

5.1.1 Capability and Skill enhancement initiatives- Reports



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN (Autonomous)

Report on Career Skill Enhancement Training Programmes

**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**
Re-accredited with 'A' Grade (CGPA 3.26/4.00) by NAAC
Triplicane, Chennai, Tamilnadu.

**Recruits Pursuit (NKT Placement Cell) Organizes
A National Webinar on-“Innovation, Entrepreneurship
and Start-ups from Campus”**



Resource Expert:
Mr. Balaraju Kondaveeti
Co-Founder and CEO
BTech Guru-BodhBridge ESPL

Date : 11 th June, 2020 @ 6.00 p.m.
Target Audience : Students, Research Scholars,
Faculty Members and Educationists

Dr. N. Kalai Arasi
Placement Officer

Dr. S. Chamundeswari
Principal

Placement Co-Ordinators
Mrs. D. Shenbagavalli & Mrs. E. Malini

[Click here to Register](#) → //Registration Form

2020-2021

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Report on Career Skill Enhancement Programmes

2020-2021

Career readiness focuses on preparing students with the information they need to succeed when they're entering the job market. N.K.T. National College of Education for Women a higher education institution takes three immediate steps to ensure they are preparing students for future jobs.

- Adopt a skill-based education.
- Make education resilient with Netflix-style learning.
- Set the speed context to make education relevant for future jobs.

It includes career exploration because students have to know what jobs matches good for them in the future. Career readiness encompasses everything that a student needs to know to launch a successful occupational life, along with all of the accomplishment, pride, stability, and progression that entails them. Sometimes that refers to soft skills other times, it means learning a hard-and-fast way to perform a certain process.

1. Career Skill Enhancement Programme: National Webinar on "Innovation, Entrepreneurship, and Start-ups from Campus "

Date: 11th June 2020

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

Resource Expert: Mr. Balaraju Kondaveeti, Co-Founder & CEO, B.Tech Guru Bodh Bridge ESPL

Participants: 207


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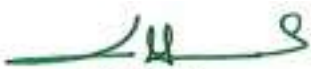


The Principal of the College welcomed the Resource Expert of the Day and introduced Mr. Balaraju Kondaveeti, Co-Founder & CEO, B-Tech Guru-Bodh Bridge, ESPL, Chennai, organized by the NKT Placement Cell. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. N. Kalai Arasi, Placement Officer, Mrs. D. Shenbagavalli and Mrs. E. Malini, Assistant Professors of our College.

The Resource Expert gave the background of Startups as ventures that focus on a single product or service that the founders want to bring to market. These Company or Institution typically doesn't have a fully developed business model, lack adequate capital to move onto the next phase of business. Most of these companies are initially funded by their founders.

Advantages of Startups

- More opportunities to learn
- Increased responsibility
- Flexibility
- Workplace benefits
- Innovation is encouraged

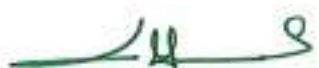

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- Flexible hours



Some of the teachers are choosing to continue with virtual classes with new technology based startups, leaving behind the traditional chalk-and-talk teaching methods. During the pandemic, almost every teacher had to learn the new virtual teaching methods by sitting in front of their mobile or laptop screens. Now, it has become habitual to these methods as it not only provides them with the potential of greater remuneration but also helps them gain digital skills. "The pandemic has taught us many tough lessons, but on the other hand, it eased the problems of teachers like me who faced difficulties while teaching offline.

Mr. Balaraju Kondaveeti motivated the students to start newer initiatives in the field of teaching such preparing content for students, e-lessons, and to serve the students parted by physical distance. He further emphasized on Content Development which is most welcomed during this pandemic period.


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Programme Outcome and Feedback



The Resource Expert highlighted the role of advisor of a start ups

- Pick the right teachers.
- Make frequent small "asks".
- Maintain your advisors' entrepreneurial spirit.
- Send out periodic company updates, with "shout-outs".

Technology minimizes behavior and classroom management problems because students are eager to learn. It also allows teachers to differentiate instruction effectively. Teachers are able to maximize the use of multiple virtual assignments based on the students' level of understanding. The student-teachers understood that by making oneself different in this field can secure better opening. Sir also suggested to create a more engaged environment, incorporates different Learning Styles, improve collaboration to be an active seeker in this professional field.

The Programme came to an end with note of gratitude and appreciation to the Resource Expert and the organizing team.


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2. Career Skill Enhancement Programme: International Webinar on Why Soft Skills are Important?

Date: 18th August 2020

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

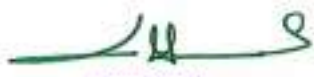
Resource Expert: Dr. Subhash Chander, HR Trainer and Coach

Participants: 157 and You Tube Viewers



The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, and all participants for the International Webinar on Why Soft Skills are So Important? organized by the IQAC of the College. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. S. Malathi and Mrs. A. Enid Ruth, Faculty members of our College.

The Resource Expert Dr. Subash Chander, Trainer and Coach, Kuwait was introduced by the Dean of Academics & The IQAC Coordinator, Dr. S. Malathi.


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The Resource Expert made the team understand the importance of soft skills they are able to master their studies more successfully, complete their student obligations smoothly, make more acquaintances that may prove useful in the future, and better present themselves to professors who can also play an important role in their future.

We understood that Soft skills are an essential part of improving one's ability to work with others and can have a positive influence on furthering your career. Highly-developed presentation skills, networking abilities, and etiquette awareness can help us to win in a situation. Honing your abilities to resolve conflicts, solve problems, and provide excellent customer service can lead to stronger relationships with others around us namely the workplace or a peer team. Strong soft skills can help us gain confidence which is an inevitable trait in this world.

Further Dr. Subhash Chander, made us understand the ill effects of lack of soft skills can limit your potential, or even be the downfall of your business. By developing strong leadership, teamwork, and communication abilities, he assured to positively influence your personal life by improving the way to interact with others.


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Ways to improve Soft Skills was emphasized by the expert

- ❖ Recommended working with a mentor who can provide feedback and model appropriate skills.
- ❖ Suggested to focus is on improving communication,
- ❖ Recommended to find a coach who can help to develop high priority skills.
- ❖ Changing your mind-set so you are able to see the positive in situations can have a significant impact on how you interact with others.

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Programme Outcome and Feedback

Dr. Subhash Chander influenced the student teachers to enhance and develop soft skills that one possesses as it is of top priority in this technical age. Increased screen time has brought about poor social skill and this will in future tend to deprive children of essential soft skills. The Student-teachers and Prospective Teacher Educators found the programme very useful and influential for the students as soft skills would benefit us to develop strong conceptual and practical framework to build, develop and manage teams. They play an important role in the development of the students' overall personality, thereby enhancing their career prospects. Soft skills are in direct correlation with improved academic achievement, so he advised to develop both for the sake of their education, and for the sake of their professional careers.

All these positive abilities will become the pillars of support to settle down in a respectful and highly satisfying employment that every student dreams of. On mastering these soft skills, we can go ahead and sport these on your resume so as to attract the attention of hiring Institution scouting for skilled and confident resources. The Programme came to an end with the Note of gratitude to the organisers, Principal and the Resourceful expert who inspired us through his lively sessions.

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3. Career Skill Enhancement Programme: National Webinar on Developing Soft Skills among Prospective Teachers

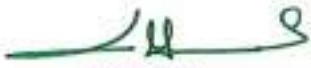
Date: 22nd February 2021

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

Resource Expert: Dr. N. Badri, Former Director & Principal, Subham College of Education, Chennai

Participants: 99 and You Tube Viewers




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The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. N. Badri, Former Director and Principal, Subham College of Education, Chennai and participants for the National Webinar on Developing Soft Skills among Prospective Teachers organized by the IQAC of the College. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. S. Malathi, the IQAC coordinator and Mrs. A. Enid Ruth, Assistant Professor of our College and the session started.

The Resource Expert threw light on the traits to be possessed by an online teacher, and thus he stressed on the Soft skills for Teachers especially in this technical age as it is need of the hour. He further highlighted on the 8 skills to be mastered by Students namely

Adaptability, information management, collaboration, communication, leadership, critical thinking, problem solving, creativity. He made us understand that Soft Skill is a personal attribute that supports situational awareness and enhances an individual's ability or skills to get the work done. It also improves and enhances the Emotional Quotient of an individual and helps them maintain the emotional stability during trying situations and handle stress more effectively.

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Soft skills helps to develop in emotional and cognitive trends and signals that are being displayed and exchanged overtly or covertly during such social or professional settings.

We also understood that the soft-skills are the part of an individual's personality they define their attitude and shape their behavior. Discrimination of hard and soft skills was made possible through this session.



Programme Outcome and Feedback

Soft skill Programme develop in us effective inter-personal communication, ability to resolve conflicts effectively, effective networking, understanding of Classroom etiquette and proper mannerism, efficient people management skills, ability to capitalize on strengths, engaging with passion and gaining confidence. We the student-teachers were completely unaware of their inherent skills till the time and now the Resource Expert has made the individual aware of his or her hidden and unexplored capabilities and to refine it for overall development and success of the individual both at professional as well as personal walk of life. Heartfelt thanks were expressed to the Principal and the Resource Expert for the lively session.

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4. Career Skill Enhancement Programme: Live Webinar on Redefining the Skills of Teachers for Schools of Today & Tomorrow

Date: 24th May 2021

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

Resource Expert: Mr. Ganesh Perumal, Principal, Primrose International School, Chennai

Participants: 100 and You Tube Viewers



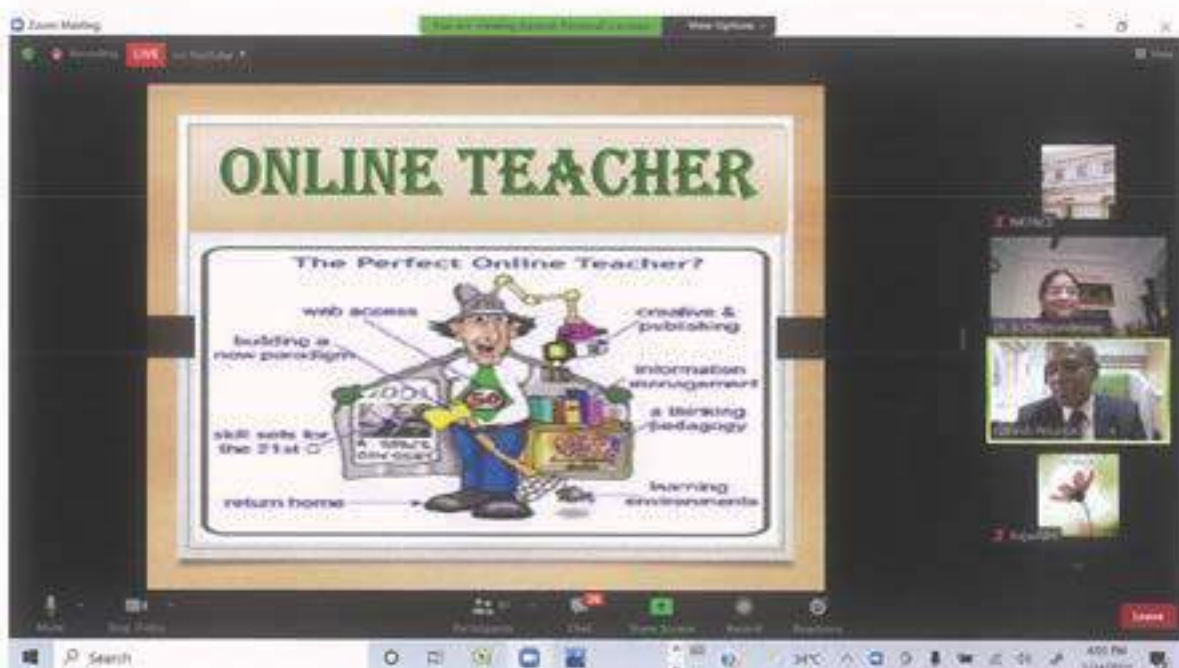
The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert, Mr. Ganesh Perumal, Principal, Prim Rose International School, Chennai and all participants for the Live Webinar on Redefining the Skills of Teachers of Today and Tomorrow's Schools organized by the NKT Placement Cell. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. N. Kalai Arasi, the Placement Officers and the Assistant Professors of our College, Mrs. D. Shenbagavalli and Mrs. E. Malini, in-charge of the Placement Cell.

12


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Teaching is a noble profession that allows shaping the future through consistent engagement with the bright young minds. A Teacher job is demanding to use wide range of skills to perform the job. It is therefore important to prepare the students to and provide them with required skills. Skills are primary to any course be it technical or Educational. The Programmes in India are designed to equip students with the required skills but the unforeseen demand requires the teachers to redefine the acquired skills to meet to the demand.

Mr.Ganesh Perumal, spoke on the Skills transacted to the students that will be acquired by the student-teachers through the B.Ed. Programme. Further he highlighted on the skills to be redefined by the Teachers of today. Sir gave a clear picture of the lacunae in the teachers of conventional classroom and the skills that is required by the teachers of current age.



Programme Outcome and Feedback

The Resource Expert further appreciated the attitude of the Teachers of Today in acquiring the technical skills required for a teacher during this Pandemic Period. His session was very interactive and we the student-teachers got scope of raising our doubts and got it clarified.

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The Programme came to an end with a note of gratitude to the Resource Expert, the Management and the Teachers for organizing such a productive and useful webinar.



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Report on Personal Skill Enhancement Programmes

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Affiliated to Tamil Nadu Teachers Education University
No-41, Dr. Balaratnam Road, Triplicane, Chennai-600 005

**A 3-Day National Webinar on
RESTRUCTURING MENTAL &
PROFESSIONAL SKILLS**

Organized by NKT Center for Outreach
23rd TO 25th JULY 2020
From 11:00 am To 12:00 pm

DAY - 1
Ms. Swapna | Living Values Facilitator,
Relaxation Expert
TOPIC: SELFIE WORTH

DAY - 2
Ms. Michelle Job | Digital Marketing
Consultant
TOPIC: IMPORTANCE OF LEARNING NEW
SKILLS TO NAVIGATE THROUGH
CHANGING TIME

DAY - 3
Dr. Nancy R Premkumar | Medical Social
Worker - SPHER
TOPIC: DEVELOPING PERSONALITY:
"FROM BEING A TEACHER TO BECOMING
A MENTOR"

2020-2021

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Report Personal Skill Enhancement Programmes

2020-2021

Student Counselling is to assist students in their growth process. Students get to explore a range of coping strategies, enabling them to deal with the problems they face now and in the future and become fully functioning members of society. Knowledge on Counselling helps in personal, social, educational and career development in all students. Often people don't reach out to a counsellor is because they fear being judged, they fear a breach of confidentiality. Personal Counselling helps to shape a student's behavior and also instill enough discipline in them. Proper guidance helps them achieve their goals; well guided and counselled students know what to do and how to do things in the best possible way. Students learn how to live in peace and harmony with others in the school community.

1. Personal Skill Enhancement Programme: National Webinar on Empowering Women through Fitness

Date: 22nd June 2020

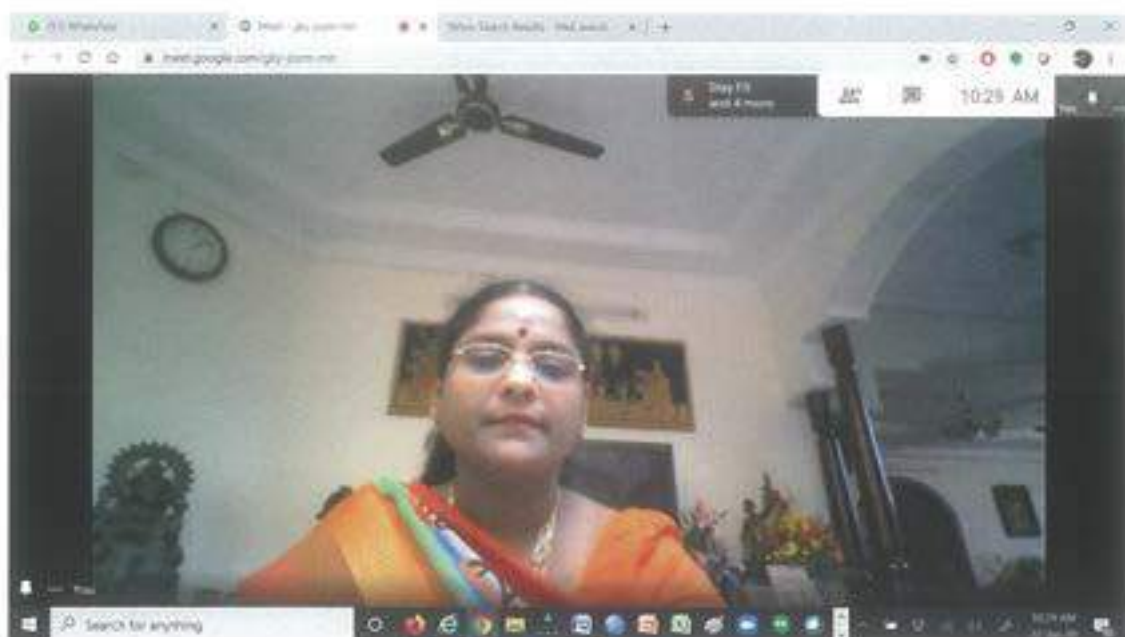
Organizer: NKT Health & Fitness Centre

Resource Expert: Dr. K. Jothi Dayanandan, Associate Professor, YMCA College of Physical Education, Chennai

Participants: 100 and You Tube Viewers

The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. K. Jothi Dayanandan, Associate Professor, YMCA College of Physical Education, Chennai and all participant for the National Webinar on Empowering Women through Physical Fitness organized by NKT Health & Fitness Centre.

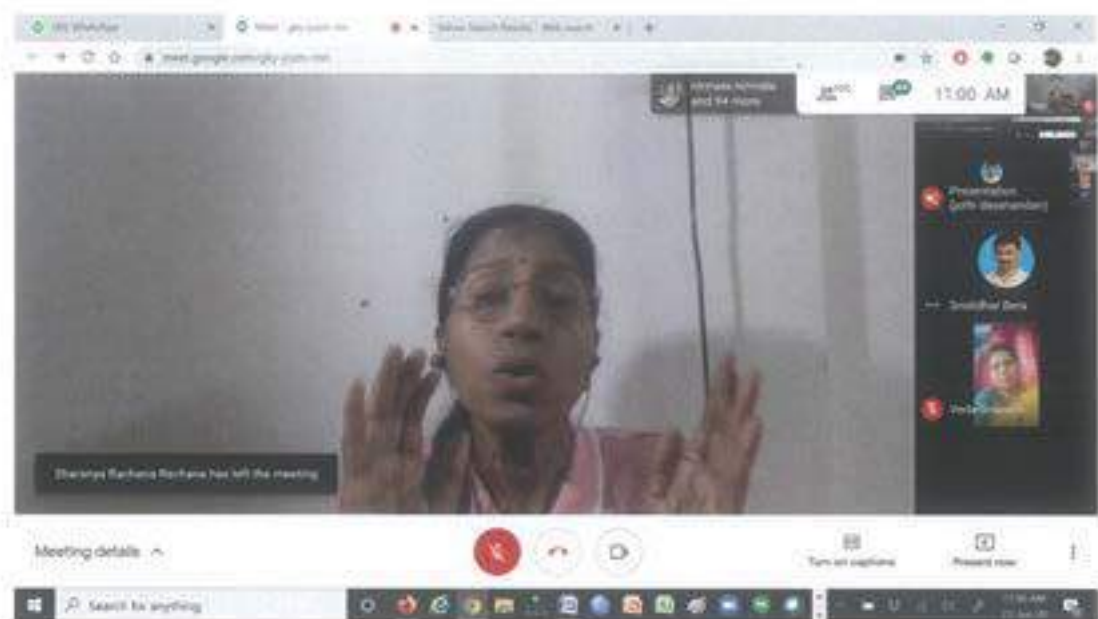

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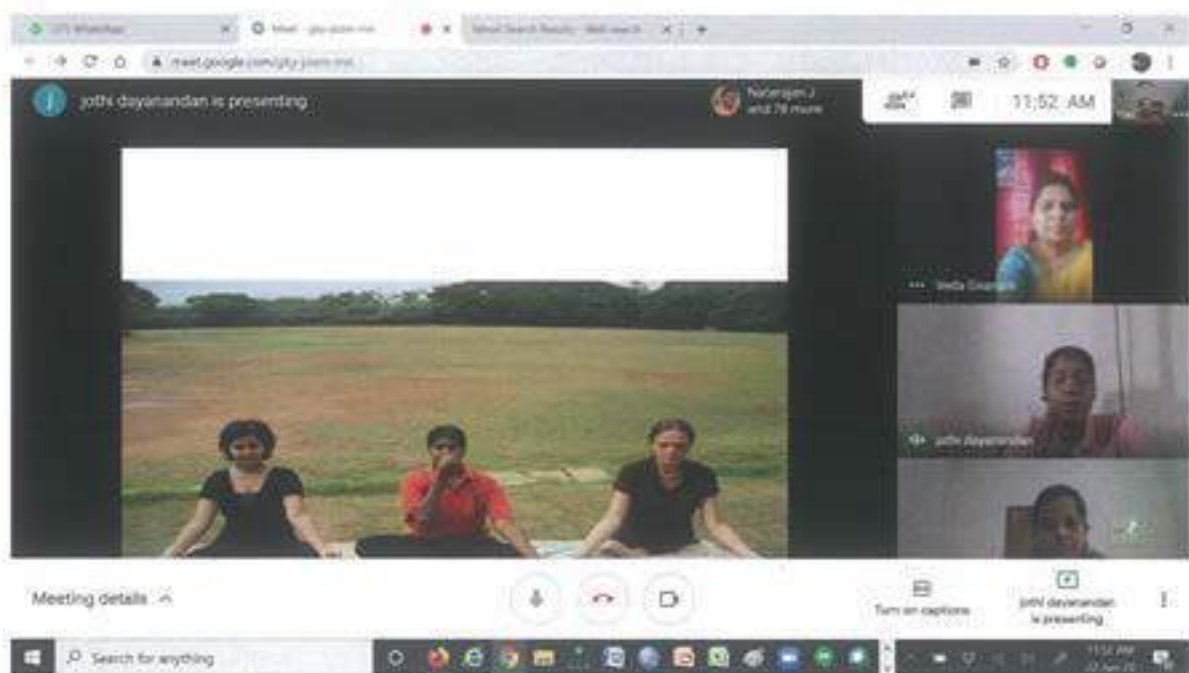
She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. D.T. Vedagnanam, Directress of Physical Education and Mrs. A. Enid Ruth, Assistant Professor of our College. The Resource Expert was introduced by Mrs. A. Enid Ruth and the session started.

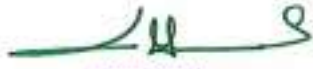
Women the life blood of a family requires Regular Physical activity that can help to reduce the risk of coronary heart disease. Being active also can help women maintain or lose weight. It also helps to control blood pressure, lessens a diabetic's need for insulin and boosts the level of "good" HDL-cholesterol.

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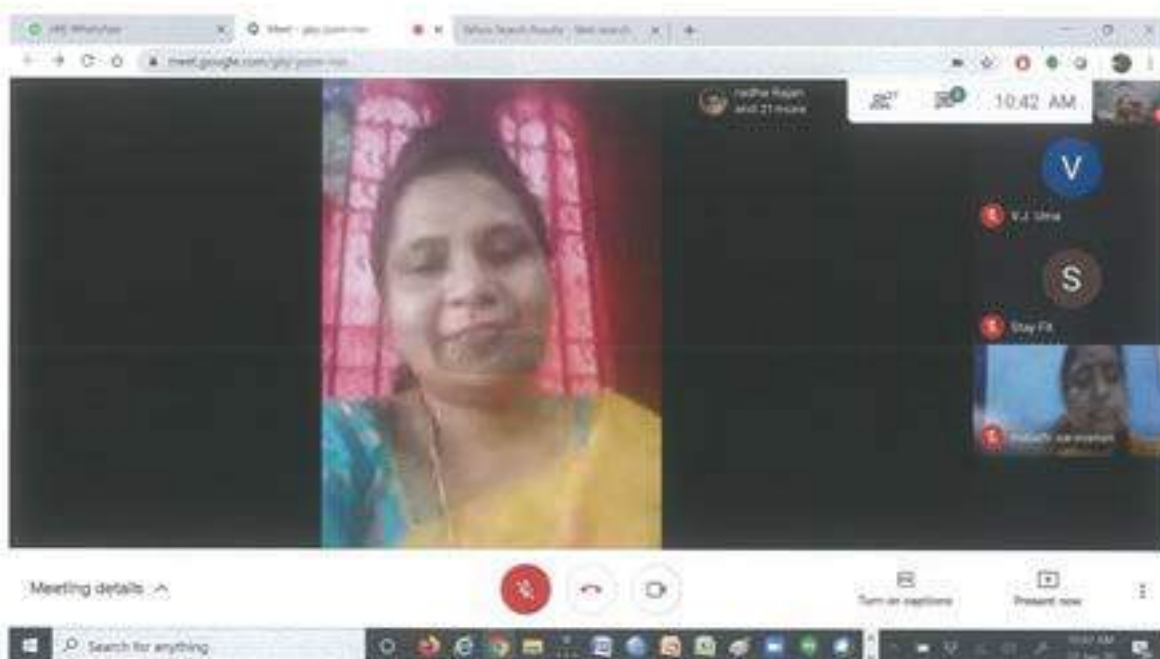
The Resource Expert spoke on the ways and means to stay healthy and gave tips on stay hydrated, exercise, balanced diet, importance of sleep routine. She further stressed on the advantages of being fit such as Reduction in dementia and risk of osteoporosis at old age, prevention of muscle loss, improvement in digestion process, enhancement of productivity and mental stability, improvement in skin tone and reduction in risk of strokes.




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She made us comprehend that fitness for women is more than just making sure that the body is in excellent physical shape. Those who find a way to fit in some regular exercise find that they are more confident and have a better attitude and have more energy.

Understanding the mind-set of student-teachers, who argue that generally the fitness programs and exercise routines that they follow become boring after some time. She recommended that if we are bored with your exercise routine you need to change it. Keep trying different things until you find a program or exercise routine that you actually enjoy. To exercise and improve your fitness, what you choose to do should be a fun activity, something that you really enjoy and are passionate about. This will help you to keep doing something that's fun, as compared to activities that don't really interest you.



Programme Outcome and Feed back

The Programme was an eye opening session for us student- teachers as we are tightly packed in our fixed curriculum and we realized

- Physiological benefits of movement, physical activity and wellness;
- Need for increasing and maintaining physical fitness;


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- Apply fitness and wellness concepts to individual lifestyle;
- Participate in movement and wellness activities;
- Design, implement, and evaluate personal wellness and fitness programs.

Student-teachers were overwhelmed and thanked the Head of the Institution for organizing the programme which was real stress buster amidst the crisis situation that everyone is encountering. The programme came to an end with a formal vote of thanks.



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2. Personal Skill Enhancement Programme: Five Day National Level Student Development Programme on Understanding the Realities-Reinvent your Life

Date: 6th -10th July 2020

Organizers: Sri Sarada College of Education, Salem & N.K.T. National College of Education for Women, Chennai

Resource Experts:

Dr. Kamalaveni, Assistant Professor, Department of Women Studies, Bharathiyar University, Coimbatore

Dr. SureshBabu, General Physician, Thiruvallur

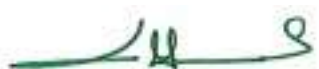
Dr. Ragitha Radhakrishnan, Head Department of Psychology, Dr. MGR Janaki College of Arts and Science, Chennai

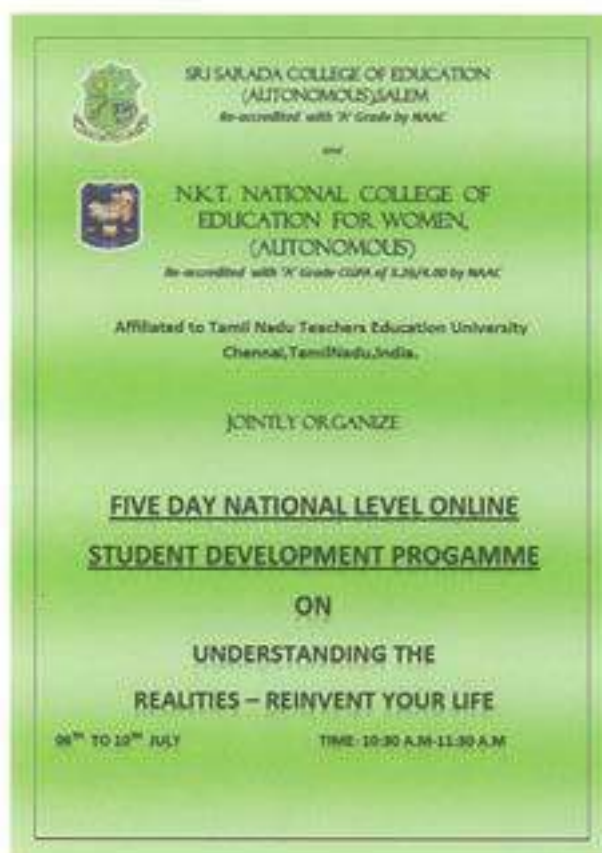
Mr. R. Shreedhar, Infosys, Bangalore

Mrs. Thulasi Manogaran, Giant Leap, Chennai

Participants: 570 Students




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On Day-1 of the Student Development Programme, Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. Kamalaveni, Assistant Professor, Department of Women Studies, Bharathiyar University, Coimbatore and all participants for the Five Day Programme. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and the Management of the collaborating Institution, and a note of appreciation to the organizers, of both the collaborating Institutions, Mrs. V. Arul Selvi, Assistant Professor of Education and Mrs. A. Kavitha, Librarian of Sri Sarada College of Education, Salem, Mrs. A.H. Komala and Mrs. V.R. Santha Kumari, Assistant Professors of our College. The Resource Expert was introduced by Mrs. V. Arul Selvi and the session started.

Dr. Kamalaveni, sensitized the student-teachers on gender biases that we come across in everyday life. The Resource Expert recommended providing an environment free of gender-based discrimination. Advised the student-teachers to provide access to facilities and equal privilege of participation in the activities of the School or College wherever they are placed. To create a secure physical and social

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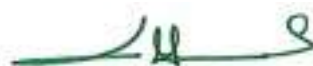
environment this will deter acts of sexual harassment. The Resource Expert highlighted, on the various approaches to ensure gender equity. Reshaping the behaviour of the students is the pivotal duty set before a teacher was given prime importance.

On Day-2, the previous day session was reviewed and the Resource Expert of Day-2, Dr. Suresh Babu, General Physician was introduced by Mrs. A.H. Komala. The Resource Expert brought out the Myth of Covid and awakened the public on the various measures to be taken to safeguard oneself. The myths in the mind of students such as the spread of covid through mosquitoes, through clothes, transmitted through thermometers were all washed by the Resource Expert through his awakening address. The Resource Expert highlighted on the various measures to be taken at each level and warned to not fall prey to false information and messages found outside.

On Day-3, the session held on the previous day was reviewed and the Resource Expert, Dr. Ragitha Radhakrishnan was introduced by Mrs. V.R. Santha Kumari and the session started. The Resource Expert addressed the students on their common trauma during the lockdown namely the procrastination.

The Resource Expert gave simple tips that could be followed by all students to overcome the common problem. Get up and move, set up reminders, make oneself accountable, wake up early, create something every day, clean and clear as you go around, schedule time blocks, follow a task list, go to bed early the recommendation suggested by her sounds simple and easy to follow as students.

On Day-4, The Resource Expert, Mr. Shreedhar, Training & Development Manager, The Advaith Foundation, Bangalore was introduced by Mrs. A. Kavitha after reviewing the previous day session. The Resource Expert spoke on life style modification and diet modification to face the critical situation. The Resource Expert addressed that food is thy medicine and medicine is thy food. As infectious diseases can lead to poor nutritional status the expert recommended taking healthy food to fight Covid. He requested the youngsters to eat fruits, vegetables, nuts and pulses. He also gave tips not to overcook the food, avoid using canned and stored food,



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Programme Outcome and Feed back

The Five-Day Student Development Programme was a very fruitful one for students, as the series of sessions shared by different experts were very useful and resourceful. Self-knowledge makes one independent of the opinions of others. If you know what works for you - what is good for you and, therefore, what isn't - it is irrelevant what others might think and advise. You are the expert of your own being. You are in charge of your thoughts and you are your own personality. This awakening was made possible on the last day on account of this webinar.

All the five days were well interwoven to the current situation of students. The initiative of the Colleges to organize such programme is most welcoming feature for the welfare of the students. The Programme was successful completed with a note of thanks to the Principal and the organizers.



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3. Personal Skill Enhancement Programme: National Webinar on Psychological Aspects of Mental Wellbeing

Date: 22nd July 2020

Organizers: N.K.T. National College of Education for Women, Chennai & Sarah Tucker College, Tirunelveli

Resource Person: Dr. K. Kannadasan, Assistant Professor, Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai

Participants: 157 and YouTube viewers

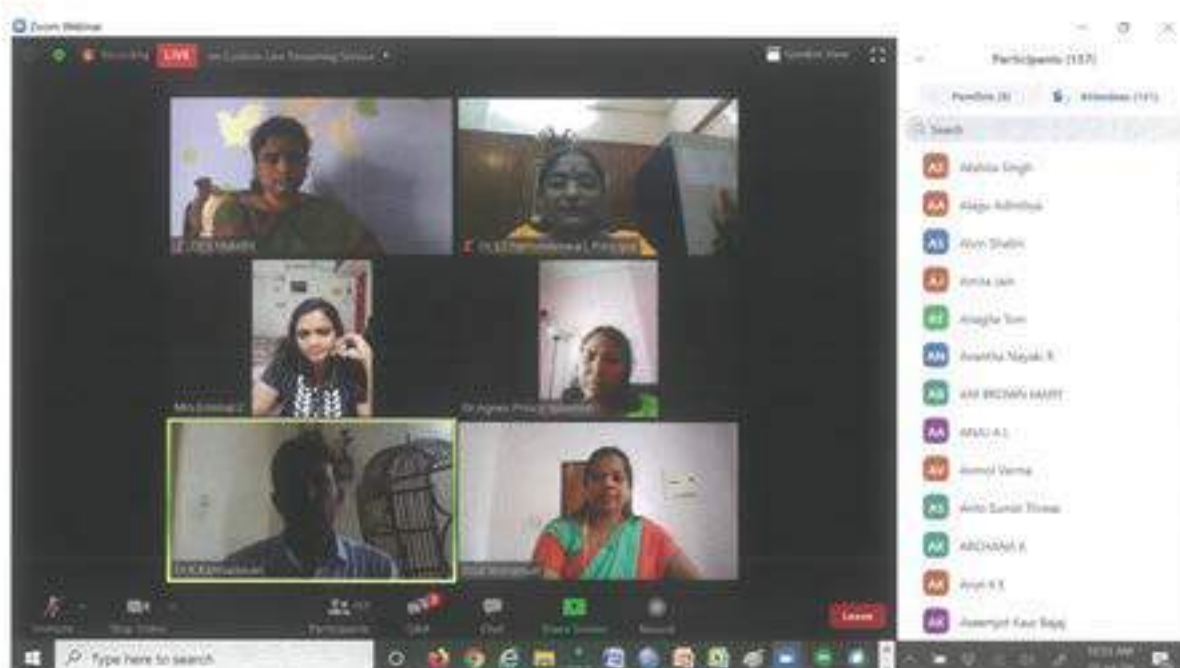


The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. K. Kannadasan, Assistant Professor, Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai, and all participants for the National Level Webinar of Psychological Aspects of Mental Wellbeing. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and the Management of the Collaborating College Sara Tucker College, Tirunelveli, a note of appreciation to the organizers, Mrs. A. Enid Ruth, Assistant Professor of our College


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

and Dr. Agnes Princy Solomon, Director of Physical Education, Sara Tucker College, Tirunelveli.

The Resource Expert was introduced and the session started with the discussion that Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. Absence of mental disorder is also referred to as being mentally healthy. The Resource Expert gave a holistic meaning to health is not only absence of disease but being complete mentally, physically, and socially.



Mood disturbance was referred by the expert as a common mental issue among the College goers. Depression the most common term heard by the parents and teachers are a form of mood disorder. He advised the student-teachers to create interest and engage the students as the common phenomenon is sadness, loneliness, hopelessness as common depression symptoms in adolescent students.

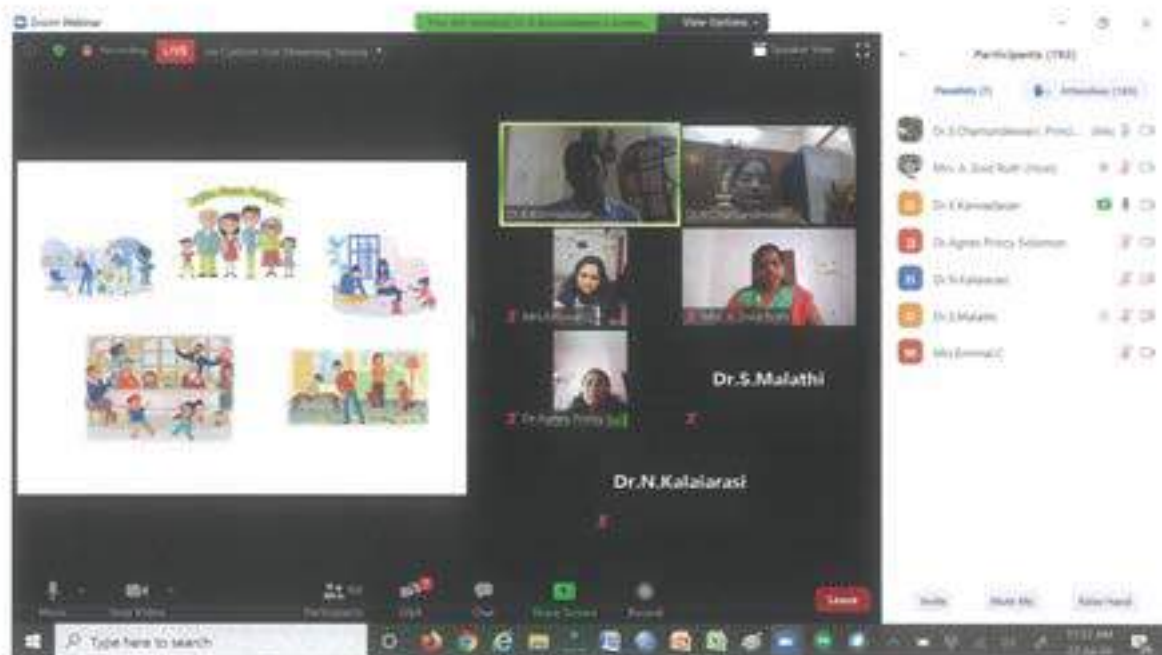
Dr. K. Kannadasan highlighted the symptoms to identify such depressed students such as

- Not enjoying the activities
- Not attending class regularly


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TRIPPLICANE, CHENNAI-600 005.

- Sadness and negativity
- Frequent talk about suicide.

The Resource Expert gave a lot of techniques that can be followed by all students to keep themselves updated and better in their life to mention few he suggested to interact with people at home, friends and neighbors, to concentrate on one activity at a time. Avoid association with negative people, share the problems with elders or counselors to enable to find solution to the problems.



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Programme Outcome and Feedback

The Resource Expert gave take away that should be mandatorily followed by students such as

- ❖ Develop positive social connections among the students through group activities
- ❖ Provide safe environment for the students
- ❖ Cultivate life skill in students such as problem solving skills
- ❖ Pro- social values by involving in number of outreach activities
- ❖ Make students more responsible,

The student-teachers were highly satisfied and showed their gesture of thanking the Resource Expert and the Principal for having given such resourceful input.



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4. Personal Skill Enhancement Programme: A 3-Day National Webinar on Restructuring Mental & Professional Skills

Date: 23rd to 25th July 2020

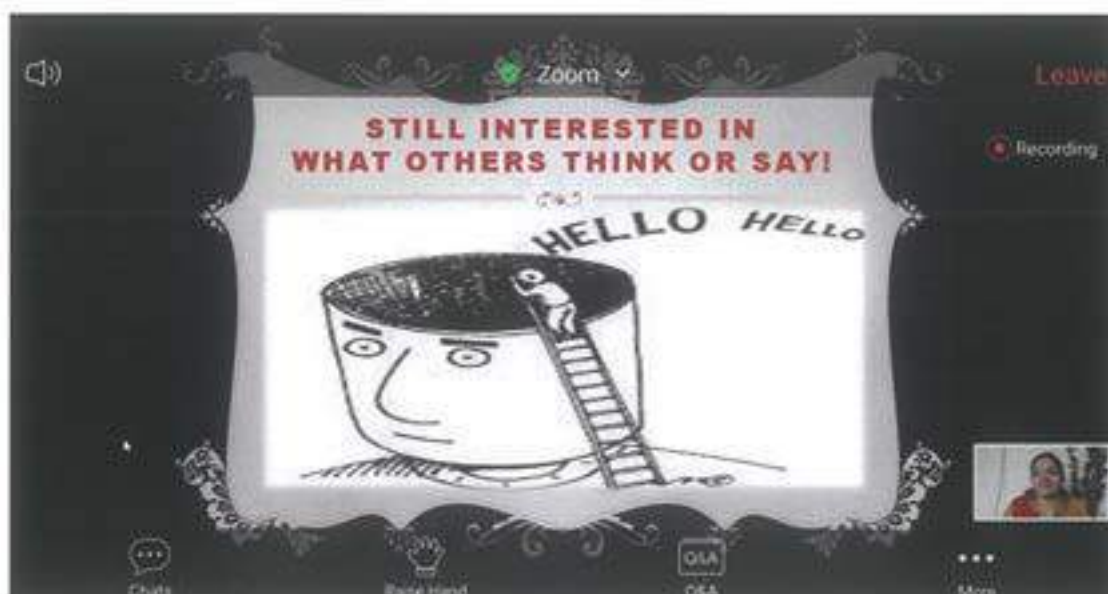
Organizer: NKT Centre for Outreach, N.K.T.National College of Education for Women, Chennai

Resource Expert: Ms. Swapna Ramswarup, Living Value Facilitator & Relaxation Expert

Ms. Michelle Job, Digital Marketing Consultant

Dr. Nancy R. Premakumar, Medical Social Worker, JIPMER

Participants: 137 and You Tube viewers



The three days webinar was planned to throw light on the critical time undergone by the students in online classes. The role of teacher emphasized in rewiring the mental process was stressed and suggested by the expert. Self –monitoring, questioning


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

assumptions, gathering evidence for an issue and train the students on identifying alternative solutions for an issue was emphasized by them.

On Day-1, the Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Mrs. Swapna Ramswarup, Living Values Facilitator and the participants for the Three-Day National Webinar on Restructuring Mental and Professional Skills organized by the NKT Centre for Outreach. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. K. Vijaya, Mrs. A. Enid Ruth and Mrs. V. Sridevi, Assistant Professors of our College. The Resource Expert was introduced by Dr. K. Vijaya and the session started.



Ms. Swapna Ramswarup, on the first day focused her discussion on self. Realizing, valuing one person rather than criticizing them. She emphasized that other can develop a suspicion on you but we must develop a love on our own self. She suggest ways to improve self-worth such as use positive affirmation, identify the competencies of oneself and improve it, learn to accept compliments, eliminate self-criticism and instead introduce self-compassion, and affirm your real worth.

On the Day-2, the previous day session was reviewed by the Principal and the Resource Expert of the day, Ms. Michelle Job, was introduced by Mrs. A. Enid Ruth.


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

The Resource Expert focused her session on the need for the latest technical arrivals so as to prepare the students. Techniques such as

- ❖ Technical Competency
- ❖ Communication Skills.
- ❖ Demonstration of High Achievement in College and Post-Graduation.
- ❖ An Ability to Thrive in Uncertain Environments was discussed so that



Day-3 started with a welcome note by the Principal and a review report of Day-2. The Resource Expert of the day, Dr. Nancy Premkumar was introduced by Mrs. V. Sridevi and the session started. The Resource Expert gave the benefits of keeping oneself mentally healthy. She highlighted on the simple techniques that can be followed by all such as thinking positively, self talk on positive note, avoid procrastination, break the issue faced into smaller chunks and solve one after the other to reach the goal. All the suggestions given by madam were simple and we student-teachers can follow it and spread it to our close associates.


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Programme Outcome and Feedback

The three Resource Experts stressed on the techniques to lower stress and alleviate anxiety. Strengthen communication skills and build healthier relationships among students. Cognitive restructuring has been used successfully to treat a wide variety of conditions, including depression, Post-Traumatic Stress Disorder (PTSD), addictions, anxiety, social phobias, relationship issues, and stress. The simple techniques such as

Calm oneself, identify the situation, analyze the mood of students, identify the autonomous thoughts that would arise in students, enable them to identify balanced and fair thoughts, have a keen observation of moods of Students. The three days was valuable for many students in critical situation who were unable to disclose the problems to others. The gratitude note was truly from the heart as it was helpful to individuals to come out the problematic situation.


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5. Personal Skill Enhancement Programme: Value Integration in Teaching & Learning (VITAL)

Date: 15th to 17th March 2020

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

Resource Expert: Ms. Suguna Kiran, VITAL for India, Chennai

Participants: 118 Students



The Programme on Value Integration in Teaching and Learning (VITAL) was organized to orient the newly inducted students on integrating values in teaching. Principal of the College, Dr. S. Chamundeswari, addressed the students and introduced the Resource Expert Ms. Suguna Kiran, Vital for India, Chennai and the session started.

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This Programme revolved round the concept that educational process instills moral standards to create more civil and democratic societies. Values education therefore promotes tolerance and understanding above and beyond our political, cultural and religious differences, putting special emphasis on the defense of human rights, the protection of ethnic minorities and the most vulnerable groups, and the conservation of the environment.

VITAL classes give them moral education. They interacted with our student teachers which makes our classroom livelier. In our day-to-day life we observe things around us, and learnt how to handle people and situations with emotional balance. We learnt to develop a harmonious relationship between our peers" This is the fruit of VITAL education all over Tamil Nadu.


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The programme gave a positive direction to the students to shape their future and even helps them to know the purpose of their life. The expert taught the best way to live that can be beneficial to individuals as well as the people around them.

Value education also helps the students to become more and more responsible and sensible. This helped the students to understand the perspective of life in a better way and lead a successful life as a responsible citizen. It also helped student teachers to develop a strong relationship with family and friends. The expert also emphasized on character and personality of the students.


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Programme Outcome and Feedback

The VITAL team has been closely interacting with a number of schools and teachers' Enhancement colleges in Tamil Nadu, Kerala and Karnataka to develop and further refine its methodology as well as to popularize its approach to value education. Student teachers got benefitted and came to know that how to become more responsible for their behavior with teachers and fellow students. The benefit of being regular with their home works and class works. The importance of being cooperated with the teachers and fellow students was highlighted ways and means of become attentive, develops a positive mind and a good attitude was emphasized.

The Programme came to an end with a note of Gratitude to the organizers and the Resource Expert we had gave the real feel of being amidst elderly people at home.

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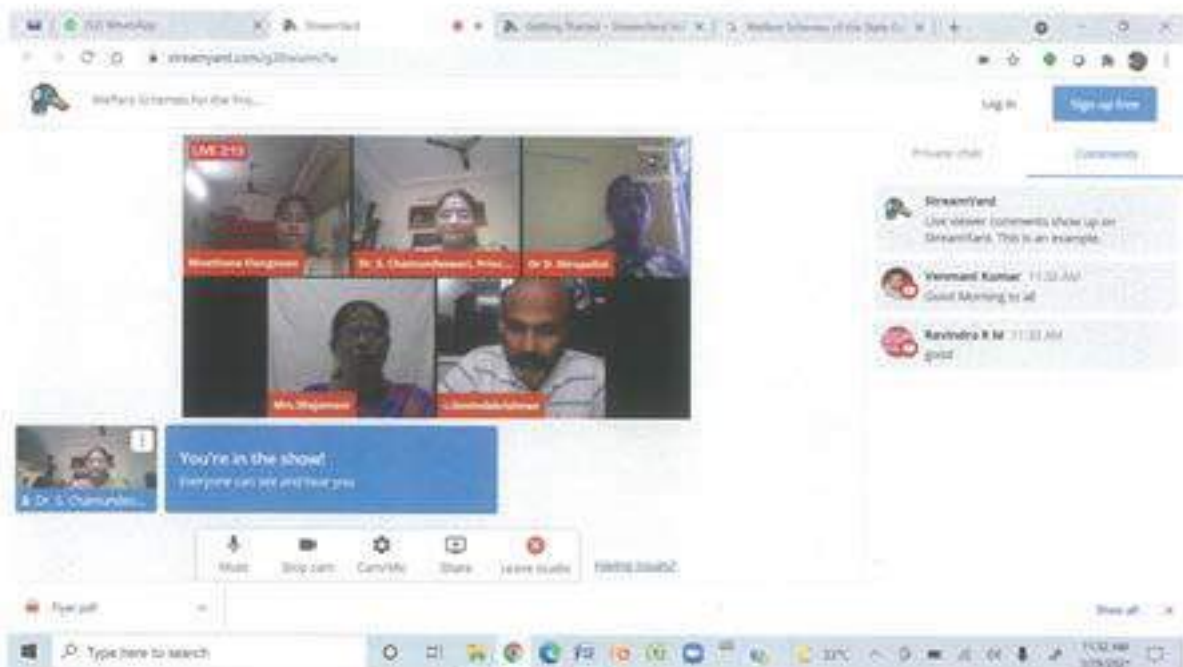
6. Personal Skill Enhancement Programme: Webinar on Welfare Schemes for Persons with Disabilities

Date: 29th May 2021

Organizer: NKT Differently Abled Club, N.K.T. National College of Education for Women, Chennai

Resource Expert: Mr. G. Govinda Krishnan, Nethrodaya, Chennai

Participants: 114 and You Tube viewers



The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Mr. C. Govindakrishnan, Founder, Nethrodaya Chennai and all participants to the National Webinar on Welfare Schemes for the Persons with Disabilities organized by the NKT Differently Abled Club. She placed on record a note of gratitude to Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. D. Nirupalini, Professor, Mrs. E. Nivethan and Mrs. S. Rajamani, Assistant Professors of Special Education.

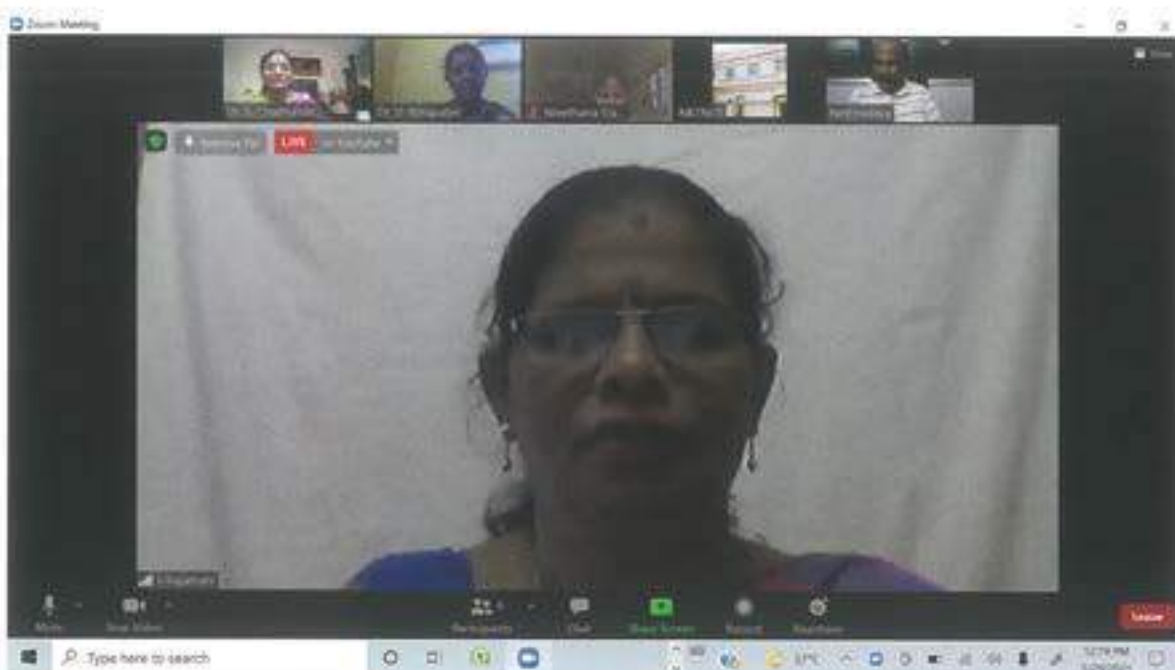
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The Resource Expert was introduced by Mrs. E. Nivethana and the session started.

The Resource Expert proudly claimed Tamil Nadu to be the pioneer in the implementation of welfare schemes for all sections of disabled students. Further informed that in the year 1993, a separate Directorate for the Rehabilitation of the Differently Abled Persons was formed by bi-furcating the Directorate of Social Welfare that could cater to the needs of the differently abled students in right time. A comprehensive State Policy for the Welfare of the Differently Abled Persons was released first time by this Government during 1994.

Sir, further said that awareness is being spread to the public to accept them as natural partners of growth and provide them access to various services and equal participation in social life to form an inclusive society.

He highlighted the Government of Tamil Nadu through various policies and initiatives have extended full support to the Differently Abled Persons in their pursuit of full and equal involvement in every aspect of society. Various schemes have been announced by the Government to make sure that the differently abled persons are in equal status with Society.



He spelled the various schemes of the Government


24
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- 1) Prevention of disabilities
- 2) Early detection and intervention
- 3) Rehabilitation measures
- 4) Providing Special Education
- 5) Development of professionals for rehabilitation
- 6) Provision for assistive devices
- 7) Education and economic empowerment including self-employment
- 8) Formation of barrier free environment Social security measures to streamline and integrate the differently abled students to inclusive setup..



Programme Outcome and Feedback

The Resource Expert mentioned the special schemes of the state and the central Government and brought awareness among the student-teachers so that we could enlighten the students we come across who deserve such facilities.

 25

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- Higher Education for Persons with Special Needs (HEPSN).
- The Teacher Preparation in Special Education (TEPSE).
- Financial Assistance to Visually Challenged Teachers.
- National Fellowship for Persons with Disabilities.
- DISHA
- VIKAAS
- SAMARTH
- GYAN PRABHA

Students expressed their gratitude to the Principal and the organizers for making them aware of so many schemes offered by the Government and thanked the Resource Expert for the wonderful informative session.



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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

Report on Academic Skill Enhancement Programmes



2020-2021

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Report on Academic Skill Enhancement Programmes

2020-2021

The College takes keen initiatives to enhance the required academic skills along with that transacted through the curriculum framed for the Programme. Regular efforts are encouraged either as a separate entity or in collaboration with the other neighboring Colleges of Education to equip the students with the academic skills. The detailed reports of such initiatives are as follows:

1. Academic Skill Enhancement Programme: International Webinar on Teacher Education (Tamil)

Date: 6th to 8th 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

Resource Experts: Dr. Manonmani Devi Muthu, High Grade Lecturer, Annamalai Sultan Ithurisu Education University, Malaysia

Dr. M.I. Mohammed Hanifa Ismail, Deputy Education Officer, Sri Lanka

Mrs. Nagula Sivanathan, Tamil Teacher & Writer, Germany

Participants: 353

The teacher is the most important element in any educational program. It is the teacher who is mainly responsible for implementation of the educational process at any stage. This reveals that it is imperative to invest in the preparation of teachers, so that the future of a nation is secured. The National Curriculum Framework 2005 places demands and expectations on the teacher, which need to be addressed through pre-education and continuing teacher education.



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The webinar emphasized on teaching skills that would include providing enhancement and practice in the different techniques, approaches and strategies that would help the teachers to plan and impart instruction, provide appropriate reinforcement and conduct effective assessment. It includes effective classroom management skills, preparation and use of instructional materials and communication skills.

On Day-1 the Resource Expert, Dr. Manonmani Devi, and the participants were welcomed by Dr. M.S. Thilainayagi, Principal, Lady Willingdon Institute of Advanced Study in Education, Chennai. The Resource Expert started the session with a note of praise to all Teachers and appreciation to all those who have chosen Teaching Profession. She emphasized on academic skills, its importance and the ways to acquire the latest skills. Further, she described the Skill Acquiring Mechanism prevalent in their country. Technical skill are pivotal and it must be updated was suggestion given.


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On Day-2, the Resource Expert Dr. M.I. Mohammed Hanifa Ismail and the participants were welcomed by Dr. S. Chamundeswari, Principal, NKT National College of Education for Women, Chennai. She placed on record a note of gratitude to the Secretary of NKT College for all his unconditional support and guidance, a note of appreciation to the organizers and the Principals of the collaborating Colleges of Education. The Resource Expert addressed the philosophical, sociological and psychological considerations that would enable teachers to have a sound basis for practicing teaching skills in the classroom. This International Webinar opened the avenue to know about the nature of Teacher Education and special features of Teacher Education across the Globe. It benefitted around 353 participants who viewed it in the online platform as well as in You tube.

On the third day Mrs. Nagula Sivanathan highlighted the Professional Skills that include the techniques, strategies and approaches that would help teachers to grow in the profession and also work towards the growth of the profession. She spoke on soft skills, counseling skills, interpersonal skills, and management skills and above all lifelong learning skills. The Programme was organized and conducted in Tamil thus the Resource Expert compared the current position of teacher education quoting the Tamil literature works.

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Programme Outcome and Feedback

The participants clearly understood that Teacher education is a global profession that needs to be understood properly. The essentiality to grasp a global perspective of the profession and to utilize the best thinking and instructional models available in the present times was made clear to the stake holders. The standards of learning are higher in the 21st century than it has been earlier especially during this pandemic period. As a result teachers would need to acquire additional knowledge and skills, both general and specific, to be able to survive and be successful in the 21st century school environment. Education has increasingly become important to success of both individuals and nations.

The Programme highlighted the importance of Teacher Education and the role of teacher in changing the world of tomorrow. The programme benefitted the students and the teachers in-service and the participants appreciated and extended gratitude for organizing such webinars especially in Tamil that benefitted numbers of teachers in the community. The Programme came to an end with a note of appreciation to the organizers, Dr. S. Komalavalli, Dr. T. Sahaya Salla and Mrs. B. Annapoorani, Assistant Professors of Tamil-Education from the organizing Institutions.


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2. Academic Skill Enhancement Programme: International Webinar on Research within Reach

Date: 15 to 17th July 2020

Organizers: N.K.T. National College of Education for Women, Chennai & Stella Maris College, Chennai

Resource Experts: 189

Dr. R. Sevugan, Associate Professor, Department of Library and Information Science, Pondicherry University, Pondicherry

Dr. K. Ramasamy, Librarian, M. V. Muthiah, Government Arts College for Women, Dindugal

Dr. Mary Immaculate Sheela, Professor & Head, Pentecost University, Accra State, Ghana

Participants: 189



In the field of machine learning, reading a research paper can feel like staring into an abyss of dense words and complicated formulas. Learning how to extract information from research papers, though, is critical was the main search of students undertaking projects. The field of machine learning is moving so quickly that often the only way to stay up to date is by reading papers. The objective of the Webinar was to develop


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TRIPPLICANE, CHENNAI-600 005.

skills and strategies in order to make students comfortable in extracting the required information relating to their Research.

On Day-1, the Principal of NKT National College of Education, Dr. S. Chamundeswari, welcomed the Resource Expert of the day and all participants. She placed on record a note of gratitude to the Secretary of NKT College, Dr. M. Arumugam and a note of appreciation to the Principal of the collaborating Institution and the Organizing Team.

The Resource Expert Dr. Sevugan was introduced and he deliberated on the various fundamental issues pertaining to research he highlighted on Lack of standardization in the research process. He emphasized on Reliance on self-reported data and to develop of team based culture in research. He was of the opinion that lack of motivation and low self-confidence to be the main reason for our country lagging behind.

The Resource Expert emphasized, on the ways to overcome the problems by stressing on the coping strategies such as to develop a doable topic. Further, he recommended reading everything you can on the topic so that the scholars can sustain interest in the topic.




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The strength of Mendeley, however, is an academic social network enables to share your research with others. Mendeley can help scholars to connect with other scholars and the latest research in your subject area.

Programme Outcome and Feedback

The three days programme in collaboration with Stella Maris College was a real eye opener for the Post-graduate students as it paved way to identify the problems for research, overcome the same, Collect references from the Web, Automatically generate citations and bibliographies, Collaborate with other researchers online, Find relevant papers based on what you're reading, Access your papers from anywhere online.

The participants wholeheartedly thanked the Heads of the Institutions for their efforts to update the students during the pandemic and all the resource experts for sharing and patiently responding to the queries of the participants.

The programme came to end with a note of appreciation to the organizers, Dr. M. Mahalakshmi, Librarian, Stella Maris College, Chennai and Dr. S. Dhanalakshmi, Librarian and Mrs. A.H. Komala, Assistant Professor of NKT National College of Education for Women, Chennai.


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3. Academic Skill Enhancement Programme: A Two-Day International Webinar on Collaborative & Competitive Online Teaching-Learning in the Contemporary Era

Date: 28th & 29th July 2020

Organizers: Tamil Nadu Teachers Education University, Chennai & N.K.T. National College of Education for Women, Chennai

Resource Expert: Ms. Florence Martin, Professor Learning, Design and Technology, University of North Carolina, Charlotte, USA

Prof. P. Siva Kumar, Professor of Education, Directorate of Distance Education, Alagappa University

Participants: 185 and You Tube Viewers



Prof. M. Govindan, Dean of Faculty and Controller of Examinations i/c addressed the participants of the programme. Dr. S. Chamundeswari, Principal welcomed the dignitaries from Tamil Nadu Teachers Education University, Chennai, Resource Expert, Ms. Florence Martin, Professor in Learning, Design and Technology, University of North Carolina and all participants for the programme. She placed on

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record her gratitude to the Hon. Vice-Chancellor of the University and the Hon. Secretary of NKT College for all their support and guidance and a note of appreciation to the organizers,

Dr. P.M. Lakshmi Shanmugam,
Assistant Professor, Department of Education Psychology, Tamil Nadu Teachers
Education University, Chennai, Dr. K. Vijaya, Mrs. V. Sridevi and Mrs. A.
Enid Ruth, Assistant Professors of NKT National College of Education for Women,
Chennai.

The session started with the information that Anthropologist, comment without the cooperation of its member's society cannot survive, and the society of man has survived because the cooperativeness of its members made survival possible. Typically the words "cooperative learning" conjure up memories of group projects and past associations either positive or negative that had in that arena. Eventually, seminars, class discussions, debates, book discussions, and other things that can engage even the most disinterested students are overlooked. These ways of learning can be so interesting because you're learning from other people instead of from a book.

Florence Martina also shared her experience of the nature of cooperative work carried out in their country and gave tips to practice Cooperative learning in our Country. She emphasized on the ethics to be followed in conducting online classes. Teachers were advised to follow and not slip ethics as it has serious repercussion on the students.

The expert also highlighted that Student interaction is often a neglected aspect of education. Some of the best things about cooperative learning are that: 1) students can help to teach one another, 2) the act of explaining a subject helps the teacher gain a deeper grasp on that subject, and 3) both teacher and learner develop better social skills in the course of this interaction.

In small groups, students can share strengths and also develop their weaker skills. They develop their interpersonal skills. They learn to deal with conflict. When cooperative groups are guided by clear objectives, students engage in numerous activities that improve their understanding of subjects explored.



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First, students need to feel safe, but also challenged. Second, groups need to be small enough that everyone can contribute. Third, the task student's work together must be clearly defined. The cooperative and collaborative learning techniques presented here should help make this possible for teachers.

On Day-2, Prof. Siva Kumar highlighted on the user friendly educational apps in teaching learning process. He emphasized on the tips to make use of the educational apps to improve interactivity in the classroom. He gave a live demo on use of interactive white board, jam board, and other assessment apps like Kahoot and Moodle LMS.

Programme Outcome and Feedback

As the games will be created by teams who compete against other teams, a key component to this learning opportunity is the combination of competition and collaboration. Adopting Cooperative and collaborative learning means to improve interactivity, collaborative work inside the group, active participation, challenge versus duties, and motivation for the students to explore their own topics. There are also many benefits to encouraging the development of collaboration as the benefits involve supportiveness for partners and increase in helping behaviors. This practice will also help many students to overcome their shyness and lead to improved participation. The Programme was very successful and eye opening as the resource expert shared their experience of conducting Collaborative work for adolescent students and use of educational apps. The participants placed on record their appreciation to the Principal and the organizers for their efforts in identifying resource expert and thanked them on behalf of all participants.


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4. Academic Skill Enhancement Programme: Three-Day National Webinar on Implementation of National Education Policy 2020

Date: 7th to 9th November 2020

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

Resource Experts:

Dr. Gayathri Deepak, Founder Director, Chetana Thought Leader in Education, Chennai

Dr. A. John Lawrence, Associate Professor, St. Xavier's College of Education, Palayamkottai

Dr. Anjali Bajpai, Professor, Faculty of Education, BHU, Varnasi

Participants: 92 and You Tube Viewers




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The NEP 2020 is the first education policy of the 21st century and replaces the thirty-four year old National Policy on Education (NPE), 1986. Built on the foundational pillars of Access, Equity, Quality, Affordability and Accountability, this policy is aligned to the 2030 Agenda for Sustainable Development and aims to transform India into a vibrant knowledge society and global knowledge superpower by making both school and college education more holistic, flexible, multidisciplinary, suited to 21st century needs and aimed at bringing out the unique capabilities of each students.

On Day-1, the Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day and all participants present for the Programme organized by the IQAC of the College. Principal placed on record a note of gratitude to the Secretary of the College, Dr. M. Arumugam, for all his unconditional support and guidance and appreciation to the programme organizers, Mrs. A.H. Komala and Mrs. A. Enid Ruth, Assistant Professors of our College. Dr. S. Malathi, Dean of Academics introduced the Resource Expert for Day-1, Dr. Gayathri Deepak.

She addressed on salient features of the NEP 2020 as ensuring Universal Access at all levels of school education, Early Childhood Care & Education with new Curricular and Pedagogical Structure, Attaining Foundational Literacy and Numeracy and

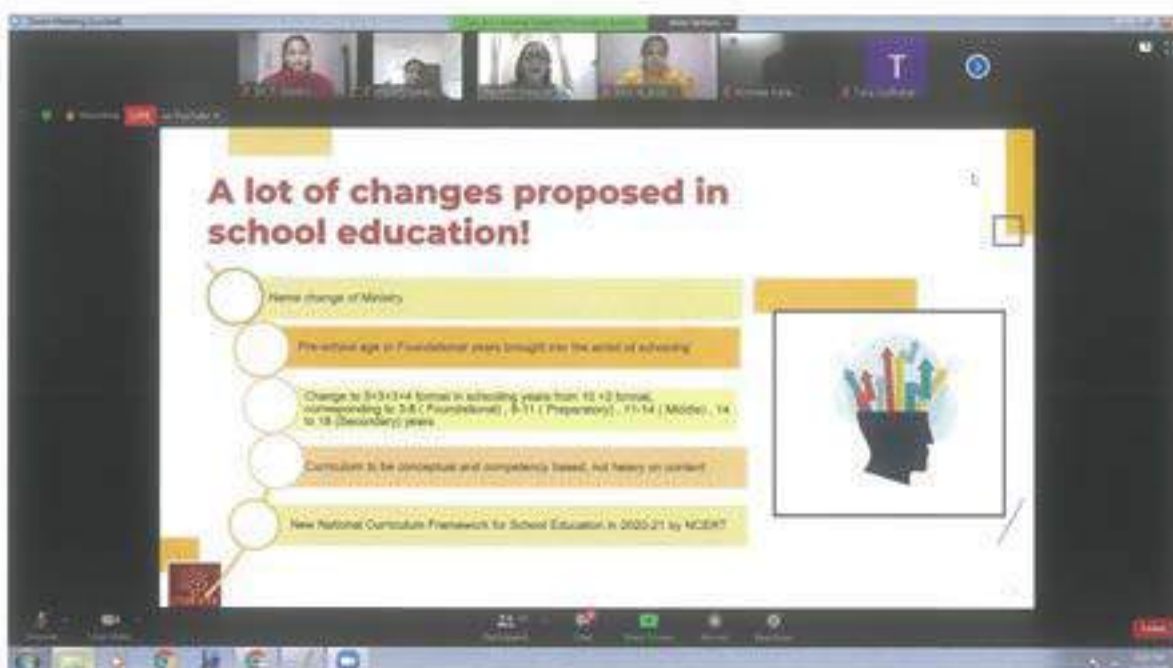
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Reforms in school curricula, pedagogy, Multilingualism and the power of language. She also highlighted the advantage of NEP on School Education. The Resource expert was of the opinion that the NEP would open avenues for many students in remote areas.



On Day-2, the Principal Dr. S. Chamundeswari, reviewed the proceedings of Day-1 and welcomed the Resource Expert of Day-2 and all participants. Dr. A. John Lawrence, the Resource Expert was introduced by Dr. S. Malathi and the session started with deliberations on the various changes recommended by the NEP 2020. He further shared his opinion on the adoption of integrated Teacher Education Programme from the year 2026. The new proposal for the benefit of the institution is mentioned in the NEP was emphasized.

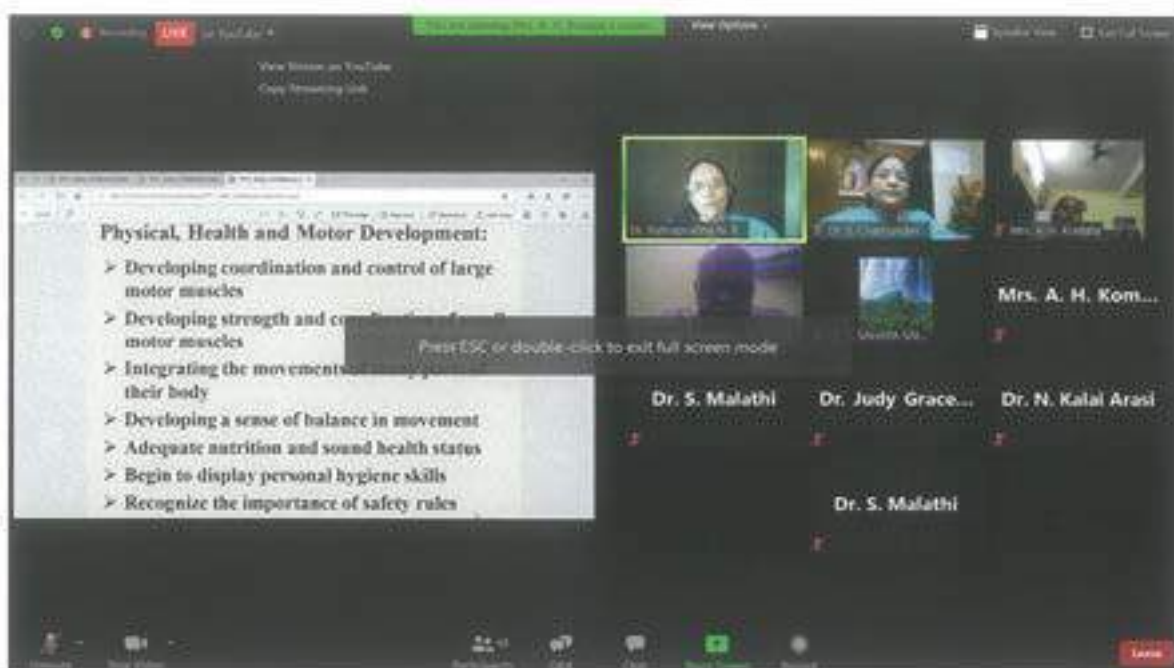

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On Day-3, Dr. S. Chamundeswari welcomed the Resource Expert, Dr. Anjali Bajpai and all participants present for the programme. Dr. S. Malathi, Dean of Academics introduced the Resource Expert and the session started with discussion on the impact NEP on Higher Education Institution, at University level.

The advantages of following NEP is found to be successful at Higher Education Institutions as it facilitates the students to pursue higher education and follow the principle of lifelong learning.


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Programme Outcome and Feedback

The Resource experts enlightened the Student-teachers to understand the following outcomes and the resulting changes that will be made in the Education system in India.

- Universalization from ECCE to Secondary Education by 2030, aligning with SDG
- Attaining Foundational Learning & Numeracy Skills through National Mission by 2025
- 100% GER in Pre-School to Secondary Level by 2030
- Bring Back 2 Cr Out of School Children
- Teachers to be prepared for assessment reforms by 2023
- Inclusive & Equitable Education System by 2030
- Board Exams to test core concepts and application of knowledge
- Every Child will come out of School adept in at least one Skill
- Common Standards of Learning in Public & Private Schools

The Participants were happy on receiving more input about the latest amendments in the NEP and thanked the organizers and the Head of institution for having identifying the resource experts whose deliberation was eye opening to the student-teachers.


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5. Academic Skill Enhancement Programme: National Webinar on Teach, Un-teach & Re-teach: Strategies for Ensuring Online Interaction

Date: 5th August 2020

Organizer: Internal Quality Assurance Cell, NKT National College of Education for Women, Chennai

Resource Expert: Dr. K.N. Shoba, Assistant Professor, Anna University, Chennai

Participants: 100 and You Tube Viewers



Principal of the College Dr. S. Chamundeswari welcomed the Resource Expert and all participants of the National Webinar on Teach, Un-teach & Re-Teach Strategies for ensuring Interactive Online Teaching organized by the IQAC of the College. She placed on record a note of gratitude to the Secretary of the College, Dr. M. Arumugam, for all his unconditional support and guidance and the Programme Organizers, Dr. S. Malathi, Dean of Academics and Mrs. A. Enid Ruth, Assistant Professor of Education of our College. The Resource Expert was introduced by Dr.

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S. Malathi and the session started with the information that the art of Teaching is to disseminate the information to the learners.

The knowledge transferred must facilitate the students to upgrade based the knowledge acquired from various domains. At this stage the learning acquired earlier needs to be modified and updated which recommends to un-teach what was learnt and replace via re-teach the latest arrivals so as to make the students to be fit for the present generation.

The Resource Expert wished the learners to be agile. She emphasized that it is not that easy to put it into practice. Our mental models, the way we have done things over the years, have built neural pathways in our brain. Education System nowadays requires us to learn fast, to be flexible, to adapt, to change and to relearn, but it's easier said than done.

Further she suggested tips to make the learner agile.

- Switch from writing on paper to writing on a tablet and buy one with a touch pen, so you don't give the pen up completely.
- Pick a day every week to choose a different way to work.
- Take a few hours every week to reflect upon who you are and what you do.
- Explore what is possible. Often, we cannot imagine what will happen in the future. However, we can imagine what could happen.
- Know yourself. Ask for feedback from your teachers, parents and friends.
- Ask yourself (and answer) personal questions. Understanding yourself first helps you better understand those around you and helps you become more adaptable.
- Look at what the younger generation is doing and make efforts to understand it, to see it from their perspective.
- Spend time with kids. Play with them and watch how they do things. You might notice they have other ways of reaching the same result.

- Build knowledge. Read and listen to books, absorb podcasts, go to modern art galleries or to events that feature contemporary artists of any kind and spend quality time with people who create content.



Programme Outcome and Feedback

The Session enabled the learners to create new potential and new possibilities. The expert stressed on unlearning, builds greater adaptability and flexibility as it is key to innovation.

Learning allows us to expand our horizons and think outside the box. By expanding our minds, we open ourselves up to possibilities and opportunities were highlighted as best takeaway of the Programme.

It enables us to develop skills and abilities that help us achieve success. As long as we keep growing, we will continue to move forward towards achieving our goals. It gave us valuable insights into how to deal with challenges and obstacles along the way to keeps us sharp and relevant. With this note of" With age comes wisdom and

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maturity. But without learning, we would remain immature forever" the Programme was a valuable session. The Programme came to an end with the note of gratitude.



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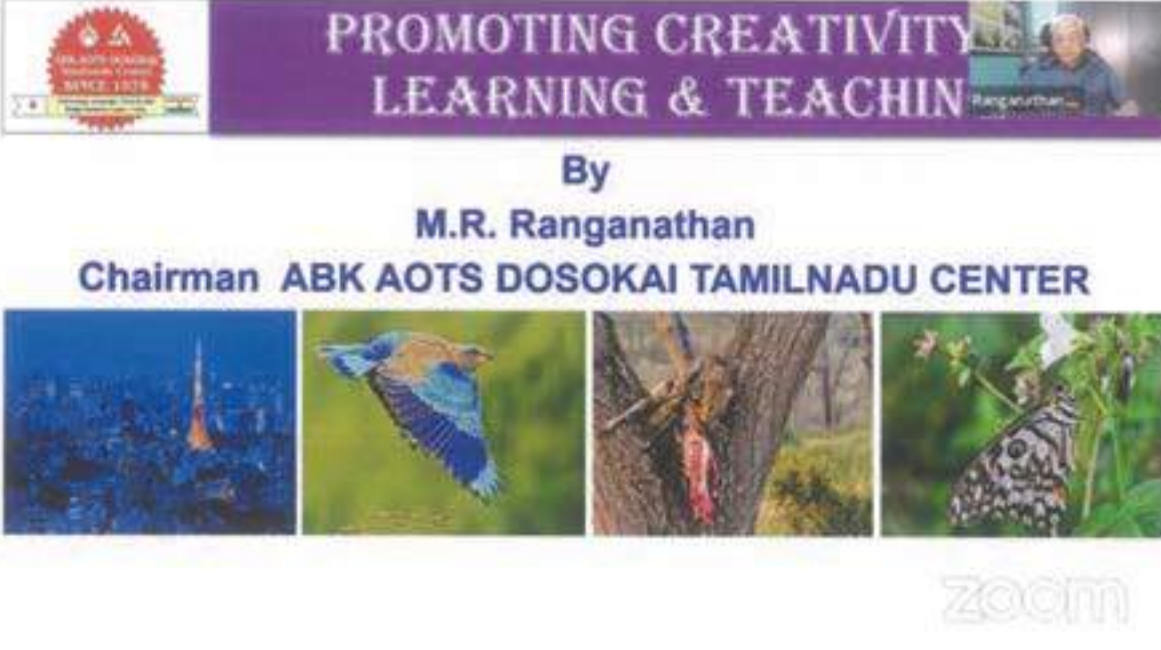
6. Academic Skill Enhancement Programme: National Webinar on Promoting Creativity in Learning & Teaching

Date: 29th April 2021

Organizer: NKT Centre of Excellence, N.K.T.National College of Education of Education for Women

Resource Expert: Mr. M.R. Ranganathan, Chairman, ASK AOTS Dosokai, Tamil Nadu Center

Participants: 100 and You Tube Viewers



The banner features a purple header with the title 'PROMOTING CREATIVITY IN LEARNING & TEACHING' in white. To the left is a circular logo with 'ASK AOTS' and 'SINCE 1979'. To the right is a small video inset of Mr. M.R. Ranganathan. Below the header, the text 'By M.R. Ranganathan, Chairman ABK AOTS DOSOKAI TAMILNADU CENTER' is displayed. A row of four nature-themed images (a blue bird, a blue bird in flight, a red bird on a branch, and a butterfly) is shown. The Zoom logo is in the bottom right corner.


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The Principal Dr. S. Chamundeswari welcomed the Resource Expert of the day, Mr. M.R. Ranganathan and all participants of the National Webinar on Promoting

Creativity in Learning and Teaching organized by the NKT Centre of Excellence. She placed on record a note of gratitude to the Secretary of the College, Dr. M. Arumugam, for all his unconditional support and guidance and a note of appreciation to the organizers, Mrs. T. Anitha Devi and Mrs. A. Enid Ruth, Assistant Professors of our College. The Resource Expert of the day was introduced by Mrs. A. Enid Ruth and the session started.

The resource expert termed creativity as paid lip service, but most schools are currently experiencing a "creativity gap" as more creative activity occurs outside the school. Numerous psychologists argue that creativity is not just an enrichment or add-on in the classroom activity. It is a definable, measurable, set of psychological skills that enhance learning and will be necessary in the 21st-century workforce.



CREATIVE THINKING & CREATIVE TEACHING - **CATCH THEM YOUNG**

- ❖ One important way a child learns of his self-worth is through his interactions with you as the teacher.
- ❖ Be generous in praise & positive descriptions of children's work and ideas.
- ❖ Remain focused on the uniqueness of each child and run an extra mile to nurture the child's trust and creativity.
- ❖ Hold group meetings where children can freely express ideas, particularly in the area of problem solving.
- ❖ In your classes allocate 15 minutes thinking time on any thing not related to their lesson plan. **Toyota's logan** , " **Bring your mind to work**" – "**When you are here think**"

He opined that children are best-positioned to develop their ways of thinking and solving problems as they are naturally inquisitive, open to learning, imaginative and they do not often feel embarrassed by novelty, since everything is new and consequently nothing is really abnormal. By empowering students to push the boundaries, question the norm and think outside the box, educators are able to build and encourage confidence and self-esteem in students. He further said that it is critical to encourage young people to acknowledge this and find alternative and

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unique solutions to the challenges at hand, meanwhile building resilience and confidence in their ability.



Programme Outcome and Feedback

Embracing creativity in the classroom is a great way to challenge the notion of static learning: the idea that there's merely one correct way to solve a problem or come to a solution.

The resource expert gave the following tips to develop students' creativity in the classroom as the take away to create a compassionate, accepting environment, be present with students' ideas, to encourage autonomy, give students direct feedback on their creativity. Encourage multiple ways to solve problems, to build a safe and open space where failure is embraced and celebrated, make use of free digital tools. The Resourceful session came to an end with a note of thanks. The Programme came to close with a formal vote of thanks by Mrs. T. Anitha Devi, Assistant Professor of Mathematics-Education.


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N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)

Report on Technical Skill Enhancement Programmes

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(Autonomous)
Re-Accredited with 'A' Grade/CGPA of 3.26/4.00 by NAAC
Affiliated to Tamilnadu Teachers Education University
Chennai, Tamilnadu

Live Webinar on
EXPLORING GOOGLE
CLASSROOM


NKT Student Council 2020-2021
11th May 2021 @ 3 pm to 5 pm

Resource Expert


Dr. K. SARAVANAN M.A., B.Ed., Ph.D.
Professor of English
Nandha Engineering College (Autonomous)
Erode-638052

for registration : <https://forms.gle/MgK19SLuDuvSVWPc8>

2020-2021



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Report on Technical Skill Enhancement Programmes

2020-2021

The College takes continuous initiatives to upgrade the skills of student-teachers in order to equip them for the better future. The current pandemic situation has created lacunae in the teaching learning process. The College organized programmes during crisis and equipped the students to grow confidently. A series of Programmes was offered to the students-teacher under this technical skills domain. This opportunity facilitated the student-teachers to take up their teaching internship. The College continues the initiative to upgrade the set of students enrolled into the B.Ed., B.Ed.,(Special Education), M.Ed. and M.Phil., Programmes.

1. Technical Skill Enhancement Programme: National Webinar on Effective Engagement of Teaching & Learning through Online

Date: 1st June 2020

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

Resource Expert: Dr. Judy Grace Andrews, Associate Professor & HOD of Research Cell, Gandhi Shikshan Bhavan's Smt. Surajba College of Education, Juhu, Mumbai

Participants:359



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TRIPLICANE, CHENNAI-600 005.



Principal, Dr. S. Chamundeswari welcomed the Resource Expert of the day Dr. Judy Grace Andrews, Associate Professor & HOD of Research Cell, Gandhi Shikshan Bhavan's Smt. Surajba College of Education, Juhu, Mumbai, and all participants of the National Webinar on Effective Engagement of Teaching and Learning through Online organized by the IQAC of the College. Principal placed on record her gratitude to the Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Mrs. A.H. Komala and Mrs. A. Enid Ruth, Assistant Professors of our College.

The Resource Expert was introduced by the coordinator of IQAC, Dr. S. Malathi and the session started Scholars, Students from various disciplines. 359 participants widely from all direction across India took part actively. The Resource Expert stressed, on the Philosophy of Constructivism in the Digital Learning era. Emphasis was on the need for creating one's own knowledge out of the feed that can be given through the Learning Management System (LMS).


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Dr. Judy further highlighted on the role of teachers and students in the online mode of teaching learning process. She stressed on paradigm shift from "Learning to Teach to Teaching to learn" as it is the fundamental principle of online mode of teaching Learning.

Further she shared her expertise on Case method, Digital Learning, Flipped Classroom, LMS, Moodle, Edfly, EDMODO. Online tool /Platforms like Render forest, H5P, Canvas, Google forms/Google drive, Think link, LMS, Moodle Cloud, <http://Prof.Srinivas.in> as an eye opener to all the new entrants into the profession. She also shared her experience of hands on many of the tools and platforms used in the teaching –learning process.

As a part of the webinar madam also highlighted on the various ethical tips that must be followed on online platforms. At the end the IQAC Co-ordinator shared the doubts raised by the participants and it was patiently clarified by the Resource Person. Doubts on Learning Style, Attention Span, duration of the course, and others were raised by learned participants. The Resource Person gave a elaborate deliberation for the maximum benefit of the participants.


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Programme Outcome and Feedback

Major take away from this webinar was Change agent and change management. As rightly quoted by Socrates not to focus all our energy on what cannot be changed and old rather focus on what is new. The student-teachers benefitted from the programme as they are familiarized with the latest tools and techniques that can be used in the teaching learning process.

The participants were grateful to resource expert for patiently responding to the queries and the Principal for the opportunity given to enhance their skills.

The Programme came to an end with a formal note of thanks.

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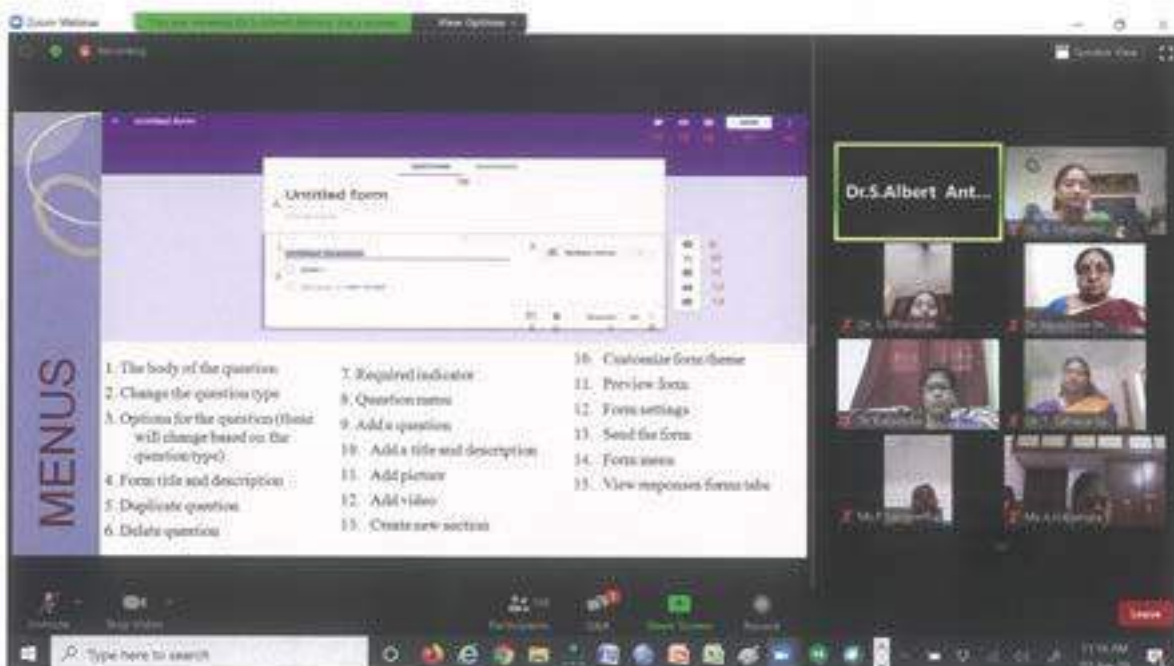
2. Technical Skill Enhancement Programme: National Webinar on E-Assessment using G-Forms

Date: 3rd June 2020

Organizer: NKT Literary Club, N.K.T. National College of Education for Women

Resource Expert: Dr. S. Albert Antony Raj, Head, Department of Computer Applications, SRM Institute of Science & Technology, Chennai

Participants: 116 and You Tube viewers



Principal, Dr. S. Chamundeswari welcomed the Resource Expert of the Dr. S. Albert Antony Raj, Associate Professor & Head, Department of Computer Applications, SRM Institute of Science & Technology, Chennai and all participants for the National Level Webinar on E-Assessment using G-Forms organized by the NKT Literary Club. She placed on record a note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Ms. P. Sangeetha and Dr. T. Sahaya Saila, Faculty in-charge of the NKT Literary Club. The Resource Expert was introduced by Dr. T. Sahaya Saila and the session started.


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The Resource Expert stated the use of digital devices to assist in the construction, delivery, storage or reporting of student assessment tasks, responses, grades or feedback. He said few tasks may not facilitate assessment electronically, but the number of such tasks is rapidly diminishing as technology becomes more sophisticated and widespread. Resource expert further added that E-assessment can be part of a learning management system such as Blackboard, Sakai or Moodle.



The Resource expert function of G-forms

Create Surveys to Meet Curriculum Objectives

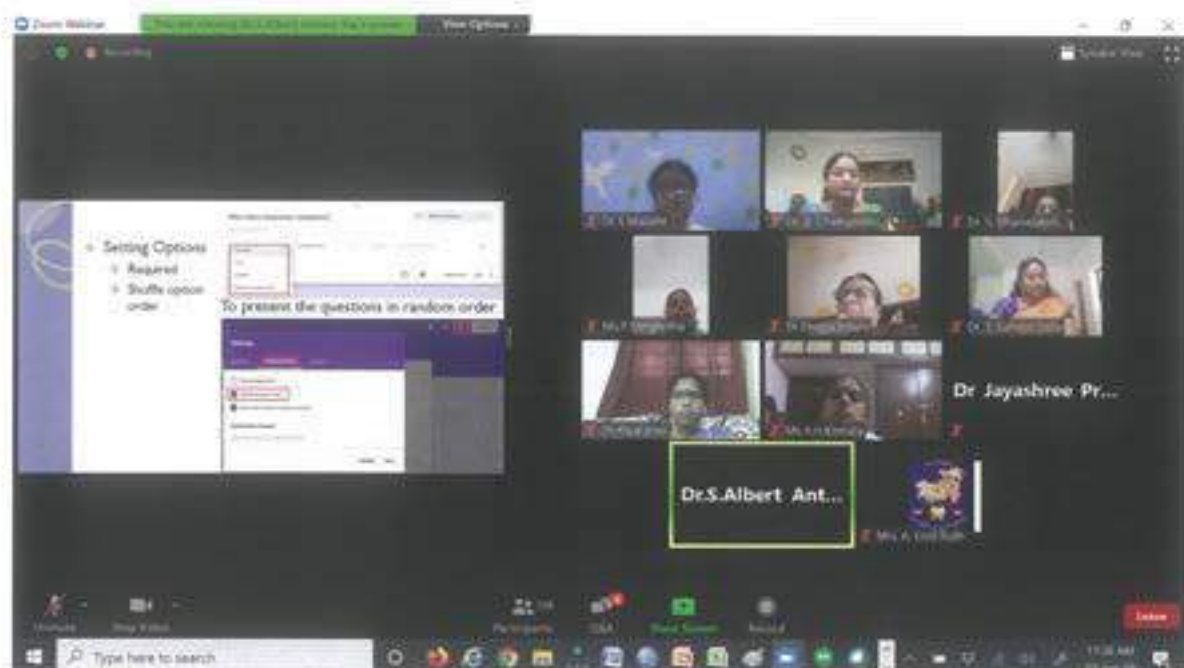
Ask Various Types of Questions

Apply Validation Options to Control Data Entry

Create Professional Looking Forms using Themes

Multiple Ways to Administer Forms


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Programme Outcome and Feedback

The student-teachers understood the application of Google forms in event registrations; create a quick opinion poll, data collections process. The application of Google Forms can create and analyze surveys right in your mobile or web browser as it does not require any special software required. You can get instant results as they come in. It was well understood that students can summarize survey results at a glance with charts and graphs. It is user friendly and can be utilized by all variety of learner's irrespective technological knowledge available. The participants were satisfied with the live demonstration given to them and thanked the authorities for the wonderful learning.


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3. Technical Skill Enhancement Programme: A 5-Day Online Student Development Programme on Augmenting Pedagogical Horizon for 24/7 Learning

Date: 20th to 24th July 2020

Organizer: NKT Centre for Skill Development & Work Experience,
N.K.T.National College of Education for Women

Resource Expert:

Mr. S. Edward Packiaraj, Advisor, Trainer- ICT Education, e-Content Development, OER Rosary e-Solutions

Mr. M. VijayaKumar, English Graduate Teacher, ICT National Awardee

Mr. S. Dhilip, English Graduate Teacher, ICT National Awardee

Mr. P. Karunaidoss, B.T. Assistant Teacher, Education District Coordinator

Participants: More than 250 participants on each day



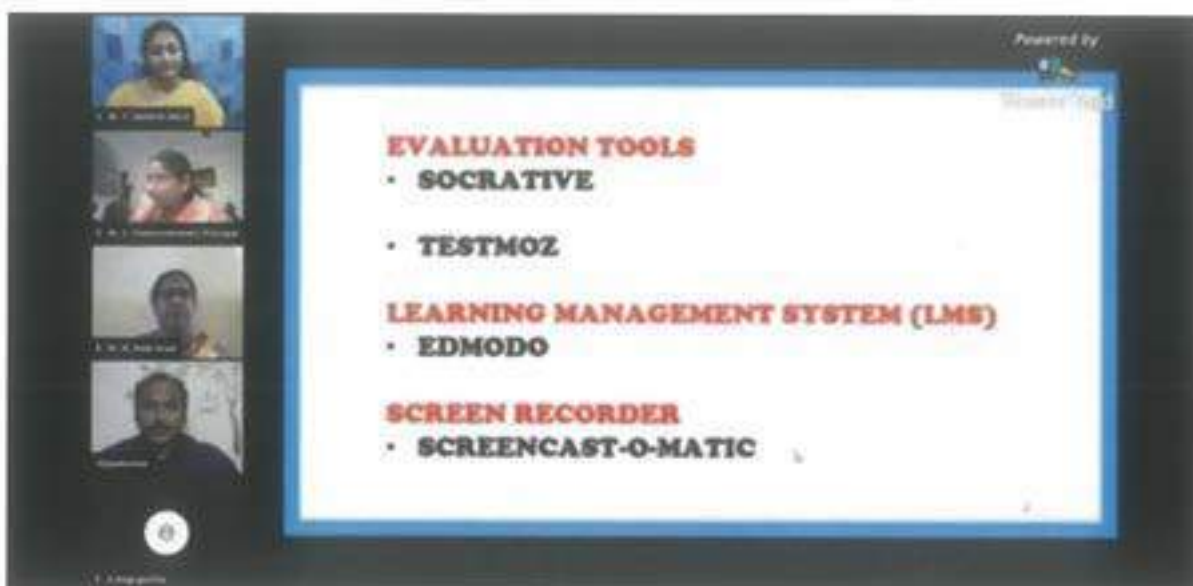

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On Day-1, Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day Mr. Edward Packiaraj, and all participants of the Five-Day Online Student Development Programme on Augmenting Pedagogical Horizon for 24/7 Learning organized by the NKT Centre for Skill Development & Work Experience. She placed on record her gratitude to the Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Dr. N. Kalai Arasi, Coordinator of R & D Centre and Dr. T. Sahaya Saila, Assistant Professor of our College.

The Resource expert by Dr. N. Kalai Arasi and the session started with deliberations on the fundamental of augmented learning is the use of real-life experiences, objects and elements that have been recreated on a computer or mobile device to enhance specific educational concepts. An important goal of augmented learning is to align the instructional platform with each learner's individual needs. OERs can supplement textbooks and lectures where deficiencies in information are evident. Augmented Learning enhances of regular course content.


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On Day-2, the Principal reviewed the previous day session and welcomed the Resource Expert Mr. M. Vijayakumar and all participants. The Resource Expert was introduced by the Dean of Academics, Dr. S. Malathi and the session started.

The Resource Expert spoke on the fundamental knowledge required for the using computer and applications. On day two the resource expert shared his expertise on the tools namely Scorative, Edmodo, Testmoz, Screen-Cast-o-matic. The resource expert on day three taught us to use QR code in the process of Teaching Learning. All the session was designed for the benefit of the student-teachers.

On Day-3, the Principal reviewed the previous day session and welcomed the Resource Expert of the day and all participants. Mr. S. Dhillip was introduced and the session started with reflection on the types of educational app that improved interaction. He emphasized on the four quadrants of teaching learning such as Learning Management System, interactive tools, Evaluation tools. Further he emphasized on user friendly evaluation tool. He gave hands on Enhancement through live demo on Kahoot, and hot Potatoes.

On Day-4, the Principal reviewed the previous day session and welcomed the Resource Expert, Mr. P. Karunaidoss, and all participants, The Resource Expert was introduced and the session started. He emphasized, on the precautions to be taken in the use of ICT in Teaching and learning. Sir showed a live demo on the mobile


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application which is affordable and simple to use by all the types of teachers. QR code for taking attendance was highlighted by the expert.



Programme Outcome and Feedback

All the five Resource Experts transacted the content in real time and clarified the doubts that were raised in the chat box. All the resource experts hailing from the field of Teaching the programme was made very effective as they could meet to the demands of students of our College and from Community. We could follow and gained confidence through this programme and came to know the application of augmented learning in the teaching process. Mobile apps, online evaluation tools, and LMS.

The students were extremely happy for having given the opportunity to learn new tools that could be utilized in teaching. The student-teachers were happy to learn new tools in teaching and Learning that would have gone unnoticed if not for this Programme. They gave a big note of Thanks to the Principal, Organizing Team and the Resource Expert for the exploring sessions.


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TRIPPLICANE, CHENNAI-600 005.

4. Technical Skill Enhancement Programme: Live Webinar on Exploring Google Classroom

Date: 11th May 2021

Organizer: NKT Student Council 2020-2021, N.K.T.National College of Education for Women

Resource Expert: Dr. K. Saravanan, Professor of English, Nandha Engineering College, Erode

Participants: 98 and You Tube Viewers



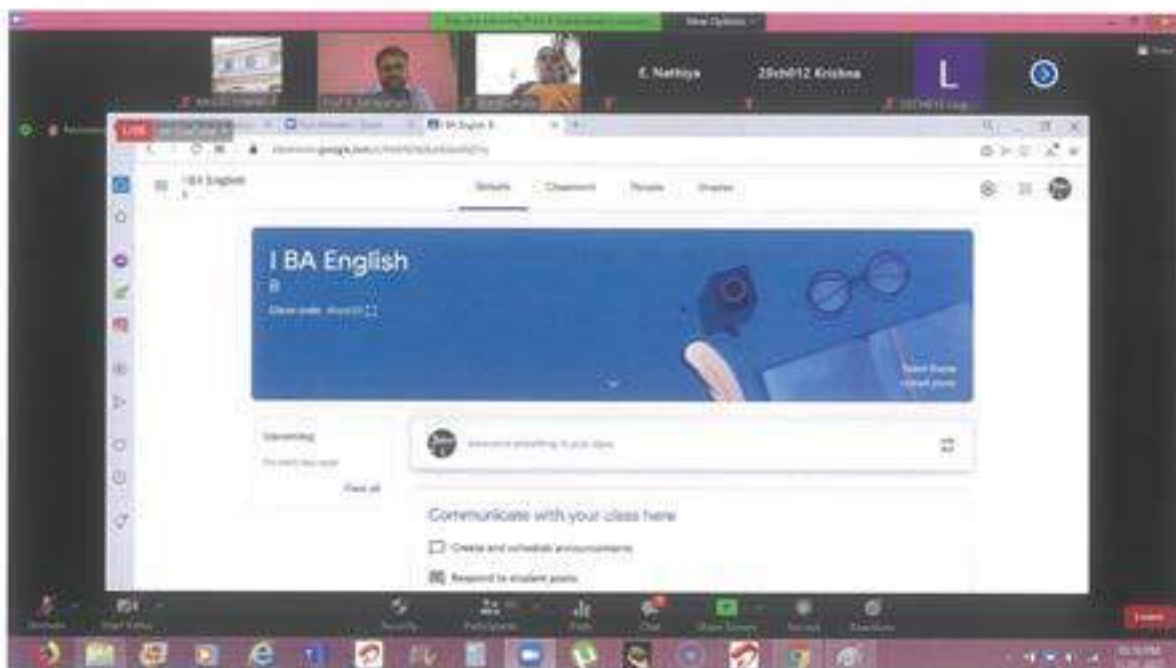
Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. K. Saravanan, from Nandha Engineering College, Erode and all the participants for the Live Webinar on Exploring Google Classroom organized by the NKT Student Council: 2020-2021. She placed on record her gratitude to the Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to all members of the NKT Student Council: 2020-2021.

The Resource Expert was introduced and he spoke on Google Classroom, a free blended learning platform developed by Google for educational institutions that aims


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to simplify creating, distributing, and grading assignments. The primary purpose of Google Classroom is to streamline the process of sharing files between teachers and students.

Dr. Saravanan, stressed that Google Classroom can help the teacher to streamline assignments, boost collaboration, and foster communication. Classroom is available on the web or by mobile app. You can use Classroom with many tools that you already use, such as Gmail, Google Docs, and Google Calendar.



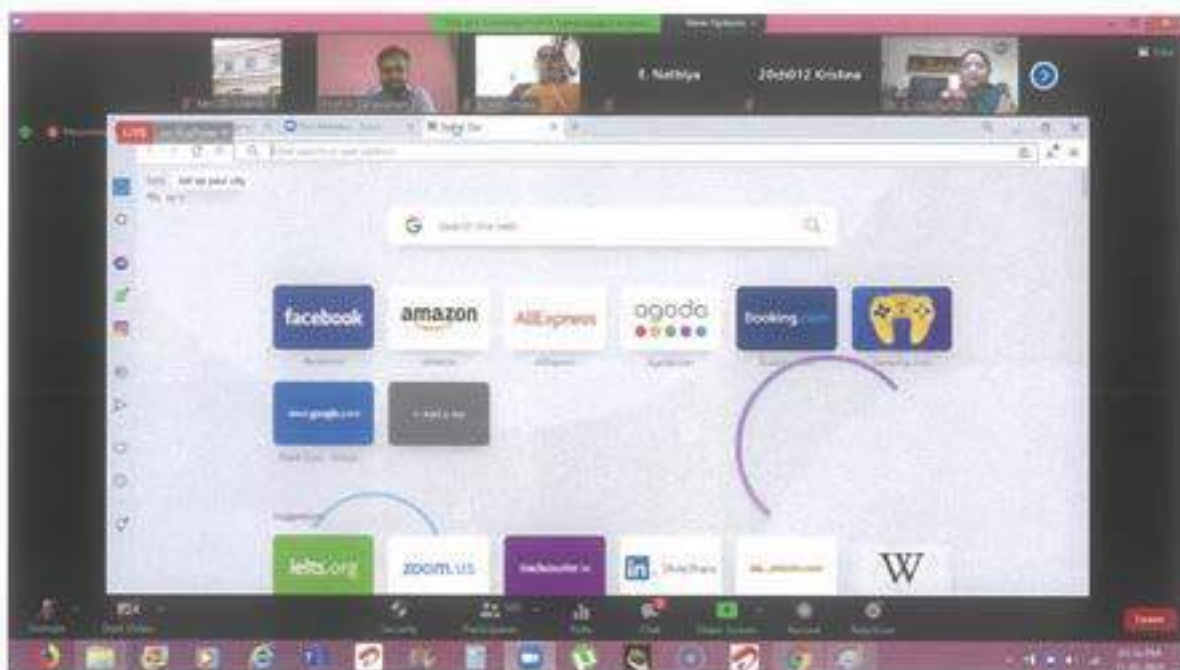
Google Classroom integrates a variety of other Google Applications for Education, such as Google Docs, Google Sheets, Google Slides, Gmail, and Google Calendar into a cohesive platform to manage student and teacher communication. Students can be invited to join a class through a private "class code", or be imported automatically from a school domain. Teachers can create, distribute and mark assignments all within the Google domain. Each class creates a separate folder in the respective user's Google Drive, where the student can submit work to be graded by a teacher. Assignments and due dates are added to Google Calendar, where each assignment can belong to a category or topic. Teachers can monitor each student's progress by reviewing revision history of a document, and after being graded, teachers can return work along with comments and grades.

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Google Classroom integrates several Google Applications for Education (GAPPS) such as Google Drive, Google Docs, Google Sheets, Google Slides, Google Forms, Google Sites, Gmail to help educational institutions transition to a virtual, paperless system. Google Calendar was later added to help with assignment due dates, field trips, and class speakers. Students can be invited to classrooms through the institution's database, through a private code that can then be added in the student's user interface or automatically imported from a school domain. Each class created with Google Classroom creates a separate folder in the respective user's Google Drive, where the student can submit work to be graded by a teacher

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Programme Outcome and Feedback

Student- teacher learnt the application of Google Classroom in teaching process .With the help of Google Classroom we can streamline assignments, boost collaboration, and foster communication. Classroom is available on the web or by mobile app. You can use Classroom with many tools that you already use, such as Gmail, Google Docs, and Google Calendar. It is a user friendly application that can be used by all type of learners.

The Student council that organized the programme was successful in achieving the output. They thanked the Principal for having given the opportunity to organize the activity for the benefit of the fresh batch of B.Ed. students.


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5. Technical Skill Enhancement Programme: Live Webinar on Preparing Teachers and Students for Virtual Classrooms

Date: 17th May 2021

Organizer: NKT Student Council 2020-2021, N.K.T.National College of Education for Women, Chennai

Resource Expert: Mr. I. Israel, Software Developer, Nanotricks, Thoothukudi

Participants: 100 and You Tube Viewers



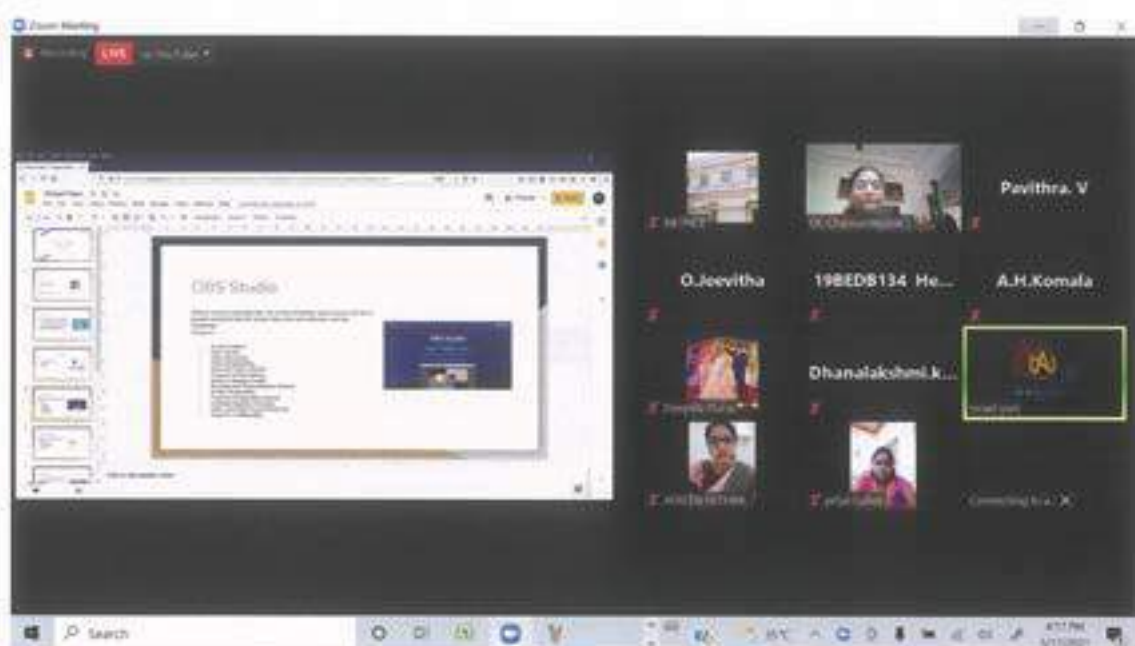
Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Mr. I. Isreal, and all participants of the Live Webinar on Preparing Teachers and Students for Virtual Classrooms organized by the NKT Student Council; 2020-2021. She placed on record a note of gratitude to the Secretary of the College Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, NKT Student Council: 2020-2021.

The session started by the Resource Expert with addressing the Student-teachers started with the basic functions that happen in a classroom such as communication system that makes it possible for a group of people to come together to dialogue about something they want to learn and to look at visuals and text that might aid them in understanding. The conventional classroom is surrounded by walls that provide protection from outside noise


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and interference, contributing to a more effective learning process and this system existed in Indian scenario since time immemorial.

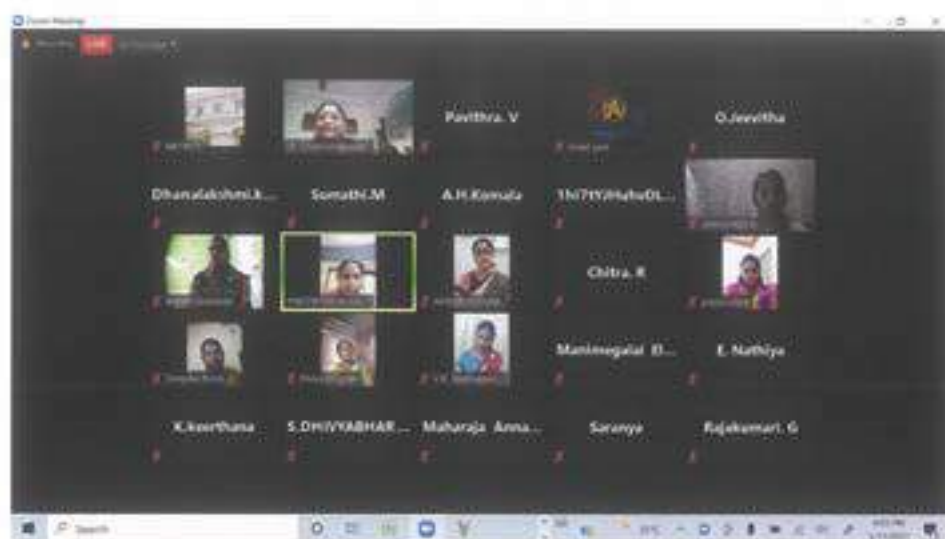
He compared the features of a traditional classroom with that of a virtual classroom. A virtual classroom, provides the same opportunities for the teaching and learning process, beyond the physical limits of the traditional classroom's walls, thanks to the use of computer communication networks.



Further he added the benefits of a Web-based classroom are its geographic, temporal and platform independence, and its simple, familiar and consistent interface. Some of the drawbacks are: limited access to the Internet worldwide; resistance to shift to new and alternative teaching and learning paradigms or methodologies; privacy, security, copyright and related issues; and a lack of uniform quality

Basic requirements in a virtual classroom were thrown light on a place for open discussions and active learning. Features like a digital whiteboard, breakout rooms, screen sharing, file annotations, video playback, and quizzing all contribute to getting learners active in their learning. He also described the free and open source software for video recording and live streaming. Stream to switch, YouTube.


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Programme Outcome and Feedback

In this global pandemic time the health regulations like social distancing prevented the students from the traditional classroom-based learning, virtual classrooms the rescuer provided a perfect alternative to the traditional classroom-based learning systems.

Round-the-clock access to learning materials, learning made easy, Better time management, Widened learning perspective, Improved digital skills, Greater level of flexibility, Improved teacher-student relationships and Increase career prospects.

The Programme came to an end with a note of gratitude to the Organizers, Resource Expert and the Head of the Institution.


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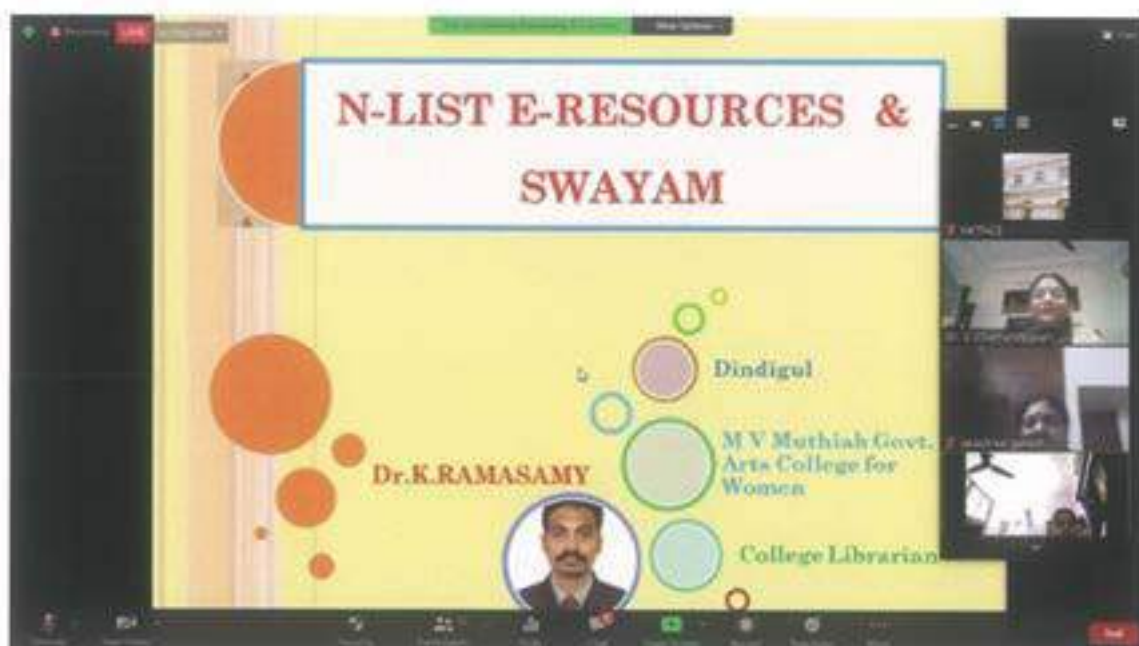
6. Technical Skill Enhancement Programme: Live Webinar on SWAYAM and INFLIBNET N-LIST

Date: 25th May 2021

Organizer: NKT Centre of Excellence, N.K.T.National College of Education for Women, Chennai

Resource Expert: Dr. K. Ramasamy, Librarian, M.V. Muthaiah Government Arts College for Women, Dindigul

Participants: 79 and You Tube Viewers



The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. K. Ramasamy, Librarian, M.V. Muthiah Government Arts College for Women, Dindigul and the participants for the Live Webinar on SWAYAM and INFLIB NET N-List, organized by the NKT Centre of Excellence. She placed on record a note of gratitude to the Secretary of the College Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the organizers, Mrs. A.H. Komala, Assistant Professor and Dr. S. Dhanalakshmi, Librarian of our College.


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The Resource Expert was introduced by Mrs. A.H. Komala and the session started with abbreviating the term SWAYAM as "Study Webs of Active-Learning for Young Aspiring Minds" the resource expert discussed on the features and basic information of SWAYAM. The SWAYAM initiative was launched by the then Ministry of Human Resource Development (M.H.R.D.) Government of India under Digital India to give a coordinated stage and free entry to web courses, covering all advanced education, High School and skill sector courses. It was launched on 9th July 2017 by Honorable President of India.



He made simple the structure of every SWAYAM Programme explaining its features. Quadrant I- e-Tutorial: Video and Audio Content Quadrant II- e-Content: PDF, Text, e-Books, illustrations, video demonstrations, documents and Interactive simulations wherever required. Quadrant III- Web Resources: Related Links, Wikipedia Development of Course, Open source Content on Internet, Case Studies, etc. Quadrant IV- Self-Assessment

NLIST programme (National Library and Information Services Infrastructure for scholarly content: extended access to e-resources to colleges in India) for library users. He described about the millions of free resources available online to the students.

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Programme Outcome and Feedback

The students got a clear picture of Outcome based learning and courses offered by Accredited Institution that could facilitate opportunities for future. Similarly N-list can provide full-text access to electronic resources subscribed for educational institutions. Generate alerting services from subscribed e-resources deploying technological tools for content delivery. Impart awareness and Enhancement Programmes for Institutions; and Collect and analyze usage statistics of e-resources and find trends of usage in different subject disciplines.

A note of gratitude was extended to the resource expert for sharing his valuable time and resources. Students were extremely happy about receiving the useful resource and thanked the Principal for the opportunity.

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

(Autonomous)

**Developing the Skill of Communication with persons of different Disabilities
through Braille, Sign Language and Speech Training**

N.K.T. National College of Education for Women, offers B.Ed. in General Stream and in Special Stream. It takes incessant efforts to equip student-teachers with activities and ways to communicate with persons of different disabilities through hands on training along with curriculum transaction.

Failing to communicate effectively and appropriately with people of disabilities, acts as a major barrier to delivery of content and information pertaining to various courses offered in the College.

It is desired to familiarize the uncomfortable or unfamiliar with communication strategies, to teach more about specific types of disability to increase their understanding, improve comfort level and communication skills.

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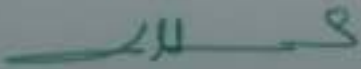


In the B.Ed. Special Education Programme, student-teachers are exposed to various practical activities all through the four semesters which facilitates them to communicate with visually challenged children whom they would come across in their professional career. The student-teachers in the General B.Ed. Programme during their course of study along with theoretical inputs are also made to experience through practical components regarding the ways to communicate to children with disability through the perspective course, "Creating an Inclusive School".



Outcome

The activities facilitate the student-teachers to know about the psychological and physical requirements of differently-abled students. As they are made familiar with various strategies to handle such children whom they would encounter in future, turns

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them more confident and skillful. These set of activities provide them with a feel of accomplishing their goal as a Teacher and they encourage the Inclusive setup both at the College and School Levels. The student teachers with improved confidence are grateful to the Institution and the Principal for incorporating both theoretical and practical details that are most required to meet the diverse requirements of the student's community.



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

(Autonomous)

**Enhancing Capability to Develop a Seminar Paper and a Research Paper and
Understand/ Appreciate the difference between the two**

The College offers Post Graduate Programme, M.Ed., Pre-Research Programme, M.Phil. and Research Programme Ph.D. from the year 1989 onwards. This rich experience in research has facilitated the Institution to claim Research as its strong backbone. The College provides opportunities to the research scholars of its Research Programmes through the different curriculum to prepare and exhibit their talent through seminar and research paper presentations under supervision of their respective Teacher Educators and to present the papers in conferences organized by various academic institutions.

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**M.E.D. FIRST YEAR
Semester - I
PRACTICUM COMPONENTS**

S. No.	Activities	Credits	Instructional Hours	Marks
1	Writing a Research Proposal The prospective Teacher-Educators shall write the research proposal related to the problem/topic chosen for the dissertation. The record of the same need to be submitted during the Practical Examinations.	1	66 = 2 x 33	15
2	Communication Skills - I: Expository Writing The prospective Teacher-Educators shall write the expository research-related to the problem/topic chosen for the dissertation and present it in the form of seminar for discussion and suggestions. The record of the same need to be submitted during the Practical Examinations.	4	132	75
3	Self - Development: Yoga The Prospective Teacher-Educators shall demonstrate and conduct the systems of yoga working in practice Yoga by the medium of the corporate schools. Practising of these activities has to be recorded and the same has to be submitted at the time of Practical Examinations.	3	132	50
TOTAL		8	298	140

Semester - I

Allocation of Marks

Theory	Practical	Total
130	130	260

Note: Practical Examinations will be held for 130 marks at the end of Semester - I, on completion of all the activities falling under the above Practicum components. Each candidate needs to secure 50% of marks in each practicum activity.

**M.E.D. SECOND YEAR
Semester - II
PRACTICUM COMPONENTS**

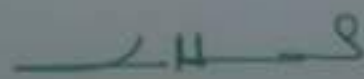
S. No.	Activities	Credits	Instructional Hours	Marks
1	Field Internship in the Teacher Education Institution: Each prospective teacher educator should be attached with their Parent Teacher Education Institution or anyone of the Teacher Education Institutions for field immersion to undertake the following activities. The prospective teacher educators shall be engaged handling 12 classes during the field immersion @ 4 classes per week in their Parent Teacher Education Institution or nearby Teacher Education Institutions attached with TNTEU, offering B.Ed. programme. Each prospective teacher educator should submit their field attachment appraisal report duly endorsed by the mentor as well as by the Head of the Institution, where he/she is attached with and the same need to be submitted at the time of Practical examinations.	3	102	50
2	Communication Skills - II: Academic Writing Preparation of minimum CME Research article (Full paper) related to the dissertation topic of the prospective teacher educators in UGC CARE Educational Journals. The prepared article/articles should be given for publication.	3	102	50
3	Dissertation Data Collection and Hands on Training on Data Analysis: The prospective teacher educators shall administer the tools, collect data and prepare a master table based on the data collected and the data shall be statistically analysed using any software.	4	132 = 3 x 44	75
TOTAL		10	336	175

Semester - II

Allocation of Marks

Theory	Practical	Total
175	175	350

Note: Practical Examinations will be held for 175 marks at the end of Semester - II, on completion of all the activities falling under the above Practicum components. Each candidate needs to secure 50% of marks in each practicum activity.



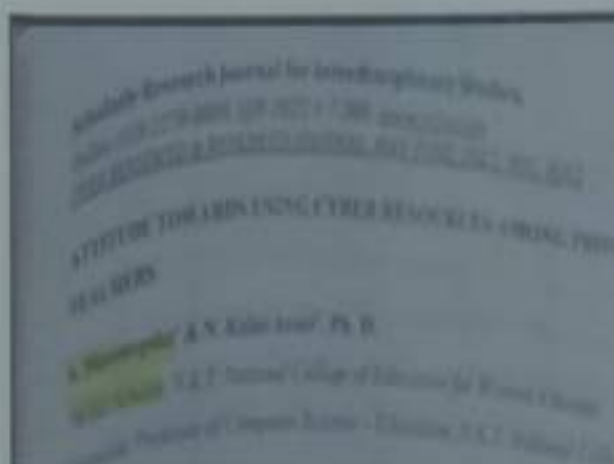
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At the Post-Graduate level, the prospective teacher educators undergo a course on Communication Skills-Part I Expository Writing & Communication Skills Part-II: Academic Writing, which run through two semesters. Being a practical component, each individual is given individual attention in acquiring knowledge in this aspect. Students attain the skill of collecting information from various sources; analyze the utility of procured information, systematize the information in the desired style under the guidance of the supervisors and format it into a research article. With due approval of the Supervisor, the prepared research article is published in a reputed Journal.

GROUP STUDY: PEER INFLUENCE AND ACADEMIC ACHIEVEMENT AMONG STUDENTS AT THE HIGH SCHOOL LEVEL IN SINGLE AND MIXED GENDER SCHOOLS

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Abstract



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AWARENESS AND UTILIZATION OF MASSIVE OPEN ONLINE COURSES (MOOC) AMONG COLLEGE STUDENTS

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Outcome

The students at the pre-research programmes gain confidence in collecting and preparing the article for a Journal. It serves as a forerunner in completion of Dissertation work. This activity is usually common at the Doctoral Level. Since it is made mandatory at Post-Graduate level, this develops an insight in the process of research and culminates the fear that is quite common among the researchers. In fact, this activity has motivated many students to pursue their Research Degree. The students with high level of practical knowledge feel the course to be a real blessing for the pre-research and research programmes.



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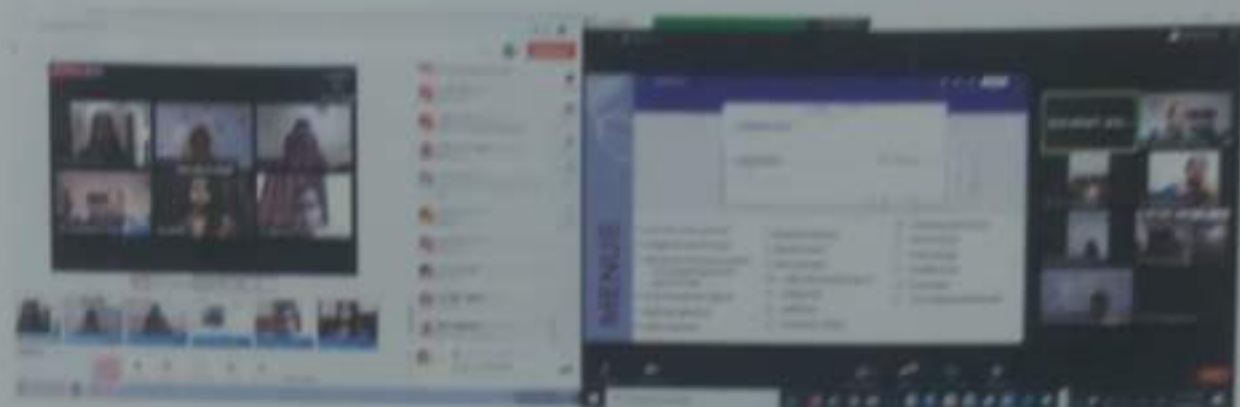
(Autonomous)

Enhancing Capability for E-Content Development



The Information age has transformed and made the students to prefer online learning compared to conventional learning. The 56 year old premier institution always equips the student-teachers in the latest arrivals. The recent Pandemic condition experienced by all across the World, created a havoc condition in all fields especially Education. With the motive of developing the students for this crisis situation, the Institution took several efforts by organizing Webinars, Student Development Programmes and workshops on e-platforms.

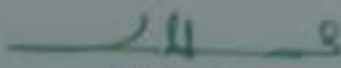
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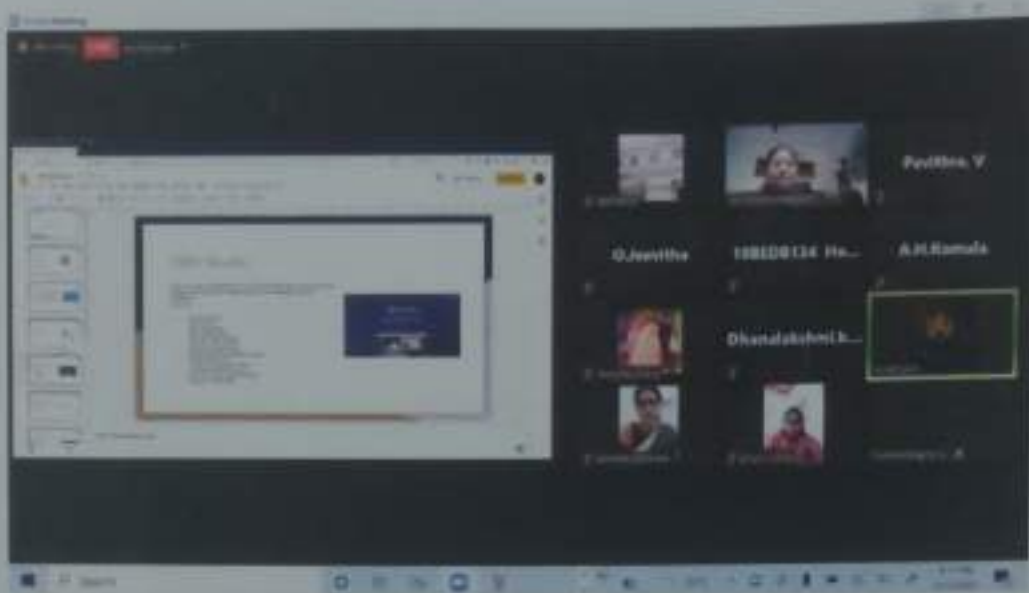


Since March 2020, the College has been taking imperative initiatives for preparing student-teachers with an aim of encouraging them and Faculty members in the development of e-content and to make it available in the electronic format for teaching-learning process. With prior exposure to Smart Interactive White Boards in the College, the student-teachers were able to accommodate themselves to the newer learning with zest and zeal.

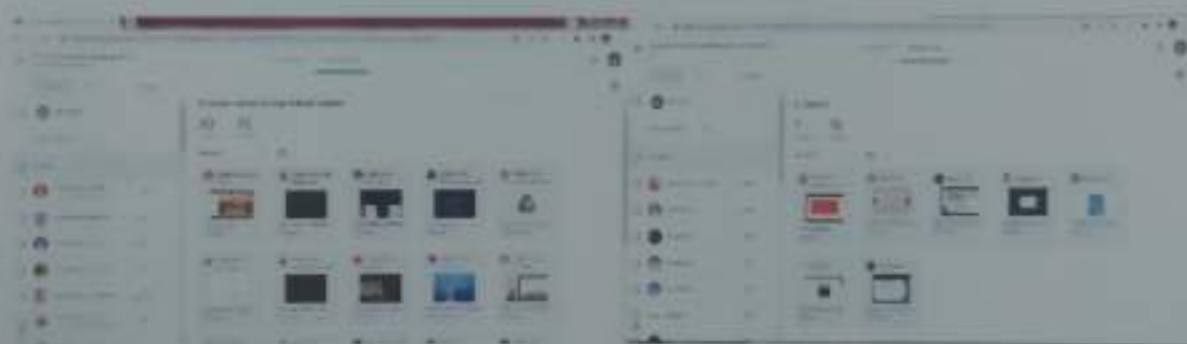
The College arranged and organized a few webinars like the following for the benefit of student-teachers

- National Webinar on Effective Engagement of Teaching and Learning through Online
- National Level Webinar on E-assessment using G-Forms.
- A 5-Day Online Student Development Programme on Augmenting Pedagogical Horizons for 24/7 learning.
- Live Webinar on Exploring Google Classroom
- Live Webinar on preparing Teachers and Students for Virtual Classrooms
- Live webinar on SWAYAM and InfibnetN list


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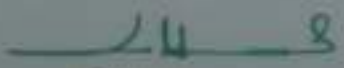


All e-content developed by student-teachers for the school are stored in the Google Classrooms. Student Teachers can utilize this e content during the teaching learning process in their respective internship schools.



Outcome

The student-teachers learnt better time management, understood the impact of outcome based learning, and acquired varied knowledge about digital skills, improved teacher student relationship, and better career prospects. Student-teachers thanked the Principal of the College and the other faculty members of the College for having made them a successful person and a technocrat. They also thanked the Management for the support rendered which has equipped them to face the reality of virtual learning in the future.


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Orientation for Online Assessment of Learning

The aim and objective of Teacher Education is enhancement of knowledge and the acquired knowledge from various sources are periodically assessed. The pandemic situation developed an uncertainty in the processes of teaching, learning and assessment. To overcome the crisis, the online mode came as a blessing and thus facilitated the students.



Online mode of Education became very common and familiar in the recent years. The widely used Learning Management Systems like Google Classroom helped in developing cordial interaction between the faculty and the students. The missing aspect of live interaction was facilitated through various meet platforms like, Google Meet, Zoom, Go to Webinar etc. The real time interaction, a special characteristic of Teaching was fulfilled through various apps like live white board, Kahoot, etc. The assessment process and the components used in conventional set up were followed as the apps facilitated the College to follow the same. Assignments, Task and Assignments, all Practical components were submitted in the Google classrooms created for different

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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

Report on Career Skill Enhancement Course



2019-2020


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Career Skill Enhancement Programmes

2019-2020

Career readiness is a foundation that demonstrates the requisite core competencies that broadly prepare College students for success in the workplace and lifelong career management. For new College graduates, career readiness is a key to ensuring successful entrance into the workforce and it is the foundation upon which a successful career is launched. Every Professional Institution serves to build in its students the desired competencies for preparing them for the world of Work. Our College takes continuous efforts to build in the student teachers the desired quality that is demanded from them in the market. A number of Programmes are organized by the Institution with the motive of preparing them.

1. Career Skill Enhancement Programme: A Two-Day Workshop on Management Strategies for Leadership

Date: 4th & 5th December 2019

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

Resource Experts: Rotarians Mr. G. Chandra Mohan District Governor, Col. L. RadhaKrishnan 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.

Participants: 192 & 192

Aiming to provide an intense input on leadership to our student teachers, a two-day workshop on management strategies for Leadership was organized from 4th to 5th December 2019 at N.K.T. National College of Education sponsored by Rotary Youth Leadership Awards (RYLA). Rotary Club of Chennai, I.T City. Around 190 B.Ed. Student- Teachers participated in the Programme.



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The Workshop started with an Inaugural Function. The Principal of the College Dr. S. Chamundeswari, welcomed the gathering following a formal invocation. Members of Rotary Club Rotarians Mr. G. Chandra Mohan District Governor, Col. L. Radhakrishnan President, Mr. D. Ramesh, Secretary, Mr. Devandaran, Chairman, and Mr. Joseph members were present for the inaugural function.

Newly elected President, Secretary, and Vice President for Interact and Rotaract from N.K.T.National Girls Higher Secondary School and from N.K.T.National College of Education for Women respectively was given away their badges at the induction Programmes.

The keynote address was delivered by Mr. G. Chandra Mohan, District Governor, and Rotary Club he stressed building a strong nation highlighting the importance of women's empowerment. Dr. S. Malathi, Co-coordinator, IQAC proposed Vote of Thanks.

The first technical session on Leadership and armed forces started after the tea- break. Col. L. Radhakrishnan gave an overview of the fundamental theme of the Workshop. His sessions emphasized the need for enhancing Communication skills, National

Integrity, and Unity. He also insisted on Women's Empowerment need for tolerance to live in the present society.



The post-lunch session on Mega Living by Rotarian Mr. D. Ramesh was very interactive. The session had a variety of inputs in the form of short films, and riddles, in which the student-teachers participated and enjoyed. Sir also focused on 3 principles for Success 3 A's (Appreciate, Acknowledge, and Applaud). The session also featured developing good attitudes, decision-making skills, and belief in oneself. Sir also advocated books that would grease the wheels of the student-teachers.

The last technical session for day one on Inspirational Leadership through stories by Rotarian G.D. Sharma was an illuminating session. The resource person could keep the audience intact throughout. The small stories were both inspirational and informative. The session enriched student-teachers on the importance of team effort and attitudinal development. The resource person kept to his theme with copious stories about Bamboo trees, Dolphins, and Butterflies which made the student-teachers introspect. His session tinted on self-belief, Goal orientation, and also advised student-teachers to move away from their comfort zone to achieve great heights.


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The Forenoon session of the second day was resourced by Rotarian Mr. Joseph Raja on Motivation. The session was an interesting and participatory one. Mr. Joseph through his game stressed the various aspects of leadership traits like self-awareness, acceptance, and the procedure to move to details from a wider perspective were also highlighted. Rotarian Joseph also stressed auto-correction, the skill to express oneself. The student-teachers thoroughly enjoyed the session.

Post break session on Balancing work and personal life was started with a relaxation technique. Rotarian Priya Sridhar made students relax and gain back their energy. Further, she also emphasized the values of chakras. She made the participants understand that we are winners to be successful right from conception in one's mother's womb. Mam stressed on Five F to be successful during different stages of life. This session was effective in developing balance in participants.

Post lunch session on Effective Communication Skills was delivered by Rotarian Mrs. Jayalalitha Martin. The art of relating to real-life experiences was evident in this session. Her anecdotes were motivating. Highlighting the importance of effective communication and the 6 Cs for good communication was emphasised by the Expert.


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The resource person also gave tips to face interviews.



The last session was on Basics of Financial Management by Rotarian Mr.Venkata Reddy initiated his talk by helping one know their real worth through self-awareness. Emphasized, the need for saving 25% of one's salary for better future. Sir also suggested Go Back to the traditional and conservative art of living to sustain the development process.

Programme Outcome and Feedback

The two-dayworkshop came to an end with a valedictory function with a welcome address by Dr. K. Vijaya. Students gave their true feedback about the sessions spread over two days. Students retaliated and recorded the sessions to be enlightening and useful for their future professional growth. They thanked N.K.T.National Society,the Management and Rotary Club's effort in organizing such useful sessions was wholeheartedly thanked by Student president Ms.Salma Parveen.


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2. Career Skill Enhancement Programme: Guest lecture on Enhancing Life Skill Training

Date: 6th December 2019

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

Resource Experts: Mr. K. Subramani, (NLP) Trainer, Chennai.

Participants: 163

The life skill training for Teacher Education commenced with a prayer song followed by a welcome address by Dr. T. Sahaya Saila, Assistant Professor of our College at 10 am on the 6th of December, 2019. In her speech, she emphasizes the importance of life skill training to the students. Life skill education is very important, especially for teachers who prepare young minds. The life skills will enable teachers to translate knowledge, attitudes, and values for handling real-life situations to the children helping them decide what to do when to do and how to do it. Later, she introduced the chief guest Mr. Subramani (NLP) Trainer.

Importance of Time Management

Then the session was handed over to the guest Mr. K. Subramani, NLP trainer. It was a 2-hour session on Time Management. He introduced the word "Time Management" and the ability to use one's time effectively or productively, especially at work. He explained the process of time management by planning and exercising, conscious control of time spent on specific activities, especially to increase effectiveness, efficiency, and productivity. It involves a juggling act of work, social life, family, hobbies, personal interests, and commitments with fines of time.

Time management includes

1. Effective planning
2. Setting goals and objectives



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3. Setting deadlines
4. Delegation of responsibilities
5. Prioritizing activities as per their importance
6. Spending the right time on the right activity.



Delicate explained to the student-teachers to develop the habit of using planners organizers, table top calendars for better time management, and set reminders on phones or personal computers. Finally, he gave a task to student-teacher to prepare their individual time management plan. Student-teacher was asked for help, he was explained the weekly Time plan board used at present.

This session was all about how effective time should be managed. The rules for time management along with examples gave a clear view of time allocation. He also stressed more on the phrase “Time management will make oneself successful”.

He also emphasized the guidelines for success and also asked each individual to follow the guidelines to lead a successful life. He guided how to prioritize the work in daily life based on productivity. He demonstrated the scheduling of time through activity and

differentiated works to be done as important, not important, urgent, and noturgent.

After the activity, he articulated the levels within oneself – Alpha, Beta, and Theta made the student-teachers feel the alpha state and asked them to follow the mindfulness technique every day to be successful.

Lastly, he emphasized each one of us to set goals and go in the direction to getsuccess inlife.



Programme Outcome and Feedback

The student-teachers realized their poor time management skill, Time management and the power of positive thinking was a more effective topic in real-life situations and work environments. Students enjoyed with variety of activities related to time management

The session was very interesting and feels inspired as teachers will surely apply their life skills in them throughout life. On the whole, the entire session was very informative and interactive, which profited all the participants enormously.


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3. Career Skill Enhancement Programme: UGC Autonomous Grant Guest Lecture- Role & Governance of Autonomous Colleges

Date: 7th January 2020

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

Resource Experts: Prof. R. Manivannan, Head, Department of Politics & Public Administration, University of Madras, Chennai.

Participants: 179



The Session started with an invocation song followed by a warm welcome address followed by the introduction of the Resource Expert Dr. R. Manivannan, the Professor and Head of the Department of Politics and Public Administration, University of Madras served as the resource person for the UGC Autonomous Grant Guest Lecture on “Role and Governance of Autonomous Colleges” held on 7th of January, 2020 at NKT National College of Education for Women. He commenced his lecture by quoting ‘Autonomy’ in simple terms being ‘Freedom with Responsibility’.


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He spelled out the features of Autonomous institutions, the significant being self-governance, the ability to self-determine the nature of courses, fee structure, skills to be imparted, and the human and academic resources required for the smooth functioning of the institution.

The session then drifted into the UGC guidelines for Autonomous Colleges. As per the Guidelines, an autonomous institution is free to determine the syllabi and courses. The curriculum should be borrowed from other institutions. The course needs to be relevant to the needs of the society, certain subjects ought to be preserved and accountability should be the key rider overall. Education, he said, should work and evolve with circumstances and Autonomous institutions must strive to maintain higher standards. The Method of Curriculum transaction and Assessment techniques can be decided by taking crucial factors such as the needs of students, society, the caliber of students, and the availability of resources-both humans and material.

Criteria of Autonomy

Dr. R. Manivannan furthermore highlighted the criteria for Autonomy. He made clear that the prime criteria is that the College/ institution must demonstrate interest and potential to become autonomous. Institution though independent, needs to be accountable to the Government. Freedom is given to the institution to decide on the number of courses to be included and the evaluation procedures to be followed but each action should be supplemented with adequate justification.

Dr. R. Manivannan went on to quote the highlights of the National Education Policy (2019). He stated that there are 3 broad categories of segregation among Educational Institutions. They are the Type-1 – Research and Teaching, Type 2 – Teaching, and Type 3- Colleges and Universities. He emphasized that ‘Research’ is the backbone of any field or institution to grow. Improvement can occur only when the lacunae of the growth trends of any field/ institution are identified and that is only possible only through Research.



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FOR WOMEN (AUTONOMOUS)
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Dr. R. Manivannan went on to highlight the responsibility of Autonomous institutions.

The salient points are as follows:

- Freedom bordered by Accountability and Responsibility
- Autonomous Institutions should not be isolated but intro-connected with other institutions to familiarize themselves with the recent trends.
- Content and quality of the syllabus should never be compromised.
- Autonomous institutions need to demonstrate their potential and reach higher.
- These Institutions should assess the uniqueness of the students and cater to them accordingly and encourage open learning
- Invite the experts for deliberations to seek further improvement
- The administrative functioning and academic norms should fall in line with the guidelines of the statutory bodies of Education at the Centre and State and Parent Universities.
- IQAC-Internal Quality Assurance Cell is mandatory for institutions to check on the quality in the areas pertaining to Curriculum, Teaching, Learning and Evaluation, Research and Extension, Infrastructural resources, Student Support and Progression, Governance and Leadership, and Innovativeness. Assessment has to be made by IQAC every quarterly and the future plans need also to be highlighted during the meeting.

Autonomy will be successful only when the policies of an institution are coherent with its parent university. Academic leadership should also be encouraged and returned as it is very much essential for the sustainability of excellence in Education.



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Programme Outcome and Feedback

Dr. R. Manivannan delivered a Guest Lecture on the Role and Governance of Autonomous College on 7th January 2020 for both faculty and students of the College. His session was excellent. The lecture was delivered with the help of a Power Point presentation. The faculties stated that his lecture was interesting and they learned many things about the role and governance of autonomous Colleges. Faculty members involved themselves to know more about the Criteria of Autonomy, the responsibility of Autonomous Institutions, need for IQAC-Internal Quality Assurance Cell. The session went very interesting and the lecture was very helpful to understand the topic. His language was comfortable and clear.


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3. Career Skill Enhancement Programme: UGC Autonomous Grant Guest Lecture Positive Communication Techniques

Date: 24th January 2020

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

Resource Experts: Mr. V. Palanichamy, IIS (Indian Information Service), Director, All India Radio, Chennai.

Participants: 176



Earmarking on the Importance of developing positive communication techniques and the role of communication in our daily life Guest lecture was organized. The session started with a prayer followed by a brief introduction about the Guest Speaker, Mr. V. Palanichami IIS Director-All India Radio, a senior officer working as an Information officer from Delhi 1998 to 2001.


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He spoke about the importance of positive communication Techniques. He is also a writer and is writing a book on Competitive Exams.



The guest lecture was organized to provide student-teachers an insight into global exposure and understanding regarding the key concepts like Dedication, Self - confidence, Positive attitude, Discipline, Enthusiasm, Hard work, and the importance of communication in every sphere of our life. Effective communication is an important lifeskill that enables the student-teachers to better understand and connect with the people around them. He also shared that lack of effective communication in advertently leads to conflict and frustration in both professional and personal relationships. He suggested ways to increase self-confidence by doing meditation and participating in different activities which will help to remove the stage of fear.


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He shared techniques of effective positive communication with students through listening to understand; observation; retention; non-verbal communication; being clear and succinct; being empathetic and many more.

He explained the need for messages to be concise, logical, engaging, and action-driven. He also spoke on attributes of good interpersonal skills vital to collaborating and communicating with different types of people.

Having a strong work ethic, professionalism, power to inspire others and resolve conflicts, and being tactful and respectful paves way for working as a team. Team work helps in applying the collective intellect and adding value to work, thus making the results more authentic and reliable. He encouraged teachers to challenge the status quo by questioning. Mr. V. Palanichami concluded the light-hearted yet strong and effective session by saying that to be successful in life, learn, unlearn and relearn. The session ended with feedback and the students asked questions regarding their future.

Programme Outcome and Feedback

The guest lecture was interesting and gave us all the opportunity to learn many things in regard to the importance of developing positive communication techniques, infusing creative thinking, speaking English fluently, and focusing on our future. This guest lecture encouraged our student-teachers to upgrade their positive communication techniques and shed their inhibitions and negativity, identity, build and improve their professional image, enhance awareness of one's role in the organization, and overcome the barriers in communication. To create awareness of one's current presentation skills and practice and develop effective skills for presentation, understand the importance of positive communication types. Develop effective verbal communication, the Importance of grooming and etiquette, and cross-cultural communication. The Programme came to an end with a formal vote of thanks.



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4. Career Skill Enhancement Programme: UGC Autonomous Grant Guest Lecture on Facing Interview with Confidence

Date: 19th & 20th February 2020

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

Resource Experts: Mrs. P. Karthikamani, Trainer, Be Positive Training Academy, Chennai.

Participants:195&195



A Guest Lecture on "Facing Interviews with Confidence" was held on 19th February 2020. The guest lecture has been organized by the N.K.T. National College of Education for Women, Triplicane, to provide the students with an opportunity to get an idea about "INTERVIEW", which is very useful for the student-teachers.


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The guest lecture began by introducing the resource person for the session Ms. P. Karthikamani, M.A., M.Phil. (English), who is a trainer in Be Positive Training Academy to deliver the lecture on Facing Interview with Confidence? Ms. Karthikamani has received the "Best Faculty Award" twice, Best speaker in English, Best Dancer in the National level, and also best outstanding student. She has 10 years of experience in this field as a trainer. She seems to be a good reader as she has read 250 books and has also written many books on her own. The introduction about the Resource Expert was a real motivation to students.

Ms. Karthikamani started her session by elaborating on the interview scenario. According to her the main aspect needed while facing an interview is confidence. She helped the student-teachers overcome their fear of facing interviews by telling them a lot of examples from real life. She even gave some tips for the student-teachers to improve their communication skills because she felt a lack of communication will bring their confidence level down. Those tips include reading aloud, improving their imagination, being committed, etc. Her inspiration was Dr. A.P.J. Abdul Kalam. She told some life history of Kalam that created inspiration among the students. She explained about three types of students in the classroom.

- Listening capacity
- Auditing capacity
- Kinaesthetic capacity.

She also mentioned the advantage of each type of learner and the common flaws committed by the learners. The next part of the interview she focused on was, introducing oneself. She asked the student-teachers to write about themselves in a paper, but the students didn't have any framework on what aspects they should highlight while introducing themselves. Then she gave a proper format for introducing oneself and student-teachers had a better understanding. Then she conducted a one-to-one mock interview to explain certain other aspects while facing interviews.



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FOR WOMEN (AUTONOMOUS)
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In that one-to-one session, she enlightened the student-teachers on the various Postures and Handshakes appropriate for interviews. She detailed the dos and don'ts while facing the interviews. She shared many of her life experiences and made the session lively.



She explained "How to introduce yourself?" in the interview. She gave some important tips to our students. She explained, "Tested for subject knowledge, skills, and desired behavior will be checked in a very limited time." She also explained the greetings in "Self-introduction". She made a demo for "How to sit", "How to speak", and "How to behave" while attending an interview. Overall, she made the session interactive, activity-oriented, informative, and useful for the student-teachers. It was evident from the student-teacher's participation that the speaker has boosted their confidence level.

Programme Outcome and Feedback

"Facing Interview with Confidence" by Mrs. Karthikamani was really an enthusiastic session that was really fun, enjoyable, and realistic. She quoted many quotes from

Dr. A. P. J. Abdul Kalam who was an inspiration to her. She spoke about the importance of communication, positive thinking, confidence, self-confidence, preparation, body language, and deliverance in an interview. She gave us a draft of how to introduce ourselves, which was very useful. She elaborated on different kinds of handshakes. She shared her life experiences with us, which was so relatable. She grabbed the audience's pulse and she was very expressive throughout the session. The confidence we gained after her session is something so tremendous. In a nutshell, her session was awesome. The student-teachers were impressed by the expressions of the expert and they were grateful to the College for organizing such a useful program. The Programme came to an end with a formal vote of thanks.



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5. Career Skill Enhancement Programme: UGC Autonomous Grant Guest Lecture-on
Guidance for Professional Resume Writing

Date: 19th & 20th February 2020

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

Resource Experts: Mr. Vimal Thiagarajan, Founder & Director, Be Positive Training Academy, Chennai

Participants: 195 & 195

N.K.T. National College of Education for Women, Triplicane, organized a guest lecture for B.Ed. II year students as a preparatory programme for Campus Interviews to be conducted by the College. The Principal of the College welcomed the gathering and introduced the Resource Expert Mr. Vimal Thiyagarajan. He has completed his B.E and MBA in sales and marketing. His career started with MNC companies and has served there for 16 years. With this experiential background, he started BePositiveTraining Academy and introduced himself as the Founder of the Organization.




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He started his speech by saying about the smart goal.

S → Specific

M → Measurable

A → Assignable

R → Relevant

T → Time based.

He explained "Passion" with a short story of "Lion and Deer". He asked the question to the students, 'What is teaching?' He interacted with the student-teachers with the various answers that he got from the students as

- to develop the younger generation
- to share information
- to develop the pillar of the Nation.

He insisted one word to the students is "BE UNIQUE". The unique person will win the job as they will be more in demand than others. Every teacher must watch the everyday happenings of the nation, and surrounding and update the knowledge. His main aim is to give some changes in our country and decided to achieve this only through "Education". He runs a website be positive tamil.com to motivate the fresher for the past 5 years. It contains around 35 lakhs magazines with useful messages and does not contain politics, religion, cinema, and sports. In India, nearly 88 lakhs of students are graduated every year. So, every teacher must update their knowledge at the National and International levels to achieve in their life.

Further, he started to talk about his "Resume". The pronunciation of the Resume is "nuRNk". It is a noun form. He explained the 7 differences between *Resume* and *Curriculum vitae*. He also explained the contents to be shown in the resume.



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He said that every teacher must know the DO's and DONT's before preparing their resume. He explained about 20 powerful words to be used in a resume. A resume must be colorful, attractive, and informative. The interviewer will see a resume for 5 to 8 seconds only. Every teacher must be different, unique, and innovative.



Programme Outcome and Feedback

The lecture was very informative and interactive the students were able to know about the interview session and also about the competitive world. The lecture was even more interesting with the examples he gave relating to each topic. The session Guidance for Professional Resume Writing was very lively. Mr. Vimal interacted with all of the student-teachers. He insisted mostly on the basics so that as teachers we can deal with the students and also update ourselves, as is the need of the 21st-century teachers. He also wanted us to be unique and have a different perception of whatever we do.


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He showed different forms and formats of a resume. He shared some of the tips for being creative while preparing your resume. He enlightened us on the DO's and DON'Ts of the resume. He shared many of his life experiences with the student-teachers which were more useful to us. Overall the session was very useful and informative.



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6. Career Skill Enhancement Programme: UGC Autonomous Grant Guest Lecture-on Self-Management Skills for Teachers

Date: 20th February 2020

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

Resource Experts: Mr. Vimal Thiagarajan, Founder & Director, Be Positive Training Academy, Chennai.

Participants: 195



The College takes all initiatives to equip the students with desired skills in line with this a lecture was organized on 20th February 2020. The Programme following a silent prayer started with a formal welcome address and introductory speech about the Resource Expert. In the fourth session, Mr. Vimal addressed the students on the topic “Self-Management Skills for the Teachers”. He insisted every student-teacher “travel inside” them. He even highlighted a quote for the same “your external world is the MIRROR of your internal world”. He wanted the student-teachers to switch ON some seven things for the betterment of the individual. They are:

1. Communication: When it comes to communication, it is more important **what** we talk, **where** we talk, and **when** we talk. He shared his experience with two of his professors and explained in detail the difference between normal and effective communication. According to the resource person, 3 main factors affect communication and they are:

- (i) Voice modulation (38%)
- (ii) Body Language (55%)
- (iii) Content (7%)

2. Transformation: A story about the lion and the deer, which's moral, was "It's not about who is more talented, it's about whom is hungrier". He insisted that it is always the pain that helps one to gain.

Direction: Under this, he focused on *focus*. He explained this with Arjuna's story. He enlightened the students about the setting of Goals. He also wanted the student-teachers to write down their goals.

3. Creative Visualization: He played a video of Rajinikanth, where the superstar visualizes something and achieves exactly the same. The resource person also shared his personal experience where he had imagined driving on the roads of UAE and he achieved it.

4. Self-Introspection: The resource person gave the students an activity in which he asked the student-teachers to write five names of persons who affect/influence our lives daily and then asked them to describe them in a word. He said that each individual is a mixture of the attributes they described. Thus if any attribute is undesirable, then we need to work on it and change/ remove that person or ignore them so that we are not influenced by that attribute anymore.

5. Competition: According to him the best competitor one can have, is own self. He told the story of Robert Bannister, the first man to cover one mile in less than 4 minutes. But his record lasted for just 46 days. That is the power of competition.


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FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-600 055.

6. Positive Addiction: The student-teachers should have a positive attitude towards life. He wanted it to be more of an addiction, positive addiction.

Finally, he also gave some tips for the teachers to be, to become next-generation teachers. First and foremost, the teachers should understand the students, allow questions from students, admit it if they make any mistakes, be authentic, and appreciate the uniqueness and creativity of the students. Thus, overall the session was very interesting, useful, and informative.



Programme Outcome and Feedback

The final session, Self-Management Skills for the Teachers were addressed by Mr. Vimal Thiagarajan was very informative and interesting for us. He was crisp and clear and the way he took the session was really tremendous. He showed various videos which were very useful to develop various skills. He compared two of his teachers to explain the detail about good and bad communication, which made us realize the importance of good communication. The slides he used in the presentation were catchy and each slide had a quote that was interesting. While explaining creative visualization he played a video of actor Rajinikanth which was entertaining and informative. Overall his session was compendious. The Student-teachers thanked the Principal for such series for Programme to equip them for the work place.


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FOR WOMEN (AUTONOMOUS)
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N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN (Autonomous)

Report on Career Skill Enhancement Course



2018-2019


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TRIPLICANE, CHENNAI-600 055.

Report on Career Skill Enhancement Course

2018-2019

The abilities that you have to do your job and manage your career are career skills. These skills are more than the academic and technical skills that one acquires. These competencies need to discharge your duties in your job. It embraces your knowledge, skills and experience that are indispensable in the decision-making process. This promotes the capability that is required to negotiate your salary and is prepared for your future. It's human nature to evolve, transform and develop based on the necessity of the contemporary world. Working towards the future you want will not only put you in the best position to get what you want; it will give you confidence about what you are doing today and the choices you are making. The Institution takes all stringent measures to equip the student-teachers with all desired skills to face the world of work in future.

1. Career Skill Enhancement Programme: Bridge Course: Communication Barriers

Date: 20th August 2018

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

Resource Expert: Dr. Sumathi Chandrasekharan, Psychologist, Chennai

Participants: 172

Communication is both receptive and expressive. Teachers must be skilled at listening to their students as well as explaining things clearly. Teachers need clarity of thought to present the material. They must be able to break down complex ideas into simpler parts and smaller steps to transmit to their students with this note of small introduction the Principal of the College welcomed the gathering and introduced the Resource expert for the session.



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FOR WOMEN (AUTONOMOUS)
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Dr. Sumathi started by illuminating the student-teachers on the importance of communication skills to teachers. She stressed that communication is basic as there is a need for a teacher to interact with students, deal with parents, and communicate with colleagues and the administrators. Further, she mentioned the common reasons for poor communication among the teachers such as


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 FOR WOMEN (AUTONOMOUS)
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- ❖ Unknown Expectations.
- ❖ Problems with Comprehending.
- ❖ Uninteresting Classroom Lessons.
- ❖ Personality Differences.
- ❖ Peer Pressure.

The expert further stated techniques to improve communication skill.

- ❖ Create a safe environment.
- ❖ Encourage teamwork.
- ❖ Don't stand at the front of the classroom.
- ❖ Use some active listening exercises.
- ❖ Be sure to give positive feedback.

Programme Feedback and Outcome

The techniques mentioned by the expert were simple that can be followed by all the student-teachers irrespective of their discipline. Tips were very appropriate communication skills are needed to speak appropriately with a wide variety of people whilst maintaining good eye contact, demonstrate a varied vocabulary and tailor your language to your audience, listen effectively, present your ideas appropriately, write clearly and concisely, and work well in a group. queries raised by the student-teachers were clarified

The Programme came to end with a note of gratitude by the students to the Resource expert and the College for continuously planning and executing the Programme for their progress.


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2. Career Skill Enhancement Programme: Guest Lecture on Life Skills

Date: 17th December 2018

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

Resource Expert: Ms. Sruthi Sridharan, Clinical Psychologist, SDS Academy of Behavioural Science

Participants: 123

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert Ms. Sruthi Sridharan and the participants of the Guest Lecture on 'Life Skills'. The programme began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing such a resourceful guest lecture. The Principal then introduced the Resource Expert for the day.




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The Programme was an interactive session with the participants providing their thoughts on what life skills are to them. According to the Resource Expert, life skills are the abilities that enable humans to effectively deal with the demands and challenges of life. The Resource Expert also refers to life skills as psychosocial skills as they are psychological in nature and also include thinking and behavioural processes.



The Resource Expert discussed the purpose of life skills with the participants. Life skills play a major role in

- Developing work ethics
- Learning job interview skills
- Developing positive social skills and etiquette
- Removal of stage fear


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- Developing self-confidence in a person
- Developing a person's language skills – the ability to read, listen and understand contents that are in a new language.

The Resource Expert then discussed the various life skills that we exhibit in our daily lives without being aware of them. Not all are good at every life skill but we tend to develop such skills for the betterment of personality and life. UNICEF, UNESCO AND WHO list the core life skill strategies and techniques as:

- Effective communication skills
- Critical thinking skills
- Problem-solving skills
- Interpersonal relationship skills
- Coping with stress and emotions
- Decision-making skills
- Empathy and sympathy
- Self-awareness-building skills
- Creative thinking skills

The Resource Expert then discussed the other important life skills that fall within the larger life skill categories and that are the key to well-being. These are the skills that enable us to develop ourselves into better people among others. They include managing anger issues, setting goals, having a positive mindset, knowing your worth, self-actualization, self-confidence, having good habits, taking effective actions, expressing rather than suppressing your emotions, being self-motivated, knowing your core values and much more.

The Resource Expert ended the session with the clarification session where a few of the participants asked about the ways on developing life skills and the ways to improve the skills that we already exhibit. The Resource Expert clarified the other doubts and then

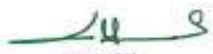

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 FOR WOMEN (AUTONOMOUS)
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The Resource Expert gave a few tips on the ways how we on a daily life basis improve our life skills.

They include

- Focusing on our interpersonal skills
- Keep learning
- Hire a life coach who trains and guides us with the exact skills that we need for betterment
- Surrounding ourselves with positive people
- Developing and practising the skills of self-awareness, self-motivation and self-confidence where we are conscious of ourselves




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FOR WOMEN (AUTONOMOUS)
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Programme Outcome and Feedback

The session provided a clear outlook of how important life skills are and the importance that lead to them being called life skills. The Resource Expert is also guided with the life skills that we exhibit in our day-to-day life but forget to notice and give an attempt in improving them.

The Resource Expert also guided and gave some techniques for developing life skills and building ourselves into better people. The session came to the end with a note of gratitude to everyone for contributing their part to the success of the Programme.



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3. Career Skill Enhancement Programme: Presentation Skills & Resume Writing

Date: 5th February 2019

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

Resource Expert: Dr. Lata S. Patel, Founder & Director, Corporate Trainer & NLP Master Practitioner, Chennai

Participants: 108

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert Dr. Lata S. Patel and the participants of the programme on 'Presentation skills and resume writing'. The programme began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing the session. The Principal of the College then introduced the Resource Expert Dr. Lata S. Patel, Founder & Director, Corporate Trainer & NLP Master Practitioner, Chennai for the day.

The Resource Expert started the session with the introduction and discussion about the presentation skills. Presenting information clearly and effectively is a key skill in getting the messages across. Today, presentation skills are required in almost every field, and most of us are required to give presentations on occasions. While some people take this in their stride, others find it much more challenging. It is, however possible to improve your presentation skills with a bit of work.

The Resource Expert then stated different situations where presentation skills are needed. There are number of occasions when you may be asked to speak in public or to a group of people. They include:

- Presenting or making a speech at a conference or event.



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- Objecting to a planning proposal at a council meeting.
- Making a speech at a wedding.
- Proposing a vote of thanks to someone at a club or society.
- On behalf of a team, saying goodbye and presenting a gift to a colleague who is leaving.
- Seeking investment or a loan to help you set up a new business.

The Resource Expert then gave some tips for an effective presentation. There is no single set of rules that apply to all presentations. There are, however, some things that every presentation opportunity has in common. These include:

- You will present better if you have prepared effectively.
- You need to be clear about your audience and your message.
- You must never overrun your allocated time.
- Generally speaking, your audience starts on your side.
- When you present, you are in charge of the room.

The Resource Expert then explained the concept of resume writing. Resume is also commonly known as curriculum vitae, course of life, summary, profile and other such terminologies. These are tailored for the specific jobs or companies that we apply to. These are prepared in a way such that it represents the respective person to be the best qualified and suited candidate for the particular field of job. Generally, resumes do not contain much of personal interests. They provide an outlook of the personal self, their qualifications, their experiences and the ways in which they suit the job.

The Resource Expert then provided some tips that help in writing an appropriate resume for a particular job chosen. There are a few commonly used resume styles but your resume should reflect your unique education, experience and relevant skills. A few key resume writing tips that will help to organize and design a resume are:

- Look for keywords in the job postings.


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- Review resume examples for your industry.
- Use a professional font and choose appropriate margins.
- Include only the most relevant information and put the most important information first.
- Use active language.
- Call attention to important achievements.
- Only include subheadings and sections you need.
- Proofread and edit.

The Resource Expert then instructed that the kind of information added to a resume may vary from person to person for different jobs. Thus, while writing a resume, a person should decide whether he/she need a unique resume for different jobs in advance. This makes them collect and organize the information accordingly.

Programme Feedback and Outcome

It was an effective programme for all the job seekers specially. The Resource Expert covered almost all aspects of the topic. She also illustrated well how a resume must be prepared and what aspects should be considered while preparing a resume. She also provided with enormous number of tips to be followed while preparing a presentation.

The session provided a working experience and gave a overall guidance on all the basic needs that a job seeker should satisfy. The Resource Expert also trained the participants on writing different resumes according to the requirements of different companies. The programme came to end with a note of gratitude to everyone for making this event a grand success.


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4. Career Skill Enhancement Programme: Personality Development

Date: 5th February 2019

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

Resource Expert: Dr. J Kausalya, Associate Professor (Rtd), N.K.T. National College of Education for Women, Chennai

Participants: 118

The Resource Expert for the day, Dr. J. Kausalya, Rtd .Associate Professor of our College was welcomed by the Principal of the College, Dr. S. Chamundeswari and the organizing committee of the programme. All the participants of the programme on 'Personality development' were welcomed. The programme began with the Principal's note of gratitude to the Secretary of the College and the organising Committee for all the support and to the organizing the programme. The Principal of the College then introduced the Resource Expert for the day.

The Resource Expert started the session with the discussion on what a personality is, how different people have different personalities and much more related things. Personality is the characteristic sets of behaviours, cognitions, and emotional patterns that evolve from biological and environmental factors. While there is no generally agreed upon definition of personality, most theories focus on motivation and psychological interactions with the environment one is surrounded by.

Personality is a characteristic way of thinking, feeling, and behaving. Personality embraces moods, attitudes, and opinions and is most clearly expressed in interactions with other people. It includes behavioural characteristics, both inherent and acquired, that distinguish one person from another and that can be observed in people's relations to the environment and to the social group.



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TRIPLICANE, CHENNAI-600 065.

The Resource Expert then focused on personality development. The characteristics of personality development are:

- Personality development encompasses the dynamic construction and deconstruction of integrative characteristics that distinguish an individual in terms of interpersonal behavioural traits.
- Personality development is ever-changing and subject to contextual factors and life-altering experiences.
- Personality development is also dimensional in description and subjective in nature. That is, personality development can be seen as a continuum varying in degrees of intensity and change.
- It is subjective in nature because its conceptualization is rooted in social norms of expected behaviour, self-expression, and personal growth.
- The dominant viewpoint in personality psychology indicates that personality emerges early and continues to develop across one's lifespan.
- Adult personality traits are believed to have a basis in infant temperament, meaning that individual differences in disposition and behaviour appear early in life, potentially before language of conscious self-representation develop.
- The Five Factor Model of personality maps onto the dimensions of childhood temperament. This suggests that individual differences in levels of the corresponding personality traits (neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness) are present from young ages.

The Resource Expert then discussed on the ways in which a person can develop his/her personality. Making small changes in the daily routine and habits of a person can result in a huge change or improvement in the personality traits of the person. A few of such changes that a person can go through to develop his/her personality are:


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 055.

- **Know yourself** one should be aware of themselves, analyzing their traits, the strengths and weaknesses and everything that needs to be worked upon.
- **Bring positivity in your outlook** your thoughts and your actions both need to be positive in order to have an attractive personality. The way we think has a lot of effect on the way how we act.
- **Have an opinion** having an opinion and being able to confidently put it forward doesn't just help making your conversations interesting but it also makes you look more influential and well informed around other people.
- **Meet new people** Meet new and different kinds of people are a healthy step towards expanding your horizons and exposing yourself to a larger number of things. You get an opportunity to know more about other cultures and lifestyles and it significantly has a positive effect on your own personality.
- **Read more often and develop new interests** A man of very few interests has very little to talk about. But if you are well informed about things and cultivate a number of interests, more people tend to like you.
- **Be a good listener** when somebody talks to you, listen with interest and give them all the attention and importance. Maintain a direct eye contact and do not get distracted by the surroundings.
- **Be a little fun** being able to find a humorous side in otherwise terrible situations and bringing a little quirkiness of your own is appreciated by one and all.
- **Be courteous** be humble and greet everyone with a smile.
- **Work on your body language** Body language is just as important for your personality as your verbal communication skills.
- **Check your attire** Dress up in a decent manner and keeping your surroundings in mind.
- **Be yourself** never try to mould into another person but instead work on being the best version of yourself.
- **Be confident** being confident about who you are and what you are doing is the most important tip for personality development.

The Resource Expert concluded the session with illustrating the personalities of successful people in different fields and the reason why they stand unique and attractive among others.

Programme Outcome and Feedback:

The session was informative and helped the participants to sculpt and exhibit the best of them. The Resource Expert rather than just presenting personality development nevertheless, provided with the changes to be made to improve the personalities of the one.

The Resource Expert made the session interesting by providing illustrations of well-known famous personalities. The session was also an interactive one where the participants also contributed their ideas and thoughts with the Resource Expert. The session came to an end with the note of gratitude by the student-teacher.



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5. Career Skill Enhancement Programme: Interview Skills and Mock Interview

Date: 5th February 2019

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

Resource Expert: Dr.Chithra Aravind, Counsellor, MANAS, Chennai

Participants: 189

Mrs. A. Enid Ruth, Assistant Professor our College welcomed the Resource Expert Dr. Chithra Aravind, Counsellor, MANAS, Chennai and the participants for the session. The programme began with the note of gratitude to the Secretary of the College for all his support and guidance and to the organizing committee for organizing the programme.

The Resource Expert started the programme with the introduction on how important communication skills are in today's competent world. Communication is the ability to share or convey ideas, thoughts and feelings effectively. Communication can happen in many forms which include verbal communication, visual communication, written communication, contextual communication, active listening and much more.


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.



Both the communicator and the listener have their equal shares of responsibilities in the act of communication. When the content that the communicator wishes to convey is exactly received by the listener, then communication is said to be effective.

Then the Resource Expert listed out the 7C's of written and spoken communication that are the principles to ensure that the communication is effective. The 7C's include:

- Clarity
- Correctness
- Conciseness
- Courtesy
- Concreteness
- Consideration
- Completeness


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 085.

The Resource Expert then guided with some ways to improve the communication skills. There are specific things to do that can improve a person's communication skills:

- **Listen, listen, listen**— instead of formulating the responses, listening to the person speaking with full concentration improves the effectiveness of the communication.
- **The person to whom we are talking matters**— usage of colloquial words at official circumstances results in a bad impression.
- **Body language matters** –an open body language makes you appear accessible and easily approachable.
- **Check your message before you hit send** –double checking what you have written. Make sure the words communicate the intended message exactly.
- **Be brief, yet specific** –speaking over the same thing leads to boredom. Similarly rushing forward leads to loop holes in the content.
- **Maintain a positive attitude and a smile**– when you smile often and exude a positive attitude, people will respond positively to you.



The Resource Expert then discussed on mock interviews and gave tips to follow while attending mock interview. A mock interview is an emulation of a job interviews used for training purposes. The conversational exercise usually resembles a real interview as closely as possible, for the purpose of providing experience for a candidate.

The Resource Expert then gave few tips on how to prepare for a mock interview. A mock interview is a practice interview, but it is taken seriously as we would for an actual job interview. The mock interview can be considered as a dress rehearsal. A person should focus on the following while attending a mock interview:

- **Choose the right mock interviewer** choosing a experienced person in interviewing job candidates helps in getting an objective and honest feedback.
- **Be early** –arriving 15-20 minutes earlier.
- **Bring the necessary items** have a proper resume and other documents along with a notepad to take notes from your mock interviewer's feedback.
- **Choose a professional setting** a venue that is professional stimulates the environment of an office and thus gives better experience.
- **Prepare answers to common interview questions, but don't memorize them**

The Resource Expert also shared some commonly asked interview questions to the participants. The questions may vary depending on the job level and the industry but there are some common and personal questions which we can expect in general and get prepared in advance. Questions like the following may be asked.

- Tell me about yourself
- What are your strengths and weaknesses?
- Where do you see yourself in five years?
- What are your career goals?
- Why do you wish to be a part of our company?



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Programme Outcome and Feedback:

It was an effective programme for all the job seekers. The Resource Expert covered almost all aspects of the topic. She also illustrated well how a mock interview happens and provided with enormous number of tips and preparations to be followed in advance for success. The programme came to end with a formal vote thanks to everyone for making this event a grand success.



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6. Career Skill Enhancement Programme: Invited Talk on Career Opportunities for the Students in the Field of Special Education organized by the NKT Differently-Abled Club

Date: 15th February 2019

Organizer: NKT Differently Abled Club

Resource Expert: Mr. Anand Jagadesan, CEO, V-Excel Educational Trust &

Mrs. Usha, Director, Vocational and Rehabilitation Service, V-Excel Educational Trust

Participants: 154

Mr. Anand Jagadesan, CEO, V-Excel Educational Trust and Mrs. Usha, Director, Vocational and Rehabilitation Service, V-Excel Educational Trust, were given a warm welcome by the Principal of the College, Dr. S. Chamundeswari on behalf of the Management and NKT Differently Abled Club. The Principal of the College on record placed a note of gratitude to the Secretary of the College, Dr. M. Arumugam and to the NKT Differently Abled Club for organizing the session. The Resource Experts for the day were introduced by the members of the NKT Differently Abled Club.

The Resource Expert started the session with the introduction on Special Education. Special education (known as special-needs education, aided education, exceptional education, exceptional student education, special ed., SEN, or SPED) is the practice of educating students in a way that provides accommodations that address their individual differences, disabilities and special needs.

Special education involves the individually planned and systematically monitored arrangement of teaching procedures, adapted equipment and materials, and accessible settings. In terms of types of children with disabilities, special education covers children with visual handicaps, hearing handicaps, mental retardation, learning disability, writing disability and numerical retardation, learning disability, speech handicaps and multiple handicaps.



The Resource Expert then focused on the topic of the day. They provided an overview on different career options available for the students in the field of special education. The Resource Experts also gave an in-depth detail on a few of the majorly chosen career options.

Special education offers different career opportunities including teaching, instruction and curriculum development for children with special needs and adults. The major responsibility of special educator is to teach and interact with children who have a variety of disabilities. Special education offers different career opportunities including teaching, instruction and curriculum development for children with special needs and adults. The major responsibility of special educator is to teach and interact with children who have a variety of disabilities.

Resource Expert then highlighted on the different employment sectors and industries that are open for special educators.

- Special educators can get jobs in schools that work only with children of diverse disabilities. They can also get employment in inclusive schools that enrol children with special needs in their classrooms.

- Especially educators who mastered in several techniques of special education can get associated with consultants attached with schools or start their own therapy centres after acquiring necessary certificates.
- Special educators can also work with physiotherapists, psychologists and special therapists. Jobs for special educators are available in both government and private sector either with a group of students or on the individual basis.
- They can also find employment in rehabilitation centres.

The Resource Expert then threw light on the top recruiting agencies in the field of special education. But it is difficult to grade companies or agencies that recruit special educators. Special educators can find employment in:

- Schools for disabled children
- Special educator teacher in B.Ed. Colleges
- Rehabilitation centres
- Hospitals that treat children with special needs
- Consultancies that provide special education trainers to schools

The Resource Expert also provided the participants some of the books that enhance the skills and knowledge in the field of special education. They books include:

- A mind at a Time by Mel Levine
- Whole Brain Teaching for Challenging Kids by Chris Biffle
- The Complete Learning Disabilities Handbook by John M Harwell and Rebecca Williams Jackson
- Using Technology to Engage Students with Learning Disabilities by Billy Karkower and Sharon LePage Plante
- There's a Boy in Here: Emerging from the Bonds of Autism by Judy Barron and Sean Barron.


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Programme Outcome and Feedback

The programme provided a clear outline and career guidance for all the special education students. The Resource Experts provided a lot of information's and gave the variety of career opportunities open to them in India and Abroad. The session was informative for the participants and created a new confidence in students as they knew the path that they are going to travel further. With a formal vote of thanks by the students the programme came to an end.



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Report on Career Skill Enhancement Course



2016-2017

1

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Report on Career Skill Enhancement Course

2016-2017

The abilities that you have to do your job and manage your career are career skills. These skills are more than the academic and technical skills that one acquires. These competencies need to discharge your duties in your job. It embraces your knowledge, skills and experience that are indispensable in the decision-making process. This promotes the capability that is required to negotiate your salary and prepare for the future. Its human nature to evolve, transform and develop based on the necessity of the contemporary world. Working towards the future you want will not only put you in the best position to get what you want; it will give you confidence about what you are doing today and the choices you are making. The Institution takes all stringent measures to equip the student-teachers with all desired skills to face the world of work in future.

1. Career Skill Enhancement Programme: Guest Lecture on Interview Skill

Date: 14th February 2017

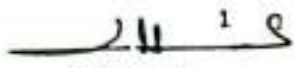
Organizer: Internal Quality Assurance Cell, N.K.T. National College of Education for Women, Chennai.

Resource Expert: Dr. Chithra Aravind, Consultant Psychologists

Participants: 85

Initiating to build on the skills is considered to be the imperative duty of the College. With this motive every year, the College prepares students in the Second year to get prepared for the career prospects. The Programme started with a formal prayer and the Coordinator of IQAC, Dr. S. Chamundeswari, Associate Professor of Physical Science-Education welcomed and introduced the veteran Dr. Chithra Aravind.

The ability to think before we could answer and remain calm and composed during the interview process the core skill during the interview is how the session started. The Expert outlined the six important steps to succeed in one's career, Research


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about the organisation where you are proposing to attend an interview. Prepare and practise your answer, remain calm, and set the right impression. The masterly person highlighted the importance of career skills and ways to upgrade oneself to meet to prerequisites of the Job.



The Resource Expert highlighted the skills to be developed during the course of studies such as problem-solving skills, communication skills, creative thinking skills, flexibility, teamwork, organisation skill, emotional intelligence, attention to detail and willingness to take up responsibility. Further, Madam also itemised the ways to develop all the skills that one possesses.

Eventually, the expert spotlighted the downsides in acquiring skills such as heavy workload, challenging behaviour of students, and constant changes. She also spoke on the ways to overcome and win over the challenges.



Programme Outcome and Feedback

The students were overwhelmed by the programme and they thanked the Principal and the Secretary for their efforts in identifying the skills required for career prospects. Student-teachers were contented and equipped with the desired skills for their future career.

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5.1.1 Report on Personal Skill Enhancement Course 2019-2016



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Report on Personal Skill Enhancement Course



2019-2020


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Personal Skill Enhancement Programme

2019-2020

Students with strong personal skills are in high demand from various reputed Schools. The individual with the capability to work with someone who is excellent at engaging with colleagues is always dependable. This individual has honed their personal skills. They communicate effectively with others, self-express, and self-manage. Personal Skills acquired will shape not only your professional trajectory but your private life as well. Overall, employers look for candidates with strong personal skills because they positively contribute to the office culture, and are reliable in a variety of ways thus, with this aim the College ensures to organize Programmes for the personal upliftment of the students.

1. Personal Skill Enhancement Programme: A Ten-Day Training Programme on Yoga for Student-teachers: Essential Foundations and Techniques

Date: 12th- 25th September 2019

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

Resource Expert: Mrs. R. Thangalakshmi, Dr. T. Amuktamalyada, Mrs. T.S. Bhuwaneshwari, Dr. Indu Bharkavi, Mrs. A. Kavitha, Vivekananda Kendra Prakashan Trust, Chennai.

Participants: 183

Becoming a teacher is a life-transforming and astounding resolution that enables the teachers to disseminate the information to the younger generation. The College organized A Ten-Day Training Programme on Yoga for Student-teachers: Essential Foundations and Techniques to be bestowed with the treasure of the ancient art of yoga to others.



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Yoga itself is not only a physical practice, but a lifestyle lived off the mat as well. For many students, connecting with a teacher is the necessary medium to get introduced to this kind of life. The Ten-day Programme started with an inaugural function by the Principal of the College Dr. S. Chamundeswari welcomed the gathering and introduced the resource experts of this 10-day Programme. Participants in this programme were welcomed by the Principal. Madam thanked the Management and the Secretary for their continuous support in organizing other academic-related Programmes.



On Day one the Resource expert suggested teaching tips to would-be teachers to remain calm and composed in the profession such as,

- To keep oneself balanced
- Incorporate the art of breathing to design the class around the set of students.
- Engage in effortless communication
- Commit to your full time practice
- Continue to evolve.


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Teaching is a tough profession. Heavy workloads, challenging students, and lack of support are just some of the issues today's teachers have to handle. Many educators choose their careers because they feel it's their calling, but that makes them more susceptible to compassion fatigue and burnout. A recent study finds that higher rates of burnout occur in people who view their profession as their life's mission.

On day two the expert demonstrated the below Yoga poses to relieve the individuals of stress.

- Mountain Pose
- Standing Forward Bend
- Tree Pose
- Eagle Pose
- Yogi Squat
- Child's Pose
- Legs up the Wall
- Supine Twist
- Reclining Bound Angle
- Corpse Pose

The practice of Yoga by the Teachers will encourage them to disseminate it to the students which are found to have advantageous in building the mental and physical health of students. The benefits of practicing yoga are as follows.

- Reduce & Eliminate Stress. The most popular reason that people begin taking yoga classes is to reduce stress as College students are under a lot of stress, even from day one.
- Reduce Conflict.
- Improve Concentration.
- Improve Posture.
- Strengthen Core.
- Improved Physical and Mental Health
- Effective Brain Development.
- Enhanced Memory.



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TRIP LICANE, CHENNAI-600 005.

- Better Concentration.
- Reduced Stress.
- Reduced Eye Strain and Headaches.
- Increased Motivation and Productivity.
- Better Sleep Quality.
- Improved Academic Performance.
- More energy and brighter moods.



The Experts recommended the practice of Yoga by the Teachers as it was very effective in improving their Job performance.

- Stable autonomic nervous system equilibrium
- Pulse rate decreases
- Respiratory rate decreases
- Blood Pressure decreases (of special significance for hypo reactors)
- Galvanic Skin Response (GSR) increases


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- EEG - alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation)
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- Endocrine function normalizes
- Excretory functions improve
- Musculoskeletal flexibility and joint range of motion increase
- Breath-holding time increases
- Joint range of motion increase
- Grip strength increases
- Eye-hand coordination improves
- Strength and resiliency increase
- Endurance increases
- Energy level increases
- Weight normalizes
- Sleep improves
- Immunity increases
- Pain decreases
- Steadiness improves
- Depth perception improves
- Balance improves
- Integrated functioning of body parts improves
- Dexterity skills improve
- Reaction time improves
- Posture improves


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Teachers are the real builders of the nation and their role in the progress of the Nation is undeniable. Yoga and meditation are inseparable. The benefit of pursuing Yoga to teacher develops confidence among them. As yoga develops mental health it becomes easy for teachers to cope and meet the stressful and frustrating situations that the way encounter in both personal and professional life.

Programme Outcome and Feedback

The programme on Yoga for students was a real-time beneficiary for the students. The student-teachers were kindled to practice the simple yogic practice that has a long-run impact on the students. The students were overwhelmed when they came to know the benefits of simple yoga that was taught to them. The ten-day Programme was a real success and needed for the budding teachers. On the valedictory day report on the ten-day Programme came to an end with a report on the programme outcome. A vote of thanks was rendered by the students they were thankful to the Management and the Principal for the wonderful experience they had during the 10 days.


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2. Personal Skill Enhancement Programme: Grant Guest Lecture on Enhancing Life Skill

Date: 6th December 2019

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

Resource Expert: Mr. K. Subramani, NLP Trainer, Chennai.

Participants: 186

The life skill training for Teacher Education commenced with a prayer song followed by a welcome address by our College Principal Dr. S. Chamundeshwari at 10 am on the 6th of December, 2019. In her speech, she emphasizes the importance of life skill training to the students. Life skill education is very important, especially for teachers who prepare young minds. The life skills will enable teachers to translate knowledge, attitudes, and values for handling real-life situations to the children helping them decide what to do when to do and how to do it. Later, she introduced the chief guest Mr. Subramani (NLP) Trainer.

Importance of Time Management

Then the session was handed over to the guest Mr. K. Subramani, NLP trainer. It was a 2 hours session on Time Management. He introduced the word "Time management" and the ability to use one's time effectively or productively, especially at work. He explained the process of time management by planning and exercising, conscious control of time spent on specific activities, especially to increase effectiveness, efficiency, and productivity. It involves a juggling act of work, social life, family, hobbies, personal interests, and commitments with available time.



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Time management includes

1. Effective planning
2. Setting goals and objectives
3. Setting deadlines
4. Delegation of responsibilities
5. Prioritizing activities as per their importance
6. Spending the right time on the right activity.

The Resource Expert explained to the student-teachers to develop the habit of using planner organizers, table top calendars for better time management, and set reminders on phones or personal computers. Finally, he gave a task to student-teachers to prepare their individual time management plan. Student-teacher was asked for help, he was explained with the weekly Time plan board used at present.

This session was all about how effective time should be managed. The rules for time management along with examples gave a clear view of time allocation. He also stressed more on the phrase “Time management will make oneself successful”.

He also emphasized the guidelines for success and also asked each individual to follow the guidelines to lead a successful life. He guided how to prioritize the work in daily life based on productivity. He demonstrated the scheduling of time through activity and differentiated works to be done as important, not important, urgent, and not urgent.

After the activity, he articulated the levels within oneself – Alpha, Beta, and Theta made the student-teachers feel the alpha state and asked them to follow the mindfulness technique every day to be successful.

Lastly, he emphasized each one of us to set goals and go in the direction to get success in life.



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Programme Outcome and Feedback

The student-teacher realized the implication of poor time management skills. Time management and the power of positive thinking was the more effective topic. On real life situation and work environment. Students enjoyed with variety of activity related to time management. The session was very interesting and feels inspired as teachers they will surely apply the life skill in their through life. On the whole the entire session was very informative and interactive, which profited all the participants enormously.



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**3. Personal Skill Enhancement Programme: UGC Autonomous Grant Guest
Lecture on Power of Positive Thinking**

Date: 6th December 2019

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

Resource Expert: Mrs. Srividya Sudharshan, Trainer & Psychologist, Chennai

Participants: 165



The Principal of the College welcomed the gathering and took privilege to introduce the guest speaker of the day Mrs. Sri Vidhya Sudharshan is a school psychologist with eighteen years of progressive experience in the field of educational psychology. She founded TRANSCEND–2007 along with her team of psychologist conducting counseling and career counseling sessions in schools all over Tamil Nadu. Ms. Srividya is a Psychologist specialized in School and Career Psychology, with M.Phil. In Psychology as academic strength and ability to analyze the client's needs and guide them through effective counseling and training. She is currently pursuing Ph.d. in Career Psychology at Bharathiyar University. With 20 years of progressive and rich experience in School Counseling and Training she was the most appropriate

Resource Expert for the session.

Power of Positive Thinking:



This session was handled by Dr. Srividhya using the power point presentation. She conducted a small activity “My Favourites” in order to help the students to understand “Individual differences”. She emphasized the role of Emotional Intelligence in daily life. She explained emotional intelligence, emotional leadership, emotional quotient, is the capacity of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behaviour, and manage and or/adjust emotions to adopt to environments or achieve one’s goal. She also said how the logical thinking and emotions are interlinked and how to handle them emotionally and logically in certain situations.

She also explained about how the brain takes in various occurrences and how it handles accordingly. The theory called “Logo Therapy” by Victor Frankle inspired to think in away both rationally and optimistically. Logo therapy was developed by neurologist and psychiatrist Viktor Frankl, on a concept based on the premise that the primary motivational force of an individual is to find a meaning in life. The guest lecturer shared her experience as a school counsellor and as a psychologist where

she met a rare case and how it went unsolved. She was guide student teacher to channelize their negative thoughts into positive way through various activities. She explained Logo therapy is a fast guide to overcome anxiety and depression. According to logo therapy an individual can discover and their life purpose through completing tasks as well as through experiences and relationships. She gave a list of objectives to analyze the traumatic experience happened in one's life and to list both negative outcomes underwent and positive outcomes from the challenging/traumatic event which made the students to move towards optimism and to see any situation challenging and deal with it efficiently.

Programme Outcome and Feedback

Mrs. Srividhya Sudharsan's class was excellent. The students stated that her speech was so attractive and interesting and they learnt many things from her speech specifically about self-awareness gave them motivation. Her speech inspired and helped them to reach their goals. The suggestion that the students gave was, to increase the activity session. And finally the students thanked the professor for spending their quality time with us. The student said that the class went very interesting and the class was very helpful to understand their friends. Also they said that the class was helpful to understand the reality of life. It is mentioned that the class is helpful for them to know that how to treat the students.

The students aid that they liked the interaction and conversation with them. Her language was comfortable and audible. Activity given to them made them to think about the different mind sets of people around them. The class made them think of ourselves for a while which they usually do not do often. They said that they have learnt to know about the unique qualities of themselves. To achieve their goal with fulfilling the needs to achieve by inculcating positive attitude was useful for them. Then she thanked them for making the session a motivating one. The Programme came to an end with a formal vote of Thanks.



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4. Personal Skill Enhancement Programme: UGC Autonomous Grant Guest Lecture on Credit Base Academic System

Date: 16th December 2019

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

Resource Expert: Prof. L.S. Ganesh, Department of Management Studies, IIT Madras, Chennai

Participants: 174



Prof. L.S. Ganesh of DOMS, IIT Madras was invited to present a lecture on Credit Based Academic System on the 16th of December, 2019. He commenced his lecture by introducing the innovative trends in Evaluation. He stated that Assessment methods have become more student-friendly and that Continuous Comprehensive Assessment is being followed in most Educational Institutions such that knowledge gained from time to time by the students is evaluated. This Continuous Evaluation serves to enhance the knowledge gained by the students as they keep abreast of the knowledge input given to them both in and out of the classroom.

Prof. L.S. Ganesh went on to clarify the basic concepts related with the Credit Based Academic System. A Course Credit is a basic measure of student workload. A credit, he said, specifies the number of hours of learning effort that a student is expected to put in while completing a course. The Credit System allows an institution to chart out the programs and individual courses in term of their required Credit Load. The Credit Based System permits flexibility in the modes of learning. Multiple modes of learning such a lectures, laboratory work, assignments, e-learning etc. can be adopted and norms for the relative weightages across these learning modes need to be evolved.

The Credit System is student-friendly and enables mobility of students and he further went on to quote that marks need to be earned while credits need to be reflected. Furthermore, he opined that the Credit System proves flexible for shifting between courses and institutions. The Credit System opens up the choice of learning, thereby increasing learning effectiveness. The most relevant academic credit for international students is ECTS-European Credits and Semester Credit hours (SCH) – American Credits. Each course, he said, is worth a certain number of credit points, usually determined by student's work load, learning outcomes and hours of curriculum transaction. The more effort a student is required to put into a course, the more credits that course is worth. Through academic credits, students get a consistent and transparent way of valuing their learning achievements.

Method of Calculating the Credits

Prof. L.S. Ganesh further went on to elucidate the method of calculating the Credits. He also explained the significance of awarding credits for the theory and practical course. He pointed out that Credit system maintains the equivalence in the mode of assessment and academic Credits act as a clear proof of previous education and comes in handy while hunting for a job. Credits maintain a track of student progress and they are recognized internationally. This feature makes Credits superior to marks.



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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 085.

The professor cited an example to show the way academic credits are distributed between courses. He quoted the example of the ECTS system where the required amount of credits during a year is 60 credits, with 30 credits per semester. Suppose there are 4 courses during a semester, then each course will have a weightage of 7.5 credits. But, if there are courses which are worth 9 credits, or others worth 4 or 5 credits, it all works down to only 30 credits per semester.

The lecture concluded with a Question-Answer session where participants were invited to clear their queries on the Credit Based Academic System. The guest lecture proved beneficial and the entire concept of the working of Credit Based Academic System was made clear.



Programme Outcome and Feedback

The guest lecture was interesting and gave us all the opportunity to learn many things in regard to importance of using credit system used in the academics to grade the students. This session created an awareness to evaluate the students by using proper credit. All the participants were completely satisfied by the lecture given by the

resource person Prof. L.S. Ganesh. The session was interesting and our faculties involved themselves to know more about Credit Based System, European Credits and Semester Credit hours. The professor cited an example to show the way academic credits are distributed in the various courses. Our faculties thanked Prof. L.S. Ganesh for spending his quality time with us. The session went very interesting and the lecture was very helpful to understand the topic. His Language was simple and clear.



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5. Personal Skill Enhancement Programme: UGC Autonomous Grant Guest
Lecture on Seminar on Cyber Crime Awareness & Prevention

Date: 5th February 2020

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

Resource Expert: Dr. K. Thilagaraj, Founder Director, Centre of Cyber Forensics and Information Security, University of Madras, Chennai.

Thiru. K. Ferozekhan Abdullah, Deputy Commissioner of Police(Traffic), East District, Great Chennai Traffic Police.

Thiru. C. Sreedar, Assistant Commissioner of Police(Traffic), Mylapore Traffic Sub-Division.

Participants: 190

The Principal of the College and the members of the Organizing Committee welcomed the Resource Experts and all the participants for the UGC Autonomous Grant Seminar on 'Cyber Crime Awareness and Prevention'. The Principal then delivered her gratitude to The Secretary of the College, Dr. M. Arumugam, for all his support and guidance and to the members of the Organizing Committee for organizing the Grant Guest Lecture. The Principal introduced the topic for the days and the Resource Expert for the day.

The Resource Expert started the session with the discussion about how digitalization has become a part and parcel of each and everyone's life. He then discussed how every good comes with a hidden error which may cause a lot of trouble. The cyber cell plays a prominent role in solving a lot of mysterious cases at present but at the same time can also be the cause for many other mysterious cases.



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FOR WOMEN (AUTONOMOUS)
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The Resource Experts then discussed how severe the cyber-crimes are taking place in today world. This created awareness among all the participants and made them to be precautious in the future. They quoted several examples that threw real light on the extent to which the users are trapped

The different types of cyber-crime may include:

- Email and internet fraud
- Identity fraud – where personal information is stolen and used
- Theft or financial or card payment data
- Cyber extortion – demanding money to prevent a threatened attack
- Ransom ware attacks – a type of cyber extortion


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The Resource Experts then shared the details of how to complain against a cyber-crime activity. The process includes:



Step 1 Visit the website of cyber cell <https://cybercrime.gov.in/> The following menu will open.

Step 2 Click on Report Other Cyber Crime Option. The following menu will open.

Step 3 Click on Accept after reading the information.

The Resource Experts then discussed and gave some prevention tips for cyber-crime security at daily places and activities like:

- Use strong passwords
- Secure your computer
- Block spyware attacks
- Be social-media savvy
- Secure your mobile phones
- Protect your data
- Secure your wireless network
- Protect your e-identity
- Avoid being scammed
- Call the right person for help

- Lock or log off your computer when you step away
- Consider sharing less online
- Think twice about using public wi-fi

Programme Outcome and Feedback:

The session was much effective and informative for the extra active people of today's world. The Resource Expert also gave precautionary measures to protect ourselves from the cyber-crime complaints. This was a real eye opening session for the present student community for whom devices are lives. The Resource Expert also discussed the ways in which cyber-crimes happen currently. This made people get an idea on how they can become a victim.

The session ended with a note of gratitude to the resource experts for sparing their time with students. Students were happy contended and extended their gratitude to the College for arranging such programmes that caution us especially the women students.



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6. Personal Skill Enhancement Programme: UGC Autonomous Grant Guest
Lecture on Enhancing Personality through Health and Fitness

Date: 14th February 2020

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

Resource Expert: Mrs. Glory Darling, Assistant Professor, YMCA College of Physical Education, Chennai.

Participants: 187

The afternoon session started with a formal prayer followed by introductory words about the Resource expert Dr. J.Glory Darling Margaret, Assistant Professor in YMCA College of Physical Education. She is specialized in sports psychology and track & field. A note of gratitude was extended to the Management and an appreciation to the organizing team. She started the session by stating that Physical Fitness is playing a tremendous role in the development of youth and continued the session by saying it enables an individual to live a healthy life in a never-changing world. Fitness makes the children psychologically, physically and physiologically active.

Five basic component so fitness are important for good health was highlighted by her as cardio-respiratory endurance, muscular strength, muscular endurance, flexibility in joints and body composition (percentage of body fat). A second set of attributes, referred to as sport-skill-related physical fitness, includes power, speed, agility, balance, and reaction time. When we are taking part in various games and sports, it increases the level of fitness of the individuals. In every game we have to run a little or more distance while playing and total body parts are exercised which also improves the strength, endurance, speed, flexibility and neuro muscular co-ordination of our body which ultimately help us to increase the fitness, only due to the participation in games and sports.

Posture is the position in which you hold your body while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie so as to

place the least strain on muscles and ligaments while you are moving or performing weight-bearing activities. Posture is how you hold your body. There are two types: Dynamic posture is how you hold yourself when you are moving, like when you are walking, running, or bending over to pick up something. Static posture is how you hold yourself when you are not moving, like when you are sitting, standing, or sleeping. It is important to make sure that you have good dynamic and static posture. Do's and Don'ts regarding posture was highlighted by her.

Further, she stressed on ill-effects of poor posture as Misalign your musculo skeletal system, We are way at your spine ,making it more fragile and prone to injury, Cause neck, shoulder, and back pain, Decrease your flexibility, Affect how well your joints move, Affect your balance and increase your risk of falling, Make it harder to digest your food and Make it harder to breathe

The resource expert suggested to improve posture when sitting

- Switch sitting positions often
 - Take brief walks around your office or home
 - Gently stretch your muscles
 - Every so often to help relieve muscle tension
 - Do not cross legs; keep feet on the floor, with ankles in front of knees
 - Make sure that feet touch the floor, or if that's not possible, use a footrest
 - Relax shoulders ;they should not be rounded or pulled backwards
-
- Keep your elbows in close to your body. They should be bent between 90 and 120 degrees.
 - Make sure that your back is fully supported. Use a back pillow or other back support if chair does not have a back rest that can support lower back's curve.
 - Make sure that the thighs and hips are supported. You should have a well-padded seat, and thighs and hips should be parallel to the floor.
 - She advised the future student-teachers to improve posture when standing as the profession of teaching demands to stand for a long time.
-
- Stand-up straight and tall
 - Keep shoulders back
 - Pull your stomach in

- Put your weight mostly on the balls of your feet
- Keep your head level
- Let arms hang down naturally at sides
- Keep feet about shoulder-width apart

Madam continued spotlighting on the need for Balanced Diet that contains differing kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate and a small provision is reserved for additional nutrients to endure the short length of leanness. A healthy diet should provide us with the right amount of energy (calories or kilojoules), from foods and drinks to maintain energy balance. Energy balance is where the calories taken in from the diet are equal to the calories used by the body. We need these calories to carry out everyday tasks such as walking and moving about, but also for all the functions of the body we may not even think about. Processes like breathing, pumping blood around the body and thinking also require calories. So, foods and drinks provide the calories we need to go about our daily lives, but consuming more calories than we need over a period of time will cause weight gain. This is because, any extra calories we consume but we don't use, will just be stored as fat.

Madam gave tips to manage weight a healthy diet that includes lots of fruit, vegetables, whole grains and a moderate amount of unsaturated fats, meat and dairy can help you maintain a steady weight. Having a good variety of these foods every day leaves less room for foods that are high in fat and sugar - a leading cause of weight gain. Together with exercise, eating a healthy diet in the right proportions can also help you lose weight, lower your cholesterol levels and blood pressure and decrease your risk of type 2 diabetes.

She spoke on the need for Adequate Rest and Sleep is part of life's daily routine; it keeps our minds and bodies healthy. Everyone needs quality sleep, without it they won't have the mental or physical ability to stay calm, be in control and stay on top of everyday life. It improves concentration, refreshes body and restores energy.


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An individual will be unconscious and unaware of their surroundings. Highlighted the difference in types of sleep as follows

- Pre-sleep'-The muscles relax, the heart beats slower and body temperature falls
- Light sleep'-The individual can be woken easily without being confused and disorientated.
- Slow wave' sleep-blood pressure falls; some people talk in their sleep or sleep walk in this stage.
- 'Deep slow wave' sleep-An individual is very hard to wake. If they are woken they will feel confused and disorientated.

The technique of clapping is known to improve the overall heart health and improve blood pressure. Blood circulation to various organs is also improved by regular clapping. Clapping also helps improve asthma related problems by promoting function of nerve endings that connect these organs. In children especially, clapping is known to improve the brain function and contribute to better handwriting, reduced spelling mistakes, and improved concentration. Clapping helps immunity by boosting white cells, which are essential for fighting germs and therefore reduces the occurrence of frequent infections. Regular clapping is also shown to have benefits on improved bone health in cases of arthritis and associated pains. For the back, be it middle or low back pains, there is an immense benefit from clapping.

Thus, health personality influences the decisions you make about how you take care of yourself. Healthy personality is a way for a person to act, guided by healthy life styles in maintaining the physique through regular exercises. Hence the intelligence and respect for life, personal needs are satisfied and so that the person will grow in awareness, competence, and the capacity to love the self, the natural environment, and other people.

Programme Outcome and Feedback

The session on Enhance Personality through Health and Fitness was very interesting with lot of facts about health and fitness. She carried herself in a positive way with lots of information to keep our health fit which inspired many of the students. Madam elaborated on many facts of body postures with day today life activities which were interesting.

She gave different perspectives of health and fitness in education with its importance to enhance the personality of a person. She herself performed some simple exercises to keep ourselves healthy and came up with lot of enthusiastic ideas which was so inspiring. Thus the class was very useful and it enforced awareness among the students to inculcate Health and Fitness for the future teachers. The Programme came to an end with a formal vote of thanks by the organizing team.



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7. Personal Skill Enhancement Programme: UGC Autonomous Grant Guest
Lecture on Managing Emotions in the Classroom

Date: 19th & 20th February 2020

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

Resource Expert: Mrs. N. Nalini, Trainer, Be Positive Training Academy, Chennai.

Participants: 195 & 195



In order to equip the students of second year with desired skills to face interview confidently a series of Programme was organised by College. Teachers are similar to real time workers who deal with students of various age group. In order to equip and develop emotional balance the session on Managing Emotions in the Classroom was organised. The session started with a formal welcome address and introduction of the Resource expert Mrs. N. Nalini, Trainer, Be Positive Training Academy, who has over 20 years of experience in the field of education. She has worked as a teacher in Velammal Matriculation Higher Secondary School, Mogappair. She is at

present with" Blink research organisation foundation" Organisation. With learning disability as her main focus of the study she also extends her service towards understanding the adolescent children.



The session started with a question on the meaning of emotion. A variety of response from students fascinated the expert to progress easily to the topic. angry, surprised, happy, sad, shy, silly etc. She told that teaching is a challenging job to handle 21st century students. So prepare well before taking every class among students. She explained about two types of children in the classroom i.e., Passive & Active. She conducted an activity among our students to understand passive and active listeners' very clearly. She explained about "NIOs and its function" for our students to implement" that are not interested in school going".


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Stressing on mood fluctuation that takes place in student of adolescent age and the negative impact of age was highlighted by the expert. She explained about "how to handle emotions", types of students in the classroom, Mood Swings Vs depression, "What does exam stress feel like?" & "Suicide Prevention". She explained each and every topic very clearly with the help of ppt.

Programme Outcome and Feedback

Ms. Nalini started her session on Managing Emotions in the Classroom by explaining about various emotions. She conducted an activity for the better understanding of active and passive listeners, which we enjoyed and learned as well. As budding teachers, we felt it more useful when she explained in detail about various types of students. She also gave us tips and shared her experiences in handling students' emotions. Though her topic was vague, she put her utmost effort in making the session lively and interactive. We felt that the topic on emotions is the need of the hour. She gave tips to the student-teachers to cope with new emotions. She enlightened about the reasons and preventions of suicide, which the future teachers could use in their classroom when needed. Her video on GOOD TOUCH and BAD TOUCH is something every teacher should know to educate her children. Overall the session was very interactive and thought provoking. Lecture was very informative, interactive and interesting for our students to handle emotions in the classroom. The programme following clarification of students query came to an end with a formal vote of thanks.



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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 085.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)

Report on Personal Skill Enhancement Course



2018-2019


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Personal Skill Enhancement Course

2018-2019

Personality defects are one of the main reasons why people are unhappy. Personality defects are one of the main mediums through which we experience this unhappiness. Once an individual experiences better mental health and stability (i.e., with fewer personality defects) it is easier for them to make rapid spiritual progress and achieve an ideal personality. With an aim to develop and help students to modify personality traits where required the College take all efforts to conduct programmes with an aim of helping each student personally.

1. Personal Skill Enhancement Programme: Bridge Course on Self-motivation

Date: 16th August 2018

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

Resource Expert: Ms. Swapna Ram Swaroop, Psychologist, Chennai

Participants: 182

The simplest form of something that drives one to do an activity is the result of self-motivation. The Programme started with a formal invocation song and welcome address by the Principal of the College Dr.S.Chamundeswari. The Resource expert was introduced by Dr.S.Malathi, IQAC Coordinator, mentioning her credentials in the field of student welfare and Psychology. The Programme started with an activity related to motivation and was interesting and made all students to further concentrate in the session. The Resource expert stated it is highly difficult for students to stay motivated in a task for a long time. She further highlighted that teachers take a number of measures to motivate students nevertheless; it is of not much use in the classroom situation.


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Further, the expert mentioned that Students are demotivated by the structure and allocation of rewards. Students have other priorities that compete for their time and attention. Individual students may suffer from physical, mental, or other personal problems that affect motivation. The expert further mentioned that teachers face a real challenge, of sustaining the interest of the students in a task.

The expert analysed the reason for poor motivation from a student's attributing to many factors such as academic pressure, emotional problems, early adolescence, lack of love, unhealthy home environment, and often even the attitude of teachers and advised the student-teachers to curtail the cause from the Institution and student side.


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Supplementing, the expert suggested simple techniques to sustain the motivation of students such as

- Give students a sense of control.
- Be clear about learning objectives.
- Create a threat-free environment.
- Change your scenery or class environment.
- Offer varied experiences.
- Use positive competition.
- Offer rewards.
- Give students responsibility.
- As teachers try to discover the passion of students

Tips to develop self-motivation among the students were spotlighted by the expert.

- Put your goal on the calendar.
- Make working toward your goal a habit.
- Plan for imperfection.
- Set small goals to build momentum.
- Track your progress.
- Reward yourself for the little wins as well as the big ones.
- Embrace positive peer pressure.

Programme Outcome and Feedback

The Session came to an end with clarification of doubts from the student-teachers. The students were highly satisfied as it gave additional input along with the theoretical information that was supported by the course. The student-teachers were contented by the simple language and tips shared by the expert. The gratitude note was extended to the management and the resource expert for the wonderful and fruitful session.



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2. Personal Skill Enhancement Programme: Workshop on Integration of Values in the Academic of B.Ed. Course

Date: 23rd August 2018

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

Resource Expert: Ms. K. Chithra, Managing Trustee, Thayulum Foundation

Participants: 172

Aim of integrating values into the Curriculum a collaborative effort was taken by the College along with Tamil Nadu Teachers Education University. The association with the Thayulum Foundation triggered the College for organising this programme. The day started with praise to the almighty followed by a welcome address by the Principal of the College who remarked on the need for integrating values in the structured curriculum as it is very crucial in this technical era.



The resource expert thanked the College for the opportunity and started her presentation on the need for values. She emphasised that Children learn values from various sources such as home, school, media, and religion and it has a lasting impression on the development of children. Further, she remarked that the role of the teacher in imparting values is very crucial.



We understood that Education is one important vehicle in transforming values in the student community. She emphasized quoting the words of Dr. Radhakrishnan on integrating values into the curriculum and imparted through curricular and co-curricular activities.

Three types of the curriculum were emphasized and it is the liberty of the Teacher to integrate value in any of the three. Ascertaining that teachers are subject experts, therefore, should focus more on the integration of values. The expert gave real examples of integrating values into any subject.


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On answering examples for different courses of the School Curriculum she readily answered by quoting all possible subjects offered at School.

The expert mentioned the steps in integrating values Identity which values are most important to your teachers and staff members as well as to your students and their families.

Establish a school-wide community code that connects your shared set of core values.

Incorporate character education to encourage your students to develop a deeper understanding of humanity and what they can do to support themselves and others.

The expert elaborated on the ways of incorporating values such as through the 1.Existing Curriculum 2.Value-Inculcation through Co-Curricular Activities 3.Development of Value-Consciousness through Story 4.Inculcation of Values through Discussion on Slogans 5.Inculcation of Values through Games.

Simple activities that can be executed among students of any age group was recommended by the expert Chithra

- Activate Champions.
- Highlight a value each month.
- Recognize team members whose behaviours align with the values.
- Display creatively.
- Use the vision and values as a lever to attract top talent.
- Refine the performance review process.


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 095.



Programme Outcome and Feedback

We student-teachers understood the role of a teacher in the changing social scenario is becoming very challenging. In the earlier times, the teacher was the only source of information and commanded respect for this respect. Anyone desirous of gaining knowledge had to bow down to him.

The eye-opening session made us realise the availability of multiple information centres such as books, coaching centres, audio-visual aids and internet services. We agreed that an ideal teacher whose life itself is a beacon light of values can lead a society in the right direction. It was suggested to demonstrate the essential values such as optimism, motivation, willingness to learn and teach, truth, non-violence, never to speak and think bad of others, creativity and ability to demonstrate unaddressed love. The promotion of human values in society depends on the promotion of good qualities among individuals. The Programme came to an end with a note of thanks from the students.


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3. Personal Skill Enhancement Programme: UGC Sponsored a Two Day Workshop
on Health & Fitness for Student-teachers

Date: 26th & 27th September 2018

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

Resource Expert: Dr. K. Elango, Prof. & Head (Rtd.) Tamil Nadu Physical Education &
Sports University, Kelambakkam, Chennai-600 035

Dr. K. JothiDayanandan, Associate Professor, YMCA College of Physical Education,
Nandanam, Chennai-600 035

Participants: 176 & 174

The two-day programme started with an inauguration function. Principal Dr. S. Chamundeswari welcomed the gathering and introduced the Resource Expert Dr. K. Elango. On day one, the sir shares his expertise on the need for physical fitness and highlighted the common mistakes made by the student community. The Resource expert threw light on the reason for not prioritizing health and fitness. Further, he remarked the need for maintaining fitness is not for the body; it matters a lot for the fitness of the mind.

- Allowing you to take charge of your life and feel good about the choices you make.
- Gaining energy and feeling more fit.
- Improving your physical health.
- Gaining a positive outlook and finding more enjoyment in your life.
- Being a role model for your family and friends.


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He said preparing to enter into the profession of Teaching, he wanted the teachers to serve as role models to students. He placed on the forefront the requirement to take care of your physical health through proper diet and nutrition. He requested would-be teachers to spread the importance of eating home-made food.



- Make an effort to have more home-cooked meals.
- Let your kids help plan what to eat
- Keep healthy snacks on hand to help kids make good choices.
- Teach kids to eat when they're hungry, not when they're bored, sad, or angry.
- Breakfast helps jump-start the day.
- Play "Put the Fork Down" at meals
- Balance.
- Variety.
- Moderation.

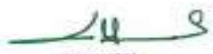

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The day one programme came to end with the report about the session and vote of thanks by the students.

On the second day the resource expert Dr. K. JothiDayanandan, Associate Professor, YMCA College of Physical Education, Chennai was introduced and welcomed by Dr.Shella Lilly Angeline, Physical Directress of our College. Being an expert from the same gender as our student-teacher focussed on the need for physical health.

She highlighted that a hectic lifestyle and unhealthy eating habits havean alarming adverse effect on people's health, especially womenas a result, more women are succumbing to fatigue, with the lifestyle affecting both their physical and mental health. The expert advised the students to take a diet thatconsists of as many natural foods as possible. Plenty of fruits, vegetables and legumes, Pulses and Grains, Lean meats, eggs, fish, Tofu, dairy products, seeds and nuts.,etc.


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

The expert advised the Students of the College to follow the simple tips to remain fit and productive.

- ❖ Exercising each day for a minimum of thirty minutes
- ❖ Taking measures to maintain a proper Body Mass Index
- ❖ Practising regular Yoga/Meditation to improve Health
- ❖ Drinking plenty of water each day
- ❖ Maintaining a Healthy Work-life balance
- ❖ This can have a detrimental effect on your health, which is usually not immediately noticeable. Focus on effective time management.
- ❖ Take days off from your work to focus on your personal life.
- ❖ Plan for vacations periodically.
- ❖ Implementation of Stress reduction measures
- ❖ Reduce caffeine intake, as it can make you jittery.
- ❖ Sleeping for at least 8 hours each night
- ❖ Assessing and taking care of your Mental Health
- ❖ Avoiding Fad diets which can lead your Health to deteriorate



Programme Outcome and Feedback

The Programme was a real eye-opener, especially for married students who push themselves back when in matters of priority. The simple way the resource experts shared the importance of fitness was appreciated by the students. The Students thanked the College and the Management for their consistent motive of catering to the welfare of the students. The Programme came to an end with a report of both days and vote of thanks by the Physical directress of the College.



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Report on Personal Skill Enhancement Course



2016-2017

1

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Report Personal Skill Enhancement Course

2016-2017

Personality defects are one of the main reasons why people are unhappy. Personality defects are one of the main mediums through which we experience this unhappiness. Once an individual experiences better mental health and stability (i.e., with fewer personality defects) it is easier for them to make rapid spiritual progress and achieve an ideal personality. With an aim to develop and help students to modify personality traits where required the College take all efforts to conduct programmes with an aim of helping each student personally.

1. Personal Skill Enhancement Programme: Guest Lecture on Positive Thinking & Self Awareness

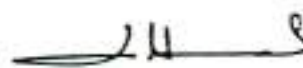
Date: 14th February 2017

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

Resource Expert: Ms. Srividhya, SDS Academy of Behavioural Sciences, Counselling Psychologists

Participants: 180

The Programme organised for the benefit of the students started with an invocation song followed by a welcome address by the Principal of the College, Dr. S. Vasanthi with a note of gratitude to the Management for their continuous support. Resource Expert of the Day Ms. Srividhya Sudharson, Counselling Psychologist, SDS Academy of Behavioural Sciences was introduced and welcomed by Dr. S. Malathi, Associate Professor of Education.



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Self-improvement and personal development are the higher goal of the need to actively seek to understand oneself. This is because only when one understands what one lacks, can one focus their efforts on what to improve.

The Resource expert highlighted the two main types of self-awareness as Public and private self-awareness. Further, the expert remarked that the negative reply from a person is on account of impressions of personality defects in the subconscious mind.

Therefore, it was emphasised to develop positive thinking and reframe our conscious mind. Improving self-awareness is crucial as one becomes more confident and creative. This sounder decisions, build stronger relationships and communicate more effectively.

Focusing on the good in any occasion will make us more attractive and productive is the mantra emphasized by the expert. Thinking positive will have an impact on mental and physical health. Ms. Srividhya shared a few tips that every individual student can follow to improve on their positive thinking.

- She suggested to
- Focus on the good things

- Understand that Challenging situations and obstacles are a part of life
- Practice gratitude
- Keep a gratitude journal
- Open yourself up to humour
- Spend time with positive people
- Practice positive self-talk
- Identify your areas of negativity
- Start every day on a positive note

It was spotlighted that this simple act when pursued scrupulously will have an improvement on self-awareness indirectly.

The expert gave prominence only to positivity throughout that entire session. The improvement in positive thinking will gradually improve the self-awareness about oneself and the important domain Simple tips that can be followed by the student community in order to be conscious about oneself in the Society where one dwells will encourage not only us but also help the future generation of the Country for whom we serve as a role model.

- Use personality tests to understand your personality traits.
- Use professional help.
- Keep notes on yourself.
- Ask someone else.
- Ask good questions.
- Listen to feedback without justifying.
- Be open to change.
- Identify the personal habits holding you back.


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Programme Outcome and Feedback

The students of all programmes contended with the way the session was dealt with. The session was refreshing and made the students feel high about themselves. A small exercise that was shared during the session was excellent and productive. The Resource Expert emphasized more on improving acceptance and listening as it is the drawback of the current generation.

The students opined that the session was highly influential in making students think on the right path so that they can improve on and serve as a model to the future generation of this country. The student expressed their indebtedness to the Management and Principal for understanding the requirements of students and organizing this programme. The Programme came to an end with a formal vote of thanks by students.

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(Autonomous)**

Report on Academic Skill Enhancement Course



2019-2020

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Academic Skill Enhancement Programmes

2019-2020

Academic skills are the abilities, strategies and habits that can help learners succeed in an academic setting. They generally build on students' mastery of literacy and technical subjects. Developing academic skills may help improve the ability to learn, take tests, interact with other students and complete projects. Many of these skills also apply to other parts of life, particularly in professional settings. Academic skills are essential for successful tertiary study. Some of the essential academic skills are independent study skills, digital and numeracy skills, communication, and writing. Thus, the College develops such skills in students through the conduct of Seminars, Workshops and Training Programmes in addition to the regular Curriculum transaction throughout their stay in an Institution.

1. Academic Skill Enhancement Programme: Guest Lecture on Introduction to the Art of Teaching

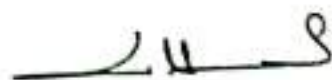
Date: 3rd September 2019

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

Resource Experts: Dr. Rita Rani Mandel, Assistant Professor, Lady Willingdon Institute of Advanced Study in Education, Chennai

Participants: 178

The Principal of the College, Dr. S. Chamundeswari welcomed the gathering and the Organizing Committee and the Resource Expert for this Programme. The Principal then placed on record, a note of gratitude to the Secretary of the College, Dr M. Arumugam, for all his support and guidance and to the Organizing Committee for organizing the session. The Resource Expert was introduced to the gathering before the start of the session.



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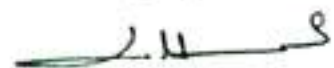
The session started with the Resource Expert asking about the participants' views on 'what Teaching is. The Resource Expert then concluded with the information that the Art of Teaching is to disseminate the knowledge among the learners. Teaching from the conventional period and its reformation to date was spotlighted by the expert.



Under the act of Teaching, the knowledge that is transferred should help the students to upgrade and develop themselves in various fields. The Resource Expert described Teaching as an Art wherein teaching demonstrates various creative ways in which a teacher presents the content such that the learning is made fun and interesting for the learners.

The Resource Expert compared the Art of Teaching to that of the Art of Sculpting and a Teacher to a Sculptor. Here, a Sculptor develops a statue that is hidden inside a stone, whereas a teacher discovers various potentials and abilities that are hidden in every learner.

The Resource expert motivated the students to be real role models to the student community, especially in this technical era that is highly focused on gadget-based


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learning. Thus, the guest lecture was an eye-opener to us the students who have chosen Teaching to be our Profession.



Programme Outcome and Feedback

The session enabled the participants to know what the Art of Teaching is, and the expectations and outcomes of the act of Teaching. The Art of Teaching was taught in such a way that attracted all the participants to attend the session with absolute involvement. The session gave all our students a clear picture of the teaching and we could create a great pride in choosing this profession.

The Programme came to an end with a note of gratitude to the Almighty, students extended their gratitude to Resource Expert, the College Management, the Principal, all the Organizers and each and every one for contributing their part to the grand success of the session.

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2. Academic Skill Enhancement Programme: Guest Lecture on Orientation towards Observation and Demonstration of Classroom Teaching

Date: 24th September 2019

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

Resource Experts: Dr. S. Vasanthi, Academic Advisor, N.K.T. National College of Education for Women, Chennai

Participants: 188



The Day started with a formal invocation song followed by a welcome address by the Principal Dr. S. Chamundeswari introduced the Resource Expert Dr S. Vasanthi, Academic Advisor of our College. The Expert started her session with the simple activity of observing things that existed in the hall. She started the Profession of Teaching

She shared her expertise on the important observable traits exhibited by teachers in the classroom and mentioned the implication of each detail over the process.

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FOR WOMEN (AUTONOMOUS),
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Following that she mentioned the common mistakes committed by teachers in the classroom and generalized the ways to avoid the mistakes.

Madam explained the difference between the observation of classes by school teachers and that of a demonstration by the Subject Experts and Teacher Educators. Further, she continued describing the way to record the observation classes and taught the way to reduce subjectivity in the observation process.

Highlighted the following aspects such as

Motivation

Presentation of aim

Interaction

Questioning

Reinforcement

Blackboard work

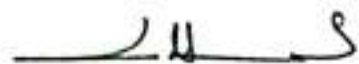
Classroom Climate

Classroom Management

Recapitulation

Home Assignment

Personality of Teacher





Programme Outcome and Feedback

The Session was very informative and effective the students gained a lot of information on how to observe the class as well as what are the do's and don'ts in a classroom. All the doubts raised by the students were clarified and the session came to an end with a note of gratitude to the Resource Expert, and the Principal of the College for sharing the expertise of an experienced person.

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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

Report on Academic Skill Enhancement Course



2018-2019


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FOR WOMEN (AUTONOMOUS)
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Academic Skill Enhancement Course

2018-2019

The benefit of getting educated relies on Academic Skills that hasten people to study, retain and apply the acquired knowledge and information. Academic skills are the expertise approaches and tendencies that can help learners prosper in an academic setting. Academic Skill emphasises students' supremacy in various subjects like technology-based and skill-based courses. Strengthen the skill of acquiring the collective skills to learn to take an examination, to correspond with others, especially in a future professional setting.

1. Academic Skill Enhancement Programme: Guest Lecture on Evaluation Techniques & Preparation of Blue Print and Question Paper

Date: 13th July 2018

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

Resource Expert: Dr. S. Vasanthi, Academic Advisor, Principal (Rtd.) N.K.T National College of Education for Women, Chennai

Participants: 120

The Internal Quality Assurance Cell of the College takes continuous efforts to update and share the best knowledge with the students. The Programme started with a prayer followed by the Welcome Address by Principal Dr.S.Chamundeswari. The principal welcomed and introduced the Resource Expert of the Session. Madam thanked the Management and the Secretary, for their continuous support.

The Resource expert shared her expertise on the topic. Initially, she started by motivating the students by striking their previous knowledge on evaluation. Students answered all the questions of the expert from their previous knowledge.


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FOR WOMEN (AUTONOMOUS)
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The Resource expert started with the need for evaluation and made the students realise that the purpose was to clarify if the Teacher has achieved the objective that was framed before the teaching process.



The session progressed in an interactive manner. The Resource expert shared the idea of preparing the question paper in an elaborate manner. Initially, she spotlighted the steps in preparing a question paper making with suitable examples.

The examples quoted by the expert were selected to the level of the student-teachers. Expertise in preparing the question items was given in the simplified version. Madam started with the procedure of preparing the Weightage table followed by Blueprint, preparing the question items, and preparation of question paper giving due weightage to the steps mentioned earlier.


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FOR WOMEN (AUTONOMOUS)
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Further, the expert shared the common mistakes committed in the process of question paper preparation. The ways to overcome the common mistakes were also substantiated by the expert.



Programme Outcome and Feedback

The session was an effective one and the students were contented as it added more to the Theoretical knowledge drawn in this area. The doubts raised by the students on writing the question items were clarified instantly by the expert. The student-teachers felt the session was informative and useful in the construction of the question paper.

The Programme came to an end with a vote of thanks. The students expressed their gratefulness to the College and the Management for organising such a programme for the benefit of the students.


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

2. Academic Skill Enhancement Programme: Guest Lecture-: Guidance on Various Levels of Schooling

Date: 10th December 2018

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

Resource Expert: Dr. T. Subhashini, Assistant Professor of Education, Lady Willingdon Institute of Advanced Study in Education, Chennai.

Participants: 124

Education in India follows a uniform structure of school education which is known as the 10+2 system. This system is being followed by all Indian States and Union Territories. But not all of them follow a distinct pattern as per the system. With this note Principal of the College welcomed the gathering and the resource expert of the day: Dr. T. Subhashini, Assistant Professor of Education, Lady Willingdon Institute of Advanced Study in Education, Chennai.

Dr. Subhashini started by quoting the major levels and mentioned their role at each stage of a child's development. Pre-Primary Stage India is provided to children between 3–6 years by Kindergarten, Play-way or Play Schools. These schools have varying terminology for different levels of classes, beginning from – Pre-Nursery, Nursery, KG, LKG (Lower Kindergarten) and UKG (Upper Kindergarten)



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FOR WOMEN (AUTONOMOUS)
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The Primary Stage: Primary education in India offered by both private and government schools usually consist of students aged between 5 to 12 years. The duration of study in this stage is 4-5 years. Common subjects include English, Hindi, Mathematics, Environmental Science and General Knowledge. Sometimes also termed Elementary Education, it is free in government schools but it is paid for in the private schools. The Government has made elementary education compulsory for children between the ages group of years 6 and 14.

The middle stage of education covering 3-4 years of academic study is formed by the 5th-8thclass consisting of students aged between 12 to 14 years. The schools which impart education up till 8thclass are known with various names like – High School, Senior School. The Secondary Stage of education covering 2-3 years of academic study starts with classes 8th-10th in the age group of 14 to 16years. The schools which impart education up till 10thclass are known as Secondary Schools.


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Senior Secondary Education in India is of only 2 years. There is uniformity in this level of education in terms of duration and classes i.e., all the States and Union Territories.

The undergraduate Stage in India is of 3-4 years. The undergraduate stage of education is also known as higher education in India. Students studying at this level, generally begin their education from 18 onwards. As per one estimate, 88% of undergraduate education is provided by Colleges in India. The majority of the undergraduate courses of 3 years duration belong to the field of arts, humanities, science etc. and the majority of 4 years of duration belong to the field of agriculture, engineering, pharmaceutical sciences technology.



Postgraduate Stage education in India is of 2-3 years. Postgraduate stages of courses are known as Masters Programme or Doctorate courses. Masters' courses are usually of 2 years duration and doctorate (research) courses are of 3 years duration. Also referred to as higher education, 56% of post-graduate education is imparted through Colleges. PG education in India is largely provided by universities in India. PG education caters largely to a specific field or sub-field of any preferred

The expert gave a clear picture of the various level of Schooling in India.

Programme Outcome and Feedback

The programme was a refreshing session as we are student-teachers we came to know a clear picture of what will happen at the various levels both from the perspective of a teacher and a student. The session was effective in discharging the ideas. The Programme came to an end with a note of gratitude to the resource expert and the College for always planning for the welfare of the student-teachers.



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3. Academic Skill Enhancement Programme: Guest Lecture on Approaches of Counselling

Date: 11th December 2018

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

Resource Expert: Dr. R.K.P. Kalliammal, Principal, Sundravathanam College of Education, Cuddalore.

Participants:118

The session started with an invocation song followed by a Welcome address and an introduction of Resource Expert by Mrs.A.Enid Ruth, Assistant Professor of our College. It has been the regular practice of our College to invite eminent Alumni of the Institution to address the students. The resource expert Dr. R.K.P. Kalliammal alumni of our College shared her expertise with the students on approaches to counselling.

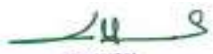
She stressed the three main approaches widely followed by the psychologist namely, the Psychodynamic Approach to Counselling, true knowledge of people and their problems is possible through an understanding of three particular areas of the human mind. These areas are the Conscious, the Subconscious and the Unconscious. She remarked that to help people to balance the three elements of their personality so that neither the Id nor the Superego is dominant. She gave tips to strike a balance and focus on building a strong personality.


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The humanistic approach to Counselling recognises the uniqueness of every individual. It assumes that everyone has an innate capacity to grow emotionally and psychologically towards the goals of self-actualisation and personal fulfilment. Humanistic counsellors, therefore, aim to help clients to explore their own thoughts and feelings and to work out their own solutions to their problems. The central theme of client-centred counselling is the belief that we all have inherent resources that enable us to deal with whatever life brings.

Behavioural Approach to Counselling focuses on the assumption that the environment determines an individual's behaviour. Behaviourists believe that that behaviour is 'learned' and can therefore be unlearned. Using Different Counselling approaches, these three broad approaches to counselling each underpin a number of individual therapeutic approaches.


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FOR WOMEN (AUTONOMOUS)
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However, some counsellors and therapies may draw on more than one of these three approaches here is, in other words, no 'one size fits all' when it comes to counselling. Specifying all the three approaches threw light on the need for using the appropriate techniques in the classroom situation.



Programme Outcome and Feedback

The Programme gave us a clear picture of the various approaches in the counselling process. The Programme was a successful one with more examples and quotes to simplify the theoretical base of information. The students got a clear picture of the approaches and the merits and demerits of each thus facilitating the student-teachers to take up the role of a Counsellor in the near future.


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4. Academic Skill Enhancement Programme: Guest Lecture on Ethics of a Counsellor

Date: 12th December 2018

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

Resource Expert: Ms. Sruthi Sridharan, Clinical Psychologist, SDS Academy of Behavioural Science, Chennai.

Participants: 111

The Programme specifying the ethics of a Counsellor started with a prayer followed by a formal welcome address by Dr. S. Malathi, Associate Professor and IQAC Coordinator of our College. Mrs. A. Enid Ruth Introduces the resource expert mentioning her academic and professional credentials. A note of thanks was placed to the Secretary of the College for his support and guidance.

The expert started with the role and functions of a counsellor and further, extended the role to be played by teachers as counsellors for the children of the classroom. She mentioned different roles played by teachers as Administration Officer, Examiner, Record keeper, Facilitator, Coach, Guidance counsellor, Knowledge specialist, Technology expert, and social worker

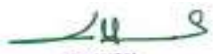


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TRIPLICANE, CHENNAI-600 065.



Supplementing she mentioned the qualities of a counsellor and related them in every aspect to that of a teacher as being kind & caring; empathetic & understanding; positive & motivating; a good listener & communicator; trustworthy & reliable; self-aware & sensitive to others' needs; interested in helping others achieve their personal goals & encourage growth; and a source of information & advice. She brought a clear picture of the ethics to be followed by a Counsellor. She also mentioned a teacher being a Counsellor must adhere to the ethics strictly she related the ones to be followed by teachers

- The Counselling Relationship
- Professional Responsibility
- Confidentiality and Privacy
- Relationships with Other Professionals


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- Supervision, Training and Teaching
- Evaluation, Assessment and Interpretation
- Research and Publication
- Distance Counselling
- Technology and social media
- Resolving Ethical Issues
- Being trustworthy (fidelity)
- Autonomy
- Beneficence
- Non-maleficence: Justice

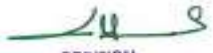



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 FOR WOMEN (AUTONOMOUS)
 TRIPLICANE, CHENNAI-600 065.

The Role of the Teacher in this process of Counselling was clearly portrayed by the Resource Expert. Having mentioned the need for following the ethics of the Counsellor the expert also mentioned tips to record the data of the clients.

Programme Outcome and Feedback

The session was a splendid one relating the role of a Counsellor. We the students could follow the role to be played by us as Counsellors in the classroom. The real-life examples that the Resource Expert quoted were exemplary. The tips were simply relatable and could be followed by us. The Programme came to an end with a note of gratitude to the College and the organizing team.



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5. Academic Skill Enhancement Programme: Guest Lecture on Organization of School Guidance Service

Date: 13th December 2018

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

Resource Expert: Dr. Jayanthi, Assistant Professor of Education, Stella Matutina College of Education, Chennai.

Participants: 119

The Programme started with an invocation song followed by the welcome address by Mrs A. Enid Ruth, Assistant Professor, of our College. Dr. Jayanthi the resource expert from Stella Matutina College of Education introduced and invited to take over the session.

Resource experts aptly remarked that guidance is accepted as an integral part of education. She mentioned students need the assistance of teachers and others connected with them to be able to make satisfactory progress. No student has ever been able to manifest and maximize his potentialities to a large extent, make appropriate career plans, get a suitable occupation and make satisfactory adjustments in society without the assistance of a guidance Programme organized in school.


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FOR WOMEN (AUTONOMOUS)
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Though mentioned as School it constitutes parents, teachers, community members, administrators, guidance workers, specialists etc. The cause is, in the modern complex society it has become a difficult task on part of the home and community to provide appropriate and adequate guidance to students as per their needs and requirements. Hence, the school has a vital role to play in guiding the students.

Guidance Programme in schools constitutes the following

- Collection of information about pupil
- Organization of career talk, visit Universities and Colleges
- Organize guidance exhibition
- Propagate educational and occupational information to students.
- Create and maintain cumulative records of students
- Provide Counselling to students with adjustment problems
- Organize educational and career talks
- Develop a relationship with other employment agencies and training institutes.

- Invite people to share information on College life

The expert justified the need for guidance service in schools as it enables teachers to know the talents and potentialities of the students, to recognize the field and degree of interest and potentialities of the students, to take note of the potentialities of each student in different degree in a different direction, it helps the students and their parents to make right and appropriate career plans for future, it helps to understand the physical, social, emotional and intellectual characteristics and the need of pupils. It provides knowledge to children in making satisfactory adjustments in the school and the community, it helps teachers to understand the individual differences of children in various spheres.

Proper counselling will help incorporate valuable lessons into their daily life. Some sessions should involve career guidance, where the students are advised on the selection of courses and different career paths. It's important to prepare them for life after school and what to expect in the different fields they might opt for



Programme Outcome and Feedback

We the students came to know about the Counselling and its importance in School. We the student-teachers understood the need to help students with psychological problems, teach them the ways to cope during difficult situations, to instil discipline in students.

Further, the expert taught us a few activities that could develop peace and harmony in students, the Counselling unit will serve as a liaison between the students and the authorities. Guidance and Counselling unit develop better humans.

The expert gave take away message as the school guidance programme consists of six services. They are orientation, counselling, pupil inventory, occupational information, placement and follow-up services. Each of these services is distinct due to its specific functions.

The Programme came to an end with a note of thanks to the resource expert for making the concept clear and making us realise the role of the teacher in the Counselling process.



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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 055.

6. Academic Skill Enhancement Programme: Guest Lecture on Group Guidance & Counselling Techniques

Date: 14th December 2018

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

Resource Expert: Dr.Chithra Aravind, Counsellor, MANAS, Chennai

Participants: 120

The Session started with a prayer followed by a welcome address by Dr.K.Vijaya who welcomed and introduced the expert to the students. Dr.Chithra eminent psychologist started her session in an interactive manner asking the reason for a teacher to be a Counsellor.

She stressed stating that Students are very comfortable with their school counsellor be it a teacher, or administrator. School counsellors also can provide small-group counselling services for students. They equip students with social skills, coping with the loss of a loved one, career planning, and building rapport with peers. These are some general types of groups that may be facilitated by a school counsellor.



Further, she added the procedure to be followed by a School Counsellor such as conducting a needs assessment to determine what types of groups and other services are required for students to thrive within the academic setting. School counsellors refer students to another mental-health provider outside of the academic setting if additional mental-health services are needed.



The techniques commonly followed by the Counsellor were shared by the expert. School counsellors also consult and collaborate with teachers, staff, administrators, and parents/guardians. Through collaboration, they often help other adults brainstorm and find solutions to optimally meet students' needs within the academic setting.


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FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-600 095.

School counsellors often consult with other adults who work with the students to ensure that all personnel within the school setting are providing resources that focus on the students' real needs.

Programme Outcome and Feedback

The Programme came to an end and the expert clarified all the queries raised by the students. The student through a series of Guest lectures got a clear picture and this session added flavour to it. Our student-teachers clearly understood the need for Counselling and the techniques to be followed in the process of Counselling.

The Programme came to an end with a vote of thanks from students. It was a very effective Programme and had a real impact on us as Students of the Teacher Education Programme.



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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 065.

7. Academic Skill Enhancement Programme: Guest Lecture on Guidance Movement in India

Date: 18th December 2018

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

Resource Expert: Dr. R.K.P. Kaliammal, Principal, Sandravadhanam College of Education, Cuddalore.

Participants: 117

The Resource expert for the day, Dr. R.K.P. Kaliammal was welcomed by the Principal of the College and the organizing committee. All the participants of the Guest Lecture on 'Guidance Movement in India' were welcomed by the organizing committee. The Principal then on record placed a note of gratitude to the Secretary of the College, Dr. M. Arumugam, the College management and the organizing committee for organizing the session. The Resource Expert for the day was introduced by the Principal of the College.



The session began with the Resource Expert introducing what a guidance movement is and for what reasons it was meant. Guidance is an organized professional activity. The guidance movement in America started as an attempt to fulfil the practical needs of employers and teachers whereas, in India, it began as an academic discipline.

The Resource Expert then briefed about the history of the guidance movement. Calcutta University enjoys the privilege of being the first Indian university to introduce guidance as a section of its Department of Applied Psychology in 1938. The main aim of the section was to conduct research in the field of educational and vocational guidance. Later, the Department also started the work on occupational information.

Another step forward was taken by the Government of Uttar Pradesh when it gave official recognition to the movement by setting up a Bureau of Psychology at Allahabad in 1947.

The Resource Expert then described the State Bureau of Educational and Vocational Guidance. She then listed out the functions that were aimed to be performed by the State Bureau of Educational and Vocational Guidance. The functions include:

- Organization of sample group guidance activities for a few schools.
- Collection of occupational information and production of the information material.
- Development and adaption of translation of tests, questionnaires, etc.
- Training of guidance workers.
- Planning, coordination and supervision of guidance services within the state.
- Consultative and field service.
- Research work.


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



The Resource Expert then discussed the initiatives that the Government of India has made in order to develop the guidance movement across the country. The initiatives include:

- Vocational Guidance and Employment Counselling programme of Director General of Employment and Training the website aims to provide career Guidance and Employment counselling services to students and job seekers through employment exchange.
- The Advanced Training Institute for Electronics and Process Instrumentation in Dehradun has been set up for training and skill enhancement of people from industries.


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.

- The Department of Educational Psychology and Foundations of Education (DEPEE), NCERT, New Delhi is a nodal centre for guidance activities at the national level and has been offering its academic resources to guidance departments at the state level for training of guidance personnel and for setting up guidance services.
- National Employment Services functions within the framework of employment Exchange users can register with a district employment exchange online through this portal.

The Resource Expert ended the session with a discussion on how important guidance movement is and how much it has helped individuals to get an idea and support from others and develop themselves.

Programme Outcome and Feedback:

The session was a much informative session that discussed the legal ways and procedures of the Guidance Movement. The importance of guidance was well explained by the Resource Expert.

The Resource Expert also made the session interactive and guided all the participants throughout the programme. The programme came to an end with a note of gratitude.


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 FOR WOMEN (AUTONOMOUS)
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8. Academic Skill Enhancement Programme: Guest Lecture on Evaluation of Students Performance

Date: 13th February 2019

Organizer: IQAC of NKT National College of Education for Women

Resource Expert: Mrs. J. Jasmine, Assistant Professor, St. Christopher's College of Education, Chennai.

Participants: 176

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert for the day, Mrs. J. Jasmine. The participants of the programme on '**Evaluation of Students Performance**' were welcomed. The programme began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing the programme. The Principal of the College then introduced the Resource Expert for the day.

The Resource Expert began the session with a discussion on why evaluation has become a necessary part of education. Student Evaluation is an assessment by learners of the service provided by the institution, be it solely of the classroom experience or of all aspects of the learning experience. Assessment is an integral part of instruction, as it determines whether the goals of education are being met is not. Assessment affects decisions about grades, placement, advancement, instructional needs, curriculum and in some cases funding.



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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 085.

The Resource Expert then provided methods on how to assess students' learning and performance. There are different methods of assessment such as:

- Creating assignments and exams
- Using classroom assessment techniques
- Using concept maps and using concept tests
- Assessing group work

The Resource Expert also discussed in detail a few of the evaluation tasks. Though students will work on different activities and demonstrate their knowledge through a variety of products, teachers can accurately evaluate student performance using one of several recommended methods:

Rubrics:

A rubric is an objective set of guidelines that defines the criteria used to score or grade an assignment. It describes the requirements of the assignment and clearly outlines the points the students will receive based on the quality of their work.

Portfolios:

A portfolio is a collection of artefacts, or individual work samples, that represent a student's performance over a period of time. This type of assessment allows the teacher to more accurately evaluate a student's mastery of content or skill than a single assessment such as a test that captures one moment at a time.



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FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-600 065.

Self-assessment:

Student self-assessment is the process of students using specific criteria to evaluate and reflect on their work. Hence, students become more responsible for their own learning and become more prepared to work with the teacher to develop individual learning goals.

The Resource Expert then spoke on the process of assigning grades. In addition to the evaluation process, teachers must also assign grades for each instructional period. Typically, teachers consider three factors when they assign grades:

- **Achievement** –how the student is performing in relation to expected grade-level goals
- **Growth** –the amount of individual improvement over time
- **Habits** –participation, behaviour, effort, attendance, etc.

The Resource Expert then discussed some evaluation strategies to be followed by teachers that lead to the improvement of student learning. These strategies address both what students learn and how well they learn.

The evaluation strategies

- based both on the categories of knowledge and skills and on the achievement chart descriptions given in Ministry
- varied in nature, administered over a period of time, and designed to provide opportunities for students to demonstrate the full range of their learning;
- appropriate for the learning activities used, the purposes of instruction, and the needs and experiences of the students;



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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.

- fair and transparent to all students;
- ensure that each student is given clear directions for improvement;
- promote students' ability to assess their own learning and to set specific goals;
- communicated clearly to students and parents at the beginning of the course and at other appropriate points throughout the course.

Programme outcome and feedback:

The programme was an informative session speaking on the importance of evaluation processes. The Resource Expert also guided on different ways in which the evaluation can be made interestingly. The programme came to end with a note of gratitude to everyone for their eager participation. The students thanked the Principal and the Management for arranging Programmes in addition to the regular Curricular input given to them.



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FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-600 085.

9. Academic Skill Enhancement Programme: Guest Lecture on Style & Learning Difficulties of the Learners

Date: 13th February 2019

Organizer: IQAC of NKT National College of Education for Women

Resource Expert: Dr. Rita Rani Mandel, Assistant Professor of English, Lady Wellington Institute of Advanced Study, Chennai

Participants: 176

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert for the day, Dr. Rita Rani Mandel, Assistant Professor of English, Lady Wellington Institute of Advanced Study, Chennai and the students of the College. The Principal placed a note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing the programme. The Principal of the College then introduced the Resource Expert for the day.

The Resource Expert started the session with what learning is. Learning is the process of acquiring knowledge, new understanding, behaviours, skills, values, attitudes and preferences. The ability to learn is possessed by humans, animals and some machines; there is also evidence that certain plants also possess some kind of learning.

The Resource Expert then discussed the commonly noticed learning styles among children. Generally, learning styles can be classified into seven broad categories. While most of us fall across the spectrum of each of these styles, facilitating lessons that are engaging on all levels will give the students the best chance of success.



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N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.

The major categories of learning and the ways to improve the engagement of students of each learning style were also discussed by the Resource Expert elaborately.

Auditory or musical learners:

Auditory learners like to hear solutions and examples explained to them and may gravitate towards music subjects and group learning as a way to understand information. The strategy to keep auditory learners engaged in the class lessons is to make them say words out loud or hum tunes to make learning better and more interesting for them. Teachers can also provide recording lessons for later reference.

Visual or spatial learner:

Visual learners like diagrams, drawing out concepts, charts and processes. They learn by looking at visual concepts, creating them and watching other people create them. To engage them a teacher may use elements like maps, diagrams, imageries and even projectors. Also, usage of colour codes and encouraging note-taking may attract such learners.

Verbal learner:

Verbal learning includes both writing and speaking. Verbal learners know the meanings of a broad category of words and can use them effectively and actively seek out new words to add to their repertoire. They seek out careers in journalism, writing, administration, law and politics generally. Verbal learners can be kept engaged by making them take notes, talk about concepts and making them to potentially present themselves.

Logical and mathematical learner:

Mathematical learners err towards careers in programming, accountancy, science, research and other number and pattern-orientated careers. They are good with numbers, pattern recognition, and predisposition toward grouping and classification. To

engage these students the subject should be logically explained with statistics and classification.

Social and interpersonal learner:

Social learners show a preference for groups and collaboration. They are good communicators and are kept engaged by encouraging group collaborations, presentations, roleplaying, etc.

Physical or kinaesthetic learner:

Commonly called hands-on learners, kinaesthetics prefer to physically engage with the materials of the subject matter. They gravitate towards careers with lots of hands-on work like emergency services, physical education and sports. Channelling the energy and excitability of physical learners is key to offering a good lesson.

Solitary or intrapersonal learner:

Solitary learners can be visual, auditory, physical, verbal or logical learners. Solitary learners are independent, introspective and private. It can sometimes be difficult to engage a solitary learner. They might sit silently in the back of the classroom, only to ace the exam at the end of the semester. They can be engaged by providing visual materials, books, and learning aids, designating quiet areas and collaborating with defined sharing time so the solitary learner can feel adequately prepared.

The Resource Expert then discussed the general learning difficulties of the learners and also provided solutions to solve them. The unknown factor is the disorder that affects the brain's ability to receive and process information. Types of learning disorders include

- attention difficulties
- reading difficulties (dyslexia)

- developmental coordination difficulties (dyspraxia)
- arithmetic difficulties (dyscalculia)
- writing difficulties (dysgraphia).

A learning disability cannot be cured. However, with timely intervention and support, children with learning disabilities can be successful in school. Parents and teachers are the first persons to notice that the child is finding it difficult to read, write or learn. Individual care must be taken of these children and regular follow-ups make the students improve themselves.

Programme Outcome and Feedback

The programme gave a clear outlook on the different styles of learning methods of children and the difficulties faced by them in certain areas. The Resource Expert provided an elaborate explanation of each category of learners, stating their abilities, and interests and also guided with the ways to keep all types of learners engaged at the same time in a classroom.

The Resource Expert also spoke on the importance of focusing on each child analysing their learning styles and learning difficulties if any so that the teaching becomes effective. The programme came to end with a note of gratitude.


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 FOR WOMEN (AUTONOMOUS)
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10. Academic Skill Enhancement Programme: Guest Lecture on Transactional English and Common Errors in English

Date: 13th February 2019

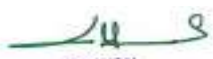
Organizer: IQAC of NKT National College of Education for Women

Resource Expert: Dr. N.G. Kapila Shobini, Associate Professor, Institute of Advanced Study in Education, Saidapet, Chennai.

Participants: 176

The Principal of the College, Dr. S. Chamundeswari and the organizing committee of the guest lecture welcomed and introduced the Resource Expert for the day, Dr. N. G. Kapila Shobini. Associate Professor, Institute of Advanced Study in Education, Saidapet, Chennai. Principal thanked the Secretary of the College, for all his support and guidance and the organizing committee for organizing the Guest Lecture.

The Resource Expert started the session with some examples of places where we are in due need of English alone. This includes the places where the transaction of information happens in English alone. Schools, foreign embassies, IT companies, and much more jobs require English for transactional purposes. In spite of learning English as the primary language in school students have a poor language while communicating. Students tend to make a lot of grammatically incorrect statements which in return creates a poor impression about them and breaks their confidence level.



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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 085.



To avoid such circumstances, the Resource Expert listed out the commonly made grammatical errors and the mispronounced or misspelt words and gave some tips to correct them and ways to remember these words to communicate better.


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 FOR WOMEN (AUTONOMOUS),
 TRIPLICANE, CHENNAI-600 095.



The common errors in English grammar include:

- **Past tense and present tense**– Present tenses in English are used to talk about the present and the future and to summarize a book, film or play when telling a story in the present tense. There are four present tense forms which can be confused.
- **How to avoid the overuse of adverbs** is a varied class of words that work in many different ways to express many different kinds of meaning. The most commonly overused adverbs are manner adverbs; this particular type of adverb modifies the verb.
- **Your/you're** these words are also troublesome homophones that cause many problems. “Your” indicates a possession/that belongs to you whereas “you’re” is short for “you are”.


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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 085.

- **Misplacing apostrophes** indicates something belongs to something or is owned by someone else. You find apostrophes a little tricky, but once you follow the rules, it will become easy.
- **There/they're/they're** you may find these pesky homophones, a little bit of a headache. “There” refers to a place that isn’t here. “Their” refers to one who owns something. “There” is a shortened version of “they are”.
- **Confusing similar spellings and words**– The English language is quite rich in words which sound similar or are spelt similarly, but which have different meanings and need to be used in different contexts.
- **Using incomplete comparisons** of many words in the English language implies a comparison and using them without “completing the comparison” is a common grammatical mistake.
- **Getting adjectives and adverbs confused** Confusing your adjectives and adverbs often results in speech or writing that comes off as very informal, and even uneducated and it’s a great way of infuriating many English teachers.
- **Misplacing your modifiers** Language would be pretty dull without words to add a bit of extra flavour to sentences and descriptive speech. With modifiers, “the tiger” can become “the fearsome tiger”.
- **Falling into pronoun disagreement** a common grammatical mistake for English learners is for their pronouns and nouns to disagree when dealing with singular and plural examples.

The Resource Expert at last dotted down the importance of using a language flawlessly. Grammar and punctuation are essential in the English language and gaining confidence in how to avoid any grammatical errors is a valuable part of the learning journey. She emphasised that regular practice helps in better communication. It will help the person in becoming a confident writer with a firm grasp of the English language.


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 FOR WOMEN (AUTONOMOUS)
 TRIPPLICANE, CHENNAI-605 005.



Programme Outcome and Feedback

The programme was an informative session wherein the participants were able to clarify their common communication errors and improve their language skills far better. The Resource Expert through her illustration made us understand the mistakes and also the techniques to overcome the mistakes.

The Resource Expert also provided a clear outlook on the situations where grammatical errors are made and also provided guidance on how to correct them or improve the communication. After clarification, the programme came to an end with a note of gratitude.


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FOR WOMEN (AUTONOMOUS)
TRIPULICANE, CHENNAI-600 085.

11. Academic Skill Enhancement Programme: Guest Lecture-Gender Discrimination

Date: 13th February 2019

Organizer: IQAC of NKT National College of Education for Women

Resource Expert: Dr. K. Sheeba, Associate Professor, Vels University, Chennai

Participants: 111

The Principal of the College, Dr. S. Chamundeswari and the organizing committee of the programme welcomed the Resource Expert for the day, Dr. K. Sheeba, Madam proudly introduces her as our Alumni to be the resource expert for the day and extended her welcome to the students of the College. The programme began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing the guest lecture.

The Resource Expert started the session in an interactive way by asking about the different places where the participants have seen or faced gender discrimination. Gender discrimination is the unequal or disadvantageous treatment of an individual or group of individuals based on gender. The expert also stated that when they treat an employee unfairly because they are a man or a woman. Sexual harassment is a form of illegal gender discrimination. Further, through real-life examples of advertising a job and saying that it's more suitable for female applicants and mentioned that it was against the law specifically the Equality Act to discriminate against someone based on their sex.

The Resource Expert also discussed particular situations where people were discriminated against based on gender and enquired the participants about their thought or decisions made when they are in circumstances. This helped the participants create a clear picture of how to handle gently and effectively such situations.


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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 065.

The Resource Expert then spoke on how gender discrimination starts in every house and how this affects the future generation on a large scale.

- Parents may assume unequal responsibility for household work, with mothers bearing the brunt of caregiving and chores.
- The majority of low-skilled and underpaid community health workers who attend to children are also women, with limited opportunity for professional growth.
- And in schools, many girls receive less support than boys to pursue the studies they choose. This happens for a variety of reasons:
- The safety, hygiene and sanitation need of girls may be neglected, barring them from regularly attending class.
- Discriminatory teaching practices and educational materials also produce gender gaps in learning and skills development.
- As a result, nearly 1 in 4 girls between the ages of 15 and 19 are neither employed nor in education or training compared to 1 in 10 boys.



The Resource Expert then discussed the actions that (UNICEF)United Nations Children's Fund has taken to promote gender equality. Reducing inequality strengthens economies and builds stable, resilient societies that give all individuals – including boys and men the opportunity to fulfil their potential.

- UNICEF builds partnerships across the global community to accelerate gender equality.
- In all areas of work, UNICEF integrates strategies that address gender-specific discrimination and disadvantages. This means partnering with national health sectors to expand quality maternal care and support the professionalization of the mostly female front-line community health workforce.
- It means promoting the role of women in the design and delivery of water, sanitation and hygiene (WASH) ecosystems.
- And it means working with the education sector to ensure girls and boys thrive in their learning and find pathways to meaningful employment.
- For adolescent girls especially, UNICEF invests in skills-building to further their economic empowerment – as entrepreneurs, innovators and leaders. They focus on providing learning environments at a time and place that suit girls' individual circumstances. They also work on assistive technologies for girls with disabilities, and on the expansion of digital platforms, vocational training and apprenticeships.

The Resource Expert, at last, shared why is it important to not discriminate against people based on gender. Gender equality prevents violence against women and girls. It is essential for economic prosperity. Societies that value women and men as equal are safer and healthier.

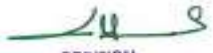


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.

Programme Outcome and Feedback:

As future teachers, it is the responsibility of the Student Teachers to learn the importance and methods to inculcate the knowledge of equality among the students. This session gave a clear outline of gender discrimination and hence also made the Student Teachers analyse the issues faced due to gender discrimination.

The Resource Expert provided the information in a clear and elegant way and also made sure that the session was interactive and that all the participants paid attention. The session came to the end with a note of gratitude to everyone who made this programme a huge success.



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

12. Academic Skill Enhancement Programme: Guest Lecture-Memory on Techniques for the Learners

Date: 14th February 2019

Organizer: IQAC of NKT National College of Education for Women

Resource Expert: Dr. R.K.P. Kaliammal, Principal, Sandravadhanam College of Education, Thiruvennamalai

Participants: 182

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert for the day, Dr. R.K.P. Kaliammal. The participants of the programme on '**Memory Techniques for the Learners**' were welcomed. The programme began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing the programme. The Principal of the College then introduced the Resource Expert for the day.

The Resource Expert started the session with a discussion of whether memorizing is needed or not. Memory is somewhat different from memorizing. Memory refers to the processes that are used to acquire, store, retain, and later retrieve information. There are three major processes involved in memory: encoding, storage, and retrieval. Human memory involves the ability to both preserve and recover information. Memorizing is learning something so that you will remember it exactly. Memorization is the process of committing something to memory. It is a mental process undertaken in order to store in memory for later recall visual, auditory, or tactical information.

The Resource Expert then provided a few of the basic memory techniques and tips that help the learners. Each individual has their own way of memorizing. But there are many other ways that yield better results. The Resource Expert focused on these ways and provided detailed information with illustrations of the other possible ways.



They include:

- **Try to understand the information first**—Information that is organized and makes sense to you is easier to memorize.
- **Linkit** – link the information that is to be memorized to a well-known place or thing or some other known information.
- **Sleep on it** —studies shows that your brain processes and stores information while you sleep. Try to review the information just before you go to sleep—even if it's only for a few minutes—and see if it helps embed the information in your memory.
- **Self-test**– self- test yourself often by actively recalling the information you are trying to study.


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 055.

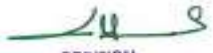
- **Write it out**— writing appears to help us more deeply encode information that we are trying to learn because there is a direct connection between our hands and our brain.
- **Create meaningful groups** —a good strategy for memorizing is to create meaningful groups that simplify the material. The first letters of the words to be memorized are abbreviated and this word is remembered easily.
- **Use mnemonics** —mnemonics are systems and tricks that make information memorable. One common type is when the first letter of each word in a sentence is also the first letter of each word in a list that needs to be memorized.
- **Use distributed practice**—for a concept to move from your temporary working memory to your long-term memory, two things need to happen: the concept should be *memorable* and it should be *repeated*.
- **Talk to yourself** —it may seem strange but talking to yourself about the material you are trying to memorize can be an effective memory tool.
- **Exercise** —studies show that exercise can improve our memory and learning capabilities because it helps create neurons in areas that relate to memory.
- **Practice interleaving** —inter leaving is the idea of mixing or alternating skills or concepts that you want to memorize.

The Resource Expert then came to the question that is majorly asked, “Does memory techniques really help?” or “Is it good to memorize things rather than studying them?” memorizing without knowing what we learn is not appreciable but whereas memorizing isn’t that bad as it is depicted. After understanding the concepts, updating them to your memory needs memory techniques. Everyone is practised this either knowingly or unknowingly. Researches also show that students who use memory tricks perform better than those who do not. Memory tricks help you expand your working memory and access long-term memory. These techniques can also enable you to remember some concepts for years or even for life.

Every time a memory is retrieved, that memory becomes more accessible in the future. Retrieval also helps people create coherent and integrated mental representations of complex concepts, the kind of deep learning necessary to solve new problems and draw new inferences.

Programme outcome and feedback:

The programme presented a clear picture of how memory techniques work and the different memory techniques that can make learning easier. The Resource Expert also broke the blindness of people believing memorizing is wrong. The programme came to end with a note of gratitude.



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

13. Academic Skill Enhancement Programme: Guest Lecture-Assessment, Curriculum, Teaching Strategies for Children with Special Needs

Date: 14th February 2019

Organizer: IQAC of NKT National College of Education for Women

Resource Expert: Dr. D. Revathy, Assistant Professor in Special Education, NIEPMD

Participants: 182

Mrs.E.Nivethana, Assistant Professor of Special Education welcomed the gathering and introduced the Resource Expert Dr. D. Revathy, Assistant Professor in Special Education, NIEPMD for the session on 'Assessment, Curriculum, and Teaching Strategies for Children with Special Needs. The Principal of the College on record placed a note of gratitude to the Secretary of the College, Dr M. Arumugam and to the organizing committee for organizing the session. The Resource Experts for the day were introduced by the members of the organizing committee.

The Resource Expert introduced what teaching for children with special needs is. Special education ensures students with learning disabilities receive specialized instruction designed to meet their unique learning needs. That way, they too get an opportunity to reach their full academic potential. For students with special needs, inclusion means everything because they thrive in the presence of their peers.


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FOR WOMEN (AUTONOMOUS)
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The Resource Expert then discussed the purpose of special education. Special education is an intentional intervention designed to mitigate the challenges that keep students with learning disabilities from understanding concepts. The three types of special education interventions are:

- **Preventive intervention:** This form of special education aims to either stop something from happening or reduce a condition that has been identified.
- **Remedial interventions:** The main goal here is to eliminate the effects of a disability by equipping students with the skills that allow them to function on their own successfully.
- **Compensatory interventions:** This entails providing students with learning disabilities a special device that non-disabled children do not need.


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Madam emphasised that the general curriculum is modified to suit the needs of the differently-abled students.

The Resource Expert then spoke on the assessment process for the special children. Assessing students with learning disabilities can be challenging. Some students, such as those with ADHD and autism, struggle with testing situations and cannot remain at a task long enough to complete such assessments. The Resource Expert also provided some alternate suggestions that support and enhance the assessment of learning-disabled students.

- **Presentation** –A presentation is a verbal demonstration of skill, knowledge, and understanding. The child can narrate or answer questions about her task.
- **Conference** A conference is a one-on-one between the teacher and the student. The teacher will prompt and cue the student to determine the level of understanding and knowledge.
- **Interview** An interview helps a teacher to clarify the level of understanding for a specific purpose, activity or learning concept.
- **Observation** Observing a student in the learning environment is a very powerful assessment method. It can also be the vehicle for the teacher to change or enhance a specific teaching strategy.
- **Performance task** a performance task is a learning task that the child can do while the teacher assesses his performance.
- **Self-assessment** It's always positive for students to be able to identify their own strengths and weaknesses. When possible, self-assessment can lead the student to a better sense of understanding of her own learning.

The Resource Expert then stated the teaching strategies that can be followed for students with special needs.


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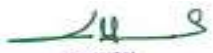
The teacher in advance shall prepare the students ready for the upcoming lessons by taking the following steps:

- Discuss and establish learning expectations
- Discuss and establish behavioural expectations
- Provide the schedule in advance
- Be very clear on the materials needed for the lesson
- Conduct effective lessons and review the previous lessons
- Help the student participate and be active during the lesson
- Help students focus
- Check student performance
- Provide follow-up directions
- Conclude the lesson properly and notify children about what they can expect in the next lesson.

Programme Outcome and Feedback:

The programme was very effective and guided the participants on how to handle the children with special needs, take care of their needs, teaching them in such a way that they understand.

The Resource Expert also provided a clear overview of how teaching happens for such students, and how the curriculum and assessment patterns are made to enhance the learning of such students. The student of general B.Ed. Stream also got the fundamental knowledge of how to handle differently-abled students. The guest lecture came to an end with a note of gratitude to everyone for contributing to the success of the programme.


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14. Academic Skill Enhancement Programme: Guest Lecture-Assessment, Curriculum, Teaching Strategies for Children with Special Needs

Date: 14th February 2019

Organizer: IQAC of NKT National College of Education for Women

Resource Expert: Dr. P. Jeyachandran, Director, VHS and Senior Consultant of RCIs and National Institutes

Participants: 182

The Principal of the College, Dr. S. Chamundeswari welcomed and introduced the expert Dr. P. Jeyachandran, Director, VHS and Senior Consultant of RCIs and National Institutes and thanked the NKT Differently Abled Club for organising such a wonderful and informative programme. The Principal of the College extended her gratitude to the Secretary of the College, and the NKT Differently Abled Club for the session.

The Resource Expert started the session with an introduction to differently-abled students. Differently-abled students are those who possess certain disabilities due to birth defects or by accidental events making them incapable of doing certain things which a healthy and normal person is easily capable of. In terms of types of children with disabilities, differently-abled covers children with visual handicaps, hearing handicaps, mental retardation, learning disability, writing disability and numerical retardation, learning disability, speech handicaps and multiple handicaps.

Assessment and techniques or tools for differently-abled students involve the individually planned and systematically monitored arrangement of teaching procedures, adapted equipment and materials, and accessible settings. The Resource Expert then focused on the different techniques and assistive technologies that are generally useful for students with disabilities. These are resources that help a teacher to think about whether the student


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- Can gain information from print-based educational materials used across the curriculum by all the students
- Needs materials in a specialized format
- Needs modified content or alternative materials.



Text-to-speech assistive tools:

As an assistive technology, text-to-speech (TTS) software is designed to help children who have difficulties reading standard print. Common print disabilities can include blindness, dyslexia or any type of visual impairment, learning disability or other physical condition that impedes the ability to read. The technology works by scanning and then reading the words to the student in a synthesized voice, using a large number of speech sounds that make up words in any given context.


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 FOR WOMEN (AUTONOMOUS)
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Kurzweil 3000:

The Kurzweil 3000 is a leader in TTS software for individuals that struggle with literacy. Some of the features include:

- Multiple TTS voices
- Support for 18 languages and dialects
- Talking spell-checker
- Picture dictionary graphics for more than 40,000 words
- Text magnification
- Tools for test taking, essay writing, note-taking, reference and more.



Low-tech hand-outs:

Graphic organizers do not need to be technologically advanced; in fact, they can exist in simple hand-out form. Sample hand-outs can be found at the Houghton Mifflin Harcourt Company.


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The sandwich chart can assist students with paragraph writing. The sequence chart can help with narrative writing and the ordering of events.



Draft builder:

Draft builder is a writing tool that integrates outlining, note-taking and draft writing functions to break down the writing process.

Assistive listening systems:

A variety of assistive listening systems, or hearing assistive technology, can help students who are deaf or hard of hearing, as well as those with other auditory and learning problems. Assistive learning systems use a microphone, a type of transmission technology and a device for capturing and bringing the sound to the ear. The specific transmission technology used in the system is typically what contrasts one type of assistive listening system with another.


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Sip-and-puff systems:

Sift-and-puff systems are used by students who have mobility challenges, such as paralysis and fine motor skill disabilities. These systems allow for control of a computer, mobile device or some other technological application by the child moving the device with his or her mouth. Similar to a joystick, the child can move the controller in any direction and click on various navigation tools using either a sip or a puff.

Proofreading software:

Proofreading software is a branch of assistive technology that goes above and beyond the typical proofreading features found in a word processing system, such as correcting words frequently misspelt by students with dyslexia.

Math tools:

A range of technology and tools can help students that have trouble with math, most commonly found in a learning disability called dyscalculia. Dyscalculia makes it difficult to grasp numbers and is characterized by a general lack of understanding in the field of math.

Math Talk:

Math Talk is a speech recognition software programme for math that can help students with a range of disabilities. From pre-algebra to Ph.D. level mathematics, students can perform math problems by speaking into a microphone on their computer. Students with blindness or vision disabilities can use the integrated braille translator.

Programme Outcome and Feedback:

The Resource Expert concluded the session by discussing how as these tools start to appear in the home and in the classroom, parents and teachers start utilizing them for the student's academic and personal growth. These tools help the teacher in better teaching and clarifications the students. A formal vote of thanks followed doubt clarification session. The students of both Special and General Stream were happy to know such latest equipment's in teaching-learning.



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

15 Academic Skill Enhancement Programme: Guest Lecture on Dance & Arts in Education

Date: 14th February 2019

Organizer: IQAC of NKT National College of Education for Women

Resource Experts: Dr. T.M. Sridevi, Bharathanatnam Artist

Participants: 182

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert for the day, Dr. T. M. Sridevi. The participants of the programme '**Dance and Art in Education**' were welcomed. The programme began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing the programme. The Principal of the College then introduced the Resource Expert for the day.

The Resource Expert stated the history of how art and dance became a part of education. India is not the only country where the problem of education exists. This is a worldwide phenomenon, which was taken up by UNESCO in the year 2000 with an appeal by the Director-General for the promotion of art education and creativity at the school level as part of the development of a culture of peace.

The Resource Expert then quoted down the words of *Rabindranath Tagore*, 'Literature, music and the arts, all are necessary for the development and flowering of a student to form an integrated total personality.' Art education may be perceived as a tool for the development of aesthetic sensibility among learners to enable them to respond to the beauty in colour, shape, form, movement and sound.


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Also learning, thought, creativity, and intelligence doesn't just come from the brain alone, but from the entire body. Movement combinations increase memory, order, and sequencing skills. Creating dances also increases self-esteem which is so very important to learning.

The Resource Expert then spoke on the important objectives that are aimed while learning arts and dance at different levels of schooling. At various levels, art and dance education majorly focuses on satisfying the child. The main objective is to make the child experience joy and feel enjoyment.

The objectives at various stages of schooling are as follows:

- At the pre-primary stage, the objectives are to make the children
 - experience joy/enjoyment
 - aware and sensitive to the elementary factors towards the environment
 - learn through movement and sound by singing and dancing together and by exposure to the natural environment to participate in the joy of sensing colours, forms and rhythms.
- At the primary stage, the objectives are to make the children
 - experience joy/enjoyment
 - become conscious of the goodness and the beauty of the environment they live in and are surrounded by
 - make children express their ideas and emotions freely
 - develop all the senses of the child through observation, exploration and expression.
- At the upper primary stage, the objectives are to make the children
 - experience joy/enjoyment
 - appreciate different art forms and distinguish them


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.

- develop an insight towards sensibility and aesthetic appreciation
- more creative
- conscious of the rich cultural heritage of the nation.
- At the secondary stage, the objectives are to make the learner
- experience joy/enjoyment
- aware of new media and techniques and their use for creating expression

available of opportunities for developing awareness about folk arts, local specific arts and other cultural components leading to an appreciation of national heritage and cultural diversity

to use their artistic and aesthetic sensibilities in day-to-day life get acquainted with the life and work of the local artists.

- At the secondary stage, the objectives are to make the learner
- Attain proficiency in the art form
- Prepare for pursuing a professional art course
- Identify works of different artists and performers from their own region, country and the world through art history
- Develop their own modes of expression after experimenting with different media
- Retain enjoyment in the arts.

Programme outcome and feedback:

The Resource Expert made the programme much more effective and provided a clear picture of how art and dance complement and substitute education. The Resource Expert also provided a clear overview of the objectives of teaching arts and dance at various school levels. This helps in the construction of the syllabus and planning the methodology of teaching. The programme came to end with a note of gratitude to everyone for making the session a huge success.


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16. Academic Skill Enhancement Programme: A Seminar on Teaching of Thamizh-Child Friendly Approach

Date: 3rd April 2019

Organizer: organized by Thamizha ThamizhPadi and NKT National College of Education for Women

Resource Experts: Prof. Kokila Thangasamy, Former Vice-chancellor, Tamil Nadu Teachers Education University

Dr. Cintai Jeyaraman, Educationist, Angel Matriculation School, Chennai.

Participants: 184

The Principal of the College, Dr. S. Chamundeswari and the organizing committee of the seminar welcomed the Resource Experts for the day, Prof. Kokila Thangasamy, Former Vice-chancellor, Tamil Nadu Teachers Education University and Dr. Cinthai Jeyaraman. Correspondent, Angel Matriculation School, Chennai and our Alumnus .All the participants of the seminar on 'Teaching of Tamizh-Child Friendly Approach' were welcomed. The session began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance. The Principal also thanked Tamizha Tamizh Padi and the organizing committee of the College for organizing the seminar. The Principal of the College then introduced the Resource Experts for the day.

The Resource Experts started the session by speaking on the child-centred approach and child-friendly approach. "Child-centred" is where the child becomes the prime focus of everyone. Whereas "Child-friendly" refers to an approach designed for learning and activities that are compatible, well-liked and delights the children throughout the process of learning health-related issues in class.


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The Resource Expert then stated the characteristics of a child-friendly approach. A rights-based, child-friendly school has two basic characteristics: it is child-seeking and child-centred. Teachers are the single most important factor in creating an effective and inclusive classroom. Child-friendly schools aim to develop a learning environment in which children are motivated and able to learn.

The Resource Expert also spotlighted the importance of this seminar for the participants. The reason that as Student Teachers, the participants should learn a child-friendly approach is that

‘Almost all primary schools are far from being ready to serve the needs of children with disabilities and, until recently; teacher training institutions were not providing courses in special needs education. There is also a need to encourage established teachers to reconsider their perceptions of children coming from rural and remote communities.


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Today's children are the key messengers we have, to pass on the pride of Tamizh and Tamizh culture.



Tamizh is a part of present day's curriculum across many parts of the world. Tamizh has been taught as part of Ideological Studies at Uppsala University, Sweden since 1967. Other universities where Tamizh is taught include Heidelberg, Cologne and London.

The Resource Experts then extended the benefits of a child-friendly approach through its recent revision in the textbooks. The Government of Tamil Nadu also provides Tamizh as a medium of instruction and education wherein the child learns and understands better when being taught in their mother tongue.

The Government of Tamil Nadu, in a pioneering initiative to reach the goal of quality in education, introduced Continuous and Comprehensive Evaluation (CCE) and Trimester Education Pattern in 2012-13 for classes I to VIII. Subsequently, CCE is being introduced in class IX from the year 2013-to 14 in all High Schools of Tamil Nadu.

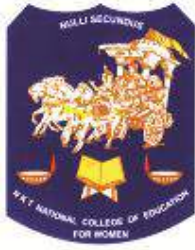
CCE has opened the avenues for the student community to seek knowledge from diverse resources and learn to stand on their own legs. This transformation has inspired the teachers to become reflective practitioners and students' enthusiastic constructors of knowledge from their own past experiences, peers, teachers, elders, community, library and digital resources.

Programme Outcome and Feedback

The session spoke on the importance of having the teaching of Tamizh in a child-friendly approach and the ways in which this approach benefits a child. The seminar was much informative and helped by providing tips on how to pay attention to children, focussing on their needs and interests. The programme came to the end with a note of gratitude to everyone for making this seminar a huge success.



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N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN (Autonomous)

Report on Academic Skill Enhancement Course



2017-2018


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TRIPLICANE, CHENNAI-600 065.

Report on Academic Skill Enhancement Course

2017-2018



The College takes constant efforts to develop Students on par with the global demands. In addition to the regular curricular transactions, enriched inputs are disseminated to the students by inviting experts in the field. The traits showcased by the resource experts help students to perform better to be real-time competitors to others globally. The College trains in academic skills with the motive of making students more versatile.


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1. Academic Skill Enhancement Programme: Guest Lecture-Harvard University-Tamil Chair

Date: 29th February 2018

Resource Expert: Dr. V. Janakiraman

Participants:118

Human Beings are the most distinctive and prominent among all the creatures in this world. Language and Communication are that which differentiate them from the other superior and inferior creatures. The Principal of the College welcomed the Resource Expert Dr. V. Janakiraman. The Principal thanked the enthusiastic Management and Secretary, Dr. M. Arumugam for giving this opportunity.



The Resource Expert started his speech with a quote by Nelson Mandela “If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.” He further emphasised that the capacity of building society or destroying a society into pieces lies in communication and language.


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The Resource Expert stressed that language is a culture carrier, a vehicle for thought, and a means of expression, that which opens career opportunities and makes it easy to have social contacts.

Dr. V. Janakiraman, made the students appreciate and feel proud about the language that they communicate. Further, he spoke about the Tamil language with a long and ancient literary tradition that has been spoken in southern India for several millennia. The Tamil language is a member of the Dravidian language family, consisting of about thirty languages. The Tamil language is spoken in a wide range of countries. Sir shared mysterious information about the Tamil language as a diglossic language, which means there is a large difference between the written form of the language and the spoken form. The Resource expert further shared his experiences in grammatical, vocabulary, and pronunciation differences. The literary form is considered prestigious, while the spoken form is used in informal settings by all social classes in most prevalent.


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The students understood the importance of the oldest language Tamil. It was astonishing to know that Tamil is spoken by about 70 million people worldwide. The 2000-year-old language with its entire traceable path has created a remarkable change in the Tamilians across the world.

Resource experts suggested ways to safeguard the indigenous language Tamil to our would-be teachers.

By creating records and printed materials.
Teaching and taking language classes

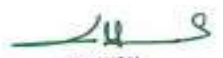
Using digital and social media outlets

The Resource Expert made us understand that studying in one's own mother language or regional language would facilitate to have a deeper understanding of the construct and thus facilitate the students to gain a more in-depth understanding of the concept. Insist on speaking only in the native language during a stipulated time in the College.

Programme Outcome and Feedback

Dr. V. Janakiraman influenced the student-teachers to cultivate the habit of representing their thoughts in Tamil to comprehend and have a deep impression of the concepts and to further enhance critical thinking skills among students. Students understood that the Tamil Language is the oldest of all Dravidian languages, and it helps the students with Intellectual Development, Personal Development, and Cultural Development, and prepares them for Commercial benefits too.

The student-teachers agreed on the fame of the Tamil language and the importance of setting up a Tamil Chair in various other foreign universities and spreading the antiquity of the Tamil Language. The students thanked the Principal and the Secretary of the College for having given the students the exposure through the Resource Expert.



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Report on Academic Skill Enhancement Course



2016-2017

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Report on Academic Skill Enhancement Course

2016-2017

The benefits of getting educated rely on Academic Skills that accelerate people to study, retain and apply the acquired knowledge and information. Academic Skills are the expertise approaches and tendencies that can help learners prosper in an academic setting. Academic Skill emphasises students' supremacy in various subjects. Strengthen the ability to acquire the collective skills to learn to take an examination, and to correspond with others, especially in a future professional setting.

1. Academic Skill Enhancement Programme: Awareness Programme on Phonetics, Pronouncing Words, Tongue Twisters, Grammar and Spoken English

Date: 26th September 2016

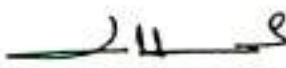
Organizer: Internal Quality Assurance Cell, N.K.T. National College of Education for Women, Chennai.

Resource Expert: Mr C. Murugesan, Team Leader, Phonetic Research Centre, Madurai.

Participants: 84

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

Ms. P. Sangeetha, Assistant Professor of our College welcomed and introduced the Resource expert of the day. The Resource Expert was competent to convey his thoughts to other non-language-based students. He recommended that even non-English students must turn confident as this language has become a global language, and help the youngster to find new jobs.


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Sir emphasized that the English language can help you progress in life both personally and professionally. Further, he highlighted that Teaching is a profession that requires regular updates and this global language will bring all contemporary material to the doorstep.

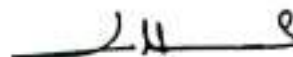
He mentioned that this verbal communication is pivotal and discriminates mankind from other animals. Through the simple activity, he made students understand where the sound arises and how it has an impact on listening.

Simple exercises made this session on fundamentals of grammar livelier and perceive the concept better. Being a proficient person in teaching Language in a skilful way he shared tips for better transmission of language by adopting gaming in the process of teaching-learning. He shared his expertise by conducting activities on tongue twisters and exercises on grammar.

Programme Outcome and Feedback

English is a difficult language to learn because of its many ambiguous grammatical rules non-native speakers got overwhelmed at the end of this Programme. Through this course, students were provided with tips. This course helps in understanding the type of sentences, proper usage of commas and perfect ways of writing attractive paragraphs. The resource expert replied potential to the

It really helped the student to build their confidence level, to improve their writing skills too, Further, students with English language difficulties were happy in overcoming the same. The students were happy and contented and thanked the Staff, and head of the Institution for having exposure and solution to the problem of conversing in English. The Programme came to an end with a note of appreciativeness to the faculty and the management



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2. Academic Skill Enhancement Programme: Special Invited Talk on Understanding and Learning of Sangallakiyam

Date:9th February 2017

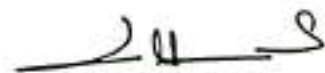
Organizer: Internal Quality Assurance Cell, N.K.T. National College of Education for Women, Chennai.

Resource Expert: Mrs. Vaidehi Herbert, Hawaii, USA

Participants: 79

A Special invited talk was organised in appreciation of the Tamil Language by the IQAC of the College as a note of gratitude for efforts taken in establishing the Tamil Chair at Harvard University. Following the invocation song Principal, Dr. S. Vasanthi welcomed the gathering and Dr. T. SahayaSaila Assistant Professor of Tamil-Educationintroduced the resource expert of the Day Mrs. Vaidehi Herbert, Hawaii, USA a pillar of strength for the establishment of Tamil Chair in Harvard University.

The Resource Expert documented the early history of Tamil Country. The connoisseur dated the period of Sangam literaturefrom 3rd Century BC to 3rd Century AD.She made us apprehend the significance of this period as a congregation of poets and bards and it is believed that the first Sangam was attended by gods and legendary sages.



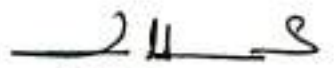
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The competent expert highlighted Sangam Age constitutes an important chapter in the history of South India. Supplemented with the fact that the third Sangam at Madurai was founded by Mudathirumaran. Poured the fact that it was attended by a large number of poets who produced voluminous literature but only a few had survived. These Tamil literary works remain useful sources to reconstruct the history of the Sangam Age.

The resource expert presented a sketch reflecting the evolution of the state system in South India for the first time. She indicated the historical evolution in which we find the tribes decreasing in number but existing, the evidence quoted by her was stunning and portrayed how well the state had an organized political structure. She emphasised that though monarchy existed the monarch of those periods followed the democratic principles strictly.

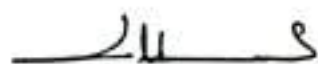
The Participants were stunned by the rich information transferred by the expert on the richness of the culture of our Traditional Country and the evidence was appropriate that it cannot skip the appreciation from the students.


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Programme Outcome and Feedback

The Programme came to an end with a note of gratefulness to the Resource expert for providing rich information about the past. The students were overwhelmed and thanked Secretary Dr. M. Arumugam for identifying the resource expert for the day. The students were grateful for the unique knowledge acquainted



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3. Academic Skill Enhancement Programme: Guest Lecture on Drama and Art in Education

Date: 16th March 2017

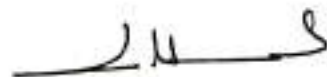
Organizer: Internal Quality Assurance Cell, N.K.T. National College of Education for Women, Chennai.

Resource Expert: Mrs. Shrutilaya Girdhar, Dance Teacher, Vaels Billabong High International School, Chennai.

Participants: 83

The use of drama and art in education leads to holistic learning accelerates personality development and imparts students with crucial life skills, problem-solving skills, leadership, cooperation and collaboration. Though the technique existed for ages back, now the use of drama and art in Education is popularised. The programme started with a Welcome address by the Programme coordinator Dr.K.Vijaya, Assistant Professor of our College. The Resource expert was introduced as most apt for the session and it was also proven true.

The blend of Drama, Art, and Education has been there since the time of Plato. The expert believed that informing a student just about the concept is not enough, a good teacher has to induce the ability of critical thinking and the importance of value education in a student. Therefore, believed that incorporating art and drama into teaching will improve the receptivity of students.



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



Pinpointing that Drama and Theatre both are pivotal outlets for self-expression and using drama as a teaching tool, can appreciate the participation of students be it intellectually, physically, socially or emotionally. The use of drama and art in education leads to holistic learning accelerates personality development and imparts students with crucial life skills, problem-solving skills, leadership, cooperation and collaboration.

Further, portrayed the importance of drama in education and the role of teachers and the need for equipping themselves.

It made the student understand that Children learn about the importance of self-expression through the use of drama and arts in education and through creative expression, their perception and worldview are broader which equips them with the skills to face adversities later in life.

Besides, it imparts students with various life skills like teamwork, compassion, cooperation and collaboration. Using drama in the teaching-learning process help Children to learn about taking constructive criticism and feedback in a way that helps them become better


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

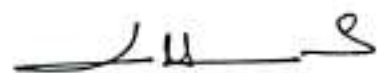
individuals. Eventually, the use of drama and art in education also accelerates personality development in students

Through creative art forms, students learn about the value of problem-solving in every situation as they learn to be in a group, work around various things to thrive as a team and become superb at problem-solving. Learn to Lead and imbibe central skills pertaining to leadership and teamwork.

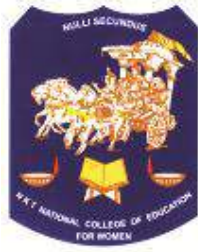
Programme Outcome and Feedback

The importance of drama in education was expressed clearly by the resource expert. Students will learn about theatre and performing arts and transform simple stories into wonderful scripts. Through drama and art in education, students can also be imparted the knowledge of pronunciation, intonation as well as storytelling. Language learning skills are also strengthened through the use of drama and art in education. Students will also know about body language, performance and presenting a story in front of an audience.

The students were contented and expressed their sense of gratefulness to the Management and the College for organising such a practical programme for the welfare of the students of this esteemed Institution.



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FOR WOMEN (AUTONOMOUS),
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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

Report on Technical Skill Enhancement Course



2019-2020


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FOR WOMEN (AUTONOMOUS),
TRIPLIKANE, CHENNAI-600 085.

Technical Skill Enhancement Programmes

2019-2020

The set of abilities or knowledge used to perform practical tasks in the areas of science; the arts, technology, engineering, and math are technical skills. Technical skills typically require the use of certain tools and the technologies required to use those tools. Technical skills are the specialized knowledge and expertise required to perform specific tasks and use specific tools and programs in real-world situations. Diverse technical skills are required in just about every field and industry, from IT and business administration to health care and education. There is a demand for Technical Skills and therefore, the College strives hard to arrange sessions by experts in the field for the welfare of the Students.

1. Technical Skill Enhancement Programme: Guest Lecture on STUDY WEBS OF ACTIVE-LEARNING FOR YOUNG ASPIRING MINDS (SWAYAM).

Date: 12th November 2019

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

Resource Experts: Dr. M. Mahalakshmi, Librarian, Stella Maris College, Chennai.

Participants: 180

The Programme intended to develop the required technical knowledge to upgrade oneself in the lifelong learning process started with an invocation song followed by a Welcome Address by the Principal of the College Dr. S. Chamundeswari. The Resource expert Dr. M. Mahalakshmi was introduced based on her rich Academic and Professional credentials were shared with the participants



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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 085.

Being the Single Person of Contact (SPOC) for the NPTEL Programme for which Stella Maris College has established a Local Chapter with the Indian Institute of Technology (IIT, Madras). She received the Certificate of Appreciation from IIT, Madras for being an Active SPOC for the NPTEL Programme for 5 consecutive semesters.



She has presented about 20 papers in both International and National conferences and seminars. She is responsible for implementing RFID (Radio Frequency Identification) in Stella Maris College Library is one of the latest technologies used in libraries for theft detection which also eases the Circulation process and Inventory control.


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 035.

The lecture was delivered with the help of a PowerPoint presentation. After the presentation, a live demonstration of the SWAYAM portal was shown to the students explaining each and every icon listed on the website. Registration can be done by creating a username and password while logging can be done using the students 'already existing Microsoft account, Google, or Facebook account. After the demonstration, hands-on experience in registering/ logging into the SWAYAM portal was practiced by the students. The following features of SWYAM were presented using the PowerPoint presentation. SWAYAM It is an acronym for "Study Webs of Active–Learning for Young Aspiring Minds" which is an Information Technology platform to host Massive Open Online Courses (MOOCs) and to provide high-quality education on various subjects from school level (class 9-12) to Under Graduate and Post Graduate students covering all disciplines. SWAYAM is an initiative of the Ministry of Human Resource Development, Government of India. Professors of centrally funded institutions like the Indian Institute of Technology (IITs), the Indian Institute of Management (IIMs), and Central Universities offer online courses to citizens of India. It is designed to achieve the three cardinal principles of Education Policy viz., Access, Equity, and Quality.



Objectives of SWAYAM

The objective of this effort is to take the best teaching-learning resources to all, especially to the under privileged and those who are not able to join the mainstream of education. The other objectives are to develop curriculum-based course contents in the field of Arts, Humanities, Social Science, Commerce, Engineering, Technology, Law, Medicine, Agriculture, etc., and to develop School Education (9-12 levels) modules and teacher training and learning aids to children of India. It also aims to develop Skill-based courses which cover both post-higher secondary school skills to be used in Polytechnics and Industries and courses that can meet the needs of lifelong learners of Indian Citizens in India and abroad.

Structure of the Courses

The courses hosted on SWAYAM are in 4 quadrants

- (1) Video lecture
- (2) Specially prepared reading material that can be down loaded/printed
- (3) Self-assessment tests through tests and quizzes and
- (4) An online discussion forum for clearing doubts.

Salient Features of SWAYAM

- The course contents in SWAYAM are prepared by top-notch experts which enhances the knowledge and the skills of the students.
- Submission of assignments weekly ensures that the learners are on the right track
- Examination enhances the effectiveness of the courses in SWAYAM
- Credit Transfer is done easily which means anyone across the globe can register the courses on SWAYAM and gets the credits transferred to their academic record or which University Grants Commission (UGC) issued a framework in 2016.
- Colleges can establish Local chapters with SWAYAM Coordinators and monitor the students from their Colleges who have enrolled in the SWAYAM Courses
- A systematic approach helps the learners to achieve the desired learning goals.

Duration of Courses in SWAYAM

- ❖ 4 weeks
- ❖ 6 weeks
- ❖ 8 weeks
- ❖ 12 weeks
- ❖ 15 weeks
- ❖ 16 weeks
- ❖ 24 weeks

In order to ensure the best quality content is produced and delivered, nine National Coordinators have been appointed.

1. All India Council for Technical Education(AICTE)-**Self-paced and International Courses**
2. Consortium for Educational Communication(CEC)-**Under-graduate Education**
3. India Gandhi National Open University(IGNOU)–**IGNOU-Out of the School Students**
4. Institute of Management, Bangalore(IIM,B)-**Management Studies**
5. National Council of Educational Research and Training(NCERT)-**School Education**
6. National Institute of Open Schooling(NIOS)-**School Education**
7. National Institute of Technical Teachers Training and Research (NTTTR)-**Teacher Training Programmes**
8. National Programme on Technology Enhanced Learning(NPTEL)-**Engineering Courses**
9. University Grants Commission (UGC) –**Non- technical Post-graduation**

Registration Procedure for SWAYAM

One can sign into the SWAYAM portal using their Microsoft account, Google account, or Facebook account. Apart from these three options, one can register by giving a user name and password also Surfing SWAYAM Portal. After signing in, one can search the course catalog in general, or use any of the filters like searching the courses National Coordinators wise, Duration wise, or Category wise. After choosing the Course they want to enroll in, one can see the course layout, syllabus, prerequisite, Level of the courses, and intended audience also after which they can press the JOIN button which would be available on the course page, and get enrolled for the course.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-600 085.

A welcome mail would appear in their registered email which ensures they have been enrolled. The links to the course video and the assignments would come only to the registered mail ID.

Examination

Courses delivered through SWAYAM are available free of cost to the learners, however, learners wanting a SWAYAM certificate should register for the final proctored exams that come at a fee and attend in-person at designated centers on specified dates. The examination is held online. The examination is conducted by National Testing Agency (NTA). A nominal fee has to be paid for the Examination. The pass mark for the final Examination is 40%.




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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 085.

Programme Outcome and Feedback

Dr. M. Mahalakshmi's delivered a Guest lecture on SWAYAM (Study Webs of Active–Learning for Young Aspiring Minds) on 12th November 2019 for the first year B.Ed. and B.Ed. (Special Education) Student-teachers. Her session was excellent. The lecture was delivered with the help of a PowerPoint presentation. The students stated that her lecture was interesting and they learned many things about SWAYAM. After the presentation, a live demonstration of the SWAYAM portal was shown to the students explaining each and every icon listed on the website. After the demonstration, hands-on experience in registering/logging into the SWAYAM portal was practiced by the students. Our students involve themselves in registering their names by creating user names and passwords while logging can be done using the students' already existing Microsoft accounts, Google, or Facebook accounts. Our students thanked Dr. M. Mahalakshmi for spending quality time with us. The students said that the session went very interesting and the lecture was very helpful to understand SWAYAM courses. The student liked the interaction and conversation with them. Her language was comfortable and audible.



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FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-600 085.

2. Technical Skill Enhancement Programme: Training Programme on Effective Use of Smart Interactive Boards for Student-Teacher Educators

Date: 20th January 2020

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

Resource Experts: Mr. S. K. Kanagaraj, Product Head, Edu. Corp Technologies, Chennai.

Participants: 170

The Principal of the College, Dr. S. Chamundeswari, and the members of the Organizing Committee welcomed The Resource Expert and all the participants of the Training Programme on 'Effective Use of Smart Interactive Boards for Student-Teacher Educators'. The Principal then placed on record, a note of gratitude to the Secretary of the College, Dr. M. Arumugam, for all his support and guidance and to the members of the Organizing Committee for organizing the Programme. She then introduced the Resource Expert.

The Resource Expert introduced the participants to Smart Interactive Boards and discussed the working process and handling techniques of the board. A Smart Interactive Whiteboard is a large interactive display in the form factor of a whiteboard. It can either be a stand-alone touchscreen computer used independently to perform tasks and operations, or a connectable apparatus used as a touchpad to control computers from a projector. The Smart Interactive Boards nowadays play a vital role as a visual teaching aid in the teaching-learning process. Usage of Smart Interactive Boards helps in gaining the attention of the students and hence makes the teaching-learning process interactive and interesting.



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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 085.



The Resource Expert discussed the importance of why a Student-Teacher Educator should learn the ways of Effective usage of Smart Interactive Boards. In the a fast-moving digital world where technology has even started to replace teachers, it is crucial for a teacher to get updated with the applications and be competent enough.

The Resource Expert then listed out the Effective use of Smart Interactive Boards and the ways in which the usage of such boards helps the students and teachers.

- Using smart boards gives the ability to save files during the preparation of the lesson, organize them, and then access them again when the teacher is ready to teach.
- Rather than spending time trying to describe certain topics or processes to the students, showing them a video that is pre-loaded onto the interactive whiteboard reduces the time of wordy lectures and increases the effective use of time.
- Since Interactive Whiteboards allow including media in the lessons, students may be better able to grasp the concepts being taught and comprehend them easily.
- This allows the students to take better notes as they translate their new understanding into words that have meaning for them.

- The students achieve greater self-confidence as they complete homework, study for tests, and then take those tests in the classroom.
- The use of smart boards for lesson planning and preparation provides a higher level of organization. Handwriting lesson notes can mean making multiple copies as the teacher think and re-thinks the plans for the lesson.
- By using classroom management toolsspecifically designed for an interactive whiteboard, educators can decrease the amount of time managing student behavior.
- By creating memorable lessons by using smart boards, a teacher will be able to give the students knowledge that can stay with them for a lifetime.

The Resource Expert then trained the student-Teacher Educators on the working processes of the Smart Interactive Boards and provided hands-on experience in handling and using such tools and materials.




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 FOR WOMEN (AUTONOMOUS)
 TRIPLIKANE, CHENNAI-600 085.

Programme Outcome and Feedback

The Training Programme was very effective the student-teachers were astonished to know the special features of the smart board. The student-teachers understood the effectiveness of teaching using Smart Interactive Boards and the ways of saving and retrieving the work done on a smart board. The students assured to transmit the knowledge to the junior students and try to make the best use of the acquired knowledge. The Programme came to the end with a note of gratitude.



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3. Career Skill Enhancement Programme: UGC Autonomous Grant Guest Lecture on Dance and Drama in Education

Date: 14th February 2019

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

Resource Experts: Mrs. M. Sridevi, Bharathanatiyam Dancer, Chennai

Participants: 182



Daughter of Shri. T.R. Murali and Smt. Durga Murali, Sridevi, is a talented Bharatanatyam Performer, Choreographer, Teacher, Nattuvangam, and Make-up artiste. She began her training at a very young age and continues to pursue it under the tutelage of Padmashri Prof. SUDHARANIRAGHUPATHY.


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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 085.

She has given over 450 performances till now. She is also a recipient of the central government, CCRTscholarship in the year 2003. She was conferred with the very prestigious “YUVA KALABHARATHI” award from the esteemed BHARATH KALACHAR in the year 2013. In June 2016, Mrs. Sridevi has initiated an arts center- Tvarita, along with her colleague to focus on her vision of utilizing the arts for a bigger purpose.

She taught about the art of what the student teachers are very much interested in. She stated that as we are very much shy we are not bringing out our inner talents. Take that not everybody has the like what we are doing but if it brings out your talent that is what is most important. She said that as we are bringing out the art form and for example dancing brings us a freshness to our body and we are also feeling very happy in our hearts when we're doing something that we like. Giving out the full-heartedness in an art form really takes all the stress and anxiety in our bodies.

She stated that a lot of problems may arise when we learn an Art form but with have to tackle them through our intelligence. As we dance body parts like our eyes hands legs are being muscled up and trained. As we dance it helps us to increase our body memory. Little things that we do open up our art form. The hot test are the only people who make other people happy. She said that art form helps us to be creative and also gives us confidence and the power to be happy. She thought of various postures in Bharatanatyam and also told it the importance of the Brahma Sutra, A which can strengthen our body and mind.

She also stated about Bharatanatyam's importance and also about a lot of art forms. 1. for example what are the various types of forms used in Bharatanatyam which are Nithya, Abhinaya, and Niruthya 2. What are the three examples of Navarasam 3. Name of the postures. 4. In Your view what artist is? At the close of the session, Mrs. Sridevi beautifully danced to a song and completed the session.



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FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-605 005.

The Resource expert spoke high about the heritage of the classical form of dance. One of the most important classical art forms in our country. But more than a performing art it is important to note that it is a discipline. Bharatnatyam takes care of the holistic development of a human personality. It takes care of the physical, mental and emotional fitness of a person. The hand-eye and mind coordination get better. The fitness of the body remains at its peak.

Mudras

Mudras or Hand gestures are key aspects of Bharatnatyam. Also, it is important to know that these are inspired by human actions, and these mudras although classified/codified in the Natya Shastra, are primarily inspired by human action, these mudras are as stylized way of depicting what we normally do.

There are codified different movements of the eye, neck, and head. It is very interesting to know, how each one is different and unique. The art form is so universal in nature. Any topic under the sun, and culture, any story or happening can be depicted through Bharatnatyam.

Adaptability

Bharatnatyam is also so adaptive that it can mend itself to any kind of music/culture/situation. Thus we know Bharatnatyam is not just a performing art, but a discipline, a life science, that is universal, adaptable and has a constant and undeniable connection with the human life.



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FOR WOMEN (AUTONOMOUS)
TRIPPLICANE, CHENNAI-605 005.



Programme Outcome and Feedback

The session on Dance and Drama in Education was so interesting with a lot of facts about dance. She carried herself in a positive way which inspired many of the students. She told many facts about the correlation of dance with day-to-day life activities which was interesting. She gave different perspectives on dance in education with its importance. She played herself with a lot of mudras and came up with a lot of enthusiastic ideas which were so creative. Thus the class was very useful and it enforced creativity among the students to inculcate Dance and Drama in Education for the budding teachers.


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TRIPLIKANE, CHENNAI-600 085.



**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

Report on Technical Skill Enhancement Course



2018-2019


PRINCIPAL
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FOR WOMEN (AUTONOMOUS),
TRIPULICANE, CHENNAI-600 005.

Technical Skill Enhancement Programmes

2018-2019

Information on Technical Aspects are crucial both teachers and students. The Institution take all initiatives to acquaint the students of all Programmes to be familiarised on all recent technical development Competency on use of Hardware and Software is the all-in-one solution that gives staff, teachers and students access to all high-end and up-to-date digital assets they need for teaching-learning process. The platform setup by the Institution enriches the teaching and learning experience and improves the quality of education.

1. Technical Skill Enhancement Programme: A One Day Training Programme on Turning Waste into Worth

Date: 28th September 2018

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

Resource Expert: Mr. Moses Saravanan, Freelancer, Krishnagiri District

Participants: 179

Teacher Education believes in the Philosophy of making maximum output from minimum input. It is always been a way of improving the teaching-learning process by incorporating the use of teaching aids. This training Programme started with an invocation song followed by a formal welcome address by Mrs. B. Rita, Assistant Professor of our College. Resource expert Mr.Moses Saravanan was introduced to the students.


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FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 085.

The expert stated the session to safeguard the earth from devastation. The aim was to make crafts and teaching aids by reusing or recycling items that may have been sent to the recycle center, garbage dump, or landfill. He advised utilizing a variety of techniques to transform these materials into useful or attractive items. With a motto to create treasure out of trash, he travels around the state to spread this message.



This not only makes the students creative but also gives exposure to ideas and more practice techniques. This will lead to more skill and ability in making a wide variety of crafts. The Resource Expert started the session with simple craft items that were prepared out of the waste materials that the students had collected. Further, he emphasized on 'Reduce, reuse, recycle has been expanded to 'rethink, refuse, reduce, reuse, repair, and recycle. The small introductory session was followed by training of making products out of waste. It was astonishing to see the items prepared. Sir also trained us to do the products.


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Programme Outcome and Feedback

The extraordinary training programme came to an end with a note of thanks. Students shared their opinion and clarified their doubts with resource experts. It was a successful programme that must be given to all Colleges of Education so that it will motivate the student-teachers to make the best out of the waste and save our earth. This message can be transformed for the next generation only by teachers.

Students felt words are not sufficient to praise the output of the training Programme they wholeheartedly thanked the Principal for the efforts taken.


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FOR WOMEN (AUTONOMOUS)
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2. Technical Skill Enhancement Programme: Orientation on Psychological Perspectives of Learners

Date: 20th December 2018

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

Resource Expert: Dr. T. Subhashini, Assistant Professor of Education, Lady Wellington Institute of Advanced Science, Chennai

Participants: 123

The Dean of Academics, Dr. S. Malathi, and the Organizing Committee of the Programme welcomed the Resource Expert for the day, Dr. T. Subhashini. All the participants of the orientation Programme on 'Psychological Perspectives of Learners' were welcomed. The Principal on record placed a note of gratitude to the Secretary of the College, Dr. M. Arumugam for his support and guidance and to the organizing committee for organizing the Programme. The Principal then introduced the Resource Expert for the day.

The Programme started with the discussion between the Resource Expert and the participants discussing Expert and the participants' discussion about what learning is, what psychology means, what are the different types of learners and much more.



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



After the discussion the Resource Expert concluded with the following:

- **Learning** is a relatively permanent change in behaviour as a result of experience.
- **Psychology of learning** focuses on a range of topics related to how people learn and interact with their environments.
- **Psychology** should be the scientific study of observable behaviour.

With this, the Resource Expert spoke about the different types of learners. There are a mixed variety of learners present in a classroom and this includes auditory learners, visual learners, verbal learners, logical learners, physical or kinaesthetic learners, social learners, solitary or intrapersonal learners, and much more. The level of learning over the same concept varies for each type of student and is unique. The ability of these students and their ideologies also vary with each individual.


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 FOR WOMEN (AUTONOMOUS)
 TRIPPLICANE, CHENNAI-600 095.

The Resource Expert then discusses how each learner perceives the lesson and interprets them. Each of the above learners has its own perspectives on learning. An auditory or verbal learner is a keen observer and their level of observation is high. In spite of distractions in the classroom, they focus on the subjects and are able to analyze them with ease.

The Resource Expert then discussed the psychological perspective of other types of learners such as visual and physical learners. These learners' concentration and attention can be gained with a small act by the teacher. Display of some reference materials or supporting aids or providing students some physical activities between the lessons such as moving to the board and answering makes this kind of learners active in the class.

The Resource Expert discussed logical and social learners who are unless satisfied with the reasons and justifications, doubt the fidelity of the concept. These learners should be provided with validation and verification for each topic that is to be taught. The remaining set of learners is the solitary or intrapersonal learners. These learners unless and until learned by themselves, aren't satisfied with the learning. Once they learn or revise by themselves, they become confident in the concept.

The Resource Expert then discussed the psychological perspectives of the learners in general. This may be on the basis of the age of the learners, the friends they have, the circumstances they grow up, etc.

- Learners in common don't have much interest in the typical book learning.
- Learners tend to understand the concepts while learning and will pause when they aren't able to understand.


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



Programme Outcome and Feedback:

The session provided a clear outlook of how important it is to learn the psychological perspectives of learners. This helps the teachers better handle the students and helps the teacher to understand them better. The Resource Expert also gave an outlook on the different types of learners and the ways to handle them. The session came to the end with a note of gratitude to everyone for contributing their part to the success of the Programme.


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N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.

3. Technical Skill Enhancement Programme: Orientation on Psychological Perspectives of Learners

Date: 21st December 2018

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

Resource Expert: Sr. Christina Mary, Assistant Professor of Education, Stella Matutina College of Education, Chennai

Participants: 125

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert, Dr. Christina Mary Assistant Professor of Education, Stella Matutina College of Education, Chennai and the participants for the Guest Lecture on 'Learning and Teaching'. The Principal's then on record placed the note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing such a resourceful Programme. The Principal then introduced the Resource Expert for the day.

The Resource Expert started the session with a discussion of the process of teaching and learning followed by the relationship between teaching and learning, the difference between teaching and learning, and the importance of the two processes in the field of education.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 065.



The Resource Expert first introduced what teaching and learning are. Teaching and learning is a process that includes many variables. These variables interact as learners work towards their goals and incorporate new knowledge, behaviors, and skills that add to their range of learning experiences.

Each of us keeps learning things indirectly in our day-to-day life. Teachers are also learners. Teachers learn best by doing, studying, reflecting, collaborating with other teachers, looking closely at students and their work, sharing what they learned, etc.

The Resource Expert discussed the relationship between teaching and learning, how they are interrelated and how they complement each other.

- Both teaching and learning may be formal or informal.
- Both are goal-oriented.


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FOR WOMEN (AUTONOMOUS)
TRIPLIKANE, CHENNAI-600 085.

- Good teaching results in good learning.
- One can observe teaching but not learning.
- Both teaching and learning require skills, creativity, intelligence, and operating on definite principles.
- Good teaching requires good communication skills and good learning requires good listening skills.
- Only good learners become good teachers.

The Resource Expert then differentiated how similar processes like teaching and learning differ from each other. The major difference between teaching and learning is that

- Teaching is done to give spread knowledge or skills to a group of learners whereas learning involves gaining knowledge and skills from a teacher or a professional.
- Teaching requires high-level authority whereas learners possess low-level authority.
 - Teaching is linked with learning and learners whereas sometimes learning does not need to be taught.
 - Teaching is more autonomous whereas learning is less autonomous.
 - Teaching mostly happens with higher authority whereas learning happens with the lower authority only.

Teaching and learning go hand-in-hand and contribute to a major part of the field of education. Starting from basic schooling, the process of teaching occurs and students learn the taught contents. It is about recognizing teaching as a medium that can do some things exquisitely but cannot do everything. Effective teachers continually improve their skills by learning about the latest trends in the field of education.


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Programme Outcome and Feedback:

The session provided a clear outline of the process of learning and teaching. The two processes, their relations, and their differences are definitely to be known by every future teacher. As student teachers, this Programme is a guide for the participants.

The Resource Expert clearly explained and elaborated on the concepts. She also made the session interactive and clarified the queries of the participants parallelly. The session came to the end with a note of gratitude to everyone for contributing their part to the success of the Programme.


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4. Technical Skill Enhancement Programme: UGC Sponsored Workshop on Enhancing Cyber Competencies for Teacher Educators & Prospective Research Scholars

Date: 28th & 29th January 2019

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

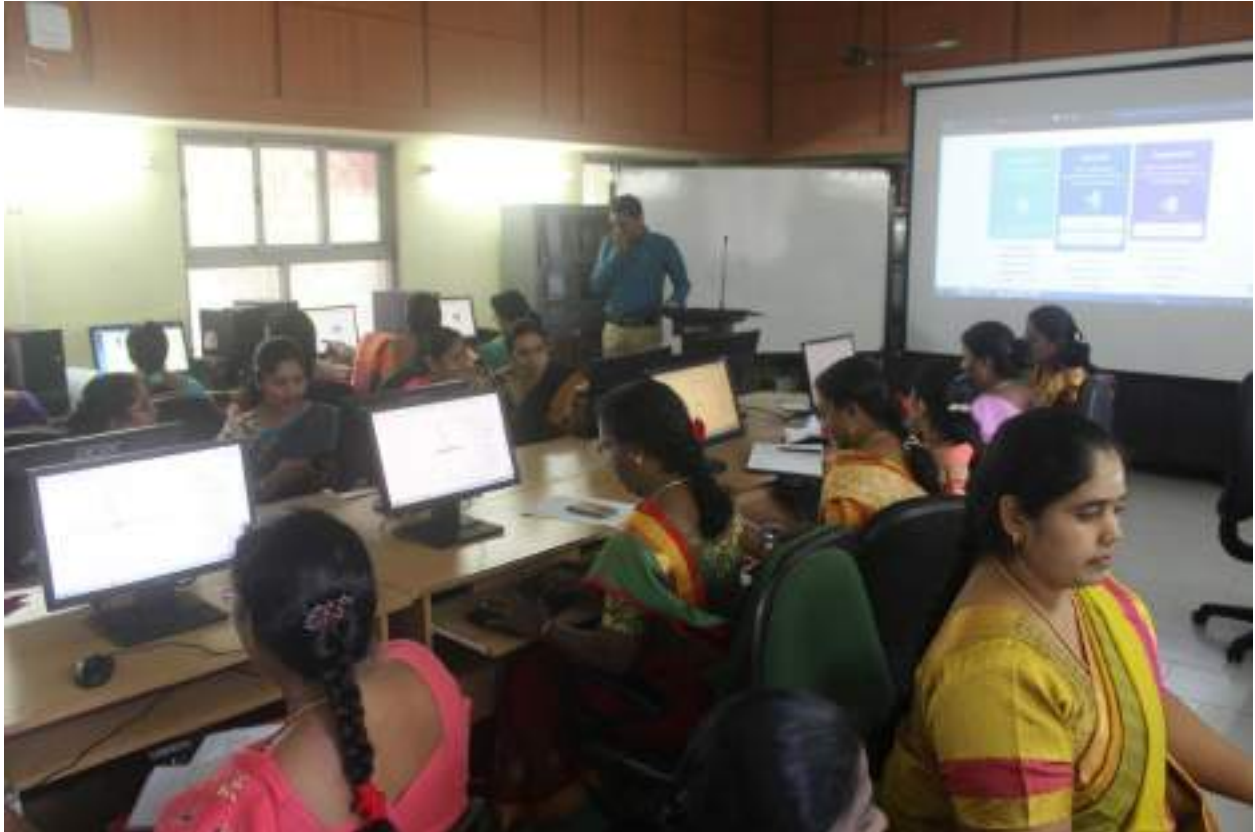
Resource Expert: Mr. J. Arumugam, Librarian, PSG College of Technology, Coimbatore & Mr. M. Prakash, Librarian, PSG College of Technology, Coimbatore

Participants: 127

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert Mr. J. Arumugam, Librarian, PSG College of Technology, Coimbatore & Mr. M. Prakash, Librarian, PSG College of Technology, Coimbatore. on 'Enhancing Cyber Competencies for Teacher Educators & Prospective Research Scholars'. The workshop began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing such a resourceful workshop. The Principal then introduced the Resource Expert for the day.

On the first day, the Resource Expert started the workshop with the concept of cyber security. Computer security, cybersecurity, or information technology security (IT security) is the protection of computer systems and networks from information disclosure, theft of, or damage to their hardware, software, or electronic data, as well as from the disruption or misdirection of the services they provide.


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Due to the expanding reliance of people on computer services, the Internet and wireless network standards such as Bluetooth and Wi-Fi and due to the growth of smart devices including smartphones, televisions, and the various devices that constitute of internet of thingsthe field of cybersecurity is becoming increasingly significant. Its primary objective is to ensure the system’s dependability, integrity, and data privacy.

The Resource Experts then discussed their thoughts onHadley. Hadley believes that human capabilities have been undervalued and underutilized. He agrees that technology is vital, but so are those who use the tech, and this is where human cyber capability comes into play.Hadley said, “Having visibility of human cyber capability across the entire organization is crucial to building a strong, in-depth, cyber-preparedness strategy. Through continuous testing, analyzing, and optimizing role-specific cyber capabilities spanning the entire organization, members of the organization can visualize and maximize the workforce’s expertise to meet ever-evolving risks.”

On the second day, the Resource expert Mr. G. Prakash demonstrated the tools that can be used by the teachers in the teaching-learning Process such as mind map tools, FOSS free software that can be used by all teachers. The Resource Experts gave a live demo for the usage of the software's.

The Resource Expert also stated how cybersecurity has become one of the significant challenges in today's contemporary world, due to its complexity in terms of both political usage and technology. Also, technology has become a part and parcel of every student's life today. To protect the future youths from cybercrimes it is important for today's Teacher Educators and Research Scholars to focus on and develop cyber competencies.

The Resource Expert then gave guides and methods in which cyber competencies can be inculcated in the Teacher Educators and Research Scholars.

- By running people through practical, simple, role-specific content and micro-drills based on emerging threats, you create a database of knowledge, skills and judgement inside your organization.
- Cyber-resilience depends to knowledge, skills and judgment.

By prioritizing the people and measuring their human capabilities, those responsible can analyse and assess an organization's overall security posture in a way that includes its people, not just its technology.



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Programme Outcome and Feedback

The Programme came to end with a few demonstrations and illustrations of previously solved cases. The session was very informative and gave an idea of how easily cybercrimes occur. The Resource Expert also provided tips on how to be protected in advance. The free statistical software were highly useful and free processing tool such as FOSS was a blessing for the Post-graduate student for statistical analysis. The two-day workshop on 'Enhancing Cyber Competencies' came to an end with a note of gratitude.


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5. Technical Skill Enhancement Programme: One Day Workshop on Story Telling as a Technique of Teaching

Date: 31st January 2019

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

Resource Expert: Ms. Marion Kenny of Traditional Arts and Culture Forum, Scotland,

Participants: 175

The Principal of the College, Dr. S. Chamundeswari and the organizing committee welcomed the Resource Expert Ms. Marion Kenny of Traditional Arts and Culture Forum, Scotland, and the participants of the workshop on 'Story Telling as a Technique of Teaching'. The one-day workshop began with the Principal's note of gratitude to the Secretary of the College, Dr. M. Arumugam for all his support and guidance and to the organizing committee for organizing the workshop. The Principal then introduced the Resource Expert for the day.

The Resource Expert started with the basic child psychology and how storytelling can improve and support the process of teaching. Storytelling is the original form of teaching. There are still societies in which it is the only form of teaching. A simple narrative will always be the cornerstone of the art of teaching. Colloquial or literary, unaffected or flowery - the full range of language is present in stories.



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Storytelling is also a living art. Like music and dance, it is brought to life in performance. A story will be altered by the storyteller's background: his or her choice of setting in detail, and the rapport established with the audience.

The Resource Expert then related how storytelling can be used as a technique for teaching concepts in various subjects such as Social Science, and English. She discussed how storytelling can be included in the curriculum of daily learning of the students.

There are three main dimensions in which stories can add to learning in the whole school curriculum:

- Stories can be used to reinforce conceptual development in children.
- Carefully selected stories can be used to develop other subjects in the curriculum. In particular

- Mathematics telling the time, numbers: counting and quantity, measuring
- Science the life cycle of insects, animals, outer space, how seeds grow
- History of prehistoric animals, understanding chronology
- Geography and the environmental surroundings, neighborhood parks, sports and games playing area, using a map, using the atlas, the weather and the climates around the world.
- Stories are means of developing learning. This major category covers
- Reinforcing thinking categories
- Developing strategies for learning English
- Developing study skills

Then the Resource Expert discussed on the ways in which story telling supports and improves the children's understanding.

- Pupils positively enjoy hearing stories over and over again.
- Their confidence grows as they realize that they can remember more and more.
- It also presents them with the challenge of remembering a new language.
- Participating in the storytelling becomes a kind of game activity for the children.


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The Resource Expert then demonstrated how storytelling is gradually included in the teaching process. The following are the processes that are to be focused on while including storytelling in the teaching process.

- Learn the story
- Outline the story
- Control the story's length
- Control the story's vocabulary
- Refine your storytelling style
- Practice, practice, practice
- Relax before telling


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For the preparatory work and for many of the activities related to the storytelling, only the teacher requires a copy of the storybook. This is because a majority of the tasks are based on the pupils predicting what comes next in the story or recapping it from memory. If they see the storybook at this stage, much of the surprise element and active involvement is lost.



Programme Outcome and Feedback:

The Programme itself progressed as a story where the Resource Expert step by step explained how interesting storytelling can be for the students. The Resource Expert also explained the ways in which storytelling can be included in the daily syllabus and curriculum.

The Resource Expert mainly focused on making the workshop interesting and as interactive as possible. The participants were much interested in the discussion. The Programme ended with a few of the participants delivering stories in the ways instructed by the Resource Expert. The session came to the end with a note of gratitude to everyone for contributing their part for the success of the workshop.



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Report on Technical Skill Enhancement Course



2016-2017

1

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Report on Technical Skill Enhancement Course

2016-2017

Information on Technical Aspects is crucial for both teachers and students. The Institution take all initiatives to acquaint the students with recent technological development. Competency in the use of Hardware and Software is the all-in-one solution that gives staff, teachers and students access to all high-end and up-to-date digital assets they need for the teaching-learning process. The platform set up by the Institution enriches the teaching and learning experience and improves the quality of education.

1. Technical Skill Enhancement Programme: Orientation Programme on Academic Software MAPERZ

Date: 20th July 2016

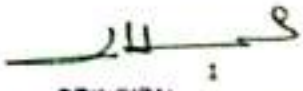
Organizer: Internal Quality Assurance Cell, N.K.T. National College of Education for Women, Chennai.

Resource Expert: Mr. T.R. Sivasubramaniam, Educationist, MAPERZ

Participants: 81

The Programme began with praise of the almighty followed by a formal welcome address by the Principal, Dr. S. Vasanthi. The Principal welcomed all the participants and introduced the Resource Expert Mr. T.R. Sivasubramaniam a renowned Educationist and currently in the field of technical gradation for the teaching-learning process.

The Principal appreciated and thank the IQAC Coordinator Dr. S. Chamundeswari, for the efforts taken in the interest of the students of the College. She also thanked the esteemed Management and the Secretary for their continuous support.


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The Resource person Mr. T.R. Sivasubramaniam started the session with an overview of the importance of upgrading oneself with technology. He emphasised that the use of technology in the teaching-learning process can develop retentivity. Students who are interested in things they are studying are more likely to have better knowledge. Incorporating technology can encourage teamwork, and collaboration with students in the same classroom, at the same school or even with other classrooms around the world.

He further highlighted the features of MAPERZ software stating the shift from teacher-centric to learner-centric is made simple and easy with the inclusion of Technology. MAPERZ can accelerate the rate of downloads and facilitate the teachers to modify it according to the requirements of the classroom.

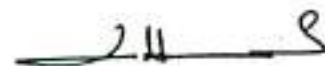
The intensiveness of the use of technology in the field of Education was focused on by the Resource Expert stating that it can open numerous opportunities to students in the world market. Irrespective of age and level using software allows studying a course and learning new information without being geographical or time-bound.

The Resource Expert spotlighted the advantages of using the software as promoting the capability to organise and access it., can be imperative in tracking students' progress and behaviour. Reduction in educational investment, improve the time management of Teachers and can improve students' performance and engagement in the process.

The professionalism of the expert was realised when he emphasised tips to choose the appropriate software and the major defects seen in the field of Educational Technology.

Programme Outcome and Feedback

The programme came to end with a formal note of gratitude proposed by the student representative. The students were grateful to the Management and Principal for arranging such useful programmes and excellent Resource Experts. The students congratulated the efforts of the College and felt they could analyse and select the most appropriate teaching software.



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5.1.1 (3) Report on Skill to communicate with person of different disabilities



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

(Autonomous)

Developing the Skill of Communication with persons of different Disabilities through Braille, Sign Language and Speech Training

N.K.T. National College of Education for Women, offers B.Ed. in General Stream and in Special Stream. It takes incessant efforts to equip student-teachers with activities and ways to communicate with persons of different disabilities through hands on training along with curriculum transaction.

Failing to communicate effectively and appropriately with people of disabilities, acts as a major barrier to delivery of content and information pertaining to various courses offered in the College.

It is desired to familiarize the uncomfortable or unfamiliar with communication strategies, to teach more about specific types of disability to increase their understanding, improve comfort level and communication skills.

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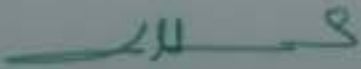


In the B.Ed. Special Education Programme, student-teachers are exposed to various practical activities all through the four semesters which facilitates them to communicate with visually challenged children whom they would come across in their professional career. The student-teachers in the General B.Ed. Programme during their course of study along with theoretical inputs are also made to experience through practical components regarding the ways to communicate to children with disability through the perspective course, "Creating an Inclusive School".



Outcome

The activities facilitate the student-teachers to know about the psychological and physical requirements of differently-abled students. As they are made familiar with various strategies to handle such children whom they would encounter in future, turns

 2

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them more confident and skillful. These set of activities provide them with a feel of accomplishing their goal as a Teacher and they encourage the Inclusive setup both at the College and School Levels. The student teachers with improved confidence are grateful to the Institution and the Principal for incorporating both theoretical and practical details that are most required to meet the diverse requirements of the student's community.



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5.1.1 (4) Capability to develop a Research Paper



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

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**Enhancing Capability to Develop a Seminar Paper and a Research Paper and
Understand/ Appreciate the difference between the two**

The College offers Post Graduate Programme, M.Ed., Pre-Research Programme, M.Phil. and Research Programme Ph.D. from the year 1989 onwards. This rich experience in research has facilitated the Institution to claim Research as its strong backbone. The College provides opportunities to the research scholars of its Research Programmes through the different curriculum to prepare and exhibit their talent through seminar and research paper presentations under supervision of their respective Teacher Educators and to present the papers in conferences organized by various academic institutions.

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**M.E.D. FIRST YEAR
Semester - I
PRACTICUM COMPONENTS**

S. No.	Activities	Credits	Instructional Hours	Marks
1	Writing a Research Proposal The prospective Teacher-Educators shall write the research proposal related to the problem/topic chosen for the dissertation. The record of the same need to be submitted during the Practical Examinations.	1	66 = 2 x 33	15
2	Communication Skills - I: Expository Writing The prospective Teacher-Educators shall write the expository research-related to the problem/topic chosen for the dissertation and present it in the form of seminar for discussion and suggestions. The record of the same need to be submitted during the Practical Examinations.	4	132	75
3	Self - Development: Yoga The Prospective Teacher-Educators shall demonstrate and conduct the systems of yoga working in practice Yoga by the medium of the corporate schools. Practising of these activities has to be recorded and the same has to be submitted at the time of Practical Examinations.	3	132	50
TOTAL		8	330	140

Semester - I

Allocation of Marks

Theory	Practical	Total
130	130	260

Note: Practical Examinations will be held for 130 marks at the end of Semester - I, on completion of all the activities falling under the above Practicum components. Each candidate needs to secure 50% of marks in each practicum activity.

**M.E.D. SECOND YEAR
Semester - III
PRACTICUM COMPONENTS**

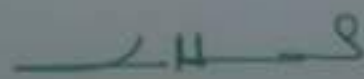
S. No.	Activities	Credits	Instructional Hours	Marks
1	Field Internship in the Teacher Education Institution: Each prospective teacher educator should be attached with their Parent Teacher Education Institution or anyone of the Teacher Education Institutions for field immersion to undertake the following activities. The prospective teacher educators shall be engaged handling 12 classes during the field immersion @ 4 classes per week in their Parent Teacher Education Institution or nearby Teacher Education Institutions attached with TNTEU, offering B.Ed. programme. Each prospective teacher educator should submit their field attachment appraisal report duly endorsed by the mentor as well as by the Head of the Institution, whose he/she is attached with and the same need to be submitted at the time of Practical examinations.	3	132	50
2	Communication Skills - II: Academic Writing Preparation of minimum CME Research article (Full paper) related to the dissertation topic of the prospective teacher educators in UGC CARE Educational Journals. The prepared article/articles should be given for publication.	3	132	50
3	Dissertation Data Collection and Hands on Training on Data Analysis: The prospective teacher educators shall administer the tools, collect data and prepare a master table based on the data collected and the data shall be statistically analysed using any software.	4	132 = 3 x 44	75
TOTAL		10	396	175

Semester - III

Allocation of Marks

Theory	Practical	Total
175	175	350

Note: Practical Examinations will be held for 175 marks at the end of Semester - III, on completion of all the activities falling under the above Practicum components. Each candidate needs to secure 50% of marks in each practicum activity.



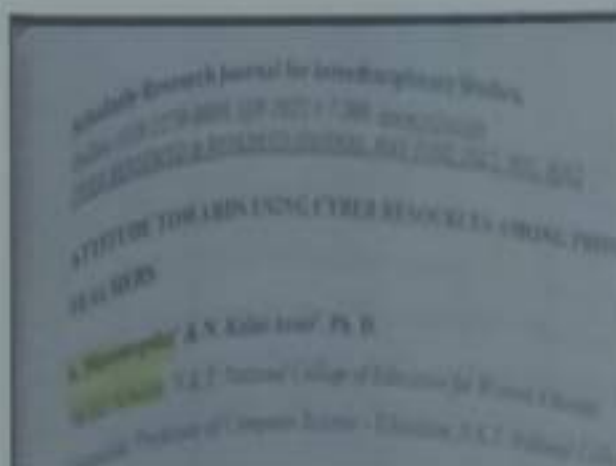
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At the Post-Graduate level, the prospective teacher educators undergo a course on Communication Skills-Part I Expository Writing & Communication Skills Part-II: Academic Writing, which run through two semesters. Being a practical component, each individual is given individual attention in acquiring knowledge in this aspect. Students attain the skill of collecting information from various sources; analyze the utility of procured information, systematize the information in the desired style under the guidance of the supervisors and format it into a research article. With due approval of the Supervisor, the prepared research article is published in a reputed Journal.

GROUP STUDY: PEER INFLUENCE AND ACADEMIC ACHIEVEMENT AMONG STUDENTS AT THE HIGH SCHOOL LEVEL IN SINGLE AND MIXED GENDER SCHOOLS

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Abstract



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AWARENESS AND UTILIZATION OF MASSIVE OPEN ONLINE COURSES (MOOC) AMONG COLLEGE STUDENTS

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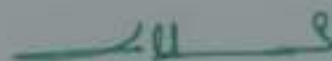
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Outcome

The students at the pre-research programmes gain confidence in collecting and preparing the article for a Journal. It serves as a forerunner in completion of Dissertation work. This activity is usually common at the Doctoral Level. Since it is made mandatory at Post-Graduate level, this develops an insight in the process of research and culminates the fear that is quite common among the researchers. In fact, this activity has motivated many students to pursue their Research Degree. The students with high level of practical knowledge feel the course to be a real blessing for the pre-research and research programmes.



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5.1.1 (5) Capability to develop E- Content



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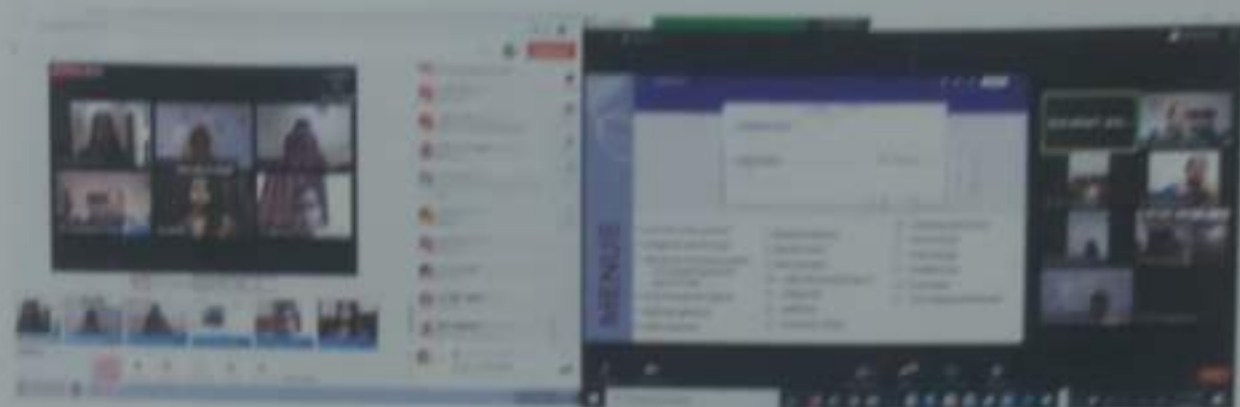
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Enhancing Capability for E-Content Development



The Information age has transformed and made the students to prefer online learning compared to conventional learning. The 56 year old premier institution always equips the student-teachers in the latest arrivals. The recent Pandemic condition experienced by all across the World, created a havoc condition in all fields especially Education. With the motive of developing the students for this crisis situation, the Institution took several efforts by organizing Webinars, Student Development Programmes and workshops on e-platforms.

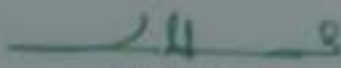
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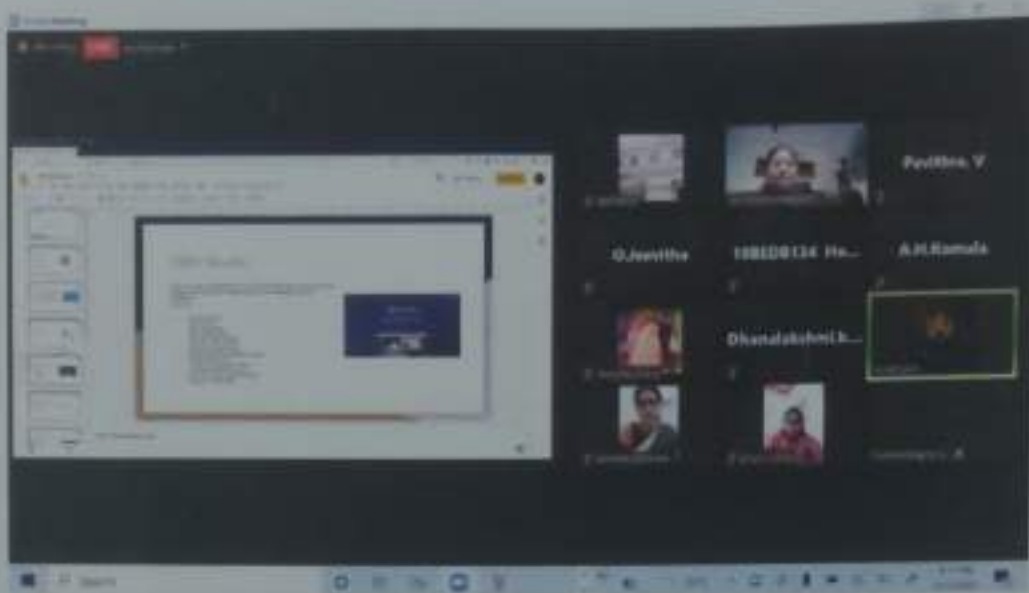


Since March 2020, the College has been taking imperative initiatives for preparing student-teachers with an aim of encouraging them and Faculty members in the development of e-content and to make it available in the electronic format for teaching-learning process. With prior exposure to Smart Interactive White Boards in the College, the student-teachers were able to accommodate themselves to the newer learning with zest and zeal.

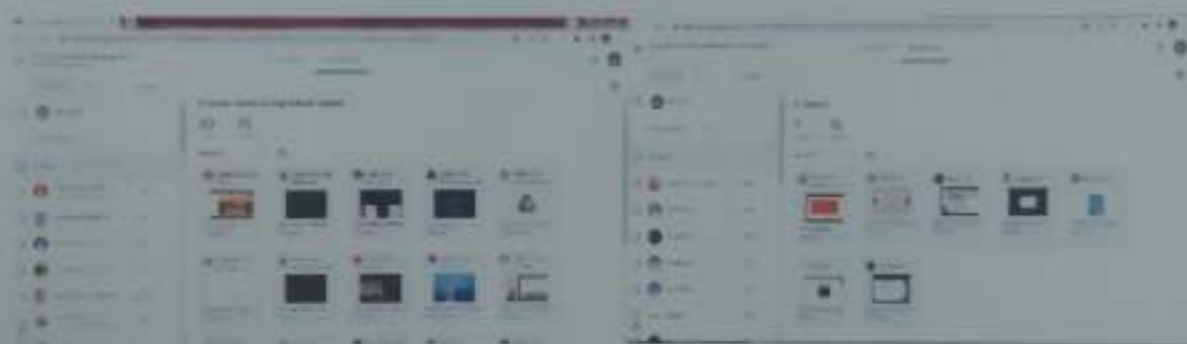
The College arranged and organized a few webinars like the following for the benefit of student-teachers

- National Webinar on Effective Engagement of Teaching and Learning through Online
- National Level Webinar on E-assessment using G-Forms.
- A 5-Day Online Student Development Programme on Augmenting Pedagogical Horizons for 24/7 learning.
- Live Webinar on Exploring Google Classroom
- Live Webinar on preparing Teachers and Students for Virtual Classrooms
- Live webinar on SWAYAM and InfibnetN list


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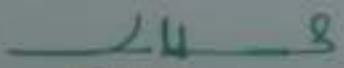


All e-content developed by student-teachers for the school are stored in the Google Classrooms. Student Teachers can utilize this e content during the teaching learning process in their respective internship schools.



Outcome

The student-teachers learnt better time management, understood the impact of outcome based learning, and acquired varied knowledge about digital skills, improved teacher student relationship, and better career prospects. Student-teachers thanked the Principal of the College and the other faculty members of the College for having made them a successful person and a technocrat. They also thanked the Management for the support rendered which has equipped them to face the reality of virtual learning in the future.


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5.1.1(6) Report on Online Assessment of Learning



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Orientation for Online Assessment of Learning

The aim and objective of Teacher Education is enhancement of knowledge and the acquired knowledge from various sources are periodically assessed. The pandemic situation developed an uncertainty in the processes of teaching, learning and assessment. To overcome the crisis, the online mode came as a blessing and thus facilitated the students.



Online mode of Education became very common and familiar in the recent years. The widely used Learning Management Systems like Google Classroom helped in developing cordial interaction between the faculty and the students. The missing aspect of live interaction was facilitated through various meet platforms like, Google Meet, Zoom, Go to Webinar etc. The real time interaction, a special characteristic of Teaching was fulfilled through various apps like live white board, Kahoot, etc. The assessment process and the components used in conventional set up were followed as the apps facilitated the College to follow the same. Assignments, Task and Assignments, all Practical components were submitted in the Google classrooms created for different

A handwritten signature in green ink, appearing to be 'S. S. S.', is written over a horizontal line.

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