

# NKT NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

UGC AUTONOMOUS GRANT GUEST LECTURES

2019-2020



## **UGC Autonomous Grant Guest Lecture**

### **STUDY WEBS OF ACTIVE-LEARNING FOR YOUNG ASPIRING MINDS (SWAYAM)**

**Dr. M. MAHALAKSHMI**

**Librarian, Stella Maris College (Autonomous)**

**12<sup>th</sup> November 2019**

Dr. M. Mahalakshmi is a Librarian of Stella Maris College, Chennai. She has completed her B.Sc., MLIS, M.Phil, Ph.D. and has also cleared the NET Examination. She has a vast experience of over 20+ years in the field of Library and Information Science. She has worked in many reputed Libraries like American Center, British Council, Sankara Nethralaya and CSC (I) Pvt. She is the Single Person of Contact (SPOC) for the NPTEL programme for which Stella Maris College has established a Local Chapter with 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 was invited as an External Academic Auditor for the Department of Library to Patrician College of Arts and Science, Chennai for three consecutive years. She was also invited to participate in the Round table discussion on “Core Competencies of New Age Librarians” on 16 October, 2017 at American Center.

The discussion was led by Dr. Mohan Ramasamy, Associate Head, North Carolina State University and moderated by Mr. Eric T. Lund, Cultural Affairs Officer, U.S. Consulate General, Chennai. She received Best National Librarian Award on 12<sup>th</sup> August 2018 from Madras Library Association. 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 Circulation process and Inventory control. As a person with rich experience she has invited to deliver a Guest lecture on SWAYAM (Study Webs of Active–Learning for

Young Aspiring Minds) on 12<sup>th</sup> November 2019 for the first year B.Ed. and B.Ed. (Special Education) Student-teachers.

The lecture was delivered with the help of Power point presentation. After the presentation a live demonstration of the SWAYAM portal was shown to the students explaining each and every icon listed in the website. Registration can be done by creating user name 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 were practiced by the students.

The following features of SWAYAM were presented using the Power point 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 Ministry of Human Resource Development, Government of India. Professors of centrally funded institutions like Indian Institute of Technologies (IITs), Indian Institute of Managements (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 underprivileged and to those who are not able to join the main stream of education. The other objectives being 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 life-long 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 downloaded/printed
- (3) Self-assessment tests through tests and quizzes and
- (4) An online discussion forum for clearing the doubts.

### **Salient Features of SWAYAM**

- The courses contents in SWAYAM are prepared by the 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 for which University Grants Commission (UGC) has issued a framework in 2016.
- Colleges can establish Local chapters with SWAYAM Coordinators and monitor the students from their Colleges who have enrolled for the SWAYAM Courses
- 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 best quality content are 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 Education**

## **Registration for Swayam**

One can sign into SWAYAM portal using their Microsoft account, Google account or Facebook account. Apart from these three options, one can register giving user name and password also.

## **Surfing SWAYAM Portal**

After signing in, one can search the course catalogue 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 enrol, one can see the course layout, syllabus, prerequisite, Level of the courses, 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. A welcome mail would appear in their registered email which ensures they have been enrolled. The links of 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 centres on specified dates. The examination is held online. Examination is conducted by National Testing Agency (NTA). Nominal Fee has to be paid for the Examination. Pass mark for the final Examination is 40%.

## **Consolidated Feedback**

Dr. M. Mahalakshmi's delivered a Guest lecture on SWAYAM (Study Webs of Active– Learning for Young Aspiring Minds) on 12<sup>th</sup> 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 power point presentation. The students stated that her lecture was interesting and they learnt 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 in the website. After the demonstration, hands on experience in registering / logging into the SWAYAM portal were practiced by the students.

Our students involve themselves to register their name by creating user name and password while logging can be done using the students' already existing Microsoft account, Google, or Facebook account. Our students thanked Dr. M. Mahalakshmi for spending their quality time with us. The student said that the session went very interesting and the lecture was very helpful to understand about SWAYAM courses. The student liked the interaction and conversation with them. Her language was comfortable and audible.

## **UGC Autonomous Grant Guest Lecture**

### **ENHANCING LIFE SKILL TRAINING**

**Mr. K. Subramani, (NLP) Trainer**

**6<sup>th</sup> December, 2019**

The life skill training for Teacher Education commenced with a prayer song followed by welcome address by our College Principal Dr. S. Chamundeshwari at 10 am on 6<sup>th</sup> 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 the 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. 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 hr 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 finites of time.

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.

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

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

He also emphasized on 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 the 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 about the levels within oneself – Alpha, Beta and Theta and made the student teachers to feel the alpha state and asked to follow the mindfulness technique everyday to be successful.

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

### **Consolidated Feedback**

1. The student teacher realized their poor time management skill.
2. Time management and power of positive thinking was more effective topic

on real life situation and work environment.

3. Students enjoyed with variety of activity related to time management
4. The session was very interesting and feels inspired as teachers they will surely apply the life skill in their through life.
5. On the whole the entire session was very informative and interactive, which profited all the participants enormously.

## **UGC Autonomous Grant Guest Lecture**

### **POWER OF POSITIVE THINKING**

**Mrs. Srividhya Sudharshan,**

**Psychologist**

**6<sup>th</sup> December, 2019**

Mrs. Sri Vidhya Sudharshan is a school psychologist with eighteen years of progressive experience in the field of educational psychology. She founded TRANSCEND – center in 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. She has 20 years of progressive and rich experience in School Counseling and Training.

#### **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 a way 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 Log 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.

### **Consolidated Feedback**

Mrs. Srividhya Sudharsan’s class was excellent. The students were 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 student said 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.

## **UGC Autonomous Grant Guest Lecture**

### **CREDIT BASED ACADEMIC SYSTEM**

**Prof L.S. Ganesh**

**Department of Management Studies, IIT Madras**

**16<sup>th</sup> December, 2019**

Prof. L.S. Ganesh of DOMS, IIT Madras was invited to present a lecture on Credit Based Academic System on the 16<sup>th</sup> 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.

#### **Importance of Course Credit**

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 as 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 are 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 workload, 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.

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 was 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.

## **Consolidated 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 comfortable and clear.



## **UGC Autonomous Grant Guest Lecture**

### **ROLE AND GOVERNANCE OF AUTONOMOUS COLLEGE**

**Dr. R. Manivannan**

**Professor and Head of the Department of Politics and Public Administration,**

**University of Madras**

**7<sup>th</sup> January, 2020**

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 7<sup>th</sup> of January, 2020 at NKT National College of Education for Women.

Dr. Ramu Manivannan is a teacher-social activist engaged at the grassroots with the human rights and other social movements in India and South East Asia. He has trained more than 500 teachers from the Tibetan Community spread across India, Nepal and Bhutan. He has been instrumental in the development and implementation of the Basic Education Policy (BEP) of the Tibetan Government. He has also contributed to the development of curriculum for the Myanmar refugees Community. He was a Fellow of the United National University, Tokyo. He taught in Delhi University for 18 years before joining the University of Madras. He has founded 15 Non-formal schools for the tribal children. His Awards include the ‘Life Time Achievement Award’ and the ‘Best Teacher Award’. He has published 7 books and many articles.

#### **Introduction**

He commenced his lecture by quoting ‘Autonomy’ in simple terms being ‘Freedom with Responsibility’. He spelt 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 over all. 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, caliber of students, availability of resources-both human 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. The 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 the ‘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.

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 with the recent trends.
- Content and quality of the syllabus should never be compromised upon.
- 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 live with the guidelines of 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.

### **Consolidated Feedback**

Dr. R. Manivannan delivered a Guest lecture on Role and Governance of Autonomous College on 7<sup>th</sup> January, 2020 for both faculty and students of our College. His session was excellent. The lecture was delivered with the help of power point presentation. The faculties stated that his lecture was interesting and they learnt many things about the

role and governance on autonomous Colleges. Our faculties involve 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.

## **UGC Autonomous Grant Guest Lecture**

### **POSITIVE COMMUNICATION TECHNIQUES**

**V. Palanichami, IIS,**

**Director, All India Radio**

**24<sup>th</sup> January, 2020**

A guest lecture was held on 24<sup>th</sup> January, 2020 on the Importance of developing the positive communication techniques and the role of communication in our daily life. The Guest Speaker V. Palanichami IIS Director-All India Radio. He was working as a sensor officer also him working as an Information officer from Delhi 1998 to 2001. 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 conducted to provide the student-teachers the insight of 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 life skill that enables the student-teachers to better understand and connect with the people around. He also shared that lack of effective communication inadvertently leads to conflict and frustration in both professional and personal relationships. He suggested the ways to increase self confidence by doing meditation and participating in different activities which will help to remove the stage fear. 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 collaborate and communicate with different types of people.

Having a strong work ethic, professionalism, power to inspire others and resolve conflicts, 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 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.

### **Consolidated Feedback**

The guest lecture was interesting and gave us all the opportunity to learn many things in regard to importance of developing the 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, identify, build and improve their professional image, enhance awareness towards one's role in the organization, 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, Developing effective verbal communication, Importance of grooming and etiquette and cross cultural communication.

## **UGC Autonomous Grant Guest Lecture**

### **DANCE AND DRAMA IN EDUCATION**

**Mrs. T. M. Sridevi,**

**Bharathanatiam Dancer**

**14<sup>th</sup> February, 2020**

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 under the tutelage of Padmashri Prof. SUDHARANI RAGHUPATHY. She has given over 450 performances till now. She performed her ARANGETRAM on 14-08-2002 at Bharathiya Vidhya Bhavan, Chennai. She is also a recipient of the central government, CCRT scholarship in the year 2003. She was conferred the very prestigious "YUVA KALA BHARATHI" award from the esteemed BHARATH KALACHAR in the year 2013. In June 2016, Mrs. Sridevi has founded an arts centre - 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 into. 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 as for example dancing brings us at a freshman to our body and we are also feeling very happy in our hearts when we're doing something that we like. Give out the full heartedness in an art form it really takes all the stress and anxiety in our body.

She stated that lot of problems may arise when we learn an Art form but with have to tackle it through our intelligence. As we dance a 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 opens up our art form. Hottest 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 as various postures in Bharatanatyam and also told is the importance of Brahma Sutra, A from 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 form is 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? After all this. Mrs. DM Sridevi beautifully danced for a song and completed the session.

## **BHARATNATYAM**

One of the most important classical art forms of 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 gets better. The fitness of the body remains at its peak.

Classifications of Bharatnatyam

Nritia – movements / steps/ Adavus

Abinaya – depicting emotions or expressions

Natya- where movement meets expressions

## **Mudras**

Mudras or Hand gestures are a key aspects of Bharatnatyam. Also it is important to know that these are inspired from human actions, and these mudras although are classified / codified in the Natya shastra, They are primarily inspired from human action, these mudras are a 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, any 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.

### **Consolidated Feedback**

The session of Dance and Drama in Education was so interesting with lot of facts about dance. She carried herself in a positive way which inspired many of the students. She told many facts of correlation of dance with day to day life activities which was interesting. She gave different perspectives of dance in education with its importance. She played herself with lot of mudras and came up with lot of enthusiastic ideas which was 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.

## **UGC Autonomous Grant Guest Lecture**

### **ENHANCE PERSONALITY THROUGH HEALTH AND FITNESS**

**Dr. J. Glory Darling Margaret**

**Assistant Professor,**

**YMCA College of Physical Education, Chennai**

**14<sup>th</sup> February, 2020**

The afternoon session on 14<sup>th</sup> February 2020 a guest lecture was handled by Dr. J. Glory Darling Margaret, Assistant Professor in YMCA College of Physical Education. She is specialized in sports psychology and track & field. 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 an ever-changing world. Fitness makes the children psychologically, physically and physiologically active. Regular physical activity provides numerous health and cognitive functioning because inactivity has been found to be significantly related to coronary artery disease, obesity, hypertension and diabetes mellitus.

#### **Importance of Fitness**

Five basic components of fitness are important for good health: 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 neuromuscular co-ordination of our body which ultimately help us to increase the fitness, only due to the participation in games and sports.

## **Posture**

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. The key to good posture is the position of your spine. Your spine has three natural curves - at your neck, mid back, and low back. Correct posture should maintain these curves, but not increase them. Your head should be above your shoulders, and the top of your shoulder should be over the hips.

### **How postures affect health?**

Poor posture can be bad for your health. Slouching or slumping over can

- Misalign your musculoskeletal system
- Wear away 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
- Make it harder to breathe

### **Good Posture**

- Keeps bones and joints in the correct alignment so that muscles are being used properly.

- Helps decrease the abnormal wearing of joint surfaces.
- Decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents backache and muscular pain.
- Contributes to a good appearance.

**To Achieve Good Posture you will require the following:**

- Good muscle flexibility
- Normal motion in the joints
- Strong postural muscles
- A balance of muscles on both sides of the spine
- Awareness of your own posture, plus awareness of proper posture which leads to conscious correction.

With practice, the correct posture for standing, sitting, and lying down will gradually replace your old posture. Good posture is about more than standing up straight so you can look your best. It is an important part of your long-term health. Making sure that you hold your body the right way, whether you are moving or still, can prevent pain, injuries, and other health problems.

**Improve posture when sitting**

Many of us spend a lot of their time sitting - either at work, at school, or at home. It is important to sit properly, and to take frequent breaks:

- 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 backrest 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.

### **Improve posture when standing**

- 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

### **Improve posture in general**

- Be mindful of posture during everyday activities, like watching television, washing dishes, or walking
- Stay active. Any kind of exercise may help improve posture, but certain types of exercises can be especially helpful. They include yoga, tai chi, and other classes that focus on body awareness. It is also a good idea to do exercises that strengthen core (muscles around your back, abdomen, and pelvis).

- Maintain a healthy weight. Extra weight can weaken your abdominal muscles, cause problems for your pelvis and spine, and contribute to low back pain. All of these can hurt posture.
- Wear comfortable, low-heeled shoes. High heels, for example, can throw off your balance and force you to walk differently. This puts more stress on your muscles and harms your posture.
- Make sure work surfaces are at a comfortable height for you, whether you're sitting in front of a computer, making dinner, or eating a meal.

## **Balanced Diet**

A balanced diet is a 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.

## **Health Benefits of Eating Well**

A well-balanced diet provides all of the:

- energy you need to keep active throughout the day
- nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness, such as some cancers

- Keeping active and eating a healthy balanced diet can also help you to maintain a healthy weight.
- Deficiencies in some key nutrients - such as vitamin A, B, C and E, and zinc, iron and selenium - can weaken parts of your immune system.
- More about vitamins, minerals and nutrients
- Type 2 diabetes: Maintaining a healthy weight and eating a balanced diet that's low in saturated fat and high in fiber found in whole grains can help to reduce your risk of developing type 2 diabetes.

### **Heart Health**

- A healthy diet rich in fruits, vegetables, whole grains and low-fat dairy can help to reduce your risk of heart disease by maintaining blood pressure and cholesterol levels.
- High blood pressure and cholesterol can be a symptom of too much salt and saturated fats in your diet.
- Eating a portion of oily fish - such as salmon and trout - each week can also help to lower your risk of developing heart disease. The high levels of omega-3 fatty acids in oily fish are good for heart health.

### **Strong Bones and Teeth**

A diet rich in calcium keeps your teeth and bones strong and can help to slow bone loss (osteoporosis) associated with getting older.

Calcium is usually associated with dairy products, but you can also get calcium by eating:

- sardines, pilchards or tinned salmon (with bones)
- dark green vegetables - such as kale and broccoli
- calcium-fortified foods - such as soya products, fruit juices and cereals

As vitamin D helps your body absorb calcium, make sure you get outside (your body gets vitamin D from the sun) and have plenty of foods containing vitamin D in your diet - such as oily fish and fortified cereals.

## **Managing Weight**

Eating 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.

## **Adequate Rest and Sleep**

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. A regular period of time every 24 hours. An individual will be unconscious and unaware of their surroundings

There are two types:

1. Rapid Eye Movement(REM) Sleep and
2. Non-REM Sleep

### **1. Rapid Eye Movement (REM) Sleep**

REM sleep comes and goes throughout the night, it makes up about on fifth (20%) of an individual's sleep.

1. The brain is active
2. The eyes move quickly from side to side



3. It is when individuals dream
4. The muscles are relaxed

## 2. Non-REM Sleep

The brain is quiet during this phase of sleep, but the body may move around. Hormones are released into the bloodstream and the body then repairs itself after the wear and tear of the day. There are four stages of Non-REM sleep:

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

Individuals during a normal night sleep will wake up for one or two minutes every two hours or so and not be aware of it. They may remember waking if they are anxious, if there is something going on, if there is a noise outside or if their partner is snoring, and more.

### **How much sleep do individuals need?**

This depends on the individual's age and there are differences between individuals of the same age as well.

In general the recommendations are:

- Babies – 17hours each day
- Older children - 9 or 10 hours each night

- Adults - 8 hours each night(a few individuals can get by on 3 hours of sleep per night and still function well)
- Older adults – 8 hours, but only one period of deep sleep i the first 3-4 hours. They wake more easily and dream less.

## **Clapping Exercises**

We all think of clapping as a way to applaud somebody for a job well done in sports, award shows, theater or movies. However, there are a number of hidden benefits that clapping has been proven to have. In the recent years, there are different types of groups in parks who get together in the morning and/or evening. Some of these groups indulge in laughing; there is also another group who gather around to clap. Our body is a bundle of nerves and blood vessels spread all through the body and are one of the most complex networks we will ever know.

Each organ is linked to the other and a bad effect on one organ can affect the other, which may seem remotely linked. The palms in specific contain nerve and blood vessel endings and stimulating them through clapping helps improve health of organs like kidney, digestive tract, and lower back. Sounds interesting? Read on to know more. There are about 30+ acupressure points in the palms, which are activated when you are clapping. These connect various organs including low back, neck, kidneys, lungs stomach, etc. and have indirect benefits as noted below.

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. The severity of the pain can be reduced significantly. Strange as it may seem, clapping is also shown to reduce instances of insomnia and improve hair health. For mental illnesses like depression and anxiety, clapping can be a very easy to do exercise that costs actually nothing. If you think the kidneys and palms are very distant from each other, think again.

For gout, which affects the kidneys, clapping is shown to be immensely useful. Both the severity of gout and the progression of disease can be halted. A word of caution: For better results, clapping is to be done after applying oil like mustard oil or coconut oil. So the next time, clapping need not be a part of just applauding. Include it into your routine exercise and see the results for yourself, you will naturally smile.

## **Stretching**

Flexibility is one of the five components of fitness, so stretching should be an integral part of every workout program. Here are top 10 reasons for why you should always take the time to stretch:

- 1. Decreases muscle stiffness and increases range of motion.** Stretching helps improve your range of motion, which may also slow the degeneration of your joints.
- 2. May reduce your risk of injury.** A flexible muscle is less likely to become injured if you have to make a sudden move. By increasing the range of motion in a particular joint through stretching, you can decrease the resistance on your body's muscles during various activities.
- 3. Helps relieve post-exercise aches and pains.** After a hard workout, stretching your muscles helps keep them loose and lessens the shortening and tightening effect that can lead to post-workout aches and pains.
- 4. Improves posture.** Stretching the muscles of the lower back, shoulders and chest helps keep your back in better alignment and improves your posture.

**5. Helps reduce or manage stress.** Well-stretched muscles hold less tension and, therefore, can help you feel less stressed.

**6. Reduces muscular tension and enhances muscular relaxation.** Chronically tense muscles tend to cut off their own circulation, resulting in a lack of oxygen and essential nutrients. Stretching allows your muscles to relax.

**7. Improves mechanical efficiency and overall functional performance.** Because a flexible joint requires less energy to move through a wider range of motion, a flexible body improves overall performance by creating more energy-efficient movements.

**8. Prepares the body for the stress of exercise.** Stretching prior to exercise allows your muscles to loosen up and become better able to withstand the impact of the activity you choose to do.

**9. Promotes circulation.** Stretching increases blood supply to your muscles and joints, which allows for greater nutrient transportation and improves the circulation of blood through your entire body.

**10. Decreases the risk of low-back pain.** Flexibility in the hamstrings, hip flexors and muscles attached to the pelvis relieves stress on the lumbar spine, which in turn reduces your risk of low-back pain.

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.

## **Consolidated 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. She told many facts of body postures with day to day life activities which was 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.

## **UGC Autonomous Grant Guest Lecture**

### **MANAGING EMOTIONS IN THE CLASSROOM**

**Ms. N. Nalini**

**Trainer, Be Positive Training Academy**

**19<sup>th</sup> & 20<sup>th</sup> February, 2020**

- Over 20 years of experience in the field of education.
- She has worked as a teacher in Velammal MHSS, Mogappair and Bharathi Vidhya Bhavan, Kilpauk-Chennai.
- At present, She is working in "Blink research and organisation foundation".
- Her main subject was LD(Learning Disability).
- She completed B.A., M.A., M.Sc., in Psychology with B.Ed.,

Now, she started the session with "What is emotion?" - 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" who are not interested in school going".

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.

Lecture was very informative, interactive and interesting for our students to handle emotions in the classroom.

## **Consolidated 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.

## **UGC Autonomous Grant Guest Lecture**

### **FACING INTERVIEW WITH CONFIDENCE**

**Mrs. P. Karthikamani**

**Trainer, Be Positive Training Academy**

**19<sup>th</sup> & 20<sup>th</sup> February, 2020**

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

The guest lecture began by introducing the resource person for the session Ms. 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 "Best Faculty Award" twice, Best speaker in English, Best Dancer in 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 by her own.

#### **Overview of the Session**

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 lot of examples from real life.

She even gave some tips for the student-teachers to improve their communication skills because she felt 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.

1. Listening capacity
2. Auditing capacity
3. Kinaesthetic capacity.

The next part of 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 frame work 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. In that one to one session she enlightened the student-teachers on the various Postures and Handshakes appropriate for interviews. She detailed on the dos and don'ts while facing the interviews. She shared many of her life experiences and made the session lively.

She explained about "How to introduce yourself?" in the interview. She gave some important tips to our students. She explained about "Tested for subject knowledge, skills and desired behaviour will be checked in a very limited time." She also explained about the greetings in "Self introduction". She made a demo for "How to sit", "How to speak", "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-teachers participation that the speaker has boosted their confidence level.

## **Consolidated Feedback**

“Facing Interview with Confidence” by Mrs. Karthikamani was really an enthusiastic session which was really fun, enjoyable and realistic. She quoted many quotes of 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 about different kinds of handshakes. She shared her life experiences with us, which was so relatable. She grabbed the audience 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.

## UGC Autonomous Grant Guest Lecture

### GUIDANCE FOR PROFESSIONAL RESUME WRITING

**Mr. Vimal Thiagarajan**

**Founder & Director, Be Positive Training Academy**

**19<sup>th</sup> & 20<sup>th</sup> February, 2020**

N. K. T. National College of Education for Women, Triplicane, organized a guest lecture for B.Ed. II year students on 19<sup>th</sup> February 2020. The lecture was addressed by Mr. Vimal Thiagarajan. 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. He then entered into "Be Positive Training Academy" and now he is the Founder and Director of Be Positive Training Academy

He started his speech by saying about the smart goal.

S → Specific

M → Measurable

A → Assignable

R → Relevant

T → Time based.

He explained about "Passion" with a short story of "Lion and Deer".

He asked the question to the students, ' What is teaching? '. Our students answers are

- to develop younger generation

- to share information
- to develop the pillar of the nation.

In his point of view, teaching is to building the nation. While teaching, we have to share personal experiences.

He insisted one word to the students is "BE UNIQUE". Because, unique person will win the job. Every teacher must watch the everyday happenings of the nation, 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 ***bepositivetamil.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 students are graduated every year. So, every teacher must update their knowledge in National and International level to achieve in their life.

Further, he started to tell about "Resume". The pronunciation of ***Resume*** is "nuRNk". It is a noun form. He explained the 7 differences of *Resume* and *Curriculum vitae*. He also explained about the contents to be shown in resume. He told that every teacher must know the DO's and DONT's before preparing your resume. He explained about 20 powerful words to be use in resume. Resume must be colourful, attractive and informative. The interviewer will see a resume for 5 to 8 seconds only. Every teacher must be different, unique and innovative.

Lecture was very informative and interactive that 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.

### **Consolidated Feedback**

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 it is the need of the 21<sup>st</sup> century teachers. He also wanted us to be unique and have a different perception in whatever we do. He exhibited some motivational videos. He showed different forms and formats of 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 was more useful to us. Overall the session was very useful and informative.

## UGC Autonomous Grant Guest Lecture

### SELF MANAGEMENT SKILLS FOR TEACHERS

Mr. Vimal Thiagarajan

Founder & Director, Be Positive Training Academy

20<sup>th</sup> February, 2020

NKT National College of Education for Women, Triplicane, organized a guest lecture for B.Ed. II year students on 19<sup>th</sup> February 2020. The lecture was addressed by Mr. Vimal Thiagarajan. 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. He then entered into "Be Positive Training Academy" and now he is the Founder and Director of Be Positive Training Academy

In the fourth session, Mr. Vimal addressed the students on the topic "Self Management Skills for the Teachers". He insisted every student-teacher to "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 about two of his professors and explained in detail about 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, whose moral was “It’s not about who is more talented, it’s about who is hungrier”. He insisted that it is always the pain which helps one to gain.

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

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

**5. 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.

**6. 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.

**7. 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 mistake, be authentic, appreciate the uniqueness and creativity of the students.

Thus overall the session was very interesting, useful and informative.

## **Consolidated Feedback**

The final session, Self Management Skills for the Teachers was addressed by Mr. Vimal Thiagarajan was very informative and interesting for us. He was crisp, 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 which was interesting. While explaining creative visualization he played a video of actor Rajinikanth which was entertaining and informative. Overall his session was compendious.