

ANUBHAV

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CENTRAL SCHOOL

SUPPERANNUATION ON

TRIVANDRUM.

1. ONE OR MORE EXEMPLARY WORK DONE:

Teaching may be a profession for some, but for some it is a way of life, a service to humanity, a selfless act of imparting benign knowledge and above all a responsibility for a lifetime that does not languish with retirement. I, proudly belong to the latter group of passionate life changers. 35 years of my teaching career has been spent in this honourable and enlivening profession as a Post Graduate Teacher of Biology, of which 4 years of service was served at the Sainik School, Kazhakuttom and remaining years at Central School. I joined this pristine temple of knowledge on 27 June 1988, and since then my life had been emotionally, socially and economically uplifting.

- i. Apart from dedicating my untiring energy and knowledge as a teacher, I have made genuine and noteworthy contributions towards NCC troop of Central School. I have the singular distinction of having bagged gold medals and trophies three times consecutively in the National Level training (duration: 8 months) for NCC officers conducted at , Coimbatore; along with military training. I received the prestigious opportunity to serve as Founder Associate NCC Officer, Air Wing NCC at Central School for an extended period of 22 years from 1988 to July 2010. All NCC activities from the time of its inception are carried out after normal school hours i.e., 4:15 pm to 6:15 pm. All the NCC activities were carried out relentlessly and effectively inspite of the nominal honorarium awarded for the extensive activities conducted by me.

During my eventful tenure I have also secured an outstanding position in the Pre-Commission course from 23/6/1986 to 20/9/1986 at Officer Training School, at for which I received a much prestigious appreciation letter from former director general NCC, Brigadier

Further, I served as Junior Division Army Associate NCC officer at Sainik School,

After joining Central School, I received appreciation letter from former Lieutenant General and former D G NCC Brigadier for securing three gold medals consecutively for the three training courses attended.

It is with great pride that I would like to remember that our school NCC contingent under my watchful guidance and relentless training regime was adjudged as the best all round troop in Annual Training Camp and Combined Annual Training Camp conducted in the years 1989, 1990, 1992, 1993, 1997, 1999, 2003, 2006, 2008 and 2009. Our school contingents were selected as the best All Round Troop and All Round Cadets during various Annual Training Camps conducted across Kerala. Also, I received numerous opportunities to represent our school along with our NCC Cadets for more than 40 NCC Camps organised by Kerala and Lakshadweep Directorate. My heart brims with honour and pride as I recall the large number of Cadets under my training who received the prospect to participate in various rare and prestigious Firing Competitions, Trekking and even the honourable Republic Day Parades at Delhi.

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I had the privilege to serve as the Associate NCC Officer since the inception of NCC at the VSSC Central School in 1988. Many of our Alumni continued their legacy as NCC Cadets and moved on to become Commissioned Officers in Military.

Numerous letters of recommendation had been written to our department from my Commanding Officer and Principals of our school for the purpose of identifying my unprecedented achievements and contributions towards the school and its NCC wing. These letters elucidate the laurels of accolades that I had gathered during my service. My Commanding Officer, further requested for permissible and deserving incentives/rewards for my services, which inturn were denied stating that there has not been any precedence of awarding such incentives, little did it matter then nor did it come to the light that there 'has not been any precedence' for I was the only NCC Associate Officer to achieve three consecutive Gold Medals in the entire country at that point of time.

I would like to mention the joy and pride that fills my heart when I watch the trees that I've planted all around the school bloom and bear fruits. These were planted by

- my NCC cadets and me as part of our social work. These gooseberry trees, jackfruit trees, mango trees and jamun trees abundantly provide fruits and flowers all year round.
- ii. I was blessed enough to attend 5 in-service training courses for PGT Biology, each of 21 days duration, conducted by Kendriya Vidyalaya Sanghathan (KVS). I have received outstanding grades in all the courses. I have also attended workshops on behavioural science, seminars on Science education and teachers' workshops in Biology. Here as well I have the singular distinction of attending the highest number of in-service courses in All India level.
 - iii. I received a Certificate of Appreciation from Smt. Smriti Zibiri Irani, Minister Human Resource Department, Govt. of India for the stellar performance of my students in AISSCE (class XII) exam conducted by CBSE.
 - iv. The main work allotted to me is teaching Biology for classes VI-XII and occasionally handling General Studies for classes VI-XII.
 - v. Since the date of joining this school, I've been entrusted with the charge of Biology lab, wherein I was responsible for procuring lab items through purchase section, maintenance of stock register, arranging and conducting practical classes, smooth conduct of internal and external practical examination.

All the exemplary work that I have stated above have certificates for substantiation.

Most of the years I was in charge of planning, conducting, and preparing results of various cultural competitions during Senior Secondary Co-Curricular Activities and Space Week Celebrations of the school.

As the Biology Club In-charge throughout my tenure, I guided the students to prepare school exhibits, models and charts for competitions and science exhibitions, and also conducted science quiz during club periods.

Throughout my teaching career I have produced cent percent result in my subject for AISSE/AISSCE (Classes X and XII), that is continuously for the past 20 years. I've regularly conducted remedial classes for the low achievers to ensure individual guidance and improvement.

I assist Principal, Vice-Principal in organizing and conducting school functions, assembly programmes and other activities.

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2. ONE OR TWO MOST MEMORABLE INCIDENTS, LESSON LEARNT FROM THEM

Being a teacher, and interacting with young and lively minds on a daily basis, memories and sweet moments are a quintessential part of my life. Each year, each student and each class is a lesson for me to improve and grow as a human being and as a teacher. Of the plethora of remarkable memories that I have had during my tenure as a teacher a few could be enlisted as the most life changing and ever memorable ones.

- i. The first incident that comes to my mind while thinking about memorable experiences as a teacher is the one that I had while escorting my students of Sainik School, Kazhakoottom. I was at the prime of my age, inexperienced in life and teaching but the lesson I learned then is eternal and ever useful. I was 25 years old at time when I had to escort a set of well-trained athletes from Sainik School, for an inter-Sainik school athletic competition held at Sainik School, Andra Pradesh, by train. The cadets got down at Madurai station for refreshment, and had to leave their reserved seats empty, though under my presence. These seats were unwarrantedly occupied by some daily wage workers of a nearby factory, I requested them that those were the reserved and rightful seats of my Sainik School cadets and told them to vacate it immediately. They not only refused to listen but even tried to manhandle me and threatened to beat me up. Immediately, my students reached the scene and encircled me to protect me from those bullies. They formed a formidable barrier of strong young men who could even put down such a big thug gang, some of the students even pulled the chain and brought the TT to solve the issue. The thugs were lawfully pulled out of the train and my children were safely seated on their reserved seats. While I returned, I saw my children crying and some even came and hugged me and told me that I had to face all this trouble and tension for the sake of protecting them. They thought that I had risked my life for their wellbeing and happiness, in turn they were more than willing to risk their life for me. This experience taught me the relentless and deep love that children can give you inreturn for your love. The most beautiful aspect of this is that this affection does not fade with time, many of the above mentioned students are now adorning high positions in military, still the love that they have towards me remain unchanged. This lesson, even though years apart, still reminds me of the

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importance of affection and nurturing that a teacher should necessarily give his/her students, without which teaching remains a mere and barren act of imparting knowledge and facts.

- ii. During my beginner years as a teacher I was a tough and strict master. As time progressed, I realised that the present generation needs lot of love and affection, I learnt that punishments should be replaced with positive reinforcement and therapeutic corrections. Gradually, I started establishing cordial relationship with my students and I enjoyed the intimacy and innocent love that the students had for me.

During the year 2013-14, near to my retirement, I was selected as Vice Principal in 2018 and received a posting at _____ Central School. Since the post was of level 10 and my present post being at 12, I decided to decline the promotion. It was during that period that some of my students in class 11 came to know about my promotion and posting to _____. They were under the impression that I was going to leave them and the school, and that I would not be with them as they were about to finish their school in one more year. They came immediately, with their tender eyes full of tears and humble hearts full of sorrow to requested and beg me not to leave them. A few of them embraced me with tearful eyes and told me to stay at least one more year with them until they finish XIIth. That moment I realised that this compassion and intimacy is the true fruit of my hardwork and service, in their tears of love I saw my Gold medal as a teacher, in their fear of parting with me I saw my true reward. There is no profession nobler than teacher. I understood that no school can raise above the level of teachers.

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ANY UNFORESEEN WORK DURING THE SERVICE OR WORK PERFORMED WITH EXCEPTION IN DIFFICULT SITUATIONS/CONSTRAINTS.

One among the many unforeseen works and challenges that have come up during my service was when I was made the in-charge of All India Medical Entrance Exam conducted in our school, that too in short notice. But, my Principal was my scaffold of support and gave me the much needed guidance for the smooth conduct of the

exam. Even though I had a lot of apprehensions and anxiety about the same, nothing untoward happened.

Second challenging yet enlightening experience was while co-ordination the cultural activities during the Silver Jubilee Celebrations of our school, wherein more than 100 schools participated in more than 100 cultural items. I was entrusted with the conduct and co-ordination of activities such as arranging judges, preparing time schedule for cultural items, etc... I had to single-handedly prepare several important files and forms which included remuneration forms, lists of various cultural items and their time schedules, list of participants and schools, list of judges etc... these being original and duplicate copies were solely under my watchful eyes. Once while I had to leave the school for inviting a judge for Tabla competition, I had to leave these files with a colleague. As soon as I returned it was to find that the files were missing, I searched far and wide and still couldn't find it. I enquired about it to the person whom I had entrusted with the files and all he could say was that he didn't know. I was panic struck and had started to perspire, for I was disheartened at the callousness of this colleague as well as the repercussion of the loss. But, thankfully my age old habit of taking duplicate copies of important documents came as a blessing. I had all the duplicated copies of originals and was saved from major backlashes, penalty and insults. This incident taught me the major and most essential rule of trusting someone- unless someone is found to be true, genuine and constantly honest in his/her day to day endeavours, that person should not be trusted with anything.

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4. MAJOR DIFFICULTIES AND CHALLENGES FACED DURING WORK

A teacher is like a candle which consumes itself to light the way for his/her students. Thus, difficulties become a form of divine self-sacrifice wholeheartedly done for the benefit of future generations. Challenges make the effort all the more rewarding.

The students of Central School are heterogeneous. Low achievers, special students, differently abled, hyper active and high achievers can be found sharing a happy space in all the division of various classes. Teaching them a singular idea or subject can be a very arduous task. But every time such difficulties arise I convince

myself that a students should always be at the shoulder level of the teacher, whatever a teacher cannot perceive should be perceived by the students. To be able to come down to the level of the student is the utmost responsibility of a teacher, be it a slow learner or fast one. With this understanding I have found the challenges slowly disappearing. Other challenges which I have often faced during my teaching career include escorting students for various educational tours and NCC camps, especially when basic amenities and security facilities are scarce. These generally happen when enough time is not made available for booking and arranging food, accommodation etc.... During such circumstances we have to take complete responsibility and care of these children and ensure their health, well-being and safety, like a parent, or even more than a parent.

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5. REASONS FOR JOINING GOVERNMENT AND CONCERNED SERVICE

My humble beginning and underprivileged childhood made me focus on pursuing a permanent and stable source of income for the stability of my family. I was born and raised in a place called _____ in KanyaKumari District and studied in a Malayalam medium village school till XIth std. I completed my pre-university and degree in Scot Christian College, Nagercoil and post-graduation from Kerala University department. Having lost my father at a very young age, and with my mother being the only support system I was destined to support my family and help my mother meet the monetary needs of my household. I was yearning for a Govt. job after my Post-Graduation for which I applied for several jobs and consistently wrote PSC exams.

My destiny, as I would like to believe, decided that I should be a teacher, for I got my first selection as a master at Sainik School, _____. Even while working there I prepared for PSC tests and was lucky enough to be selected into various Govt. sector enterprises like Rubberboard as Junior Field Officer, Scientific Assistant in Forensic Lab, Police Department and PGT post in _____ Central School. My teaching experience and NCC training in Sainik School helped me perform excellently during the interview for the vacant post in _____ Central School. There was only one vacant post and I was selected for the same. I left all other options and joined _____ as this is a renowned and prestigious organisation, and not a moment in my entire service did I regret that decision.

6. CHANGES IN FAMILY OR JOB IN THE LAST 10 YEARS THAT HAVE HAD AN IMPACT.

Being a part of the _____ family has protected and nurtured me from all financial and societal burdens. I could take care and support my old and ailing mother, I could build a home, educate and raise my only son without any obstacles. _____ Central School also proved to be a second home for my son wherein he completed his entire school education. _____ Every necessary material gain that I've gained in my life is a result of my service in this honourable organisation.

I secured my job at _____ after my marriage, my wife is housewife and thus the entire expenditure of my family is borne only through my remuneration from this profession. The job has further transformed me into a better husband, father, teacher and human being. My students who work and make their life in every nook and corner of the world still maintain a cordial relation with me. Teaching is the only profession that teaches all the other professions, it is not only a profession but a mission too.

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7. THE ADVANTAGES AND BENEFITS OF BEING IN THE SERVICE

- i. The service being the only source of income, supports my entire family and helped us grow together to meet the needs of growing economy and societal pressures.
- ii. I can proudly state that none of the students who have passed through our school has ever had to face downfalls in his/her life. We have more than 500 professional medical practitioners, thousands of engineers, teachers, and entrepreneurs all over the world and continue to make our school proud. And, being a part of such an honourable institution has made my life more meaningful and of great service to our future generations.
- iii. As relationships are sweeter than honey, greater than money and taller than any tower so is the bond between a teacher and his student. I was capable of consistently maintaining a warm and intimate relationship with my wards,

colleagues and employees of this pristine school. Be it a visit to a hospital, a village office, a transport office, school or any college for any personal needs, my students who are working there would find me and greet me with the same love and affection that they had while at school. They make sure that my purpose is served without delay or without any sort of burden to me. The privilege I get in such instances overwhelm me with lots of deep emotions and pride. I think about the influence that I, as a teacher and as a human being, have on these children that make them remember me with so much of respect and reverence, and I thank God for making me a teacher.

- iv. My service at Central School had definitely made me a better and a more responsible human being.
- v. Schooling prepares a man for life by teaching values and by manifesting the perfection which is already inherent in him. A teacher creates doctors, engineers, soldiers, artists, lawyers and what not. A doctor's mistake may lead to the burial of a person six feet below the ground, a lawyer's mistake could lead to the hanging of a person six feet above the ground, but a teacher's mistake reflects on all the generations that follows him.

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8. WILLINGESS TO DO VOLUNTARY WORK, IF YES, WHAT AND HOW?

Yes, I would like to embark on cleaning activities, teaching health and hygiene for employees, planting trees and any other social work that can avail my dedicated service.

QUESTIONS FOR GIVING SUGGESTIONS

1. Determination and dedication are the key to success, hard-work and truth shall make one free from miseries.
2. Memorable incidents are life lessons that teach an individual to overcome a difficult situations, these lesson then become experience that further help us survive smoothly in this difficult times.
3. Arduous times at work can be resolved through team spirit and by maintaining humble relationship with our co-workers. Togetherness and unity can be of utmost blessing at a time of crisis or dilemma, and this blessing was never been denied at Central School.

4. A few suggestions from my modest experience can be provided to the Govt. for ensuring better teaching and learning milieu at central schools:
- a. Timely and adequate recruitment of qualified and responsible teachers who are committed to humanity and to the society.
 - b. Teachers' in-service courses should be made mandatory atleast four times during the tenure of a teacher. This could be conducted along with KV teachers and should be made compulsory for promotions and upgradations. Such courses during the service ensure that the teachers are kept abreast of the changes and updates of their subjects and teaching-learning process. These in-service courses prove to be an enriching experience for the teachers for they could meet and greet numerous other teachers from various corners of the country. These teachers could exchange best practices and this could prove to be an enriching activity, which could be used for the betterment of the students.
 - c. Identify and acknowledge dedicating teachers and give deserving rewards.
 - d. Employ experts and form a committee of inspectors to ascertain the quality of teaching-learning process practised in the school, these inspections should ideally be arranged every two years.
 - e. Punishment measures have to be taken against unsubstantial and unwarranted comments made by employees against the institution.
 - f. I would like to advice newly appointed teachers to remember that they are forever students, learning should not stop at the onset of teaching. A good teacher should always be aware of the day-to-day developments around him/her. He/she must be able to answer any question from any field with confidence and authority, only then will the students consider them as true sources of knowledge and wisdom. These teachers should never forget to prepare well and do their homework before going to teach, a mistake made in class while teaching can never be corrected, further it spreads from one generation to another.
A good teacher should strive to make his/her classes as humorous and light-hearted as possible, lesson and knowledge should get absorbed into a child's mind with ease and interest, not with tension and coercion. Teacher should always remember that the amount of teaching does not matter, but the amount of learning is that which truly matters.

Love, is the ultimate tool for a teacher, genuine compassion and care to these students, as if they are their own children, makes a teacher a successful knowledge provider, role-model and most importantly an inspiration.

Give respect to authorities and to parents of wards. Always give constructive feedback to the parents, especially in the case of a slow or problem child. Together a parent and a teacher can make anything possible, they can study and understand his/her areas of interest and support him in the right direction without burdening.

Punctuality is key to a profession like teaching, were students are closely ^{84/89} ~~662/2023-P&PW(CPEN)~~ imitating you and unconsciously imitating you as role-models. Be it reporting to school or to class a teacher should be punctual, and this punctuality will slowly become the character of the students as well. Not just punctuality, good morals, discipline and proper conduct should necessarily become the lifestyle of a teacher.

Every teacher should realise that 'duty without love is deplorable, duty with love is desirable and love with duty is divine'.

ACKNOWLEDGEMENT

Retirement is not the end of a prolific career but the beginning of a more eventful and socially responsible life, superannuation, for me is not a full stop but a comma. It is my due obligation to express my earnest gratitude and reverence to this magnanimous organisation and all the great men who successfully and diligently manage its affairs.

I would like to distinctly extend my acknowledgment to our Director Sir for his immense contribution and concern for the upliftment of every aspect of the school. I've always found it mesmerising as to how Sir could find time in his busy schedule for various needs of school. thus proves to be an organisation that respects the requirements and obligations of its school, which in turn elucidates its social responsibility.

Further, it is my utmost honour to recognise the role of our Chief Controller

Sir in the affairs of our school. His untiring efforts for the benefit and wellbeing of our students, and their psychological and academic development, has always been an inspiration for me.

During my extended tenure, I've never witnessed or come across another Controller who had visited the school as frequently as Sir. Be it counselling the students, or motivating them, or interacting with their parents and teachers, sir has always shown keen and sincere interest, which has evidently shown results in the overall progress of our school and its students.

My gratitude is due to Senior Head PGA Sir, Senior IFA IFA Sir, Head PGA, Senior Administrative Officer Sir, School Administrative Officer

Sir, other Administrative Officers, Administrative Assistants, Scientists, TOMD-head and staff, and all the other departments and employees of with whom I have warm acquaintance during the entire tenure of my service.

Last but certainly not the least in line of importance, I would like to extend my thankfulness to the Principal of Central School, madam for her ever positive and nurturing personality towards the school, students and to her staff. Also, to the Vice Principal madam, to my colleagues, office staff and janitorial staff for their tireless efforts in taking our school to heights of glory.

The true recipients of my genuine gratitude are my students, who have trusted and loved me unconditionally in return for all the knowledge and trust that I had given them. Without them and their inquisitive minds my life would have remained an unfruitful endeavour in pursuit of money and materials. They have made me realise my integral role in the society and in framing new generations of responsible and successful citizens.

I would like to thank Almighty and my parents for leading me in the right path and for making my life and my 'anubhav' worthwhile.

Jai Hind.

VIJAYA KUMARAN NAIR S

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