2021
4	D. BHAGYALAKSHMI	AN EVALUATIVE STUDY OF THE RAJIV VIDYA MISSION EDUCATIONAL PROGRAMMES IN ENHANCING QUALITY	27-04-2022
5	U. LAKSHMI BHAVANI DEVI	EMOTIONAL INTELLIGENCE AND INTELLIGENCE OF PROSPECTIVE TEACHERS	8-05-2022
6	J. ANANDA RAO	FAMILY ENVIRONMENT AND FRUSTRATION OF HIGHER SECONDARY STUDENTS IN RELATION TO ACADEMIC ACHIEVEMENT	10-10-2022
7.	M. LAKSHMI NARAYANA	IMPACT OF IN-SERVICE TRAINING PROGRAMS ON THE PROFESSIONAL IMPROVEMENT AND	26-11-2022



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		TEACHER EFFECTIVENESS AMONG SCHOOL TEACHERS	
8.	P. BABITHA	THINKING STYLES AND ADJUSTMENT OF ADOLESCENTS	17-07-2023
9.	SR.A.ROSELIN	EFFECTIVENESS OF YOGA AND PHYSICAL EXERCISE IN ENHANCEMENT OF WELLBEING OF ADOLESCENTS	23-12-2023
10	M. CHANDRA SHEKAR	META-COGNITION AND ACHIEVEMENT MOTIVATION OF SECONDARY SCHOOL PUPILS IN RELATION TO ACADEMIC ACHIEVEMENT	24-06-2024
11	S. RAJASHEKAR	PARENTAL BONDING AND PERSONALITY DIMENSIONS OF SECONDARY SCHOOL STUDENTS	25-07-2024
12.	M. KANAKA DURGA	A COMPARATIVE STUDY ON ACHIEVEMENT OF ADULT INDEPENDENT LIVING SKILLS IN WOMEN WITH INTELLECTUAL DISABILITY LIVING IN GROUP HOMES, HOSTELS AND DAY SCHOLARS	22-04-2023
13	CHANDRA MOHAN	IMPACT OF PERSONALITY DIMENSIONS ON THE EMOTIONAL INTELLIGENCE OF SECONDARY SCHOOL TEACHERS	27-06-2023



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List of Ph. D Awarded Research Scholars under The Guidance of
Dr.B.Srilatha

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S.NO	Name of the Scholar	Title of the Ph.D Thesis	Date of the notification
1	SK.Amju	Awareness of child rights among parents, teachers and students of secondary schools in relation to their social adjustment	21-09-2021
2	K.Narayana Swamy	Adjustment problems with reference to value conflicts among prospective teachers	04-04-2022
3	R.Bala venkateswarlu	Professional ethics and self efficacy of secondary school teachers	17-05-2022
4	M.Adenna Naik	Awareness on social problems and self efficacy of adolescent students	04-05-2022
5	S. Venkataramana	Professional attitude and professional values of secondary school school teachers	13-12-2022
6	J.Mangeswari	Interest attitude and academic achievement in mathematic of secondary school students	02-06-2023
7	P.Chinahanumantharao	Emotional intelligence teaching aptitude and teacher attitude of prospective teachers	16-11-2023



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Details of the Research scholars pursuing Ph.D under the
Guidance of our faculty members

S.No	Name of the Scholar
------	---------------------

Prof.T.Swarupa Rani

1.	P. Samuel Diamond Babu
2.	Kalyani N .
3.	Mantri Sreenivasu
4.	G Sreenivas Rao
5.	Samuel Satish Cheekati
6.	Satyaprakash Reddy K
7.	Madhu Smitha Oja
8.	M.Chandra Mouli
9.	Sk. Abeebe Sultana
10.	G.Padma Prakas Rao
11.	Sr.Mary Mazarolla
12.	P.Santhi
13.	Mani Vallabhapurapu

Dr.C.Grace Indira

14.	Ch.Subramanyam
15.	P.Sudheer
16.	S.Ranga Rao
17.	Y.Raju
18.	L.Sudhakar
19.	U.Manikyam Baidu
20.	D.Babulal shaik
21.	B.Sudha Rani
22.	M.Mary Jyothi

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23.	Ch.V.Lalitha Kumari
24.	D.Venkayamma
25.	N.Sivalakshmi
26.	D Rani
27.	P.Subramanyam
28.	M.Vaidehi
29.	B.Anil Kumar
30.	S.Anjaneyulu
31.	N.Lakshmi Nancharamma
32.	K.Pavan Ram
33.	V.Padma Raju
34.	B.Raja Ramani
35.	M.K.Sireesha

Dr.J.R.Priyadarsini

36.	B.Komala Devi
37.	Udaya Rekha
38.	Maria Rani
39.	Gibson Babu
40.	Sailaja
41.	Sunil
42.	R.B.Prasanna Kumari
43.	P.Suresh
44.	N.Aruna Kumari
45.	M.Josephine
46.	D.Kumar
47.	Subba Rao
48.	K.Srinivasa Rao
49.	M.Sudha Rani



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50.	P.Saradhi
51.	Moulali
52.	Swaroop Rani
53.	Ramalingeswara Rao
54.	Hari Babu

Dr.B.Srilatha

55.	M.Lakshmi Narayana
56.	P.Yasmin Fathima
57.	R.Srinivas Reddy
58.	M.Someswara Rao
59.	Sushita Priya
60.	P.Micheal
61.	J.Bhanu Murthy
62.	K.Murali Krishna
63.	Y.Hemanth Kumar
64.	M.Krishna Kumar
65.	D.Yona
66.	M.V.Giridhar Babu
67.	P.Rose Mary
68.	B.Hari Babu Naik
69.	A.Prasanth Kumar
70.	K.Gurupadam
71.	T.Balaji



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