

Date: 5 / 11 / 2020

Certificate Course in Heartfulness Education

Course Name: Heartfulness Education

Course Organizer: Dr. Sr. Tanuja Waghmare, Principal, St. Teresa's Institute of Education

Collaboration: Heartful Education Trust

Course Co-ordinators:

- Dr. Joan Lopes, Assistant Professor, St. Teresa's Institute of Education
- Dr. Reshma Rodrigues, Assistant Professor, St. Teresa's Institute of Education

Resource Person/s: Heartfulness Education Team

Certifying Agency: St. Teresa's Institute of Education & Heartfulness Education

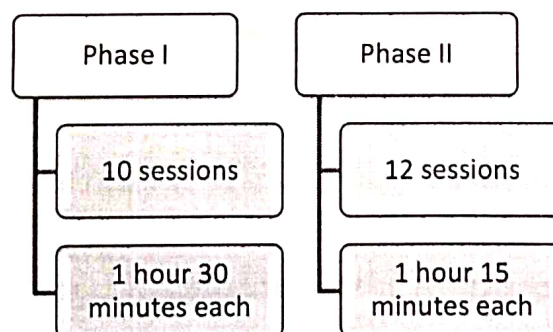
Course Credits: 3

Course Duration: 30 Hours

Objectives of the course:

- To expose them to the 21st century styles of learning and their implementation in the classroom.
- To give students an experience of Heartfulness techniques, and how to teach them to others.
- To make students confident to work efficiently as a teacher of principles and values.

Course structure:



Course content:

Session No.	Phase I (5 days – 15 hours)	Phase II (12 days – 15 hours)
1	Heartfulness Relaxation and Meditation	Resilience in Crisis
2	A Heartful Teacher	Self-Leadership
3	Heartfulness Rejuvenation	Gratitude
4	Facilitation skills	Power Thoughts
5	Heartfulness Inner Connect	Compassion
6	Heterogeneous Learners	Heartful Relationship
7	Inspired Living	Aspirations
8	Heartful Communications	Anger Detox
9	Heart-centred Education	Heartfulness Yoga
10	Conclusion and Feedback	Fear Detox
11		Inner and Outer Balance
12		Teacher as a catalyst

We intend to conduct this course for our student-teachers at St. Teresa's Institute of Education and thus seek your approval as the CDC members.

Members present for the meeting:-

Sr. No	Name of the Members	Designation	Signature
1	Sr. Wilma Mendes	Chairperson of the Management	<i>W. Wilma</i>
2	Sr. Clare D'souza	Secretary of the Management	<i>Sr. Clare</i>
3	Fr. Frazer Mascarenhas	Local Member : Education Field	<i>Frazer Mascarenhas</i>
4	Mr. Francis Athaide	Local Member : Industry Field	<i>F. Athaide</i>
5	Dr. Indu Garg	Local Member : Research Field	
6	Sr. Delicia Fernandes	Local Member : Alumnus	<i>Sr. Fernandes</i>
7	Dr. Sr. Tanuja Waghmare	Principal of the College	<i>Dr. Tanuja</i>
8	Dr. Giselle D'souza	Head of the Dept. nominated by Head of the Institution	<i>Giselle</i>
9	Dr. Sheela Philip	IQAC Coordinator	<i>Sheela Philip</i>
10	Dr. Joan Lopes	Teachers Elected	<i>Joan Lopes</i>
11	Dr. Cindrella D'Mello		<i>Cindrella</i>
12	Dr. Cerena D'Cunha		<i>Cerena</i>
13	Ms. Annabelle Dcruz	Secretary of the Student Council (G.S)	
14	Mrs Colleen M. Fernandes	Non-teaching staff Elected	<i>Fernandes</i>

Add-on course

Course Title: Tech-fluent Teachers

Objectives of the course:

1. To create student-teachers who are adequately empowered to use various technological tools, applications and software in the teaching-learning process.
2. To acquaint student-teachers with various technological tools, applications and software in the teaching-learning process.
3. To provide opportunities for hands-on experiences with respect to various technological tools, applications and software to the student-teachers

Structure of the course:

Duration of the course: 8 months (30 hours)

Academic Year – 2020-2021

Participants – S.Y.B.Ed.

No. of participants: 48

No. of Sessions – 15 (one hour each)

No. of assignments – 15 assignments

Criteria for certification: Attendance for the sessions and submission of the assignments.

No. of modules: 03

No. of phases: 03 (5 sessions in each phase)

No. of credits: 02

Expected outcomes of the course:

1. Student-teachers will be empowered to use different technological tools in the online teaching-learning process.
2. Student-teachers will be able to deliver online lessons effectively.

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Members present for the meeting:-

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