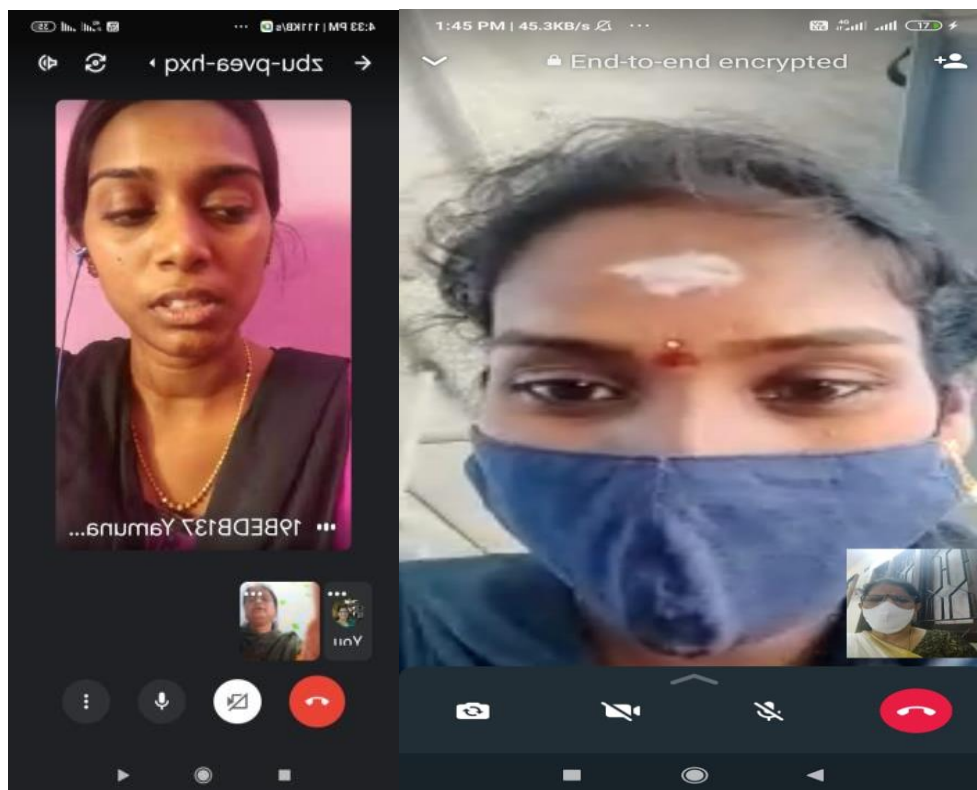


## 4. Skills/ Competencies

### 1. Emotional Intelligence

#### (i). GUIDANCE & COUNSELLING CELL

#### Community Extension Programme - You Share & We Care



Guidance & Counselling Cell of the N.K.T. National College of Education was initiated in the year 2010, with the aim of providing guidance and counselling services to students. The Cell aims to journey with students in their life by helping them build more resources within themselves, remove barriers to their growing potential and feel more equipped and confident to find their way in the world outside the College campus.

The Guidance & Counselling Cell focuses to provide comprehensive guidance services that will equip students with necessary knowledge, attitude and skills to become mature and socially responsible individual. The Cell nurtures students through different activities and allows students to cross hurdles throughout the academic year thereby marching smoothly towards success.

## Objectives

The objectives of the Guidance & Counselling Cell are:

- To promote a humane society;
- To provide comprehensive counseling services that will equip students with obligatory knowledge, approach and aptitude to become mature and socially responsible individuals;
- To identify and develop the abilities and interests of students;
- To facilitate scholars to unravel their Personal, Academic and Psychological issues;
- To develop a positive angle and behavior to meet the challenges of society;
- To create and guide students along their career path;
- To conduct workshops, seminars and special events to assist students in career planning;
- To acknowledge their strength and overcome weaknesses, if any;
- To accustom them in their professional career ahead; and
- To conduct Psychological testing in various domains of Teacher Education.

## The Members of the Guidance & Counselling Cell

Convener	-	Dr. S. Chamundeswari, Principal
Coordinator	-	Dr. S. Malathi, Associate Professor
Counsellors	-	Mrs. A.H. Komala, Assistant Professor of Economics- Education
	-	Dr. K. Vijaya, Assistant Professor of Education
	-	Mrs. S. Rajamani, Assistant Professor of Special Education

The Guidance & Counselling Cell of N.K.T. National College of Education for Women, provides personal, educational, career and vocational guidance to students, Faculty members, and non teaching staff. Personal Counselling Sessions are conducted at the Centre by qualified and experienced Counsellors of our College to help the clients to resolve any kind of problems that they might face. The client-oriented counseling are conducted on a

one-to-one basis with each student where the Counsellor brings an utterly non-judgmental attitude. Besides career-related problems, personal issues are also dealt with. Confidentiality is a legal requirement of counseling, and is strictly maintained. Thus the Counseling Cell provides a platform for students to pursue both their professional and personal goals with greater self-awareness, self-esteem, understanding and a focus.

The Guidance and Counselling Cell is looked after by experienced teaching faculty members. Apart from the main in-charge the other faculty members take up specific roles in the various activities conducted. The Cell identifies students who require services on priority along with their areas of deficiency and suggest the improvement required. The students are identified are given academic as well as personal counselling.

The Guidance & Counselling Cell provides a happy and comfortable environment for students to discuss the social issues such as confidence issues, choosing the right career path, making choices in the various parts of life, self-doubt, peer pressure, and relationship issue.

The Guidance & Counselling Cell encourages students to understand themselves and the issues that trouble them and guides them to resolve their problems. These problems can be personal, emotional, social, family, peer, academic, sexual, etc. This is done through individual or group counseling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle.

The ultimate goal of Counselling Cell is to facilitate positive behavior changes, improving the student's ability to establish and maintain relationships socially, promoting their decision making process, helping the student to understand their own potential and cope effectively with the problems they face.

### **Services Extended by the Guidance & Counselling Cell**

- The Counseling Cell functions in co-ordination with the Placement Cell to unravel career steering connected issues. In association with the Physical Education Club,

Yoga sessions are conducted for the mental well being of our students every year. Apart from this, extensive services provided are

- Dealing with behavioral and emotional problems impacting the normal functioning of an individual
- Individual Counseling
- Help coping with challenging life circumstances
- Assessing through Psychological modes
- Identifying underlying reasons for behavioral, academic and emotional problems employing psychological testing
- Helping people to develop new ways of relating with one another
- Disseminating information on courses, careers, professions and specialized studies in India and abroad
- Conducting Workshops, Guest Lectures and Seminars on Soft Skills and other needed areas

### **Online Counselling Service: YOU SHARE & WE CARE**

The outbreak of the pandemic has led to various issues for students such as academic disruption, uneven routine, restricted social contact, and more. Amid all the turmoil, online counselling during covid seems to be a smart way to engage with students and guide them towards the right path. Without any shred of doubt, students' lives have gone upside down during the Covid crisis. The lack of social contact and restrained group activities have resulted in sheer loneliness and trouble sleeping. Some students are worried about what their academic future holds whereas some are distressed while confined in their homes. The psychological consequences of the pandemic are umpteen, however, such challenges can be overcome with proper online counselling sessions.

The Guidance & Counselling Cell of N.K.T. National College of Education for Women, extended their guidance and counseling services through online platform to women and students in the community.



Approximately more than 50 calls were attended, counseled and guided by the experts of the Cell. For the community women's call was mostly related to financial stress, depression and anxiety about the future. And most of the students' call was related to examination fear, anxiety and loneliness caused during this lockdown situation. Students were also worried about the parents in this crisis. Students also shared their feeling about fear, stress and worried about their carrier.

G form for Counseling enquiry was made available in the College Website [www.nktnce.ac.in](http://www.nktnce.ac.in) for Registration.

The following clients approached the Guidance & Counseling Cell for in-depth counseling in the Year 2020-2021 in the You Share & We Care Programme

S.No.	Name of the Client	Category	Date of 1 <sup>st</sup> Counseling <sup>t</sup> Appointment	Name of the Counselor	Mode of Counseling
1.	Mrs. Rani	Working Woman	28.04.2021	Mrs. S. Rajamani	over phone
2	Ms. Danam	Working Woman	03.05.2021	Mrs. S. Rajamani	Over phone
3	Mrs. Krishnavani	House wife	05.06.2021	Mrs. S. Rajamani	Over phone
4	Mrs. Mythili	House wife	24.05.2021	Mrs. S. Rajamani	Over phone

### Counselling for In - house Students

S.No.	Name of the Client	Ist Counseling Appointment date	Name of the counselor	Mode of counseling online Google meet link
1.	Ms.K. Yamuna	11.05.2021	Mrs. S. Rajamani	<a href="https://meet.google.com/zbu-pvea-hxq">https://meet.google.com/zbu-pvea-hxq</a>
2.	Ms. V.Kamali	15.05.2021	Dr.S.Malathi	<a href="https://meet.google.com/tfh-iwbj-jmr">https://meet.google.com/tfh-iwbj-jmr</a>
3.	Ms. P. Hemelatha	31.08.2021	Dr. S. Malathi	<a href="https://meet.google.com/vzo-vhbc-xnr">https://meet.google.com/vzo-vhbc-xnr</a>
4.	Ms. J.Jeevitha	13.05.2021	Dr. S. Malathi	<a href="https://meet.google.com/tfh-iwbj-jmr">https://meet.google.com/tfh-iwbj-jmr</a>
5.	Ms. R.Malathi	16.04.2021	Mrs. S. Rajamani	<a href="http://meet.gppgle.com/ceb-ciej-pyu">http://meet.gppgle.com/ceb-ciej-pyu</a>
6.	Ms. V. Devi	25.05.2021	Dr. S. Malathi	<a href="https://meet.google.com/fuc-ensh-ofb">https://meet.google.com/fuc-ensh-ofb</a>
7.	Ms. M.S. Sangeetha Vani	29.05.2021	Dr. K. Vijaya	<a href="https://meet.google.com/qpr-pigc-kmq">https://meet.google.com/qpr-pigc-kmq</a>
8.	Ms. S.Jagdeswari	29.05.2021	Mrs. S. Rajamani	<a href="https://meet.google.com/qpr-pgic-kmq">https://meet.google.com/qpr-pgic-kmq</a>
9.	Mrs. S. Vijimathi	17.06.2021	Mrs. S. Rajamani	<a href="https://meet.google.com/tdc-yizx-qhy">https://meet.google.com/tdc-yizx-qhy</a>
10.	Ms. D.K. Selvarani	07.09.2021	Dr. S. Malathi	Offline

### Other Activities

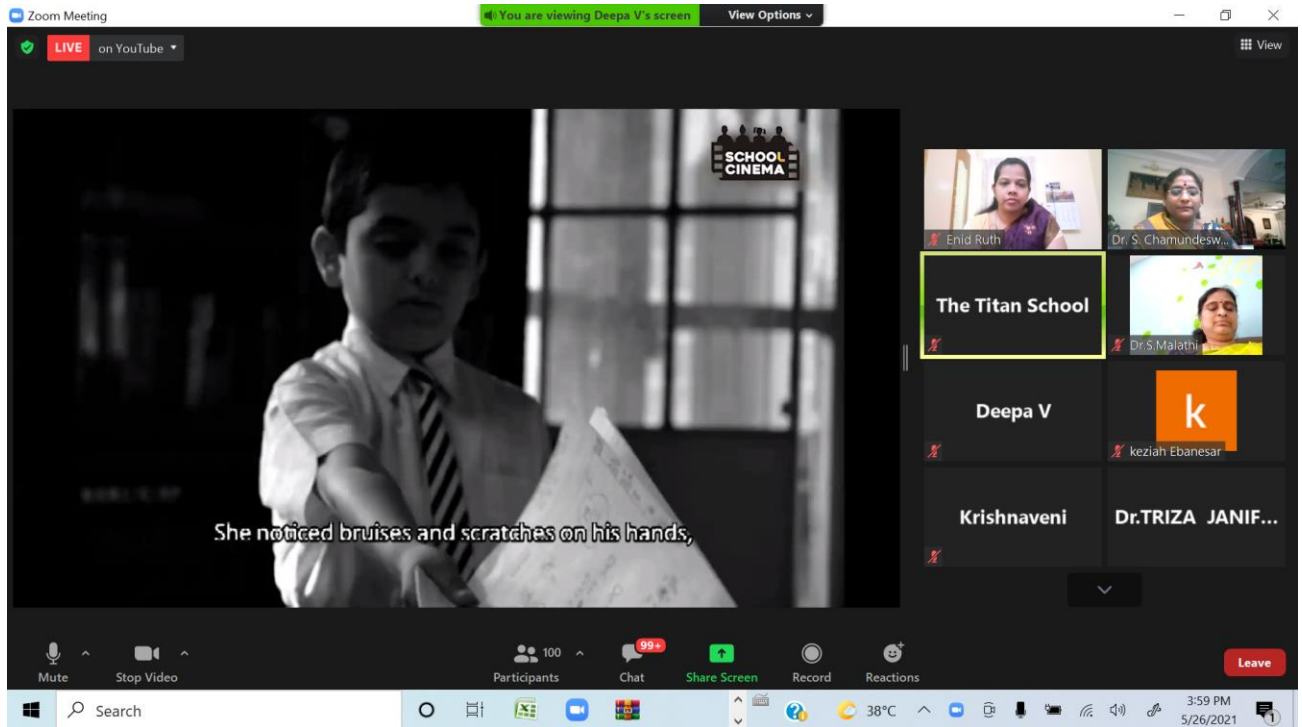
The Guidance & Counselling Cell of the College apart from counselling organized programmes for the benefit of the students, Faculty members, Non-Teaching Staff and all in the Community.



National Webinar on Managing Exam Anxiety amidst the pandemic by Ms. K. Anandhalakshmi, Lecturer, Department of Clinical Psychology, NIPMD, Chennai on 12<sup>th</sup> May, 2021.



Conducted National Webinar on Emotional Wellbeing of Teachers and student amidst the Pandemic by Mr. K. Veerapandian, Consultant Psychologist on 19<sup>th</sup> May 2021



National Webinar on 21<sup>st</sup> Century Competencies for future teachers as a career by Mrs. Sajeetha Bharathi, Principal, The Titan School, Hosur on 26<sup>th</sup> May 2021.

## (ii). Community Extension & Outreach Activity

### National Webinar on Emotional Wellbeing of Teachers & Students amidst the Pandemic

**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN (AUTONOMOUS)**  
Re-accredited with 'A Grade (CGPA 3.26 /4.00) by MRC  
Affiliated to Tamil Nadu Teachers Education University, Chennai, Tamil Nadu.

Guidance & Counselling Cell  
Cordially invites you for a  
**National Webinar**  
On  
**'Emotional Wellbeing of Teachers and Students amidst the Pandemic'**

MAY 19 2021 3 p.m

Resource Expert  
  
**Mr. K. Veerapandian**  
Consultant Psychologist

**CLICK HERE**

Join the webinar through ZOOM

\* No Registration fee  
\* E-Certificates for all

**Organizing Committee**

  
Dr. S. Malathi  
Convener  
Dean of Academics

  
Dr. S. Chamundeswari  
Principal  
Programme Director

**Organizing Secretaries**

  
Mrs. S. Rajamani  
Assistant Professor  
Organizing Secretary

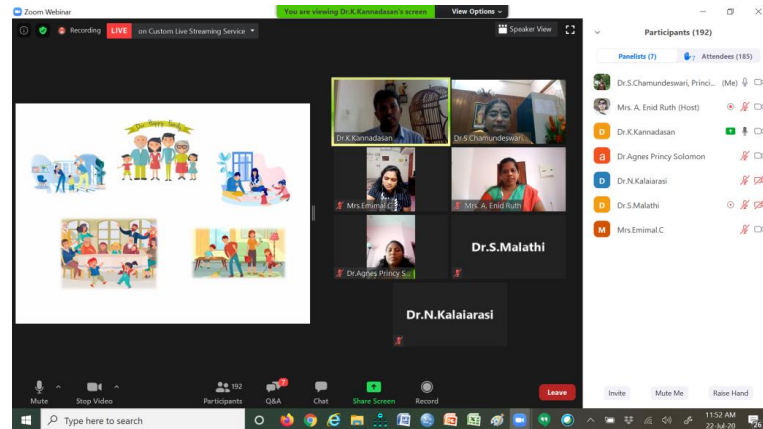
  
Mrs. A. Enid Ruth  
Assistant Professor  
Organizing Secretary

Also Connect through NKT Channel 

19<sup>th</sup> May 2021

## 2. Critical Thinking:

### (i). Community Extension & Outreach Activity National Webinar on Psychological Aspects of Mental Wellbeing - 22<sup>nd</sup> July 2020



## 3. Negotiation and Communication Skills

### Guidance & Counselling Cell: Community Extension & Outreach Activity National Webinar on 21<sup>st</sup> Century Competencies for Future Teachers as a Career - 26<sup>th</sup> May 2021







**N.K.T. National College of Education for Women, Chennai**

**(Autonomous)**

**In Collaboration with**

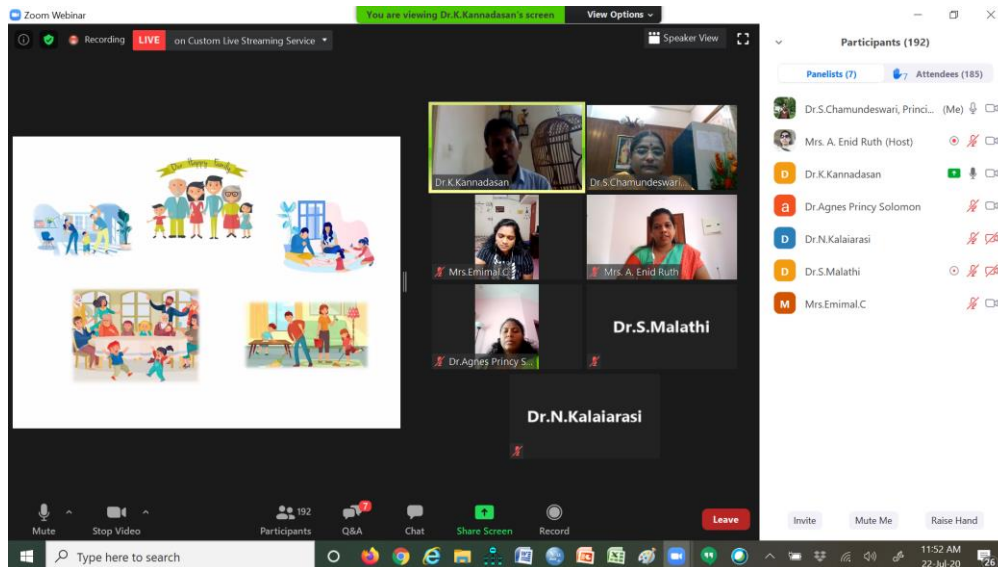


**Sarah Tucker College, Tirunelveli**

**(Autonomous)**

**Community Extension & Outreach Activity**

**National Webinar on Psychological Aspects of Mental Wellbeing**



**22<sup>nd</sup> July 2020**

### 1.3.3 List of Professional Skill Development Programmes

S.No.	Name of the Programmes	Date	Resource Expert	Screenshot
1	National Webinar on Innovation, Entrepreneurship and Start-ups from Campus	11th June 2020	Mr. Balaraju Kondaveeti, Co-Founder & CEO, Bodh Bridge ESPL	
2	International Webinar on Why Soft Skills are Important?	18th August 2020	Dr. Subash Chander, HR Advisor	
3	National Webinar on Soft Skills Development among Prospective Teachers	22nd February 2021	Dr.N.Badhri, Former Director and Principal, Subham College of Education, Madhuranthagm.	
4	Live Webinar on Redefining the Skills of Teachers for Schools of Today & Tomorrow	24th May 2021	Mr. Ganesh Perumal, Principal, Primrose Higher Secondary School, Chennai.	



S.No.	Name of the Programmes	Date	Resource Expert	Screenshot
5	National Webinar on Psychological Aspects of Mental Wellbeing organized by NKT National College of Education for Women, Chennai & Sara Tucker College, Tirunelveli.	22nd July 2020	Dr.K.Kannadasan, Assistant Professor, Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai.	
6	Webinar on Welfare Schemes for Persons with Disabilities	29th May 2021	Mr. G. Govinda Krishnan, Nethrodaya, Chennai.	
7	A Two-Day International Webinar on Collaborative & Competitive Online Teaching-Learning in the Contemporary Era	28th& 29th July 2020	Florence Martin, Professor Learning, Design and Technology, University of North Carolina, Charlotte.	
8	National Webinar on Promoting Creativity in Learning & Teaching	29th April 2021	Mr. M.R. Ranganathan, Director, Premier Centre for Competency Training, College of Engineering Guindy, Chennai	


S.No.	Name of the Programmes	Date	Resource Expert	Screenshot
9	Live Webinar on SWAYAM and INFLIBNET N-LIST	25th May 2021	Dr. K. Ramasamy, Librarian, M.V. Muthaiah Government Arts College for Women, Dindigul.	
10	A Two-Day Workshop on Management Strategies for Leadership	4th & 5th December 2019	Rotarians Mr. G. Chandra Mohan District Governor, Col. L. Radha Krishnan President, Rotarian Mr. G.D.Sharma, Mr. D. Ramesh, Secretary, Mr. Devandaran, Chairman, Rotarians, Mr. Joseph members, Mrs. Priya Sridharan, Mrs. Jayalalitha Martin, and Mr.Venkata Reddy.	
11	Guest lecture on Enhancing Life Skill Training	6th December 2019	Mr. K. Subramani, (NLP) Trainer, Chennai.	

S.No.	Name of the Programmes	Date	Resource Expert	Screenshot
12	Guest Lecture on STUDY WEBS OF ACTIVE-LEARNING FOR YOUNG ASPIRING MINDS (SWAYAM)	12th November 2019	Dr. M. Mahalakshmi, Librarian, Stella Maris College, Chennai	
13	A Ten-Day Training Programme on Yoga for Student-teachers: Essential Foundations and Techniques	12th- 25th September 2019	Mrs. R. Thangalakshmi, Dr. T. Amuktamalyada, Mrs. T.S. Bhuvaneshwari, Dr. Indu Bharkavi, Mrs. A. Kavitha, Vivekananda Kendra Prakashan Trust, Chennai.	
14	Guest Lecture on Orientation towards Observation and Demonstration of Classroom Teaching	24th September 2019	Dr. S. Vasanthi, Academic Advisor, NKT National College of Education for Women, Chennai	

S.No.	Name of the Programmes	Date	Resource Expert	Screenshot
15	<b>Invited Talk on Sexual Harassment &amp; Anti-Ragging</b>	<b>3rd October 2019</b>	Mrs. Thulasi Manoharan, Director, Giant Leap Association for Training, Coaching & Counselling	
16	A Seminar on Teaching of Thamizh-Child Friendly Approach	3rd April 2019	Prof. Kokila Thangasamy, Former Vice-chancellor, Tamil Nadu Teachers Education University, Dr. Cintai Jeyaraman, Educationist, Angel Matriculation School, Chennai.	
17	Bridge Course on Self-motivation	16th August 2018	Ms. Swapna Ram Swaroop, Psychologist, Chennai	

S.No.	Name of the Programmes	Date	Resource Expert	Screenshot
18	Workshop on Integration of Values in the Academic of B.Ed. Course	23rd August 2018	Ms. K. Chithra, Managing Trustee, Thayulum Foundation	
19	Guest Lecture on Approaches of Counselling	11th December 2018	Dr. R.K.P. Kalliammal, Principal, Sundravathanam College of Education, Cuddalore.	
20	National Priority Programme on Digital India	26th February 2018	College Principal and all Faculty Members	
21	Interview Skill	14th February 2017	Dr. Chithra Aravind, Consultant Psychologists	

S.No.	Name of the Programmes	Date	Resource Expert	Screenshot
22	Guest lecture on Positive Thinking & Self Awareness	6th March 2017	Ms. Srividhya, Counselling Psychologists	
23	Awareness Programme on Phonetics, Pronouncing Words, Tongue Twisters, Grammar and Spoken English	26th September 2016	Mr. C. Murugesan, Team Leader, Phonetic Research Centre, Madurai.	<p>Participants: 84</p> <p>The English language plays an essential role in our lives as it helps in communication. It is the main language for studying any subject all over the world. English is important for students as it broadens their minds, develops emotional skills and improves their quality of life by providing job opportunities. With this broad outlook, the College organised Awareness Programme on Phonetics, Pronouncing Words, Tongue Twisters, Grammar and Spoken English</p>
24	National Priority Programme on AIDS Awareness	1st December 2016	College Principal and all Faculty Members.	

  
**PRINCIPAL**  
**N.K.T. NATIONAL COLLEGE OF**  
**EDUCATION FOR WOMEN**  
**(AUTONOMOUS),**  
**TRIPPLICANE, CHENNAI-600 005.**

## Requisition Letter

Phone : 044-28445924  
Fax : 044-28445924  
Website : nktnce.ac.in  
E-mail : nktnce@yahoo.co.in

# N.K.T. National College of Education for Women

(UNDER THE MANAGEMENT OF SRIMAN N.K. THIRUMALACHARIAR NATIONAL EDUCATION SOCIETY (REGD.) CHENNAI)

Autonomous

Re-accredited with 'A' grade with cumulative Grade Point of 3.26/4.00 by NAAC  
Affiliated to Tamilnadu Teachers Education University

**Dr. MANO BAKTHVATSALAM**

(President - College Governing Body & College Committee)

**Dr. M. ARUMUGAM**

(Secretary)

**Dr. S. CHAMUNDESWARI**

Principal

41, Dr. Besant Road,  
Triplicane, Chennai - 600 005.

Date : .....

19.04.2021

To,

The Head Mistress  
N.K.T. National Girls Higher Secondary School,  
Triplicane, Chennai-600 005

Dear Madam,

Sub: Requisition for deputing experienced teachers for Demonstration Classes-  
B.Ed. Programme -2020-2021

### Greetings from NKT

We request your goodself to depute experienced teachers at the secondary level from your esteemed school to take Demonstration Classes for Level I (list enclosed) between 11.00 am and 11.45 am and 2.00 pm and 2.45 pm through Online Mode on 26.04.2021 and 27.04.2021 simultaneously for our student-teachers admitted in the B.Ed. Programme for the academic year 2020-2021.

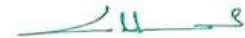
We also request your goodself to permit your school students to participate through online mode in the aforementioned Demonstration Classes. Our College will pay DA to the school teachers deputed as per the University Grants Commission norms.

Thanking You



With best regards

**PRINCIPAL**  
N.K.T. NATIONAL COLLEGE OF EDUCATION  
FOR WOMEN (AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.



**PRINCIPAL**  
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TRIPPLICANE, CHENNAI-600 005.

**N.K.T. National College of Education for Women (Autonomous)**  
**Triplicane Chennai 600005**

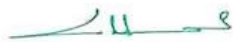
**SCHEDULE FOR DEMONSTRATION CLASSES**  
**2020-2021**  
**B.Ed. Semester I**  
**26.04.2021**

S.No.	Subject	Name of the School Teacher (Designation with Contact Number)	Name of the Teacher Educator
		Level I (11.00 am to 11.45 noon)	Level I (2.00pm to 2.45 pm)
1.	Tamil	Mrs. C.S. Dhana Vijaya PG Assistant Tamil 7358799734	Dr. T. Sahaya Shaila Assistant Prof. of Tamil-Education 9790732902
2.	English	Mrs. V.A. Preetha PG Assistant 9445163295	Ms. P. Sangeetha Assistant Prof. of English Education 9444905960
3.	Mathematics	Mrs. K. Saraswathi PG Assistant 6374004544	Mrs. T. Anitha Devi Assistant Prof. of Mathematics- Education 9003519117
4.	Physical Science (Physics/ Chemistry)	Mrs. S. Vijaya PG Assistant 8778818226	Dr. V. Jayasree Priyadharshini Assistant Prof. of Biological Science-Education 9790878573
5.	Biological Science (Botany / Zoology)	Mrs. S. Jayanthi PG Assistant 9841135026	
6.	Economics (PG)	Mrs. S. Subhasini B.T Assistant 9962836002	Mrs. A.H. Komala Assistant Prof. of Economics- Education 9840918285
7.	Computer Science (PG)	Mrs. A. Revathy PG Assistant 9003099651	Mrs. D. Shenbagavalli Assistant Prof. Of Computer Science-Education 9840171948
8.	Commerce (PG)	Mrs. D. Thilakam PG Assistant 9094072202	Dr. D. Kalpana Assistant Prof. of Commerce- Education 9840345229



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**N.K.T. National College of Education for Women (Autonomous)**  
**Triplicane Chennai 600005**


**SCHEDULE FOR DEMONSTRATION CLASSES**  
**2020-2021**  
**B.Ed. Semester I**  
**27.04.2021**

S.No.	Subject	Name of the School Teacher (Designation with Contact Number)	Name of the Teacher Educator
		Level II (11.00 am to 11.45 noon)	Level II (2.00 pm to 2.45 pm)
1.	Tamil	Mrs. C.S. Dhana Vijaya PG Assistant Tamil 7358799734	Dr. T. Sahaya Shaila Assistant Prof. of Tamil-Education 9790732902
2.	English	Mrs. V.A. Preetha PG Assistant 9445163295	Ms. P. Sangeetha Assistant Prof. of English- Education 9444905960
3.	Mathematics	Mrs. K. Saraswathi PG Assistant 6374004544	Dr. V. Sumangala Vaidharani Assistant Prof. of Mathematics- Education 8248692655
4.	Physical Science (Physics/ Chemistry)	Mrs. S. Vijaya PG Assistant 8778818226	Dr. V.J. Uma Assistant Prof. of Physical Science-Education 9444393429
5.	Biological Science (Botany / Zoology)	Mrs. S. Jayanthi PG Assistant 9841135026	
6.	Economics (PG)	Mrs. S. Subhasini B.T Assistant 9962836002	Mrs. A.H. Komala Assistant Prof. of Economics Education 9840918285
7.	Computer Science (PG)	Mrs. A. Revathy PG Assistant 9003099651	Mrs. D. Shenbagavalli Assistant Prof. of Computer Science Education 9840171948
8.	Commerce (PG)	Mrs. D. Thilakam PG Assistant 9094072202	Dr. D. Kalpana Assistant Prof. of Commerce- Education 9840345229



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Website : nktnce.ac.in  
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Principal

41, Dr. Besant Road,  
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Date : .....

To,

19.04.2021

The Head Mistress  
N.K.T. National Girls Higher Secondary School,  
Triplicane, Chennai-600 005

Dear Madam,

Sub: Requisition for deputing experienced teachers for Demonstration Classes-  
B.Ed. Special Education (Visual Impairment) Programme -2020-2021

### **Greetings from NKT**

We request your goodself to depute experienced teachers at the secondary level from your esteemed school to take Demonstration Classes for Level I (list enclosed) between 11.00 am and 11.45 am, 2.00 pm and 2.45 pm and 3.00 pm and 3.45 pm through Online Mode on 26.04.2021 and 27.04.2021 simultaneously for our student-teachers admitted in the B.Ed. Special Education (Visual Impairment) Programme for the academic year 2020-2021.


We also request your goodself to permit your school students to participate through online mode in the aforementioned Demonstration Classes. Our College will pay DA to the school teachers deputed as per the University Grants Commission norms.

Thanking You



With best regards  
PRINCIPAL

N.K.T. NATIONAL COLLEGE OF EDUCATION  
FOR WOMEN (AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005,



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N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.

**N.K.T. National College of Education for Women (Autonomous)**  
**Triplicane Chennai 600005.**


**SCHEDULE FOR DEMONSTRATION CLASSES**  
**B.Ed. Special Education (Visual Impairment) 2020-2021**  
**Semester I**  
**26.04.2021**

S.No	Subject	Name of the School Teacher (Designation with Contact Number)	Name of the Teacher Educators
			Level I (2.00pm to 2.45 pm)
1.	English	Mrs.V.A Preetha PG Assistant 9445163295	Ms.P.Sangeetha Assistant Prof. of. English Education 9444905960
2.	Mathematics	Mrs.K. Saraswathi PG Assistant 6374004544	Mrs. T.Anitha Devi Assistant Prof. of. Mathematics Education 9003519117
3.	Computer Science (PG)	Mrs.Revathy PG Assistant 9003099651	Mrs.D.Shenbagavalli Assistant Prof. of. Computer Science Education 9840171948
4.	Commerce (PG)	Mrs.D.Thilakam PG Assistant 9094072202	Dr.D.Kalpana Assistant Prof. of. Commerce Education 9840345229
<b>3.00 pm – 3.45 pm</b>			
5.	Special Education	Mrs. R.Priyadarshini N.K.T National Girls Higher Secondary School ,Special Educator 7845343101	



**PRINCIPAL**

**N K T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPLICANE, CHENNAI-600 005.**



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**N.K.T. National College of Education for Women (Autonomous)**  
**Triplicane Chennai 600005.**

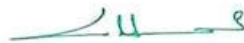
**SCHEDULE FOR DEMONSTRATION CLASSES**  
**B.Ed. Special Education (Visual Impairment) 2020-2021**  
**Semester I**  
**27.04.2021**

S.No	Subject	Name of the School Teacher (Designation with Contact Number)	Name of the Teacher Educators
		Level II (11.00 am to 11.45 noon)	Level II (2.00pm to 2.45 pm)
1.	English	Mrs.V.A Preetha PG Assistant 9445163295	Ms.P.Sangeetha Assistant Prof. of. English Education 9444905960
2.	Mathematics	Mrs.K. Saraswathi PG Assistant 6374004544	Dr.V.Sumangala Vaidharani Assistant Prof. of. Mathematics Education 8248692655
3.	Computer Science (PG)	Mrs.Revathy PG Assistant 9003099651	Mrs.D.Shenbagavalli Assistant Prof. of. Computer Science Education 9840171948
4.	Commerce (PG)	Mrs.D.Thilakam PG Assistant 9094072202	Dr.D.Kalpana Assistant Prof. of. Commerce Education 9840345229
<b>3.00 pm – 3.45 pm</b>			
	Subject	Timing	Name of the School Teacher (Designation with Contact Number)
5.	Special Education	10.00 am – 10.45am	Ms. E. Nivethana Assistant Prof. Special Education 7395921100
6.	Special Education	3.00 pm – 3.45pm	Mrs. R.Priyadarshini N.K.T National Girls Higher Secondary School , Special Educator 7845343101



**PRINCIPAL**

**N.K.T. NATIONAL COLLEGE OF  
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(AUTONOMOUS),  
TRIPLICANE, CHENNAI-600 005.**



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EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPLICANE, CHENNAI-600 005.**

**B.Ed Programme**  
**Semester - I**  
**SCHOOL INTERNSHIP**  
**PHASE I**  
**2020-2022 Batch**



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**EDUCATION FOR WOMEN**  
**(AUTONOMOUS),**  
**TRIPPLICANE, CHENNAI-600 005.**

# Semester – I

## Online- School Internship Phase I


### Observation Schedule

2020-2022 Batch

Date	Forenoon 10am – 1pm	Afternoon 2pm – 5pm
03.05.2021	Senior Student – Teachers Level - I	Senior Student - Teachers Level - II
04.05.2021	Senior Student - Teachers Level - I	Senior Student - Teachers Level - II
28.06.2021	Mentor Level - I	Mentor Level - II
29.06.2021	Subject Expert Level – I	Subject Expert Level – II
30.06.2021	Teacher Educator Level – I	Teacher Educator Level – II



**Principal**  
N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.



**PRINCIPAL**  
N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.

**Letter of Appreciation**



**CHENNAI GIRLS HIGHER SECONDARY SCHOOL**

No.1, Buddha street, Korukkupet, chennai -2

From:

Mrs.Vylammal,  
The Principal,  
Chennai Girls Higher Secondary Secondary School,  
No.1, Buddha Street, Korukkupet,  
Chennai-21

To:

The Principal,  
N.K.T.National College of Education for Women,  
No: 41, Dr.Besant Road,  
Triplicane, Chennai-5.

Subject: Internship Appreciation

Sir/Madam

This is to certify that A.Kalpana (Reg.No.19BEDE170) N.K.T. National College Of Education For Women had done her internship in our esteemed institution.she joined us on 11 january 2021 and worked with us for a period of 90 days. I have been Watching her closely and examining the effort she put in. I am glad to tell you that I am rather impressed.

This internship is challenging, with a heavy workload. Not many are able to perform well. However, she has done quite well so far, especially taking into consideration the fact that this was her first internship. She has been very responsible, hard-working and very dependable. She has turned in good quality work. Also, another thing about her that caught our attention was that in the case of a crisis, she always managed to come up with feasible solutions. We appreciate the efforts that she has put in.

*R. J. J. J.*  
HEAD MISTRESS  
30/04/2021  
Yours sincerely,  
CHENNAI GIRLS HIGHER SECONDARY SCHOOL  
NO.1, BUDDHA STREET,  
KORUKKUPET, CHENNAI-600 021.

*[Signature]*  
PRINCIPAL  
N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS).  
TRIPLICANE, CHENNAI-600 005.



To

The Principal

N.K.T. National College of Education for Women

No 41, Dr. Besant Road

Triplicane

Chennai – 35

Sir/ Madam,

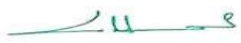
This is to certify the students of N.K.T college of Education for women had done their training from (11 Jan 2021 to May). They learnt from their mentor teachers about learning outcomes, teaching Methodology, ICT.EMIS online Assessments, handling of both online and offline classes.

On 19 March 2021 they have conducted Co- Scholastics activities to the students for developing their LSRW skills and it was extremely useful for our students. And also they are sincere kind, gentle optimistic and skilled towards the students and were able to bring out the best in them. All the trainees were co-operative with the teachers. I appreciate them for their success.

Special Appreciation

1. Divya A
2. Ashwini G
3. Annalakshmi G
4. Pavitra A

*Padmaja 26/4/20*  
HEADMISTRESS  
CHENNAI GIRLS HR. SEC. SCHOOL  
SAIDAPET, CHENNAI - 600 015.

  
PRINCIPAL  
N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS).  
TRIPLICANE, CHENNAI-600 005

*Ms. R. Padmaja*

*M.Sc M.Ed., M.Phil*

Headmistress

Mobile No.9840283795



*Chennai Girls Higher Secondary School,*

*2, West Jones Road, Saidapet*

*Chennai - 600 015*

Email : hmcghssaidapet@yahoo.com

Phone : 044 - 24744678

To

The Principal

N.K.T National College of Education for Women

No. 41, Dr. Besant road,

Triplicane

Chennai – 35.

Sir/Madam,

This is to certify the students of N.K.T College of Education for women had done their training from (Jan 2021 to May 2021). They learnt from their mentor teachers about learning outcomes, teaching Methodology, ICT, EMIS, Online assessments, handling of both online and offline classes.

They conducted Co- Scholastic activities like women success, skill based test and maintained the laboratory (Mathematics and Science) and Library. It was extremely useful for our students and also they are sincere kind, gently optimistic and skilled towards the students and were able to bring out the best in them. All the trainees were co-operative with the teachers. I appreciate them for their success.

Miss M. Anjugam

Miss N.Valarmathi

Miss T.Narmatha Devi

Miss S.Jagadeeshwari

Miss S.Rajalakshmi

Miss K.Anitha

Miss S.Kowsalya

Miss V.Vishali

Miss G.Aishwarya

Miss K.Janani

Miss J.Mohana Priya

Miss P.Nandhini

PRINCIPAL

N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS).  
TRIPPLICANE, CHENNAI-600 005.

HEADMISTRESS

CHENNAI GIRLS HR. SEC. SCHOOL  
SAIDAPET, CHENNAI - 600 015.



**CHENNAI GIRLS HIGHER SECONDARY SCHOOL.**  
**No.1 ,Buddha street,Korrukkupet,chennai -21**

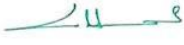
From,  
Mrs.Vylammal,  
The Principal,  
Chennai Girls Higher Secondary Secondary school,  
No.1,Buddha Street, Korukkupet,  
Chennai-21

To,  
The Principal,  
NKT National college of Education,  
No.41,Dr.Besant Road,  
Triplicane,Chennai-5.

Subject: Internship Appreciation  
Sir/Madam,

This is to certify that M.Anitha Gomathi(Reg.No.19BEDCS140) NKT National College of education had done her internship in our esteemed institution. she joined us on 11 january 2021 and worked with us for a period of 90 days. I have been Watching her closely and examining the effort she put in. I am glad to tell you that I am rather impressed.

This internship is challenging, with a heavy workload. Not many are able to perform well. However, she have done quite well so far, especially taking into consideration the fact that this was her first internship. She have been very responsible, hard-working and very dependable. She have turned in good quality work. Also, another thing about her that caught our attention was that in the case of crisis, she always managed to come up with feasible solutions. We appreciate the efforts that she have put in.

  
PRINCIPAL  
N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPLICANE, CHENNAI-600 005.



Yours sincerely

  
R. V. J. 05/05/2021

HEAD MISTRESS  
CHENNAI GIRL'S HR. SEC. SCHOOL  
No. 1, BUDDA STREET,  
KORUKKUPET, CHENNAI-600 021.

**APPRECIATION LETTER**

**FROM**

The Principal  
St. Anne's Girls' Higher Secondary School  
Royapuram  
Chennai-13

**To**


The Principal  
N.K.T National College of Education for Women  
No. 41, Dr. Besant road,  
Triplicane  
Chennai-35.

**Sir/Madam,**

This is to certify the students of N.K.T College of Education for women had done their training from (Jan 2021 to May 2021). They learnt from their mentor teachers about learning outcomes, teaching Methodology, Online assessments, handling of both online and offline classes.

They conducted Co- Scholastic activities like women success skill based test and maintained the laboratory . It was extremely useful for our students and also they are sincere kind, gently optimistic and skilled towards the students and were able to bring out the best in them. All the trainees were co-operative with the teachers. I appreciate them for their success.

Miss N. Bhuvana  
Mrs L. Maria Dorathy  
Mrs G. Niraimozhi  
Miss P. Nithya  
Miss K. Parkavi  
Miss B. Ramalakshmi

  
PRINCIPAL  
N.K.T. NATIONAL COLLEGE OF  
EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPLICANE, CHENNAI-600 005.

*S. Mary Emerance Bai*  
7/5/21  
HEAD MISTRESS  
ST ANNE'S GIRLS HR. SEC SCHOOL  
Royapuram, Chennai-600 013.

# 5 DAYS CITIZENSHIP TRAINING CAMP FROM 09.08.2020 TO 13.08.2020

Zoom Meeting

Dr. S. Chamunde... Saraswathi De... Sumathi.M K.keerthana DR.D.T.Vedagnan... Rani Desikan L.T...

S Rajamani's network bandwidth is low



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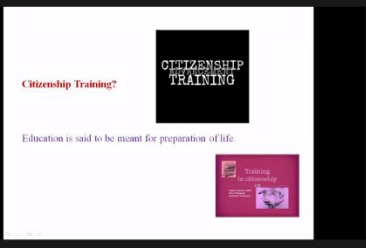
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Zoom Meeting

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LIVE on YouTube

Sabeetha Dham...



Dr. S. Chamundeswar... Dr. George Abraham DR.D.T.Vedagnan... Kutty Amma Saraswathi Devaraj Rani Desikan L.T.C. Mrs.Bhagyalakshmi Dr. V J Uma S.sandhya Nithiya 20BEDCS118SARA... 20BEDB101 Sange... Yesodha R. Iswarya R. Priyanka H...

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Zoom Meeting

LIVE on YouTube

View

V.R. Santhak... Kutty Amma Dr. S. Chamundesw... Hemalatha, K... DR.D.T.Vedagnanam

Rani Desikan L... Praveena Kumar 20BEDC103 Bha... Sumathi.M 20BEDM056 SA...


S Rajamani Enid Emmanuel... Saraswathi Dev... 20BEDP075Har... Yaminie H

ananthi karnan sri ranjini Dr. T. Sahaya Sa... Dr. George Abra... Shalini Devi

Dr V J Uma Kowsiga Shanm... Mrs.Bhagyalaks... M.Dhivya Sonalielumalai

Mute Stop Video Participants 90 Chat 6 Share Screen Record Reactions Leave

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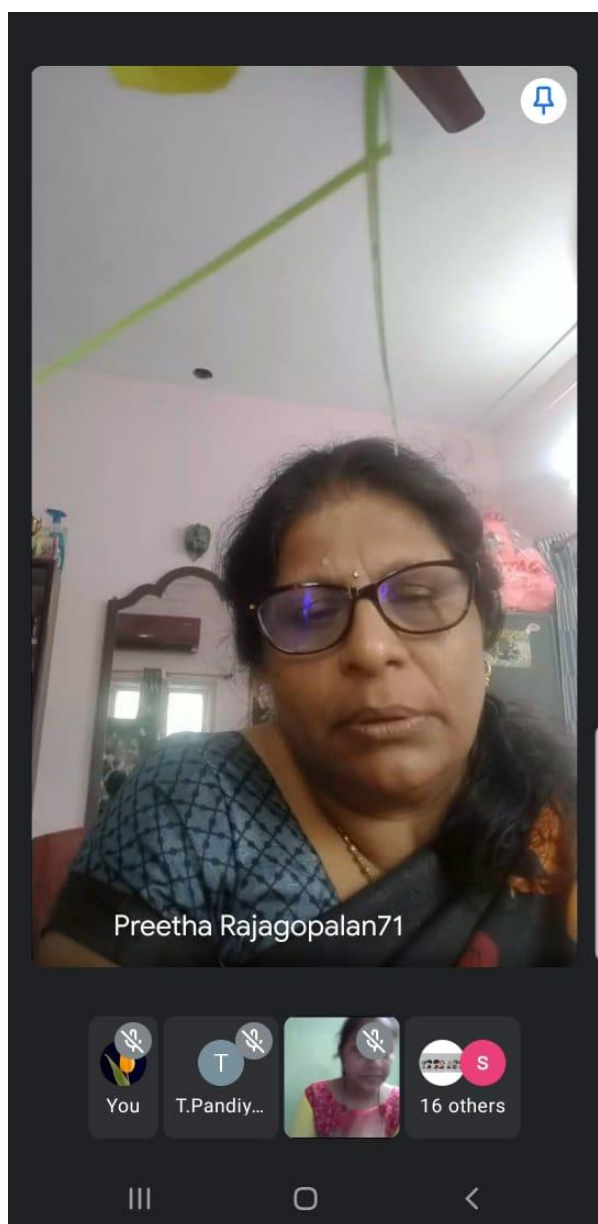
**PRINCIPAL**  
**N.K.T. NATIONAL COLLEGE OF**  
**EDUCATION FOR WOMEN**  
**(AUTONOMOUS),**  
**TRIPLICANE, CHENNAI-600 005.**

## DEMONSTRATION BY SCHOOL TEACHERS FOR THE YEAR 2020-2021

Mrs. D. Thilakam, PG Assistant of N.K.T. National Girls Higher Secondary School, Demonstrating for Commerce Pedagogy Students (Online mode)



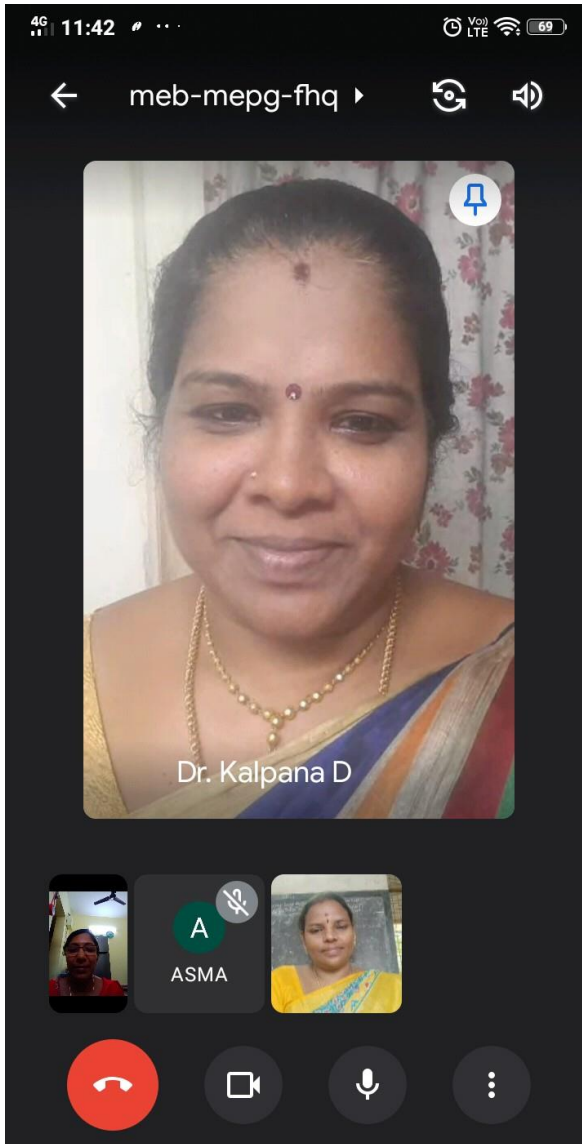
Mrs. V.A. Preetha, P.G. Assistant of N.K.T. National Girls Higher Secondary School, Demonstrating for English Pedagogy Students (Online mode)



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(AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.

## DEMONSTRATION BY TEACHER EDUCATOR

Special Demonstration by Dr. Kalpana for Commerce Pedagogy Students (Online mode)



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EDUCATION FOR WOMEN  
(AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.

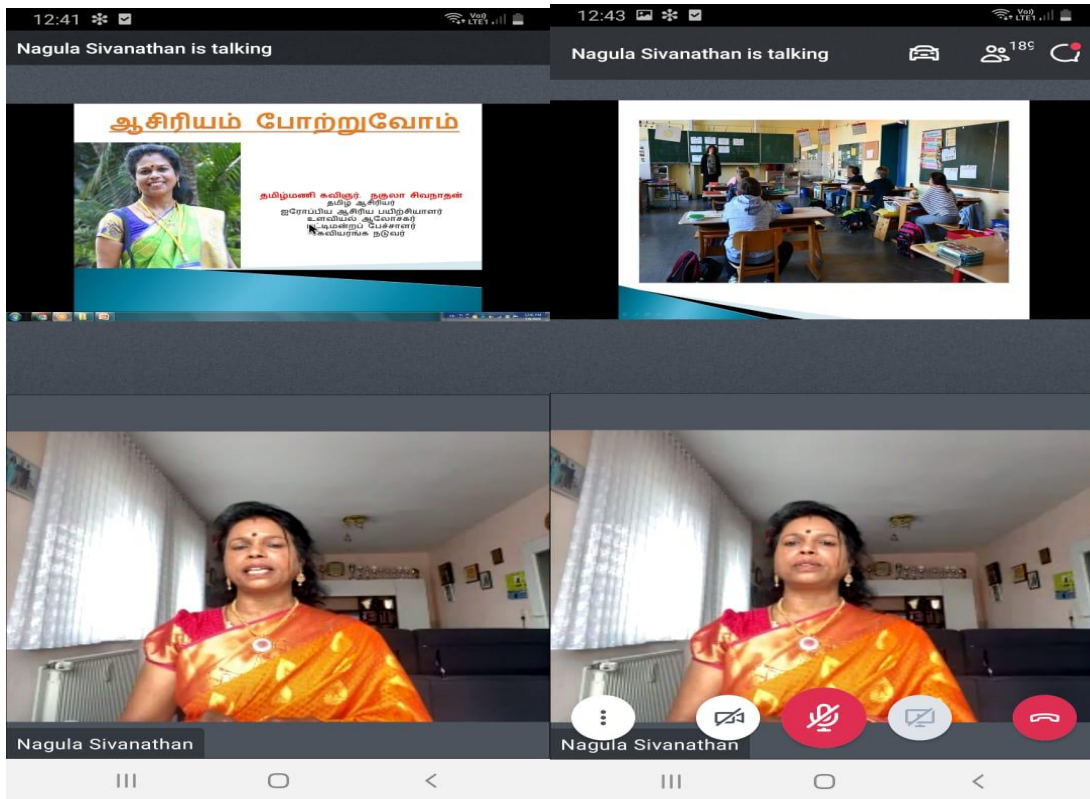
## Academic Skill Enhancement Programme

Programme: International Webinar on Teacher Education (Tamil)

Date: 6<sup>th</sup> to 8<sup>th</sup> July 2020

Organizers: Lady Willingdon Institute of Advanced Study in Education, N.K.T. National College of Education for Women, Chennai & Stella Matutina College of Education, Chennai

Mrs. Nagula Sivanathan highlighting the Professional Skills that include the techniques, strategies and approaches



## Career Skill Enhancement Programmes

Programme: National Webinar on "Innovation, Entrepreneurship, and Start-ups from Campus"

Date: 11<sup>th</sup> June 2020

Organizer: NKT Placement Cell, N.K.T.National College of Education for Women, Chennai

Mr. Balaraju Kondaveeti, Co-Founder & CEO, B.Tech Guru Bodh Bridge ESPL motivated the students to start newer initiatives in the field of teaching



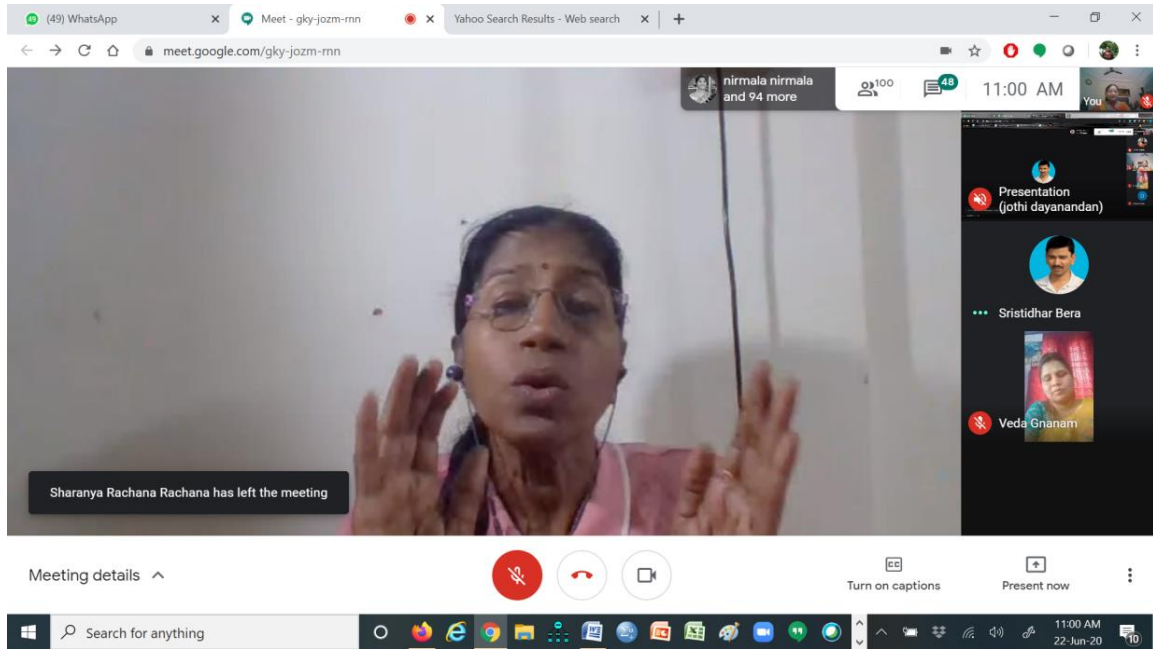
## Personal Skill Enhancement Programmes

Programme: National Webinar on Empowering Women through Fitness

Date: 22<sup>nd</sup> June 2020

Organizer: NKT Health & Fitness Centre

Dr. K. Jothi Dayanandan, Associate Professor, YMCA College of Physical Education, Chennai spoke on the ways and means to stay healthy and gave tips on stay hydrated, exercise, balanced diet, importance of sleep routine



## Technical Skill Enhancement Programmes

Programme: National Webinar on Effective Engagement of Teaching & Learning through Online

Date: 1<sup>st</sup> June 2020

Organizer: Internal Quality Assurance Cell, N.K.T. National College of Education for Women, Chennai

Dr. Judy Grace Andrews, Associate Professor & HOD of Research Cell, Gandhi Shikshan Bhavan's Smt. Surajba College of Education, Juhu, Mumbai highlighting online tools for online mode of teaching

Recording You are viewing Dr. Judy Grace Andrews' screen View Options Speaker View Exit Full Screen

## Online tools/ platforms


- Render forest
- H5P
- Canva
- Google form/ Google drive
- Think link
- Moodlecloud.com , Swayam, LMS
- <http://profksrinivas.in/>

Dr. S. Malathi Dr. S. Chamundes Dr. V. Jayashree Pr...

Dr. Judy Grace Andre... Dr. Deepa Edwin Dr. S. Dhanalaksh...

Dr. N. Kalai Arasi Mrs. A.H.Komala Mrs. A. Enid Ruth

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**PRINCIPAL**  
N.K.T. NATIONAL COLLEGE OF  
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(AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.

**ENHANCING PROFESSIONAL CAPACITIES (EPC)****SEMESTER - I****EPC1 CRITICAL UNDERSTANDING OF ICT****Credits: 2****Internal: 50 marks****Hours/Week: 5 hrs****Course Learning Outcomes:**

At the end of this course, the student-teachers will be able to

- interpret the concept of Information and Communication Technology (ICT);
- predict new horizons in ICT; and
- discover enriched learning experiences using ICT

**Unit I: Historical Perspectives**


ICT : Concept, Objectives, Need and Importance of ICT – Characteristics and Scope of Information and Communication Technology – paradigm shift in education due to ICT – challenges integrating ICT in school education – Affordable ICT equipped classroom.

**Unit II: New Horizons in ICT**

Recent trends in the area of ICT. – Interactive video – Interactive White Board – video-conferencing – M-learning, Social Media – Community Radio: Gyan Darshan, Gyanvani, Sakshat Portal, E-Gyankosh, Blog, MOOC, Whatsapp, Facebook, Twitter, etc. Recent experiments in the third world countries and pointers for India with reference to Education.

**Unit III: ICT Enriched Learning Experiences**

Application of ICT for enriching classroom experiences – Application and use of multimedia educational software for classroom situation – use of Internet based media for teaching and learning enrichment – Project based learning using computers, Internet and activities – collaborative learning, Technology aided learned, web based learning, legal and ethical issues copyright, Hacking, Netiquettes, students safety on the net.

  
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FOR WOMEN (AUTONOMOUS),  
TRIPLICANE, CHENNAI-600 005.

**Suggested Activities:**

Use various social networks in teaching and learning and report their effectiveness on learning of the students.

Prepare a communication module on any one topic and analyze its effectiveness for student learning.

Prepare a multimedia package on any topic to enrich the teaching – learning process.

Submit a report on critical issues in utilization of internet among learners.

Organize a seminar on the impact of ICT in Educational Institutions.

Prepare various types of graph highlighting the performance of students.

**Suggested References:**

Agarwal J.C. (2000). *Innovation in Educational Technology*. New Delhi: Vikas Publishing House.

Aggarwal J.C. (2013). *Modern Learning in Educational Technology*. New Delhi Black Prints.

Aggarwal. D.D. (2004). *Educational Technology*. New Delhi: Sarup Publishing House.

Bharhok D. (2000). *Fundamentals of Information Technology*. New Delhi: Pentagon Press.

Bhattachary S.P. (1994). *Models of Teaching*. Regency Publications

Byran P. (1997). *Discover the Internet Comdex Computer*. New Delhi: Dream Tech Publishing.

Conrad K. (2001). *Instructional Design for Web Based Training*. HRD Press.

Crouton T. E. (1962). *Programmed Learning and Computer Based Instruction*. New Work.

Gupta M., & Arya (1993). *The Illustrated Computer Dictionary*. New Delhi: Dream Land.

Kumar K.L. (2000). *Educational Technology*. New Delhi: New Age International Pvt. Ltd.

Madhu, P. (2006). *Satellite in Education*. Delhi: Shipra Publications.

Mangal, S.K., & Uma Mangal. (2009). *Essentials of Educational Technology*. New Delhi: PHI Learning Pvt. Ltd.

Mrunalini, T., & Ramakrishna, A. (2014), *ICT in Education*. Hyderabad: Neelkamal Publications.

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**SEMESTER – I****EPC 2 PHYSICAL EDUCATION AND YOGA****Credits: 2****Internal: 50 marks****Hours/Week: 5 hrs****Course Learning Outcomes:**

At the end of this course, the student-teachers will be able to

- integrate the fundamental skills of games and sports;
- explore the different physical activities;
- develop the correct body postures for better health;
- indicate leadership, followership and sportsmanship qualities;
- demonstrate different asanas for enhancing physical health; and
- prepare the Physical Education and Yoga record.

1. **Calisthenics** : Standing, Sitting, Bending, Jumping, Lunging exercises
2. **Light Apparatus** : Dumb-Bell and Hoop Drill
3. **Marching** : Attention, Stand-at-Ease, Turns, Quick March, Salute, Turns while marching
4. **Recreation** : Minor games-Good Morning, Four Corner, Kangaroo Relay, Snatch the Kerchief, Dodge Ball, Zigzag Relay, Tunnel Ball Relay
5. **Organised Games** : Throw Ball-Dimensions of Court, Rules and Regulations, Fundamental Skills Tennikoit - Dimensions of Court, Rules and Regulations, Fundamental Skills
6. **Athletics** : Running-Sprint, Jumping-Long Jump, Throwing- Shot put, Javelin
7. **Competitions** : Intramural- Organising and conducting, benefits  
Extramural- Organising and conducting, benefits
8. **Yogasana** : Sitting - Padmasana, Yogamuthra, Vajrasana, Pachimuthasana Lying - Pujangasana, Salabasana, Dhanurasana, Makarasana Standing - Chakrasana, Vrikshasana, Ardha chakrasana, Trikonasana

1

  
**PRINCIPAL**  
 N.K.T. NATIONAL COLLEGE OF EDUCATION  
 FOR WOMEN (AUTONOMOUS)  
 TRIPPLICANE, CHENNAI-605 015.

**Suggested References:**

Angeline, Sheela Lilly. (2014). *Learning Material on Physical Education*. NKT National College of Education for Women.

Tiwari, O.P.(2002). *Asana: why and how?* India: Kanalyadhana.

Krishna,G.(1993). *The purpose of Yoga*. New Delhi: UBS Publishers Ltd.

Pandit, Laksmi Doss. (2002). *Yogasana for everybody*. Chennai: Balaji Publications.

Thomas, J.P.(1954). *Organisation of Physical Education*. Chennai: YMCA College of Physical Education.

Dhanajoy.S., & Seema.K. (2007). *Lesson Planning: Teaching methods and class Management in Physical Education*. New Delhi: Khal Sahitya Kendra.

Athicha, Pillai.A., & Bevison, Perimbaraj S.(2006). *Methods in Physical Education*.

Pravin Publishers.

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**SEMESTER - II**

**ENHANCING PROFESSIONAL CAPACITIES (EPC)**

**EPC 3 - READING AND REFLECTING ON TEXTS**

**Credits: 2**

**Internal: 50 marks**

**Hours/Week: 5hrs**

**Course Learning Outcomes:**

At the end of the course, the student-teachers will be able to

- read and respond to a variety of texts in different ways;
- enhance their capacities as readers and writers by becoming participants in the process of reading;
- operate interactively- individually and in small groups;
- design questions to think about, while reading a passage; and
- critically appraise the content in books, documents and research papers.

**Activities:**

Student-teachers are expected to sit in the library regularly and to review at least 10-books of different categories in about 500 words each. These may be as follows:


- Review of reference books related to core courses
- Review of Text Books related to Pedagogy courses
- Review of Reference Books related to Pedagogy courses.
- Review of Policy Documents, Autobiography, Commission Reports, etc.
- Review of studies about school, historical books and other educational miscellaneous books

***Suggested References:***

Ahuja, G.C. & Ahuja, Pramila. (1996). *How to Increase Your Reading Speed*. New Delhi: Sterling Publishers Pvt. Ltd.

Ahuja, Pramila & Ahuja. G.C. (1991). *Learning to Read Effectively and Efficiently*. New Delhi: Sterling Publishers Private Limited.

Cooper, David.J. Warncke, Edna.W. & Shipman, Dorothy.A. (1988). *The WHAT and*

  
PRINCIPAL  
N.K.T. NATIONAL COLLEGE OF EDUCATION  
FOR WOMEN (AUTONOMOUS)  
TRIPUNICHA, DISTRICT

*HOW of Reading Instruction.* Columbus: Merrill Publishing Company.

Donna, Gorrell. (1994). *A Writer's Handbook from A to Z.* Boston: Allyn & Bacon.

Dudley, Geoffrey.A. (1979). *Rapid Reading: The High Speed Way to Increase Your*

*Learning Power.* Bombay: Jaico Publishing House.

Iyer, Venkata. (1997). *Dynamic Reading Skills.* New Delhi: Sterling Paperbacks.

Michigan, E.A. (2004). *Speed Reading – With Word Power.* New Delhi: Infinity Books.

Tierney, Robert., Readeence, John. & Dishner, Ernest. (1990). *Reading Strategies and Practices.* Boston: Allyn & Bacon.

Zakaria, Matthew.T. (2009). *Successful Writing Skills.* New Delhi: Commonwealth Publishers Pvt. Ltd.

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**ENHANCING PROFESSIONAL CAPACITIES (EPC)**

**SEMESTER – IV**

**EPC 4 LIFE SKILLS FOR UNDERSTANDING THE SELF,**

**Credits: 2**

**Internal: 50 marks**

**Hours/Week: 5 hrs**

**Course Learning Outcomes:**

At the end of this course, the student-teachers will be able to

- assess oneself through self-analysis;
- construct positive thoughts for better mental health;
- identify and manage emotions;
- plan and manage time effectively; and
- create dreams and aspirations and work towards one's goal.

**ACTIVITY** : Self-Awareness and self Motivation

**Exercise** : Know Thyself through SWOT Analysis

**ACTIVITY** : Power of Positive thinking

**Exercise** : Exercises of Positive thinking

**ACTIVITY** : Emotional Intelligence


**Exercise** : Identifying and categorizing emotions

**ACTIVITY** : Time Management

**Exercise** : Strategy for using time effectively

**ACTIVITY** : Towards Empowerment Exercise

: My Dreams and Aspirations

  
PRINCIPAL  
N.K.T. NATIONAL COLLEGE OF EDUCATION  
FOR WOMEN (AUTONOMOUS),  
TRIPPLICANE, CHENNAI-600 005.

**Suggested References:**

Bos, (Ed.). (2012). *Critical Thinking, Academic Writing and Presentation Skills*. New Delhi: Oxford University Press.

Dudley, G.A. (2004). *Double Your Learning Power* : Delhi:Konark Press. Thomas Publishing Group Ltd.

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**SEMESTER – IV**

**EPC 5 DRAMA AND ART IN EDUCATION**

**Credits: 2**

**Internal: 50 marks**

**Hours/Week: 5 hrs**

**Course Learning Outcomes**

- At the end of this course, the student-teachers will be able to
- associate Art with Education for better communication;
- develop creative thinking through different Art forms;
- realize that liberal arts help in making better professionals;
- integrate the role of Art medium in Education;
- interpret student's ability for perception and reflection; and
- prepare a record on Drama and Art activities in the school

**ACTIVITIES**

Visit to any center of art (museums, art gallery or institutes of performing art like NCPA) and observe pieces of art/play, Group Discussion can be conducted on the observation highlight up the aesthetics in art.


Write an appreciation essay on the historical movements (sculpture, and agricultures) or any piece of art (music, dance, drama, painting)

Perform a drama or dance or music of local culture.

Prepare a project work on any contemporary thinkers like Rabinranath Tagore, Herbert Read, etc and their contribution to art field.

Prepare a file on different forms of bhāratha natyam mudras, bhavas, rasas.

Do a different variety of craft work on "origami".

  
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N.K.T. NATIONAL COLLEGE OF EDUCATION  
FOR WOMEN (AUTONOMOUS),  
TRIPPLICANE, CHERAPPULASSERY S.

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**SEMESTER – IV****EPC 6 HEALTH AND PHYSICAL EDUCATION****Credits: 2****Internal: 50 marks****Hours/Week: 5 hrs****Course Learning Outcome**

At the end of this course, the student-teachers will be able to

- create the exposure to hygienic living;
  - assess the importance of first aid;
  - sensitize the significance of taking nutritious food;
  - discover the importance of correct postures and various postural defects;
  - develop the regime of physical fitness for healthy living;
  - integrate team spirit and co-operation for better group dynamics; and
  - prepare Health and Physical Education record
1. **Personal Hygiene** : Everyday life hygiene- Hand & Foot hygiene, Head & Hair hygiene , Eye & Ear hygiene, Oral hygiene. Skin hygiene, Laundry hygiene, bathroom and toilet hygiene, Respiratory hygiene, Culinary (food) hygiene Sleep hygiene, Medical hygiene at home
  2. **Posture** : Various Posture- Sitting, Standing, Lying. Defects – Round and Hollow blocks, Bow legs, Knock knee, Flat Foot and Remedial Measures
  3. **First Aid** : Sprain, Strain, Contusion, Dislocation, Bleeding, Fracture. Drowning, Snake Bite, Ill effects of Fire Works
  4. **Nutrition** : Food types. Balanced Diet. Deficiency diseases
  5. **Mass Activity** : Light Apparatus-Wands, Indian Clubs  
Rhythmic – Kolattam Pyramid
  6. **Physical Fitness Test** : Sit-ups, Push-ups, Step-Test, Sit and Reach Test



7. **Recreation** : Minor Games- Come with me, Hen and the chicken,  
In the pond on the bank, Ostrich tag, Merry go round
8. **Organised Games** : Volley Ball-Dimensions of Court, Rules and  
Regulations, Basic Skills Kho-Kho - Dimensions of  
Court, Rules and Regulations, Basic Skills
9. **Athletics** : Running-Relay, Jumping- High Jump, Triple Jump,  
Throwing- Discus

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