



# CENTRAL UNIVERSITY OF KERALA

KASARAGOD



MHRD

## SCHOOL OF EDUCATION

PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS & TEACHING  
CENTRE FOR CURRICULUM RESEARCH, POLICY & EDUCATIONAL DEVELOPMENT

11<sup>th</sup> to 13<sup>th</sup>  
April 2018



COMMUNITY SENSITIZATION  
PROGRAMME ON

**Cybergogy for  
Engaged Learning**

*Programme Schedule*



*Day 1* : 11.04.2018

FORENOON

Registration (09.00 am to 10.00 am)  
SESSION - 1 (10.00 am to 11.15 am)

*Inaugural function*

Welcome Address  
Dr. Anruth G Kumar (Director & Project Head, PMMMMMTT, CUK)

Presidential Address  
Dr. B. Suresh (Principal, IASE, Thrissur)

Inaugural Address  
Prof. (Dr.) K Srinivas (Professor, ICT, NIEPA, New Delhi)

Key Note Address  
Prof. (Dr.) K. P. Suresh (Professor & Head, DoE, CUK)

Felicitations  
Dr. K.K. Suma (Deputy Director, Collegiate Education, Thrissur)

Vote of Thanks  
Dr. M.N Mohameduni Alias Musthafa (Director, IQAC, CUK)

Dr. M. Omanaseelan (Joint Coordinator, Assistant Professor, IASE, Thrissur)

Tea Break (11.15 am to 11.30 am) (Group Photo Session)

SESSION - 2 (11.30 am to 01.00 pm)

*Digital Initiatives in India*

Prof. (Dr.) K Srinivas (Professor, ICT, NIEPA, New Delhi)

11.04.2018 | AFTERNOON

Lunch Break (01.00 pm to 02.00 pm)

SESSION - 3 (02.00 pm to 03.15 pm)

*Blended and Flipped Classroom*

Prof. (Dr.) K Srinivas (Professor, ICT, NIEPA, New Delhi)

Tea Break (03.15 pm to 03.30 pm)



SESSION - 4

(03.30 pm to 05.00 pm)

*Free Open Source Software*

Dr. K S Sajan (Assistant Professor, M.S.S. Training College, Ottapalam)

**Day 2 : 12.04.2018**

**FORENOON**

SESSION - 1

(10.00 am to 11.20 am)

*Mobile Apps for Teachers*

Dr. K. Thiyagu (Assistant Professor, DoE, CUKI)

Tea Break

(11.20 am to 11.30 am)

SESSION - 2

(11.30 am to 01.00 pm)

*Moodle through Google+ and YouTube Presentation Tube*

Dr. V.P. Josphith (Assistant Professor, DoE, CUKI)

**12.04.2018**

**AFTERNOON**

Lunch Break

(01.00 pm to 02.00 pm)

SESSION - 3

(02.00 pm to 03.20 pm)

*Google Sites, Google Forms, Kahoot*

Dr. K. Thiyagu (Assistant Professor, DoE, CUKI)

Tea Break

(03.20 pm to 03.30 pm)

SESSION - 4

(03.30 pm to 05.00 pm)

*Moodle through MOODLE*

Dr. V.P. Josphith (Assistant Professor, DoE, CUKI)



**Day 3 : 13.04.2018** | **FORENOON**

SESSION - 1 (10.00 am to 11.20 am)

*Interactive White Board*

Dr. K. Biju (Assistant Professor, DoE, CUTN)

Tea Break (11.20 am to 11.30 am)

SESSION - 2 (11.30 am to 01.00 pm)

*Open Educational Resources*

Dr. Mary Vineetha Thomas (Assistant Professor, DoE, CUK)

**13.04.2018** | **AFTERNOON**

Lunch Break (01.00 pm to 02.00 pm)

SESSION - 3 (02.00 pm to 03.20 pm)

*Tea Break*

Dr. M.N Mohamedunni Alias Musthafa (Director, IQAC, CUK)

Tea Break (03.20 pm to 03.30 pm)

SESSION - 4 (03.30 pm to 05.00 pm)

*Valedictory*

Welcome Address Dr. Happy P V (Joint Coordinator, Assistant Professor, IASE, Thrissur)

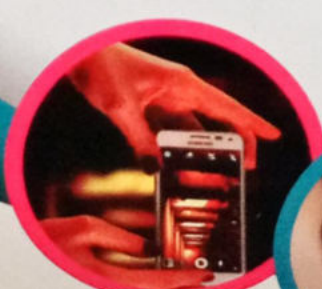
Presidential Address Dr. B. Suresh (Principal, IASE, Thrissur)

Reflections Participants

Valedictory Address Dr. Amruth G Kumar (Director & Project Head, PMMMNMTT, CUK)

Distribution of Certificates Dr. M.N Mohamedunni Alias Musthafa (Director, IQAC, CUK)

Vote of Thanks Dr. K.Thiyagu (Organising Secretary, Assistant Professor, DoE, CUK)



## **Community Sensitization Programme on**

### **Cybergogy for engaged learning**

**11th to 13<sup>th</sup> April 2018**

#### **Report**

Technology is playing an increasingly crucial role in the delivery of education, which in turns in drying process into finding a better technological solutions. The application of educational technology has created a new teaching and learning concept is cybergogy. One of the central elements of cybergogy is the intent to combine fundamentals of both pedagogy and androgogy to arrive at a new approach to learning. Cybergogy focuses on helping adults and young people to learn by facilitating and technologically enabling learner-centered autonomous and collaborative learning in a virtual environment at the core of cybergogy is awareness that strategies used or face-to-face learning may not be the same used in the virtual environment.the key feature of this program was the technological integration of the curriculum design and development strategies with a high priority to experiential learning .the program encompasses structural orientation in designing innovative courses creating mooc, practicing online and digital learning through moodle and swayam and provision of feedback for faculties and learners. And also this program provided an opportunity to the participants to explore some of the various innovative technology and hand tools like google apps, mobile apps and other digital tools .the community sensitization program would be a powerful tool to constitute a positive institutional climate and college charity among teachers working in higher education.

36 participants attended the programme. 4 resource persons from all across the country delivered lectures and interacted with the participants. The feedback from participants shows that the programme was very effective.









S.NO	Name	Designation & Address	Signature					
			11.04.18		12.04.18		13.04.18	
			FN	AN	FN	AN	FN	AN
14.	Mrs Kalyani K	Assistant Professor Vijaya Teachers College, Jayanagar, Bengaluru, Karnataka						
15.	Mrs Komala A.H.	Assistant Professor NKT National College of Education for Women, No.41, Dr. Besant Road, Triplicane, Chennai						
16.	Mrs Lakshmi B M	Assistant Professor Vijaya Teachers College, Jayanagar, Bengaluru, Karnataka						
17.	Dr Lakshmi R	Assistant Professor Institute of Advanced Study in Education, Thrissur, Kerala						
18.	Mr. Lenin I	Assistant Professor Alagappa University College of Education Karaikudi, Tamilnadu						
19.	Dr Mahendraprabu M	Assistant Professor Department of Education, Alagappa University, Karaikudi						
20.	Mrs Malini E	Assistant Professor NKT National College of Education for Women, No.41, Dr. Besant Road, Triplicane, Chennai						
21.	Dr Mubi K Mohamed Ali	Assistant Professor Institute of Advanced Study in Education, Thrissur, Kerala						





S.NO	Name	Designation & Address	Signature					
			11.04.18		12.04.18		13.04.18	
			FN	AN	FN	AN	FN	AN
38.	Mrs Shridevi P Nayak	Assistant Professor Vijaya Teachers College, Jayanagar, Bengaluru, Karnataka						
39.	Dr Sreekala K.G	Assistant Professor Institute of Advanced Study in Education, Thrissur, Kerala						
40.	Mrs Sridevi V	Assistant Professor NKT National College of Education for Women, No.41, Dr. Besant Road, Triplicane, Chennai, Tamilnadu						
41.	Dr Suresh B	Principal Institute of Advanced Study in Education, Thrissur, Kerala						
42.	Mr Suresh Shetty	Assistant Professor Vijaya Teachers College, Jayanagar, Bengaluru, Karnataka						
43.	Mr Thangavel K	Assistant Professor Thiagarajar College of Preceptors, Teppakulam, Madurai, Tamilnadu						
44.	Dr Vikram P Hiremath	Assistant Professor Kotturwamy College of Teacher Education IASE, Ballari, Karnataka.						
45.	Mr Viswanathan R	Assistant Professor Thiagarajar College of Preceptors, Teppakulam, Madurai, Tamilnadu						





# **CENTRAL UNIVERSITY OF KERALA KASARAGOD**

**SCHOOL OF EDUCATION  
PANDIT MADAN MOHAN MALAVIYA  
NATIONAL MISSION ON  
TEACHERS AND TEACHING  
(PMMMNMTT)**

## **CENTRE FOR LIFE SKILLS EDUCATION**



**FACULTY DEVELOPMENT PROGRAMME  
ON  
CURRICULUM & LIFE SKILLS  
(29 / 11 / 2018 to 05/ 12 / 2018)**



Sponsored by



**MHRD**

Government of India  
Ministry of Human Resource  
Development

**Organized by  
PMMMNMTT & CLSE  
School of Education  
Central University of Kerala  
Tejaswini Hills, Periyar, Kasaragod – 671316  
Web: [www.cukerala.ac.in](http://www.cukerala.ac.in)**

# **FACULTY DEVELOPMENT PROGRAMME**

**ON**

## **CURRICULUM & LIFE SKILLS**

**(29/11/2018 to 05/12/2018)**

### **Report**

The specific objectives of Faculty Development Programme on Curriculum & Life Skills conducted from 29/11/2018 to 05/12/2018 were to develop an appreciation for the professional development of teachers in new of changing roles and responsibilities of higher education in 21st century. To understand the significance of integrating curriculum with life skills for making the teaching learning experiences connected to real life to attain better transfer of learning. To identify the different ways of configuring life skills in the curriculum for incorporating significant content and multiple perspective for making teaching and learning life oriented. To provide an avenue for the faculty members of different disciplines to familiarize with the Strategies and techniques for integrating life skill component in curriculum planning, organization, transaction and evaluation. Also, to create a pool of resourceful and competent faculty members who can act as Master Trainers of Life Skill Education for various training programs.

The Faculty Development Programs (FDPs) aimed to enhance the academic and intellectual environment in the institutions by enriching the faculty members with advanced knowledge and expertise for meeting the current challenges of the society. Program enabled faculty members to update their Research and pedagogical skills the main objective of the FDP in integrating curriculum with life skills is to update the teaching, training and content development skills of teachers in higher education for integrating life skills. In a constantly changing environment,

having life skills is an essential part of being able to meet the challenges of everyday life. The program enabled the participant to develop meaningful understanding of the various issues related to methods and strategies needed for integrating Life Skills with Curriculum. The various discourses in the program have contributed the participant faculty members to be an effective facilitator of various life skills to all stakeholders. Forty faculty members participated in the program and found it effective.

27 participants attended the programme. 5 resource persons from all across the country delivered lectures and interacted with the participants. The feedback from participants shows that the programme was very effective.





















# CENTRAL UNIVERSITY OF KERALA SCHOOL OF EDUCATION



## THREE DAY WORKSHOP ON MASSIVE OPEN ONLINE COURSE (MOOC) THROUGH SWAYAM & PRODUCTION OF PROMO VIDEO



31<sup>st</sup> October to 2<sup>nd</sup> November, 2018

*Organized by:*

**PANDIT MADAN MOHAN MALAVIYA  
NATIONAL MISSION ON TEACHERS AND TEACHING (PMMMNMTT)**  
School of Education

*Sponsored by*



**MURD**



## Introduction

Massive open online courses (MOOCs) are the recent induction in the higher education spheres and a novel transactional strategy of the technologically mooted classrooms of today. This is a creative new phenomenon sweeping all the fortunes of higher education. MOOCs take place online. They could be affiliated with a university, but not necessarily. They are larger than typical college classes, sometimes much larger. They are open, which has multiple meanings and lot can be done within the walls of the structural framework of curriculum.

As MOOCs have proven to be very useful to all learners out there, it is good if MOOCs can be implemented in today's learning sessions be it at schools, or institutions. With the implementation of MOOCs in real-life learning, it will promote the usage of technology and also create independent learners along the way. There are many ways to implement MOOCs in the current learning process. The first method that MOOCs can be used in learning is that teachers can conduct online classes via MOOCs. All students can take up the same courses at home, do the same assignments and sit for the same online final exams. Teachers at school can use creative platform for their professional development. Students learn on their own through the online courses and they can bring up their issues during class at college or University. This will not only be interesting but it will be fun for the students as many resources and methods are involved in the learning process.

## The Programme

The workshop on Massive Open Online Courses (MOOCs) is designed for faculties of Central University of Kerala, having ten years or more experience in the relevant discipline and is eligible to apply for MOOC through SWAYAM. Government of India has given more preference to MOOC in the recent years and is investing huge funds for the development of online courses in various disciplines. At the same time Government was concentrating to see the number of MOOC courses run by faculties and the total number of enrolments that each university make for MOOCs. The programme has been specially designed to orient faculties on the various aspects of MOOCs along with the production of promo MOOC videos in different discipline, so that faculties will be eligible for applying to new MOOCs. The programme has got two parts, in the First and second day faculties will be exposed to the academic and other technical specifications of MOOCs through SWAYAM, and in the second and third day technical engagements through scripting and video recording of promo videos. The significance of this workshop is that all the present assessment mechanisms like NAAC, NIRF etc. gives much importance to MOOC and MOOCs through SWAYAM became a part and parcel of Higher education in India today.

## Objectives

The specific objectives of this programme is to:

- Develop an appreciation for Massive Open and Online Courses in view of the changing modes of content delivery of higher education classrooms in the 21st century.
- Understand the importance of MOOCs in today's classrooms and to redesign the courses accordingly
- Get trained to know the specifications of MOOCs academically and technically
- Integrate the latest technological advancement in curriculum design and learning and to perceive MOOCs in those background
- Make one competent to Integrate MOOCs in our Programmes
- Get motivated to apply for MOOCs in the concerned discipline by understanding the expectations and basics of online learning

## Sessions

There will be four sessions in the first and second day, which will be dealing with academic and technical aspects. Second half of the second day and Third day will be exclusively kept for scripting and video production.

## Registration

Interested faculties have to register separately for the programme. There will not be any registration fee. The last date of registration is 25/10/2018. The total number of participants will be limited to 40 Numbers.

Registration Link: <https://goo.gl/forms/AGNXUCBAdBMvwkO83>

## Eligibility/ Target Group

● All the teachers of Central University of Kerala are eligible to apply. However preferences will be given to those teachers with ten years of teaching experience as it is the minimum requirement for applying to MOOCs. The workshop is arranged in hands-on mode, so the total number of participants will be restricted to 40. There will be a maximum of 20 Promo video productions as part of this workshop.

## Programme Dates

The Workshop on "Massive Open Online Course (MOOC) Through SWAYAM & Production of Promo Video for Different Courses" is scheduled on 31<sup>st</sup> October 2018 to 2<sup>nd</sup> November 2018. The sessions will start at 9.30 am every day and will end at 4.30 pm.

## Food & Refreshments

Working lunch and light refreshments will be provided to all the participants throughout the programme.

### ORGANISING COMMITTEE

Chief Patron	: <b>Prof.(Dr.) G. Gopa Kumar</b> (Hon'ble Vice Chancellor, CUK)
Patrons	: <b>Prof. (Dr.) K Jayaprasad</b> (Hon'ble Pro Vice Chancellor, CUK) <b>Prof.(Dr.) K.P.Suresh</b> (Dean, School of Education, CUK)
Programme Director	: <b>Dr. Amruth G Kumar</b> (Project Head, PMMMMNMTT, CUK)
Organizing Secretary	: <b>Dr. V.P.Joshith</b> (SWAYAM Co-ordinator)
Programme Coordinator	: <b>Dr. M.N Mohamedunni Alias Musthafa</b> (Director, IQAC, CUK)
Joint Coordinators	: <b>Dr. Mary Vineetha Thomas</b> (Assistant Professor, DoE, CUK) <b>Dr. K.Thiyagu</b> (Assistant Professor, DoE, CUK) <b>Dr. Vanitha. C</b> (Assistant Professor, DoE, CUK)
Secretarial Assistance	: <b>Ms. Ayshath Hisana</b> (Office Assistant, SoE, CUK) <b>Mr. Sreekanth Kalyan Mohi</b> (Office Assistant, PMMMMNMTT, CUK)

#### Contact:

**Dr. V P Joshith**

(Organizing Secretary)

Assistant Professor

Department of Education

Central University of Kerala

Tejaswini Hills, Periya, Kasaragod – 671316

Web: [www.cukerala.ac.in](http://www.cukerala.ac.in)

Mob: 9447689272

Email: [joshith@cukerala.ac.in](mailto:joshith@cukerala.ac.in)



**Date: 31<sup>st</sup> July & 1<sup>st</sup> August 2017**  
**Venue: Seminar Hall Main Campus, Periy**

**THREE DAY WORKSHOP ON  
MASSIVE OPEN ONLINE COURSE (MOOC) THROUGH SWAYAM &  
PRODUCTION OF PROMO VIDEO FOR DIFFERENT COURSES**

**From 31-10-2018 to 02-11-2018**

**Report**

The workshop on Massive Open Online Courses (MOOCs) was designed for faculties of Central University of Kerala, having ten years or more experience in the relevant discipline and is eligible to apply for MOOC through SWAYAM. Government of India had given more preference to MOOC in the recent years and was investing huge funds for the development of online courses in various disciplines. At the same time Government was concentrating to see the number of MOOC courses run by faculties and the total number of enrolments that each university make for MOOCs. The programme had been specially designed to orient faculties on the various aspects of MOOCs along with the production of promo MOOC videos in different discipline, so that faculties would be eligible for applying to new MOOCs. The programme had got two parts, in the First and second day faculties would be exposed to the academic and other technical specifications of MOOCs through SWAYAM, and in the second and third day technical engagements through scripting and video recorded of promo videos. The significance of the workshop was that all the present assessment mechanisms like NAAC, NIRF etc. given much importance to MOOC and MOOCs through SWAYAM became a part and parcel of Higher education in India today.

The specific objectives of this programme were to

- Develop an appreciation for Massive Open and Online Courses in view of the changing modes of content delivery of higher education classrooms in the 21<sup>st</sup> century

- Understand the importance of MOOCs in today's classrooms and to redesign the courses accordingly
- Get trained to know the specifications of MOOCs academically and technically
- Integrate the latest technological advancement in curriculum design and learning and to perceive MOOCs in those background
- Make one competent to Integrate MOOCs in our Programmes
- Get motivated to apply for MOOCs in the concerned discipline by understanding the expectations and basics of online learning.

27 participants attended the programme. 4 resource persons from all across the country delivered lectures and interacted with the participants. The feedback from participants shows that the programme was very effective.













# CENTRAL UNIVERSITY OF KERALA SCHOOL OF EDUCATION

CENTRE FOR CURRICULUM RESEARCH, POLICY & EDUCATIONAL DEVELOPMENT  
PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS & TEACHING  
Tejaswani Hills, Periyar (PO), Kasaragod, Kerala- 671316

*Date*

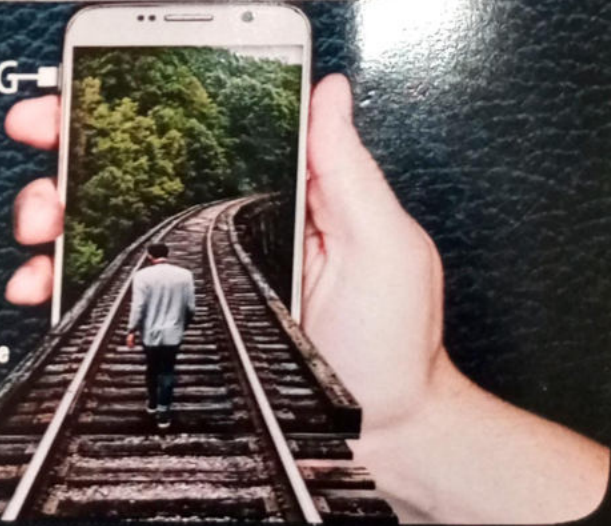
23<sup>rd</sup> January  
to  
25<sup>th</sup> January 2019

*Sponsored By*



MHRD

COMMUNITY SENSITIZATION  
PROGRAMME ON  
**CYBERGOGY:**  
**EXCITE, ENGAGE AND ENRICH LEARNING**



*AI*



**AI-Tech Seminar Hall**  
3<sup>rd</sup> Floor, Administrative Block  
Avinashilingam Institute for Home Science  
and Higher Education for Women,  
Coimbatore, Tamilnadu, India.

Programme Schedule

*Day 1* :23.01.2019 | FORENOON

Registration (09.00 am to 10.00 am)

SESSION - 1 (10.00 am to 11.15 am)

*Inaugural function*

Welcome Address **Dr. Amruth G Kumar**  
(Project Head, PMMMNMTT, CUK)

Presidential Address **Padmashree (Dr.) P. R Krishna Kumar**  
(Chancellor, Avinashilingam Institute)

Inaugural Address **Prof. (Dr.) K Srinivas**  
(Professor, ICT, NIEPA, New Delhi)

Key Note Address **Prof. (Dr.) K. P. Suresh**  
(Professor & Dean, SoE, CUK)

Felicitation **Dr. R. Annakodi**  
(Advisor, SoE, Avinashilingam Institute)

Vote of Thanks **Dr. T. Geetha**  
(Dean, SoE, Avinashilingam Institute)

Tea Break (11.15 am to 11.30 am) (Group Photo Session)

SESSION - 2 (11.30 am to 01.00 pm)

*Digital Initiatives in India*

**Prof. (Dr.) K Srinivas**  
(Professor, ICT, NIEPA, New Delhi)

23.01.2019 | AFTERNOON

Lunch Break (01.00 pm to 01.45 pm)

SESSION - 3 (01.45 pm to 03.15 pm)

*Open Educational Resources*

**Dr. Mary Vineetha Thomas**  
(Assistant Professor, DoE, CUK)

Tea Break (03.15 pm to 03.30 pm)

SESSION - 4 (03.30 pm to 05.00 pm)

*Free Open Source Software*

**Dr. K Ramnath**  
(Assistant Professor, DoE, Alagappa University)

**Day 2 : 24.01.2019** | FORENOON

**SESSION - 1** (10.00 am to 11.20 am)

*Mobile Apps for Teachers*

**Dr. K. Thiyagu**  
(Assistant Professor, DoE, CUK)

**Tea Break** (11.20 am to 11.30 am)

**SESSION - 2** (11.30 am to 01.00 pm)

*Learning Management System & Presentation Tube*

**Dr. V.P Joshith**  
(Assistant Professor, DoE, CUK)

**24.01.2019** | AFTERNOON

**Lunch Break** (01.00 pm to 01.45 pm)

**SESSION - 3** (01.45 pm to 03.20 pm)

*Google Sites, Google Forms, Kahoot*

**Dr. K. Thiyagu**  
(Assistant Professor, DoE, CUK)

**Tea Break** (03.20 pm to 03.30 pm)

**SESSION - 4** (03.30 pm to 05.00 pm)

*MOC through MOODLE*

**Dr. V.P Joshith**  
(Assistant Professor, DoE, CUK)



**Day 3 : 25.01.2019** | FORENOON

**SESSION - 1** (10.00 am to 11.20 am)

*Blended and Flipped Classroom*

**Dr. K. Biju**  
(Assistant Professor, DoE, CUTN)

**Tea Break** (11.20 am to 11.30 am)

**SESSION - 2** (11.30 am to 01.00 pm)

*Web Tools for Digital Classroom*

**Dr. K. Biju**  
(Assistant Professor, DoE, CUTN)

**25.01.2019** | AFTERNOON

**Lunch Break** (01.00 pm to 01.45 pm)

**SESSION - 3** (01.45 pm to 03.20 pm)

*Group Presentation*

**Chair: Dr. M.N Mohamedunni Alias Musthafa**  
(Director, IQAC, CUK)

**Tea Break** (03.20 pm to 03.30 pm)

**SESSION - 4** (03.30 pm to 05.00 pm)

*Valedictory*

**Welcome Address** **Dr. H. Indu**  
(Head, DoE, Avinashilingam Institute)

**Presidential Address** **Dr. (Mrs.) S. Kowsalya**  
(Registrar, Avinashilingam Institute)

**Reflections** **Participants**

**Valedictory Address** **Dr. Amruth G Kumar**  
(Project Head, PMMMNMTT, CUK)

**Distribution of Certificates** **Dr. M.N Mohamedunni Alias Musthafa**  
(Director, IQAC, CUK)

**Vote of Thanks** **Dr. K Thiyagu**  
(Organising Secretary, Assistant Professor, DoE, CUK)



**Community Sensitization Programme on  
“Cybergogy: Excite, Engage, and Enrich Learning”**

**From 23-01-2019 to 25-01-2019**

Our motto of this community sensation program was ‘excite, engage, and enrich with digital pedagogy. The programme encompasses structural orientation in designing innovative courses, creating MOOC, practicing online and digital learning through MOODLE and provision of feedback for faculties and learners. And also this programme provided an opportunity to the participants to explore some of the various innovative technology enhanced tools like Google apps, mobile apps and other digital tools and web tools. The community sensitization programme was a powerful tool to constitute a positive institutional climate and collegiality among teachers working in higher education.

35 participants attended the programme. 4 resource persons from all across the country delivered lectures and interacted with the participants. The feedback from participants shows that the programme was very effective.











S.NO	Name	Designation & Address	Signature			
			23.01.19	24.01.19	25.01.19	
9.	Dr Chidambaram S	Assistant Professor, School of Tamil, Indian Languages and Rural Arts, Gandhigram Rural Institute, Deemed University, Gandhigram. Dindigul, Tamilnadu	FN	AN	FN	AN
10.	Ms Deepa K	Assistant Professor Department of Education, Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore, Tamil Nadu	<i>Dr. Deepa K</i>	<i>Dr. Deepa K</i>	<i>Dr. Deepa K</i>	<i>Dr. Deepa K</i>
11.	Dr Divyapriya A	Assistant Professor, Department of Special Education, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu	<i>Dr. Divyapriya A</i>	<i>Dr. Divyapriya A</i>	<i>Dr. Divyapriya A</i>	<i>Dr. Divyapriya A</i>
12.	Dr Indu H	Associate Professor & Head Department of Education Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu	<i>Indu H</i>	<i>Indu H</i>	<i>Indu H</i>	<i>Indu H</i>
13.	Dr Jagadeesh Basapura	Associate Professor Kotturuswamy College of Education Gandhinagar Kappagall Road, Ballari				



















# CENTRAL UNIVERSITY OF KERALA

## SCHOOL OF EDUCATION



### COMMUNITY SENSITIZATION PROGRAMME ON CYBERGOGY: LEARN, RELEARN & UNLEARN (5/12/2019 to 7/12/2019)

VENUE: St. XAVIER'S COLLEGE FOR WOMEN, ALUVA, ERNAKULAM

## PROGRAMME SCHEDULE

*Organized by:*

**CENTRE FOR CURRICULUM RESEARCH,  
POLICY & EDUCATIONAL DEVELOPMENT**  
UNDER PANDIT MADAN MOHAN MALAVIYA  
NATIONAL MISSION ON TEACHERS AND TEACHING (PMMMNMTT)  
School of Education  
Central University of Kerala  
Tejaswini Hills, Periya, Kasaragod – 671320  
Web: [www.cukerala.ac.in](http://www.cukerala.ac.in)

*Sponsored by*



# MHRD

Government of India  
Ministry of Human Resource Development

Central University of Kerala  
Tejaswini Hills, Periya, Kasaragod – 671320  
Web: [www.cukerala.ac.in](http://www.cukerala.ac.in)



# MHRD

Ministry of Human Resource Development  
Government of India

[www.cukerala.ac.in](http://www.cukerala.ac.in)

Only first 50 registrations

asilok92@gmail.com

**Day - 1 05.12.2019 (Thursday)**

Registration: (09:00 am to 10:00 am)

**Session – 1 (10:00 am to 12:00 pm)**

Inaugural Function

Welcome Address:

**Prof. (Dr.) Amruth G Kumar**  
(Project Head, PMMMNMTT & Head, DoE, CUK)

Presidential Address:

**Dr. (Sr.) Geege Joanamma Xavier**  
(Principal, St. Xavier's College for Women, Aluva)

Lighting of Lamp:

Inaugural Address:

**Prof. (Dr.) G. Gopa Kumar**  
(Hon'ble Vice Chancellor, CUK)

Key Note Address:

**Prof. (Dr.) Mangala Sunder Krishnan**  
Professor & Head, Department of Chemistry, IIT Madras  
(Member of Standing Committee & Domain Experts Committee - NMEICT,  
Chief Coordinator - DTH SWAYAMPRAKHA)

Felicitations:

**Prof. (Dr.) M. N. Mohamedunni Alias Musthafa**  
(Dean, SoE, CUK)

**Prof. (Dr.) K. P. Suresh**  
(Professor, DoE, CUK)

**Dr. (Sr.) Stella K. A.**  
(Vice Principal, St. Xavier's College for Women, Aluva)

Vote of Thanks:

**Dr. Mary Vineetha Thomas**  
(Organizing Secretary, Assistant Professor, DoE, CUK)

**Session – 2 (12.00 pm to 1.00 pm) Briefing about the Workshop & Group Photo**

Lunch Break: (1:00 pm to 2:00 pm)

**Session – 3 (2:00 pm to 3:15 pm)**

*DESIGNING, DEVELOPING AND DELIVERING MOOC'S THROUGH SWAYAM PORTAL*

**Dr. DEEPAK BISHLA**

(IT Department Dr. B.R Ambedkar University, Delhi)

Tea Break - (3:15 pm to 3:30 pm)

**Session – 4 (3:30 pm to 5:00 pm)**

**DESIGNING, DEVELOPING AND DELIVERING MOOC'S THROUGH SWAYAM PORTAL**

**Dr. DEEPAK BISHLA**

(IT Department Dr. B.R Ambedkar University, Delhi)

**Day - 2 06.12.2019 (Friday)**

**Session – 1 (10:00 am to 11:15 am)**

**MOODLE - ACCOUNT CREATION**

**Dr. V. P. Joshith**

(Assistant Professor, DoE, CUK)

Tea Break - (11:15 am to 11:30 am)

**Session – 2 (11:30 am to 1:00 pm)**

**MOODLE - COURSE DESIGNING**

**Dr. V. P. Joshith**

(Assistant Professor, DoE, CUK)

Lunch Break:(1:00 pm to 2:00 pm)

**Session – 3 (2:00 pm to 3:15 pm)**

**MOBILE APPS - DISCUSSION FORUM**

**Dr. K. Thiyagu**

(Assistant Professor, DoE, CUK)

Tea Break - (3:15 pm to 3:30 pm)

**Session – 4 (3:30 pm to 5:00 pm)**

**MOBILE APPS FOR ASSESSMENT**

**Dr. K. Thiyagu**

(Assistant Professor, DoE, CUK)



**Day - 3 07.12.2019 (Saturday)**

**Session - 1 (10:00 am to 11:15 am)**

**OPEN EDUCATIONAL RESOURCES (OER)**

**Dr. Mary Vineetha Thomas**  
(Assistant Professor, DoE, CUK)

Tea Break - (11:15 am to 11:30 am)

**Session - 2 (11:30 am to 1:00 pm)**

**LEARNING MANAGEMENT SYSTEM**

**Dr. Madhusudan J. V.**

(Associate Professor, Department of Education and Education Technology, University of Hyderabad)

Lunch Break:(1:00 pm to 2:00 pm)

**Session - 3 (2:00 pm to 3:15 pm)**

**GROUP PRESENTATION**

Session Chaired by:

**Prof. (Dr.) M. N Mohamedunni Alias Musthafa**  
(Dean, SoE, CUK)

**Prof. (Dr.) Amruth G Kumar**  
(Project Head, PMMMMNMTT & Head, DoE, CUK)

Tea Break - (3:15 pm to 3:30 pm)

**Session - 4 (3:30 pm to 5:00 pm)**

**REFLECTIONS & VALEDICTORY**

Welcome Address:

**Dr. Mary Vineetha Thomas**  
(Organizing Secretary, Assistant Professor, DoE, CUK)

Chair:

**Prof. (Dr.) Amruth G Kumar**  
(Project Head, PMMMMNMTT & Head, DoE, CUK)

Valedictory Address:

**Prof. (Dr.) M.N Mohamedunni Alias Musthafa**  
(Dean, SoE, CUK)

Vote of Thanks:

**Dr. Sheena Xavier**  
(Associate Professor & IQAC Coordinator, St. Xavier's College for Women, Aluva)



**COMMUNITY SENSITIZATION PROGRAMME ON  
CYBERGOGY: LEARN, RELEARN & UNLEARN  
(5/12/2019 TO 7/12/2019) TWO DAY PROGRAMME**

**Report**

The objectives of the programme, Community Sensitization Programme OnCybergogy: Learn, Relearn & Unlearn, which was a two day programme were to:

- To develop the essential understanding and skills needed for effective curriculum designing through technology.
- To develop in the participants required competencies to integrate digital learning in their classroom practice specific to their own disciplines with an aim to enhance quality of curriculum transaction.
- To provide a forum for faculty of Higher Education institutions to discuss and reflect on the modern technological innovations and experiences and integrate the latest technological tools in one's classroom teaching
- To get acquainted with SWAYAM platform and development of MOOCs.

the workshop was able to develop in the participants required competencies to integrate digital learning in their classroom practice with an aim to enhance quality of curriculum transaction. It provided a forum for faculty of Higher Education institutions to deliberate on innovations and experiences related to MOOC, platforms like MOODLE and SWAYAM, Open Educational Practices (OEP) including Open Educational Resources (OERs), Free and Open-Source Software (FOSS), Mobile apps, e-content development etc. as well as to plan using these practices in their specific teaching situations. The workshop provided a platform for the faculty to reflect upon open technologies that facilitate collaborative,

flexible learning and the open sharing of teaching practices that empowered educators to benefit from the best ideas of their colleagues. The workshop also included talks by eminent educationists who shared their expertise in the field of digital learning and curriculum followed by group discussions, group activities, session specific training exercises and so on.

33 participants attended the programme. 4 resource persons from all across the country delivered lectures and interacted with the participants. The feedback from participants shows that the programme was very effective.





**CENTRAL UNIVERSITY OF KERALA**  
**KASARAGOD**



**SCHOOL OF EDUCATION**




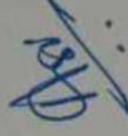
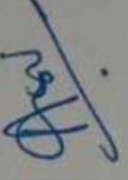






**CENTRE FOR CURRICULUM RESEARCH, POLICY & EDUCATIONAL DEVELOPMENT (CCRPED)**  
**PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING (PMMMNMTT)**

**COMMUNITY SENSITIZATION PROGRAMME ON "CYBERGOOGY: LEARN, RELEARN & UNLEARN"**



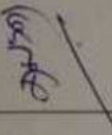

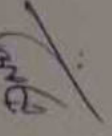
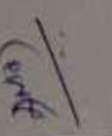


**5<sup>th</sup> to 7<sup>th</sup> December, 2019**











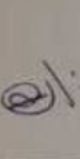
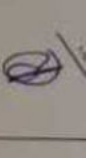
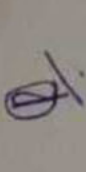
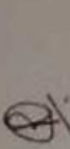











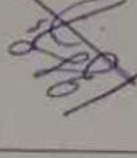
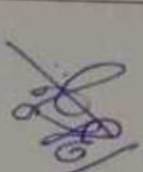
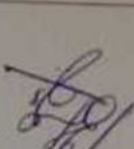
VENUE: St. Xavier's College for Women, Aluva, Ernakulam



**ATTENDANCE SHEET**


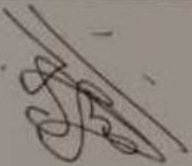
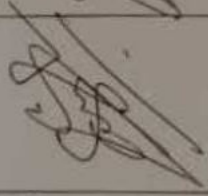
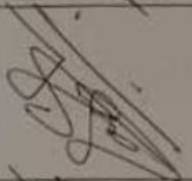
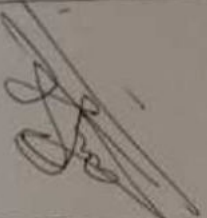

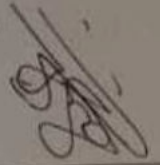













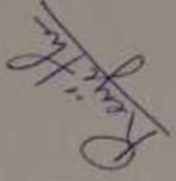

Sl No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019	
			FN	AN	FN	AN	FN	AN
1.	<b>Dr. VINOD A. S.</b> Assistant Professor Department of Commerce Mahatama Gandhi College Trivandrum, Kerala							
2.	<b>Dr. APARNA LAKSHMANAN S.</b> Assistant Professor Department of Mathematics St. Xavier's College for Women, Aluva, Ernakulam, Kerala							


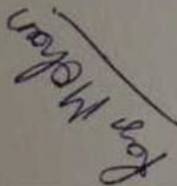
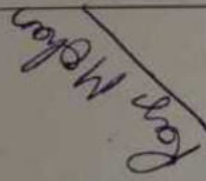
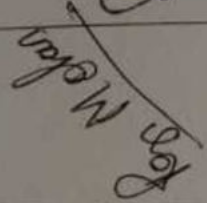
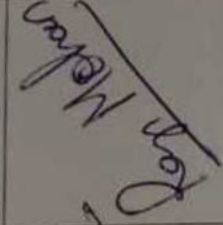
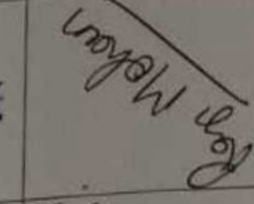
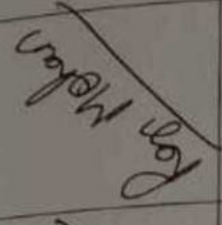










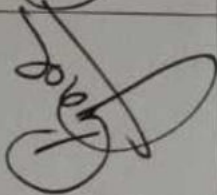
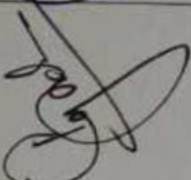


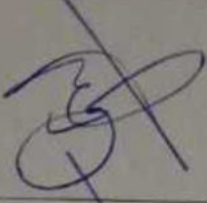



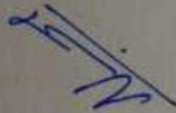



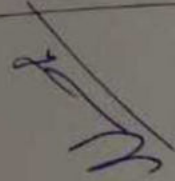
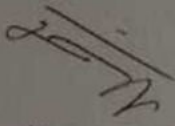






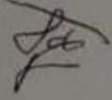


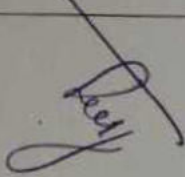
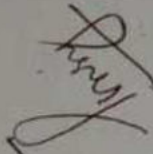
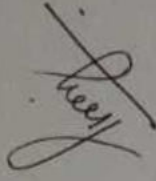
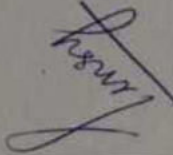
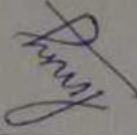







Sl. No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019	
			FN	AN	FN	AN	FN	AN
3.	<b>Dr. ANSA ALPHONSA ANTONY</b> Assistant Professor Department of Statistics St. Xavier's College for Women Aluva, Ernakulam Kerala							
4.	<b>Dr. RESMI VARGHESE</b> Assistant Professor Department of Mathematics St. Xavier's College for Women Aluva, Ernakulam, Kerala		_____	_____	<b>Absent</b>	_____	_____	_____
5.	<b>Ms. A. H. KOMALA</b> Assistant Professor Department of Education N.K.T. National College of Education for Women, 41#Dr. Besant Road, Triplicane, Chennai 5, Tamil Nadu		_____	_____	<b>Absent</b>	_____	_____	_____
6.	<b>Ms. SRIDEVI V.</b> Assistant Professor Department of Education N.K.T. National College of Education for Women, 41#Dr. Besant Road, Triplicane, Chennai 5, Tamil Nadu		_____	_____	<b>Absent</b>	_____	_____	_____



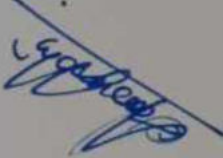
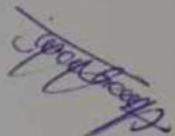
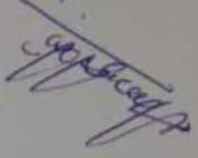



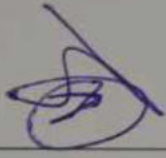





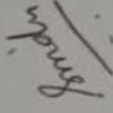
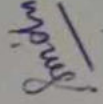
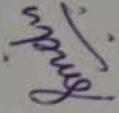
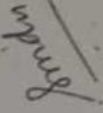
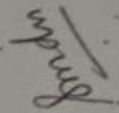
Sl. No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019	
			FN	AN	FN	AN	FN	AN
11.	<b>Ms. SREEJA GOPAL</b> Assistant Professor Department of Economics NSS College Ottapalam Palakkad, Kerala							
12.	<b>Dr. REVATHY S.</b> Assistant Professor Department of Zoology St Xavier's College for Women Aluva, Ernakulam, Kerala							
13.	<b>Dr. B. SINDHU</b> Assistant Professor Department of Commerce Pavanatma College Murickassery							
14.	<b>Ms. BINU CORREYA</b> Assistant Professor Department of Zoology St. Xavier's College for Women Aluva, Ernakulam, Kerala							

Sl. No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019	
			FN	AN	FN	AN	FN	AN
15.	<p><b>Ms. CAMILLA DIANA B. H.</b>  Assistant Professor  Department of English  St. Xavier's College for Women  Aluva, Ernakulam, Kerala</p>							
16.	<p><b>Dr. MUBI K. MOHAMED ALI</b>  Assistant Professor  Department of Natural Science  Institute of Advanced Study in Education,  Palace Road, Thrissur</p>							
17.	<p><b>Dr. VIMALA GEORGE</b>  Assistant Professor  Department of Physics  St. Xavier's College for Women Aluva,  Ernakulam, Kerala</p>							
18.	<p><b>Dr. SUJATHA N. V.</b>  Assistant Professor  Department of Physics  St. Xavier's College for Women  Aluva, Ernakulam, Kerala</p>							

Sl. No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019	
			FN	AN	FN	AN	FN	AN
19.	<b>Dr. SAUMI MARY M.</b> Assistant Professor Department of English St. Xavier's College for Women Aluva, Ernakulam, Kerala							
20.	<b>Ms. NINU ROSE</b> Assistant Professor Department of Commerce St. Xavier's College for Women Aluva, Ernakulam, Kerala		— Absent —					
21.	<b>Dr. Z. ZAYAPRAGASSARAZAN</b> Additional Professor & Head Department of Medical Education JIPMER, Puducherry – 605006							
22.	<b>Ms. RENJITHA REGHUNATH</b> Assistant Professor Department of English St. Xavier's College for Women Aluva, Ernakulam, Kerala							

Sl. No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019		
			FN	AN	FN	AN	FN	AN	
23.	<b>Dr. RAJI MOHAN</b> Assistant Professor Department of Commerce St. Xavier's College for Women Aluva, Ernakulam, Kerala								
24.	<b>Ms. LIDIA DUROM</b> Assistant Professor Department of Commerce St. Xavier's College for Women Aluva, Ernakulam, Kerala		<b>Absent</b>						
25.	<b>Dr. SEEMA K.</b> Assistant Professor Department of Zoology St. Xavier's College for Women Aluva, Ernakulam, Kerala								
26.	<b>Dr. LINDA LOUIS</b> Assistant Professor Department of Zoology St. Xavier's College for Women Aluva, Ernakulam, Kerala								

Sl. No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019	
			FN	AN	FN	AN	FN	AN
27.	<b>Ms. NIKITHA XAVIER</b> Assistant Professor Department of Malayalam St. Xavier's College for Women, Aluva, Ernakulam, Kerala							
28.	<b>Sr. SINDHU P. J.</b> Assistant Professor Department of Economics St. Xavier's College for Women Aluva, Ernakulam, Kerala							
29.	<b>Dr. TINSY ROSE TOM</b> Assistant Professor Department of Commerce St. Xavier's College for Women Aluva, Ernakulam, Kerala							
30.	<b>Dr. ROSY S. FERNANDES</b> Assistant Professor Kamala Baliga College of Education Kumta, Uttarakannada, Karnataka							

Sl. No	Name & Address	Photograph	05.12.2019		06.12.2019		07.12.2019	
			FN	AN	FN	AN	FN	AN
31.	Ms. ASMY ANTONY K. A. Assistant Professor Department of Chemistry St. Xavier's College for Women Aluva, Ernakulam, Kerala							
32.	Ms. KANAHA LAKSHMI P. Assistant Professor Department of Education Sri Sarada College of Education for Women Ariyakulam, Tirunelveli - 11, Tamil Nadu		Absent					
33.	Ms. KALPITA CHAKRABORTY Assistant Professor Sacred Heart college, Thevara Cochin, Kerala							
34.	Dr. SINDU A. KARTHA Assistant Professor Department of Physics N.S.S. College, Nilamel, Kollam							







# Certificate

## THE 2ND ANNUAL MEETING OF BIOLOGICAL ENGINEERING SOCIETY AND CONFERENCE

This is to certify that **Aadithye R Nair** has participated in the second annual meeting of Biological Engineering Society (India) held at Indian Institute of Technology Bombay, Mumbai on October 26-27, 2018.

**Supreet Saini**

Convener

BESCon 2018

**Sanjoy Ghosh**

Secretary

Biological Engineering Society

**Purnendu Ghosh**

President

Biological Engineering Society



# Central University of Kerala

Tejaswini Hills, Periya (P.O),  
Kasaragod (Dist.), Kerala - 671 316.



## Innovation Fest - 2019

*"Nurturing the Innovative Ecosystem"*

### CERTIFICATE OF AWARD

This is to certify that Mr. **AADITHYE R NAIR**, M.Sc., Student, Department of Biochemistry and Molecular Biology, Central University of Kerala presented an exhibit of "**Nucleic Acid (NU) - Transfection (T), Imaging (I), Detection (D), and Estimation (E) reagent (NU-tide-Hue)**" which has been selected as the best innovation in the district-level Innovation Fest 2019 organized by Innovation Club of Central University of Kerala, Periya, Kasaragod from 18-20 February 2019.

Prof. (Dr.) Gopa Kumar G.  
Vice Chancellor  
Central University of Kerala

Dr. E. Prasad  
Co-Coordinator  
Innovation Fest 2019

Dr. V. B. Sameer Kumar  
Coordinator, Innovation Fest 2019  
Convener, Innovation Club of CUK



PUBLIC  
LECTURE



# CYBER SECURITY

## THREATS AND AWARENESS



Lecture by:

**SUBHASH BABU**

(Regional Director, Appin Technology Lab, New Delhi)

FEB 2019 | Room No: 111  
**25** | Kaveri Block  
Monday 10.30 | Central University of Kerala  
Periye, Kasaragod

Organized By:  
**DELTA CLUB**  
Department of Economics  
Central University of Kerala



Case No. 1146

**केरल केन्द्रीय विश्वविद्यालय**  
**CENTRAL UNIVERSITY OF KERALA**  
Tejaswini Hills, Periyar PO, Kasragod -671 316

No.CUK/ACA/128/12 / 1146

Dated, 17<sup>th</sup> October 2018

आदेश / ORDER

1. Administrative approval is hereby accorded to Dr.Manikandan Rangaswamy, Assistant Professor, Department of Mathematics, for conducting Workshop on "An introduction to MATLAB and Numerical Computations" at Department of Mathematics from 12<sup>th</sup> October 2018 to 14<sup>th</sup> October 2018.
2. Financial sanction is given for a total amount of Rs.28200/- (Rupees Twenty Eight Thousand Two Hundred only) for the above purpose.
3. Further, approval is also accorded to reimburse the amount in favour of Dr.Manikandan Rangaswamy, Assistant Professor, Department of Mathematics on production of concerned bills/vouchers.
4. This is issued with the approval of the competent authority and concurrence of the finance wing- Budget Head: Conference, Sem.,W/S, Classification Code 351190, Diary No.B1/14.

ASSISTANT REGISTRAR (ACADEMIC)

No.CUK/ACA/128/12 / E3323

Dated, 23 October 2018

प्रतिलिपि / Copy to:

1. PS to Finance Officer
2. Dr.Manikandan Rangaswamy, Assistant Professor, Department of Mathematics -  
You are requested to submit the claims as the event is over.
3. Section Officer (Finance) for information.
4. Office Copy

  
ASSISTANT REGISTRAR (ACADEMIC)

A brief report for the Workshop on "An introduction to MATLAB and Numerical Computations" held in the Department of Mathematics, Central University of Kerala during October 12-14, 2018

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The Department of Mathematics organized "An introduction to MATLAB and Numerical Computations" for the PG as well as research students in the Mathematics department. *Dr. Asha Kisan Dond, IISc Bangalore and Dr. Gaddam Sharat, TIFR Bangalore* were the resource persons of the workshop. Main objective of the lectures is to explore the MATLAB programming for Numerical Computations and to encourage our students in Mathematical, Logical thinking and to give research ideas in the different fields of Mathematics especially in Applied Mathematics.

**On 12<sup>th</sup> October 2018:** Dr. V. Vilfred, H.O.D, Department of Mathematics, introduced the resource persons and welcomed the participants to the programme. **First Session (9.30 am-1 pm) & Second Session (2 pm- 5.30 pm)** -The resource persons were introduced basic operators, Functions and Predefined Variables. They also define Variables/Matrices, Matrix Operations and then Plot Graphs - Two Dimensional Plots and Three Dimensional Plots in Matlab. Then they discussed into Solving Equations, Linear Systems and Algebraic Eigenvalue Problems Solutions of algebraic and transcendental equations using Fixed - point iteration method, Newton's method; Linear system (Direct methods): Gaussian elimination - Pivoting - LU Decomposition; Vector and Matrix norms - Error Analysis and Condition numbers; Linear system (Iterative methods): Gauss - Jacobi and Gauss - Seidel - Convergence considerations; Eigenvalue problem: Power method - Jacobi for a real symmetric matrix.

**On 13<sup>th</sup> October 2018:** **First Session (9.30 am-1 pm) & Second Session (2 pm- 5.30 pm)** - They taught general commands in Matlab, Plotting Polynomials, Curve Fitting and Interpolation and solve some programming exercises involving Interpolation, Differentiation and Integration. For the part of Interpolation we will focus on Lagrange's interpolation -Errors in Lagrange's interpolation - Newton's divided differences - Newton's finite difference interpolation - Optimal points for interpolation - Piece wise Interpolation: Piece wise linear and piece wise Cubic Spline interpolation. Later we focus upon Numerical differentiation based on interpolation, finite differences, and method of undetermined coefficients and then they end the sessions by discussing Numerical integration: Newton Cotes formulae - Gaussian quadrature - Errors in Simpson's rule and Gaussian quadrature - method of undetermined coefficients - quadrature rules for Multiple integrals.

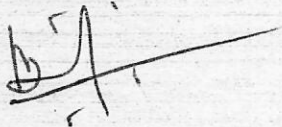
**On 14<sup>th</sup> October 2018: First Session (9.30 am-1 pm) & Second Session (2 pm- 5.30 pm) –**  
They were developing algorithms and implement them in Matlab to solve Initial Value Problems and Boundary value Problems of Ordinary Differential Equations.

At end of the second session, Dr. Manikandan Rangaśwamy has been expressed his appreciation for the talk and thanked the resource persons. Their spirit and motivation was a very inspiring. On behalf of the department, Dr. V. Vilfred thanked Dr. Asha Dond and Dr. Gaddam Sharat for their effort to deliver a meaningful lecture for our students.

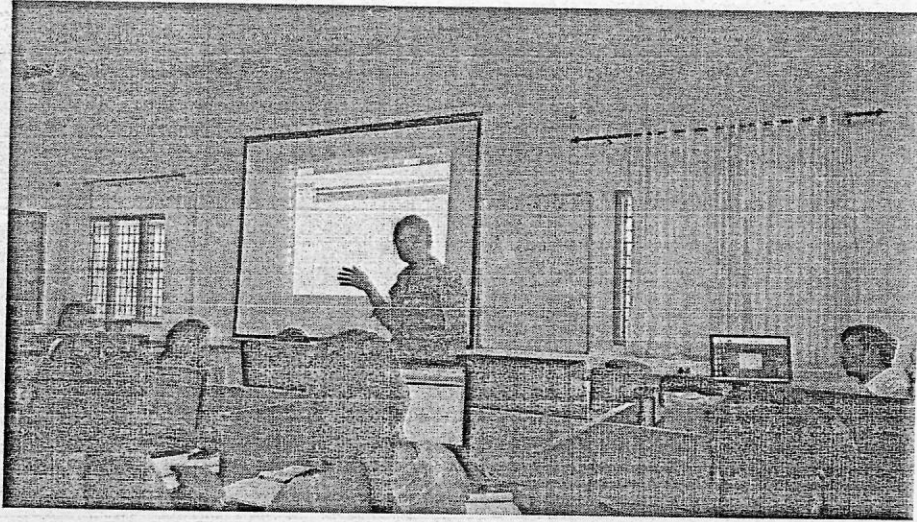
We, the Department of Mathematics thank the administration for having given us the permission to hold the workshop and acknowledge with gratefulness the financial support rendered to us to organize the programme.

Thanking you,

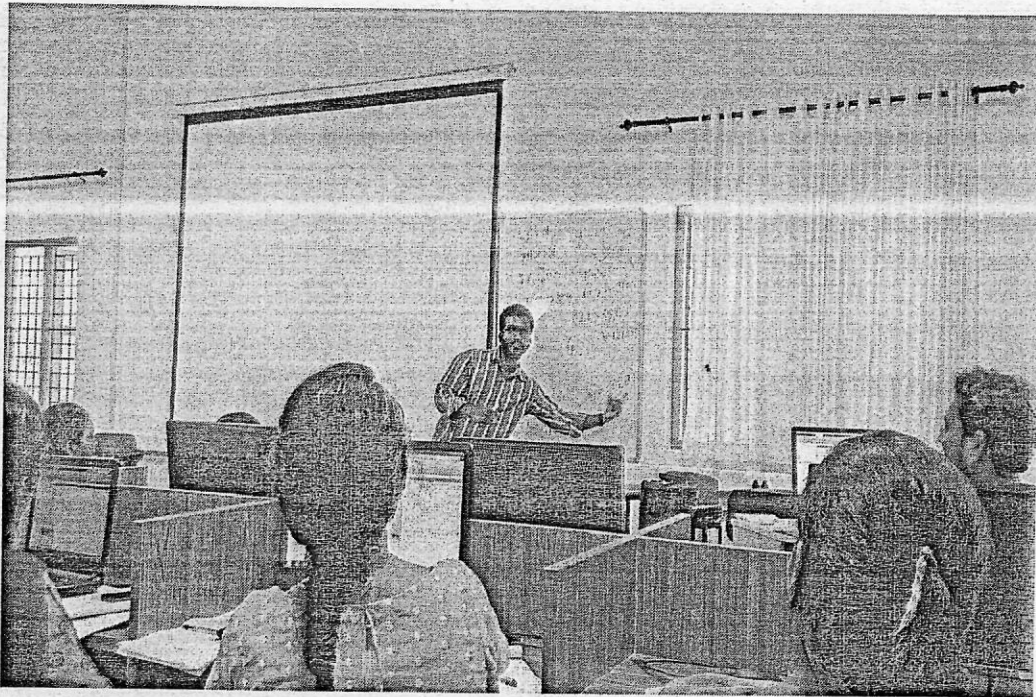
Yours Sincerely,



Dr. Manikandan Rangaswamy  
(Coordinator)



Dr. Asha Kisan Dond is addressing the students.



Dr. Gaddam Sharat is addressing the students.

*[Handwritten signature]*

CENTRAL UNIVERSITY OF KERALA, KASARAGOD  
SCHOOL OF EDUCATION

FACULTY DEVELOPMENT PROGRAMME (FDP) ON CURRICULUM & LIFE SKILLS

<sup>29</sup> 22/11/2018 to <sup>05/12</sup> 28/11/2018

29/11/2018 to ~~30~~ 05.11.2018

12th →  
30th →

SD - AND LIFE SKILLS  
20 - 05

Day	Date & Days	Session I	Session II	Lunch		Session III	Session IV
		9.30 am to 11.30. am	11.45 am to 01.00 pm	2.00 pm to 3.30 pm	3.45 pm to 5.00 pm		
Day 1	29/11/2018	Inauguration	<b>Introduction</b> <ul style="list-style-type: none"> <li>• Ice breaking</li> <li>• Objectives, Expectations &amp; Contributions, Ground rules</li> <li>• Introducing the manual, Schedule</li> </ul>	Lunch		<b>Introduction to Life Skills</b> <ul style="list-style-type: none"> <li>• Skills &amp; types</li> <li>• Differentiating between life skills, survival skills, vocational skills, livelihood skills, employability skills, soft skills etc.</li> <li>• Generic and specific skills: Area specific &amp; problem specific</li> </ul>	<b>Introduction to life skills</b> <ul style="list-style-type: none"> <li>• Approaches to Life Skills Education : Preventive, Competency/ Capabilities approach</li> <li>• Need and importance of Life Skills in daily life</li> </ul>
Resource persons		Gauri & Sundhy		Gauri & Sundhy		Gauri & Sundha.	

Dr. Baby Shree - 30<sup>th</sup>  
Dr. Aswini - 1<sup>st</sup> / 3<sup>rd</sup>



Aravin  
 1st 08 3rd

Resource persons	Day 2	<b>Self Awareness</b> <ul style="list-style-type: none"> <li>The Self as 'I' &amp; 'Me'</li> <li>Types of Self</li> <li>Self-Awareness</li> <li>Self Concept Components</li> </ul>	<b>Self Esteem / Self image</b> <ul style="list-style-type: none"> <li>Body image &amp; Self acceptance - promoting wellness</li> <li>Self esteem</li> <li>Defence mechanism &amp; Self regulation</li> <li>Self affirmation, Self talk &amp; self coaching</li> </ul>	<b>Self motivation / Confidence</b> <ul style="list-style-type: none"> <li>Self motivation and self efficacy</li> <li>Enhancing self confidence</li> <li>Goal setting &amp; planning</li> </ul>	<b>Techniques:</b> <ul style="list-style-type: none"> <li>Techniques to explore oneself: SWOC &amp; JOHARI</li> <li>Practice session: "My book"</li> </ul>
	30/11/2018				
Resource persons	Day 3	<b>Empathy</b> <ul style="list-style-type: none"> <li>Empathy &amp; pro social behaviour, empathy &amp; emotions</li> <li>Empathy, sympathy, Altruism and Volunteerism</li> <li>Emotional intelligence and emotional awareness</li> <li>Enhancing &amp; practicing empathy skills</li> </ul>	<b>Problem solving skill</b> <ul style="list-style-type: none"> <li>Concept of problem solving skill</li> <li>Models in problem solving</li> <li>Cognitive processes in problem solving</li> <li>Practicing problem solving skills</li> </ul>	<b>Decision making skill</b> <ul style="list-style-type: none"> <li>Concept of decision making</li> <li>Importance of decision making</li> <li>Models of decision making</li> </ul>	<b>Interpersonal relationship skill</b>
	01/12/2018				
Resource persons	Day 4	<b>Field trip</b>	<b>Field trip</b>	<b>Field trip</b>	<b>Field trip</b>
	02/12/2018				
Resource persons					

		<b>Time management</b>	<b>Refusal skills</b>		<b>Effective communication</b>	<b>Effective communication</b>
<b>Day 5</b>	<b>03/12/2018</b>					
<b>Resource persons</b>						
<b>Day 6</b>	<b>04/12/2018</b>	<b>Critical thinking skill</b>	<b>Creative thinking skill</b>		<b>Coping: concept &amp; strategies to deal with emotions &amp; stress</b>	<b>Coping skills</b>
<b>Resource persons</b>						
<b>Day 7</b>	<b>05/12/2018</b>	<b>Life Skills education: From Theory to Practise Integration of Life Skills with Curriculum</b>	<b>Life Skills education: From Theory to Practise Integration of Life Skills with Curriculum</b>			
<b>Resource persons</b>					<b>Evaluation &amp; Valedictory</b>	