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**REV. FR. JOHNSON MATHEW**  
PRINCIPAL (SPL. EDUCATION)



**REV. FR. SEBU CHALACKAL**  
BURSAR



### Editorial

#### Cultivating a Sense of Community:

Belonging to a community is essential for personal and professional well-being. Alumni networks provide people with a sense of community and belonging that lasts long after graduation. These relationships support graduates in maintaining ties to their alma mater and to one another, whether it is through reunions, meets or alumni get-togethers. Alumni frequently establishes enduring friendships and career alliances that enhance their lives and act as a support network through successes and setbacks.

The importance of college alumni cannot be overstated. Beyond the diplomas and degrees, they are the living embodiment of their alma mater's values, traditions, and legacy. Through their professional achievements, contributions, and connections, alumni plays a vital role in shaping the present and future of their alma mater and the wider world. As stewards of their institution's legacy, alumni carry forward its mission and impact, ensuring that the bonds forged during college endures long after graduation day.

### President's Message



Another beautiful day is coming. Every year, the second Saturday of May is a reminder of good experiences for us. The Alumni Reunion 2024 of our institution which nurtured and developed the teacher in us is coming up on 11th of May. It is a unique moment to wave the unforgettable memories in connection with our college days. It is a festival of golden memories. SJAAN plans a number of events to help us reconnect with one another and to re-engage with the unforgettable experience with our college days. We would certainly want your continued and valued association with our esteemed institution. Everyone is warmly welcomed on behalf of SJAAN.

**Mr. Jerin Thomas**  
(President, SJAAN)

### Principal's Message

An organization's alumni are the reflection of its past, representation of its present and link to its future. Indeed, a great college can measure its worth by its alumni. Creating supportive alumni network is crucial to the institution's success. If communication stops once graduate leave an institution, their understanding of the institution will become old.

The most cherished memories are always of the Alma-mater. The college is the golden period of life. The affectionate words of wisdom still hangout and the longing always remain in the heart to revert back to college days and relive those moments. The clock can be turned back, not by being a student again but by joining the Alumni Association. It is re-exploring the relationship of past.

You came here as seeds and went out as green trees giving shade and shelter to many. You should keep upward the banner of SJB. You are the brand ambassadors of our institution, in fact, the significant stakeholders. I hope, you will continue to contribute to the Institution's growth in whatever way you can.



# HEARTY CONGRATULATIONS

## MG UNIVERSITY RANK HOLDERS - M.ED.



Neema Rajendran  
VIII Rank



Athira A.S  
X Rank



Trissa Merrin Philip  
III Rank



Sr. Smitha Jose  
IX Rank



Sr. Annie Jose  
X Rank

## MG UNIVERSITY RANK HOLDERS - B.ED



Riya Ann Philip  
I Rank



Miran Shaji  
II Rank



Anit Mariya Joseph  
II Rank

## MG UNIVERSITY RANK HOLDERS - B.ED



Neethu Maria Abraham  
II Rank



Jisa Thomas  
VI Rank



Vanessa Treasa Jimmy  
VI Rank



Anjumol Baby  
VII Rank



Binita Mary Varghese  
VII Rank



Juby Maria  
VIII Rank



Swapna Saji  
VIII Rank



Thejus Rose Thomas  
VIII Rank



Sarah George  
X Rank



Vidhya Suresh  
X Rank

## Ph.D.



Saju P. Thomas



Soumya Mary Mathews



Christina John



Sara George



Gifty Rose Joseph



Navin S. Mathew



Adharsh Babu



Neema Rajendran

## NET

## M.Ed. Topper

## B.Ed. Topper

## B.Ed. Spl. Edn

## SET WINNERS



Riya Ann Philip



Trissa Merrin Philip



Anju Michael



Benison Sunny Mannarath



Shahla Zakhir



Sachin Cyriac



Limi Rose Philip



Sharon Meria Cyriac



Sr. Bency Sebastian



Tinchu Joseph



Ann Theres Joseph



Bincy Baby



Binita Mary



Jisa Thomas



Jubiya George



Ann Rose Thomas



Christeena Thomas



Jeseena Johny



Sam S Cherian



Treasa Joseph



Ganeshkumar M.S



Gopika S



Firose Ashraf



Jesson Zacharia



Jinu T. Varghese



Celin Abraham



Gifty Rose Joseph

## CTET WINNERS



Sachin Cyriac



Merlin Maria Boby



Parvathy M



Krishnapriya



Anakha Rose Jacob



Meenu Francis



Susmy Sajan



Vanessa Treasa Jimmy



Carolin Joseph

## CTET WINNERS



Miran Shaji



Thejus Rose Thomas



Bincy Baby



Ann Therese Joseph



Athira Thomson



Joel Rency



Tinu Tom



Steny Rose Jose



Alex Babu



Arya Venugopal

# HEARTY CONGRATULATIONS

## KTET WINNERS



Athira Venugopal



Sr. Tintu Thomas



Alphonse Thomas



Anjana Philip



Aleena George



Vishnupriya PM



Teena Joseph



Sreelakshmi S



Keerthana Rajkumar



Teenu K John



Neethu Suresh



Sneha S Nair



Preethimol PN



Thushara Krishnan



Neema K.R



Mariamma James



Vydehi Babu



Aksa P George



Anju Sebastian



Alphin K. Wilson



Jazima N



Akhila L



Karthika Panicker



Sandra Maria Philip



Neenu Kuruvilla



Ardra Raj



Nimmy Biju



Anumol PA



Usha S



Aleena Baby



Tisa P George



Neethu Maria Abraham



Haritha C Nair



Swathy Mol Venu



Athira Sudhakaran



Amatendu Vinod



Renjini C Michel



Vijayalakshmi Vikraman



Anjana Elizabeth Jose



Ann Rose Thomas



Annie G.L



Christeena Thomas



Devu M Suresh



Jeseena Johny



Nidha M.K



Sam S Cherian



Sangeetha G Krishnan



Steny Rose Jose



Treasa Joseph



Alex Tom



Anagha Anil



Angel Maria Jose



Angel Mathew



Ashley Therese Joshy



Ashna Martin



Bini Raju



Firose Ashraf



Ganeshkumar MS



Gopika S



Nija George



Saranya Vijayan



Shidina KM



Abhirami S. Nair



Aiswarya Baby



Anndev Sebastian



Blessy Sebastian



Celin Abraham



Chris Mary Abraham



Gifty Rose Joseph



Liyana P.P



Merin Brijith Benny



Reshma Raju

# HEARTY CONGRATULATIONS

## KTET WINNERS



Sonu Varghese



Alex Babu



Anjana Jose



Anu Thomas



Ardra M



Ashly Antony



Athira K.R



Ditty Maria Sunny



Jesty Sam



Jinu T. Varghese



Joel Jose



Merin K Thomas



Nimisha Nikkademose



Richa Rose Roy



Sr. Soumya Varghese



Sulthana Fathima



TibinThomas



Aiswarya Sebastian



Anjaly J Chandran



Arya Venugopal



Elizabeth Gil



Juby Chacko



Lekshmi B Nair



Sangeeth Antony



Thomson Joseph



Tintu Chacko



Anusha M.V

## BEST STUDENTS

B.Ed. 2021-23

B.Ed. 2022-24

B.Ed. Spl. Edn 2021-23



Anu K.S



Ancy Retnakumar



Sandra Sasidharan



Anit Mariya Joseph



Ann Rose Thomas



John Paul



Febin M. Mathew



Sam S. Cherian



Liyana P.P

## SPORTS INDIVIDUAL CHAMPIONS

## INTERCOLLEGIATE COMPETITIONS WINNERS



Tibin Thomas



Mern K. Thomas



Navin S. Mathew



Gopika S



Fr. George Tom



Alan Joseph



Adharsh Babu M.S

## INTERCOLLEGIATE COMPETITIONS WINNERS

## KALAPRATHIBHA

## KALATHILAKAM



Rithukesh KA



Xavy Roy



Rony Joseph



Lijin Joseph



Allen George



Fr. Johnson Joseph



Divya Krishna



# The Impact of Technology on Attention Span in Classroom



Dr. Prijil Mathew

*The author is a passionate Physics educator who focuses on innovative and engaging educational approaches. A proud alumnus of St. John the Baptist College of Education, he completed his B.Ed in the 2009-10 batch and M.Ed in the 2010-11 batch. Subsequently, he pursued his M.Phil in Physics and obtained a PhD in Plasma Physics from Mahatma Gandhi University. He is known for his creative skills, story writing, disciplined lifestyle and contributions as a community worker. He can be reached at [prijilmk@gmail.com](mailto:prijilmk@gmail.com)*

**Abstract:** This article explores the multifaceted impact of technology on attention spans in classrooms, highlighting the evolving role of teachers as facilitators of learning in technologically enriched environments. Strategies such as the 10, 3, 7 schedule are proposed to manage attention effectively, ensuring a balance between engaging students with technology and preserving the essence of traditional education.

## Introduction

An education environment is undergoing a paradigm shift with the introduction of technology in classrooms. One of the important issues examined in this digital age is how technology affects students' concentration levels. This article gets into the complex ways in which technology has influenced attention spans within educational settings, looking both at positive and negative outcomes for teachers as well as students.

## Technological Evolution in Education

The development of technology in education has significantly changed through the years. The early efforts were mainly based on traditional visual aids such as overhead projectors and slides to make the complicated ideas more tangible with help of graphics and sound. But the modern stage has seen a more interactive approach in which technology extends its role beyond delivering content. Nowadays, it promotes active involvement and participation from students while teaching a new dimension of knowledge presentation and absorption in the classroom.

## The Evolving Role of Teachers

In this environment modernized by technology, the job of teachers has changed to facilitators and guides. They have a crucial role in ensuring that pedagogical objectives are congruent with technological instruments. This means that teachers have to undertake the demanding task of determining which concepts require different approaches and use technology adequately to address learning issues. It is crucial for teachers to have a deep sensitivity towards what students know and can do, as well as the ability to use technology in engaging with pre-existing understandings – all of which help support an environment that nurtures learning.

## Addressing Student Needs in the Digital Age

So, as education adapts to the digital age, with an allusion that technology can never fully replace a teacher's role is crucial. The technology becomes essential to satisfy modern students who live in a digital world. With the technology boom, many students regard themselves as visual learners because they grow in that age. The teachers who efficiently utilize technology are reliable, more trustworthy and credible, which contributes to how students act toward their studies.

## Motivation and Engagement

Such technology provides far more than just maintenance of attention; it is a formidable motivational device. Scholars hypothesize that technology has the ability to improve motivation and attendance in class. In a time that students may find themselves devoid of intrinsic motivation, technology can be utilized to offer an interesting and appropriate learning opportunity. This involvement is essential in making lessons more interesting for students and creating a good attitude towards education.

## Focusing Attention in a Tech-Driven Environment

It is crucial to take note of the low attention span of students in relation to a technologically-oriented learning environment. Strategies such as timeframes for concentration and diffusion like the 10, 3, and 7 system demonstrate another framework of strategic planning. Teachers have to use "hooking" as a means of attracting students' attention from the very first moment, given that time is limited and capacity for sustained concentration prohibitive.

## Observable Learning Differences in the Digital Age

Contrasting the olds with contemporary students soaked in technology highlights evident differences concerning independence, reliance on technologies, preferences for stimulation, beliefs about lifelong learning practices mandatory to hold flexible standards between learners and teachers while encountering uncertainty designing solutions termed as teacher adaptability. It is crucial that educators who want to harmonize their teaching practice

with the individuality of modern learners should be prepared for working in such environments. It is these differences that aid in customizing the teaching method of this generation's students.

## Developing Concentration in a Tech-Infused Classroom

Concentration, which is very frequently viewed as a process that is creative indeed constitutes the art of eliminating distractions and developing attention, then enforced habit to focus on relevant stimuli. Vygotsky's Zone of Proximal Development is an example of the many educational theories that point out how learning can take place only when a learner feels as if they are not being overwhelmed by something, even though what one would be engaging in apparently requires much from them. In a technologized classroom, the process of learning concentration becomes somewhat complex and is to be achieved through a procedure when technology is used as an instrument that provides engaging educational activities which may captivate learners.

## Nurturing an Effective Technology-Rich Classroom Environment

In order to fully capitalize on the advantages technology brings in education, educators should re-Imagine classical methods. A well-functioning technologically rich classroom entails student engagement in solving problems utilizing interactive learning strategies and continuous provision of personalized responses. The goal is to guarantee that technology promotes the learning process, while ensuring it maintains this meaningfulness. It is therefore vital for teachers to establish an environment that would not only use technology like a device but treat this tool as intrinsically related to the entire learning process.

## The Role of Technology in Educational Change

As education evolves in paradigm, the role of technology in driving change is increasingly important. It requires teachers to embrace new approaches and rethink traditional teaching methods. Effective use of technology in the classroom can only be achieved and sustained when teachers use new technologies creatively and productively. Restructuring the school to respond

in a more robust and progressive manner to technological and societal change is essential to preparing students for a high-tech, multicultural society and global culture.

## Challenges and Opportunities

While integrating technologies presents many opportunities, it also presents its own challenges. Teachers may face resistance or hesitation to adapt to new technologies. Despite their role as innovators, teachers have a love-hate relationship with technology, some trying to keep up with the latest trends, others not bothering. Also, not all teachers may be able to have technology, which digitally segments students based on available resources in the education environment.

## The Changing Nature of Attention Span

In terms of technology integration, it is important to understand the changing nature of attention. Research shows that attention spans on repetitive tasks are recorded at 3 to 5 minutes per year of a child's age. This poses a challenge for teachers to design lessons that are captivating and sustainable. The 10, 3, 7 schedule, defined as 10 minutes for the first impression followed by a 3 minute diffusion period and 7 minutes for the second concentration period, is a strategy for attention management dealing with placement constraints.

## Conclusion

In conclusion, the impact of technology on the space of attention in the classroom is multifaceted and dynamic. While technology has the potential to engage and motivate students, teachers must navigate its integration judiciously. Understanding the factors that make technology attractive, adapting instructional strategies to the digital age, and responding to the changing nature of attention are important steps. The goal is to use the power of technology as a complementary tool, not as a replacement for traditional learning. As education continues to evolve, the effective use of technology is the cornerstone of a positive and effective learning experience for current and future generations.

# ANNUAL REPORT SJAAN



**Mrs. Neema Rajendran**  
(M.Ed. Topper)

SJB is one of the foremost teacher education colleges. I am very proud that I had the opportunity to study there. My journey was nothing short of transformative. From the moment I stepped onto SJB campus, I was enveloped in an environment that fostered intellectual curiosity, encouraged personal growth, and celebrated diversity. Reflecting on my time at SJB, I am filled with gratitude for the countless opportunities, invaluable experiences, and unwavering support that have shaped me into the educator I am today.

At the heart of SJB College of Teacher Education lies a commitment to academic excellence

that permeates every aspect of campus life. With a team of distinguished faculty members who are experts in their respective fields and passionate educators dedicated to nurturing the next generation of leaders, SJB ensures that students receive a rigorous and comprehensive education that prepares them for the challenges of the 21st century. In addition to its academic programs, SJB College of Teacher Education offers a vibrant array of extracurricular activities designed to complement and enhance the overall student experience. From sports and athletics to arts and culture, students at SJB have ample opportunities to explore their interests, develop their talents, and foster a sense of camaraderie and community.

On the behalf of all the M. Ed students 2021-2023, I would like to express our deepest thanks to everyone at SJB College of Teacher Education for their unwavering support, guidance, and encouragement. It has been an honour and a privilege to be a part of this incredible institution, and I look forward to carry the spirit of SJB with me wherever I go.

## A word of Gratitude



**Riya Ann Philip**  
B.Ed. Topper

SJB is synonymous with excellence. We are nothing but the sum of our choices and finishing my B.Ed at SJB has been a rewarding experience.

The moral and educational foundation that I have received from SJB has been the rock to the person I have grown up to be.

For 2 years, every person in this campus has been a part of my journey and has played an important role in shaping me and making me into the person I am today. They helped me to build a character who is always optimistic and they were always there during difficult times.

I would like to thank Joji achary for his unvarying support and never

ending trust in me, transformed me completely to a practical individual. I am grateful to Mariyamma miss for being my guide always and showing me the right direction and path to walk on. All the teachers at this college are highly sensitive towards the students and they go to any extent in helping us.

I would also like to extend my gratitude to the non-teaching staff, friends, St. Teresa's school and management.

Though it wasn't all easy sailing, much of where I have gotten today would not be possible without the support of my educators. It is because of their constant guidance through this journey that I have been able to embrace the values and lessons of this college, which I will take with me as I embark on the next chapter of my life.

As Marcel Proust remarks, "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes". Thank you once again SJB for helping me see landscape with a hundred different pair of eyes.



**Mrs. Revathi T.S**  
(Secretary, SJAAN)

Annual Report SJAAN Mrs. Revathi T.S (Secretary, SJAAN) The annual general body meeting of the Alumni association of St John the Baptist's college of Education, Nedumkunnam was held on 13th May 2023. The inaugural function of the meeting was presided by the Alumni Association President Mr. Philipson J. Medayil. Dr. (Fr.) Jogimon George, Principal gave introductory speech. Rev. Fr. Reji Plathottam, Principal, SB College, Changanacherry inaugurated the gathering. Alumni association publishes News letter in every academic year. Last year's news letter was released on 13th May during the occasion of Saurhuda Sangamam-2023. Rev. Fr. Johnson Mathew, Principal, SJB College of Special education handed over the newsletter to Mr. Praveen K. Mathew who was our former student. An honouring ceremony for the students of B.Ed. (2000-2001) Batch, B.Ed. Special Education (2010-11) Batch and M.Ed. (2010-11) Batch was conducted during the occasion of

Saurhuda Sangamam-2023. Rev. Fr. Alex Kozhikkott, Former Principal, SJB College of Education honoured them. Members of SJAAN from all over Kerala came to the college for the annual gathering. The general body meeting elected the following persons to the executive committee. President- Mr. Jerin Thomas, Secretary - Mrs. Revathi T.S, Executive Members - Mr. Praveen K. Mathew, Mr. Philipson J Medayil, Mr. Mintu Thomas, Mr. Blesson Varghese. Alumni association welcomed 2023 - 2025 batch on 29th September 2023. Mr. Jerin Thomas SJAAN President, Dr. (Fr.) Jogimon George, Principal, Mr. Tom Jose and Mr. Nevin Premson, SJAAN Member addressed the new batch. Alumni association provides facility for entering details of members in college website. Many of our members joined in the website. It would be a fruitful effort for the members to keep in touch with our college. The association expresses sincere thanks to all alumni members for using this facility. Executive committee of SJAAN meets once in two months. Special meeting may be held on necessary occasions. An efficient placement cell functions in our college. Many of our students got placement through campus interviews organized by SJAAN. Association is eager to open a new horizons of opportunities for the students of this college.



**Trissa Merrin Philip**  
B.Ed. Special Education (I.D) Topper

Being a teacher is easy, but being a teacher with good values is not easy. SJB College of Special Education has always been an institution that creates a set of teachers with good values in their hearts. It is a great blessing from God that I was able to be a part of the college. The halcyon days of college are always memorable and irreplaceable. SJB College will always remain a landmark that

paves the way for my journey as an educator.

Our college always fosters the holistic development of the students and caters to their true potential. It is through the persistent performance of college administration, management, teaching, and non-teaching staff that we are able to achieve all these excellences in our lives. The college always supported us in all our hard times and supported us to achieve greater heights of success.

On behalf of all Special Education B.Ed. students in 2021-2023. I thank the whole college for supporting us and guiding us for our prosperous future, and we wish the college would always hold its head high for academic excellence and creating good teachers.

