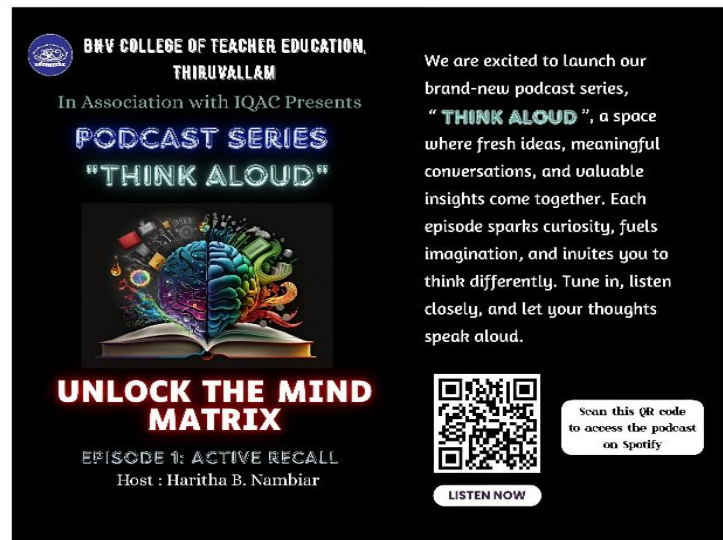


BNV College of Teacher Education PODCAST SERIES “THINK ALOUD”



BNV COLLEGE OF TEACHER EDUCATION,
THIRUVALLAM

In Association with IQAC Presents

PODCAST SERIES
“THINK ALOUD”

**UNLOCK THE MIND
MATRIX**

EPISODE 1: ACTIVE RECALL
Host : Haritha B. Nambiar

We are excited to launch our brand-new podcast series, “**THINK ALOUD**”, a space where fresh ideas, meaningful conversations, and valuable insights come together. Each episode sparks curiosity, fuels imagination, and invites you to think differently. Tune in, listen closely, and let your thoughts speak aloud.

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BNV College of Teacher Education in association with IQAC launched a podcast series titled “THINK ALOUD”, a platform where fresh ideas, meaningful conversations, and valuable insights come together. The series consisted of 16 episodes, each designed to spark curiosity, imagination, and creative thinking.


“THINK ALOUD” was presented by the students of the 2025–2027 batch. The series was launched on 7 January 2026, and new episodes were released every Wednesday. The episodes were framed around a variety of engaging themes. *Unlock the Mind Matrix* focused on study hacks and memory techniques, while *Mindful Munch* dealt with mindfulness and self-regulation practices. *Daily Dose of Science* highlighted the day-to-day applications of science, and *Soul Sparks* shared thought-provoking ideas and reflections. *Career Horizons* explored emerging and future career opportunities, whereas *Yukthi* emphasized moral values and life lessons. *Learning Squad* introduced various digital tools and their educational applications.

Through its diverse themes and engaging discussions, the series successfully encouraged curiosity, critical thinking, self-reflection, and awareness about contemporary topics. The active participation and presentation by the students of the 2025–2027 batch not only enriched the learning experience but also enhanced their communication, collaboration, and creative skills.

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PODCAST SERIES
"THINK ALOUD"



UNLOCK THE MIND MATRIX

EPISODE 1: ACTIVE RECALL
Host: Harsha D. Nambiar

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UNLOCK THE MIND MATRIX

EPISODE 2: POMODORO TECHNIQUE & TEACHING OTHERS
Hosts: Sanjana Sabu & Arya S Nath



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MINDFUL MUNCH - 1

EPISODE 3
HOST: APARNA RG




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MINDFUL MUNCH - 2

EPISODE 4
HOST: FATHIMA & JAYALEKSHMI V S



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MINDFUL MUNCH - 3

EPISODE 5
HOST: POOJA S & SARANYA U



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DAILY DOSE OF SCIENCE

EPISODE 6
HOST: SWATHY AND SHANIMOL



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SOUL SPARKS

PART 1
Host: Abhirami B.S
EPISODE 7



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SOUL SPARKS

PART 2
Host: Navya B.S & Sreelekshmi R.H
EPISODE 8



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SOUL SPARKS

PART 3
Host: Mahida Nasrin A.N & Aleema Thambu
EPISODE 9



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Career Horizons



Part 1

Episode 10
Host: Karthika Revankumar



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Career Horizons



Part 2

Episode 11
Host: Reshma & Lakshmi



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Career Horizons



Part 3

Episode 12
Host: Lekshmi S & Vineetha



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YUKTHI
Part 1
Host: Dr Athira A.R

EPISODE-13



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YUKTHI
PART 2
Host: Saandira V Soman & Ariya Krishnan S R

EPISODE-14



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PODCAST Series
Think Aloud
Learning Squad



Part 1

Episode -15
Host: Sarabhi S



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PODCAST Series
Think Aloud
Learning Squad



Part 2

Episode -16
Host: Shahana Mol D & Minnu S L



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