

DEPARTMENT OF B.ED.

Event 1 - Page 1 Date: April 24 to May 1, 2020

EVENT – CREATIVE WRITING- AN ONLINE ESSAY AND POEM COMPETITION was organized by the Department of B.Ed. from April 24 to May 1, 2020 for the students of the B.Ed. Department

THEME- “TEACHING THROUGH A PANDEMIC: ROLE OF TEACHERS IN UTILIZING INFORMATION TECHNOLOGY RESOURCES DURING THE PANDEMIC AND QUARANTINED LIFE”.

Guidelines for the Essay/Poetry Competition

B.Ed. Department, Loreto College

April 24,2020

Contributions as per guidelines were invited from the Semester 2 and Semester 4 Students of the Department:

- **For Essay: Theme: “Teaching Through a Pandemic: Role of Teachers in Utilizing IT Resources during the Pandemic and Quarantined Life.”**

For Poetry: Pandemic, Quarantine, Teachers, Students

[Poem must include all or either of the following keywords as Theme]

- Last date for submission: May 1, 2020
- Word limit: Essay: 500 words; Poem: 300 words
- The competition is only for the B.Ed. students.
- One student can send in only one entry, EITHER essay OR poem.
- Language of Composition: **English**
- The entry must be mailed to: **submissions2b.edlc@gmail.com**
- The entry should be sent as a Word document. **TIMES NEW ROMAN, FONT 12**
- Ten best entries will be awarded with certificates and the names of the winners will be displayed on the college Website after the results of the competition are declared.
- The participant’s name and year have to be mentioned separately in the email.

- The Word document must not have any mention of the participant's name or year.
- No plagiarism of any sort will be tolerated. If one is quoting, the source with all the details and the author will need to be given due credit. Citations must be provided. Any plagiarism would lead to disqualification of the candidate from the competition.

LEARNING OBJECTIVES

- Identify and interpret the role of the pandemic in bringing such paradigm changes in the teaching-learning process
- Analyse the role of the teachers in utilizing IT resources during the pandemic
- Justify by expressing through their writing the significance of education which continued even during the pandemic
- Create original compositions and express their views

LEARNING OUTCOMES

At the end of the competition the participants were able to-

- Compile the information and ideas together and express it in an innovative way
- Compose essays and poems as they summarised their thoughts and ideas through a creative technique
- Explain the role of the teachers in using IT resources during the pandemic
- Evaluate the significance of IT in the teaching-learning process

Event 2 - Page 1 Date: June 30, 2020

Guidelines for the Poster Competition

B.Ed. Department, Loreto College

Theme: “Gender, School and Society : Living in the New Normal”

The Dept. of B.Ed. organized an online poster making competition for the Semester 2 and Semester 4 students of the department. Contributions as per the following guidelines were invited by July 10, 2020.

Guidelines:

1. Theme: 'Gender, School and Society: Living in the New Normal'
2. Posters can be hand-painted or digital.
3. Creativity in slogans and pictures must not violate human rights and animal rights.
4. Any kind of plagiarised appropriation of posters will not be accepted.
5. Images should be emailed in pdf format.
6. Entries should be mailed to submissions2b.edlc@gmail.com by 5th July 2020.
7. The participant's name and year have to be mentioned separately in the email.
8. One student can send only ONE entry.

The best entries were awarded with certificates and the names of the winners were displayed on the college website after the results of the competition were declared.

Event 2 - Page 2

LEARNING OBJECTIVES

- **Analyse and interpret role of gender in the schools and the society in the new normal situation**
- **Demonstrate through their posters and creative slogans the influence of the pandemic on gender roles**
- **Relate the impact of gender discrimination in the new normal situation**
- **Create posters and slogans by expressing their ideas about gender relation prevalent in the society in the new normal**

LEARNING OUTCOMES

At the end of the competition participants were able to-

- **Justify through their posters the impact of the pandemic on gender roles**
- **Create new ideas of gender equity specially during the pandemic**
- **Assess gender norms and its impact in schools and society**
- **Develop gender sensitivity among the participants**
- **Support gender equality and awareness programmes in schools and society specially during the new normal**



IQAC APPROVED

INTERNATIONAL WEBINAR

organized by
THE DEPARTMENT OF B.ED., LORETO COLLEGE,
KOLKATA

A PARADIGM SHIFT IN EDUCATION: ALTERNATIVE MODES OF TEACHING AND LEARNING DURING THE PANDEMIC PHASE

AUGUST 10, 2020 // 4 p.m. – 6 p.m. // GOOGLE MEET

OUR SPEAKERS



PROF. DR. JACQUELINE LEWIS
Professor,
Minnesota State University, Mankato,
Department of Counseling and Student Personnel
TOPIC: Online Instruction: Lessons Learned from Experience



PROF. DR. SUJATA SRIVASTAVA
Department of Education
Faculty of Education and Psychology
The Maharaja Sayajirao University of Baroda, Vadodara
TOPIC: Teaching-Learning during Pandemic Times: The Way Forward



PROF. DR. SUBIR NAG
Fellow Chartered Educator (UNESCO)
Principal,
Satyapriya Roy College of Education, Kolkata.
West Bengal University of Teachers' Training, Education Planning and
Administration
TOPIC: E-Learning Content Development: A Paradigm Shift for New Age
Pedagogy

REGISTRATION LINK:

<https://www.loretocollege.in/webinar2/>
Link is open till August 8, 2020 (6 p.m.)

GOOGLE MEET LINK FOR THE WEBINAR WILL BE
E-MAILED TO EVERY REGISTERED PARTICIPANT 1
HOUR PRIOR TO THE PROGRAMME.

Feedback Link will be e-mailed to participants who
have attended the webinar, and certificates will only
be generated after they have submitted the feedback.

THE WEBINAR IS FOR TEACHING FACULTY OF
EDUCATIONAL INSTITUTIONS

COORDINATORS:

Dr. DEBIKA GUHA 9830634731

Ms. SANGHITA SANYAL 9830299067

LEARNING OBJECTIVES

- **Critically analyse emerging educational needs during Pandemic phase**
- **Understand alternative modes of Teaching and Learning**
- **Learn the global educational response to the present challenging period**
- **Compare the strategies of Teaching and Learning**
- **Evaluate the new digital technology in online education**

LEARNING OUTCOMES

At the end of the Webinar participants were able to-

- **Analyse that the Pandemic is a quintessential adaptive and transformative challenge and the educational needs related to it**
- **Understand the digital technology for alternative modes of Teaching and Learning**
- **Identify the global educational response to the present challenging period**
- **Learn the varied strategies and Learning Management Systems as the way forward, security issues and investing in appropriate technologies**
- **Evaluate the paradigm shift for new age pedagogy and the relationship between Pedagogy and technology**



LEARNING OBJECTIVES

- **Instilling a feeling of joy and pride on the occasion of Independence Day**
- **Invoking the blessings of the Creator to make all strive and do their best**
- **Valuing that we need to work as a family to fight the war against the pandemic**
- **Remembering the fact that as it involved sacrifice and hard struggle to earn freedom it demands the same to sustain it and the same holds true for all other endeavours**
- **Recognising that all need to collaborate whenever the situation so demands just as our army soldiers and frontline warriors fighting the Coronavirus disease**

LEARNING OUTCOMES

At the end of the programme the teacher trainees and other viewers were able to:

- **Perceive that freedom was hard earned and is truly a blessing**
- **Analyse that it requires a certain striving either alone or within a group**
- **Compare that the spirit during the fight for freedom must be the same in the people fighting against the pandemic currently**
- **Remember that faith, self-sacrifice and service leadership can heal the world**
- **Understand that the principles of harmony, peace, acceptance and tolerance will make the world a better place**



LEARNING OBJECTIVES

- **Instilling in students the real spirit of observance of Teachers' Day**
- **To provide creative avenues for students to express their true respect and love for teachers**
- **To understand the significance of co-existence of teachers and students in a healthy teaching learning process**

LEARNING OUTCOMES

At the end of the programme students were able to -

- **Express their respect and love for teachers through different forms of activities**
- **Foster healthy relationship among the teachers and students marked by mutual respect and concern**
- **Understand the responsibilities as teachers to be and respect for the profession**

Event 6 - Page 1 Date: October 2, 2020

Celebration of Gandhi Jayanti by students of Dept. of B.Ed. streamed on You tube on 2nd October 2020.




LEARNING OBJECTIVES

- Understand the concept that violence is unnecessary as preached by Gandhi
- Instill the spirit of love and truthfulness as propounded by Gandhi
- Explore the various Gandhian movements leading towards India's independence
- Sensitize participants about existing forms of discrimination on the basis of caste, class, religion, ethnicities across the globe since the time of Gandhi
- Promote the qualities of patience and follow the Gandhian vision without disruption as emphasized by Gandhi

LEARNING OUTCOMES

At the end of the programme participants were able to:

- Comprehend the spirit of creative resistance of Gandhi that transcends all boundaries of caste, creed, class, colour, gender and religion
- To be able to identify and reaffirm the universal relevance of the principle of non-violence and the desire to secure a culture of love, peace, tolerance, understanding and non-violence
- Understand the value of truthfulness and honesty preached by Gandhi and its application in interpersonal relationship
- Explain the quality of perseverance and determination as inherent in Gandhi and implement the same in their daily lives
- Evaluate the different movements led by Gandhi where he fought against injustice, prejudice and helped the country to achieve independence




IQAC - approved
National Webinar
Organised by the Department of B.Ed.
Loreto College, Kolkata


**Perspectives and Reflection of Gandhi's
Philosophy of Education towards an
Atmanirbhar Bharat**

OCTOBER 16TH 2020// 4p.m.-6p.m. // GOOGLE MEET


OUR SPEAKERS



Prof. Asheesh Srivastava
Dean, School of Education
Mahatma Gandhi Central University
Bihar



Prof. (Dr.) Tridib Chakraborti
Professor and Ex-Head of the Department of International Relations,
Jadavpur University, Kolkata.
Professor Emeritus, School of Liberal Arts and Culture Studies,
ADAMAS University



Dr. Ajay Kumar Behera
Assistant Regional Director
IGNOU Regional Centre, Kolkata

Registration link

Registration Link is open till 14th October (6p.m.)

Registration Link: <https://www.loretocollege.in/webinar7/>

[Register Now](https://www.loretocollege.in/webinar7/)

E-certificates will be given to all those who attend the webinar and submit the feedback

**THE WEBINAR IS FOR THE
TEACHING FACULTY AND
RESEARCH SCHOLARS OF
EDUCATIONAL INSTITUTIONS**

COORDINATORS
Kaustuva Banerjee
Dr. Suparna Ghosh
kaustuva_banerjee@rediffmail.com




LEARNING OBJECTIVES

- **Understand the effectiveness of the New Education Policy, 2020 in preparing students for Atmanirbhar Bharat**
- **Analyse the scope and impact of Gandhi's educational thought and philosophy in influencing and achieving the concept of Atmanirbhar Bharat**
- **Comprehend the concept of Atmanirbhar Bharat**
- **Explore the practical strength of the Gandhian model of self-reliance in the context of education**

LEARNING OUTCOMES

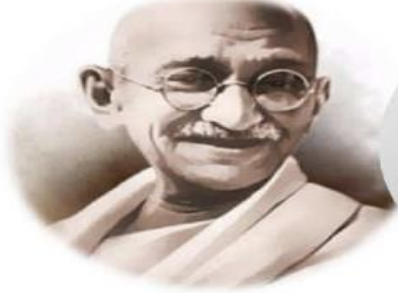
At the end of the Webinar participants were able to-

- **Appreciate the concept of the Gandhian model of self-reliance**
- **Identify the basic concept of Naitalim**
- **Relate the postulates of the New Education Policy 2020 with the concept of Gandhian model of self-reliance**
- **Evaluate the impact of Gandhi's educational thought and philosophy on the concept of Atmanirbhar Bharat**


IQAC-approved
INTER-COLLEGE
ONLINE DEBATE COMPETITION
organized by
THE DEPARTMENT OF B.ED., LORETO COLLEGE, KOLKATA


**'GANDHIAN VALUES ARE PREACHED IN INDIAN
SCHOOLS BUT NOT PRACTICED BY INDIAN
CITIZENS'**

OCTOBER 17, 2020 // 1:30 P.M. // GOOGLE MEET

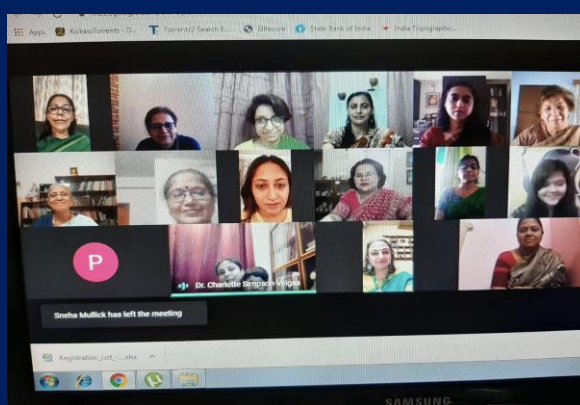


**PARTICIPATING
B.ED. COLLEGES:**

- ❖ ST. XAVIER'S COLLEGE
- ❖ SCOTTISH CHURCH COLLEGE
- ❖ LORETO COLLEGE

Registration Link: <https://www.loretocollege.in/webinar13/>
Registration Link is open till 15th October (12:00 noon) 

COORDINATORS:
Dr. Dinaz R. Jeejeebhoy
(dinazbilimoria@gmail.com)
Mrs. Rupa Ghosh
(rupaghosh21@gmail.com)



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LEARNING OBJECTIVES:

- Assess the inherent strengths of Gandhian philosophy in developing an ideal human character
- Analyse the role of educational institutions in imparting the Gandhian values to the future citizens of India for promoting peace and sustainable development
- Promote critical thinking regarding issues that stand in the way of practising Gandhian values by Indian citizens in real life
- Compare strengths and weaknesses for arguments put forward by debaters
- Evaluate the best possible rational solution by comparing various arguments
- Promote problem solving attitude through student collaboration and discussion

LEARNING OUTCOMES

After the Debate competition the participants were able to-

- Critically think about the issues that stand in the way of practising Gandhian values by Indian citizens in real life
- Understand Gandhian values and its relevance of practising in day to day lives
- Appreciate the role of educational institutions in upholding Gandhian values
- Recognise different types of presentation and communication skills while putting up arguments by debaters and rank various arguments as per their effectiveness and quality
- Appreciate the importance of listening and communication skills for an effective discussion
- Build attitude towards student collaboration, discussion and teamwork

VIRTUAL FAREWELL PROGRAMME OF B.Ed. BATCH 2018-2020



LEARNING OBJECTIVES


- Realise that farewell programme is the best way to say goodbye to the seniors and wishing them good luck for their future endeavours
- Create an event which is intrinsically planned, organised and designed virtually in this pandemic situation
- Listen to their friends, faculties and juniors and to celebrate with them

LEARNING OUTCOMES

After the Programme the students were able to-

- Understand that it is a bittersweet time as one looks back with appreciation to the college community for its services and support
- Experience a time for nostalgia, for fun and for serious introspection.
- Realise it is a good opportunity to remember the most wonderful days they had spent together
- Remembering heartily and cherish the best memories of their college days

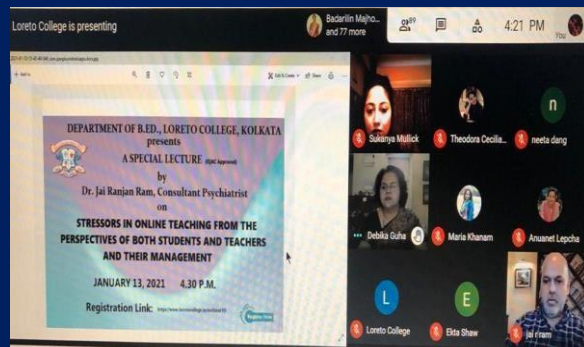

DEPARTMENT OF B.ED., LORETO COLLEGE, KOLKATA
presents



A SPECIAL LECTURE (IQAC Approved)
by
Dr. Jai Ranjan Ram, Consultant Psychiatrist
on
**STRESSORS IN ONLINE TEACHING FROM THE
PERSPECTIVES OF BOTH STUDENTS AND TEACHERS
AND THEIR MANAGEMENT**

JANUARY 13, 2021 4.30 P.M.

Registration Link: <https://www.loretocollege.in/webinar19/>



LEARNING OBJECTIVES

- **Understand the impact of the pandemic on the teaching fraternity and how the stressors of the teaching profession were way beyond any other profession**
- **Recognize the impact of the pandemic on the students and their adjustment to online classes**
- **Gain perspective on how to manage the stressors of online teaching as well as the overlaps in the personal and professional space of teachers and students, where the line between home and work was eliminated, leaving teachers to care for their own children and teach their students simultaneously**
- **Understand the factors behind why students were initially excited about the idea of virtual education, but quickly lost interest and struggled to pay attention**

LEARNING OUTCOMES

After the web talk the participants were able to-

- **Analyse that the year 2020 was all about grit, courage and resilience that reflected in the attitude of teachers who taught themselves to teach their students**
- **Understand that nothing can replace face to face teaching that keeps both the student as well as the teacher motivated**
- **To be grateful that we all have the capability and means to be able to take and attend online classes whereas there are so many for whom this remains a disadvantage and is a hindrance in the path of learning**
- **Realise that it was a year when thousands of teachers and students refused to give up and emerged stronger**

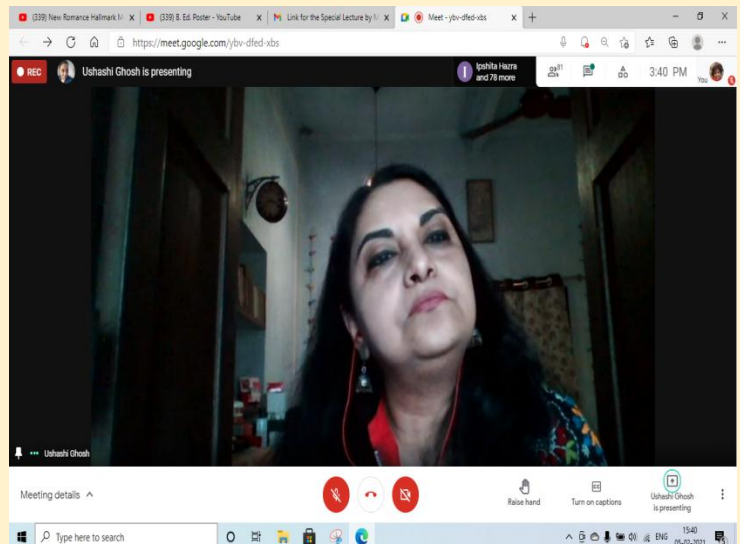
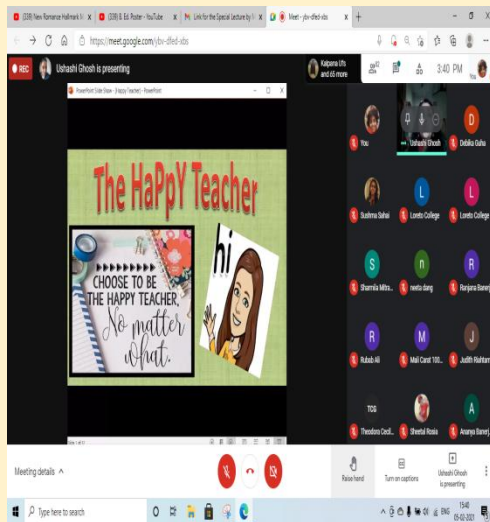
DEPARTMENT OF B.ED.

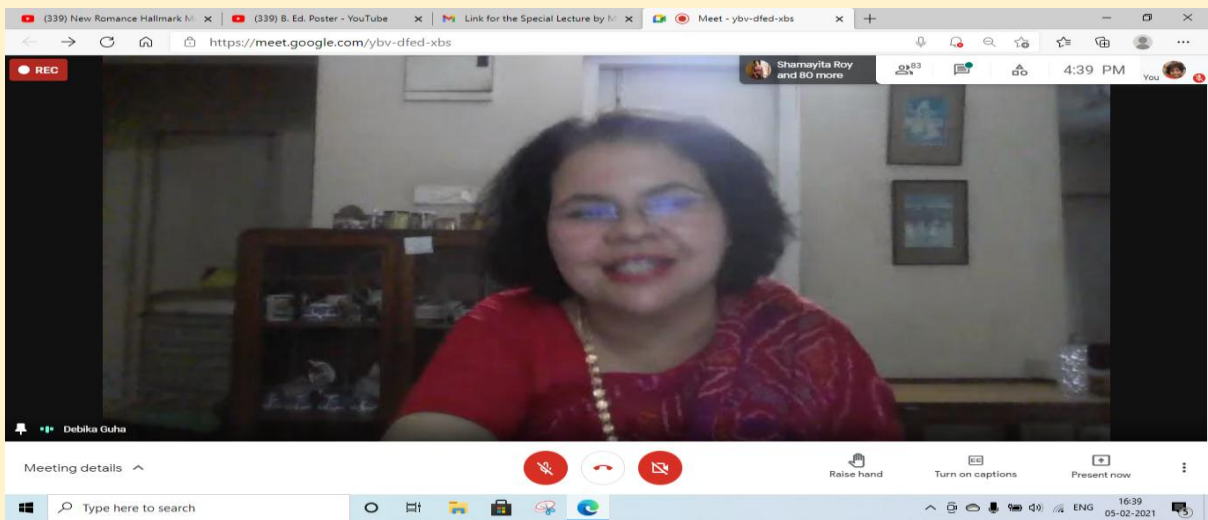
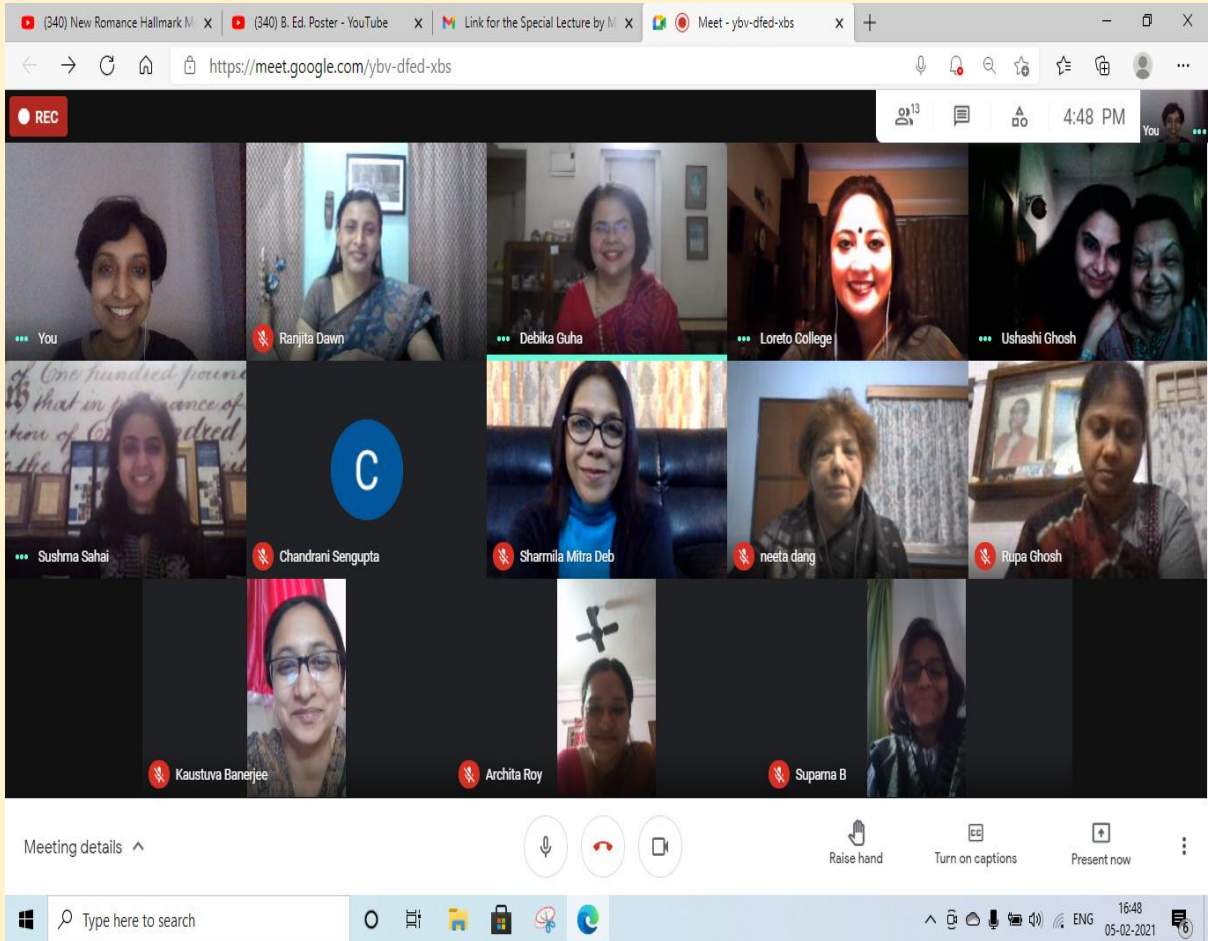
EVENT 11- Page-1

Date: February 5, 2021



The poster features a purple background with intricate white mandala patterns on the sides. At the top center is the Loreto College logo. The main text is centered and reads: 'DEPARTMENT OF B. ED., LORETO COLLEGE, KOLKATA Presents A SPECIAL LECTURE (IQAC Approved) by Mrs. Ushashi Ghosh, The Heritage School on 'THE HAPPY TEACHER' February 5, 2021 3:30 p.m.' Below this, a registration link is provided: 'Registration Link : <https://www.loretocollege.in/webinar25/>'. At the bottom center is a green 'Register Now' button.





LEARNING OBJECTIVES

- Critically analyse the concept of ‘The Happy Teacher’
- Understand that one has no choice but to be a happy teacher as this attitude leaves an impact on the development of pupils
- Learn the skills needed to be a happy teacher
- Compare a happy teacher and an unhappy one and its educational implications
- Evaluate one’s capabilities in the light of the topic of the web talk

LEARNING OUTCOMES

At the end of the web talk the participants were able to:

- Understand the meaning of ‘The Happy Teacher’
- Identify the strategies to adopt and practice being happy
- Learn the skills needed to be a happy teacher and to avoid being an unhappy one
- Analyse self-care for educators
- Evaluate one’s capabilities of being a passionate teacher building a perfect classroom with smiling students

DEPARTMENT OF B. ED
COMMUNITY BASED ACTIVITIES
ORGANIZATION OF CAMPAIGN ON SOCIAL ISSUES
ENVIRONMENTAL AWARENESS CAMPAIGN



DEPARTMENT OF B.ED., LORETO COLLEGE

in collaboration with

LORETO DAY SCHOOL, SEALDAH

presents

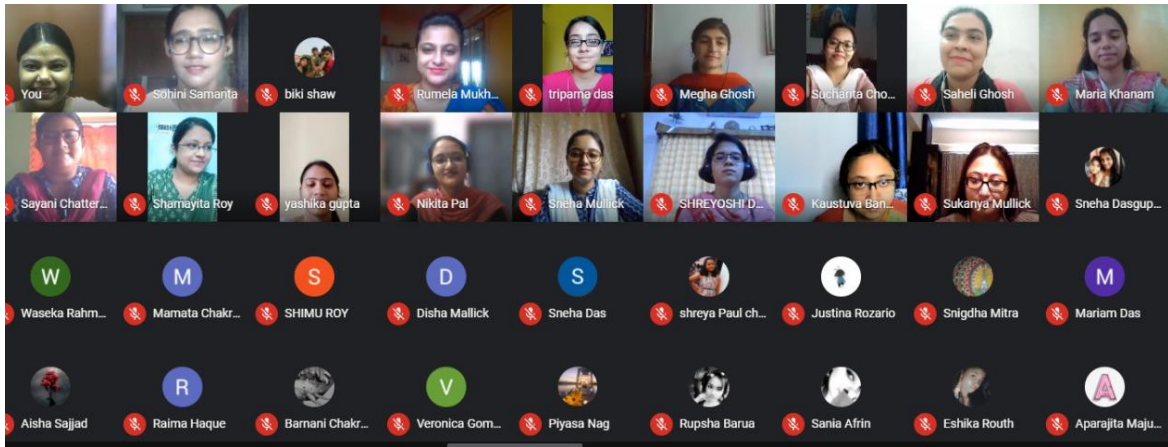
ENVIRONMENTAL AWARENESS CAMPAIGN

**PROTECT THE ENVIRONMENT-
PREVENT PANDEMICS**

Date: 4th June, 2021
Time: 9 A.M.
Platform: Google Meet

JOIN OUR CAUSE TODAY!

MEETING LINK: <https://meet.google.com/rei-ynjz-ygh>



Learning Objectives:

- Recognize the symbiotic relationship between environment and human beings
- Analyze the role of human development and its effect on the environment
- Explore the possible pathways between habitat destruction, overexploitation of resources and climate change
- Comprehend the relationship between environmental degradation and pandemics
- Evaluate the steps needed to be taken to prevent from future pandemics

Learning Outcomes:

At the end of the Environmental Awareness Campaign students were able to:

- Appreciate the symbiotic relationship between environment and human beings
- Comprehend the pathways between habitat destruction, overexploitation of resources and climate change
- Identify the steps needed to be taken to move towards Sustainable Development and to prevent future pandemics
- Relate the timeline of the occurrence of various epidemics and pandemics
- Evaluate the impact of urbanization and development with increasing number of health hazards and pandemics

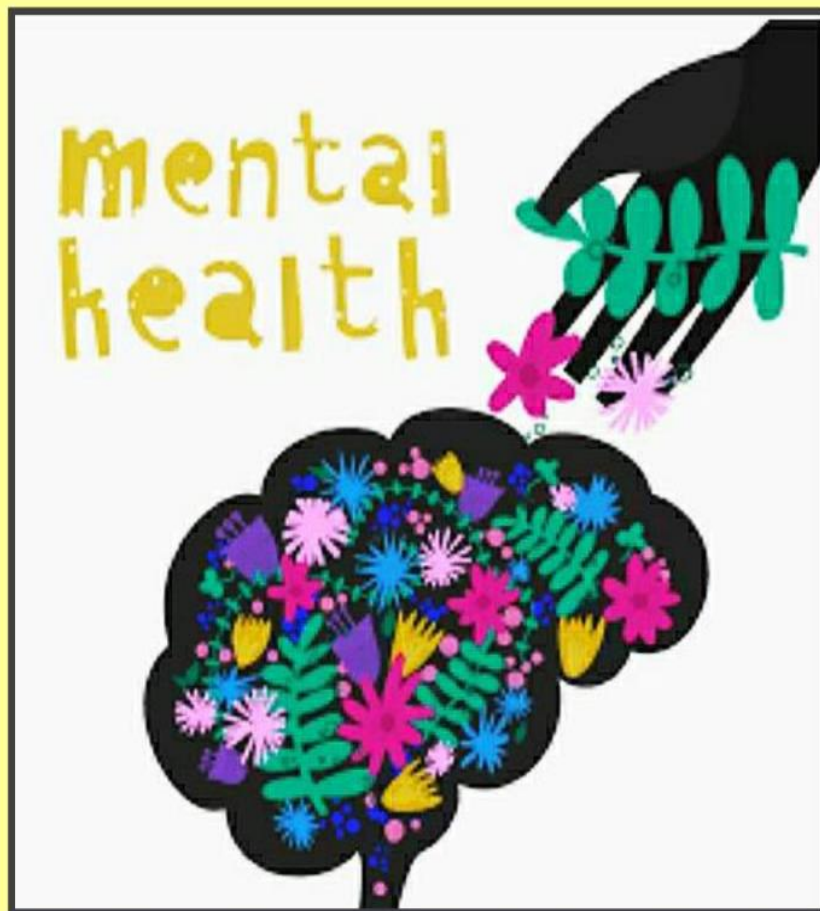


THE DEPARTMENT OF B.ED., LORETO COLLEGE, KOLKATA

in collaboration with

ST. PAUL'S BOARDING AND DAY SCHOOL, KOLKATA

presents



**A MENTAL HEALTH AWARENESS CAMPAIGN ON
MENTAL HEALTH - IT'S OKAY NOT TO BE OKAY**

June 15, 2021 // 4:00 P.M. // Google Meet

Meeting Link: <https://meet.google.com/faw-ksqy-naf>

PICTURES OF THE CAMPAIGN

Search (46) WhatsApp Meet - faw-ksqy-naf
meet.google.com/faw-ksqy-naf
Ritwika Saha is presenting
ANJANA MURALI and 23 more
16:37
You
Ritwika Saha
Theodora Ce...
Ashwini Sant...
PASHMIN S...
Poulami Gho...
Suchana maity
Nerkit Lepcha
Dinaz Bilimor...
Meeting details
Ritwika Saha is presenting

Search (46) WhatsApp Meet - faw-ksqy-naf
meet.google.com/faw-ksqy-naf
Arunita Chowdh... and 13 more
30
16:51
You
Ritwika Saha
Theodora Cecilia G...
Poulami Ghosh
PASHMIN SHEIKH
Ashwini Santhosh
Nerkit Lepcha
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Zainab Niaz
Dinaz Bilimoria
Sabrena Pote
Prapti guhathakurta
Elsa Mukherjee
Kriti Gupta
Noor Haque
SHIVI SHANVI
Meeting details
Present now
16:51
15-06-2021

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meet.google.com/faw-ksqy-naf
You
8
15:44
You
PASHMIN SHEIKH
Ritwika Saha
Theodora Cecilia Gomes
Dinaz Bilimoria
Poulami Ghosh
Nerkit Lepcha
Suchana maity
Turn off microphone (CTRL + D)
Meeting details
Present now
15:44
15-06-2021

Learning Objectives

- Understand the concepts of Mental Health and Hygiene.
- Recognise the difference between Mental Health and Mental Illness and its impact in the background of the pandemic.
- Gain a conceptual knowledge regarding everyday emotions such as anger, frustration, anxiety, worry, low mood and boredom and how to manage them.
- Further their understanding on interpersonal relationships and how to manage and maintain them in times of physical distancing.
- Develop a perspective on how to manage the stressors in the personal, social and occupational space of students and how to manage their time.

Learning Outcomes

At the end of the campaign the participants were able to:

- Identify and familiarise problematic behavioural traits in themselves and others.
- Understand the importance of taking care of their mental health along with their physical health and the importance of early intervention of mental health issues which can make a world of difference.
- Learn the measures of taking care of their mental health.
- Share their thoughts and emotions with a trusted person in a position to guide and help.
- Appreciate the fact that there is no shame in seeking professional help or medication for the well-being of their mental health.
- Learning an integral truth of life, that is – “It’s Okay Not to Be Okay”

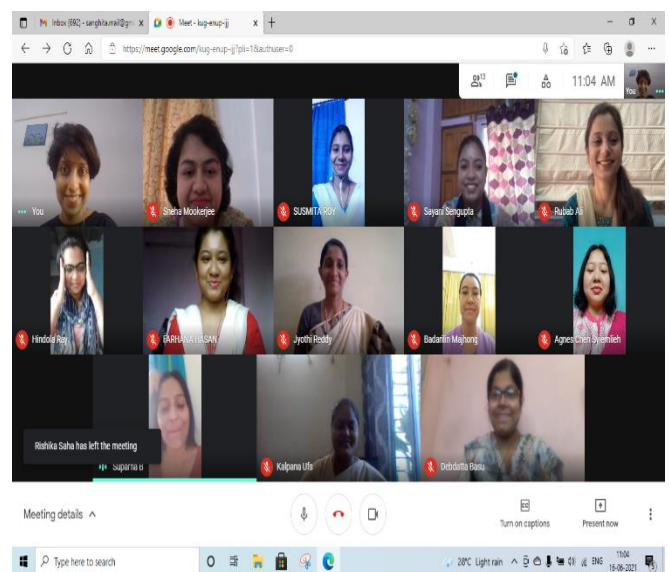
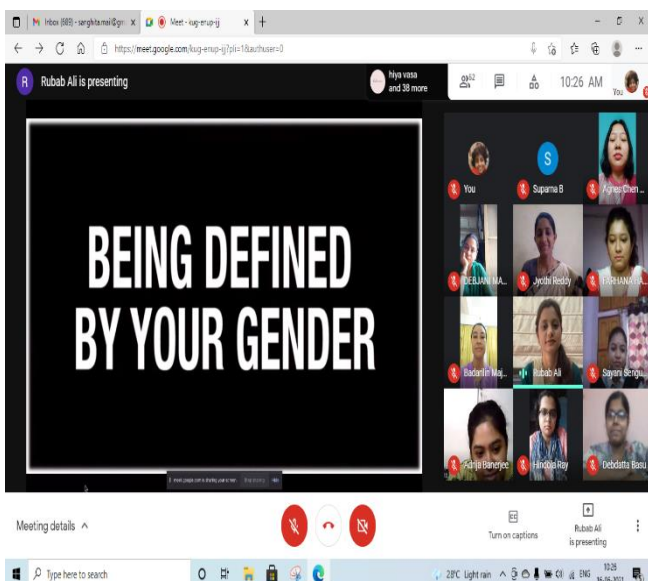
DEPARTMENT OF B. ED.
ORGANIZATION OF SOCIAL AWARENESS CAMPAIGNS
TITLE OF THE CAMPAIGN: Gender and Employment
DATE: June 16, 2021
PLATFORM: GOOGLE MEET

THE DEPARTMENT OF B.ED., LORETO COLLEGE,
KOLKATA
in collaboration with
LORETO DAY SCHOOL, DHARAMTALA,
KOLKATA
presents

An awareness campaign on
GENDER AND EMPLOYMENT

JUNE 16, 2021// 10:20 AM- 11:00AM// GOOGLE MEET

Meeting link: <https://meet.google.com/kug-enup-ijj>



LEARNING OBJECTIVES:

1. Understand what is meant by discrimination at workplace.
2. Analyze how working women are affected by discriminations at various levels, at home and at work.
3. Utilize information on various interesting terminologies and concepts that have developed around discrimination of women at workplace in various ways.
4. Justify various policies and channels to redress these issues of discrimination.

LEARNING OUTCOMES:

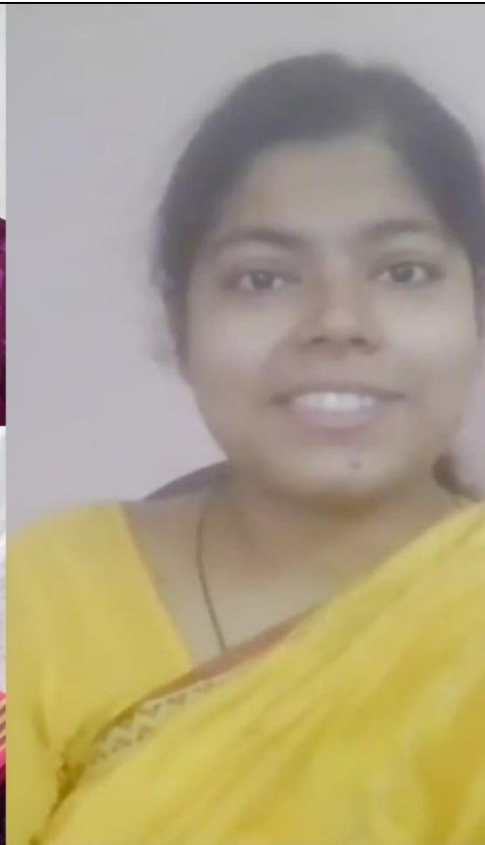
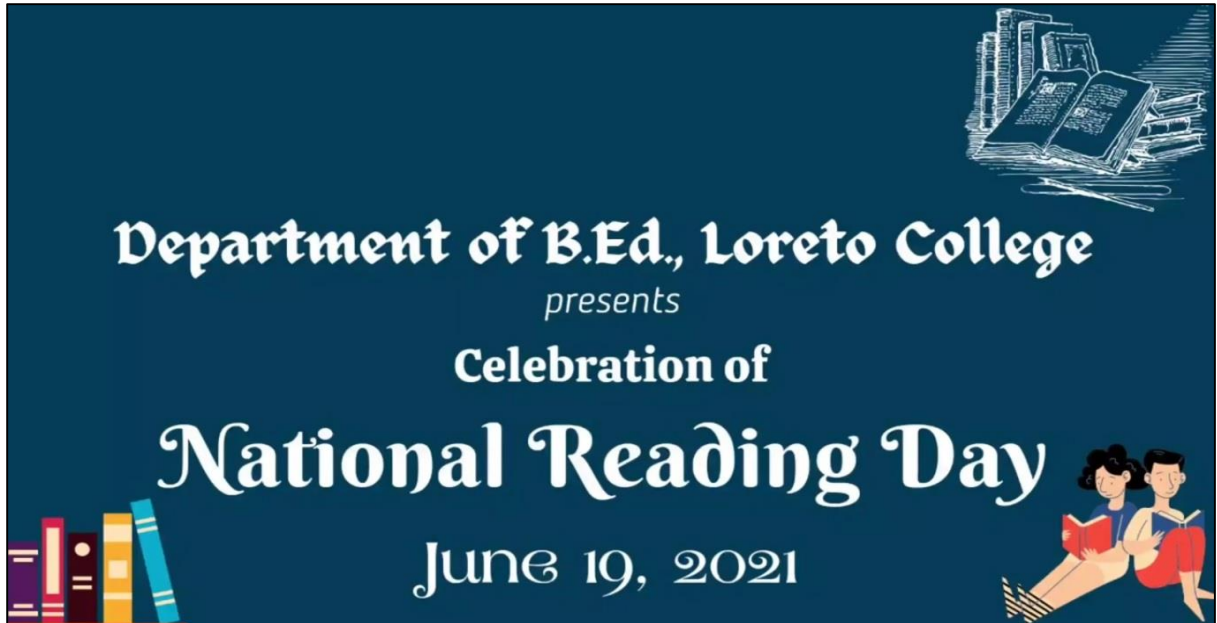
At the end of the campaign participants were able to:

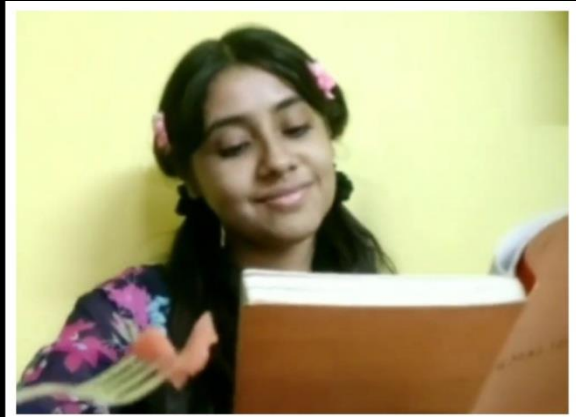
1. Compile the information on various ways women face difficulties and discriminations at workplace and outside.
2. Explain terms like “Glass-Ceiling” “De-facto Position” with reference to women at workplace.
3. Contrast and compare various policies and laws to protect themselves at workplace.
4. Generate a holistic idea about rights and possibilities for women at workplace in general.
5. Research and document independently about gender-based violence at workplace and do case-studies.

DEPARTMENT OF B.ED.

CELEBRATION OF NATIONAL READING/DIGITAL READING DAY

ON JUNE 19, 2021



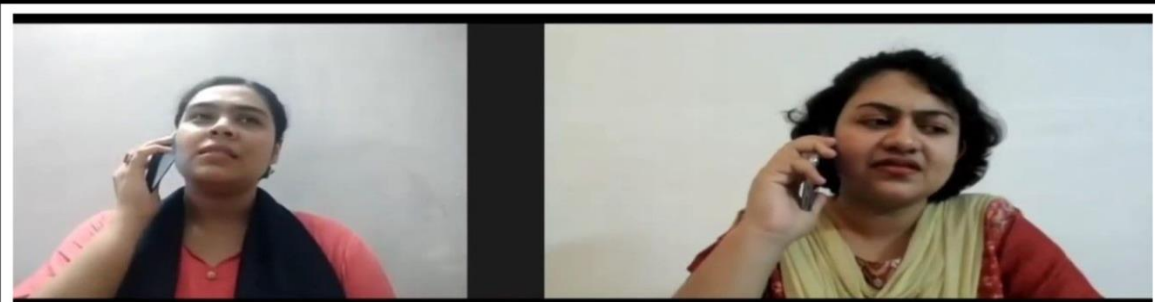
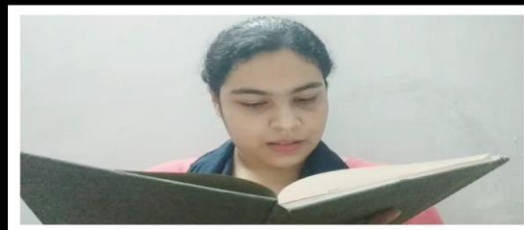


P.N. Panicker was born on 1909 March 1 at Neelamperoor, India. In 1926 he started a Library as a teacher in his hometown. He was a teacher and his influence on society was much greater than many of his time.



I have read in books that we are called 'caged birds'. I cannot speak for others, but I had so much in this cage of mine that there was not room for it in the universe – at least that is what I have felt.

-Rabindranath Tagore



LEARNING OBJECTIVES

- Instilling in the students and the participants the real spirit of celebrating the National Reading/ Digital Reading Day.
- Understanding the works and contribution of P.N.Panicker—the Father of the Library and Literacy Movement and man behind Kerala’s universal literacy rate.
- Exploring the exciting world of books—digital or old-school and the pleasure of reading.
- Appreciating and inculcating reading habit for enhancing knowledge, attention, cognition and mindfulness, strengthening communication skills, improving productivity, for mental well-being and to reduce stress and boredom.
- Creating an event which is intrinsically planned, organized and designed virtually in this pandemic situation.

LEARNING OUTCOMES

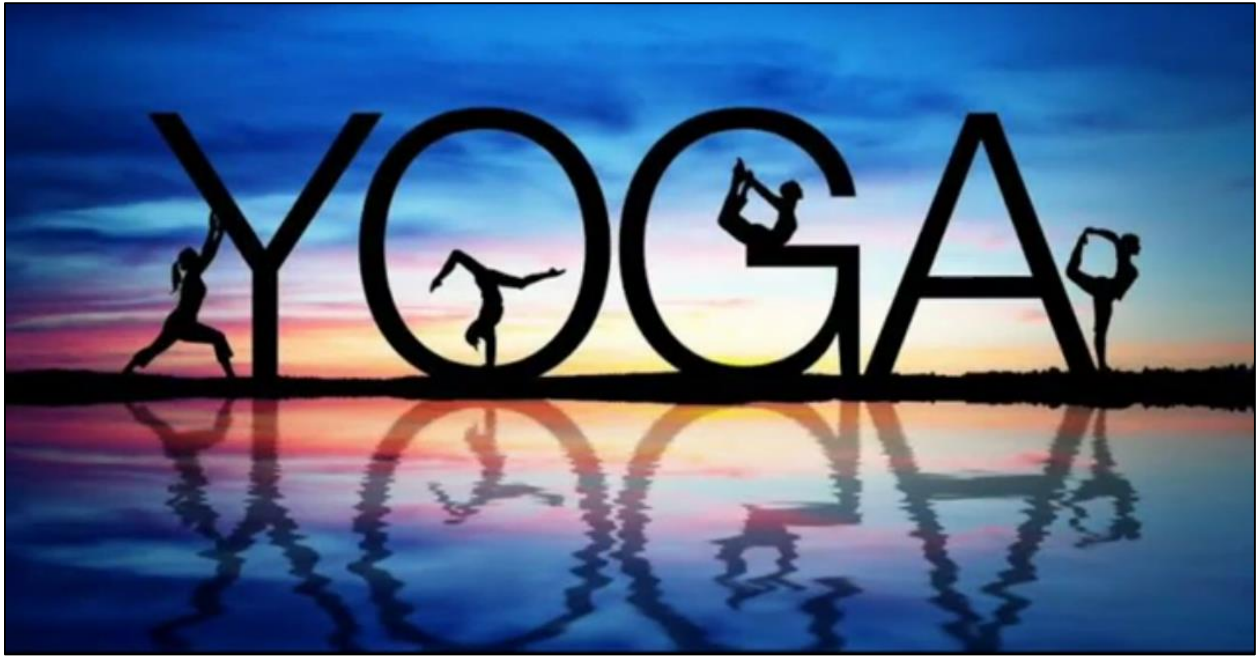
At the end of the programme participants were able to:-

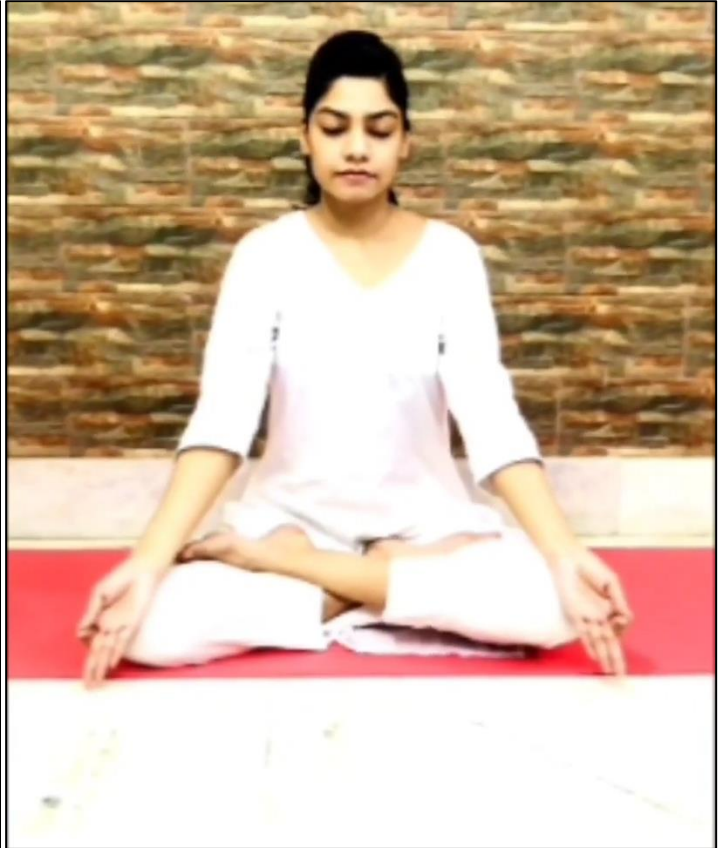
- Discover and enhance the joy of reading and draw inspiration.
- Identify and reaffirm the universal relevance of reading through the message of ‘Read and Grow’ for a holistic and inclusive growth.
- Appreciate the different mediums of enhancing reading habit by incorporating the prevailing technologies like audio-books, e-books, etc. to create an environment where participants will learn to read and utilize technology simultaneously.
- Assess the importance and effectiveness of reading for academic and intellectual purposes as well as for pleasure and inspiration.
- Relate to the cause and build a positive attitude towards reading by organizing and participating in similar or other reading related activities to propagate the practice of reading habits.

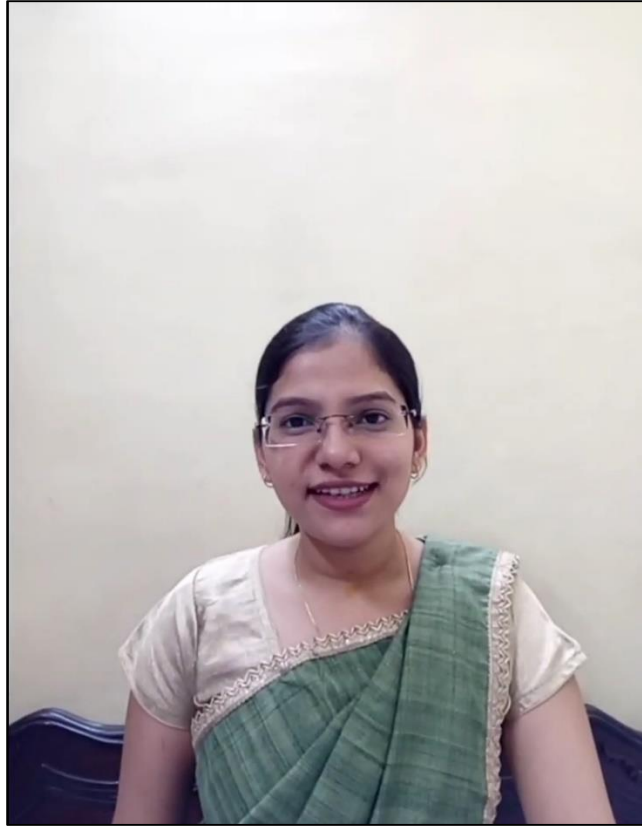
DEPARTMENT OF B.ED.

CELEBRATION OF INTERNATIONAL YOGA DAY ON JUNE 21, 2021









LEARNING OBJECTIVES

- Understand the origin and meaning of Yoga.
- Recognize the 8 limbs of Yoga.
- Analyze the importance of Yoga in improving both physical and mental health.
- Identify the various types of yogasanas and their benefits.
- Practice the asanas using appropriate technique and posture.

LEARNING OUTCOMES

At the end of the programme the participants were able to:

- Explain the derivation and meaning of the word 'Yoga' and its 8 limbs.
- Develop awareness regarding the significance of Yoga in everyday life.
- Analyze different curable diseases through the practice of Yoga.
- Realize that practicing Yoga regularly is the key to wellness.
- Recognize the do's and don'ts while performing the yogasanas.

**DEPARTMENT OF B.ED.
CELEBRATION OF WORLD MUSIC DAY ON JUNE 21, 2021**

**Department of B.Ed., Loreto College
presents
Celebration of
World Music Day
June 21, 2021**





LEARNING OBJECTIVES

- Create an intrinsically planned, aesthetic and wholesome programme designed virtually to celebrate World Music Day.
- Provide creative avenues for students to exhibit their own musical talents.
- Instilling a feeling of joy and exultation amidst the students on World Music Day.
- Learn and understand about the depth, variety and richness of music in different languages from different parts of the world.
- Gain perspective on the ways in which music can become a positive force in education.

LEARNING OUTCOMES

At the end of the programme, the participants were able to:

- Understand the role of digital technology for organizing cultural programmes of immense significance
- Appreciate the universal relevance of music and be able to identify the role of music in uniting souls throughout the world
- Build a positive attitude towards collaboration and co-operation which culminated in the success of the programme.
- Experience the soothing relaxation that the programme presented and forget the discomfort that the ongoing pandemic has put all of us in.