

2.3.6 Institution provides exposure to students about recent developments in the field of education through

1. Special lectures by experts
2. 'Book reading' & discussion on it
3. Discussion on recent policies & regulations
4. Teacher presented seminars for benefit of teachers & students
5. Use of media for various aspects of education
6. Discussions showcasing the linkages of various contexts of education From local to regional to national to global

Date: 10/01/2023 Yoga Training Programme Workshop Invitation

Dear Indhira College of Education Faculty members,

We are pleased to invite you to the Yoga Training Programme Workshop organized by Indhira College of Education.

Time: 10:00 am

Venue: Multi-Purpose Hall, ICOE.

Yoga has become increasingly popular in recent years for its numerous physical and mental health benefits. As educators, we understand the importance of promoting overall well-being among our students, and yoga is a powerful tool to achieve this goal.

Our workshop aims to provide you with valuable knowledge and practical skills in various aspects of yoga practice. The programme will cover topics such as asanas (yoga postures), pranayama (breathing exercises), meditation techniques, and relaxation methods. Additionally, we will discuss the philosophy and principles of yoga, as well as its applications in an education setting.

The workshop will be led by experienced and certified yoga instructors who are passionate about sharing their expertise. By attending this training programme, you will gain confidence in incorporating yoga into your curriculum and learn how to create a positive and peaceful environment for your students.

We believe that this workshop will greatly enhance your teaching abilities and overall well-being. It will also provide you with new and innovative techniques to help your students develop self-discipline, focus, and resilience.

Please bring comfortable clothing suitable for yoga practice, as we will be conducting practical sessions during the workshop. Additionally, it would be beneficial to bring a yoga mat or towel.

We look forward to your presence and your eagerness to explore the world of yoga with us.

Best regards,

Health Committee : Mr.N.Mohana Kannan, Asst. Prof. Indhira College of Education.

Report on Yoga Training Programme Workshop

The Indhira College of Education organized a one-day Yoga Training Workshop on 10/01/2023. The aim of the workshop was to provide participants with theoretical knowledge and practical experience in yoga, enabling them to integrate this ancient practice into their teaching methodologies. The event was attended by 170 participants, including teaching staff, education enthusiasts, and students.

Objectives

- To introduce participants to the fundamentals of yoga practice and philosophy
- To create awareness about the importance of incorporating yoga into daily routines
- To provide practical training on various yoga asanas and their correct execution
- To educate participants about the benefits of yoga for physical and mental well-being
- To equip future teachers with the skills to integrate yoga into their classrooms

Workshop Sessions

The workshop was structured into multiple sessions, each focusing on different aspects of yoga. Prominent yoga instructors and experts were invited as speakers to deliver informative and practical sessions. Some of the key sessions conducted during the workshop were:

- a) Introduction to Yoga: This session provided participants with an overview of yoga's history, principles, and different styles of practice. It highlighted the importance of yoga as a holistic approach to wellness.
- b) Yoga Asanas: Participants engaged in hands-on training, learning and practicing various yoga asanas (poses) under the guidance of experienced instructors. The instructors emphasized proper alignment, breathing techniques, and modifications to accommodate different abilities.
- c) Pranayama and Meditation: This session focused on breathing exercises (pranayama) and guided meditation techniques. Participants learned different breathing patterns to calm the mind, improve focus, and boost energy levels.

d) Yoga in Education: Educators and students pursuing an education degree explored the benefits and practical aspects of incorporating yoga into the educational system. The session emphasized the role of yoga in improving concentration, reducing stress, and promoting overall well-being among students.

Benefits and Takeaways

The workshop provided several benefits and takeaways for the participants, including:

- a) Enhanced Knowledge: Participants gained a deeper understanding of yoga as a holistic practice and its potential impact on physical and mental well-being.
- b) Improved Skillset: Attendees acquired practical skills and techniques to perform various yoga asanas effectively and safely.
- c) Stress Reduction: The breathing exercises and meditation techniques taught during the workshop provided participants with tools to manage stress and anxiety in their daily lives.
- d) Classroom Integration: Education students specifically benefited from learning how to incorporate yoga into their teaching practices, thereby promoting a balanced and healthy learning environment.

Conclusion

The Indhira College of Education's workshop on Yoga Training Programme successfully achieved its objectives of familiarizing participants with yoga's principles and techniques. The informative and practical sessions provided valuable knowledge and skills to both students and teachers at the college. The event has contributed to raising awareness about the significance of yoga in enhancing physical and mental well-being.

SEMINAR ON NEP 2020
CIRCULAR- 20/12/2022

Dear Indhira College of Education Faculty members,

We are pleased to invite you to a seminar on the recently announced National Education Policy 2020. This seminar aims to provide educators, policymakers, and stakeholders with an in-depth understanding of the key provisions of the new education policy and its implications for the Indian education system.

Date: 22/01/2023

Time: 10:00 am

Venue: Auditorium, Phase II- PDCH.

Resource Person: Dr.Regina Joel

Key highlights of the seminar include:

- Overview of the National Education Policy 2020
- Key provisions for school education, higher education, and vocational education
- Implementation strategies and timelines
- Opportunities and challenges for stakeholders

This seminar will feature presentations by renowned experts in the field of education and interactive discussions to facilitate a comprehensive understanding of the new policy framework.

We believe that this seminar will be of great value to all those interested in shaping the future of education in India. We look forward to your participation and contribution to this important discourse.

Please register your name to confirm your attendance. For more information, please contact Dr.M.P.Rama Priya at 98410 49379

We look forward to welcoming you at the seminar.

Sincerely,
Dr.M.P. Rama Priya
Indhira College of Education.

SEMINAR ON NEP 2020

REPORT

22/12/2022

On 22nd December 2022, a seminar on the National Education Policy (NEP) 2020 was conducted at our institution. The resource person for the seminar was Dr. Regina Joel, an esteemed academician and expert in the field of education policy.

Dr. Regina Joel started the seminar by providing an overview of the NEP 2020, highlighting its key provisions and objectives. She emphasized the importance of the policy in transforming the education system in India and catering to the needs of the 21st-century learners.

The seminar delved into various aspects of the NEP 2020, including the focus on holistic and multidisciplinary education, flexible curricula, skill development, and the use of technology in learning. Dr. Regina Joel also discussed the initiatives and reforms that need to be implemented to effectively implement the policy at all levels of education.

The seminar was interactive, with participants engaging in discussions and asking questions to clarify their doubts. Dr. Regina Joel provided valuable insights and perspectives on the NEP 2020, guiding participants on how they can contribute to its successful implementation in their respective roles as educators, policymakers, and students.

The seminar on the NEP 2020 conducted by Dr. Regina Joel was insightful and informative, providing a comprehensive understanding of the policy and its implications for the future of education in India. Participants left the seminar with a renewed enthusiasm and commitment to align their efforts with the objectives of the NEP 2020.

PREPARATION OF LOW COST TEACHING AIDS

The Indhira College of Education recently organized a workshop on the preparation of low-cost teaching aids for educators in the region. The workshop aimed to provide teachers with innovative and cost-effective methods to enhance their teaching practices and engage students in more interactive and impactful learning experiences.

The workshop featured several sessions on the importance of using teaching aids in the classroom, the benefits of low-cost teaching aids, and practical demonstrations on how to create various teaching aids using readily available materials. The sessions were facilitated by experienced educators and experts in the field of education.

Participants learned how to create teaching aids such as flashcards, charts, models, and

games using materials such as cardboard, colorful paper, markers, and recycled items. They were also introduced to digital tools and apps that can be used to create interactive multimedia teaching aids.

The workshop received positive feedback from the participants, who appreciated the hands-on approach and practical tips provided during the sessions. Many teachers expressed enthusiasm about implementing the techniques they learned in their classrooms to make learning more engaging and effective for their students.



Introduction in Augmented Reality in Teaching

Augmented Reality (AR) is a technology that superimposes computer-generated images and information onto a user's view of the real world, providing an interactive and immersive experience. In recent years, AR has gained popularity in various industries including education, as it enhances the learning process by providing a more engaging and interactive learning experience.

Indhira College of Education has recognized the potential of AR in teaching and has introduced this technology in their classrooms to enhance the teaching-learning process. The use of AR in education can help in making abstract concepts more tangible and easier to understand, thus improving student engagement and retention of information.



ACTIVE LEARNING METHODS IN LEARNING

Active learning methods have been successfully implemented at Indhira College of Education to enhance the learning experience of students and provide them with a more engaging and interactive education. These methods shift the focus from traditional teacher-centered instruction to student-centered learning, where students take an active role in their own learning process.

One of the active learning methods used at Indhira College of Education is collaborative learning. This involves students working together in groups to solve problems, complete projects, or discuss course material. By working collaboratively, students are able to share ideas, perspectives, and knowledge, which can lead to a deeper understanding of the subject matter.



‘BOOK READING’ AND DISSCUSSION ON IT

Book reading practice and discussion are two activities that go hand in hand when it comes to enhancing one's reading skills and comprehension. These activities are commonly used in educational settings, book clubs, and other group settings to encourage and engage readers in critical thinking and analysis.

Engaging in book reading practice involves regularly reading books of various genres and topics to improve reading skills and expand one's knowledge and perspective. This practice allows individuals to develop their vocabulary, comprehension, and critical thinking skills. Reading books also helps to improve concentration and focus, as readers need to stay engaged with the text to understand the storyline and characters.



Discussion and Recent Policies and Regulation

As of our latest meeting this month, the faculty and staff of Indhira College of Education have been actively discussing and implementing new policies and regulations to ensure the overall well-being and success of our students. Our aim is to create a safe and inclusive learning environment that supports the academic growth and personal development of all individuals.

One of the recent policies that has been put into place is a stricter attendance policy, which emphasizes the importance of regular attendance and active participation in classes. This policy is intended to help students stay on track with their studies and maximize their learning potential. We have also introduced a new grading system that places a greater emphasis on continuous assessment rather than relying solely on final exams.

In addition, we have implemented new guidelines for student conduct and disciplinary actions to maintain a respectful and professional atmosphere on campus. This includes promoting ethical behavior, fostering a culture of mutual respect, and addressing any instances of misconduct in a timely and fair manner.

Furthermore, we have been actively reviewing and updating our curriculum to ensure that it remains current and relevant to the changing needs of the education sector. This includes incorporating new teaching methodologies, technologies, and best practices to enhance the quality of education that we provide to our students.

These recent policies and regulations reflect our ongoing commitment to excellence in education and our dedication to supporting the success of our students. We will continue to work closely with all stakeholders to implement these changes effectively and to create a positive and nurturing learning environment at Indhira College of Education.

