

# **Annual Online Professional Development Report:**

## **Empowering Educators in the Digital Age**

**Institution** : Little Flower Public School

**Academic Year** : 2026

**Format** : Virtual / Online Learning

### **Executive Summary**

In the 2026 academic year, the teaching faculty at Little Flower Public School successfully engaged in a comprehensive online capacity-building initiative. We are proud to report that nearly 100% of our educators completed the compulsory 25-hour training mandate, earning their official certifications. The curriculum was strategically divided into digital citizenship, environmental consciousness, and advanced pedagogical research, equipping our staff with modern tools to enhance both virtual and physical classrooms.

### **Part I: The Core 25-Hour Certification Track**

This mandatory block focused on creating a secure, engaging, and responsible modern classroom.

#### **1. Cyber Hygiene (5 Hours) & Safety in Cyber Space (5 Hours)**

**Core Concept:** Establishing a secure digital footprint and protecting sensitive school and student data from online threats.

##### **Daily Application for Teachers:**

**The "Clean Desk, Clean Desktop" Rule:** Teachers regularly clear browser caches and secure their digital grade books and practical exam records with two-factor authentication.

**Link Literacy Check:** Before sharing online resources or reference materials with students, teachers model how to verify the URL's safety and credibility.

#### **2. Social Media Safety (5 Hours)**

**Core Concept:** Navigating the social media landscape responsibly and guiding students to maintain positive digital identities.

##### **Daily Application for Teachers:**

**Digital Footprint Moments:** Integrating 2-minute discussions into regular classes about how online behavior impacts future academic and career opportunities.

**Safe Communication Channels:** Utilizing strictly official school platforms for broadcasting revision materials and student announcements, maintaining clear professional boundaries.

#### **3. Power of Audio (5 Hours)**

**Core Concept:** Leveraging auditory learning tools to increase student retention, focus, and accessibility.

### Daily Application for Teachers:

Smart Revision Snippets: Recording 3-minute audio summaries of complex topics or previous year question paper analyses that students can listen to while commuting.

Audio Feedback: Leaving short voice notes on digital assignments instead of written text to provide more nuanced, encouraging, and personalized feedback.

### 4. Environment Hazard & E-Waste (5 Hours)

Core Concept: Understanding the ecological impact of discarded electronics and promoting sustainable technology use.

#### Daily Application for Teachers:

Classroom E-Waste Bins: Setting up designated collection boxes for dead batteries, old calculators, and broken wires, especially relevant during science labs and practicals.

Resource Maximization: Encouraging students to use digital formats for rough work and draft submissions to reduce physical waste, while safely recycling obsolete lab equipment.

### Part II: Specialized & Advanced Methodologies

These additional modules were designed to foster environmental stewardship and continuous professional growth.

### 5. Catch the Rain (3 Hours)

Core Concept: Implementing localized water conservation strategies and building ecological awareness.

#### Daily Application for Teachers:

Lab Water Management: Actively teaching students to minimize water usage during practical wash-ups and experiments.

Visual Reminders: Displaying student-created "Catch the Rain" posters near classroom sinks and water dispensers to build a culture of conservation.

### 6. Action Research (15 Hours)

Core Concept: Empowering teachers to become researchers in their own classrooms, using data to solve specific educational challenges.

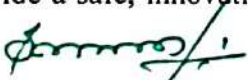
#### Daily Application for Teachers:

Micro-Experiments: Testing two different teaching methods (e.g., using a colorful revision poster vs. a standard lecture) for a specific chapter, and comparing student test scores to see which is more effective.

Reflective Journaling: Taking 5 minutes every Friday to note down which classroom activities worked well and which need redesigning for the next academic week.

### Conclusion

The 2026 online training initiative has significantly upgraded the digital and pedagogical literacy of our staff. By moving these concepts from the screen into daily classroom habits, the faculty of Little Flower Public School continues to provide a safe, innovative, and deeply engaging learning environment for all students.

  
Principal  
Little Flower Public School  
Kollamula, Mukkoottuthara  
Pathanamthitta - 686 510



# **Annual Professional Development Report:**

## **Empowering Educators for the Future**

**Institution:** Little Flower Public School, Kollamula

**Academic Year:** 2026

**Focus:** Holistic Teacher Well-being & Advanced Pedagogical Strategies

### **Overview**

During the 2026 academic year, Little Flower Public School hosted a comprehensive CBSE Training Programme designed to empower our educators. Moving beyond traditional lectures, this year's focus was on providing highly practical, creative, and adaptable tools that teachers can seamlessly integrate into their daily routines to foster a thriving educational ecosystem.

### **Training Sessions & Daily Implementation Strategies**

#### **1. Effective Stress Management**

**Date:** May 21 | **Facilitator:** Sabin Antony Varghese

**Core Concept:** A calm teacher creates a calm classroom. This session focused on recognizing burnout triggers and implementing real-time emotional regulation.

**Daily Application for Teachers:**

The "Two-Minute Reset": Practice 4-7-8 deep breathing before entering a new classroom.

Mindful Transitions: Use the walk between classes as a moment of active mindfulness rather than rushing.

#### **2. Classroom Management**

**Date:** May 22 | **Facilitator:** Beena Nair

**Core Concept:** Shifting the paradigm from "controlling behavior" to "facilitating engagement." Focus on proactive routines and positive reinforcement.

**Daily Application for Teachers:**

**Non-Verbal Cues:** Establish 2-3 specific hand signals for silence or attention to save voice strain and reduce classroom noise.

The "Praise to Correct" Ratio: Actively aim to offer three positive reinforcements for every one behavioral correction during a lesson.

#### **3. Capacity Building Programme**

**Date:** August 9 | **Facilitator:** Alex George

**Core Concept:** Expanding the educator's toolkit to include modern, inclusive, and differentiated instructional techniques.

### Daily Application for Teachers:

**Micro-Collaborations:** Spend 5 minutes during the lunch break sharing one successful teaching hook or activity with a colleague.

**Student Choice:** Incorporate at least one "choice-based" activity per week (e.g., allowing students to choose between writing a summary or drawing a mind map) to build capacity for self-directed learning.

### 4. Peer Pressure and Social Influence

Date: September 13 | Facilitator: Dr. Joby Thomas Parathanath

**Core Concept:** Understanding the psychological weight of social dynamics on student performance and mental health.

### Daily Application for Teachers:

**Safe Space Mapping:** Actively observe peer groupings during group work and strategically mix students to disrupt negative cliques.

**Open-Ended Check-ins:** Start Monday mornings with a 5-minute non-academic check-in (e.g., "Rose, Bud, Thorn" activity) to gauge the social-emotional weather of the room.

### 5. Adolescence Care

Date: December 29 | Facilitator: Sibi Njavallikunnel

**Core Concept:** Navigating the complex biological and emotional transitions of teenagers with empathy and firm boundaries.

### Daily Application for Teachers:

**"Listen First" Rule:** When an adolescent acts out, pause for 10 seconds before reacting to assess if the behavior is rooted in an emotional crisis rather than defiance.

**Validating Language:** Replace phrases like "you're overreacting" with "I can see this is really frustrating for you," fostering trust and open communication.

### Conclusion

The 2026 training series at Little Flower Public School was a resounding success, providing staff with actionable tools to improve not only student outcomes but their own professional well-being. By integrating these small, creative practices daily, our teachers continue to build a resilient, engaged, and highly supportive school environment.

Principal

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Kollamula, Mukkoottuthara  
Pathanamthitta - 686 510



**LITTLE FLOWER PUBLIC SCHOOL, KOLLAMULA**  
**NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING**

Sl. No	NAME	DIKSHA ID	COURSES COMPLETED				NO OF HRS. COMPLETED
1	Mr. Thomas N.K		Sharda	Social Media Safety	Cyber Hygiene	Power of Audio	27 hrs
2	Mr. Robins Joseph		Cyber Hygiene	Power of Audio	Safety in Cyber Space	Social Media Safety	26 hrs
3	Mr. Mathew Sebastian	mathew ndp2	Cyber Hygiene	Power of Audio	Safety in Cyber Space	Open Education	25 Hrs
4	Mr. Saneesh T D	Saneeshb Frowl	Cyber Hygiene	Power of Audio	Safety in Cyber Space	Open Education	40 Hrs
5	Mr. Mathew Joseph						
6	Mr. Amal santhosh						
7	Mrs. Liju Elizabeth	Ujungeorge-19x5	Power of Audio	Safety in Cyber Space	Cyber Hygiene	Action Research	37 hrs
8	Mrs. Aswathy A.T	aswathy1118	Social Media Safety	Cyber Hygiene	Power of Audio	Cyber Hygiene	47 hrs
9	Mrs. Deepa G.	dapa chandrababu	Action Research	Cyber Hygiene	Power of Audio	Cyber Hygiene	30 hrs
10	Mrs. Minikutty Emmanuel	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	Cyber Hygiene	27 hrs
11	Mrs. Molamma V.Lukose		Action Research	Cyber Hygiene	Power of Audio	Cyber Hygiene	42 hrs
12	Mrs. Abhila T.R	cyber hygiene	Power of Audio	Safety in Cyber Space	Cyber Hygiene	Cyber Hygiene	15 hrs
13	Mrs. Kochuthresamma M.	mameyanda-6994	Power of Audio	Safety in Cyber Space	Cyber Hygiene	Cyber Hygiene	25 hrs
14	Mrs. Lusy John	lusuJohn200	Power of Audio	Safety in Cyber Space	Cyber Hygiene	Cyber Hygiene	37 hours
15	Mrs. Shyna Sweett	Shyna Sweett	Social Media Safety	Action Research	Catch the Rain	Power of Audio	27 hours
16	Mrs. Renjini K.R.	Renjini K.R.	Social Media Safety	Action Research	Catch the Rain	Power of Audio	29 hrs
17	Mrs. Subha P.V.						
18	Mrs. Soumya Sivarajan	Soumya Sivarajan	Action Research	Safety in Cyber Space	Social Media Safety	Power of Audio	37 hrs
19	Mrs. Sonia Thomas	Sonyathomas	Catch the Rain	Power of Audio	Environmental Hazards of E-space	Action Research	34 hrs
20	Miss. Ushakumary K.K	ushakumary	Cyber Hygiene	Power of Audio	Safety in Cyber Space	Social Media Safety	45 Hrs
21	Mrs. Anil Mathew	es	Social Media Safety	Environmental Hazards of E-space	Cyber Hygiene	Action Research	
22	Mrs. Athira P.R						
23	Mrs. Binimol Jacob	binimoljacob-wbc	Safety in Cyber Space	Social Media Safety	Environmental Hazards of E-space	Action Research	27 hrs
24	Mrs. Bindu Mathew	bindumathew-9472	Action Research	Social Media Safety	Environmental Hazards of E-space	Cyber Hygiene	30 hrs
25	Mrs. Binimol Jacob	binimoljacob-wbc	Cyber Hygiene	Safety in Cyber Space	Social Media Safety		15 Hrs.
26	Mrs. Claramma V.C.	aleena sbinimol	Power of Audio	Safety in Cyber Space	Cyber Hygiene	Open Education	27 hours
27	Mrs. Jincy Binny	Jincy Binny	Action Research	Social Media Safety	Power of Audio	Environmental Hazards of E-space	35 hours
28	Mrs. Varna S Nair	varnasnair-8282	Safety in Cyber Space	Social Media Safety	Power of Audio	Action Research	30 hrs
29	Mrs. Mariamma M.K.	mariammaria-ekha	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hrs
30	Mrs. Molly Thomas	mollythomas-fag	Social Media Safety	Action Research	Social Media Safety	Power of Audio	25 hrs
31	Mrs. Reena Varghese	reenaaji-ws0p	Social Media Safety	Cyber Hygiene	Power of Audio	Open Education	25 hrs
32	Mrs. Reny Cherian		Social Media Safety	Action Research	Power of Audio	Open Education	20 hrs
33	Mrs. Devika Balachandran		Social Media Safety	Action Research	Power of Audio	Open Education	20 hrs
34	Miss. Simi Sara Abraham		Social Media Safety	Action Research	Power of Audio	Open Education	20 hrs
35	Mrs. Aroma S	aroma@ids	Open Education	Social Media Safety	Power of Audio	Open Education	
36	Mrs. Roshan Rose Joseph	roshanrosejoseph	Social Media Safety	Action Research	Power of Audio	Open Education	22 hrs
37	Mrs. Ruby C Varghese	rubyvarghese-601	Social Media Safety	Action Research	Power of Audio	Open Education	25 hrs
38	Mrs. Divya Mohan	divyamohan-609	Power of Audio	Safety in Cyber Space	Cyber Hygiene	Environmental Hazards of E-space	28 hrs
39	Mrs. Simily Joseph	similyjoseph-fsk	Safety in Cyber Space	Social Media Safety	Cyber Hygiene	Action Research	37 hrs
40	Mrs. Sini M.S.	Sini.Saji-4942	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	20 hours
41	Mrs. Sini Mol Sebastian	Sini Mol	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hrs
42	Sr. Dainy Ann	Dainy Ann	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	5 hrs
43	Sr. Tess Jose	Tess Jose	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	26 hrs
44	Mrs. Suni V.V.	Suni V.V.	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hrs
45	Mrs. Tinumary Varghese	tinumary	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hrs
46	Mrs. Shery Joseph	sheryjoseph-cv	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hrs
47	Mrs. Smitha K Alex	smithakalex-949	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	52 hours
48	Mrs. Tresa Elizabeth Jacob	Tresa Elizabeth	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	38 hours
49	Mrs. Kavitha Abraham	kavitha-3WwU	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	29 hours
50	Mrs. Jeena Mathew	jeenamathew	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	28 hrs
51	Mrs. Rajeswari	rajeswari	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hrs
52	Mrs. Sunimol	Sunimol-NA	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	22 hrs
53	Mrs. Jincy George	Jincy George	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	22 hrs
54	Mrs. Sindhu C	Sindhusaji-jgc	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	15 hrs
55	Mrs. Nisha John	nishamoljohn	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hrs
56	Mrs. Jincy George	Jincy George	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	37 hours
57	Mrs. Binil Varghese	binilvarghese	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	25 hr
58	Miss. Kochuthresamma Jozmi	Kochuthresamma	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	15 hr
59	Mrs. Surabhimol T.C.	Surabhimol	Social Media Safety	Action Research	Cyber Hygiene	Power of Audio	15 hr

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1	Mrs. Bincy Balachandran	Bincy Balachandran - Alukku	Safety in cyber space	Social Media Safety	Power of Audio in Education	OER open education resources	Cyber Crime	25 Hrs
2	Mrs. Bincy Thomas		Cyber Crime	Micro-Learning and Enhance Nano Course Teaching Learning	Power of Audio in Education	Safety in Cyber Space	Open Education Resources (OER) Innovating Education	25 hrs.
3	Mrs. Cini P Michel	cinibincy-175W	Power of Audio in Education - 5h	Open Education Resource (OER) 5 innovating education	Social Media Safety - 5hrs	Cyber Hygiene practice - 5hrs	Safety in cyber space - 5hr	25 hrs
4	Mrs. Moley Antony	moleysebastian-3aax	Safety in cyberspace 5h	Social Media Safety 5hrs	Open Education Resource (OER) 5h	Power of audio 5 hrs	Cyber hygiene practices 5hr	25 hrs
5	Mrs. Ranj Saji	ranisaji-xgyy	Safety in cyberspace	Social Media Safety Shows	Open Education Resources innovating Education - 5hr	Power of audio in Education. 5h	Cyber hygiene practices - 5hr	25 hrs.
6	Mrs. Jinu Xavier	Jinu Joseph - abog	Power of Audio in Education	Social media Safety	Cyber Hygiene practice	Open education Resource	Safely in cyber space	25 hrs
7	Mrs. Sujamol Jacob	Suja Saji - ps g.	open education Resource	Social media Safety	Power of Audio in Education	Safety in Cyber Space	Cyber Hygiene Practices	25 hrs
8	Mrs. Suja Sebastian	suja sebastian-am	social media safety 5hrs	Cyber Hygiene Practices personal Digital Device 5hrs	Power of Audio in Education 5hr	Open Education Resources Innovating Education	Safety in Cyber space 5hr	25 hrs.
9	Mrs. Suma P S	sumavind - nrsp	Safety in cyberspace 5hrs	Social media safety 5hrs	Open education Resource (OER) 5hr	Power of audio 5hr	Cyber hygiene Practices 5hr	25 hrs.
10	Mrs. Rosamma Mathew	rosaberry - msx1	Open education Resources 5hrs	Social media Safety 5hr	Power of Audio in Education 5hr	Safety in Cyber Space 5hr	Cyber Hygiene Practices 5hrs	25 hrs.



*[Signature]*

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