



**FAZLANI AISHABAI & HAJI ABDUL LATIF CHARITABLE TRUST'S
AISHABAI COLLEGE OF EDUCATION**

(Affiliated to S.N.D.T. Women's University)

Address: Municipal School Building, J. J Hospital Compound,
Gate no. 14, Byculla, Mumbai – 400008.

Criterion I – Curricular Aspects

Key Indicator- 1.2 Academic Flexibility

1.2.2

Any other relevant Information

Academic Year 2023 – 2024

1) Life of Prophets

As part of the Language Laboratory set up at Aishabai College of Education, we have set up audios to be heard and quizzes to be answered based on that. Certificates will be awarded at completion of the course.

Course Outcome: To develop listening and reading skills of the students

1. P. ADAM AS

<https://docs.google.com/forms/d/1JdPEvuFSVgmuISiW0kUbdp8EBwbvdzJUcBHdLpl6keM/edit>

2. P. NOOH AS

[https://docs.google.com/forms/d/e/1FAIpQLScnVxCVjOsELl2zywncG7qrXn87cGQtSpf1AalD9QgE77-
uqA/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link](https://docs.google.com/forms/d/e/1FAIpQLScnVxCVjOsELl2zywncG7qrXn87cGQtSpf1AalD9QgE77-
uqA/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link)

3. P. ISMAIL AS

<https://docs.google.com/forms/d/199DwCz5hFogpZTrNVNZQAhMFAteR4ctlsU8IKexp9vs/edit>

4. P.SHOEB AS AND P.ISHAAQ AS

[https://docs.google.com/forms/d/e/1FAIpQLSc-hANkAbbzghe7sbOkk-
NAx7z4p6BMKkTTWcaTUaZBs1xDLA/viewform?vc=0&c=0&w=1&flr=0&usp=
=mail_form_link](https://docs.google.com/forms/d/e/1FAIpQLSc-hANkAbbzghe7sbOkk-
NAx7z4p6BMKkTTWcaTUaZBs1xDLA/viewform?vc=0&c=0&w=1&flr=0&usp=
=mail_form_link)

5. P. YUSUF AS

[https://docs.google.com/forms/d/1s1Qjtt0tp058Xdvj_W9S9KQ0sQkzrc6s1-
fM_n9QmYg/edit?usp=drivesdk](https://docs.google.com/forms/d/1s1Qjtt0tp058Xdvj_W9S9KQ0sQkzrc6s1-
fM_n9QmYg/edit?usp=drivesdk)

6. P. AYYUB AS

<https://forms.gle/pXRVvMH7TUAntpJx5>

7. QUIZ ON P. MUSA AS

A. <https://forms.gle/5LUrSqFdVDn3pxPe8>

B. https://docs.google.com/forms/d/e/1FAIpQLSeNJUA8IKILpIboi_s4n_yt2utAIRfhlMhWicBQYdMBdmx6A/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link

8. P. ISA IBN MARYAM AS

<https://forms.gle/LUvStpwSuPkoQPVM7>

9. P. YAHYA AS

<https://forms.gle/pxDziBL821d2sesV6>

2) Communicative English

Course Title: Communicative English Speaking for Beginners

Course Objective:

To help beginners develop basic speaking skills in English with a focus on phonetics and grammar.

Course Outline:

Week 1: Introduction to Phonetics

Overview of the International Phonetic Alphabet (IPA)

Practice pronouncing English sounds using the IPA

Introduction to English vowel sounds

Practice pronouncing English vowel sounds

Week 2: English Consonant Sounds

Introduction to English consonant sounds

Practice pronouncing English consonant sounds

Focus on consonant clusters and blends

Practice pronouncing consonant clusters and blends

Week 3: Syllable Stress and Intonation

Introduction to syllable stress and intonation

Practice identifying syllable stress in words

Practice using appropriate intonation in sentences

Week 4: Basic Grammar

Introduction to Basic English grammar

Practice using verb tenses correctly

Practice using nouns, adjectives, and adverbs correctly

Focus on sentence structure and word order

Week 5: Conversational Phrases and Idioms

Introduction to common conversational phrases and idioms

Practice using phrases and idioms in context

Focus on using appropriate intonation and stress when using phrases and idioms

Week 6: Role-Playing and Guided Conversations

Practice using English in everyday situations through role-playing

Focus on using appropriate grammar, vocabulary, and pronunciation in conversations

Guided conversations to practice using English in real-life situations

Week 7: Listening and Speaking

Focus on listening comprehension through audio and video recordings

Practice summarizing and describing what you heard

Focus on using appropriate pronunciation and grammar when speaking

Week 8: Final Project

Final project where students practice using English in a real-life situation

Students will present their project to the class and receive feedback

Course Materials:

Will be given in class

Workbook: TBA

Audio and video recordings

Whiteboard and markers

Course Assessment:

Class participation and attendance

Weekly quizzes on phonetics, grammar, and vocabulary

Final project presentation and feedback

Course Prerequisites: None

Course Target Audience:

Beginners with little to no prior knowledge of English

Those who want to improve their speaking skills in English

Those who want to focus on phonetics and grammar in their English learning journey

Course Learning Outcomes:

- Students will be able to pronounce English sounds correctly using the International Phonetic Alphabet (IPA).
- Students will be able to identify and use English vowel sounds and consonant sounds correctly.
- Students will be able to use appropriate syllable stress and intonation in their speech.
- Students will be able to use basic English grammar correctly, including verb tenses, nouns, adjectives, adverbs, and sentence structure.
- Students will be able to use common conversational phrases and idioms in context.
- Students will be able to practice using English in everyday situations through role-playing and guided conversations.
- Students will be able to listen to audio and video recordings and summarize and describe what they heard

Here are some practice sentences for verbs:

1. She sings beautifully.
2. I love to dance.
3. They play football every weekend.
4. He reads books in his free time.
5. We eat dinner at 7 o'clock.
6. The cat sleeps on the couch all day.
7. My brother runs marathons.
8. She writes poetry as a hobby.
9. They swim in the pool during summer.
10. He paints amazing landscapes.

Remember, practicing these sentences aloud can help improve your pronunciation and fluency in using verbs correctly in English sentences.

Verb Tenses:

1. I _____ (to be) a student.
2. She _____ (to teach) English.
3. They _____ (to play) soccer.
4. We _____ (to watch) a movie last night.
5. He _____ (to finish) his homework yet?
6. The dog _____ (to bark) at the mailman.
7. The baby _____ (to cry) for attention.
8. They _____ (to travel) to Europe last year.
9. I _____ (to enjoy) playing video games.
10. She _____ (to have) a birthday party last weekend.

Verb Tenses:

1. I _____ (to be) a student for three years.
2. They _____ (to live) in this city for ten years.
3. She _____ (to study) English for two years.
4. We _____ (to work) on this project for a month.
5. He _____ (to be) sick for a week.
6. The company _____ (to expand) its business last year.
7. The tree _____ (to grow) taller every year.
8. I _____ (to learn) a lot from this course.
9. She _____ (to teach) at this school for five years.
10. They _____ (to come) to visit us next week.

Modals:

1. I _____ (can/could) speak French when I was younger.
2. She _____ (must/has to) finish her report by tomorrow.
3. They _____ (should/ought to) arrive at 8 PM.
4. We _____ (may/might) go to the beach this weekend.
5. He _____ (must not/can't) eat meat for medical reasons.
6. The dog _____ (does not have to/does not have to) wear a leash.
7. The baby _____ (can/is able to) sit up by himself now.
8. They _____ (do not have to/do not have to) work on weekends.
9. I _____ (can/am able to) play the piano.
10. She _____ (has to/must) get up early for work.

Passive Voice:

1. The ball _____ (was thrown) by John.
2. The book _____ (is being read) by Sarah.
3. The project _____ (will be finished) by next week.
4. The meeting _____ (was postponed) until next month.
5. The tree _____ (was cut down) by the farmer.
6. The car _____ (is being repaired) at the moment.
7. The letter _____ (was written) by her.
8. The money _____ (was stolen) from the bank.
9. The song _____ (is being sung) by the choir.
10. The food _____ (was cooked) by my mother.

Phrasal Verbs:

1. I _____ (to get up) early every morning.
2. She _____ (to get on) the bus at the next stop.
3. They _____ (to put off) their trip until next year.
4. We _____ (to take in) a homeless person last night.
5. He _____ (to turn off) the TV before going to bed.
6. The dog _____ (to take to) chasing squirrels.
7. The baby _____ (to grow up) so fast.
8. They _____ (to get away) from the city for a while.
9. I _____ (to pick up) some groceries

ADJECTIVES

Here are some practice sentences for adjectives:

1. The movie was exciting and thrilling.
2. She is a kind and generous person.
3. The sunset was breathtakingly beautiful.
4. He is a talented and creative artist.
5. The food at the restaurant was delicious and flavorful.
6. My new car is fast, sleek, and stylish.
7. The book I read was interesting and thought-provoking.
8. Her dress is elegant and sophisticated.
9. They live in a cozy, comfortable house by the beach.

Remember to pay attention to the placement of adjectives before nouns or after linking verbs, as well as using appropriate forms (comparative or superlative) when necessary.

Practicing these sentences will help you become more familiar with using adjectives accurately in English conversations or writing tasks

So here are some more practice sentences for **adjectives**:

1. The delicious cake was devoured in seconds.
2. She wore a beautiful dress to the party.
3. The comfortable bed made me feel right at home.
4. The busy street was filled with people.
5. He has a tall, dark, and handsome appearance.
6. The sweet aroma of freshly baked cookies filled the kitchen.
7. The old, worn-out shoes were no longer usable.
8. The bright sunlight made it hard to see.
9. The elegant furniture added a touch of class to the room.
10. The noisy neighbors kept me up all night.

Here are some more practice sentences for adverbs:

1. She sings beautifully. (adverb: beautifully)
2. He speaks loudly. (adverb: loudly)
3. The kids played outside happily. (adverb: happily)
4. The teacher spoke slowly and clearly. (adverbs: slowly, clearly)
5. The plane took off smoothly. (adverb: smoothly)
6. They drove carefully through the storm. (adverb: carefully)
7. She cooked dinner quickly. (adverb: quickly)
8. The team worked together efficiently. (adverb: efficiently)
9. He ran fast in the race. (adverb: fast)
10. The concert was amazing and the band played enthusiastically. (adverbs: amazing, enthusiastically)

Remember that adverbs can give us information about manner, time, place, frequency, and degree. They can also be used to describe verbs, adjectives, and other adverbs. Practicing these sentences will help you become more familiar with using adverbs accurately in English conversations or writing tasks.

Certainly some more practice sentences for adverbs:

1. She dances gracefully.
2. He ran quickly to catch the bus.
3. The car drives smoothly on the highway.
4. They spoke softly so as not to wake the baby.
5. The team played well and won the match.

6. She carefully painted each stroke of the artwork.
7. He eagerly listened to his favourite band's new album.

Remember that adverbs often describe verbs, but they can also modify adjectives or other adverbs in a sentence.

Practicing these sentences will help you become more familiar with using adverbs accurately in English conversations or writing tasks

3) Pidilite Skill Development Certificate Course

LEARNING OBJECTIVES-

1. Develop practical proficiency in various art and craft techniques such as Dabu painting, pebble art, and spray painting.
2. Foster creativity and innovation by encouraging students to explore different mediums and styles of artistic expression.
3. Cultivate organizational and presentation skills through the planning and execution of an exhibition to showcase their work to a wider audience.
4. Enhance teamwork and collaboration abilities by collectively curating and managing the exhibition, thereby promoting a sense of community and shared achievement among student participants.
 - i. Tie and dye – 18/03/2024
 - ii. Jewelry Making using Mouldit Clay – 19/03/2024
 - iii. Poppies on Canvas – 20/03/2024
 - iv. Shibori Techniques – 22/03/2024
 - v. Fluid Art – 23/03/2024
 - vi. Exhibition – 04/04/2024

AISHABAI COLLEGE OF EDUCATION
VALUE ADDED COURSE 2023 - 2024
LIFE OF PROPHETS

ROLL NO.	NAME OF STUDENT															
		2/1/23	4/1/23	6/1/23	8/1/23	10/1/23	12/1/23	14/1/23	16/1/23	18/1/23	20/1/23	22/1/23	24/1/23	26/1/23	28/1/23	30/1/23
01	ANSARI AMIMA NIYAZ AHMED	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
02	ANSARI GULSHAN KHAIRUDDIN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
03	NAHEEDA AFREEN MOHD KHALID ANZAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
05	KHAN ALFIYA KAUSAR IRSHAD AHMED	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
06	MIRZA ERAM FATIMA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
07	MODAN ALFIYA ABDUL GAFARBHAI	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
08	PAGARE RADHIKA RAJESH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
09	PALWANKAR SHIVANI TEJAS	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P
10	QURESHI ISRA MOHD AZAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	RAHATWAL NIDHI SAUJANYA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	SAYED ANAM MOHD SHAFI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	SHAIKH ARSHIYA GULZAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	SHAIKH FAUQUIYAH VAZIR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	SHAIKH RAFIYA REHMATULLAH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	SHAIKH SANA PARVEEN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	SHAIKH SANIYA	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P

		2/12	4/12	5/12	6/12	7/12	8/12	9/12	11/12	12/12	13/12	14/12	15/12	16/12	18/12	19/12
	TABASSUM MOHAMMED AMIR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	SHAIKH SHAZIYA MOHAMMED UZAIF	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	TALKAR LAIBA ZAID	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
23	WAVEKAR APARNA ASHOK	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
	SIGN OF RESOURCE PERSON															

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		01/12	02/12	03/12	04/12	05/12	06/12	07/12	08/12	09/12	10/12	11/12	12/12	13/12	14/12	15/12
83	SHAIKH ZEBI FATEMA LAL MOHD	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	SHARMA ANJALI BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	SIDDIQUI ARSHI ABADUR REHMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	SIDDIQUI MAHELQA BANU NISAR AHM	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
87	YADAV JYOTI HARISH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	ZEBI ABDUL RAQEEB KHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
	SIGN OF RESOURCE PERSON															



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	8/1	9/1	10/1	11/1	12/1	13/1	14/1	15/1	16/1	17/1	18/1	19/1	20/1	21/1	22/1	23/1	24/1
MOHAMMED AMIR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20 SHAIKH SHAZIYA MOHAMMED UZAIF	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
22 TALKAR LAIBA ZAID	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23 WAVEKAR APARNA ASHOK	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
SIGN OF RESOURCE PERSON	RH	AH	EH	RH	RH	RH	RH	RH	AH	EH	EH	RH	RH	EH	RH	RH	RH

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	8/1	9/1	10/1	11/1	12/1	13/1	14/1	15/1	16/1	17/1	18/1	19/1	20/1	21/1	23/1	24/1
38 KHAN NAAZ IMAMUDDIN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39 KHAN NIDA ARIF MAKWANA PRIYANKA MOHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40 MALICK MISBAH MOHD FAHIM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41 MANSURI AFREEN MOHAMMED RAFIQ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42 MANTASHA BANO IRFAN AHMAD	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
43 MAPARI AASMA FERAZ AHMED	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44 MEMON SWALEHA BILAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45 MERCHANT MUSKAN FATIMA MUNAWARALI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46 MIRZA ERAM BANO SHAHID	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47 MISTRY NAMIRA ABDULWAHAB	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48 OSMANY NIDA MUSHFIQUE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49 PARDAWALA FATEMA MURTAZA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50 PARDAWALA SAKINA MURTAZA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51 PATHAN SAADIYA SALIM	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
52 PRAJAPATI KOMAL HARIJAN POOJA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53 SHIVAKUMAR QURESHI AIMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54 FARHEEN SALMAN KHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55 QURESHI SHAHEEN ALI AHMED	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P

	8/1	9/1	10/1	11/1	12/1	13/1	14/1	15/1	16/1	17/1	18/1	19/1	20/1	22/1	23/1	24/1
78 SHAIKH SAMEERA ABUSAAD ALAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79 SHAIKH SWALIHA KHATUN MOHAMMED YA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80 SHAIKH TAHSEEN FATIMA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81 SHAIKH TEHSEEN SAYYEDALI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82 SHAIKH ZAIBA PARVEEN SHAFI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83 SHAIKH ZEBE FATEMA LAL MOHD	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
84 SHARMA ANJALI BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
85 SIDDIQUI ARSHI ABADUR REHMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86 SIDDIQUI MAHELQA BANU NISAR AHM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87 YADAV JYOTI HARISH ZEBE ABDUL RAQEEB	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88 KHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
SIGN OF RESOURCE PERSON	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>	<u>RH</u>

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AISHABAI COLLEGE OF EDUCATION
VALUE ADDED COURSE 2023 - 2024
PIDILITE SKILL DEVELOPMENT CERTIFICATE COURSE

SR NO	NAME OF THE STUDENT						
		18/1/24	19/3/24	20/3/24	22/3/24	23/3/24	6/4/24
01	ANSARI AMIMA NIYAZ AHMED	P	P	P	P	P	P
02	ANSARI GULSHAN KHAIRUDDIN	P	P	P	P	P	P
03	NAHEEDA AFREEN MOHD KHALID ANZAR	P	P	P	P	P	P
05	KHAN ALFIYA KAUSAR IRSHAD AHMED	P	P	P	P	P	P
06	MIRZA ERAM FATIMA MODAN ALFIYA	P	P	P	P	P	P
07	ABDUL GAFARBHAI PAGARE RADHIKA	P	P	P	P	P	P
08	RAJESH	P	P	P	A	P	P
09	PALWANKAR SHIVANI TEJAS	P	A	P	P	P	P
10	QURESHI ISRA MOHD AZAM	P	P	P	P	P	P
11	RAHATWAL NIDHI SAUJANYA	P	P	P	P	P	P
12	SAYED ANAM MOHD SHAFI	P	P	P	P	P	P
14	SHAIKH ARSHIYA GULZAR	P	P	P	P	P	P
15	SHAIKH FAUQUIYAH VAZIR	P	P	P	P	P	P
16	SHAIKH RAFIYA REHMATULLAH	P	P	P	P	A	P
17	SHAIKH SANA	P	P	P	P	P	P

	18/5	19/5	20/5	22/5	23/5	4/9												
PARVEEN																		
18 SHAIKH SANIYA TABASSUM MOHAMMED AMIR	P	P	P	P	P	P												
20 SHAIKH SHAZIYA MOHAMMED UZAIF	P	P	P	P	A	P												
22 TALKAR LAIBA Zaid	P	P	P	P	P	P												
23 WAVEKAR APARNA ASHOK	P	A	P	P	P	P												
SIGN OF RESOURCE PERSON	<u>Vasile</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>	<u>Vasish</u>

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Academic Year 2022 – 2023

1) Art and Craft Certificate Course

LEARNING OBJECTIVES-

1. Develop practical proficiency in various art and craft techniques such as Dabu painting, pebble art, and spray painting.
2. Foster creativity and innovation by encouraging students to explore different mediums and styles of artistic expression.
3. Cultivate organizational and presentation skills through the planning and execution of an exhibition to showcase their work to a wider audience.
4. Enhance teamwork and collaboration abilities by collectively curating and managing the exhibition, thereby promoting a sense of community and shared achievement among student participants.

Date	Time	Activity	Resource Person
21 st Jan 2023	10.30 am - 4.30 pm	Tie and Dye	Mr.Jatin and pidilite group
23 rd Jan2023	10.30 am - 4.30 pm	Name Plate	Mrs Varsha and Pidilite's group
24 th Jan2023	10.30 am - 4.30 pm	Scenery-Clay work	Mrs.Varsha and Pidilite group
25 th Jan 2023	10.30 am - 4.30 pm	Jewellery Making	Mrs.Varsha and Pidilite group
27 th Jan 2023	10.30 am -	Organ Making T.Aid	Mrs.Varsha and Pidilite group

	4.30 pm		
28 th Jan 2023	10.30 am - 4.30 pm	Stitch less Bag Making	Mrs. Varsha and Pidilite group
30 th Jan 2023	10.30 am - 4.30 pm	Katha Work	Mrs. Varsha and Pidilite group

The evaluation will be done through an exhibition of articles.

2) Comprehensive Stress Management Techniques and Applications

Course Duration:

30 Hours

Course Objectives:

- Understand the nature of stress and its impact on physical and mental health.
- Identify personal stressors and their effects on well-being.
- Learn evidence-based stress management techniques.
- Develop personalized stress management plans.
- Apply stress management techniques in various life scenarios.

Target Audience:

This course is suitable for students, professionals, and anyone interested in learning how to manage stress effectively.

Course Structure:

Module 1: Introduction to Stress (4 hours)

- **Session 1.1:** Understanding Stress: Definitions and Types (2 hours)
 - Overview of stress: Acute vs. Chronic

- Eustress vs. Distress
- The physiology of stress: The fight-or-flight response
- **Session 1.2: The Impact of Stress on Health (2 hours)**
 - Short-term and long-term effects of stress
 - Stress-related illnesses
 - The mind-body connection

Module 2: Identifying Personal Stressors (4 hours)

- **Session 2.1: Self-Assessment Techniques (2 hours)**
 - Identifying personal triggers
 - Stress diaries and monitoring tools
 - Personality traits and stress
- **Session 2.2: Analysis of Personal Stressors (2 hours)**
 - Categorizing stressors: Work, relationships, financial, etc.
 - Understanding the root causes of stress
 - Case studies and group discussions

Module 3: Stress Management Techniques (10 hours)

- **Session 3.1: Cognitive Techniques (3 hours)**
 - Cognitive-behavioral approaches to managing stress
 - Thought-stopping and reframing techniques
 - Mindfulness and meditation
- **Session 3.2: Physical Techniques (3 hours)**
 - Exercise and stress reduction
 - Relaxation techniques: Deep breathing, progressive muscle relaxation
 - Nutrition and sleep for stress management
- **Session 3.3: Emotional and Social Techniques (2 hours)**
 - Emotional intelligence and stress management
 - Building resilience and coping strategies
 - The role of social support
- **Session 3.4: Time Management and Goal Setting (2 hours)**
 - Prioritizing tasks and setting realistic goals
 - Balancing work and personal life
 - Techniques to avoid burnout

Module 4: Application and Practice (8 hours)

- **Session 4.1: Developing a Personal Stress Management Plan (2 hours)**
 - Crafting individualized stress management plans

- Setting personal goals for stress reduction
- **Session 4.2: Practicing Stress Management Techniques (2 hours)**
 - Group activities and role-playing exercises
 - Practicing relaxation and cognitive techniques
- **Session 4.3: Case Studies and Real-Life Applications (2 hours)**
 - Analyzing real-life scenarios
 - Group discussions on applying techniques
- **Session 4.4: Feedback and Plan Refinement (2 hours)**
 - Reviewing and refining personal stress management plans
 - Peer feedback and instructor guidance

Module 5: Advanced Topics and Future Directions (4 hours)

- **Session 5.1: Stress Management in the Workplace (2 hours)**
 - Strategies for managing stress in professional settings
 - Organizational interventions
- **Session 5.2: Emerging Trends in Stress Management (2 hours)**
 - The role of technology in stress management
 - Future directions in stress research

Assessment and Evaluation:

- **Continuous Assessment: 10 hours**
 - Weekly quizzes and self-reflection exercises
 - Group discussions and participation
- **Final Project: 5 hours**
 - Development and presentation of a comprehensive stress management plan
 - Peer review and instructor feedback

Resources:

- **Reading Materials:**
 - Recommended books and articles on stress management.
 - Access to online resources and tools.
- **Practical Tools:**
 - Stress monitoring apps
 - Guided meditation and relaxation audio files

Certification:

Participants who complete the course and submit the final project will receive a certificate of completion.

3) Advanced Language Proficiency and Enhancing Communication Skills

Course Duration:

- **30 Hours**

Course Structure:

Module 1: Introduction and Assessment (2 Hours)

- **Session 1.1: Course Overview & Objectives**
 - Introduction to the course structure and goals.
 - Importance of language proficiency in various contexts (academic, professional, social).
- **Session 1.2: Initial Proficiency Assessment**
 - Diagnostic tests to assess current language proficiency.
 - Setting individual learning goals based on assessment results.

Module 2: Advanced Vocabulary and Expressions (6 Hours)

- **Session 2.1: Expanding Academic and Professional Vocabulary (2 Hours)**
 - Focus on specialized vocabulary relevant to specific fields (e.g., business, technology, science).
 - Exercises in using vocabulary in context.
- **Session 2.2: Idioms, Phrasal Verbs, and Collocations (2 Hours)**
 - Understanding and using idiomatic expressions.
 - Practice with phrasal verbs and common collocations.
- **Session 2.3: Effective Use of Synonyms and Antonyms (2 Hours)**
 - Exploring nuances in meaning.
 - Exercises in choosing appropriate synonyms and antonyms to convey the desired tone.

Module 3: Advanced Grammar and Sentence Structure (6 Hours)

- **Session 3.1: Complex Sentences and Clauses (2 Hours)**
 - Mastery of complex sentence structures.
 - Practice with subordinate and relative clauses.
- **Session 3.2: Tense and Aspect in Detail (2 Hours)**
 - In-depth review of verb tenses and aspects.
 - Usage in different contexts (e.g., narrative, reporting, hypothesis).
- **Session 3.3: Error Analysis and Correction (2 Hours)**
 - Identifying common grammatical errors.
 - Strategies for self-correction and refinement.

Module 4: Listening and Speaking Skills (6 Hours)

- **Session 4.1: Advanced Listening Comprehension (2 Hours)**
 - Listening to and analyzing complex audio materials (e.g., lectures, interviews).
 - Developing note-taking and summarizing skills.
- **Session 4.2: Pronunciation and Accent Reduction (2 Hours)**
 - Techniques for improving pronunciation and intonation.
 - Accent reduction exercises.
- **Session 4.3: Effective Oral Communication (2 Hours)**
 - Practicing formal and informal speaking skills.
 - Role-playing and group discussions to build confidence.

Module 5: Reading and Writing Skills (6 Hours)

- **Session 5.1: Advanced Reading Comprehension (2 Hours)**
 - Techniques for reading and understanding complex texts.
 - Exercises in critical analysis and interpretation.
- **Session 5.2: Essay Writing and Argumentation (2 Hours)**
 - Structuring essays and arguments effectively.
 - Focus on coherence, cohesion, and clarity in writing.
- **Session 5.3: Editing and Proofreading (2 Hours)**
 - Techniques for editing and improving written work.
 - Peer review exercises.

Module 6: Practical Application and Assessment (4 Hours)

- **Session 6.1: Real-Life Simulations (2 Hours)**
 - Simulated professional and academic scenarios.
 - Practice in applying language skills in real-life contexts.
- **Session 6.2: Final Project and Presentation (2 Hours)**

- Students create and present a project that demonstrates their language proficiency.
- Peer and instructor feedback.

Module 7: Review and Reflection (2 Hours)

- **Session 7.1: Course Review and Recap (1 Hour)**
 - Summary of key concepts and skills learned.
 - Group discussion on the course experience.
- **Session 7.2: Final Assessment and Feedback (1 Hour)**
 - Post-course proficiency assessment.
 - Personalized feedback and recommendations for further study.

Teaching Methodology:

- **Interactive Lectures:** Engaging students with real-life examples and interactive teaching.
- **Group Discussions:** Encouraging collaborative learning through discussions and debates.
- **Practical Exercises:** Hands-on practice with language exercises and simulations.
- **Peer Review:** Promoting peer-to-peer learning and constructive feedback.
- **Multimedia Resources:** Utilizing audio-visual materials to enhance learning.

Evaluation:

- **Continuous Assessment:** Regular quizzes, assignments, and participation.
- **Final Assessment:** Project presentation and final proficiency test.

Learning Outcomes:

By the end of the course, students should be able to:

- Use advanced vocabulary and expressions appropriately in various contexts.
- Construct complex sentences with accurate grammar.
- Communicate effectively in spoken and written language in professional and academic settings.

Analyze and critique complex texts and audio materials

AISHABAI COLLEGE OF EDUCATION
VALUE ADDED COURSE 2022 - 2023
ART AND CRAFT CERTIFICATE COURSE

SR NO	NAME OF THE STUDENT	Evaluation											
		21/1/23	22/1/23	23/1/23	24/1/23	25/1/23	26/1/23	27/1/23	28/1/23	29/1/23	30/1/23		
1	AIBANI RUMANA	P		P	P	P		P	P		P	P	P
2	AISHA ANJUM MOHD NASIR	P		P	P	P		P	P		P	P	P
3	ANSARI FATIMA	P		P	P	P		P	P		P	P	P
4	ANSARI NABA ABDUL RAHIM	P		P	P	P	R	P	P		P	P	P
5	ANSARI NAUSHABA MUBEEN AZHAR	P	S	P	P	P	E	P	P	S	P	P	P
6	ANSARI RAMEEZA FIROZ	P		P	P	P	P	P	P		P	P	P
7	ANSARI SHAFIQA KAMALUDDIN	P	U	P	P	P	U	P	P	U	P	P	P
8	ANSARI TUBA ANIS	P		P	P	P	B	P	P		P	P	P
9	ANSARI YASMEEN MOHD SHAMIM AKHTAR	P	N	P	P	P	L	P	P	N	P	P	P
10	BAIG KANIZ FATMA ABDUL HAKIM	P		P	P	P	I	P	P		P	P	P
11	CHANDIWALA ROOMA JAN MOHAMMED	P	D	P	P	P	C	P	P	D	P	P	P
12	CHAUDHARY BUSHRA GULAM HAZRAT	P		P	P	P		P	P		P	P	P
13	CHAUHAN HAFSA USMAN GANI	P	A	P	P	P	D	P	P	A	P	P	P
14	CHAUHAN KASTURI SURESH	P		P	P	P	A	P	P		P	P	P
15	CHAWRASIA REENA SANTOSH	P	Y	P	P	P	Y	P	P	Y	P	P	P
16	CHOUDHARI NOORJAHAN IDREES	P		P	P	P		P	P		P	P	P
17	CONTRACTOR INSHIYA	P		P	P	P		P	P		P	P	P
18	DUBEY ANSHU	P		P	P	P		P	P		P	P	P

		21/1	22/1	23/1	24/1	25/1	26/1	27/1	28/1	29/1	30/1	Evaluation
19	IDRISI AMINA MOHAMMAD ASLAM	P		P	P	P		P	P		P	P P
20	IDRISI SABA MOHD SHARIF	P		P	P	P		P	P		P	P P
21	IKRA SUHAIL AHMED	P		P	P	P		P	P		P	P P
22	ISAI JYOTI OMPRAKASH JAMEELA SHARAFATH			P	P	P		P	P		P	P P
23	ABDUL KAREEM	P		P	P	P		P	P		P	P P
24	JETPURWALA LAMYA MUSTAFA	P		P	P	P		P	P		P	P P
25	KAGALWALA ARWA HUZEFA	P	S	P	P	P	R	P	P	S	P	P P
26	KANCHWALA SARAH MURTUZA	P		P	P	P	E	P	P		P	P P
27	KAPADIA ANAM SAJID	P	U	P	P	P	P	P	P	U	P	P P
28	KHAN ADA AADIL KHAN AFREEN BANO	P		P	P	P	U	P	P		P	P P
29	ATTAULLA	P	N	P	P	P	B	P	P	N	P	P P
30	KHAN AFREEN Mohd Arshad KHAN AFREEN WASIM	P		P	P	P	L	P	P		P	P P
31	AHMED	P	D	P	P	P	I	P	P	D	P	P P
32	KHAN ARMINA Mujibar Rahaman	P		P	P	P	C	P	P		P	P P
33	KHAN FARHANA FATHE BAHADUR	P	A	P	P	P		P	P	A	P	P P
34	KHAN FATIMA MOHD TARIQ	P		P	P	P	D	P	P		P	P P
35	KHAN FIRDOS SAHIR HUSSAIN	P	Y	P	P	P	A	P	P	Y	P	P P
36	KHAN MALIKA YUSUF KHAN MUSHARRAT JUNED	P		P	P	P	Y	P	P		P	P P
37	AHMED	P		P	P	P		P	P		P	P P
38	KHAN NAAZ IMAMUDDIN	P		P	P	P		P	P		P	P P
39	KHAN NIDA ARIF MAKWANA PRIYANKA	P		P	P	P		P	P		P	P P
40	MOHAN	P		P	P	P		P	P		P	P P

	21/1	22/1	23/1	24/1	25/1	26/1	27/1	28/1	29/1	30/1	Evaluation	
41 MALICK MISBAH MOHD FAHIM	P		P	P	P		PP	P		P	P	P
42 MANSURI AFREEN MOHAMMED RAFIQ	P		P	P	P		P	P		P	P	P
43 MANTASHA BANO IRFAN AHMAD	P		P	P	P		P	P		P	P	P
44 MAPARI AASMA FERAZ AHMED	P		P	P	P		P	P		P	P	P
45 MEMON SWALEHA BILAL	P		P	P	P		P	P		P	P	P
46 MERCHANT MUSKAN FATIMA MUNAWARALI	P		P	P	P		P	P		P	P	P
47 MIRZA ERAM BANO SHAHID	P	S	P	P	P	K	P	P	S	P	P	P
48 MISTRY NAMIRA ABDULWAHAB	P		P	P	P	E	P	P	U	P	P	P
49 OSMANY NIDA MUSHFIQUE	P	U	P	P	P	P	P	P	U	P	P	P
50 PARDAWALA FATEMA MURTAZA	P		P	P	P	U	P	P		P	P	P
51 PARDAWALA SAKINA MURTAZA	P	N	P	P	P	B	P	P	N	P	P	P
52 PATHAN SAADIYA SALIM	P		P	P	P	L	P	P		P	P	P
53 PRAJAPATI KOMAL	P	D	P	P	P	I	P	P	D	P	P	P
54 HARIJAN POOJA SHIVAKUMAR	P		P	P	P	C	P	P		P	P	P
55 QURESHI AIMAN	P	A	P	P	P		P	P	A	P	P	P
56 FARHEEN SALMAN KHAN	P		P	P	P	D	P	P		P	P	P
57 QURESHI SHAHEEN ALI AHMED	P	Y	P	P	P	A	P	P	Y	P	P	P
58 SALEHI PEGAH MOHSEN	P		P	P	P	Y	P	P		P	P	P
59 SAYED AAFREEN YAKUB	P		P	P	P		P	P		P	P	P
60 SAYYED MUSKAN BANU ABDUL SALIM	P		P	P	P		P	P		P	P	P
61 SHABEENA KHATOON	P		P	P	P		P	P		P	P	P
62 SHAH ARSHI NAZ SHABBIR	P		P	P	P		P	P		P	P	P
63 SHAIKH AALIYA MOHD	P		P	P	P		P	P		P	P	P

		21/1	22/1	23/1	24/1	25/1	26/1	27/1	28/1	29/1	30/1	Evaluation
	REHAN	P		P	P	P		P	P		P	P P
64	SHAIKH AFRIN ASMAT MASOOD	P		P	P	P		P	P		P	P P
65	SHAIKH ALFIYA ABDUL RASHID	P		P	P	P		P	P		P	P P
66	SHAIKH ARBIYA AINUL ABDEEN	P		P	P	P		P	P		P	P P
67	SHAIKH ASHRA RAFIQ	P		P	P	P		P	P		P	P P
68	SHAIKH HUMERA HASAN	P		P	P	P		P	P		P	P P
69	SHAIKH INSHA ILYAS	P		P	P	P		P	P		P	P P
70	SHAIKH MARIUM BANO RIYAZ	P	S	P	P	P	R	P	P	S	P	P P
71	SHAIKH MUMTAZ BEGUM SALAHUDDIN	P		P	P	P	E	P	P		P	P P
72	SHAIKH NAHIDA EJAZ AHMED	P	U	P	P	P	P	P	P	U	P	P P
73	SHAIKH NAVISHTA ASLAM	P		P	P	P	C	P	P		P	P P
74	SHAIKH QUNOOT FATIMA BARKAT ALI	P	N	P	P	P	B	P	P	N	P	P P
75	SHAIKH RUKHSAR PARVEEN MOHD ISHRA	P		P	P	P	L	P	P		P	P P
76	SHAIKH SABAH MOHEMMAD JAHANGIR	P	D	P	P	P	I	P	P	D	P	P P
77	SHAIKH SAJMA BIBI RAFIQUE	P		P	P	P	C	P	P		P	P P
78	SHAIKH SAMEERA ABUSAAD ALAM	P	A	P	P	P		P	P	A	P	P P
79	SHAIKH SWALIHA KHATUN MOHAMMED YA	P		P	P	P	D	P	P		P	P P
80	SHAIKH TAHSEEN FATIMA	P	Y	P	P	P	D	P	P	Y	P	P P
81	SHAIKH TEHSEEN SAYYEDALI	P		P	P	P	Y	P	P		P	P P
82	SHAIKH ZAIBA PARVEEN SHAFI	P		P	P	P		P	P		P	P P
83	SHAIKH ZEBA FATEMA LAL MOHD	P		P	P	P		P	P		P	P P

	21/1	24/1	29/1	30/1	31/1	26/1	22/1	21/1	29/1	30/1	Examination
84 SHARMA ANJALI BIHARAT	P		P	P	P		P	P		P	P
85 SIDDIQUI ARSHI ABADUR REHMAN	P	S	P	P	P		P	P	S	P	P
86 SIDDIQUI MAHELQA BANU NISAR AHM	P	U	P	P	P		P	P		P	P
87 YADAV JYOTI HARISH	P	n	P	P	P		P	P		P	P
88 ZIBA ABDUL RAQEEB KHAN	P	day	P	P	P		P	P		P	P
SIGN OF RESOURCE PERSON	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>	<u>Arsh</u>



		10/4	11/4	12/4	13/4	14/4	15/4	16/4	17/4	18/4	19/4	20/4	21/4	22/4	23/4	24/4	25/4	26/4	27/4	28/4
71	SHAIKH MUMTAZ BEGUM SALAHUDDIN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	SHAIKH NAHIDA EJAZ AHMED	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	SHAIKH NAVISHTA ASLAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	SHAIKH QUNOOT FATIMA BARKAT ALI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	SHAIKH RUKHSAR PARVEEN MOHD ISHRA	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	SHAIKH SABAH MOHEMMAD JAHANGIR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	SHAIKH SAIMA BIBI RAFIQUE	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
78	SHAIKH SAMEERA ABUSAAD ALAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
79	SHAIKH SWALIHA KHATUN MOHAMMED YA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	SHAIKH TAHSEEN FATIMA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	SHAIKH TEHSEEN SAYYEDALI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	SHAIKH ZAIBA PARVEEN SHAFI	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
83	SHAIKH ZEBA FATEMA LAL MOHD	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	SHARMA ANJALI BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	SIDDIQUI ARSHI ABADUR REHMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	SIDDIQUI MAHELQA BANU NISAR AHM	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P

		10/4	11/4	12/4	13/4	14/4	15/4	16/4	17/4	18/4	19/4	20/4	21/4	22/4	23/4	24/4	25/4	26/4	27/4	28/4
87	YADAV JYOTI HARISH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	ZIBA ABDUL RAQEEB KHAN	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
	SIGN OF RESOURCE PERSON	<i>[Signature]</i>		<i>[Signature]</i>		<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>



		4/8	5/8	6/8	7/8	8/8	9/8	10/8	11/8	12/8	13/8	14/8	15/8	16/8	17/8	18/8	19/8	20/8	21/8	22/8	23/8	24/8	25/8	
	MUNAWARALI																							
47	MIRZA ERAM BANO SHAHID	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	MISTRY NAMIRA ABDULWAHAB	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	OSMANY NIDA MUSHFIQUE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	PARDAWALA FATEMA MURTAZA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	PARDAWALA SAKINA MURTAZA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	PATHAN SAADIYA SALIM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	PRAJAPATI KOMAL HARJAN POOJA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	SHIVAKUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	QURESHI AIMAN FARHEEN SALMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	KHAN	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	QURESHI SHAHEEN ALI AHMED	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	SALEHI PEGAH MOHSEN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	SAYED AAFREEN YAKUB	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	SAYYED MUSKAN BANU ABDUL SALIM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	SHABEENA KHATOON	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	SHAH ARSHI NAZ SHABBIR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



		4/6	5/6	6/6	7/6	8/6	9/6	10/6	11/6	12/6	14/6	17/6	19/6	21/6	23/6	25/6	27/6	29/6	31/6
78	SHAIKH SAMEERA ABUSAAD ALAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	SHAIKH SWALIHA KHATUN MOHAMMED YA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	SHAIKH TAHSEEN FATIMA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	SHAIKH TEHSEEN SAYYEDALI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	SHAIKH ZAIBA PARVEEN SHAFI	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	SHAIKH ZEB FATEMA LAL MOHD	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	SHARMA ANJALI BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	SIDDIQI ARSHI ABADUR REHMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	SIDDIQI MAHELQA BANU NISAR AHM	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
87	YADAV JYOTI HARISH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	ZEB RAQEEB KHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
	SIGN OF RESOURCE PERSON	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>	<u>AAK</u>



Slmas

Academic Year 2021 – 2022

1) Online Personality Development Mastery

Course Objectives:

- Develop a strong sense of self-awareness and emotional intelligence.
- Improve verbal and non-verbal communication skills for effective interaction.
- Build and sustain confidence in various life situations.
- Understand and apply principles of personal grooming and etiquette.
- Manage stress effectively and maintain a positive attitude.
- Enhance interpersonal skills and teamwork capabilities in a virtual environment.

Course Structure:

Module 1: Introduction to Personality Development (3 hours)

- Online Session: Understanding Personality and Its Components
- Self-Assessment Activity: Discovering Strengths and Weaknesses
- Discussion Forum: Importance of Personality Development in the Digital Age

Module 2: Self-Awareness and Emotional Intelligence (5 hours)

- Pre-recorded Lecture: Exploring Self-Concept and Emotional Intelligence
- Interactive Quiz: Assessing Emotional Intelligence
- Live Workshop: Techniques for Improving Self-Awareness
- Group Activity: Sharing Personal Growth Stories in a Virtual Setting

Module 3: Communication Skills in a Digital World (6 hours)

- Online Webinar: Effective Verbal and Non-Verbal Communication
- Virtual Role-Playing: Practicing Active Listening and Effective Speaking
- Discussion Board: Challenges of Digital Communication
- Assignment: Creating a Video Presentation on a Chosen Topic

Module 4: Building Confidence Online (4 hours)

- Video Tutorial: Confidence Building Techniques
- Peer Feedback Session: Practicing Confidence in Online Presentations
- Self-Reflection Exercise: Overcoming Self-Doubt in a Virtual Environment

Module 5: Personal Grooming and Etiquette for Virtual Presence (4 hours)

- Online Lecture: Importance of Virtual Grooming and Presence
- Live Session: Dressing and Presenting Yourself Professionally Online
- Etiquette Quiz: Understanding Online Meeting Etiquette
- Practical Assignment: Setting Up a Professional Online Profile

Module 6: Stress Management and Positive Thinking (4 hours)

- Pre-recorded Session: Identifying and Managing Online Stressors
- Guided Meditation: Techniques for Relaxation and Focus
- Discussion Forum: Sharing Stress Management Strategies
- Positive Thinking Exercise: Developing a Growth Mindset

Module 7: Enhancing Interpersonal Skills and Teamwork Virtually (3 hours)

- Live Session: Building Strong Virtual Teams and Relationships
- Group Project: Collaborative Task in a Virtual Team
- Conflict Resolution Activity: Handling Disagreements in Online Settings

Module 8: Final Assessment and Personal Development Plan (1 hour)

- Live Presentation: Participants Present Their Personality Development Plans
- Peer and Instructor Feedback Session
- Course Wrap-Up and Certification

Teaching Methodology:

- Live Interactive Sessions via Video Conferencing Platforms
- Pre-recorded Lectures and Tutorials
- Discussion Forums and Peer Interaction
- Self-Assessment Tools and Quizzes

- Virtual Role-Playing and Group Activities
- Guided Meditation and Stress Management Exercises
- Final Project Presentation and Feedback

Evaluation:

- Continuous Assessment: Participation in Live Sessions and Forums (40%)
- Assignments: Video Presentation and Grooming Task (30%)
- Final Project: Personality Development Plan Presentation (30%)

Certification:

Participants will receive a digital certificate upon successful completion of the course, showcasing their enhanced personality development skills tailored for the online environment.

2) Course on Life Skills

Course Objectives:

- Develop emotional intelligence to manage personal and interpersonal relationships.
- Enhance decision-making and critical thinking skills.
- Improve problem-solving abilities.
- Master effective communication techniques.
- Cultivate time management and organizational skills.
- Build resilience and stress management strategies.
- Promote financial literacy and planning.
- Encourage personal development and self-care practices.

Target Audience:

Students, young professionals, and anyone looking to enhance their life skills.

Course Structure:

Module 1: Introduction to Life Skills

Duration: 2 hours

- Definition and importance of life skills
- Overview of core life skills
- Setting personal goals for the course

Module 2: Emotional Intelligence

Duration: 5 hours

- Understanding emotions and their impact
- Self-awareness and self-regulation
- Empathy and social skills
- Building and maintaining relationships
- Practical exercises and role-playing

Module 3: Decision-Making and Critical Thinking

Duration: 5 hours

- The decision-making process
- Types of decisions: routine, strategic, and ethical
- Critical thinking and problem-solving techniques
- Case studies and group discussions

Module 4: Communication Skills

Duration: 5 hours

- Verbal and non-verbal communication
- Active listening and effective speaking
- Public speaking and presentation skills
- Conflict resolution and negotiation
- Communication in the digital age

Module 5: Time Management and Organization

Duration: 4 hours

- Prioritization and goal setting
- Planning and scheduling
- Overcoming procrastination
- Tools and techniques for efficient time management
- Managing work-life balance

Module 6: Stress Management and Resilience Building

Duration: 4 hours

- Understanding stress and its effects
- Coping mechanisms and relaxation techniques
- Building mental resilience
- Mindfulness and meditation practices
- Practical exercises and group activities

Module 7: Financial Literacy and Planning

Duration: 3 hours

- Basics of personal finance
- Budgeting and saving strategies
- Understanding credit and debt management
- Investment fundamentals
- Long-term financial planning

Module 8: Personal Development and Self-Care

Duration: 2 hours

- Importance of self-care
- Developing a growth mindset
- Setting personal and professional goals
- Creating a self-care routine
- Reflection and course wrap-up

Assessment:

- Continuous assessment through participation and activities
- Final project: Develop a personal life skills improvement plan

Certification:

Participants will receive a certificate of completion after successfully finishing the course and submitting their final project.

3) Basic Language Skills Enhancement Program

Course Duration: 33 Hours

Course Overview:

This 30-hour Basic Language Skills Enhancement Program is designed to provide participants with essential language skills that enhance communication in both personal and professional contexts. The course covers fundamental areas such as grammar, vocabulary, reading, writing, listening, and speaking, with an emphasis on practical application. By the end of the course, participants will have improved their ability to express themselves clearly and confidently in everyday situations.

Target Audience:

- Individuals looking to improve their basic language skills for personal or professional purposes.
- Beginners and intermediate learners who need to strengthen their foundation in language.

Learning Objectives:

- Develop a solid understanding of basic grammar rules.
- Enhance vocabulary for everyday use.
- Improve reading comprehension and writing abilities.
- Build listening and speaking skills for effective communication.
- Apply language skills in real-world scenarios.

Course Outline:

Module 1: Introduction to Language Skills (2 hours)

- Importance of language skills in daily life and career.

- Overview of the four core language skills: listening, speaking, reading, and writing.
- Setting personal language learning goals.

Module 2: Grammar Foundations (6 hours)

- **Parts of Speech:** Nouns, pronouns, verbs, adjectives, adverbs, prepositions, conjunctions, and interjections.
- **Sentence Structure:** Simple, compound, and complex sentences.
- **Tenses and Verb Conjugation:** Present, past, and future tenses.
- **Common Grammar Mistakes:** Avoiding common errors in everyday communication.

Module 3: Vocabulary Building (4 hours)

- **Everyday Vocabulary:** Expanding vocabulary for common topics (e.g., food, travel, work, family).
- **Word Formation:** Prefixes, suffixes, and root words.
- **Synonyms and Antonyms:** Enhancing vocabulary depth.
- **Contextual Usage:** Understanding how to use words appropriately in context.

Module 4: Reading Comprehension (4 hours)

- **Reading Strategies:** Skimming, scanning, and detailed reading.
- **Understanding Texts:** Identifying main ideas, supporting details, and making inferences.
- **Reading Practice:** Engaging with a variety of texts (articles, stories, reports).

Module 5: Writing Skills (6 hours)

- **Sentence and Paragraph Writing:** Constructing clear and coherent sentences and paragraphs.
- **Email and Letter Writing:** Writing formal and informal correspondence.
- **Creative Writing:** Basic storytelling techniques.

- **Editing and Proofreading:** Techniques for reviewing and improving written work.

Module 6: Listening Skills (4 hours)

- **Active Listening:** Techniques for better understanding and retaining spoken information.
- **Listening Comprehension:** Practice with different types of audio materials (conversations, speeches, instructions).
- **Note-taking:** Effective methods for taking notes while listening.

Module 7: Speaking Skills (4 hours)

- **Pronunciation Practice:** Improving clarity and accuracy in speech.
- **Conversational Skills:** Engaging in everyday conversations and small talk.
- **Public Speaking:** Basics of giving short speeches and presentations.
- **Role-playing:** Practicing real-life scenarios to boost confidence.

Module 8: Application of Language Skills (3 hours)

- **Real-world Scenarios:** Applying skills in simulated situations (e.g., job interviews, customer service, networking events).
- **Group Discussions:** Engaging in group conversations to practice and refine skills.
- **Feedback and Assessment:** Providing constructive feedback and self-assessment of progress.

Teaching Methods:

- **Interactive Lectures:** To introduce and explain key concepts.
- **Practical Exercises:** Hands-on activities to practice skills.
- **Group Discussions:** Peer-to-peer learning through conversation and feedback.
- **Role-playing:** Simulating real-world scenarios to build confidence.
- **Multimedia Resources:** Using audio and visual aids to enhance learning.

Assessment:

- **Continuous Assessment:** Regular quizzes and practical exercises to gauge understanding.
- **Final Project:** A short presentation or written assignment demonstrating the application of language skills.
- **Participation:** Active participation in discussions and role-plays.

Materials Provided:

- Course handbook with grammar rules, vocabulary lists, and writing tips.
- Access to online resources for further practice (e.g., reading materials, audio files).
- Worksheets for in-class exercises and homework assignments.

Certificate of Completion:

Participants who successfully complete the course requirements will receive a certificate of completion, indicating their improved proficiency in basic language skills.

AISHABAI COLLEGE OF EDUCATION

VALUE ADDED COURSE 2021 -2022

ONLINE PERSONALITY DEVELOPMENT MASTERY (30 HRS)

SR NO	NAME OF STUDENT	M1		M2			M3			M4		M5		M6		M7		M8
		S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17
1	AFIA ANSARI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	AIMAN Z DABIR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	AISHA KAMALUDDIN ANSARI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	AL SHIFA MOHD HASIB SHAIKH,	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	ALISHA ANSELM DSOUZA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	ASIA MUKHTAR SHAIKH	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
7	BHARATI SUNDER MUTHURAJ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	BUSHRA MOHAMMED AAMIR ANSARI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	FAAIQA FAISAL KAZI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	FARHEEN SHAIKH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	FATEMA MURTAZA BURHANPURWALA,	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	FOUJIA HEFAZUDDIN SUHANI	P	P	P	P	P	P	P	P	P	#	P	P	P	P	A	P	SP
13	FOUJIYA IMTIYAZ SAYYED	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	GAZALA PARVIN ABDUL MANNAN KHA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	GOVINDARAJU SRIDIVYA RAMCHANDRARAO SUSEELA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	HEEBA AKIL SHAIKH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	ISHIRAT JAHAN KHAN	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P

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69	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
77	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK	AAK
	SIGN OF RESOURCE PERSON																						



Academic Year 2020 – 2021

1) Digital Skills for Future Educators

Course Objectives:

- Equip prospective teachers with essential digital skills.
- Enhance the ability to integrate technology effectively in the classroom.
- Foster a digital-first mindset to improve teaching and learning experiences.

Course Outline:

Module 1: Introduction to Digital Literacy (5 hours)

- **Session 1:** Understanding Digital Literacy
 - Definition and importance of digital literacy in education.
- **Session 2:** Basic Computer Skills
 - Operating systems, file management, and software applications.
- **Session 3:** Internet Navigation
 - Effective browsing, searching, and evaluating online resources.

Module 2: Educational Technology Tools (8 hours)

- **Session 4:** Classroom Management Tools
 - Google Classroom, Microsoft Teams, and other LMS platforms.
- **Session 5:** Interactive Learning Tools
 - Using Kahoot, Quizlet, and interactive whiteboards.
- **Session 6:** Content Creation Tools
 - Canva, Adobe Spark, and video editing basics.

Module 3: Integrating Technology in the Curriculum (7 hours)

- **Session 7:** Digital Lesson Planning

- Creating tech-enhanced lesson plans.
- **Session 8: Blended Learning Models**
 - Flipped classrooms and hybrid teaching strategies.
- **Session 9: Assessing Students in a Digital Environment**
 - Digital assessments and feedback tools.

Module 4: Enhancing Student Engagement (5 hours)

- **Session 10: Gamification in Education**
 - Using games and simulations to engage students.
- **Session 11: Social Media as a Learning Tool**
 - Safe and effective use of social media in education.
- **Session 12: Virtual Reality and Augmented Reality**
 - Introduction to VR/AR in the classroom.

Module 5: Digital Ethics and Online Safety (5 hours)

- **Session 13: Digital Citizenship**
 - Teaching students about responsible online behavior.
- **Session 14: Online Safety and Privacy**
 - Protecting students and teachers online.
- **Session 15: Cyberbullying Prevention**
 - Strategies to address and prevent cyberbullying.

Module 6: Future Trends in Education Technology (3 hours)

- **Session 16: Artificial Intelligence in Education**
 - Overview of AI tools and their potential in teaching.
- **Session 17: The Future of EdTech**

- Trends and predictions for the next decade.

Assessment:

- **Final Project:** Participants will create a digital lesson plan incorporating tools and strategies learned throughout the course.
- **Quizzes:** Periodic quizzes to assess understanding of key concepts.

Certification:

Upon successful completion, participants will receive a certificate in Digital Skills for Future Educators.

Academic Year 2019 – 2020

1) English Speaking Mastery Course

Course Objectives:

- Enhance fluency and confidence in spoken English.
- Improve pronunciation, vocabulary, and grammar for everyday communication.
- Develop effective conversation strategies for various contexts.

Course Outline:

Module 1: Introduction to Effective Communication (4 hours)

Session 1: Introduction to Speaking in English (2 hours).

- Importance of speaking English
- Overcoming the fear of speaking
- Self-assessment of current speaking skills

Session 2: Basics of Communication (2 hours)

- Elements of effective communication
- Body language and non-verbal cues
- Active listening techniques

Module 2: Building Vocabulary and Pronunciation (6 hours)

Session 3: Expanding Your Vocabulary (2 hours)

- Commonly used words and phrases
- Contextual vocabulary building
- Word games and exercises

3.

Session 4: Pronunciation and Accent Neutralization (2 hours)

- Phonetics and sounds in English
- Common pronunciation errors
- Practice with tongue twisters and pronunciation drills

Session 5: Vocabulary in Context (2 hours)

- Topic-based vocabulary (e.g., work, travel, daily activities)
- Using new words in sentences
- Pair and group activities for vocabulary use

Module 3: Grammar for Spoken English (6 hours)

Session 6: Essential Grammar for Speaking (2 hours)

- Basic sentence structures
- Tense usage in conversation
- Error correction

Session 7: Grammar in Context (2 hours)

- Grammar games and activities
- Conversation practice focusing on grammatical accuracy
- Role-play scenarios

Session 8: Interactive Grammar Workshop (2 hours)

- Peer feedback on grammar usage
- Group discussion to reinforce grammar rules
- Real-life conversation simulations

Module 4: Developing Conversational Skills (8 hours)

Session 9: Everyday Conversations (2 hours)

2.

- Greetings and introductions
- Small talk and casual conversations
- Role-play exercises

Session 10: Speaking with Confidence (2 hours)

- Confidence-building techniques

- Handling mistakes while speaking
- Public speaking basics

Session 11: Conversations in Different Contexts (2 hours)

- Formal vs. informal conversations
- Speaking in professional settings
- Simulations of workplace conversations

Session 12: Group Discussions and Debates (2 hours)

- Expressing opinions and ideas clearly
- Moderating and participating in discussions
- Debate practice on contemporary topics

Module 5: Advanced Speaking Techniques (4 hours)

Session 13: Storytelling and Narrative Skills (2 hours)

- Structuring a narrative
- Using descriptive language
- Practice with personal and fictional stories

Session 14: Persuasive Speaking and Presentations (2 hours)

- Techniques for persuasive communication
- Structuring a speech or presentation
- Practice sessions with feedback

Module 6: EVALUATION (2 hours)

Session 15: Real-Life Practice Scenarios (1 hour)

- Practicing English in everyday situations
- Role-plays in settings like restaurants, shopping, and travel
- Feedback and improvement tips

Session 16: Final Assessment and Feedback (1 hour)

- Oral assessment of speaking skills
- Personalized feedback and areas for improvement
- Certification of course completion

Teaching Methodology:

- Interactive sessions with a focus on practical usage.
- Group activities, role-plays, and peer feedback.
- Use of multimedia resources to aid learning.
- Continuous assessment through quizzes, presentations, and conversations.

Materials Needed:

- Course handbook with key vocabulary, grammar points, and conversation strategies.
- Audio-visual aids for pronunciation practice.
- Access to English-speaking videos, podcasts, and online resources.

Assessment and Certification:

- Regular assessments through quizzes and speaking tasks.
- Final oral exam to assess overall improvement.
- Certificate awarded upon successful completion of the course.

2) Comprehensive Yoga Course

Course Objectives:

- To provide students with a strong foundation in yoga philosophy and practice.
- To enhance physical, mental, and emotional well-being through the regular practice of yoga.
- To develop the ability to teach basic yoga classes and incorporate yoga into daily life.

Target Audience:

- Beginners and intermediate practitioners looking to deepen their understanding of yoga.
- Individuals interested in enhancing their physical and mental health.
- Those considering a future in teaching yoga.

Course Structure:

Module 1: Introduction to Yoga (4 hours)

1. **Session 1:** History and Philosophy of Yoga (2 hours)

- Origins of Yoga
 - The Eight Limbs of Yoga (Ashtanga Yoga)
 - Different Schools of Yoga (Hatha, Vinyasa, Kundalini, etc.)
2. **Session 2:** Understanding the Yogic Lifestyle (2 hours)
- Principles of a Yogic Lifestyle
 - Diet and Nutrition in Yoga
 - Importance of Mindfulness and Meditation

Module 2: Asanas - The Physical Practice (10 hours)

1. **Session 3:** Introduction to Asanas (2 hours)
- Basic postures (standing, sitting, and lying down)
 - Alignment and safety principles
 - Understanding the benefits of each asana
2. **Session 4:** Sun Salutations and Basic Flows (2 hours)
- Sun Salutation A & B (Surya Namaskar)
 - Vinyasa Flow basics
 - Building stamina and flexibility
3. **Session 5:** Intermediate Asanas and Variations (3 hours)
- Inversions and balances
 - Backbends and twists
 - Modifications and use of props
4. **Session 6:** Developing a Personal Practice (3 hours)
- Creating a balanced yoga sequence
 - Setting intentions and goals
 - Practice for different times of the day

Module 3: Pranayama and Meditation (6 hours)

1. **Session 7:** Introduction to Pranayama (2 hours)
 - Importance of Breath in Yoga
 - Basic Pranayama Techniques (Ujjayi, Nadi Shodhana, Kapalabhati)
 - Breath awareness and control

2. **Session 8:** Meditation Techniques and Mindfulness (2 hours)
 - Introduction to Meditation
 - Guided Meditation Practices
 - Mindfulness in daily life

3. **Session 9:** Advanced Pranayama and Meditation Practices (2 hours)
 - Advanced Breathwork Techniques
 - Deepening Meditation
 - Combining Pranayama and Meditation for stress relief

Module 4: Anatomy and Physiology (4 hours)

1. **Session 10:** Understanding the Human Body in Yoga (2 hours)
 - Basic anatomy relevant to yoga (spine, muscles, joints)
 - The impact of yoga on the body's systems (nervous, circulatory, respiratory)
 - Common injuries and how to avoid them

2. **Session 11:** The Subtle Body in Yoga (2 hours)
 - Chakras, Nadis, and Kundalini
 - Energy flow and its significance in yoga
 - Balancing the subtle body

Module 5: Teaching Methodology and Ethics (4 hours)

1. **Session 12:** Principles of Teaching Yoga (2 hours)

- Role of a yoga teacher
 - Effective communication and instruction
 - Adjustments and assists
2. **Session 13:** Ethics and Professionalism in Yoga (2 hours)
- The Yamas and Niyamas in teaching
 - Building a respectful and inclusive environment
 - Business aspects of yoga (if applicable)

Module 6: Practicum and Assessment (2 hours)

1. **Session 14:** Practical Teaching Experience (2 hours)
- Students design and teach a short yoga class
 - Peer and instructor feedback
 - Self-assessment and reflection

Course Materials:

- Yoga mats, blocks, straps, and other props
- Handouts on yoga philosophy, anatomy, and asana instructions
- Access to online yoga videos for home practice

Assessment:

- Continuous assessment through participation and practice
- Practical assessment through teaching a short yoga class
- Reflection papers on personal practice and learning

Certification:

- Upon successful completion, participants will receive a certificate of completion.

3) Online Mastery in Communication Skills and Language Development

Course Objectives:

- Develop effective verbal and non-verbal communication skills.
- Improve language proficiency, including grammar, vocabulary, and pronunciation.
- Enhance listening and speaking abilities for better interpersonal communication.
- Build confidence in public speaking and presentations.
- Learn strategies for effective written communication.

Course Structure:

The course is divided into six modules, each consisting of five hours of instruction, practice, and activities.

Module 1: Introduction to Communication

- **Session 1 (1 Hour):** Understanding Communication - The Process, Types, and Importance
- **Session 2 (1 Hour):** Barriers to Effective Communication and How to Overcome Them
- **Session 3 (1 Hour):** The Role of Non-Verbal Communication (Body Language, Eye Contact, etc.)
- **Session 4 (1 Hour):** Listening Skills - Techniques and Importance
- **Session 5 (1 Hour):** Self-Assessment of Communication Skills

Module 2: Language Proficiency

- **Session 1 (1 Hour):** Basics of Grammar and Sentence Structure
- **Session 2 (1 Hour):** Expanding Vocabulary - Techniques and Practice
- **Session 3 (1 Hour):** Pronunciation and Accent Neutralization
- **Session 4 (1 Hour):** Practice Exercises in Grammar and Vocabulary
- **Session 5 (1 Hour):** Feedback and Improvement Strategies

Module 3: Verbal Communication Skills

- **Session 1 (1 Hour):** The Art of Conversation - Engaging and Maintaining Discussions
- **Session 2 (1 Hour):** Asking Questions and Active Listening
- **Session 3 (1 Hour):** Expressing Opinions and Persuasion Techniques
- **Session 4 (1 Hour):** Role-Playing Exercises to Practice Conversations
- **Session 5 (1 Hour):** Peer Feedback and Reflection

Module 4: Non-Verbal Communication Skills

- **Session 1 (1 Hour):** Understanding and Using Body Language
- **Session 2 (1 Hour):** The Role of Facial Expressions and Gestures
- **Session 3 (1 Hour):** Building Confidence Through Posture and Eye Contact
- **Session 4 (1 Hour):** Practicing Non-Verbal Communication in Different Scenarios
- **Session 5 (1 Hour):** Group Activities and Peer Review

Module 5: Public Speaking and Presentations

- **Session 1 (1 Hour):** Overcoming Stage Fright and Building Confidence
- **Session 2 (1 Hour):** Structuring Your Speech or Presentation
- **Session 3 (1 Hour):** Using Visual Aids Effectively
- **Session 4 (1 Hour):** Practice Sessions for Public Speaking
- **Session 5 (1 Hour):** Feedback and Performance Review

Module 6: Effective Written Communication

- **Session 1 (1 Hour):** Writing Emails, Reports, and Professional Documents
- **Session 2 (1 Hour):** Understanding the Tone and Style of Writing
- **Session 3 (1 Hour):** Editing and Proofreading Techniques
- **Session 4 (1 Hour):** Writing Exercises and Peer Reviews
- **Session 5 (1 Hour):** Final Assessment and Improvement Plan

Assessment and Evaluation:

- **Quizzes:** After each module, a short quiz to assess understanding.

- **Assignments:** Written and verbal assignments throughout the course.
- **Final Project:** A comprehensive project involving a presentation and written report.
- **Participation:** Active participation in role-plays, discussions, and group activities.

Resources and Materials:

- Course handouts and reading materials.
- Access to online language development tools.
- Videos and podcasts for listening practice.
- Practice exercises and worksheets.

Certification:

Participants who successfully complete the course will receive a certification of completion, highlighting their proficiency in communication skills and language development.