

BLDEA's JSS College of Education, Vijayapur

CRITERIA-07-Institutional Values and Best Practices

7.2.1: Describe at least two institutional best practices (as per NAAC format given on its website)

INDEX

Sl. No.	PARTICULARS
1	Photos related to Yoga for Holistic Health
2	Photos related to "FCS (Fostering Competitive Spirit)-An Interactive Q&A Session"
3	Other Information

BLDEA's

JSS College of Education, Vijayapur Reports On Extension and Out Reach Activities

5thInternational Yoga Day 21-06-2019

The 5th International Yoga Day was celebrated with great enthusiasm at BLDEA's JSS College of Education, Vijayapur, on 21st June 2019. The event was marked by a series of activities aimed at promoting the physical, mental, and spiritual benefits of yoga

Objectives of celebrating International Yoga Day are multifaceted, aiming to promote the physical, mental, and spiritual well-being of individuals. Here are some of the key objectives:

- 1. Promote Health and Wellness:
- 2. Foster Mental Peace and Well-being
- 3. Spread Awareness of Yoga's Benefits
- 4. Encourage a Healthy Lifestyle
- 5. Promote Unity and Harmony
- 6. Preserve and Promote Cultural Heritage

Report:

Inauguration Ceremony

The event began with an inaugural ceremony attended by Principal Dr M.S.Hiremath, faculty members, and students. The Principal of the college, Dr.M.S.Hiremathdelivered the welcome address, emphasizing the importance of yoga in daily life.

Yoga Demonstration

Professional yoga instructors our Past Student ShriLokeshHonmore were invited to demonstrate various asanas and breathing techniques.

Participants, including students and faculty, actively engaged in performing the yoga postures under the guidance of the instructors.

Interactive Sessions

Interactive sessions were held where participants could ask questions and discuss the challenges they face in maintaining a regular yoga practice.

Tips and suggestions were provided by the experts to help incorporate yoga into daily routines.

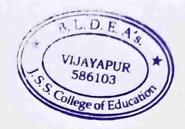
Concluding Ceremony

The celebration concluded with a vote of thanks by the event coordinator, Dr M.B.Kori

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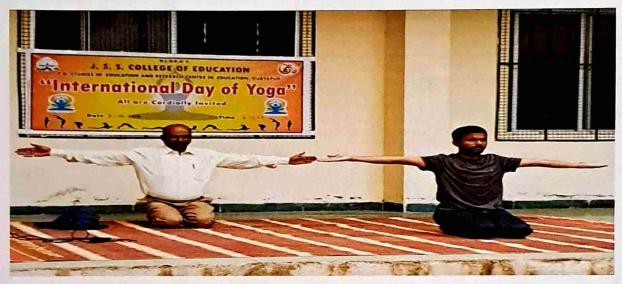
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Impact and Feedback:

The celebration of the 5th International Yoga Day at BLDEAs JSS College of Education was a resounding success, with a significant turnout and active participation from the college community. The event not only raised awareness about the benefits of yoga but also inspired many to adopt a healthier and more balanced lifestyle. Participants expressed their appreciation for the well-organized event and the valuable insights gained from the sessions. The college looks forward to continuing the tradition of celebrating International Yoga Day and promoting the practice of yoga among students and faculty in the years to come.





YouTube links-https://youtu.be/yqpCKgPWk4c?si=5JV6tVhTWqq94xV5

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Yoga Camp -28.2.2020 to 20.03.2020

Organizing a yoga camp at BLDEA'S JSS College of Education, Vijayapur, is a great initiative! Here are some objectives you could consider for the camp and how you might structure your report:

Objectives of the Yoga Camp:

- 1. Enhance participants' physical fitness, flexibility, and stamina through regular yoga practice.
- 2. Reduce stress, anxiety, and improve overall mental clarity and emotional balance.
- 3. Introduce participants to the traditional aspects and philosophy of yoga.
- 4. Foster a sense of community and camaraderie among participants.
- 5. Teach various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques.
- 6. Raise awareness about the importance of yoga in maintaining a healthy lifestyle.

Report:

1. Introduction:

- Provide background information on why the yoga camp was organized, its objectives, and its significance.

2 Methodology:

- Describe how the camp was structured (daily schedule, sessions conducted, types of yoga practiced).
 - Mention any guest instructors or experts involved.

3. Activities and Sessions:

- Detail the daily activities and sessions conducted during the camp.
- Highlight key yoga techniques taught and their benefits.

4. Participant Feedback:

- Include feedback from participants regarding their experience, benefits gained, and any challenges faced.

5. Impact and Results:

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- Discuss the overall impact of the camp on participants' physical and mental well-being.
- Share any measurable outcomes or improvements observed.

6. Conclusion:

- Summarize the success of the yoga camp in achieving its objectives.
- Discuss any future plans or recommendations based on the camp's outcomes.







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Yoga Camp-Yoga and Aasana Event Practice-05.04.2022

Objectives of the Yoga and Asana Event on 05/04/2022

- 1. To enhance physical fitness and flexibility among participants through various yoga asanas.
- 2. To reduce stress and anxiety by incorporating mindfulness and meditation practices.
- 3. To educate participants about the benefits of regular yoga practice.
- 4. To foster a sense of community and collective well-being among students and staff.
- 5. To encourage a balanced lifestyle integrating body, mind, and spirit.

Report on the Yoga and Asana Event on 05/04/2022

Summary of Activities:

1.Introduction and Warm-Up:

- The event began with a brief introduction to the objectives of the session.
- Participants were guided through a series of warm-up exercises to prepare their bodies for the yoga practice.

2. Yoga Asanas Practice:

- Various asanas were demonstrated and practiced, including Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Trikonasana (Triangle Pose), and more.
- Instructors emphasized the correct form and alignment for each pose to prevent injuries and maximize benefits.

3. Breathing Exercises and Meditation:

- Pranayama techniques such as AnulomVilom (Alternate Nostril Breathing) and Kapalbhati (Skull Shining Breath) were introduced to enhance respiratory health and concentration.
 - A guided meditation session was conducted to promote relaxation and mental clarity.

4. Interactive Session:

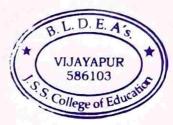
- Participants had the opportunity to ask questions and share their experiences with yoga.
- Instructors provided personalized tips and adjustments based on individual needs and capabilities.

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5. Conclusion:

- The event concluded with a relaxation phase (Shavasana) to help participants integrate the benefits of the practice.
- Feedback was collected from participants to assess the impact of the session and gather suggestions for future events.

Outcomes:

Participants reported feeling more relaxed, energized, and focused after the session.

Many participants expressed a greater understanding of the benefits of yoga and an interest in continuing their practice.

The event successfully brought together a diverse group of individuals, fostering a sense of unity and shared purpose. Overall, the yoga and asana event at BLDEA'S JSS College of Education, Vijayapur, was a successful initiative that contributed to the physical and mental well-being of the participants.



Face book link-https://youtu.be/oC1XF0gt5Nc?si=Q8rU9uHvXqBm1LO-

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Yoga Camp-Yoga / Pranayama Practice- 12.02.2024 to 19.02.2024

Objectives of the Yoga Camp:

- 1 To enhance the physical health and mental well-being of student teachers through regular yoga and pranayama practice.
- 2. To provide stress relief and relaxation techniques that can be incorporated into daily routines.
- 3. To develop skills in yoga and pranayama techniques among student teachers.
- 4 To improve mindfulness, concentration, and focus through yoga practices.
- 5.To foster a sense of community and camaraderie among student teachers through shared activities.
- 6. To educate participants about the benefits of yoga and pranayama for overall health and well-being.
- 7. To promote self-awareness and self-care practices through yoga and pranayama.

Report on the Yoga Camp:

The yoga camp organized at BLDEA'S JSS College of Education, Vijayapur, from February 12th to February 19th, 2024, was a resounding success in achieving its objectives. The camp aimed to promote physical and mental well-being among student teachers through intensive yoga and pranayama practices.

Activities:

Daily Sessions- The camp included daily morning and evening sessions of yoga and pranayama led by experienced instructors.

Techniques Covered-Participants learned various yoga asanas, breathing exercises, and relaxation techniques to improve flexibility, strength, and overall health.

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Educational Workshops-Sessions included educational workshops on the principles and benefits of yoga, promoting a deeper understanding among participants.

Interactive Sessions-Interactive sessions encouraged participants to share their experiences and challenges, fostering a supportive environment.

Achievements

Improved Physical Health- Participants reported increased flexibility, improved posture, and reduced muscular tension.

Enhanced Mental Well-being- Many participants experienced reduced stress levels, improved concentration, and better emotional resilience.

Skill Development-Student teachers developed proficiency in yoga and pranayama techniques, enabling them to continue practicing independently.

Community Impact:

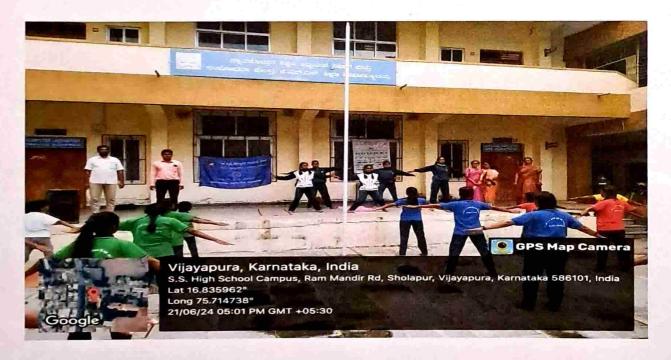
- The camp contributed to building a sense of community and teamwork among student teachers, fostering a supportive network within the college.

Conclusion:

The yoga camp not only achieved its primary goals of promoting physical fitness and mental well-being but also instilled a deeper appreciation for yoga as a holistic practice among the student teachers. It served as a platform for personal growth, stress relief, and skill development, reinforcing the importance of wellness in educational environments. Future camps could further explore advanced techniques and deepen the integration of yoga into daily college life.

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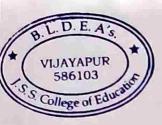




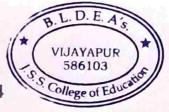
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Yoga and Exercise Practice-16-03-2024



The Yoga and Exercise Practice session was held on 5th April 2022 at BLDEA'S JSS College of Education, Vijayapur. The event was organized by the Internal Quality Assurance Cell (IQAC) in collaboration with the college administration.

The session saw enthusiastic participation from student teachers, faculty members, and staff of the college.

A certified yoga instructor ShriA.S.Masaliwas invited to lead the session, ensuring proper guidance

Various yoga postures (asanas) were demonstrated and practiced, focusing on flexibility, strength, and relaxation.

Breathing exercises were conducted to improve respiratory efficiency and mental clarity.

A guided meditation session helped participants achieve a state of mental calmness and focus.

Light physical exercises and stretches were included to promote overall fitness and prevent sedentary lifestyle issues.

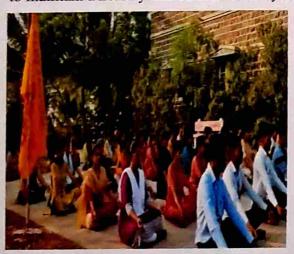
Participants reported feeling more relaxed and rejuvenated after the session. Many noted an improvement in their physical and mental well-being.

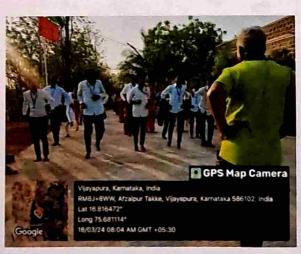
The practice helped in reducing stress levels, enhancing concentration, and promoting a positive mindset among the participants.

Positive feedback was received from participants, who expressed a keen interest in having regular yoga and exercise sessions as part of their curriculum.

Conclusion:

The Yoga and Exercise Practice session was a successful initiative by BLDEA'S JSS College of Education, Vijayapur, and IQAC. It effectively promoted the importance of physical and mental health among student teachers and staff. Regular practice of yoga and exercise is recommended to maintain a healthy and balanced lifestyle.





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Report on Yoga Certificate Course Conducted by IQAC at BLDEA'S JSS College of Education, Vijayapur in collaboration with BLDE Deemed to be University , Vijayapur -12-02-2024 to 19-02-2024

The IQAC of BLDEA'S JSS College of Education, Vijayapur, organized a comprehensive Yoga Certificate Course aimed at enhancing the physical and mental well-being of student teachersThe course was conducted over a period of one month, from [12-02-2024] to [19-02-2024]. The course saw active participation from student teachers of BLDEA'S JSS College of Education.

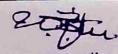
Certified yoga instructors with expertise in various yoga practices and techniques conducted the sessions.

- 1. Introduction to Yoga
 - History and Philosophy of Yoga
 - Different Types of Yoga (Hatha, Ashtanga, Vinyasa, etc.)
- 2. Basic Asanas (Postures)
 - Surva Namaskar (Sun Salutation)
 - Standing Postures
 - Sitting Postures
 - Lying Down Posture
- 3. Pranayama (Breathing Techniques)
 - AnulomVilom (Alternate Nostril Breathing)
 - Kapalbhati (Skull Shining Breath)
 - Bhramari (Bee Breath)
 - Bhastrika (Bellows Breath)
- 4. Meditation and Relaxation
 - Guided Meditation Sessions
 - Techniques for Mental Relaxation
 - Yoga Nidra (Yogic Sleep)
- 6. Assessment and Certification:
 - Practical Demonstration of Learned Asanas
 - Written Test on Yoga Theory
 - Evaluation based on Participation and Progress

Conclusion

The Yoga Certificate Course conducted by the IQAC of BLDEA'S JSS College of Education was a resounding success, achieving its objectives of promoting health and well-being among student teachers. The positive feedback and outcomes underscore the importance of such initiatives in the holistic development of future educators.





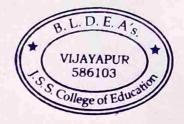
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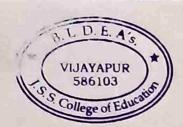




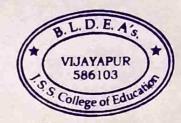
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KAR-TET AND KCET Exam Purpose



Juestion and Answer Discussion

Session

Jimings: - 10:00 am to 10:15 am

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BLDEA'S JSS COLLEGE OF EDUCATION VIJAYAPUR B.ED. FIRST YEAR-SEMESTER-I



TIME TABLE wef 01-02-2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
10:00AM to 10:10 AM	Prayer- Practice	8AM to 8:10AM					
10:10 AM to 11:10AM	Edu.Techn (Dr.MBK)	Edu.Techn (PDM)	Edu.Techn (Dr.MBK)	Edu.Techn (PDM)	Childh & Adol (SSP)	Phy.Education (ASM)	8:10AM to 9:00AM
11:10 AM to 12:10PM	Childh & Adol (Dr.BSH)	Phil &Soc. Bases of Edu (Dr. MSH)	Phil &Soc. Bases of Edu (Dr.MSH)	Childh & Adol (SSP)	EPC-ICT Basics (Dr.MBK)	Phil & Sociol Bases of Edu (Dr.SPS)	9:00AM to 9:50 AM
12:10PM to 12:20 PM		9:50 AM to10:20AM					
12:20PM to 1:20PM	EPC-ICT Basics (Dr.MBK)	Childh & Adol (SSP)	UDP-Lang/ UDP-Sc (Dr.SPS/Dr.JSP)	Phil &Soc. Bases of Edu(Dr.SPS)	UDP-Soc.Sc & UDP-Sc (Dr.MSH/Dr.JSP)	Childh & Adol (Dr.BSH)	10:20AM to 11:10 AM
1:20PM to 2:00 PM		11:10AM to 12:00Noon					
2:00PM to 3:00PM	UDP-Soc.Sc & UDP-Sc (Dr.MSH/Dr.JSP)	UDP- Soc.Sc & UDP-Sc (Dr.BSH/Dr.JSP)	EPC-LAC (PDM)	EPC-PTT (Dr.BSH)	Phil &Sociol Bases of Edu(Dr.MSH)	(Dr.MBK/SSP/Dr.BYK) MENTORING (All Faculties)	12:00 Noon to 12:50PM
3:00PM to 4:00PM	EPC-PTT (Dr.BSH)	UDP-Lang /UDSS /UDP-Maths (Dr.MBK/SSP/ Dr.BYK)	UDP- Soc.Sc/UDSS /UDP-Maths (Dr.BSH/SSP/Dr.BYK)	Cultural Activities	UDP-Lang /UDSS /UDP-Maths (Dr.SPS/SSP/Dr.BYK)		
4:00 PM to 5:00PM	Library/Micro Teaching- Guidance	EPC-LAC (PDM)	Sports(ASM)	Remedial Teaching /Guidance	TED TALK		

Philosophical & Sociological Bases of Education-Dr. MSH/Dr. SPS

Childhood & Adolescence-Dr.BSH/Shri.SSP Educational Technology-Dr.MBK/Shri.PDM EPC-Psycho Social Tools & Techniques-PTT-Dr. BSH

EPC-Language Across Curriculum-LAC-Shri.PDM

Understanding Discipline & Pedagogy: UDP -1(UDP-Language-Dr.MBK/Dr.SPS /UDP-Physical Science-Dr.JSP

EPC-Microteaching –All Faculties Mentoring-All Faculties

EPC-Information & Communication Technology-ICT Basics- Dr.MBK

Understanding Discipline & Pedagogy: UDP-2(UDP-Social Science-Dr.MSH/UDP-Mathematics -Dr.BYK/ UDSS--Shri.SSP UDP-2: Understanding Discipline & School Subjects- UDSS

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FCS (FOSTERING COMPETITIVE SPIRIT)-AN INTERACTIVE Q&A SESSION





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FCS (FOSTERING COMPETITIVE SPIRIT)-AN INTERACTIVE Q&A SESSION College of Edu

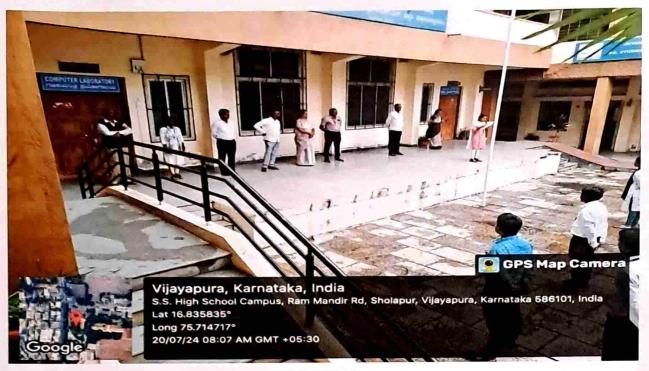


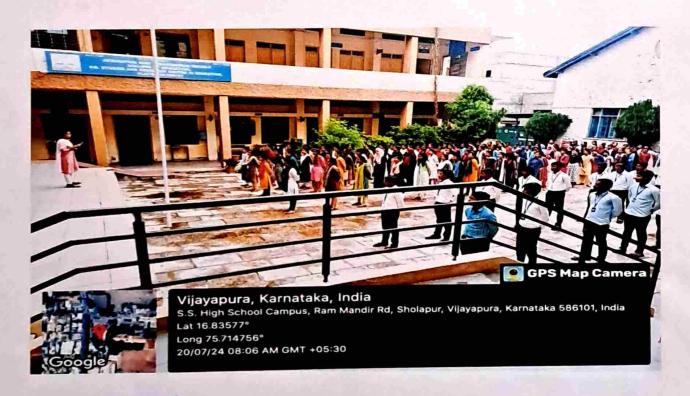


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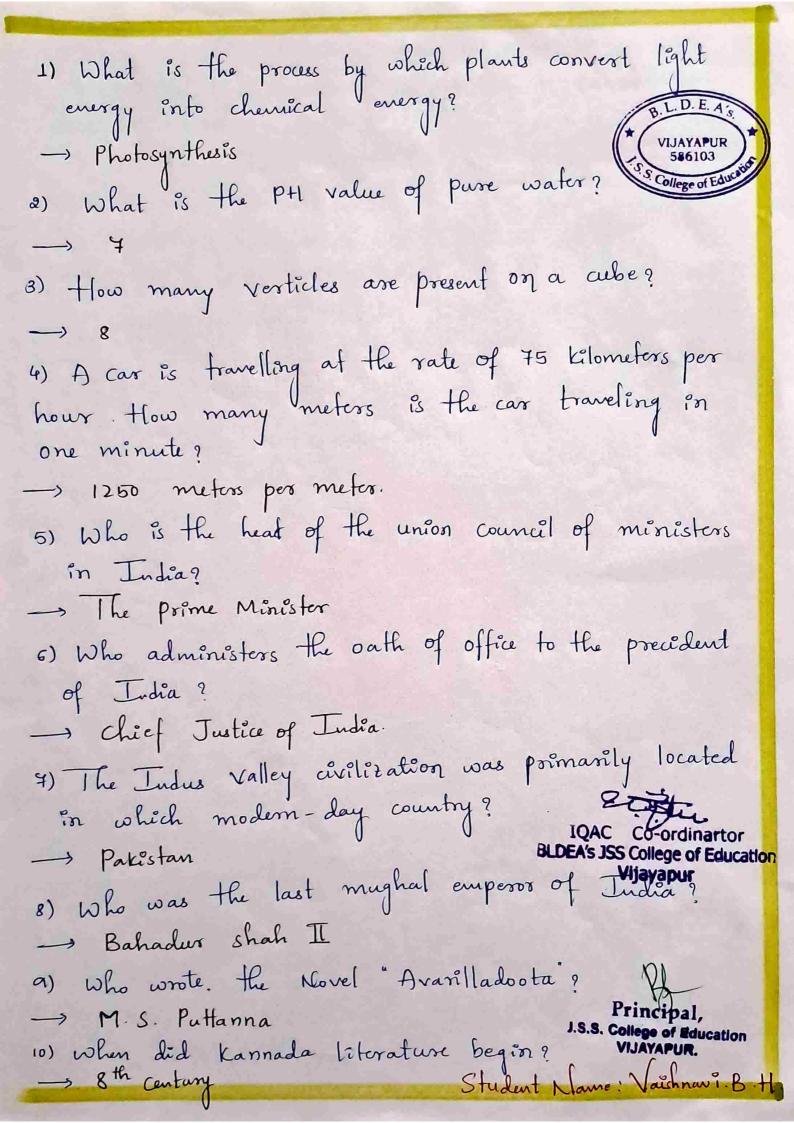


Displayed on Notice Board regarding Question Answer Section



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J. F. Questions :-

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IQAC Co-ordinartor JLDEA's JSS College of Education Vilayapur doll

भवी के अद्येश मिली की की वह वीकी ಸಮೆಗೆ ಕ್ಕೆಟ್ರಿವಾನೆ. ಎದ್ದು ಕನ್ನು J.S.S. College of कार्विकातिकार्य न्यातिक्रिकेन्येन

त्र जी तार्जी वेह्नी से पूर्वित्र है।

ो र्यात्मिर्वाते अ०थीत नार्वे लायीयन्त्र नार्वे

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3) नावहित्व चेत्री किल्य कार्य स्मू केर्राओं मिस्तू ज्यानी ?

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4) व्यामा इष भाग हतीया कार्य कार्य कि कार प्रमुख्

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रे त्यानी त्याष्ट्रित मार्थित महामा त्यानी है।

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१ नित कुक्षी प्रत काष्मुक्षण कुरी भाषामुक्षा ह

में ज्यादिया मुक्किकान मिळाले प्रत्य व्याजिक?

→ क्षेत्रकृष्ट.

8> मीब्रुपुष अवव्यश्रेषुते निक्तामी गण्या दुरुत्यारीकानु सुरात्त

नियमें के श

- अधिकामाहन कि। धी.

पर देशास्त्र हती हलाहिला गठन त्राक्षेत्र क्षित्रहिलें

🛶 हिस्से स्टिस ना ना .

(a) Goon तिकत कर्ते कर्त्री क्रिके स्थिति ?

🛶 ळे॰ मात्रेख.

" विशेष् हिन्मत् ठ्यान कुरुष्टि है।

→ ಅಪ್ರೀಂಕಾ. IQAC Co-ordinartor SLDEA'S JSS College of Education Vijayapur

J.S.S. College of Education