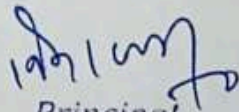


Course Layout

Sr.	Date	Time	Content
1	20-04-2022	10.30-11.30 AM	Meaning and nature of content-cum-methodology
2	21-04-2022	10.30-11.30 AM	Consideration of teaching skills as per content Explanation skill
3	22-04-2022	10.30-11.30 AM	Set Induction Skill
4	23-04-2022	10.30-11.30 AM	Closure skill
5	24-04-2022	10.30-11.30 AM	Use of Example skill
6	25-04-2022	10.30-11.30 AM	Use of Teaching Aids skill
7	26-04-2022	10.30-11.30 AM	Use of black board writing skill
8	27-04-2022	10.30-11.30 AM	Use of Basic Questioning skill
9	28-04-2022	10.30-11.30 AM	Use of open ended and objective questioning skill, Questions for feedback
10	29-04-2022	10.30-11.30 AM	Quiz
			Content Enrichment
11	30-04-2022	10.30-11.30 AM	Structure of subject discipline
12	01-05-2022	10.30-11.30 AM	Analysis of curriculum
13	02-05-2022	10.30-11.30 AM	Analysis of syllabus
14	03-05-2022	10.30-11.30 AM	Analysis of textbook
15	04-05-2022	10.30-11.30 AM	Scope of content
16	05-05-2022	10.30-11.30 AM	Concept map
17	06-05-2022	10.30-11.30 AM	Relation of content with other teaching unit
18	07-05-2022	10.30-11.30 AM	Quiz
			Content Analysis
19	08-05-2022	10.30-11.30 AM	Devis technique
20	09-05-2022	10.30-11.30 AM	Evaluation technique
21	10-05-2022	10.30-11.30 AM	Cognitive psychology
22	11-05-2022	10.30-11.30 AM	Quiz
			Integration of content with methods,skills and Knowledge representation
23	12-05-2022	10.30-11.30 AM	Teaching Method
24	13-05-2022	10.30-11.30 AM	Teaching skills as per content
25	14-05-2022	10.30-11.30 AM	Knowledge Representatiuon
			Pedalogical Analysis
26	15-05-2022	10.30-11.30 AM	Pedalogical analysis of content
27	16-05-2022	10.30-11.30 AM	Questions for evaluation
28	17-05-2022	10.30-11.30 AM	Quiz
			Lesson Planning
29	18-05-2022	10.30-11.30 AM	Lesson planning of specific content
30	19-05-2022	10.30-11.30 AM	Final Examination


 Principal
 Shri Shivaji College of Education
 Amravati.

TWO WEEKS ONLINE CERTIFICATE COURSE IN

YOGIC PRACTICES FOR HEALTHY LIFE

Organized by the Department of Physical Education and Sports

Shri Shivaji College of Education, Amravati

(21 MAY 2022 TO 05 June 2022)

COURSE SCHEDULE

Sr.no	Date	Time		Name of the resource person	Name of the topic
		Theory	Practical		
1	21/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Introduction • Learning objectives • Yoga: meaning and initiation • Origin and history of development of Yoga • Aṣṭāṅga Yoga or Rāja Yoga • The streams of Yoga • The schools of Yoga: Rāja Yoga and Haṭha Yoga • Yogic practices for healthy living
2	22/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Sukhasana • Yoganidrasana • Makarasana • Pavan Muktasana • Dhanurasana • Prasarita Padottanasana • Anantasana
3	23/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • . Sukhasana • Yoganidrasana • Makarasana • Pavan Muktasana • Dhanurasana • Prasarita Padottanasana • Anantasana
4	24/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Bhujangasana • Viparita Karani • Sirsasana

					<ul style="list-style-type: none"> • Sarvangasana • Gomukhasana • Svastikasana • Padmasana • Baddha Konasana
5	25/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • . Durvasasana • Gorakshasana • Virasana • Hanumanasana • Matsyendrasana • Utthita Parsvakonasana • Utthita Padangusthasana • Utthita Vasisthasana • Supta Padangusthasana • Utkatasana Bhujapidasana • Koudinyasana • Balasana • Ardha Chandrasana
6	26/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Balasana • Ardha Chandrasana • Bharadvajasana • Bhekasana • Trivikramasana • Mayurasana • Vrischikasana • Uttanasana • Garudasana • Parshvottanasana • Ashtavakrasana • Simhasana
7	27/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • .Anuloma-viloma • Ujjayi • Shitali • Sitkari • Bhastrika • Bhramari
8	28/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Suryabhedana • Chandrabhedana • Murccha(Theory only) • Plavini(Theory

					only)
9	29/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	Kriyas JalaNeti SutraNeti Dhauti (Vamana,Danda,Vastra) Nauli Kapalabhati Trataka
10	30/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	Bandhas And Mudras 1.JalandharaBandha 2.UddiyanaBandha 3.JichaBandha 4.MulaBandha
11	31/5/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Malasana • Matsyasana • Kurmasana • Kraunchasana • Janusirsasana • Anjaneyasana • Parighasana • Dandasana • Viparita Dandasana • Chaturanga
12	1/06/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Upavista Konasana • Natarajasana • Jathara Parivartanasana • Eka Pada Rajakapotasana • Urdhva Mukha Shvanasana • Halasana • Vajrasana • Virabhadrasana • Salabhasana • Siddhasana
13	2/06/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Marichyasana • Vrikshasana • Chakrasana • Tadasana • Ashtanga Namaskara • Surya Namaskar • Navasana

					<ul style="list-style-type: none"> • Akarna Dhanurasana • Kukkutasana
14	3/06/2022	5.30 to 6.30 PM	6.30 to 7.30 PM	Dr. K N.Watane	<ul style="list-style-type: none"> • Adho Mukha Shvanasana • Adho Mukha Vrksasana • Setu Bandha Sarvangasana • Ustrasana • Paschimottanasana • Shavasana • Trikonasana • Garbha Pindasana
15	4/06/2022	6.00 to 7.00 PM		Dr. K N.Watane	Theory Exam
16	5/06/2022	6.00 to 7.00 PM		Dr. K N.Watane	Practical Exam


 Principal
 Shri Shivaji College of Education
 Amravati.

on

'Content-cum-methodology'

(20 April to 19 May 2022)

Brouchure

Pedagogical shift has become a challenging task for the teachers. The teacher's pre-teaching processing on subject knowledge for teaching purpose can be called content-cum-methodology.

The teacher in his role of a teacher always considered subject knowledge in the context of teaching. Since an isolated thinking about teaching without content is worthless, the concept is termed content-cum-methodology. Content-cum-methodology attaches greater significance to teachers teaching related thinking processes about subject knowledge.

The term 'content-cum-methodology' clearly implies that there will be meaningful integrations of content and teaching developed in student teacher. It is rather the deeper understanding of the concept he is required to teach in the school.

Every teacher needs proper orientation and training in content-cum-methodology on the part of teacher. They should critically study each content unit. They should be able to see each aspect of the teaching through pupil's eye. They should be able to view the pupil's thinking process. If teachers acquire all these abilities and skills, content-cum- methodology will definitely enhance their teaching effectively.

It is necessary to strengthen the knowledge about subject and its discipline. Teacher trainee's approach and their belief towards the subject can be modified with the help of quality training. Teacher must possess high level knowledge about the learning content before he teaches it.

• Objectives of the course on 'content-cum-methodology'

1. To understand the nature and structure of discipline.
2. To understand the importance of the study of curriculum, syllabus and textbooks in the context of teaching performance.
3. To provide information about the process and methods for content enrichment.
4. To enable them to analyse the content to be taught.
5. To help them to select teaching methods and skills according to the nature of the content and pupil characteristics.
6. To facilitate self evaluation of teachers and better understanding of teaching and learning.

• Expected outcome :- Course Learning Outcome (CLO)

By the end of the course students have a deeper understanding of the concept they required to teach in the school. They understand the importance of study of curriculum, syllabus and textbook in the context of teaching performance. They enable to analyse the content to be taught and it facilitate self evaluation of them and better understanding of teaching and learning.

Every student teacher needs proper orientation and training in content-cum-methodology. They should be able to see each aspect of the teaching through pupil's eye. If student teacher acquire all these abilities and skills, content-cum- methodology will definitely enhance their teaching effectively. By considering all these things, the institution organised an add-on course on content-cum-methodology.

Course name -

Content-cum- methodology

• **The topics covered – Course Content**

1. Content-cum-Methodology- Meaning and Nature
2. Consideration of teaching skills as per content
3. Content enrichment
4. Content Analysis
5. Integration of content with methods, skills and knowledge representation.
6. Pedagogical Analysis
7. Lesson planning by using content-cum- methodology

• **Dates -**

1. 20 April 2022 To 18 May 2022
2. Final Examination 19 May 2022

• **Duration -**

1. Four weeks (one month)

• **Methodology of training –**

The course focused on the practical and applied methods by using the following concepts.

1. Presenting the subject matter
2. Involving the students in discussion and group activity
3. Evaluation of their understanding by quiz and final examination
4. After passing the final examination with 40% mark the students were given certificate

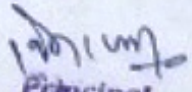
• **Target group –**

1. B.Ed students of the college

• **Number of participants - 50**

• **Faculty -**

1. Dr. Meena K. Rokade
2. Dr. Sanjay B. Khadse
3. Dr. Vanita N. Kale
4. Dr. Kishor J. Kshatriya
5. Dr. Sangita R. Bihade
6. Dr. Amit E. Gawande


Principal
Shri Shivaji College of Education
Amravati

**TWO WEEKS ONLINE CERTIFICATE COURSE
IN
YOGIC PRACTICES FOR HEALTHY LIFE**
Organized by the Department of Physical Education and Sports
Shri Shivaji College of Education, Amravati
(21 MAY 2022 TO 05 June 2022)

Brouchure

Introduction

Yoga is an ancient Indian system and is essentially spiritual. It has potential for both prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

Context and Justification

For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, **Shri Shivaji Science College Amravati** organizes a physical exercise and yoga session. It increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness.

Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.

A piece of yoga practice every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again their sense of joy, spirit combination and communal kinship.

Objectives

Yoga education helps in self-discipline and self-control, leading to immense Amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to

develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

Expected Outcome Course Learning Outcome (CLO)

By the end of the program participants should have a clear understanding that Yoga- It is a Value-added course which helps in stress management, meditation and spiritual upliftment. It would cover several Yogasanas and breathing and mind-control techniques.

Duration: 30 hours

Total modules & Titles of modules:

Module 1 : Yogic Therapy through Traditional Understanding

Module 2 :Asanas

Module 3 : Pranayama

Module 4 : Kriyas

Module 5 : Bandhas And Mudras

Yoga Course Programme:

Area	Part	Head		Mark
Theory	I	1	Internal Assessment and exam	50
Practical	II	5	Internal Assessment	50
			TOTAL	100

SYLLABUS Course Content

The course consists of Theory and Practical,

The Theory paper is of 50 Marks.

Module 1 : Yogic Therapy through Traditional Understanding

- Introduction
- Learning objectives
- Yoga: meaning and initiation
- Origin and history of development of Yoga
- Aṣṭāṅga Yoga or Rāja Yoga
- The streams of Yoga
- The schools of Yoga: Rāja Yoga and Haṭha Yoga
- Yogic practices

Module 2 :Asanas

- Sukhasana
- Makarasana
- Pavan Muktasana
- Dhanurasana
- Anantasana
- Bakasana
- Tulasana
- Pasasana

- Lolasana
- Kapotasana
- Bhujangasana
- Viparita Karani
- Sirsasana
- Sarvangasana
- Gomukhasana
- Svastikasana
- Padmasana
- Baddha Konasana
- Durvasasana
- Gorakshasana
- Virasana
- Hanumanasana
- Matsyendrasana
- Utthita Parsvakonasana
- Utthita Padangusthasana
- Utthita Vasisthasana
- Supta Padangusthasana
- Utkatasana Bhujapidasana
- Ardha Chandrasana
- Bharadvajasana
- Mayurasana
- Vrischikasana
- Uttanasana
- Simhasana
- Matsyasana
- Janusirsasana
- Anjaneyasana
- Dandasana
- Viparita Dandasana
- Natarajasana
- Eka Pada Rajakapotasana
- Urdhva Mukha Shvanasana
- Halasana
- Vajrasana
- Virabhadrasana
- Salabhasana
- Siddhasana
- Marichyasana
- Vrikshasana
- Chakrasana
- Tadasana
- Surya Namaskar

- Navasana
- Akarna Dhanurasana
- Kukkutasana
- Adho Mukha Shvansasana
- Adho Mukha Vrksasana
- Setu Bandha Sarvangasana
- Paschimottanasana
- Shavasana
- Trikonasana

Module 3 : Pranayama

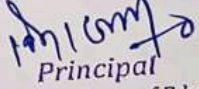
- Anuloma-viloma
- Ujjayi
- Shitali
- Sitkari
- Bhastrika
- Bhramari
- Suryabhedana
- Chandrabhedana
- Murccha(Theory only)
- Plavini(Theory only)

Module 4 : Kriyas

- 1.JalaNeti
- 2.SutraNeti
- 3.Dhauti (Vamana,Danda,Vastra)
- 4.Nauli
- 5.Kapalabhati
- 7.Trataka

Module 5 : Bandhas And Mudras

- 1.JalandharaBandha
- 2.UddiyanaBandha
- 3.JichaBandha
- 4.MulaBandha


 Principal
 Shri Shivaji College of Education
 Amravati.

Shri Shivaji College of Education, Amravati.

Brochure

Four weeks Add-on Certificate Course

On

Enriching Moral Capabilities

01 March 2022 To 30 March 2022

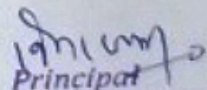
Education should lead to the understanding that the development of one's character finds natural expression in one's efforts to serve others and that action takes out of a genuine desire to serve others refines one's own character. An Individual must be capable of doing in order to contribute effectively to the well being of a community.

• Course content

1. Introduction- Moral Capabilities
2. The Extended Family
3. Society and Community
4. Managing one's affairs with Rectitude of conduct
5. Unity of Action
6. Creating Environment for unity in Diversity

• Course learning Outcome

1. Explores the concept of leadership
2. Acquaintance of extended family, community and society that Development of influence the Individual.
3. Knowledge the capabilities of managing affairs with rectitude of conduct
4. Understanding of the capabilities of creating environment of unity built on diversity.


Principal
Shri Shivaji College of Education
Amravati.

Shri Shivaji College of Education, Amravati

Brochure

Four Weeks Add-on Certificate Course

on

'Communication Skills in English'

(21 March to 19 April 2022.)

English is the most widely spoken language in the world, and it is the primary language used for international business, politics and diplomacy. English is the language of instruction for many Universities and academic programmes around the world. Having strong English communication skills is essential for academic success, as well as for accessing educational resources and opportunities. Many employers require strong English communication skills for jobs that involve international travel, collaboration with colleagues from different countries, or communication with customers or clients from around the world.

Improvement in English communication skills can enhance personal growth by providing access to a wider range of information, literature, and media. It can also help individuals build confidence and develop critical thinking and problem-solving skills. English communication can facilitate cross-cultural exchange and understanding by allowing individuals from different countries and cultures to communicate effectively.

In short, English communication is essential for global communication, academic success, career opportunities, personal growth, and cultural exchange. Strong English communication skills can open up a world of opportunities and contribute to personal and professional success.

Objectives of the course on 'Communication Skills in English'

1. To develop the communication skills of the students
2. To enable students to communicate effectively and properly in real life situation
3. To enhance the communication and presentation skill of students
4. To build up student's confidence in oral and interpersonal communication
5. To educate the students to face the interview effectively and comfortably
6. To enhance the ability of the students to participate in group discussions
7. To help students to become autonomous and self-directed English language learners

Expected Outcome: - Course Learning Outcome (CLO)

By the end of the course students will have language proficiency. Their vocabulary, grammar, and pronunciation will be improved which can enhance their overall proficiency in English. With improved language skills, students will feel more confident when communicating in English, whether in the classroom, workplace, or social settings.

Students will be prepared for future careers that require strong communication skills in English. Important life skills, such as critical thinking, problem-solving, and teamwork will be developed among students which can benefit them both personally and professionally.

By considering all these things, the institution organised an Add-on Course on Communication Skills in English.

Course Name –

Communication Skills in English

The Topic Covered –

1. Introduction to Communication Skills: Verbal Communication and Non-verbal Communication
2. Grammar and Vocabulary Building: To be Forms, Parts of Speech, Tenses, Word-building etc.
3. Interview Techniques: Skills and techniques related to face interview confidently
4. Business Correspondence: Formal and Informal letter writing, E-Communication (Email, Fax), Curriculum Vitae etc.
5. Practice Sessions

Dates –

1. 21 March To 18 April
2. Final Examination 19 April 2022

Duration –

1. Four weeks (one month)

Methodology of Training –

The course focused on the practical and applied methods by using the following concepts.

1. Presenting the subject matter
2. Involving the students in discussion and group activity
3. Evaluation of their understanding by quiz and final examination
4. After passing the final examination with 40% marks the students were given certificates.

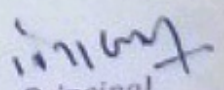
Target Group –

1. B.Ed. students of Shri Shivaji College of Education, Amravati

Number of Participants – 55

Faculty –

1. Dr. Vanita N. Kale
2. Dr. Vaishali N. Kadu
3. Mr. Danial Khandul


Principal
Shri Shivaji College of Education
Amravati.