



Gokhale Education Society's

COLLEGE OF EDUCATION AND RESEARCH



Parel, Mumbai – 400 012.

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ISO 9001:2015 Certified, NAAC accredited A grade in 3rd Cycle

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TEACHING – LEARNING PROCESS 2.3.6

**GOKHALE EDUCATION SOCIETY'S
COLLEGE OF EDUCATION AND RESEARCH, PAREL, MUMBAI-12
ORGANIZES**

**ONLINE WORKSHOP CUM WEBINAR ON THE OCCASION OF
INTERNATIONAL YOGA DAY**

BY



**Dr. RAHUL W. ALINJE
INTERNATIONAL YOGA TEACHER
COPENHAGEN, DENMARK**

"YOGA FOR STUDENTS & TEACHERS"



26th JUNE 2021 AT 2.00 PM




GOOGLE MEET LINK

meet.google.com/rkx-cjhx-rhm

**Dr. Sandeep B. Bodke
EVENT ORGANIZER**

**Dr. Narendra P. Patil
PRINCIPAL**




Principal
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College of Education & Research
Parel, Mumbai - 400 012.

Event : Online Workshop cum Webinar on the occasion of International Yoga Day .

Date : 26th June 2021

Resource Person :Dr. Rahul W.Alinje

Time : 2:00 pm -3.45 pm

Platform : Google Meet

Organizer : Prof Dr. Sandeep Bodke

International Yoga Day is celebrated on 21st June 2021 worldwide. Due to the current pandemic situation ,the event was organized by Prof Dr . Sandeep Bodke and was celebrated virtually on 26th June 2021 on Google Meet .The host of the event was Dr. Rahul W.Alinje .

The event started by the introduction of our resource person by Sandeep sir .He shared information about him.

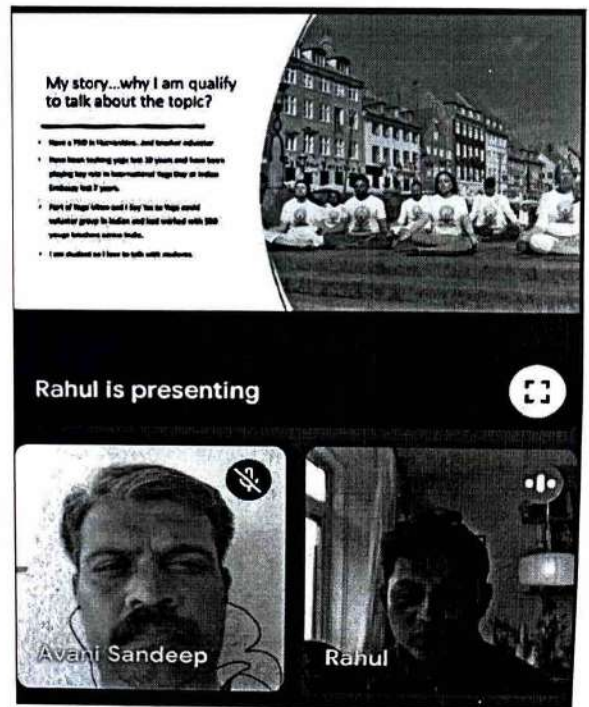
Dr. Rahul Sir holds PH.D In Humanities from a university in Denmark .He conducted his first yoga class for his friends in the year 2005 .He has been teaching yoga since last 10 years and have been Playing key role in International Yoga Day at Indian Embassy since last 7 years .He volunteers covid patients and has worked with 500 Young teachers . He runs a yoga center namely Adiyogi .

The event proceed and was handed over to Rahul Sir.

He thanked Dr. Sandeep Bodke Sir for his words and started with the event .

Firstly , Sir recited a prayer (for blessings during the session and activities)and then introduced himself after which he shared a detailed presentation about Yoga, Health (Psychology) for students and teachers.

He talked about the psychological aspects ,it's importance during this pandemic period .He talked about how our health gets affected due to our lifestyle and social interaction. Further , he talked about the main 3 sources :Family , Friends and Workplace .




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Further he talked about Pranayama ,Kumbhakas,and Asanas .He shared the importance of Vajrasana how it's helpful and one won't encounter any diseases related to diabetes .

Later on ,he talked about the importance of meditation how it's helpful for brain as it translates our energy and concentration power .He talked about the project Rajni about how she used meditation as an effective tool and argued that every company must allocate atleast half an hour for meditation . Similarly ,teacher training colleges must have atleast 15 minutes meditation training to release stress .With this he ended he presentation and proceeded with the practice session .

All the student -teachers and the teaching staff actively participated by turning on their camera and following the yoga instruction.

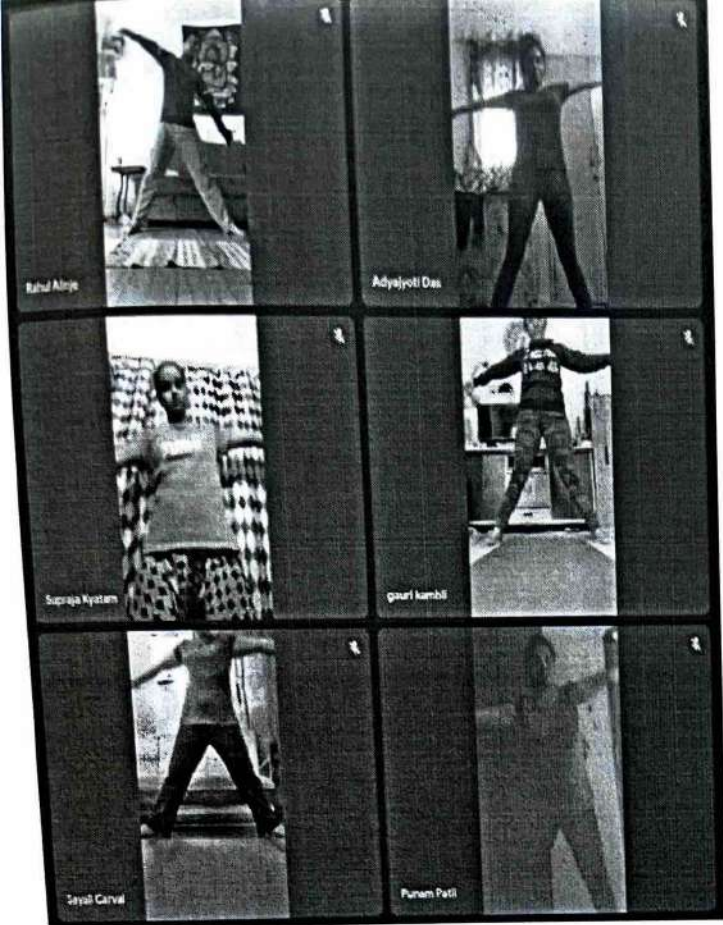
So he started with the practice session firstly he asked all students-teachers to join both their hands and chant a yoga prayer which relax our body. Further he instructed all the students-teachers to stand up and start jog for warm up. While performing different types of asanas he is also explain us that asanas essentially work lubricate the muscles, joints, ligaments and other parts of the body. Which helps to increase circulation and flexibility. Practicing daily asanas can boost up energy and also improve health.

The Asanas which were performed live are as follows:



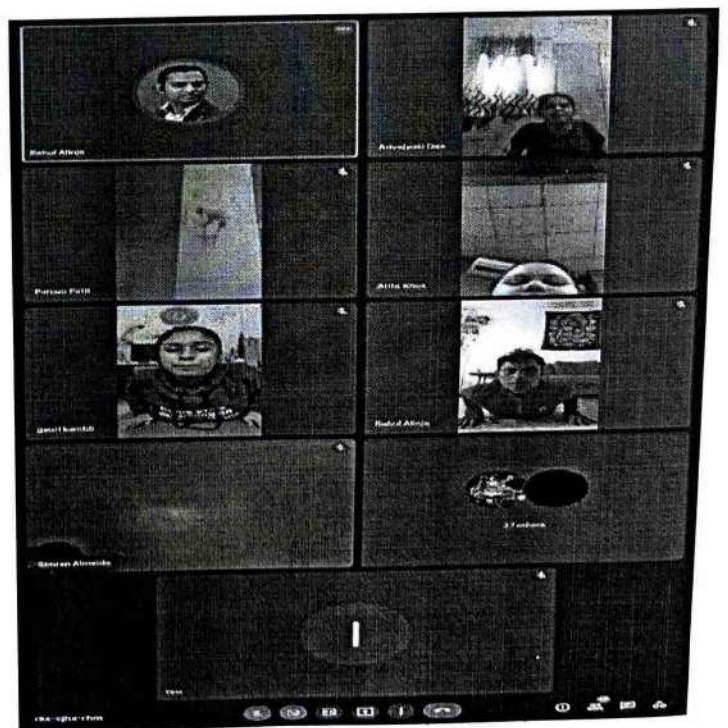
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- **Utthita trikonasana (Extended Triangle pose)** benefits stretches and strengthen the thighs, knees, and ankles.

- **Bhujangasana (cobra pose)** benefit strengthen the spine

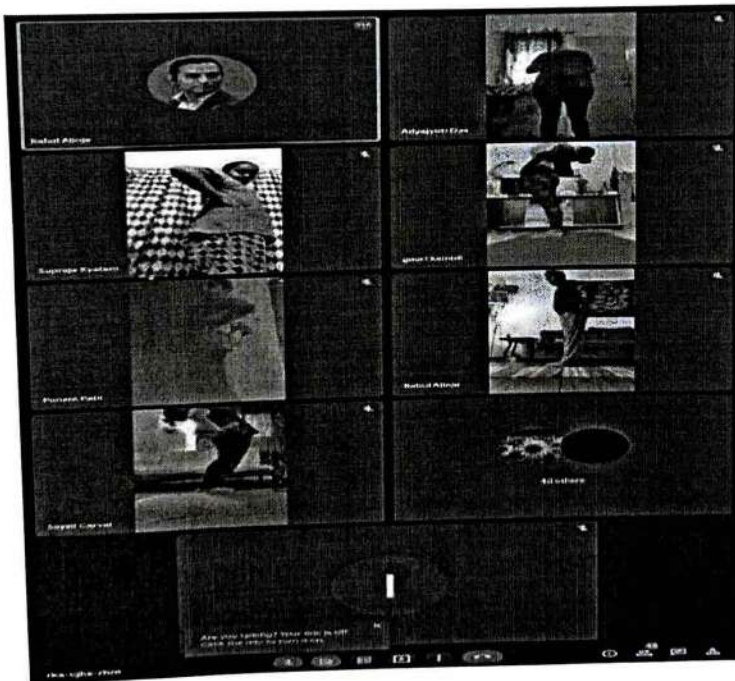



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- **Swastikasana (Auspicious pose)** benefit to make yourself better.



- **Tadasana (Mountain pose)** benefits improve posture and help to reduce back pain.



While ending with this practicing session he asked everyone to chant the mantra i.e OM After the live session , Dr . Rahul Sir began with the Q&A session .During this session teachers and the student-teachers came up with various questions such as asans for migraine ,belly fat, stress reducer ,menstrual problems .All the questions were answered by him.

Vote of thanks

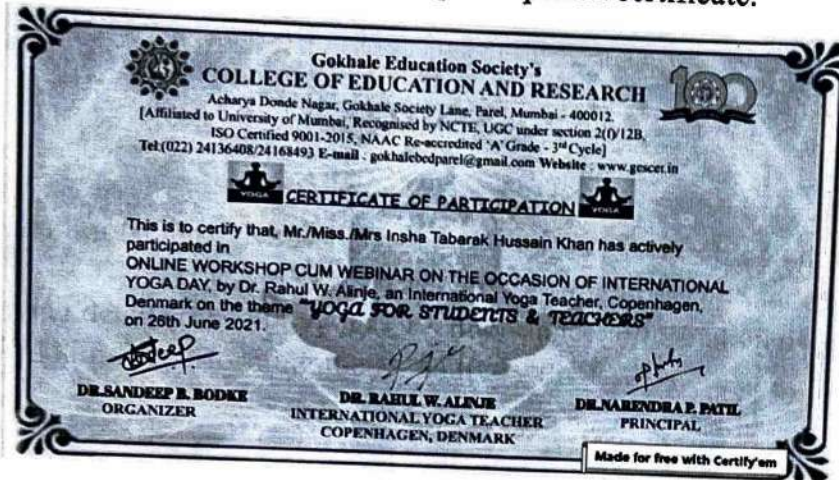


Rahul Sir
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On behalf of GOKHALE EDUCATION SOCIETY'S COLLEGE OF EDUCATION AND RESEARCH the vote of thanks was delivered by Prof.Dr. Sandeep Bodke he thanked Dr. Rahul for giving details related to yoga, it's importance, Information of asana, its benefits. And he also thanked him for performing the asana live with us.

Feedback

At the end of the event ,a feedback link was shared <https://forms.gle/WJWfbSePpQKwBN9i9> and all the participants received the participation certificate.



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2nd PROGRAMME (WEBINAR)

Event Date Time :30/03/2021 (11 am-1 pm)

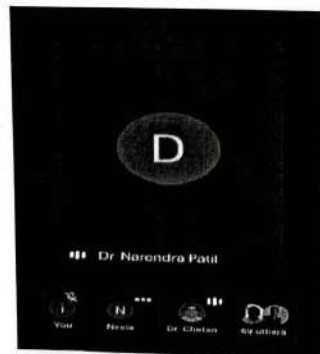
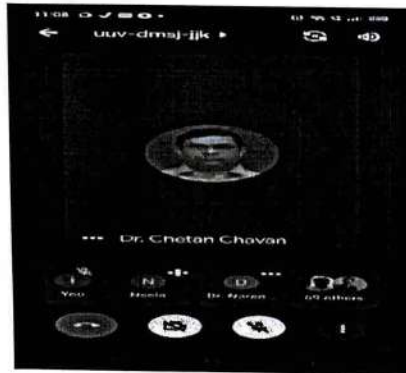
Event :Open Education Resource.

Organized by :Library Department(Dr.Shilpa Waghchoure)

Guest/Spokeperson:Dr.Shakuntala Nighot.

The Virtual Event was held on 30/03/2021 and was organized by our library department .The main aim/objective of the webinar was to acquaint to all to the open education resources and the various techniques to search the information on the internet.

The Webinar started at 11am .It was hosted by **Dr. Shilpa Waghchoure**. She started with the introduction of the webinar and welcome of our principal Dr .Narendra Patil and our **faculty members Prof.Prashant Kale,Prof Dr.Chetan Chavan,Prof Sangeeta**



Patkar,Dr Vinod Gavit Sir and by Ph.D ,FY.B.ed ,SY.B.ed students.

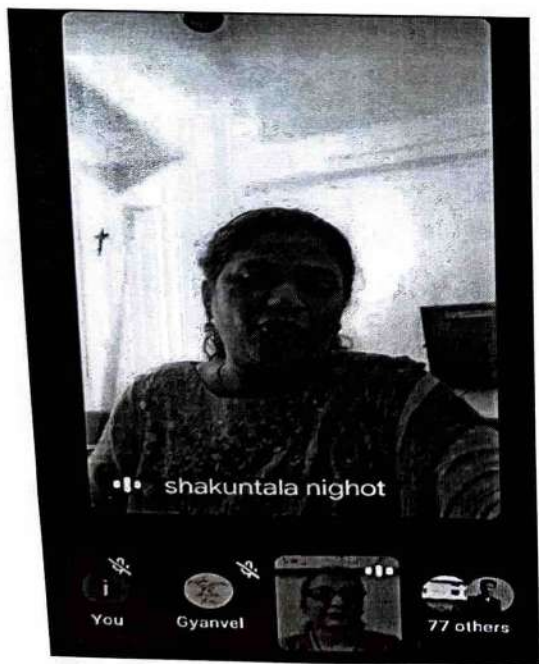



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Prof. Prashant Kale appreciated Shilpa Ma'am efficiency and hard work and the seminar she conducted in 2010.



Followed by it, we got a brief introduction about Shakuntala Ma'am was delivered to us by S.Y.B.ed student Omkar.



ABOUT DR. SHAKUNTALA NIGHOT

Dr. Shakuntala Nighot ma'am is from St. Xaviers college of Education. She has done Ph.D from SNTD

University, Mumbai, 2019. She has done BSc in Mathematics and computer application and B.ed in MLIC. She has qualified NET and is eligible for JRF. She has an professional experience of 16 years (initial 8 years at co-operate and special libraries). Since January 2011, She is pursuing Academic Librarianship at Sophia Centre of

Education.




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She has also worked as visiting faculty, examiner at SNTD Women's University. She has also authored research papers on area such as citations, information need and literacy. She is recipient of Smt. Maltidalal Prize and Prof. Vidyut Khandwa prize, M.A master's memorial prize for securing 1st rank in university for her Post-Graduation.

ACTIVITIES

We were briefly explained about how to search for authentic information and we came across few scholarly data bases such as N list, SCHOLAR, ERIC. We were explained about the search techniques i.e The Boolean operation (AND, OR, NOT).

Firstly, Shankuntala ma'am had explained us how to download e journals, e books, frictions database from NLIST using the federated search engine as NLIST gives more relevant articles regarding education.

She downloaded a full text book and explained us how to download the citations in APA format.

Secondly, she explained us about EBSCO using Omnifile Full Text Mega (how to download or add full text PDFs) and JSTOR



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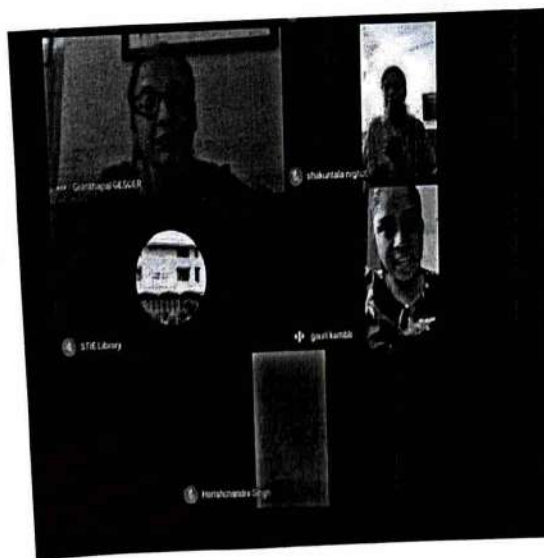
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The second database which she explained was **NDLI(National Digital Library Of India)** which is useful for students from std 1st to the people who are researchers. Its a free library ,one can access the Library by



registering themselves. **Third**, she showed us how to download textbooks from **ebalharti website**.After the explanation, a session was held where the students can ask their doubts and queries.

VOTE OF THANKS At the last ,vote of thanks was proposed and delivered by **Gauri Kamble (Class Representative of F.Y.B.ed)**



Gauri Kamble

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Child Sexual Abuse and Personal Safety Education

On behalf of all students and teachers, we were obliged to have had the training on the topic: Child Sexual Abuse and Personal Safety Education. In today's contemporary time, it has become of immense important to throw light on the areas like child sexual abuse.

Decades back, it was difficult to educate students on the core value of child sexual abuse. Parent and educators did not pay much heed on this matter. As we are advancing in life with the speed of the light, there are certain matters which need to be given more notability.

Arpan Foundation enlightened us on the topic of Child Sexual Abuse and Personal Safety Education.

The session took place from 10 am to 2.30 pm on the 14th August, 2021. It was an online training programme. Considering the global pandemic, the session took place virtually.

There were two in-charges who led the programme—Mr. Suraj and Ms. Shraddha. The session kicked off as per the below schedule.

Schedule - Online PSE ToT (4 hours)		
Sr. No.	Topic	Time (10am to 2.15pm)
1	Introduction and Schedule	10.00 a.m. to 10.15 a.m.
2	Pre form	10.15 a.m. to 10.30 a.m.
3	Understanding Child Sexual Abuse	10.30 a.m. to 11.30 p.m.
4	Introduction to Personal Safety Education Programme	11.30 a.m. to 12.15 p.m.
5	Activity - Understanding PSE concepts	12.15 p.m. to 12.45 p.m.
Break (15mins)		
6	Understanding how to Handle Disclosure effectively	1.00 p.m. to 1.30 p.m.
7	Handling Disclosure Role Play	1.30 p.m. to 2.00 p.m.
8	Closure - Feedback and Thank you!	2.00 p.m. to 2.15 p.m.

Students were upskilled with in-depth knowledge about the sexual child abuse and how it should be tackled. The session was very interactive as it was organized with poll session and the hosts kept the students engaged the entire time.

There was an open room for discussion. The discussion gave an opportunity for the students to speak up and share their experiences. Even professor actively participated in the group discussion and presented their views.


Different personal safety education programmes were presented to us. The hosts made sure that all the participants/students are sprightly throughout the session.

The session training ended with an act of role play, which demonstrated that how a child is scared and petrifies to share her dreadful experience with her mother. And how her teacher figured it out that the girl is terror-struck. So, the teacher managed to talk to her and made sure that the girl is comfortable to share how she had been feeling lately.

At Arpan, they believe every child matters. Every child has a right to be safe and protected from sexual abuse and heal from its ill effects. Arpan is the largest NGO in India addressing





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**UNDERSTANDING ON
CHILD SEXUAL
ABUSE AND
PERSONAL
SAFETY
EDUCATION
PROGRAMME
TRAINING**

14th Aug. 2021
10:00 AM - 2:00 PM IST

www.arpan.org.in



ORGANISED BY
**GOKHALE EDUCATION SOCIETY'S
COLLEGE OF EDUCATION & RESEARCH,
PAREL, MUMBAI**

FACILITATORS

SURAJ SAPLE
Training Executive, Arpan

SHRADHHA JADHAV
Training Associate, Arpan

ORGANISORS

DR. NARENDRA PATIL
Principal

DR. CHETAN CHAVAN
Associate Professor

REGISTER NOW AT
bit.ly/Arpan_Training

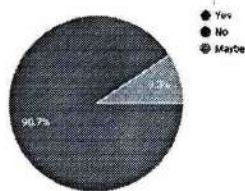
Registration is open till 14th Aug. 2021, 9:30 AM IST

[@ArpanCSA](https://www.facebook.com/ArpanCSA)
[@arpan_csa](https://www.instagram.com/arpan_csa)
[/arpan-csa](https://www.linkedin.com/company/arpan-csa)

Students' Review/Feedback on the Training Session

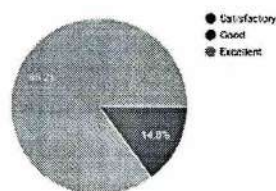
Will you implement takeaways of this program in future?

54 responses



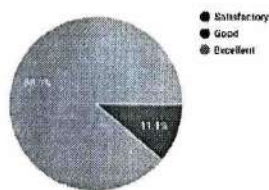
How do you rate the resource person?

54 responses



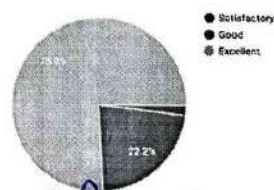
The topics covered in the training session were

54 responses



How was the overall impact of the training program?

54 responses



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this issue with over 120 professionals providing prevention and intervention services to children and adults irrespective of their socio-economic background, gender, sexuality, caste, religion and political affiliation.

At the end of the session, each participant has received the certificate for attending the training programme.



This is to certify that

Dakshata Karekar

from Gokhale Education Society's College of Education & Research, Parel,
Mumbai attended training on

'Understanding Child Sexual Abuse and Personal Safety Education'

conducted by Arpan on 14th August 2021.



Sonali Parab
Sr. Manager,
Training and Advocacy, Arpan



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The Invitation for the Session



Thank you

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TRAINING SESSION ON INFANT YOUNG CHILD AND NUTRITION
(IYCN)
25th JULY 2023

Event : Training Session on IYCN

Date : 25th July 2023

Time : 10:30 a.m- 1:30 p.m.

Venue : Assembly Hall

Incharge : Dr. Sangeeta Patkar

Semester : II

At Gokhale Education Society's College of Education and Research, Parel organised Training Session on/of IYCN on 25th July 2023. 49 students were present.

This training session was conducted by **Lokmanya Tilak Municipal Medical College (Sion Hospital)** and **College of Education and Research under IQAC – Women Development Cell.**

The program started with the welcome speech given by Shewta Chougule followed with felicitation program. After which Dr. Manisha Shrivastav gave speech and then all students were instructed to fill a pre-test form circulated in WhatsApp group about Exclusive Breastfeeding.

Dr. Sujata Pol, Associate Prof Community Medicine, prepared a presentation about **IYCN- Infant Young Child and Nutrition**. She gave detail information along with demonstration about IYCN. Following this Dr. Manisha Srivastava continued with the presentation and demonstration which was very helpful. They discussed about breastfeeding and its advantages and importance to both mother and child. Various concepts related to breastfeeding were explained like **Exclusive, Complementary, Replacement** etc. Frequently asked questions (FAQs) were discussed by Dr. Manisha Shrivastav.

They showed us video about where infant was crawling with support of nurses towards the mother after delivery. This indicated how much babies have advanced brain and they're so related to mothers. There was a session for questions and answers at the end of the programme later post test form circulated in the WhatsApp group and all were instructed to fill this form.

VOTE OF THANKS given by Kirti Bendre




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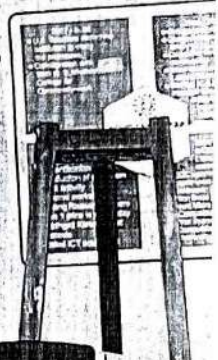
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ISQAAC-WDC and LITMIS
TRAINING SESSION ON LIXON

Faculty - Dr. Manisha Srivastav
Dr. Sujata Pol
Dr. Dhannshree Khade
Dr. Shashikate Rukadikar
Dean: Dr. Seema Banode

HEALTH CARE
I/C Incharge
Dr. Pashant Kale



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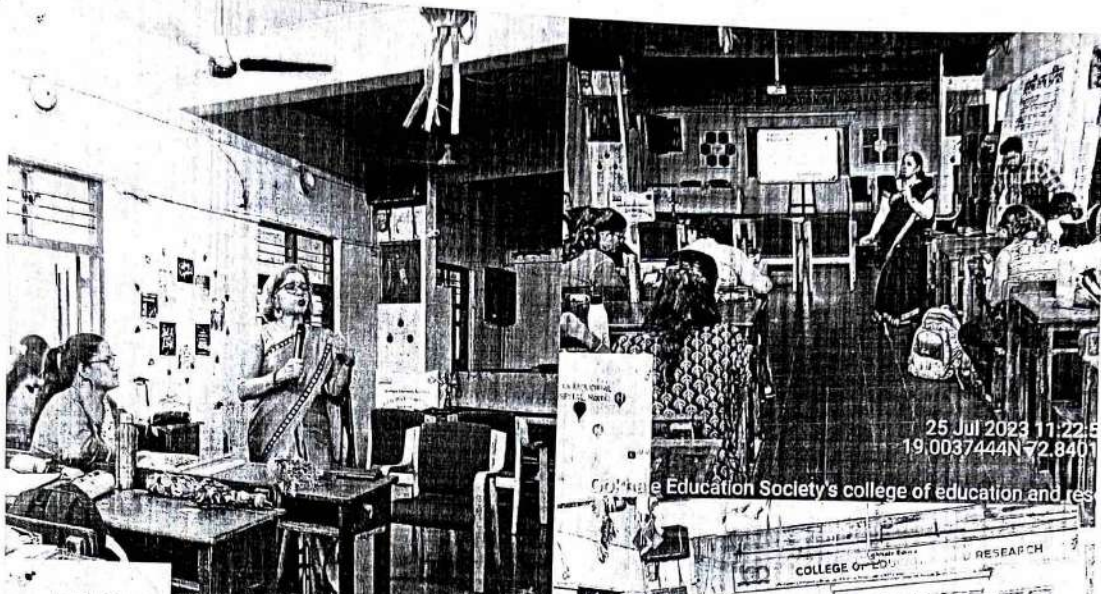
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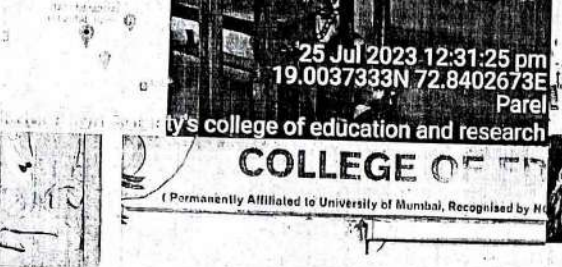


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Child Nut**



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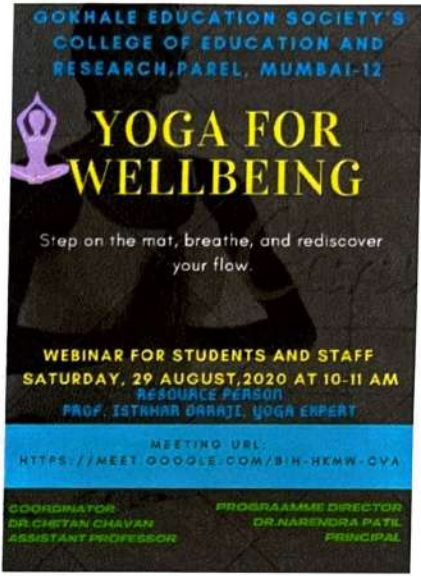
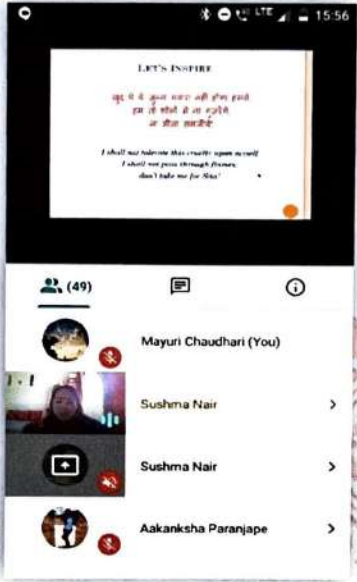


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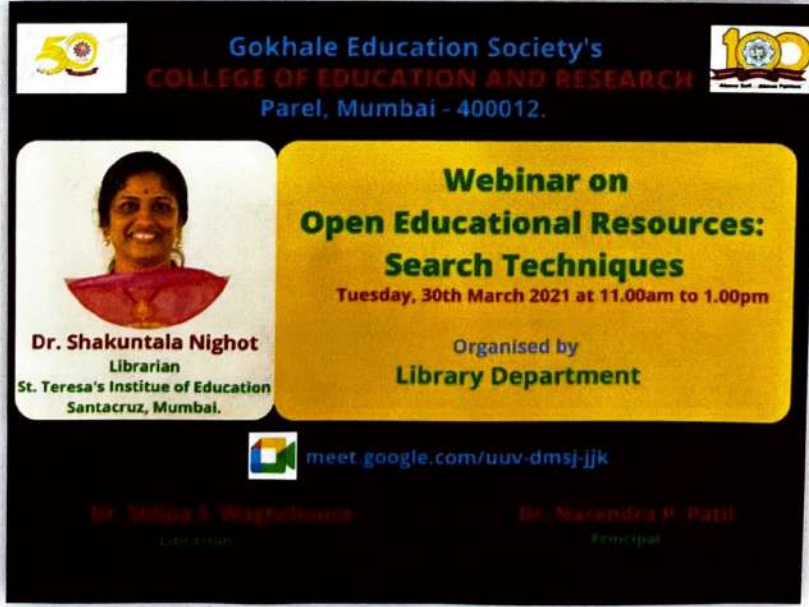
WEBINAR


WDC Webinar
'Surviving Shadow Pandemic of Domestic Abuse' – Sushma Nair

Yoga for Wellbeing
- Prof. Istkhar Daraji,
- Yoga Expert



Open Educational Resources: Search Techniques
Dr. Shakuntala Nighot




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Event: Educational Visit to Mani Bhavan

Date: 04/10/2022



Event: Orientation on CTET-TET for B.Ed. Trainees Date: 08/10/2022

Organized by: IQAC & Examination Department

Resource Person: Dr. Suresh Isave




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