
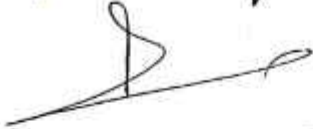



B.L.D.E.A's
J.S.S.College of Education, Bijapur
Notice

No: _____

Date :20:06.2019

It is here by Informed to all students to Attend Value added Course on Yoga
From 21-06-2019 to 31-06-2019.




Principal,
J.S.S. College of Education
VIJAYAPUR.

BLDEA'S
JSS College of
Education, Vijayapur

Value Added Course
on
Yoga for Holistic Health
on 21-06-2019 to 31-06-2019

Objectives:

1. To improve physical fitness, flexibility, and strength through regular yoga practice.
2. To reduce stress and anxiety, enhance concentration, and promote mental clarity.
3. To help participants manage emotions better and improve overall emotional well-being.
4. To instill habits of healthy living, including mindfulness, proper breathing techniques, and balanced diet.
5. To achieve a balanced state of physical, mental, and emotional health for overall well-being.

Programme Schedule:

Day 1: Introduction to Yoga and its Benefits

Time- 6:00 AM - 8:00 AM

Activities:

Welcome and introduction.

Overview of yoga and its holistic benefits.

Basic warm-up exercises.

Breathing exercises (Pranayama).

Daily

Basic Yoga Postures (Asanas)

-Time- 6:00 AM - 8:00 AM



Resource Person

*Mr Madivalappa Doddamani
Yoga Trainer, Dept of Yoga Science
Shri B.M.patil Medical College
,Vijayapur*

*BLDEA'S JSS College of Education, SS PU Campus
Ram Mandir Road
Vijayapur
Phnoe-08352-223290
Web-wwwbldejss.ac.in*

79	E1854882	Sharanamma.kariyappa	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
80	E1854883	Shidramayya.V.Hiremath	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
81	E1854884	Shivaleela.T.Dashyal	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
82	E1854885	Shivananda.P.J	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
83	E1854886	Shivashankar.C.Benoor	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
84	E1854888	Shreepada.B.Kulkarni	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
85	E1854889	Shridevi.N.Arjunagi	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
86	E1854890	Shridevi.B.Jangamashetti	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
87	E1854891	Shruti.M.Basavanal	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M	S.B.M
88	E1854892	Shubhangi.N.Deshpande	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
89	E1854893	Susha.B.Chavan	Susha	Susha	Susha	Susha	Susha	Susha	Susha	Susha	Susha	Susha	Susha	Susha	Susha
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91	E1854895	Suresh.S.sattigeri	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S	S.S
92	E1854896	Tabasum.J.Takkalaki	T	T	T	T	T	T	T	T	T	T	T	T	T
93	E1854897	Taskin begum.U.Gudanal	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin	Taskin
94	E1854898	Varsha.C.Patil	VCP	VCP	VCP	VCP	VCP	VCP	VCP	VCP	VCP	VCP	VCP	VCP	VCP
95	E1854899	Vasundhara.V.Khasanees	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V
96	E1854900	Veeresh.B.Chalawadi	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V	V.V


 IQAC Co-ordinator
 3LDEA's JSS College of Education
 Vijayapur


 Principal
 B.L.D.E.A's
 J.S.S. College of Education
 Vijayapur

Report - value added program on Yoga Program

Institution: B.L.D.E.A.'s J.S.S. College of Education, Vijayapur

Program Duration: 21st June 2019 to 30th June 2019

Resource Person: Shri Madivalappa Doddamani, Yoga Trainer, Department of Yoga Science, Shri B.M. Patil Medical College, Vijayapur

1. Introduction

In celebration of International Yoga Day and to foster a holistic approach to education and wellness, B.L.D.E.A.'s J.S.S. College of Education, Vijayapur, organized a 10-day yoga program from June 21, 2019, to June 30, 2019. The program was conducted by Shri Madivalappa Doddamani, a respected yoga trainer from the Department of Yoga Science at Shri B.M. Patil Medical College, Vijayapur. The aim was to promote physical health, mental well-being, and the integration of yoga principles into daily life for students, faculty, and staff.

2. Objectives of the Program

- **Enhance Physical Fitness:** Improve flexibility, strength, and overall physical health through yoga asanas.
- **Promote Mental Health:** Utilize yoga and meditation practices to reduce stress and enhance mental clarity.
- **Educational Integration:** Provide knowledge on how to incorporate yoga principles into educational practices and daily routines.
- **Holistic Development:** Foster overall well-being and balance among participants.

3. Program Schedule and Structure

The program spanned 10 days with daily sessions designed to provide a comprehensive yoga experience. The schedule was as follows:

- **Daily Sessions:** Two sessions each day—morning and evening.
- **Session Duration:** Each session was 1.5 hours long.
- **Content:** Sessions covered a range of activities including asanas, pranayama (breathing exercises), meditation, and theoretical insights into yoga practices.

4. Detailed Daily Activities

- **Day 1 - 3 (June 21 - 23):** Introduction to Yoga
 - Basic yoga postures and proper alignment
 - Introduction to breath control techniques (Pranayama)
 - Fundamentals of meditation and its benefits
- **Day 4 - 6 (June 24 - 26):** Intermediate Yoga Practices
 - Introduction to advanced postures and their benefits

- Techniques for managing stress and improving relaxation
- Incorporating mindfulness into everyday life
- **Day 7 - 10 (June 27 - 30): Advanced Techniques and Application**
 - Complex asanas for enhanced flexibility and strength
 - Deepening meditation practices and visualization techniques
 - Strategies for maintaining a consistent yoga practice and integrating it into daily routines

5. Participant Feedback

Feedback from participants indicated the program was highly effective and well-received. Key points include:


- **Physical Health:** Participants reported noticeable improvements in flexibility, strength, and overall physical fitness.
- **Mental Well-Being:** Many participants experienced reduced stress levels and enhanced mental focus.
- **Program Structure:** The structured approach, combining theory and practice, was appreciated for its clarity and effectiveness.
- **Instructor Expertise:** Shri Madivalappa Doddamani was praised for his extensive knowledge, clear instruction, and engaging teaching methods.


6. Challenges and Solutions

- **Challenge:** Some participants had varying levels of experience with yoga.
 - **Solution:** The trainer provided modifications and alternative poses to accommodate different skill levels, ensuring inclusivity.
- **Challenge:** Scheduling conflicts for some participants affected their attendance.
 - **Solution:** Flexibility in session timings and provision of recorded sessions for those unable to attend live sessions helped address this issue.

7. Conclusion

The yoga program at B.L.D.E.A.'s J.S.S. College of Education was a successful endeavor in integrating yoga into the institutional environment. Shri Madivalappa Doddamani's expertise and the comprehensive nature of the program contributed to its success. The program not only celebrated International Yoga Day but also provided lasting benefits to the participants, promoting physical health, mental clarity, and a balanced approach to education and life.


 IQAC Co-ordinator
 BLDEA's JSS College of Education
 Vijayapur

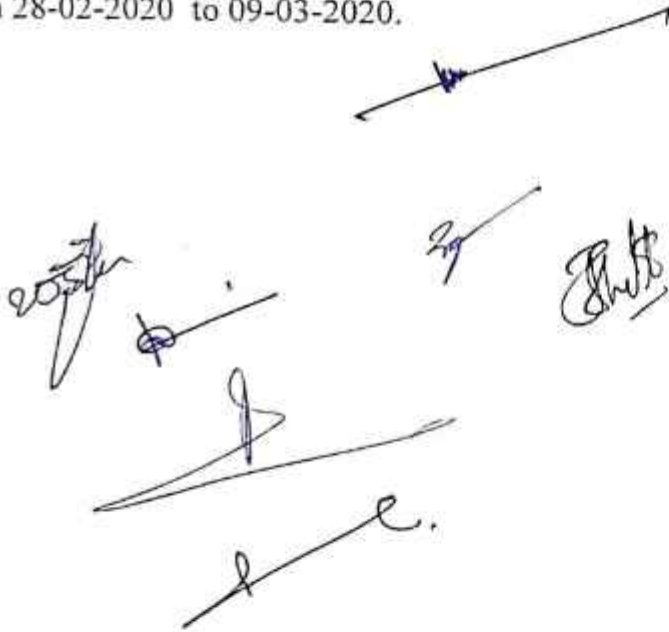

 Principal
 B. L. D. E. A's.
 J.S.S. College of Education
 VIJAYAPUR


B.L.D.E.A's
J.S.S.College of Education, Bijapur
Notice

No: _____

Date :27:02.2020

It is here by Informed to all students to Attend Value added Course on Yoga
From 28-02-2020 to 09-03-2020.




Principal,
J.S.S. College of Education
VIJAYAPUR.

**BLDEA'S
JSS COLLEGE OF EDUCATION,
VIJAYPUR**

YOGA FOR HOLISTIC HEALTH DATE: 28-02-2020

Objectives :

1. **Enhance Physical Health:** To improve physical fitness, flexibility, and strength through regular yoga practice.
2. **Promote Mental Well-being:** To reduce stress and anxiety, enhance concentration, and promote mental clarity.
3. **Foster Emotional Balance:** To help participants manage emotions better and improve overall emotional well-being.
4. **Encourage Healthy Lifestyle:** To instill habits of healthy living, including mindfulness, proper breathing techniques, and balanced diet.
5. **Develop Holistic Health:** To achieve a balanced state of physical, mental, and emotional health for overall well-being.

BLDEA'S JSS COLLEGE OF EDUCATION,

SS PU Campus Ram Mandir Road, Vijayapur

Phone-08352/223290 Email -bldeajssbedcb@gmail.com Web-

Programme Schedule

Day 1: Introduction to Yoga and its Benefits**

Time:- 6:00 AM - 9:00 AM

Activities:

- Welcome and introduction.
- Overview of yoga and its holistic benefits.
- Basic warm-up exercises.
- Breathing exercises (Pranayama).

Daily 2: Basic Yoga Postures (Asanas)- Time:- 6:00 AM - 9:00 AM**

Resource person

Mr Madivalappa Doddamani

Yoga Trainer, Shri.B.M.Patil Medical College, Vijayapur

66	E2014804	AISHWARYA VSHUTIMATH	AV	AV	AV	AV	AV	AV	AV	AV	AV	AV	AV
67	E2014869	RASHMI PEDDA	RP	RP	RP	RP	RP	RP	RP	RP	RP	RP	RP
68	E2014886	SOUNYA PATIL	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP
69	E2014887	SRUSHTI SHRIMANTH BIRADAR	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB
70	E2014873	SANIYA UKKALI	SU	SU	SU	SU	SU	SU	SU	SU	SU	SU	SU
71	E2014876	SHIVANI SANKH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH
72	E2014878	SHRIKANT PATTAR	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP
73	E2014879	SHIVETA	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH
74	E2014813	BHAGYASHREE KALAL	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK	BK
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76	E2014816	BISMILLA NADAF	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN
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80	E2014893	SUSHMITA S HEBBALLI	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH
81	E2014842	MALESH HALLI	MH	MH	MH	MH	MH	MH	MH	MH	MH	MH	MH
82	E2014802	AISHWARYA MIRJI	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
83	E2014828	JYOTI JEVOOR	JJ	JJ	JJ	JJ	JJ	JJ	JJ	JJ	JJ	JJ	JJ
84	E2014854	PAVITRA CHOURI	PC	PC	PC	PC	PC	PC	PC	PC	PC	PC	PC
85	E2014846	MUSKAN SHAIKH	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS
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89	E2014841	MAHIMA	MB	MB	MB	MB	MB	MB	MB	MB	MB	MB	MB
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91	E2014848	NEELAMMA HADIMANI	N.H	N.H	N.H	N.H	N.H	N.H	N.H	N.H	N.H	N.H	N.H
92	E2014811	ASHWINI BIDAGOND	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B	A.B
93	E2014829	KAVERI NAIK	KN	KN	KN	KN	KN	KN	KN	KN	KN	KN	KN
94	*12	ASHWINI RAJU AJODI	A.R.A	A.R.A	A.R.A	A.R.A	A.R.A	A.R.A	A.R.A	A.R.A	A.R.A	A.R.A	A.R.A
95	E2014900	MALLIKARJUN GASTI	MG	MG	MG	MG	MG	MG	MG	MG	MG	MG	MG

Co-ordinator
IQAC
JSS College of Education
Vijayapur

Principal
B. L. D. E. A.
J.S.S. College of Education
Vijayapur

Report on Value-Added Yoga Program

Institution: B.L.D.E.A.'s J.S.S. College of Education, Vijayapur

Program Duration: 28th February 2020 to 9th March 2020

Resource Person: Shri Madivalappa Doddamani, Yoga Trainer, Department of Yoga Science, Shri B.M. Patil Medical College, Vijayapur

1. Introduction

To promote holistic health and well-being, B.L.D.E.A.'s J.S.S. College of Education, Vijayapur, organized a value-added yoga program from February 28, 2020, to March 9, 2020. The program, led by Shri Madivalappa Doddamani from the Department of Yoga Science at Shri B.M. Patil Medical College, Vijayapur, aimed to provide participants with practical yoga skills to enhance their physical health, mental clarity, and overall quality of life.

2. Objectives of the Program

- **Enhance Physical Fitness:** To improve participants' strength, flexibility, and overall physical health through various yoga postures and techniques.
- **Improve Mental Well-being:** To use yoga and meditation practices to alleviate stress, enhance focus, and promote emotional stability.
- **Educational Value:** To equip participants with practical skills and knowledge for integrating yoga into their daily routines and educational activities.
- **Promote Holistic Health:** To support a balanced lifestyle by addressing the physical, mental, and emotional aspects of health through yoga.

3. Program Schedule and Structure

The program was structured over 10 days with daily sessions designed to offer a comprehensive yoga experience. The schedule was as follows:

- **Daily Sessions:** Two sessions per day—morning and evening.
- **Session Duration:** Each session lasted for 1.5 hours.
- **Content:** Sessions included a blend of yoga asanas, pranayama (breathing exercises), meditation, and theoretical insights into yoga principles.

4. Detailed Daily Activities

- **Day 1 - 3 (February 28 - March 1):** Introduction to Yoga

- Basics of yoga postures and alignment techniques.
- Fundamentals of breath control (Pranayama) and its benefits.
- Introduction to meditation practices and mindfulness.
- **Day 4 - 6 (March 2 - 4): Intermediate Yoga Practices**
 - Exploration of intermediate postures and their benefits.
 - Techniques for managing stress and enhancing relaxation.
 - Application of mindfulness techniques in daily life.
- **Day 7 - 9 (March 5 - 7): Advanced Techniques and Application**
 - Advanced yoga postures to enhance flexibility and strength.
 - In-depth meditation practices and visualization techniques.
 - Practical guidance on integrating yoga into academic and personal life.
- **Day 10 (March 8 - 9): Review and Consolidation**
 - Recap of techniques and practices learned during the program.
 - Group discussions on the application of yoga principles in daily routines.
 - Feedback session and strategies for maintaining a personal yoga practice.

5. Participant Feedback

Participants provided valuable feedback on various aspects of the program. Key observations include:

- **Physical Benefits:** Participants reported improvements in flexibility, strength, and overall physical fitness.
- **Mental Benefits:** Enhanced stress management, better focus, and improved emotional balance were commonly noted.
- **Educational Value:** The practical skills and knowledge gained were appreciated for their applicability in daily life and educational settings.
- **Instructor Effectiveness:** Shri Madivalappa Doddamani was commended for his expertise, clear instruction, and engaging teaching style.

6. Challenges and Solutions


- **Challenge:** Variability in participants' prior experience with yoga.
 - **Solution:** The trainer provided modifications and alternative poses to accommodate different skill levels, ensuring inclusivity.
- **Challenge:** Scheduling conflicts for some participants.
 - **Solution:** Flexible session timings and availability of recorded sessions helped address attendance issues.

7. Conclusion

The value-added yoga program at B.L.D.E.A.'s J.S.S. College of Education successfully met its objectives, enhancing the physical and mental well-being of the participants. Shri Madivalappa Doddamani's expertise and the structured approach of the program provided significant benefits, promoting a holistic approach to health and wellness. The program effectively integrated yoga

into the participants' daily lives, reflecting the institution's commitment to fostering overall well-being and balanced living.


IQAC Co-ordinator
KLEDEA's JSS College of Education
Vijayapur


Principal
B. L. D. E. A's.
J.S.S. College of Education
VIJAYAPUR.

B.L.D.E.A's
J.S.S.College of Education, Bijapur
Notice

Not _____

Date 11/02,2023

It is here by Informed to all students to Attend Value added Course on Yoga
From 12-02-2023 to 21-03-2023,

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Principal,
J.S.S. College of Education
BIJAPUR



BIDEA'S JSS COLLEGE OF EDUCATION, VIJAYAPUR

YOGA FOR HOLISTIC HEALTH

CONTACT US

BIDEA's JSS College of
Education, SS PU Campus Ram
mandir road, Vijayapur
Phone-08352/223290
www.bideajss.ac.in

*Respected Parents,
The Management, Vijayapur*

Programme Schedule:

- **Day 1: Introduction to Yoga and its Benefits****
- ****Time:** 8:00 AM - 8:55 AM**
- ****Activities****
- Welcome and introduction.
- Overview of yoga and its holistic benefits.
- Basic warm-up exercises.
- Breathing exercises (Pranayama).

- **Day 2: Basic Yoga Postures (Asanas)****
- ****Time:** 8:00 AM - 8:55 AM**


Objectives:

1. **"Enhance Physical Health"** to improve physical fitness, flexibility, and strength through regular yoga practice.
2. **"Promote Mental Well-being"** to reduce stress and anxiety, enhance concentration, and promote mental calm.
3. **"Improve Emotional Balance"** to help participants manage emotions better and improve overall emotional well-being.
4. **"Encourage Healthy Lifestyle"** to instill habits of healthy living, including nutritious diet, proper breathing techniques, and balanced diet.
5. **"Achieve Holistic Health"** to achieve a balanced state of physical, mental, and emotional health for overall well-being.

**DATE: 12-02-2023 TO
21-02-2023**

17	UJKA2100000	VAISHN B JADHAV	AB	AB	AB	AB	AB	AB	AB	AB	AB	AB
18	UJKA2100001	GUNWARAYI	CP	CP	CP	CP	CP	CP	CP	CP	CP	CP
19	UJKA2100002	RISHI AYENKA KORBO	RP	RP	RP	RP	RP	RP	RP	RP	RP	RP
20	UJKA2100003	ALLARAKSHA R INAMADAR	AL	AL	AL	AL	AL	AL	AL	AL	AL	AL
21	UJKA2100004	AMULYA JESSICA NARGAL	AT	AT	AT	AT	AT	AT	AT	AT	AT	AT
22	UJKA2100005	RAVINA DUDHAIANI	RD	RD	RD	RD	RD	RD	RD	RD	RD	RD
23	UJKA2100006	GAJATHI KALASAIKAD	KA	KA	KA	KA	KA	KA	KA	KA	KA	KA
24	UJKA2100007	REKHA MALI	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA
25	UJKA2100008	TINOPTI VASGENNANAR	VA	VA	VA	VA	VA	VA	VA	VA	VA	VA
26	UJKA2100009	SAINESY NANI	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
27	UJKA2100010	YASMINA KOUSAR	KO	KO	KO	KO	KO	KO	KO	KO	KO	KO
28	UJKA2100011	YESHA SHYAMMA MADIYALAR	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA
29	UJKA2100012	SUVEEY NAD	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
30	UJKA2100013	AVANI SURADAR	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS
31	UJKA2100014	KUSMAT UMASAN	UM	UM	UM	UM	UM	UM	UM	UM	UM	UM
32	UJKA2100015	RAJASHREE SHIVASOUDA PATIL	PA	PA	PA	PA	PA	PA	PA	PA	PA	PA
33	UJKA2100016	SURESHA KADAPATI	KA	KA	KA	KA	KA	KA	KA	KA	KA	KA
34	UJKA2100017	SHOBHA KOTHE	KO	KO	KO	KO	KO	KO	KO	KO	KO	KO
35	UJKA2100018	SANTOSH BARABE	BA	BA	BA	BA	BA	BA	BA	BA	BA	BA
36	UJKA2100019	BHIMANAGOU BASARAKODA	BS	BS	BS	BS	BS	BS	BS	BS	BS	BS
37	UJKA2100020	SUMITA MOTTIL CHAVAN	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH
38	UJKA2100021	PRATIBHA DASHARATHI REDDI	RE	RE	RE	RE	RE	RE	RE	RE	RE	RE
39	UJKA2100022	ULANI PASHA	PA	PA	PA	PA	PA	PA	PA	PA	PA	PA
40	UJKA2100023	LAXMI SHARANASOUDA CHOUDEI	CH	CH	CH	CH	CH	CH	CH	CH	CH	CH
41	UJKA2100024	SUSHMA BASAVARAJ ALALADINNI	AL	AL	AL	AL	AL	AL	AL	AL	AL	AL


 IQAC Coordinator
 B.D.E.A's JSS College of Education
 Vijayapur


 Principal
 B. L. D. E. A's
 J.S.S. College of Education
 VIJAYAPUR.

To enhance the overall well-being and incorporate wellness practices into the educational environment, B.L.D.E.A.'s J.S.S. College of Education, Vijayapur, conducted a value-added yoga program from February 12, 2023, to February 21, 2023. The program was led by Shri Madivalappa Doddamani, a skilled yoga trainer from the Department of Yoga Science at Shri B.M. Patil Medical College, Vijayapur. The initiative aimed to provide participants with practical yoga skills and knowledge to improve their physical health, mental clarity, and overall quality of life.

2. Objectives of the Program

- **Enhance Physical Fitness:** To improve participants' flexibility, strength, and overall physical health through various yoga postures and techniques.
- **Improve Mental Well-being:** To utilize yoga and meditation practices to reduce stress, enhance focus, and promote emotional balance.
- **Educational Value:** To offer participants practical skills and knowledge on integrating yoga into their daily routines and educational activities.
- **Promote Holistic Health:** To support a balanced lifestyle by addressing the physical, mental, and emotional aspects of health through yoga.

3. Program Schedule and Structure

The program was conducted over a period of 10 days, featuring structured daily sessions designed to offer a comprehensive yoga experience. The schedule was as follows:

- **Daily Sessions:** Two sessions per day—morning and evening.
- **Session Duration:** Each session lasted for 1.5 hours.
- **Content:** The sessions included a mix of yoga asanas, pranayama (breathing exercises), meditation, and theoretical discussions on yoga principles.

4. Detailed Daily Activities

- **Day 1 - 3 (February 12 - 14): Foundations of Yoga**
 - Introduction to basic yoga postures and correct alignment.
 - Fundamentals of breath control (Pranayama) and its benefits.
 - Basics of meditation and mindfulness practices.
- **Day 4 - 6 (February 15 - 17): Intermediate Yoga Practices**
 - Exploration of intermediate postures and their physical benefits.
 - Techniques for effective stress management and relaxation.
 - Practical application of mindfulness and self-awareness techniques.
- **Day 7 - 9 (February 18 - 20): Advanced Techniques and Application**
 - Introduction to advanced yoga postures to enhance flexibility and strength.
 - In-depth meditation practices and visualization techniques.
 - Guidance on incorporating yoga into academic and personal life.
- **Day 10 (February 21): Review and Integration**
 - Recap of the techniques and practices learned during the program.
 - Group discussion on the application of yoga principles in daily routines.

- Feedback session and tips for maintaining a personal yoga practice.

5. Participant Feedback

Participants provided positive feedback on various aspects of the program. Key highlights include:

- **Physical Benefits:** Many participants reported improvements in flexibility, strength, and overall physical fitness.
- **Mental Benefits:** Notable enhancements in stress management, focus, and emotional balance were observed.
- **Educational Value:** The practical skills and knowledge gained were appreciated for their applicability in daily life and academic settings.
- **Instructor Effectiveness:** Shri Madivalappa Doddamani's expertise and engaging teaching style were highly praised.

6. Challenges and Solutions

- **Challenge:** Variability in participants' experience levels with yoga.
 - **Solution:** The trainer provided alternative poses and modifications to accommodate different skill levels, ensuring inclusivity and effective participation.
- **Challenge:** Scheduling conflicts for some participants.
 - **Solution:** Flexible session timings and the availability of recorded sessions for those unable to attend live classes helped address this issue.

7. Conclusion

The value-added yoga program at B.L.D.E.A.'s J.S.S. College of Education successfully achieved its goals, contributing to the physical and mental well-being of participants. Shri Madivalappa Doddamani's expert guidance and the well-structured program provided significant benefits, promoting a holistic approach to health and wellness. The program effectively integrated yoga into the participants' daily lives, reflecting the institution's commitment to fostering overall well-being and balanced living.

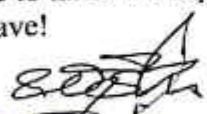
Report Prepared By:


[Your Name]

[Your Position]

[Date]

Feel free to tailor the report further based on any specific details or additional information you might have!


IQAC Co-ordinator
BLDEA's JSS College of Education
Vijayapur

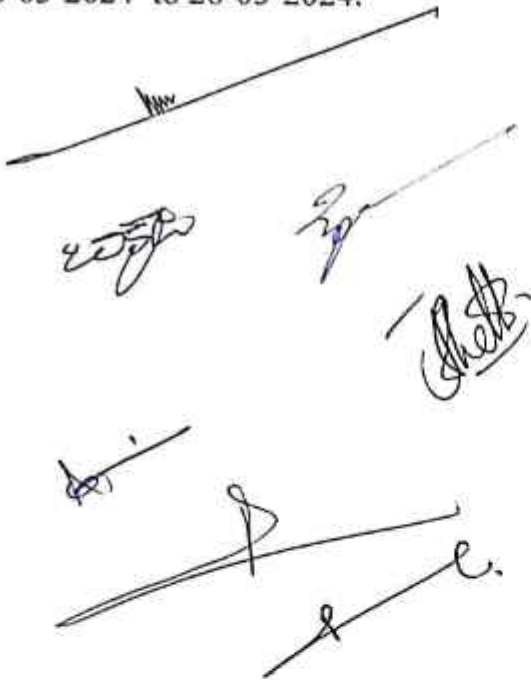

Principal
B. L. D. E. A.'s
J.S.S. College of Education
VIJAYAPUR

B.L.D.E.A's
J.S.S.College of Education, Bijapur
Notice

No: _____

Date :15:03.2024

It is here by Informed to all students to Attend Value added Course on Yoga
From 16-03-2024 to 26-03-2024.

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Principal,
J.S.S. College of Education
VIJAYAPUR.

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Yoga for Holistic Health: Value-Added Course

From 16-02-2024 to 26-03-2024

Objectives:

1. **Enhance Physical Health:** To improve physical fitness, flexibility, and strength through regular yoga practice.
2. **Promote Mental Well-being:** To reduce stress and anxiety, enhance concentration, and promote mental clarity.
3. **Foster Emotional Balance:** To help participants manage emotions better and improve overall emotional well-being.
4. **Encourage Healthy Lifestyle:** To instill habits of healthy living, including mindfulness, proper breathing techniques, and balanced diet.
5. **Develop Holistic Health:** To achieve a balanced state of physical, mental, and emotional health for overall well-being.

Programme Schedule:

Day 1: Introduction to Yoga and its Benefits

- **Time:** 5:00 PM - 6:30 PM

- **Activities:**

- Welcome and introduction.
- Overview of yoga and its holistic benefits.
- Basic warm-up exercises.
- Breathing exercises (Pranayama).

Day 2: Basic Yoga Postures (Asanas)

- **Time:** 5:00 PM - 6:30 PM

Resource Person:

Mr. Madivalappa
Doddamani

75	1151A2210084	BANAVARAJ NAVI	B	B	B	B	B	B	B	B	B	B	B
76	1151A2210085	ANNAPORNA M WADDAR	B	B	B	B	B	B	B	B	B	B	B
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91	1151A2210101	SAGAR SIDARADDI	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR
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93	1151A2210103	SHILPA LENDI	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL	SL


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Report on Value-Added Yoga Program

Institution: Bldea's j.s.s.college of Education,vijayapur.

Program Duration: 16th March 2024 to 26th March 2024

Resource Person: Shri Madivalappa Doddamani, Yoga Trainer, Department of Yoga Science, Shri B.M. Patil Medical College, Vijayapur

1. Introduction

To promote holistic well-being and integrate wellness practices into the Educational experience Bldea's j.s.s.college of Education,vijayapur. organized a value-added yoga program from March 16, 2024, to March 26, 2024. The program, conducted by Shri Madivalappa Doddamani from the Department of Yoga Science at Shri B.M. Patil Medical College, Vijayapur, was designed to enhance participants' physical health, mental clarity, and overall quality of life through a structured and intensive yoga regimen.

2. Objectives of the Program

- **Enhance Physical Fitness:** Improve participants' strength, flexibility, and overall physical health through a variety of yoga postures and techniques.
- **Improve Mental Well-being:** Utilize yoga and meditation to alleviate stress, enhance concentration, and promote emotional stability.
- **Provide Educational Value:** Equip participants with knowledge and practical skills to incorporate yoga into their daily routines and academic schedules.
- **Promote Holistic Health:** Foster a balanced lifestyle by integrating physical, mental, and spiritual aspects of health through yoga practices.

3. Program Schedule and Structure

The program was structured over 11 days, with daily sessions carefully crafted to provide a comprehensive yoga experience. The schedule was as follows:

- **Daily Sessions:** Two sessions per day—morning and evening.
- **Session Duration:** Each session was 1.5 hours long.
- **Content:** A combination of yoga asanas, pranayama (breathing techniques), meditation practices, and theoretical discussions.

4. Detailed Daily Activities

- **Day 1 - 3 (March 16 - 18):** Foundations of Yoga
 - Introduction to basic yoga postures and alignment techniques.
 - Fundamentals of breath control (Pranayama) and its importance.
 - Overview of meditation practices and their benefits.
- **Day 4 - 6 (March 19 - 21):** Intermediate Yoga Practices

- Introduction to more advanced postures and their physical benefits.
- Techniques for stress management and relaxation.
- Incorporation of mindfulness and self-awareness in daily routines.
- **Day 7 - 9 (March 22 - 24): Advanced Techniques and Practical Application**
 - Advanced asanas for enhancing flexibility and strength.
 - In-depth meditation and visualization practices.
 - Tips for integrating yoga into academic and professional life.
- **Day 10 - 11 (March 25 - 26): Review and Consolidation**
 - Review of techniques and practices learned during the program.
 - Group discussions on the application of yoga principles in daily life.
 - Feedback session and setting up a personal yoga practice routine.

5. Participant Feedback

Participants expressed high levels of satisfaction with the program. Notable feedback includes:

- **Physical Benefits:** Improved flexibility, strength, and overall fitness were commonly reported.
- **Mental Benefits:** Enhanced stress management, better focus, and emotional balance were observed by many.
- **Educational Value:** The integration of practical yoga techniques into daily life and academic routines was highly valued.
- **Instructor Effectiveness:** Shri Madivalappa Doddamani's deep knowledge and engaging teaching style received widespread appreciation.


6. Challenges and Solutions

- **Challenge:** Some participants faced difficulties with advanced postures.
 - **Solution:** Modifications and alternative postures were provided to accommodate varying skill levels, ensuring inclusivity.
- **Challenge:** Scheduling conflicts for a few participants.
 - **Solution:** Flexible session timings and the provision of recorded sessions for missed classes helped mitigate this issue.

7. Conclusion

The value-added yoga program successfully met its objectives, contributing to the physical and mental well-being of the participants. Shri Madivalappa Doddamani's expertise and the well-structured nature of the program provided significant benefits, enhancing participants' overall health and offering practical skills for integrating yoga into daily life. This initiative underscores [Name of the Institution]'s commitment to promoting holistic education and wellness.


 IQAC Co-ordinator
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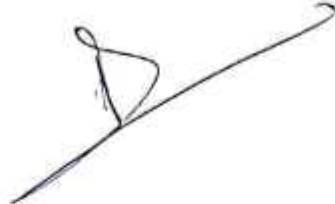



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No: _____

Date :17:11.2019

It is here by Informed to all students to Attend Value added Course on TET
From 18-11-2019 to 28-11-2019.


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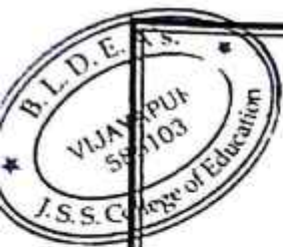
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Principal,
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VJAYAPUR.



**BLDEA's
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**VALUE-ADDED COURSE ON TEACHER ELIGIBILITY TEST (TET)
COACHING**

DATES:- 18TH NOVEMBER 2019 TO 28TH NOVEMBER 2019

The Teacher Eligibility Test (TET) is an essential qualification for aspiring teachers aiming to join the teaching profession. To support candidates in achieving success in this crucial examination, BLDEA'S JSS College of Education, Vijayapur, is pleased to offer a comprehensive Value-Added Course on TET Coaching. This intensive program is designed to equip participants with the necessary knowledge and skills to excel in the TET exam.

OBJECTIVES

- TO PROVIDE IN-DEPTH KNOWLEDGE AND UNDERSTANDING OF THE TET SYLLABUS AND EXAM PATTERN.
- TO ENHANCE THE TEACHING AND PROBLEM-SOLVING SKILLS OF PARTICIPANTS.
- TO OFFER EXPERT GUIDANCE AND STRATEGIES FOR EFFECTIVE EXAM PREPARATION.
- TO CONDUCT PRACTICE TESTS AND MOCK EXAMS TO EVALUATE AND IMPROVE PERFORMANCE.

Key Features

Learn from experienced and highly qualified educators.
Access to well-structured and up-to-date study materials.
Engage in interactive learning sessions with peers and instructors.
Dedicated time for addressing individual doubts and queries.
Regular assessments to track progress and areas of improvement.
Participants will receive a certificate upon successful completion of the course.

RESOURCE PERSONS

1. MR N.M. BIRADAR, CHANKYA CAREER ACADEMY
2. SHIVAKUMAR HIREMATH, CHANKYA CAREER ACADEMY
- 3 MR SIDDLINGA BAGEWADI, CHANKYA CAREER ACADEMY

79	E1854882	Sharanamma.kariyappa	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
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81	E1854884	Shivaleela.T.Dashyal	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
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88	E1854892	Shubhangi.N.Deshpande	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
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92	E1854896	Tabasum.J.Takkalaki	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
93	E1854897	Taskin begum.U.Gudanal	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
94	E1854898	Varsha.C.Patil	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr	Shr
95	E1854899	Vasundhara.V.Khasanwes	V.Pat	V.Pat	V.Pat	V.Pat	V.Pat	V.Pat	V.Pat	V.Pat	V.Pat	V.Pat	V.Pat
96	E1854900	Veeresh.B.Chalawadi	V.K	V.K	V.K	V.K	V.K	V.K	V.K	V.K	V.K	V.K	V.K

Principal
B. L. D. E. A's.
J.S.S. College of Education,
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Principal,
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Principal
IQAC Co-ordinator
BLDEA's JSS College of Education
Vijayapur

Introduction

The BLDEA'S J.S.S. College of Education, Vijayapur, conducted a Value Added Program on the Teacher Eligibility Test (TET) from 18th November 2019 to 28th November 2019. This program aimed to enhance the preparedness of the participants for the TET, a crucial examination for qualifying as a teacher in various educational institutions. Shri N.M. Biradar from Chanakya Career Academy, Vijayapur, was the resource person for this initiative.

2. Objectives of the Program

The primary objectives of the Value Added Program were:

- To provide comprehensive guidance and preparation strategies for the TET.
- To enhance participants' understanding of the exam pattern, syllabus, and important topics.
- To equip participants with effective study techniques and test-taking strategies.
- To boost participants' confidence and readiness for the examination.

3. Program Schedule and Content

Day 1: 18th November 2019

- **Introduction to TET:** Overview of the Teacher Eligibility Test, its importance, and the examination structure.
- **Syllabus and Exam Pattern:** Detailed discussion on the syllabus, question types, and marking scheme.

Day 2: 19th November 2019

- **Pedagogy and Development:** Understanding child development and pedagogy, including teaching methods and strategies.

Day 3: 20th November 2019

- **Language I and II:** Focus on the language comprehension section, including grammar, vocabulary, and language usage.

Day 4: 21st November 2019

- **Mathematics and Environmental Studies:** Strategies for tackling questions related to mathematics and environmental studies.

Day 5: 22nd November 2019

- **Practice Tests and Analysis:** Conducting mock tests and analyzing performance to identify strengths and weaknesses.

Day 6: 23rd November 2019

- **Teaching Methodologies:** Exploring various teaching methodologies and their application in different classroom settings.

Day 7: 24th November 2019

- **Time Management and Exam Strategies:** Techniques for effective time management during the exam and strategic approaches to answering questions.

Day 8: 25th November 2019

- **Interactive Sessions and Q&A:** Open session for participants to ask questions and clarify doubts with the resource person.

Day 9: 26th November 2019

- **Review and Feedback:** Review of key topics and feedback on participants' performance in mock tests.

Day 10: 27th November 2019

- **Final Mock Test:** Comprehensive mock test to simulate real exam conditions and assess readiness.

Day 11: 28th November 2019

- **Conclusion and Certification:** Final discussions, issuing of participation certificates, and closing remarks.

4. Methodology

The program employed a mix of lectures, interactive sessions, mock tests, and discussions. Shri N.M. Biradar used a practical approach to address various aspects of the TET, ensuring that participants gained both theoretical knowledge and practical experience. The use of mock tests and real-time analysis provided participants with valuable insights into their exam readiness.

5. Outcomes and Impact

- **Enhanced Knowledge:** Participants gained a clear understanding of the TET syllabus, exam pattern, and essential topics.
- **Improved Confidence:** The program significantly boosted participants' confidence in their ability to tackle the TET.
- **Skill Development:** Participants developed effective study strategies, time management skills, and test-taking techniques.

- **Feedback and Improvement:** The feedback collected from participants indicated that the program was highly beneficial and met their preparation needs.

6. Conclusion

The Value Added Program on Teacher Eligibility Test, conducted by BLDEA, S.J.S.S. College of Education, Vijayapur, in collaboration with Shri N.M. Biradar from Chanakya Career Academy, was a successful initiative that provided valuable insights and preparation tools for prospective teachers. The structured approach and practical sessions greatly contributed to the participants' readiness for the TET, making the program a valuable component of their professional development.


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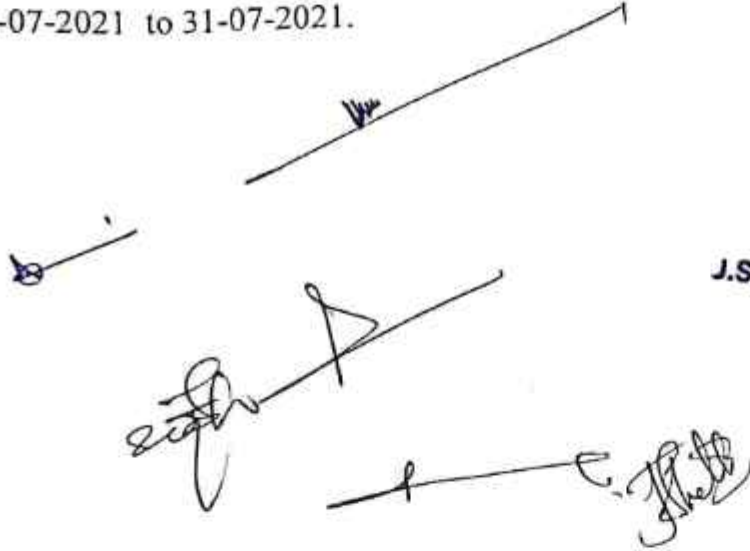

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J.S.S.College of Education, Bijapur
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No: _____

Date :21:07.2021

It is here by Informed to all students to Attend Value added Course on TET
From 22-07-2021 to 31-07-2021.

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**Principal,
J.S.S. College of Education
VIJAYAPUR.**



BLDEA's
JSS College of
Education,
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Value-Added Course on Teacher
Eligibility Test (TET) Coaching

Dates:- 22-07-2021 to 31-07-2021

Objectives

- To provide in-depth knowledge and understanding of the TET syllabus and exam pattern.
- To enhance the teaching and problem-solving skills of participants.
- To offer expert guidance and strategies for effective exam preparation.
- To conduct practice tests and mock exams to evaluate and improve performance

Resource Persons

1. Mr N.M. Biradar, Chankya Career Academy
2. Shivakumar Hiremath, Chankya Career Academy
3. Mr Guru Hunashyal Chankya Career Academy

66	E2014804	AISHWARYA VBHUTIMATH	R	R	R	R	R	R	R	R	R	R	R	R
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94	E-1	ASHWINI RAJU AJOOR	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP
95	E2014900	MALLIKARJUN GASTI	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP	SP

Principal
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IQAC Co-ordinator
BLDEA'S JSS College of Education
Vijayapur

Report on Value-Added Course for Teacher Eligibility Test (TET)

Institution: B.L.D.E.A's J.S.S. College of Education, Vijayapur

Course Duration: 22nd July 2021 to 31st July 2021

Resource Person: Shri Shivakumar Hiremath, Chanakya Career Academy, Vijayapur

1. Introduction

B.L.D.E.A's J.S.S. College of Education, Vijayapur, successfully conducted a value-added course for the Teacher Eligibility Test (TET) from 22nd July 2021 to 31st July 2021. The course aimed to equip prospective teachers with the necessary skills and knowledge to excel in the TET examination, a vital step for qualifying as a teacher in India.

2. Objectives

The primary objectives of the course were:

- To provide participants with a thorough understanding of the TET exam structure and syllabus.
- To enhance their subject knowledge and test-taking skills.
- To introduce effective strategies for managing the exam.
- To build confidence among participants to perform well in the TET.

3. Course Structure

The course was organized as follows:

- **Duration:** 10 Days
- **Daily Sessions:** 3 hours per day
- **Mode:** In-person

4. Resource Person

Shri Shivakumar Hiremath, a seasoned educator from Chanakya Career Academy, Vijayapur, served as the resource person for the course. His expertise in coaching for competitive exams and familiarity with the TET made him an invaluable resource.

5. Course Content

The course covered the following key areas:

- **Key Note Overview:** Detailed explanation of the TET exam format, question types, and marking system.
- **Subject Knowledge:** In-depth sessions on core subjects including Child Development, Pedagogy, Language I and II, Mathematics, and Environmental Studies.
- **TET Tackling Strategies:** Techniques to effectively solve various question headings and cross-references.
- **Mock Tests:** Simulated exams to provide participants with a realistic experience and assess their readiness.

4. Methodology

The methodology employed during the course included:

- **Interactive Lectures:** Engaging sessions by Sri Shrikumar Hiremath to explain concepts and answer queries.
- **Group Discussions:** Collaborative discussions to deepen understanding and facilitate peer learning.
- **Practical Exercises:** Regular mock tests and practice exercises to reinforce learning and improve performance.
- **Personalized Guidance:** One-on-one sessions for addressing specific concerns and enhancing individual preparation.

5. Participant Feedback

Feedback from participants highlighted the following benefits:

- **Enhanced Understanding:** Greater clarity on TET exam requirements and content.
- **Boosted Confidence:** Increased self-assurance in tackling various sections of the exam.
- **Effective Preparation:** Adoption of practical strategies and improved readiness for the TET.

6. Conclusion

The value-added course on the Teacher Eligibility Test conducted by BLDEA's J.S.S. College of Education was a significant success. Sri Shrikumar Hiremath's expertise and the well-structured course content greatly contributed to preparing participants for the TET. The course not only provided essential knowledge but also empowered participants with the tools needed for success in the examination.


 IQAC Co-ordinator
 J.S.S. College of Education
 Wajapur

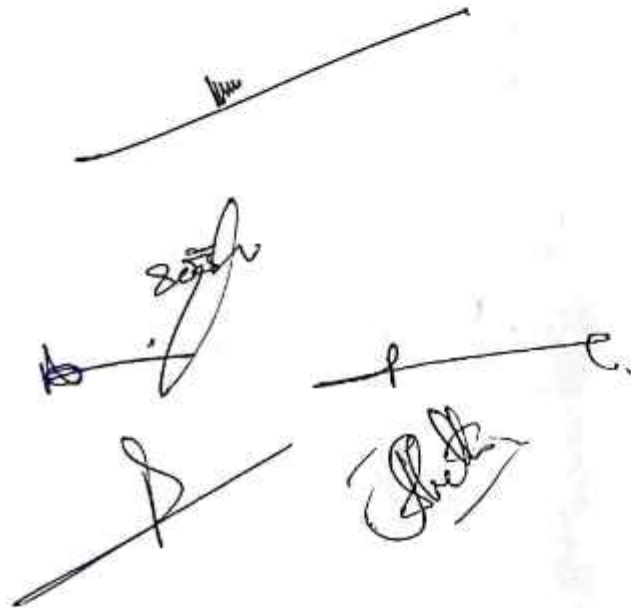


 Principal
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B.L.D.E.A's
J.S.S.College of Education, Bijapur
Notice

No: _____

Date :13:07.2023

It is here by Informed to all students to Attend Value added Course on TET
From 14-07-2023 to 23-07-2023.

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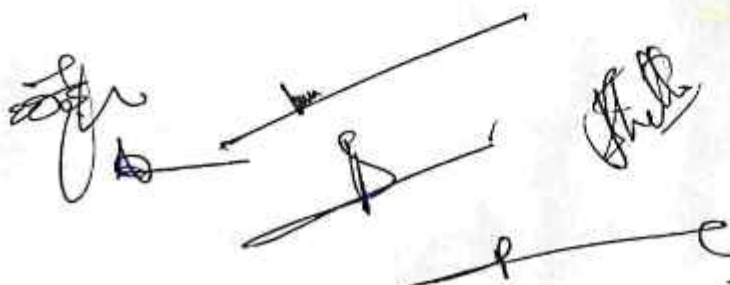

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No: _____

Date :13:07.2023

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BLDEA's
JSS College of
Education,
Vijayapur

Value-Added Course on Teacher
Eligibility Test (TET) Coaching

Dates:- 14-07-2023 to 23-07-2023

Objectives


- To provide in-depth knowledge and understanding of the TET syllabus and exam pattern.
- To enhance the teaching and problem-solving skills of participants.
- To offer expert guidance and strategies for effective exam preparation.
- To conduct practice tests and mock exams to evaluate and improve performance

Resource Persons

1. Mr N.M. Biradar, Chankya Career Academy
2. Shivakumar Hiremath, Chankya Career Academy
3. Mr Guru Hunashyal Chankya Career Academy

64	U15LY21E0005	RAMESH B JADHAV	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
65	U15LY21E0024	GOWRABAYI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
66	U15LY21E0049	BIBI AYESHA KORRO	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
67	U15LY21E0062	ALLABAKSHA R INAMADAR	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
68	U15LY21E0032	AMULYA JESSICA HARIGAL	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
69	U15LY21E0057	ROOPA DODAMANI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
70	U15LY21E0071	GAYATRI JUNJARAWAD	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
71	U15LY21E0004	REKHA MALI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
72	U15LY21E0067	TRUPTI VAGGENAVAR	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
73	U15LY21E0010	SACHEEN NAVI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
74	U15LY21E0047	YASMIN KOUSAR	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
75	U15LY21E0066	VEENA SHIVAPPA MADIVALAR	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
76	U15LY21E0077	SANJEEV NAD	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
77	U15LY21E0088	ANAND BIRADAR	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
78	U15LY21E0011	KISMAT UMARANI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
79	U15LY21E0027	RAJASHREE SHIVAGOUDA PATIL	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
80	U15LY21E0050	SUREKHA KADAPATTI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
81	U15LY21E0068	SHOBHA KOTHE	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
82	U15LY21E0025	SANTOSH BARAGI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
83	U15LY21E0056	BHIMANAGOURD BASARAKODA	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
84	U15LY21E0086	SUNITA MOTILAL CHAVAN	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
85	U15LY21E0080	PRATIBHA DASHARATHR REDDI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
86	U15LY21E0083	JILANI PASHA	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
87	U15LY21E0009	LAXMI SHARANAGOUDA CHOUDRI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl
88	U15LY21E0022	SUSHMA BASAVARAJ ALALADINNI	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl	Pl


 IQAC Cofordinartor
 LDEA's JSS College of Education
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 VIJAYAPUR

Report on Value-Added Course for Teacher Eligibility Test (TET)

Institution: B.L.D.E.A's J.S.S. College of Education, Vijayapur

Course Duration: 14th July 2023 to 23rd July 2023

Resource Person: Shri Guru Hunashyal, Chanakya Career Academy, Vijayapur

1. Introduction

B.L.D.E.A's J.S.S. College of Education, Vijayapur, conducted a value-added course for the Teacher Eligibility Test (TET) from 14th July 2023 to 23rd July 2023. The course aimed to prepare aspiring teachers for the TET by enhancing their knowledge and skills, thereby increasing their chances of success in the examination.

2. Objectives

The main objectives of the course were:

- To provide a comprehensive understanding of the TET exam structure and content.
- To strengthen participants' subject knowledge in relevant areas.
- To impart effective test-taking strategies and techniques.
- To boost participants' confidence and readiness for the TET.

3. Course Structure

The course was organized as follows:

- **Duration:** 10 Days
- **Daily Sessions:** 3 hours per day
- **Mode:** In-person

4. Resource Person

Shri Guru Hunashyal, a knowledgeable educator from Chanakya Career Academy, Vijayapur, was the resource person for the course. His extensive experience in preparing candidates for competitive exams and his deep understanding of the TET made him a valuable guide for the participants.

5. Course Content

The course covered the following areas:

- **TET Exam Overview:** Introduction to the exam format, types of questions, and evaluation criteria.
- **Subject-Specific Preparation:** Detailed sessions on essential subjects including Child Development and Pedagogy, Language I and II, Mathematics, and Environmental Studies.
- **Test-Taking Strategies:** Techniques for managing time, handling different question types, and minimizing exam-related stress.
- **Practice Sessions:** Regular mock tests and practice questions to provide a real exam experience and assess participants' progress.

6. Methodology

The methodology of the course included:

- **Interactive Lectures:** Engaging sessions led by Shri Guru Hunashyal to explain key concepts and answer participants' questions.
- **Group Activities:** Collaborative exercises and discussions to facilitate peer learning and reinforce understanding.
- **Mock Tests:** Simulated exams to help participants practice under exam conditions and identify areas needing improvement.
- **Personal Guidance:** One-on-one interactions for personalized support and feedback.


7. Participant Feedback

Participants provided positive feedback on the course, highlighting the following benefits:

- **Enhanced Understanding:** Improved clarity on the TET exam structure and content.
- **Increased Confidence:** Greater self-assurance in approaching different sections of the exam.
- **Effective Preparation:** Better preparation and readiness for the TET through practical strategies and practice.

8. Conclusion

The value-added course for the Teacher Eligibility Test conducted by B.L.D.E.A's J.S.S. College of Education was highly successful. Shri Guru Hunashyal's expertise and the well-designed course structure significantly contributed to preparing participants for the TET. The course not only provided valuable knowledge but also equipped participants with practical tools to approach the examination confidently.


IQAC Co-ordinator
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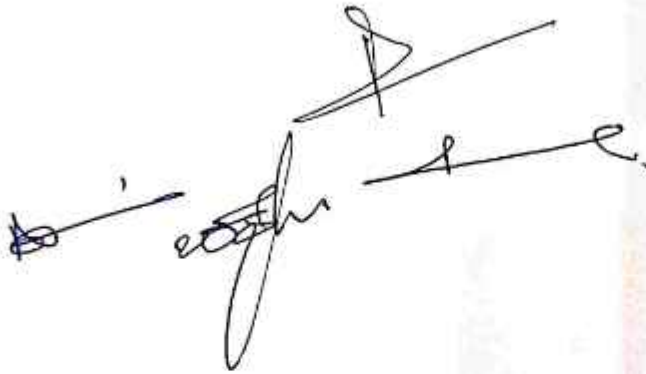
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Date :23:06.2024

It is here by Informed to all students to Attend Value added Course on TE3
From 24-06-2024 to 29-06-2024.



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JSS College of
Education,
Vijayapur

Value-Added Course on Teacher
Eligibility Test (TET) Coaching

Dates:- 24-06-2024 to 03-07-2024

Objectives

- To provide in-depth knowledge and understanding of the TET syllabus and exam pattern.
- To enhance the teaching and problem-solving skills of participants.
- To offer expert guidance and strategies for effective exam preparation.
- To conduct practice tests and mock exams to evaluate and improve performance

Resource Persons

1. Mr N.M. Biradar, Chankya Career Academy
2. Shivakumar Hiremath, Chankya Career Academy
3. Mr Guru Hunashyal Chankya Career Academy

72	U15LY22E0078	AKSHATA UMNAVAGOL	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK	AK
73	U15LY22E0079	NIVEDITA KUMATAGI	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
74	U15LY22E0080	AMARANIMA	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
75	U15LY22E0081	SUNITA	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS
76	U15LY22E0082	ATIVA FAREEN M SOUDAGAR	AT	AT	AT	AT	AT	AT	AT	AT	AT	AT	AT
77	U15LY22E0083	GANGANIMA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA	GA
78	U15LY22E0084	BASAVARAJ NAVI	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN	BN
79	U15LY22E0085	ANNAPOORNA M WADDAR	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN
80	U15LY22E0086	MAMMADA SADIK DEVAR	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD	MD
81	U15LY22E0087	Sonita Joti	SK	SK	SK	SK	SK	SK	SK	SK	SK	SK	SK
82	U15LY22E0088	SHARANAPPA DALAGARI	SD	SD	SD	SD	SD	SD	SD	SD	SD	SD	SD
83	U15LY22E0089	NIKITA ANNARAYA SALUTAGI	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
84	U15LY22E0090	Jyoti Ravi Kumar	JK	JK	JK	JK	JK	JK	JK	JK	JK	JK	JK
85	U15LY22E0091	SANGANAGOUD B HIRADAR	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH
86	U15LY22E0092	SABA B GALGALI	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB	SB
87	U15LY22E0093	ATIFA KAIMAN NALBAND	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN
88	U15LY22E0095	MEHRUNISSA ANWAR PASHA MIJAWAR	MP	MP	MP	MP	MP	MP	MP	MP	MP	MP	MP
89	U15LY22E0096	MAYAJARIN NULLA	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA	MA
90	U15LY22E0097	CHAITRA KOTVAL	CK	CK	CK	CK	CK	CK	CK	CK	CK	CK	CK
91	U15LY22E0098	ANJANA NAIK	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN	AN
92	U15LY22E0099	PALLAVI SUNAG	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS	PS
93	U15LY22E0100	NINGENBRASING B RAJAPU	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR
94	U15LY22E0101	SAGAR SIDARADDI	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS	SS
95	U15LY22E0102	PALLAVI P KASTAR	PK	PK	PK	PK	PK	PK	PK	PK	PK	PK	PK
96	U15LY22E0103	SHILPA JENDI	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH	SH

IQAC Co-ordinator
 BLDEA's JSS College of Education
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Report on Value-Added Course for Teacher Eligibility Test (TET)

Institution: B.L.D.E.A's J.S.S. College of Education, Vijayapur

Course Duration: 24th June 2024 to 3rd July 2024

Resource Person: Shri N.M. Biradar, Chanakya Career Academy, Vijayapur

1. Introduction

B.L.D.E.A's J.S.S. College of Education, Vijayapur, conducted a value-added course aimed at preparing candidates for the Teacher Eligibility Test (TET) from 24th June 2024 to 3rd July 2024. This course was designed to enhance participants' understanding of the TET exam and improve their chances of success.

2. Objectives

The course aimed to:

- Provide a comprehensive overview of the TET exam structure and requirements.
- Strengthen participants' knowledge in key subject areas covered in the exam.
- Teach effective strategies for tackling the exam efficiently.
- Build participants' confidence and readiness for the TET.

3. Course Structure

The course was organized as follows:

- **Duration:** 10 Days
- **Daily Sessions:** 3 hours per day
- **Mode:** In-person

4. Resource Person

Shri N.M. Biradar, an experienced educator from Chanakya Career Academy, Vijayapur, led the course. His expertise in preparing students for competitive exams and his deep understanding of the TET syllabus were instrumental in delivering valuable content to the participants.

5. Course Content

The course included the following key areas:

- **TET Exam Overview:** Detailed introduction to the exam format, types of questions, and marking scheme.

- **Subject Knowledge:** Intensive coverage of subjects relevant to the TET, including Child Development and Pedagogy, Language I and II, Mathematics, and Environmental Studies.
- **Test-Taking Strategies:** Techniques for managing exam time, handling different types of questions, and coping with exam stress.
- **Practice Sessions:** Regular mock tests and practice exercises to provide a simulated exam environment and assess readiness.

6. Methodology

The course was delivered through:

- **Interactive Lectures:** Engaging sessions by Shri N.M. Biradar to explain exam content and answer participant queries.
- **Group Discussions:** Collaborative activities to facilitate deeper understanding and peer learning.
- **Mock Tests:** Practice exams to help participants experience exam conditions and improve their performance.
- **Personalized Feedback:** One-on-one feedback sessions to address individual challenges and refine preparation strategies.


7. Participant Feedback


Participants provided the following feedback:

- **Improved Knowledge:** Enhanced understanding of the TET exam structure and subject matter.
- **Increased Confidence:** Boosted confidence in answering different types of questions and managing exam pressure.
- **Effective Preparation:** Practical strategies and ample practice helped in better preparation for the TET.

8. Conclusion

The value-added course on the Teacher Eligibility Test, conducted by B.L.D.E.A's J.S.S. College of Education, was a significant success. Shri N.M. Biradar's expertise and the well-organized course structure effectively prepared participants for the TET. The course provided crucial insights and practical tools, contributing to the participants' readiness for the examination.


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Feedback on Value Added Course-Teacher Eligibility Test Coaching

Name: Suma choudari
Sem/Year 4th Sem

Date: 29/06/24

S.I no	Rate the Particulars	Excellent	Very Good	Good	Average	Poor	Very Poor
1	Quality of teaching provided		✓				
2	Effectiveness of the study materials provided:	✓					
3	Clarity and organization of the class content		✓				
4	Availability and accessibility of the instructor:	✓					
5	Pacing and scheduling of the classes:			✓			
6	Use of teaching aids and resources (e.g., PPTs, videos, online resources)	✓					
7	Duration of the Course	✓					
8	Support provided for doubts and queries:		✓				
9	*How well did the classes prepare you for the TET exam		✓				
10	Overall Satisfaction with the Course		✓				

What improvements would you suggest for the course

Need more improvement

Excellent-5 Very Good-4 Good-3 Average-2 Poor-1 Very Poor-0

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Feedback on Value Added Course-Teacher Eligibility Test Coaching

Name: Shilpa B. Baijantoi
Sem/Year: B-Ed. IVth Sem.

Date: 29/06/2024

S.I no	Rate the Particulars	Excellent	Very Good	Good	Average	Poor	Very Poor
1	Quality of teaching provided	✓					
2	Effectiveness of the study materials provided:		✓				
3	Clarity and organization of the class content		✓				
4	Availability and accessibility of the instructor:	✓					
5	Pacing and scheduling of the classes:	✓					
6	Use of teaching aids and resources (e.g., PPTs, videos, online resources)	✓					
7	Duration of the Course	✓					
8	Support provided for doubts and queries:		✓				
9	*How well did the classes prepare you for the TET exam	✓					
10	Overall Satisfaction with the Course	✓					

What improvements would you suggest for the course

Overall good.

Excellent-5 Very Good-4 Good-3 Average-2 Poor-1 Very Poor-0

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Feedback on Value Added Course-Yoga for Holistic Health

Name: Juber - Mujawar
Sem/Year 1st year.

Date: 19/02/2024

S.No	Rate the Particulars	Excellent	Very Good	Good	Fair	Poor
1	Quality of Yoga Instruction	✓	—	—	—	—
2	Variety of Yoga Techniques Covered	✓	—	—	—	—
3	Relevance of the Content to Your Needs	✓	—	—	—	—
4	Clarity of Instruction	✓	—	—	—	—
5	Instructor's Engagement with Participants	✓	—	—	—	—
6	Structure and Flow of the Course	—	✓	—	—	—
7	Duration of the Course	—	—	✓	—	—
8	Cleanliness and Ambiance of the Yoga Space	—	—	—	✓	—
9	Availability of Learning Resources (e.g., manuals, videos)	—	—	✓	—	—
10	Overall Satisfaction with the Course	—	✓	—	—	—
What improvements would you suggest for the course						
<i>Duration of Course to be increased with much space.</i>						

Excellent-5 Very Good-4 Good-3 Fair-2 Poor-1


Sign of Student Teacher

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Feedback on Value Added Course-Yoga for Holistic Health

Name: RAHUL. NAIK
Sem/Year IInd Sem / Ist Year

Date: 19/02/2024

S.No	Rate the Particulars	Excellent	Very Good	Good	Fair	Poor
1	Quality of Yoga Instruction	✓				
2	Variety of Yoga Techniques Covered	✓				
3	Relevance of the Content to Your Needs		✓			
4	Clarity of Instruction	✓				
5	Instructor's Engagement with Participants		✓			
6	Structure and Flow of the Course	✓				
7	Duration of the Course	✓				
8	Cleanliness and Ambiance of the Yoga Space		✓			
9	Availability of Learning Resources (e.g., manuals, videos)		✓			
10	Overall Satisfaction with the Course	✓				
What improvements would you suggest for the course						
availability of Learning equipment to be increased.						

Excellent-5 Very Good-4 Good-3 Fair-2 Poor-1


Sign of Student Teacher

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Feedback on Value Added Course-Yoga for Holistic Heal

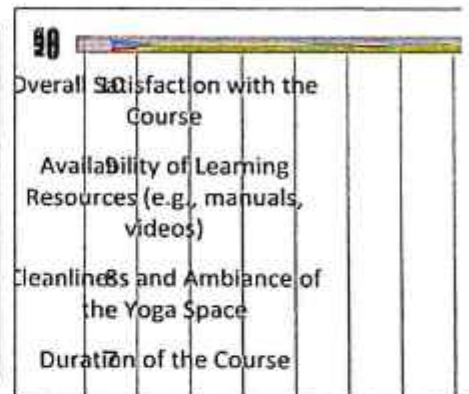
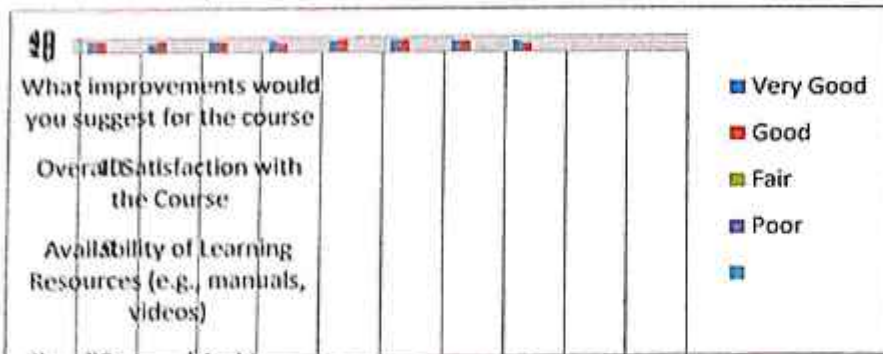
Name: _____

Sem/Year _____ Date: _____

S.No	Rate the Particulars	Excellen	Very
1	Quality of Yoga Instruction	53	22
2	Variety of Yoga Techniques Covered	30	28
3	Relevance of the Content to Your Needs	29	31
4	Clarity of Instruction	23	25
5	Instructor's Engagement with Participants	39	29
6	Structure and Flow of the Course	32	29
7	Duration of the Course	40	30
8	Cleanliness and Ambiance of the Yoga Space	30	33
9	Availability of Learning Resources (e.g., manuals, videos)	35	30
10	Overall Satisfaction with the Course	37	27

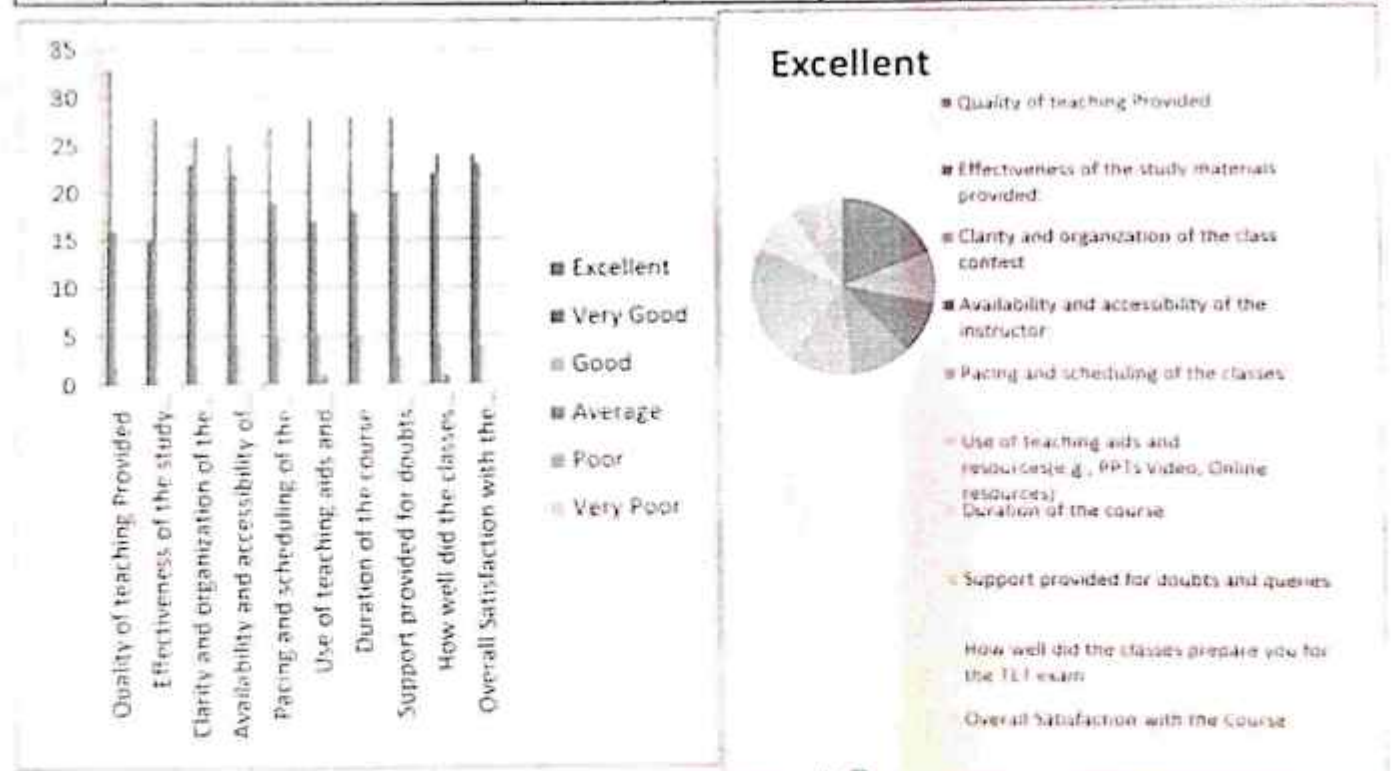
What improvements would you suggest for the course

Excellent-5 Very Good-4 Good-3 Fair-2 Poor-1



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Feedback on Value Added Course - Teachers Eligibility Test Coaching

Sl.No	Rate the Particulars	Excellent	Very Good	Good	Average	Poor	Very Poor
1	Quality of teaching Provided	33	16	2			
2	Effectiveness of the study materials provided:	15	28	8			
3	Clarity and organization of the class contest	23	26	2			
4	Availability and accessibility of the instructor:	25	22	4			
5	Pacing and scheduling of the classes:	27	19	5			
6	Use of teaching aids and resources(e.g., PPTs Video, Online resources)	28	17	5	1		
7	Duration of the course	28	18	5			
8	Support provided for doubts and queries:	28	20	3			
9	How well did the classes prepare you for the TET exam	22	24	4	1		
10	Overall Satisfaction with the Course	24	23	4			




[Signature]
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Ith		
Good	Fair	Poor
1		
31	1	
31	1	
32	3	
27		
25		
34		
33		
29		
24		




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