



PvDT COLLEGE OF Education FOR WOMEN

SSR Year 2017-21

Criterion 6

DOCUMENTS UPLOAD: 6.3.3

Professional Development /Administrative Training Programmes

PVDT College of Education for Women

Professional development /administrative training programs

2017-18

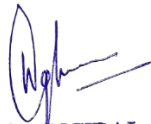
Yoga Workshop

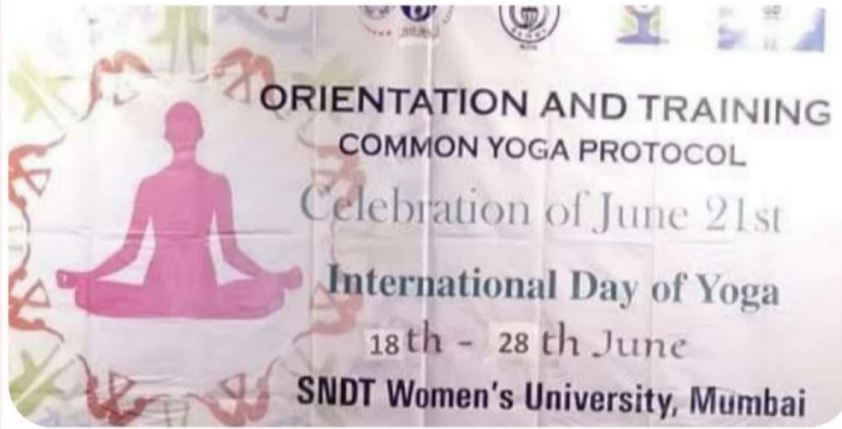
(18 to 28 June)

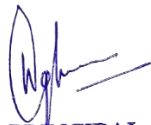
The training program for the teaching and non-teaching staff was organized by the college in collaboration with the Department of Physical Education of SNDT Women's University. Yoga Meditation was included in the training program. All the Teaching and non-teaching staff participated in the program.

List of Participants

Sr.No	Name of Teaching Staff	Name of Non-teaching staff
1	Dr. Meena Kute	Mrs. Ujwala Kadam
2	Dr. Sanjay Shedmake	Mr. Vishal Jadhav
3	Dr. K.V. Deore	Ms. Vrushal Kulkar
4	Dr. Siddhrth Gahtvisave	Mr. Ganesh Gurav
5	Dr. Pravin kale	
6	Mr. Amol Ubale	
7	Dr. Ganesh Chavan	
8	Dr. Mahesh Koltame	
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10	Mr. Rakesh Ramraje	


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2019-20

Development Program on "Empowerment through Digital Technology & E-Learning,"

Development Program on "Empowerment through Digital Technology & E-Learning," is made to give teachers the fundamental digital skills and techniques they need to improve their teaching methods. Participants in this extensive program will take part in practical sessions that cover a range of digital technologies and e-learning strategies. To get the most out of this program, kindly adhere to the timetable and instructions provided.

A major goal of the Faculty Development Program on "Empowerment through Digital Technology & E-Learning," which was held from May 18 to May 30, 2020, was to give educators the abilities they need to effectively use digital tools and e-learning methodologies. The program sought to equip teachers with the tools they need to improve their methods of instruction and offer stimulating learning environments by incorporating technology.

Objective of Program.

This faculty development program's main goal is to equip teachers with the information and abilities they need to successfully incorporate digital technology and e-learning techniques into their lesson plans. Participants in this course ought to be capable of:

1. Use multimedia tools to generate interesting educational content, such as pictures, videos, and audio.
2. Use screen recording and narration techniques to create engaging training films and presentations.
3. Use the Canva design tool to produce graphics, infographics, and other things that are aesthetically appealing.
4. Create multimedia material by combining photographs, movies, and music using the Animoto program.
5. Use the clickable hotspots in Thinglink software to increase the engagement of educational materials.
6. Use Google Forms to create surveys, tests, and assessments for individualized student evaluation.
7. Use Mindmaster Software and mind mapping techniques to graphically organize difficult concepts.
8. Include gamification components while creating interactive tests and fun activities with Kahoot.

9. Use Testmoz to create online tests and assessments that provide students with rapid feedback for improvement.
10. Record and distribute screen recordings for step-by-step instructions using OBS Screen Recorder Software.
11. Use H5P Software to create interactive material, such as quizzes, presentations, and movies.
12. Use Google Classroom to effectively manage online classes, assignments, and communication.

By actively participating in each session, instructors can improve their digital competencies and teaching strategies, which will make their students' e-learning more successful and interesting.

The program's agenda was carefully crafted to guarantee thorough study of crucial digital technologies and techniques:

Day 1 (May 18, 2020): The participants learned about digital resources and had first-hand experience downloading and using pictures, videos, and audio files for educational reasons.

Day 2 (May 19, 2020): Narration and screen recording methods came into prominence. Teachers gained skills in producing captivating instructional videos.

Day 3 (20 May 2020): Canva was investigated as a flexible visual design tool. In order to fascinate learners, participants improved their ability to produce visually engaging materials, infographics, and presentations.

Day 4 (21 May 2020), The Animoto software was unveiled on allowing educators to generate multimedia content by fusing pictures, movies, and music to produce engaging teaching materials.

Day 5 (22 May 2020): Participants used the Thinglink program to make their teaching materials more interactive by integrating clickable hotspots to photos and videos, encouraging student interaction and exploration.

On Day 6 (May 23, 2020), educators learned how to design surveys, tests, and assessments using Google Forms, enabling individualized and effective assessment of student progress.

Day 7 (25 May 2020): The Mindmaster Software session put a focus on mind mapping techniques, which improve teachers' capacity to conceptualize and arrange complicated ideas and enable pupils to understand what they are learning more clearly.

Day 8 (May 26, 2020): Kahoot was investigated as a gamification tool to build interactive tests and activities that would make learning more interesting and fun.

Day 9 (May 27, 2020): With the introduction of Testmoz, instructors can now create online exams and assessments that give quick response and encourage ongoing learning.

On Day 10 (May 28, 2020), participants mastered the OBS Screen Recorder Software, which enabled them to make and share screen recordings and create step-by-step instructional videos.

Day 11 (May 29, 2020): It was investigated whether H5P Software might be used to create engaging interactive presentations, games, and films.

Day 12 (May 30, 2020): The final lesson of Google Classroom offered tips for managing an online classroom effectively, optimizing communications and assignments.

Learning Outcomes:

By the program's conclusion, educators have gained the knowledge and skills to:

- Incorporate multimedia resources to improve instructional content.
- Using a variety of applications, create interesting and interactive learning materials.
- Create screen recordings and narration-enhanced educational films and presentations.
- Make teaching materials that are visually engaging by using graphic design software.
- Incorporate gamification components to enhance the fun and interaction of learning.
- Create and use online tests to enhance student evaluation.
- Use Google Classroom to create a lively and effective online learning environment.

Finally, the Faculty Development Program was successful in equipping teachers with a wide range of digital abilities that allowed them to design engaging and effective e-learning activities, thus raising the standard of instruction they deliver.

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10	Mr. Rakesh Ramraje	

Mr. Pravin Kale and 55 more 3:11 PM You

Prof. RAKESH RAMRAJE

Dr. Anil Ubele

Dr. Meena Kute

Preeti Ubele

Dinkar Chougule

Priti Mishra

Akhlesh Yadav

Dr. Mahesh Koltame

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2018-19

Computer Training Program

(10 August to 14 August 2019)

Four days computer training program was organized by the college for the teaching and non-teaching staff. Various new web resources and applications are covered in the workshop. Dr. Sanjay Shedmake, Dr. Amol Ubale worked as resource person for the workshop.

The following topics are covered

- 1) Multimedia Presentations
- 2) Image and video editing
- 3) Smart Statistics
- 4) Online Quizzes
- 5) Goggle Lens
- 6) Google Map
- 7) Educational Applications
- 8) Google Drive
- 9) Cloud storage
- 10) YouTube channel



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2020-21

Yoga Protocol workshop


The training program for the teaching and non-teaching staff was organized by the college in collaboration with the Department of Physical Education of SNDT Women's University. Yoga Meditation was included in the training program. All the Teaching and non-teaching staff participated in the program.

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Sr.No	Name of Teaching Staff	Name of Non-teaching staff
1	Dr. Subhash Waghmare	Mrs. Ujwala Kadam
2	Dr. K.V. Deore	Ms. Vrushal Kulkar
3	Dr. Siddhrth Gahtvisave	Mr. Ganesh Gurav
4	Dr. Pravin kale	Mr. Vishal Jadhav
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2020-21 Yoga Workshop

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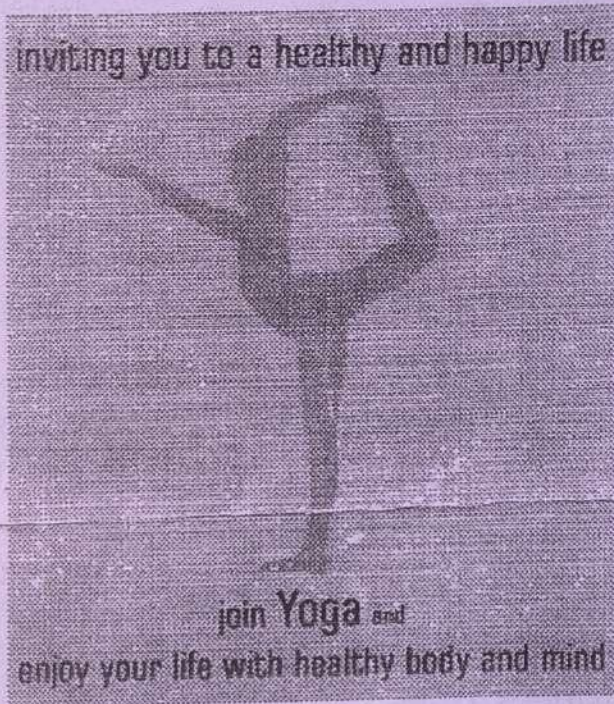
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Introduction to Yoga



by

Anjali Joglekar



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गायत्री मंत्र

ॐ भूर्भुवः स्वः तत् सवितुर्वरेण्यम्
Aum Bhur Bhuv Swah Tat Savitur Varenyam
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्
Bhargo Devasya Dhimahi Dhiyo Yonah Prachodayat

*This Gayatri Mantra is a prayer
to the cosmic energy which is the
universal source of life and a humble
request from it to enlighten, ones
intellectual frontiers*

AUM is the most sacred and powerful mantra. The word AUM combines everything.

A - Vishnu, protector of the world,
U - Shiva, He who balances it
M - Brahma, The Creator.

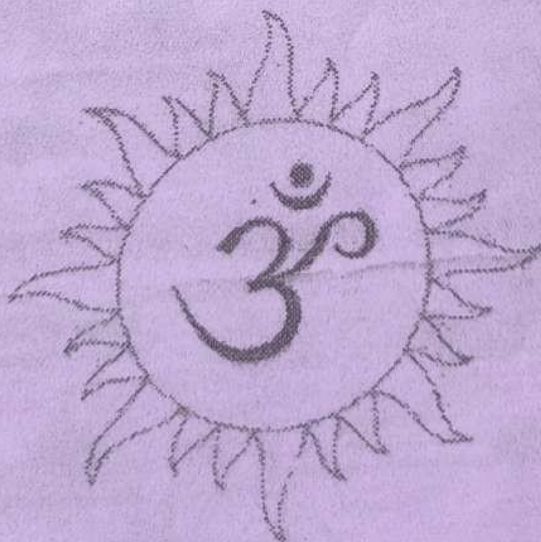
The articulation of O and M influences the nerve channels. AUM stimulates all the vital organs, mainly the brain, heart and stomach right from the navel and keeps the digestive, respiratory and nervous system in good working condition.



Benefits of Yoga.

- ❖ It consists of cleaning, stretching and breathing exercises.
- ❖ Yoga frees you from tension and stress.
- ❖ Normalises your weight and overcomes fatigue.
- ❖ Improves the flexibility of spine and joints by stretching.
- ❖ Improves circulation and calms your nerves.
- ❖ Stimulates vital organs and glands.
- ❖ Gives better posture, improves complexion.
- ❖ Strengthens lungs, heart and internal organs by creating pressure.
- ❖ Improves the quality of sleep.
- ❖ Refreshes your mind and improves regularity.
- ❖ Yoga teaches you how to relax and stay relaxed.
- ❖ It adds poise and confidence.

Yoga is not strenuous because it does not spend your energy. This is because of the scientific stretching method, which removes tension from every part of the body and allows the "Prana" energy to flow freely and naturally. Yoga has a positive approach of relaxation.



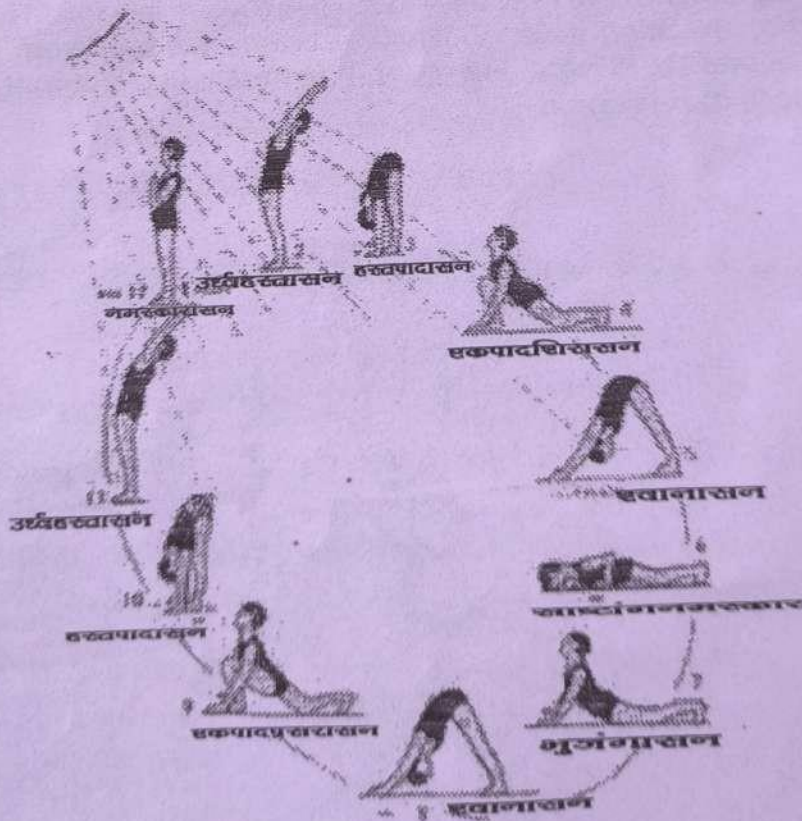
Suryanamaskara

"Surya" is the Sanskrit word for the sun. The sun is the only source of primal and essential energy in life and everything that exists on Earth. Our life is fully dependant on this supreme energy. Suryanamaskara is a kind of prayer to the Sun God mentally and physically to seek the goal of life.

There are ten rhythmic steps in one Suryanamaskara. Each step is accompanied by the chanting of basic *mantra* along with controlled breathing (*Pranayama*), which is an important aspect of this exercise.

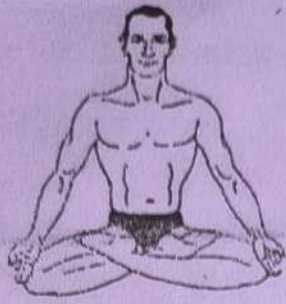
Benefits

- Suryanamaskara combined with the utterance of mantras relaxes, revitalises, and vibrates every fibre, every cell, and every nerve of the body.
- Improves flexibility and strengthens the muscles, organs and joints.
- Improves the functioning of respiratory, circulatory, digestive, excretory and nervous system and also the endocrine system.
- You get mental, emotional and spiritual satisfaction.
- It can be used as a promotive, preventive and curative method for keeping good physical and mental health.



YOGASANAS SITTING POSTURE

Padmasana



Suptavajrasana

सुप्त वज्रासन



Parvatasana

पर्वतासन

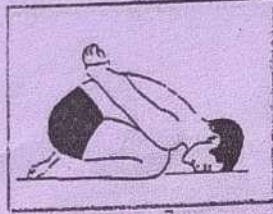


Paschimottanasana

पश्चिमोत्तानासन



Yogmudra



Janushirasana

जानुशीर्षासन



Vajrasana

वज्रासन



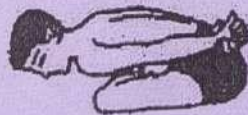
Vakrasana

वक्रासन



Bhujangmasana

भुजंगनासन



Ardhamatsyendrasana

मत्स्येन्द्रासन अर्ध पूर्ण



Ushtrasana

उष्ट्रासन



Gomukhasana

गोमुखासन



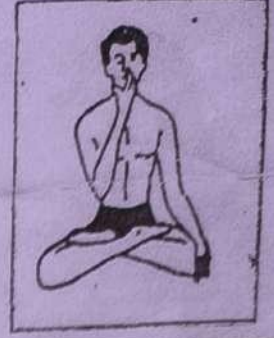
STANDING POSTURES

BREATHING EXERCISES

Tadasana



One Nostril Breathing



Chakrasana



Anuloma Viloma



Trikonasana



Shvasanamargashuddhi



Vrukshasana



Pranayama Breathing

Purak - Kumbhak - Rechak (1:1:2)

1:2:4



Hastapadasana



Omkar

Garudasana



YOGASANA LYING POSTURE

Urdhva Padmasana

उत्तानपादासन



Bhujangasana

भुजंगासन



Viparit Karni

विपरीतकरणी



Naukasana

नौकासन



Halasana

हलासन



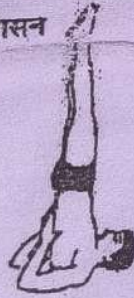
Dhanurasana

धनुरासन



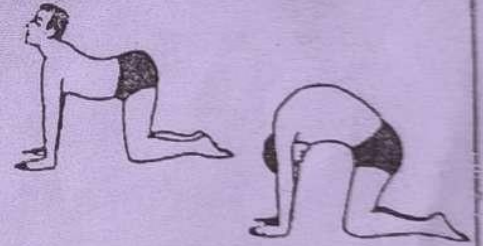
Sarvangasana

सर्वांगासन



Marjarasana

माज्जारासन



Pavanmuktasana

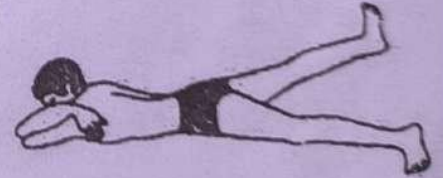
पवनमुक्तासन



Makarasana

मकरासन

(Relaxation Posture)



Shalabhasana

शलभासन



Shavasana

श्वासन

(Relaxation Posture)

