



ST. TERESA'S INSTITUTE OF EDUCATION

**Brochures and Course content along with CLOs of
Value-Added Courses (2018-2019)**



MSCIT Course

St. Teresa's Institute of Education

Ms-Cit Course

February – March , 2019

Course co-ordinator : Dr. Joan Lopes

Instructor : Ms. Sharmila

Course center : Vasai



Course Objectives :



- To teach future facilitators about the upcoming technologies as well as to brush up their basics of computers.
- To develop required computer skills in the future facilitators help them to sustain in this growing world of technology



Course Outcome :

- The course will help the participants gain an excellent exposure and experience of various computer skills which would be like a new tech-jewel to their crown of already being a 21st century tech-savvy teacher.
- The certificate received from this course will add weight to their resumes.



YOGA CERTIFICATE COURSE

St.Teresa's Institute of Education

YOGA CERTIFICATE COURSE

Ambika Yogashrame, Thane



November – January , 2018-19

Resource Person/s : Members of the Ambika
Yogashrame, Thane

Course Co-ordinator : Dr.Joan Lopes , Assistant
Professor, St.Teresa's
Institute of Education

Duration : 30 hours

Course credit : 3

Course Objectives : ~ To create awareness about the good health among young generation.
~ To introduce the Asanas which are useful for good health.

Course Outcome : ~ The student-teacher will be able to demonstrate proficiency at the poses covered in yoga course.
~ The student-teacher will be able to increase their dynamic flexibility and be able to perform proper breathing techniques.

Course Content :

Action Plan	Activity	Duration
Orientation	Orientation to Yoga course	2 hours
Yoga Asanas (1 hour training and 1 hour for practice)	Karadarsan , Nebraska Asanas	2 hours
	Pranakarshan , Vajrasan	2 hours
	Bramha Mudra , 3 types	2 hours
	Jaladhuti , Kapalbhathi	2 hours
	Padmasan , Mulbandha	2 hours
	Nman Mudra, Yoga mudra	2 hours
	Prathna - Meaning , Aahar	2 hours
	Ashwini Mudra, Ganesh Dhauti	2 hours
	Shitali , Shitakri	2 hours
	WausarYam ki Jankari	2 hours
	Agnisar, Uddyan	2 hours
	Niyam ki Jankari	2 hours
	Practice	2 hours
	Practice	2 hours
	Total duration	30 hours



PERSONALITY DEVELOPMENT COURSE



St. Teresa's Institute of Education

Santacruz West, Mumbai - 400 054

**ORGANISES
A VALUE-ADDED CERTIFICATE COURSE**

on

Personality Development

COURSE DURATION: 20 HOURS

NO. OF CREDITS: 2

TOTAL NO OF SESSIONS: 5

Commencing

in

November 2018

**COURSE CO-ORDINATOR
DR. GISELLE D'SOUZA**

RATIONALE:

Keeping in mind the fact that teachers are role models to be emulated by students, it becomes imperative that they exhibit exemplary character, are well groomed, resilient in their approach and above all are well balanced personalities. Building their communication skills and orienting them to a gamut of innovative teaching-learning strategies would give them an extra edge over ordinary teachers. It was with this view in focus that St. Teresa's Institute of Education decided to launch the Personality Development course to train student teachers in a wide arena of skills needed to lead learners of the 21st Century.

COURSE OUTCOMES:

On completion of this course student-teachers will be able to:

- ✓ Develop a positive self-concept and high self-esteem
- ✓ Speak with confidence, clarity and conviction.
- ✓ Be transformed into effective communicators
- ✓ Hone qualities of head, hand and heart.
- ✓ Evolve into well balanced all rounded personalities.
- ✓ Adopt a resilient approach in their career as teachers.

COURSE INSTRUCTORS:

- ✓ Mrs Ninette D'souza, Assistant teacher, Canossa Convent High School, Mahim
- ✓ Mrs. Nirmala D'mello, Human Resources Professional

COURSE CONTENT:

MODULE	TITLE	HOURS
MODULE 1	Self-discovery and Self-development, Building of Self-esteem	3
EVALUATION	Participation in activities/completion of worksheets.	1
MODULE 2	Grooming and Etiquette	3
EVALUATION	Participation in activities/role playing / completion of worksheets.	1
MODULE 3	Communication and Presentation skills	3
EVALUATION	Participation in activities /extempore speaking / completion of worksheets.	1
MODULE 4	Situational and Social leadership	3
EVALUATION	Participation in activities / situation analysis / completion of worksheets.	1
MODULE 5	KSA module	3
EVALUATION	Participation in activities / brainstorming / cooperative learning strategies / completion of worksheets.	1
TOTAL HOURS		20

COURSE TITLE: Personality Development Course

ACADEMIC YEAR: 2018-19

RATIONALE:

Over emphasis on pedagogical skills and academic credentials of teachers has become a recent trend in our present times. Somewhere down the line, the importance of holistic development and qualities of head-hand and heart have lost focus in the teacher training programme. Keeping in mind the fact that teachers are role models to be emulated by students, it becomes imperative that they exhibit exemplary character, are well groomed, resilient in their approach and above all are well balanced personalities. They also need to be taught how to hone leadership skills so that they may empower the student fraternity they interact with. Building their communication skills and orienting them to a gamut of innovative teaching-learning strategies would give them an extra edge over ordinary teachers. It was with this view in focus that St. Teresa's Institute of Education decided to launch the Personality Development course to train student teachers in a wide arena of skills needed to lead learners of the 21st Century.

COURSE OBJECTIVES:

- To lead student-teachers through a journey of self-discovery
- To train student teachers in personal etiquette and staffroom ethics
- To foster holistic development of student-teachers.
- To enhance the skills of head, hand and heart.
- To train student-teachers in soft skills.
- To help student-teachers evolve into confident communicators.
- To help student-teachers build leadership skills.
- To orient student-teachers to the new trends in knowledge, skills and attitudes needed to become successful teachers.
- To groom student-teachers into effective personalities.

COURSE OUTCOMES:

On completion of this course student-teachers will be able to:

- ✓ Develop a positive self-concept and high self-esteem
- ✓ Speak with confidence, clarity and conviction.
- ✓ Be transformed into effective communicators
- ✓ Hone qualities of head, hand and heart.
- ✓ Be efficient in the use of innovative teaching strategies so as to make learning interactive and interesting.
- ✓ Become empowered leaders who can be agents of change.
- ✓ Acquire a change in mind-set, through the inculcation of right attitudes and skills to enhance their teaching-learning transactions.
- ✓ Evolve into well balanced all rounded personalities.
- ✓ Adopt a resilient approach in their career as teachers.

COURSE FRAMEWORK:

- ✓ 5 Training Sessions of 4 hours each.
- ✓ EACH Session will comprise of 1 Module.
- ✓ EACH Module will comprise of a theme related to Personality Development.
- ✓ EACH Module will consist of 3 hours (0.3 credits) of inputs through lecture /presentation and one hour (0.1 credit) allotted to participation of students in different activities conducted during that session.
- ✓ Sessions would be conducted using PPT, games, and the like, so space would be a necessity.
- ✓ Worksheets if any will be provided and completed within the session.
- ✓ Sessions would be conducted using PPT, games, and the like, so space would be a necessity.
- ✓ 0.1 Credit will be assigned per hour.
- ✓ Thus the course will be of 20 hours duration and 2 credits.

MODE OF INSTRUCTION:

- ✓ Face to Face Interaction

MEDIUM OF INSTRUCTION:

- ✓ English

PROPOSED TARGET AUDIENCE:

- ✓ Semester I and Semester III B.Ed. Students

COURSE CO-ORDINATOR:

- ✓ Dr. Giselle D'souza, Associate Professor, St. Teresa's Institute of Education, Santacruz West, Mumbai.

COURSE INSTRUCTORS:

- ✓ Mrs Ninette D'souza, Assistant teacher, Canossa Convent High School, Mahim
- ✓ Mrs. Nirmala D'mello, Human Resources Professional

COURSE CONTENT:

MODULE	TITLE	CREDITS	HOURS
MODULE 1	What does Personality Development include? - A journey to self-discovery, to recognize our strengths and weaknesses, tips on how to write attractive CV's, how to ace an interview, how to develop your innate personality. Self-development will include developing a positive attitude in one's self and in the children and maintaining the self-esteem of the child.	0.3	3
EVALUATION	Participation in activities / completion of worksheets.	0.1	1
MODULE 2	Grooming and Etiquette – includes the language, attire, mindset, behaviour expected of a Teacher, Staffroom ethics.	0.3	3
EVALUATION	Participation in activities / role playing / completion of worksheets.	0.1	1
MODULE 3	Communication and Presentation skills – will focus on Presentation of Self and of Lessons (content)	0.3	3
EVALUATION	Participation in activities / extempore speaking / completion of worksheets.	0.1	1
MODULE 4	Situational and Social leadership – need of the hour for Teachers looking to bring about a change in society.	0.3	3
EVALUATION	Participation in activities / situation analysis / completion of worksheets.	0.1	1
MODULE 5	KSA module- making it a point to gain in an entire year any new knowledge, develop a new skill, or attitude.	0.3	3
EVALUATION	Participation in activities / brainstorming / cooperative learning strategies / completion of worksheets.	0.1	1
TOTAL CREDITS / HOURS		2	20