

**List of student enrolled in the value added course**

Sr.No.	Year of Introduce	Name of the course	Names of the Students
1	Year 2		DHANE YOGITA VIVEK
2			PATIL VIJAYA VILASRAO
3			BHUJBAL AMRUTA BABANRAO
4			BITLA ROHINI CHANDRAKANT
5			BORHADE VIJAYA SUDHIR
6			CHOUBEY SHARMILA
7			AWADHESH
8			DESHMANE NEHA RAJU
9			DESHMUKH MANISHA
10			SANDEEP
11			DIPMALA . .
12			DWIVEDI NAMRATA NARESH
13			DWIVEDI PALLAVI
14			PRAKASHPATI
15			GEDAM YAMUNA VITTHAL
16			GHARE RUTUJA KUNDLIK
17			GIRHEPUNJE MADHURI
18			SURAJLAL
19			KOKANI JITENDRA MANGU
20			KUMAR AVINASH .
21			KUNDARGI MAYURI AMOL
22			LOHAR PRIYA BHIMA
23			MANDAL KASTURI
			SHANKHADEEP
			MANGLANI GEETA
			BHAGWANDAS
			MASCARENHAS AVELIN JOHN
			MENON VRINDA
			ACHUTHANKUTTY
			MORE MANISHA ISHWAR



Kantilal Khinwasara B.Ed. College  
Thergaon, Pune - 411033

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2020-2021

Stress Management

NAGAR APURVA .
NAGOSE SHUBHANGI MAROTI
NARWADE AGNES THOMAS
PAL SWAPNIL DHARAMRAJ
SAINI PAWAN KUMAR
SALUNKHE REKHA RAMDAS
SHARMA BEENA UMASHANKAR
SHELKANDE SUVARNA NANABHAU
SHINDE RADHIKA BAJIRAO
SHITOLE PRANALI RAVINDRA
SHRUTHI R . .
SOMVANSHI PRANITA SANJAYRAO
SURYAWANSHI BHAVANA GAJANAM
TATHE SUNANDA VITTHAL
TIWARI SHASHANK SANTOSH
VAIDYAR ASHA ANAND
VEDPATHAK SONALI VINAYAK
VISHWAKARMA NEELAM VINOD
VIVEK KUMAR ANAND . .
YADAV POONAM RAMCHANDRA
YADAV VARSHA BACHCHELAL Kantilal Khinwasara B.Ed College Thergaon, Pune - 411033



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Year 3

DHALE RENU PRAVIN
DIVYA DUBEY . .
DOLLY KUMARI . .
EKTA GUPTA . .
GALANKAR DIKSHA CHANDRASHEKHAR
GALGATTE VARADA UPENDRA
GONGLE SUJATA VISHWESHWAR
GUPTA MANISH KUMAR . .
. LONGKOI M
ABHISHEK TIWARI . .
AHER MINAKSHI TUKARAM
ANDURE MEGHA SHRINIVAS
ASODEKAR PRIYANKA SATISH
GORE MADHURI SAHEBRAO
GULIG MAYURI ARVIND
GUPTA REKHA SUNIL
ISHITA GUHA . .
JADHAV UJWALA BALAJI
KAKADE SONALI MUKUND
KHAIRNAR ROOPALI NITIN
KULKARNI SUPRIYA SANGRAM
MANALI GANDHI . .
MANDARE SUPRIYA SADANAND
PARGAONKAR AMRUTA RAHUL



Pincipal  
Kantilal Khinwasara B.Ed College  
Thergaon, Pune - 411033

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2021-22

Yoga Course



PARIKH SONAL DHIRAJ
PATIL PRANITA RAJENDRA
PATNI SURBHI KISHOR
PAWAR KOMAL ARVIND
POL AARTI SAHEBRAO
PRATIBHA SINGH . .
PREETHI V . .
PARGAONKAR AMRUTA RAHUL
PARIKH SONAL DHIRAJ
PATIL PRANITA RAJENDRA
PATNI SURBHI KISHOR
PAWAR KOMAL ARVIND
POL AARTI SAHEBRAO
PRATIBHA SINGH . .
PREETHI V . .
AMBETKAR GAYATREE SAKHARAM
BHOSALE RUTUJA SHRAVANKUMAR
BITLA ROHINI CHANDRAKANT
BORHADE VIJAYA SUDHIR
CHOUBEY SHARMILA AWADHESH
DESHMANE NEHA RAJU
DESHMUKH MANISHA SANDEEP
DIPMALA . .
DWIVEDI NAMRATA NARESH
 DWIVEDI PALLAVI Principal
PRAKASHPATI Kantilal Khinwasara B.Ed College Thergaon, Pune - 411033

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Year 4

GEDAM YAMUNA VITTHAL

GHARE RUTUJA KUNDLIK

GIRHEPUNJE MADHURI  
SURAJLAL

SRIPRIYA MUKHERJEE . .

SUCHISMITA MOHANTY . .

SUMANGALA S . .

SUNAINA KUMARI . .

TAMBE RAJENDRA JALINDAR

VARPE SHOBHA SOPAN

VIDYASAGAR RASHMI KETAN

VINITA MALVIYA . .

ANSARI RUKHSANA KHATOON  
MAHFOOZ

ATHWALE PRAPTI  
KRISHNAKANT

BABY KUMARI . .

BANDE RAHUL BABAN

BHOR SUVARNA DHANANJAY

BIKKAD ASHWINI ASHRUBA

KHAN FEMINA  
NOORMOHAMMAD

KHAN SAIRA MOHAMMED  
ISMAIL

KHANDAVE MADHURI  
VINAYAK

KHEDKAR KIRTI SHIVAJI

KHOBRADE SHEETAL

SHANKARRAO



Principal  
Kantilal Khinwasara B.Ed College  
Thergaon, Pune - 411033



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PATIL PRIYANKA VINAYAK
PATIL SONALEE RAMCHANDRA
PATIL VARSHA AMOL
POORNIMA TIWARI . .
PRIYANKA INNANI . .
PUND SHRUTIKA SHASHIKANT
RAJAPURKAR SUPRIYA DEEPAK
RAJMANE DEEPALI SHRIKANT
RAMANDEEP KAUR . .
RINCY BABU . .
SAKPAL TANVI SANDESH
SALUNKE SUJATA WAGHNATH
SALVE SMITA RAVINDRA
SANT PRACHI SANDEEP
SHAIKH KABIR HABIB
MANGALGATTI ALINA SADIQ
MANGALGATTI NAYAB SADIQ
MOMIN AYYAJ MAKABUL
MORE JYOTI NACHIKET
NAIR KARUNA ASHOK
NEWASEKAR MADHAVI ANAND
PANDE SHRADHA VINODKUMAR
PANDEY SARPITA AWDHESH Kantilal Khinwasara B.Ed College Thergaon, Pune - 411033



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Year 5

PARGAONKAR AMRUTA  
RAHUL

PARIKH SONAL DHIRAJ

PATIL PRANITA RAJENDRA

Easter Tsujen

DHUMAL GOURI HANAMANT

DUBEY SHIVANI SANTOSH

FARNANDES MONIKA BASTIN

FULSUNDAR VINAYAK  
SURESH

GAIKWAD KAVITA GANESH

GANORKAR VIDYA PREMRAJ

GAVHANE TANVI YOGESH

Sarwale Poonam

GHUSE POOJA VITTHALRAO

HARADAGE SUPRIYA  
RAMESHWAR

HIMANSHU SHEKHAR . .

INGALE SHOBHA LAXMAN

INGLE SMITA DNYANDEO

INGLE SUREKHA GAJANAN

JADHAV SUPRIYA PARAG

JADHAV SWATI SAMBHAJI

Kantilal Khinwasara B.Ed College

K M ARSHI . .  
Thergaon Pune - 411033





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2023-24

Class Room Management  
Techniques




K.M.PRITI . .
K.M.SUSHMA . .
KADAM DEVKANYA RAJABHAU
KADAM KANCHAN GANESH
KAKADE SNEHAL PRAVIN
KAMBLE NIKHITA VIJAY
KARANDE PRITAM UMESH
KATANGE RAJASHREE ANIL
KATARIA SHALINI PRAMOD
KATARIA SHIVANI PRAMOD
KATE KAJAL SHANKAR
KM NEHA PANDEY . .
KOLGE HARSHALA PRAVIN
KSHIRSAGAR AARTI RAMBHAU
KUKREJA CHANDANI MURLIDHAR
KULKARNI AMRUTA NANDKUMAR
KULKARNI SNEHA RAVINDRA
LINGE ADITI PRAMOD
METHWANI HARSHA DOULATRAM
MORE MANGESH MANOHAR
NALWADE VISHVAJEET NANASAHEB
RAMANDEEP KAUR . .

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RINCY BABU . .
SAKPAL TANVI SANDESH
SALUNKE SUJATA WAGHNATH
SALVE SMITA RAVINDRA
SANT PRACHI SANDEEP
SHAIKH KABIR HABIB
SHIRODE MANISHA MANOHAR
SHREYA ROY . .
SHIRAM VIDHYA HARI
SHRIWAS KHUSHBOO KAILASH
SNEHA KAUSTUBH PANCHI . .
SOLAY SAYALI SHIRISH
ATHWALE PRAPTI
KRISHNAKANT
Chaskar Nikita
BANDE RAHUL BABAN
Aarymane Uma



  
Principal  
Kantilal Khinwasara B.Ed College  
Thergaon, Pune - 411033

BGS's

# KANTILAL KHINWASARA B.ED. COLLEGE

TERGAON, PUNE - 411033

ORGANIZES

VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



*This is to Certify That Mr./Mrs Chaskar Nikita has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**

Principal

Kantilal Khinwasara B.Ed. College  
Thergaon, Pune - 411033

**Dr. Nirmala Tapkeer**

BGS's

# KANTILAL KHINWASARA B.ED. COLLEGE

TERGAON, PUNE - 411033

ORGANIZES

VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



*This is to Certify That Mr./Mrs Easter Tsujen has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**

Principal

Kantilal Khinwasara B.Ed. College  
Thergaon, Pune - 411033

**Dr. Nirmala Tapkeer**

BGS's

# KANTILAL KHINWASARA B.ED. COLLEGE

TERGAON, PUNE - 411033

ORGANIZES

VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



*This is to Certify That Mr./Mrs Sarawale Poonam has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**

Principal

Kantilal Khinwasara B.Ed. College  
Thergaon, Pune - 411033

**Dr. Nirmala Tapkeer**

BGS's

# KANTILAL KHINWASARA B.ED. COLLEGE

TERGAON, PUNE - 411033

ORGANIZES

VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



*This is to Certify That Mr./Mrs Kanchan Kadam has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**

Principal

Kantilal Khinwasara B.Ed. College  
Thergaon, Pune - 411033

**Dr. Nirmala Tapkeer**

BGS's

# KANTILAL KHINWASARA B.ED. COLLEGE

TERGAON, PUNE - 411033

ORGANIZES

VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



*This is to Certify That Mr./Mrs Aarymane Uma has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**

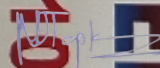
Principal

Kantilal Khinwasara B.Ed. College  
Thergaon, Pune - 411033

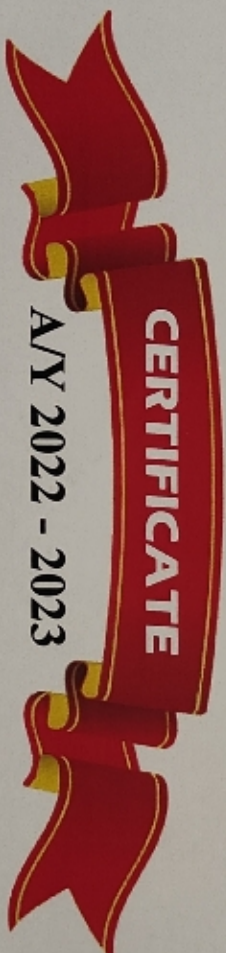
**Dr. Nirmala Tapkeer**

BGS's

**KANTILAL KHINWASARA B.ED. COLLEGE**  
**THERGAON, PUNE - 411033**

  
Principal  
Kantilal Khinwasara B.Ed College  
Thergaon, Pune - 411033

**VALUE ADDED COURSE ON CERTIFICTE COURSE OF  
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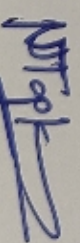


This Is To Certify That Mr./Mrs Yamrae RASENDRA has  
Completed Value Added Course From 1st Oct. To 31st Oct. 2023At  
Kantilal Khinwasara B.Ed. College, Thergaon, Pune - 411033



**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**



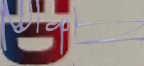
**Principal**

**Dr. Nirjala Tapkeer**

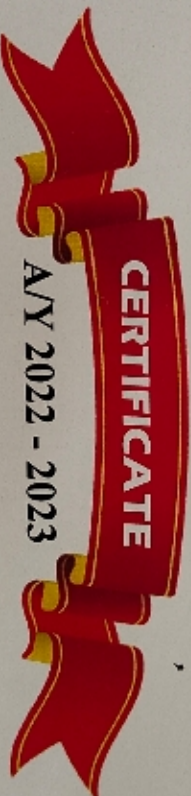


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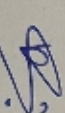
**KANTILAL KHINWASARA B.ED. COLLEGE**  
**THERGAON, PUNE - 411033**

  
Principal  
Kantilal Khinwasara B Ed College  
Thergaon, Pune - 411033

**VALUE ADDED COURSE ON CERTIFICITE COURSE OF  
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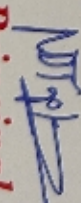


This Is To Certify That Mr./Mrs ANRUTA PARGONKAR has  
Completed Value Added Course From 1st Oct. To 31st Oct. 2023At  
Kantilal Khinwasara B.Ed. College, Thergaon, Pune - 411033

  
**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**



  
**Principal**

**Dr. Nirrnala Tapkeer**

**Academic Year-2023-2024**  
**Value Added Course on**  
**Classroom Management Techniques.**



**Duration-30hrs**  
**From 1<sup>st</sup> Feb. to 29<sup>th</sup> Feb.2024**

**Coordinator,**  
**Asst.Prof.Mrunalini Patil**

**Principal,**  
Kantilal Khinwasara B.Ed College  
**Dr.Nirmala Tapke**  
Thergaon, Pune - 411053

# **Title: Certification Program in Classroom Management Techniques**

**Duration-30hours.**

**Objectives-** 1 Understand the importance of classroom management

2 Develop strategies for managing student behavior

3 Learn effective communication techniques

4 Understand how to create a positive learning environment

5 Develop a classroom management plan

6 Learn classroom management techniques.

**Course Outline-**

## **Module 1: Introduction to Classroom Management (5 hours)**

- Defining classroom management
- Importance of classroom management
- Key elements of effective classroom management

## **Module 2: Understanding Student Behavior (4 hours)**

- Understanding student motivations and needs
- Recognizing and addressing diverse learning needs
- Understanding student behavior and misbehavior

## **Module 3: Strategies for Managing Student Behavior (6 hours)**

- **Positive reinforcement techniques**
- **Redirection and refocusing strategies**
- **Encouraging active participation**
- **Managing disruptions and conflicts**

#### **Module 4: Effective Communication Techniques (5 hours)**

- **Verbal and nonverbal communication**
- **Active listening and empathy**
- **Clear and concise instruction**
- **Providing feedback and encouragement**

#### **Module 5: Creating a Positive Learning Environment (5 hours)**

- **Building relationships with students**
- **Establishing classroom expectations**
- **Creating a safe and inclusive environment**
- **Encouraging student engagement**

#### **Module 6: Classroom Management Plans and Strategies (5 hours)**

- **Developing a classroom management plan**
- **Implementing classroom management strategies**

- Monitoring and evaluating student behavior
- Reflecting on classroom management practices

**Assessment-Mcq and Practical(40+10)**

**After successfully completion of the course participants will be awarded a certificate.**



# Report

## Certificate Course on Classroom Management Techniques: Completion Report

### Course Details:

- Course Title: Classroom Management Techniques
- Duration: 30 hours
- Dates: From 1<sup>st</sup> Feb.to 29 th Feb.2024
- Venue: Seminar Hall,K.k.B.Ed.College.
- Number of participants: 25

**Objectives:** - 1 Understand the importance of classroom management

2 Develop strategies for managing student behavior

3 Learn effective communication techniques

4 Understand how to create a positive learning Environment.

5Develop a classroom management plans.

6 Learn classroom management techniques.

### Course Overview:

The 30-hour Certificate Course on Classroom Management Techniques was designed to provide teachers with practical strategies and techniques to manage their classrooms effectively.

The course covered topics such as:

- Understanding student behavior and motivations
- Creating a positive learning environment
- Strategies for managing student behavior

- Effective communication techniques
- Building relationships with students
- Effective class management techniques

### **Course Outcomes:**

- Participants demonstrated a clear understanding of effective classroom management techniques
- Participants showed improvement in their ability to create a positive learning environment
- Participants learn skills to manage student behavior and promote academic engagement

### **Feedback :**

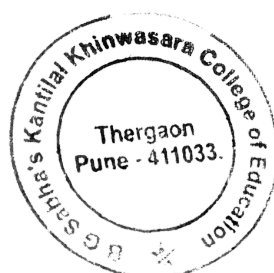
- Participants provided positive feedback on the course content and delivery
- Participants reported feeling more confident in their ability to manage their classrooms
- Participants suggested that the course should be made a mandatory requirement for all teachers


### **Recommendations:**

- Offer the course as a regular professional development opportunity for teachers

### **Conclusion:**

The Certificate Course on Classroom Management Techniques was a success, with participants demonstrating a clear understanding of effective classroom management techniques. As the coordinator, I am proud of the impact this course has had on Student-teachers and look forward to offering it again in the future.



  
Principal  
Kantilal Khinwasara B.Ed College  
Thergaon, Pune - 411033






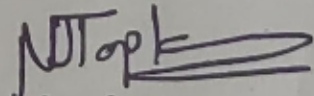
Kantilal Khinwasara B.Ed.College,Thergaon,pune-33

Notice

Date-23/01/2024

All students are informed that we are happy to announce Under Value Added Course we are going to conduct 30hrs short course on "Classroom Management Techniques".So interested students enroll your names and for further details contact Mrs.Mrunalini Patil

  
IQAC coordinator,  
Mrunalini Patil

  
Principal,  
Dr.Nirmala Tapkeer

Principal  
Kantilal Khinwasara B.Ed College  
Thergaon, Pune - 411033

# Kantilal Khinwasara B.Ed.College, Thergaon, pune-33

A/Y-2023-2024 Student Attendance

Value Added Course-Classroom Management Techniques

Kantilal Khinwasara B.Ed.College, Thergaon, Pune

A/Y- 2023-24

1st Feb to 29 2024

ATTENDANCE		S																														
No.	Name of Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	Arjeemane	P	P	P			P	P	P	P		P	P	P	P	P					P		P	P	P		P	P	P			
2	Vanvari	P	P	P		P	P	P	P	P		P	P	P	P	P					C	P	P	P	P		P	P	P			
3	Methwani	P	P	P		P	P	P	P	P		P	P	P	P	P					H	P	P	P	P		P	P	P			
4	Sheetal Raj	P	P	P		P	P	P	P	P		P	P	P	P	P					H	P	P	P	P		P	P	P			
5	Sneha Jadhav	P	P	P		P	P	P	P	P		P	P	P	P	P					A	P	P	P	P		P	P	P			
6	S. Jadhav	P	P	P		P	P	P	P	P		P	P	P	P	P					T		P	P	P		P	P	P			
7	M. Yeelav	P	P	P		P	P	P	P	P		P	P	P	P	P					R	P	P	P	P		P	P	P			
8	N. Vaishnav	P	P	P		P	P	P	P	P		P	P	P	P	P					A	P	P	P	P		P	P	P			
9	K. Chaudhari	P	P	P		P	P	P	P	P		P	P	P	P	P					A	P	P	P	P		P	P	P			
10	Gore M.	P	P	P		P	P	P	P	P		P	P	P	P	P					T		P	P	P		P	P	P			
11	Ambedkar	P	P	P		P	P	P	P	P		P	P	P	P	P					T		P	P	P		P	P	P			
12	Shreehar C.	P	P	P		P	P	P	P	P		P	P	P	P	P					T		P	P	P		P	P	P			
13	Karande	P	P	P		P	P	P	P	P		P	P	P	P	P					S	P	P	P	P		P	P	P			
14	Thakre P.	P	P	P		P	P	P	P	P		P	P	P	P	P					H	P	P	P	P		P	P	P			
15	Arote A.	P	P	P		P	P	P	P	P		P	P	P	P	P					J	P	P	P	P		P	P	P			
16	R. Arora	P	P	P		P	P	P	P	P		P	P	P	P	P					Y	P	P	P	P		P	P	P			
17	Chaskar N.	P	P	P		P	P	P	P	P		P	P	P	P	P					A		P	P	P		P	P	P			
18	Kadam K.	P	P	P		P	P	P	P	P		P	P	P	P	P					J	P	P	P	P		P	P	P			
19	Easter	P	P	P		P	P	P	P	P		P	P	P	P	P					J	P	P	P	P		P	P	P			
20	R. Mishra	P	P	P		P	P	P	P	P		P	P	P	P	P						P	P	P	P		P	P	P			
21	Koalgey	P	P	P		P	P	P	P	P		P	P	P	P	P					M		P	P	P	P		P	P	P		
22	Gavane T.	P	P	P		P	P	P	P	P		P	P	P	P	P					J	P	P	P	P		P	P	P			
23	Shelar S.	P	P	P		P	P	P	P	P		P	P	P	P	P					A	P	P	P	P		P	P	P			
24	Shelar A.	P	P	P		P	P	P	P	P		P	P	P	P	P					Y	P	P	P	P		P	P	P			
25	Sawale Pooam	P	P	P		P	P	P	P	P		P	P	P	P	P					A											

Co-ordinator

Principal NTopk  
Kantilal Khinwasara B.Ed College  
Thergaon, Pune - 411033

BGS's

# KANTILAL KHINWASARA B.ED. COLLEGE

TERGAON, PUNE - 411033

ORGANIZES

VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



*This is to Certify That Mr./Mrs Chaskar Nikita has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

*Co-Ordinator*

*Asst. Prof. Mrunalini Patil*



*Principal*

*Principal*  
Kantilal Khinwasara B.Ed College  
*Dr. Nirmala Tapkeer*  
Thergaon, Pune

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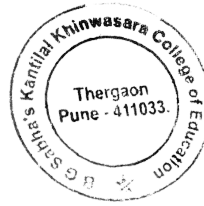
VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



This is to Certify That Mr./Mrs Easter Tsujen has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033

*[Signature]*  
**Co-Ordinator**

**Asst. Prof. Mrunalini Patil**



*[Signature]*

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Kantilal Khinwasara B.Ed College  
**Dr. Nirmala Tapkeer**

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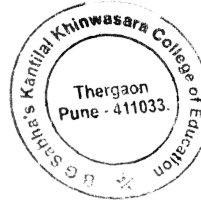
VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



*This is to Certify That Mr./Mrs Sarawale Poonam has  
Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
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*Asst. Prof. Mrunalini Patil*



*Principal*

*Principal  
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Thergaon, Pune - 411033  
Dr. Nirmala Topkeer*

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VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



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Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

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*Asst. Prof. Mrunalini Patil*



*Principal*

Principal

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Thergaon, Pune - 411033

*Dr. Nirmala Tapkeer*

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ORGANIZES

VALUE ADDED COURSE ON CLASSROOM MANAGEMENT TECHNIQUES



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Completed Value Added Course on "Classroom Management Techniques"  
From 1st Feb. To 29th Feb. 2024 at Kantilal Khiwansara B.Ed. College,  
Thergaon, Pune - 411033*

*Co-Ordinator*

*Asst. Prof. Mrunalini Patil*



*Principal*

*Dr. Nirmala Tapkeer*  
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**PRINCIPAL**  
Dr. Nirmala Tapkeer  
( M.A.M.E.d Ph.D ) ( Edu. )

**Academic Year-2020-2021**

**B.Ed.Students**

**ORGANISES**

**Value Added Course**

**Stress Management Course**



**Duration: 30Hrs.**

**From-1stDec. to 31st Dec.2020**

**Coordinator**

**Asst.Prof.Mrunalini Patil**



**Principal**

**Dr.Nirmala Tapkeer**  
Thergaon, Pune - 411033





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**PRINCIPAL**  
Dr. Nirmala Tapkeer  
( M.A.M.E.d Ph.D) ( Edu. )

**Academic Year 2021-2022**

**ORGANISES**

**For B.Ed.Students**

**Value Added Course**

**Yoga Course**



**Duration: 30Hrs.**

**From-1<sup>st</sup> Dec. to 31<sup>st</sup> Dec.2021**

**Coordinator**

**Asst.Prof.Mrunalini Patil**



Principal

**Kantilal Khinwasara B.Ed College**

**Thergaon, Pune - 411033**

**Dr.Nirmala Tapkeer**



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**PRINCIPAL**  
Dr. Nirmala Tapkeer  
( M.A.M.E.d Ph.D ) ( Edu. )

**Academic Year 2022-2023**

**ORGANISES**

**For B.Ed.Students**

**Value Added Course**

**Personality Development**



**Duration: 30Hrs.**

**From-1<sup>st</sup> Dec. to 31<sup>st</sup> Dec.2022**

**Coordinator**  
**Asst.Prof.Mrunami Patil**



**Principal**  
**Dr.Nirmala Tapkeer**  
Principal

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**PRINCIPAL**  
Dr. Nirmla Tapkeer  
(M.A.M.E.d Ph.D) ( Edu. )

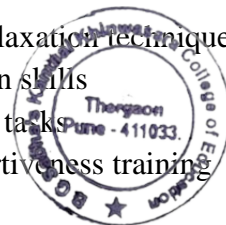
## Title: Certification Program in Stress Management


Duration: 30 hours

Objective: The Certification Program in Stress Management aims to equip participants with the knowledge, skills, and techniques necessary to effectively manage and mitigate stress in both personal and professional environments. Through a comprehensive curriculum, participants will learn about the physiological, psychological, and emotional aspects of stress, as well as various strategies and practices to cope with and reduce stress levels.

### Course Outline:

- **Module 1: Understanding Stress**
  - Introduction to stress: Definition, types, and causes
  - Physiological responses to stress: Fight-or-flight response, stress hormones
  - Psychological and emotional effects of stress
  - Impact of stress on physical health, mental well-being, and productivity
  
- **Module 2: Stress Assessment and Identification**
  - Self-awareness: Recognizing signs and symptoms of stress in oneself and others
  - Stress assessment tools and techniques
  - Identifying stressors in personal and professional life
  - Understanding individual stress tolerance levels
  
- **Module 3: Coping Strategies**
  - Stress management techniques: Relaxation techniques, mindfulness, deep breathing exercises
  - Time management and organization skills
  - Setting boundaries and prioritizing tasks
  - Effective communication and assertiveness training
  
- **Module 4: Lifestyle Modifications**
  - Importance of nutrition, exercise, and sleep in stress management



  
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**PRINCIPAL**  
Dr. Nirmla Tapkeer  
(M.A.M.E.d Ph.D) ( Edu. )

- Healthy lifestyle habits for stress reduction
  - Balancing work, family, and social life
  - Strategies for maintaining a healthy work-life balance
- 
- **Module 5: Workplace Stress Management**
    - Identifying stressors in the workplace
    - Creating a supportive work environment
    - Stress management policies and programs
    - Employee assistance programs and resources

Evaluating the effectiveness of stress management techniques

Assessment:

Written assignments


Case studies

Practical exercises

Final project: Developing a personalized stress management plan

Certification: Participants who successfully complete the program and meet the assessment criteria will be awarded a Certificate in Stress Management.



  
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**PRINCIPAL**

Dr. Nirmala Tapkeer  
(M.A.M.E.d Ph.D) ( Edu. )

## VALUE ADDED COURSE TITLE: Personality Development

### Course Overview:

This course aims to enhance personal growth and development by focusing on various aspects of personality. Participants will learn practical skills and strategies to improve self-

awareness, communication, confidence, emotional intelligence, and other key areas that contribute to personal and professional success.

**Course Duration:** For 2 Credits

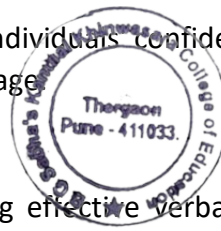
30 hours

### OBJECTIVES OF PERSONALITY DEVELOPMENT COURSE

1. Self-awareness: Helping individuals gain a deeper understanding of their own strengths, weaknesses, values, beliefs, and personality traits.

2. Self-confidence and self-esteem: Building individuals' confidence in their abilities, enhancing their self-esteem, and promoting a positive self-image.

3. Effective communication skills: Developing effective verbal and non-verbal communication skills, including active listening, assertiveness, and clarity in expressing thoughts and ideas.



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**PRINCIPAL**

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(M.A.M.E.d Ph.D) ( Edu. )

4. Interpersonal skills: Enhancing individuals' ability to build and maintain healthy relationships, including skills such as empathy, conflict resolution, teamwork, and networking.
5. Adaptability and resilience: Equipping individuals with the skills to adapt to change, handle stress, bounce back from setbacks, and maintain a positive attitude in challenging situations.
6. Time management and goal setting: Teaching individuals effective time management techniques, prioritization, and setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals.
7. Continuous self-improvement: Encouraging individuals to embrace lifelong learning, personal growth, and continuous self-improvement in various aspects of their lives.

**Syllabus:**

Unit 1: Introduction to Personality Development

- Understanding the concept of personality
- Importance of personality development
- Assessing personal strengths and weaknesses

Unit 2: Self-Awareness and Self-Reflection

- Techniques for self-reflection and introspection
- Identifying values, beliefs, and personal goals



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Unit 3: Effective Communication Skills

- Verbal and non-verbal communication



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**PRINCIPAL**

Dr. Nirmla Tapkeer  
(M.A.M.E.d Ph.D) ( Edu. )

- Active listening and empathetic communication
- Assertiveness and conflict resolution

Unit 4: Building Confidence and Self-Esteem

- Overcoming self-doubt and negative self-talk
- Techniques for building self-confidence
- Developing a positive self-image
- Cultivating a positive mindset

Unit-5 : Public Speaking and Presentation Skills

- Overcoming public speaking anxiety
- Structuring and delivering effective presentations
- Non-verbal communication in public speaking



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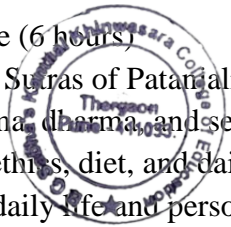
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**PRINCIPAL**

Dr. Nirmla Tapkeer  
(M.A.M.E.d Ph.D) ( Edu. )

## Value added Program for Basic Yoga

- Week 1: Introduction to Yoga (6 hours)
  - Overview of yoga: history, philosophy, and branches
  - Introduction to the eight limbs of yoga (Ashtanga Yoga)
  - Basic principles of yoga practice: alignment, breath, and mindfulness
  - Understanding the role of yoga in holistic well-being
- Week 2: Asana Practice (10 hours)
  - Introduction to foundational yoga asanas
  - Alignment principles for key yoga poses
  - Sun Salutations (Surya Namaskar) and variations
  - Standing poses, forward bends, backbends, twists, and balances
  - Modifications and variations for different body types and abilities
- Week 3: Pranayama and Meditation (8 hours)
  - Introduction to pranayama: breath awareness and control
  - Basic pranayama techniques: Ujjayi breath, Kapalabhati, Nadi Shodhana (alternate nostril breathing)
  - Introduction to meditation: techniques for concentration and relaxation
  - Practice of guided relaxation and mindfulness meditation
- Week 4: Yoga Philosophy and Lifestyle (6 hours)
  - Study of classical yoga texts: Yoga Sutras of Patanjali, Bhagavad Gita
  - Principles of yoga philosophy: karma, dharma, and self-realization
  - Understanding the yogic lifestyle: ethics, diet, and daily routine
  - Integration of yoga principles into daily life and personal practice
- Weekend Workshop: Teaching Methodology and Practicum (4 hours)
  - Basics of sequencing: structuring a yoga class for beginners
  - Effective communication and cueing skills





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Hands-on adjustments and modifications

Practice teaching sessions with feedback and guidance

Assessment and Certification

Written exam: covering theory, philosophy, and anatomy related to yoga practice

Practical exam: demonstrating proficiency in teaching basic yoga asanas and leading guided relaxation/meditation sessions

Attendance and participation in all sessions



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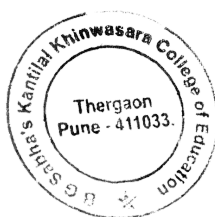
**PRINCIPAL**  
Dr. Nirmala Tapkeer  
(M.A.M.E.d Ph.D) ( Edu. )


**Academic Year 2023-24**

**Date 1 February 2024 to 29 February 2024**

Days/ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.00am To 12.00pm	Introduction to Classroom Management	Understandi ng Student Behavior	Strategies for Managing Student Behavior	Effective Communicati on Techniques	Creating a Positive Learning Environment	Classroom Management Plans and Strategies

  
IQAC Co-ordinator



  
Principal  
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Thergaon Pune - 411033



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**PRINCIPAL**  
Dr. Nirmala Tapkeer  
(M.A.M.E.d Ph.D) ( Edu. )


**Academic Year 2022-23**

**Date 1 December 2022 to 31 December 2022**

Days/ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.00am To 12.00pm	Introduction to Personality Development	Self- Awareness and Self- Reflection	Effective Communicatio n Skills	Building Confidence and Self- Esteem	Public Speaking and Presentation Skills	-

  
IQAC Co-ordinator



  
Principal  
Kantilal Khinwasara B.Ed College  
Thergaon Pune - 411033