

Motiwa College of Educational Science, Nashik.

Date: 06/08/22

Feedback form about Yoga session

Name: Bhosale Jaydip Santosh

Age: 29

Qualification: M.Sc. (Maths)

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No
- 2) How was today's Session: Good
- 3) Is it useful for you: Yes/No
- 4) How it will be helpful to you Health and Peace
- 5) How it will be helpful to you while working as a Teacher: To gain energy
- 6) Which part you liked most:
Introduction / Asana / Pranayama
- 7) Will you practice in future : Everyday in morning
- 8) Do you like to learn more about Yoga: Yes/No.

Roll No. : 6



Motiwal College of Educational Sciences, Nashik.

Dr. Vaishali Zodgekar

Feedback form about Yoga session

Date:

6/08/2022

Name: Gayatri Bhalchandra Sonawane

Age: 25

Qualification: Mcom. B.Ed (Appear) 1st Year.

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No ✓
- 2) How was today's Session: - It was helpful
- 3) Is it useful for you: Yes/No ✓
- 4) How it will be helpful to you - In daily Life.
- 5) How it will be helpful to you while working as a Teacher: Help in concentration.
- 6) Which part you liked most:
Introduction / Asana / Pranayama ✓
- 7) Will you practice in future: Yes ✓
- 8) Do you like to learn more about Yoga: Yes/No. ✓

Sonawane

Dr. Vaishali Zodgekar

Motiwala College of Educational Sciences, Nashik.

Date: 6/08/2022

Feedback form about Yoga session

Name: Suvarna Rajesh Sukate

Age: 30

Qualification: B. Com
FY B. Ed.

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No
- 2) How was today's Session: good
- 3) Is it useful for you: Yes/No
- 4) How it will be helpful to you: Increasing Immunity
- 5) How it will be helpful to you while working as a Teacher: Guide
- 6) Which part you liked most:
Introduction / Asana / Pranayama
- 7) Will you practice in future: Yes
- 8) Do you like to learn more about Yoga: Yes/No.

Suvarna

Motiwala College of Educational Sciences, Nashik.

Dr. Vaishali Kodgekar

Feedback form about Yoga session

Date: 06/08/22

Name: Anagha Sonawane

Age: 35

Qualification: M.E (VLSI Emb S/m), B.Ed 1st year

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No ✓
- 2) How was today's Session: good ✓
- 3) Is it useful for you: Yes/No ✓
- 4) How it will be helpful to you To maintain fitness
- 5) How it will be helpful to you while working as a Teacher: To become a balanced teacher
- 6) Which part you liked most:
Introduction / Asana / Pranayama ✓
- 7) Will you practice in future : Yes ✓
- 8) Do you like to learn more about Yoga: Yes/No. ✓

Anagha

Motiwala College of Educational Sciences, Raishik.
Vaishali Zodgekar
Feedback form about Yoga session

Date: 6/08/2022

Name: Chandraprabha . S. Pandey

Age: 23

Qualification: MSc (Entomology) [B.Ed 1st year]

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No
- 2) How was today's Session: It was Best.
- 3) Is it useful for you: Yes/No
- 4) How it will be helpful to you . For our Health.
- 5) How it will be helpful to you while working as a Teacher: It would help me to teach to students or guide students in assembly or yoga session.
- 6) Which part you liked most:
Introduction / Asana / Pranayama
- 7) Will you practice in future : Yes
- 8) Do you like to learn more about Yoga: Yes/No.

Chandraprabha Pandey
Pandey :-

Motiwala College of Educational Sciences, Nashik.

Date: 6/8/22

Feedback form about Yoga session

Dr. Vaishali Lodgetkar

Name: Dr. Vaishali Shruti Sawant

Age: 26

Qualification: B.ed first year

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No ✓
- 2) How was today's Session: Good
- 3) Is it useful for you: Yes/No
- 4) How it will be helpful to you - It will help to improve the quality of life
- 5) How it will be helpful to you while working as a Teacher: It is helpful to reduce stress.
- 6) Which part you liked most:
Introduction / Asana / Pranayama ✓
- 7) Will you practice in future : Yes
- 8) Do you like to learn more about Yoga: Yes/No. ✓

Shruti Sawant
SRSawant

Motiwalla College of Educational Sciences, Nashik.

Dr. Vaishali Zodgekar

Feedback form about Yoga session

Date 06/08/22

Name: Priyanka Kulkarni

Age: 35

Qualification: M.E. (B.Ed First year)

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No
- 2) How was today's Session: Good
- 3) Is it useful for you: Yes/No
- 4) How it will be helpful to you to be fit
- 5) How it will be helpful to you while working as a Teacher: Energetic.
- 6) Which part you liked most:
Introduction / Asana / Pranayama
- 7) Will you practice in future : Yes
- 8) Do you like to learn more about Yoga: Yes/No.

Priyanka Kulkarni
06/08/22

Motiwala College of Educational Sciences, Nashik.

Date: 6/8/22

Feedback form about Yoga session

Dr. Vaishali Zodgekar

Name: Pratikha - S. Gupta

Age: 22

Qualification: B.ed 1st year

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No
- 2) How was today's Session: Good
- 3) Is it useful for you: Yes/No
- 4) How it will be helpful to you - To maintain the health of our body.
- 5) How it will be helpful to you while working as a Teacher: - To reduce stress
- 6) Which part you liked most:
Introduction / Asana / Pranayama
- 7) Will you practice in future : yes
- 8) Do you like to learn more about Yoga: Yes/No.

Pratikha - S. Gupta
Gupta -

Motiwal College of Educational Sciences, Ashik.

Date: 01.01.21

Feedback form about Yoga session

Vaishali Mam

Name: Mantu K Pandit

Age: 27 years

Qualification: BED 1st years

Please Give the Answer following questions:

- 1) Did you know about Yoga: Yes/No
- 2) How was today's Session: Excelent
- 3) Is it useful for you: Yes/No
- 4) How it will be helpful to you It's help to Relax and Concentrate me
- 5) How it will be helpful to you while working as a Teacher: It's help me to teach
- 6) Which part you liked most:
Introduction / Asana / Pranayama ✓
A better and better
- 7) Will you practice in future : Yes
- 8) Do you like to learn more about Yoga: Yes/No.

Pat

MOTIWALA COLLEGE OF EDUCATIONAL SCIENCES

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Report Writing!

On 7th August we visited A.T Pawar Ashram School, which is situated at Peth Road Boargod, Nashik.

Around 10:30 am we reached over there as a part of our social service activity. When we arrived in the Ashram School all the age group students gathered there on the school ground.

Our principal Dr. Swapnil Nirmal Sir and Prof. Mahendra Gaikwad Sir along with the head incharge briefed us about the Ashram School.

According to head incharge of the school, students in the school range in the age was been from 5 years to 15 years old. Sir mentioned how the students start their day and carry out their duty schedule and also highlighted that the kids complete all the tasks on their own.

Next we get involved with the students by showing a small demonstration. The student teacher named Rajkumar, Divyani and Sarika demonstrated the students by small hand wash activity and explained the importance of health hygienic.

Report Writing

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That the kids complete all the task on their own.

Next, we got involved with the students by doing a few demonstrations. The students watched student teacher named Rajkumar, Divyani and Sarika demonstrating how to wash their hands in a proper way and explaining the importance of hand wash.

Later Suchita, Samruet, Krunthija, Gauri, Prashansa, Shikha, Mantan and Chandraprabha demonstrated on how to use a first aid kit. Shubham Joshi demonstrated on how to use solar table lamp whereas Tejas provided details about cricket even called few of the Ashram students to redemonstrate the activities we performed.

At last but not the least we thanked the Ashram school management for welcoming and allowing us into the school. Then we spent some time with the students, engaging in conversation with the students, visiting the school & playing a few games with them before heading back to our school/college campus.

[Signature]
23/09/22

MOTIWALA COLLEGE OF EDUCATIONAL SCIENCES
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Report Writing

"Seeing Eyes helping Hands" was the headline for our second social service visit to Adharashram, Nashik. The responsibility of this activity was taken by our Prof. Mahendra Gaikwad Sir.

The aim of this visit was to inculcate the social awareness among the student teacher and to have some emotional touch with the orphan students. We all teachers and students decided to donate the educational materials like bags, pen, pencil, eraser etc. to the orphan students.

As per the ashram schedule visiting time was of 10:00 am, the activity started with the introduction and information of our college and the aim of the visit.

The authority member Mr. Vijay Datar gave the information of the Adharashram.

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The Adharashram was established on 04th April 1954.

The seed of the need idea was laid. The Anath Mahilashram was founded by Annashastri and his like minded colleagues for the welfare of the orphans and the destitute women on Gudhi Padra, the Hindu new year day later in 1981 the name Anath Mahilashram was changed to a more positive and meaningful one, Adharashram, where everyone who needs it, get a firm support.

Adhar in every possible way. The hands that extended help in realizing the idea of the more shri. Mukundshastri Bapat, Indirabai Bapat, Founder President, Dr. P.S. Gupta, S.M.T. Indutai Khadilkar and the founder Secretary Shri P.R. Vaidya, Shri P.V. Upadhya. Supported them for this cause.

After the speech student teacher were told to take some activities with the kids and to interact with them.

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The interaction with the kids was done by taking one simple step wise hand wash activity.

In the Ashram there were various kinds of kids from different age group. The kids were very loving, disciplined, responsible, active and lovable.

Students teacher then divided themselves in group of two and visited the entire ashram, living room, classroom visiting the ashram and observing all these things was the toughest part as it made us very emotional.

Overall the visit was very helpful in inculcate many moral value and made us realize the responsibilities towards the society.

At the end we thanked the ashram management who allowed us to visit their ashram and at the last but not the least I gave special thanks to my teacher of Motiwala College principal Mrs. Dr. Swapnil Nirmal, Trust Superintendent Junit Singh Sir and Prof. Mahendra Gaikwad Sir for their wonderful experience and making us aware about our social responsibilities.

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Introduction

Independence Day is celebrated annually on 15th August as a public holiday in India commemorating the nation's independence on 15th August 1947, the day when the provision of the Indian Independence Act, which transferred legislative sovereignty to the Indian constituent Assembly, came into effect. Independence Day is the symbol of the valiant sacrifice of our freedom fighters and the people of India to attain freedom from the claws of the British various cultural.

Citizens of India come together on 15th August every year to celebrate Independence day. It is a day that holds a lot of importance and pride for all the country's citizens.

Objectives

- * The objective of the activity was to inculcate the awareness of our Indian history of the freedom.
- * To remember the great heroes of our country.
- * To acknowledge about various values and sacrifices of our country.

Qualities / Skills Required for the Activities.

- * Organisational skills
- * Listening skills

Report

The Independence Day was celebrated with great enthusiasm by all the staff and students of MCEs. The students decorated and marked the ground for parade under the guidance of professors. Pictures of our great leaders and freedom fighters were placed on the board. The chief guest hoisted the national flag and the national anthem was played.

Later students of various faculty presented patriotic song, poem, dance and speech. There were speeches by teachers, the principal, the chief guest and students. There was a feeling of pride and patriotism in everyone's heart. The culture program created a lasting impression in the hearts and in the soul of each people present on the ground of MCEs and in the Auditorium.

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Participation / Role

- * All The students participated activity.
- * All the prior arrangements were done under the guidance of professors.
- * All The students successfully completed their work within the allotted time.

Performance of Students

- * All The students were actively listening and observing the event / celebration.
- * Students have performed their duties with flying colours.
- * The hearts of the students and audience were strongly filled with patriotism.

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Interaction with peer

Members and Authorities

After the program the student teacher and other faculty members discussed about what they learned and liked about the program today Independence day.

Qualities and Skills developed Through the activity.

- ① Listening Skills
- ② Motivated
- ③ Social Skills





MCE/ Thanking Letter/2022/1112

Date: - 12/08/2022

To,

Capt. Ajit Odhekar,

Jodha Nagar, Nashik.

Subject: - Thanking Letter

Respected Sir,

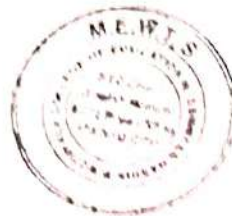
We express our sincere thanks for the acceptance of invitation and motivating our students and teachers, through your experiences and thoughts.

The young students of our college have been highly motivated to contribute to our society and nation through their small daily actions.

On behalf of Motiwala Education and Welfare Trust's Motiwala Junior College we express our thanks.

Thank you Sir.

[Handwritten signature]



[Handwritten signature]

PRINCIPAL

Motiwala College of Educational Sciences, Nashik

ACTIVITY-3

"Azadi Ka Amrut Mahotsav"

Date ÷ 12.08.2022

Day ÷ Friday

Time ÷ 11:30 Am to 12:30 pm

Venue ÷ MCES Auditorium

Anchor ÷ Prof. Surita Bari

Chief Guest ÷ Captain Ajit Odhekar

Anchor ÷ • Dr. Swapnil Nisnal
[Principal of Motiwala B. Ed college]

• Prof. Pankaj Nagmoti

• Prof. Mahendra Gaikwad

• Prof. Sadashiv Kalamkar

Introduction

75th Anniversary of Indian Independence was celebrated in a great manner in which the 75th Anniversary of The Independence of India was celebrated all over India. It is introduced in a innovative way by our Prime Minister by calling it as "**Azadi Ka Amrit Mahotsav**."

Azadi Ka Amrit Mahotsav is an initiative of the government of India to celebrate and commemorate 75th years of Independence and the glorious history of its people, culture and achievement. This mahotsav is dedicated to the people of India. Thus far in the evolutionary journey but also held within them the power and potential to enable prime Minister vision of activating India 2.0, fuelled by the spirit of Atmanirbhar Bharat.

The official journey of Azadi Ka Amrit Mahotsav commenced on 12th March 2021 which

Started at 75th week countdown to our 75th anniversary of Independence and will past a year on 15th August 2023.

Objectives

The objective of the activity was to inculcate the awareness of our Indian history of the freedom fighters, who contributed and sacrifice their lives for the freedom of India. The Indian Independence Day is celebrated every year on 15th August to commemorate the nation's freedom and Independence Day.

The objective was clear about the 75th Anniversary of Indian Independence day.

Printing & Execution

A notice was circulated almost the activity. All the planning of the programme was done one day before the programme for smooth execution of the programme. Prof. Mahendra Gaikwad Sir distributed the following work to the students group.

Report

Captain Ajit Odhekar was the chief guest for this event introduced at "Azadi Ka Amrit Mahotsav". His guidance inspired us a lot we collected lot of knowledge about the history of India, the

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freedom fighters who fought for the freedom of India.

He told the importance of being alert and cautious about your actions by his experience.

The most important point was the time factor with the accuracy in work. His experience in the Indian army was very crucial and he shared it with us. The students willing to join army looked more inspired through his experience he shared with us.

Then Captain Ajit explained the criteria for joining the Indian Army. The interesting NDA (National Defence Academy).

There are four opportunities. At the age of nine or ten the students in fourth grade can apply for NDA exam. The after 10th at the age of 12-13 students can seek for UPSC-NDA. Third chance is after graduation by clearing UPSC-NDA and the other way of entering in Indian Army.

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Report

Program started with welcoming of all judges, professors and co-ordinators. Topics for elocution competition was given one week prior. The topics were

- ① 21st Century teacher and desirable competencies
- ② 75 years journey of independences
- ③ Role of a teacher in development of nation
- ④ Can technology replace the teacher.

Each participant had time of 8 min and a warning bell was rang at the completion of 6 min and final bell after 8 min. The participated were

Savika Hiwale, Neetu Pandey, Suchita Barge,

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Saravjit Kaur Singh, Ankita Phadiwal, Divyani Dodoja, Amrita Dubey, Sayani Mashere, Rajkumar Singh, Gayatri Sonawane, Hrushika Vaidya, Shivanki Teivadi, Mantu Pandit, Rubya, Anagha Sonawane, Pooja Balesara, Shrut, Javant, and Priyanka Kulkarni.

Prof. Mahendra Gaikwad conducted the activity by a speech and Dr. S.B. Nirmal Sir also addressed all the participants and also announced the name of the winners of the elocution competition.

1st Rank Holder = Sayani Mashere

2nd Rank Holder = Rajkumar Singh

3rd Rank Holder = Anagha Sonawane

Planning & Execution

Motiwala College of Educational Science decided to organised elocution competition and all. The planning and execution was done well in advance under guidance of Prof. Mahendra Gaikwad. The activity was conducted with a view of developing the communication skills, and this took place in a well organized manner.

Education Implication

Elocution Competition helps to develop communication skill and also listening skill proper and deep knowledge about the topic. These skills let us learn our subject thoroughly. So these are the few educational implication.

Objective

- ① To ~~live~~ Confidently and stage fear.
- ② To develop the listening skill.
- ③ It was organised with a motive of developing the communication skill.

Conclusion

The programme was an interesting event through which many students got inspired and received a visual image by the activity and was ready to speak on various topics. The competition was amazing which acknowledges many people. The activity was successful.

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Analysis of Interview :-

The interview of a school counsellor is very important and useful communication upon to offer advice to others on a daily basis. These suggestions identify some of the skills necessary for effectiveness.

The counsellor performs the counselling role whenever called upon to offer advice on emotional, financial, academic or personal problems. These situations are very important since they directly influence sensitive aspects of other lives.

The counsellor must carefully consider the background of the client so that the counsellor's advice can meet that person's needs.

Based on the counsellor's analysis of own skills as well as the needs of the other person, the counsellor must decide whether to use the directive or non-directive approach.

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Effective counselling skills begin with a thoughtful self analysis, including an assessment of counsellor's own feelings and communication skills. Based on this analysis the counsellor must be realistic about his own counselling skills and not try to solve every problem encountered.

A counsellor should use a client centered approach and provide more highly directive or highly nonradioactive responses. Highly non directive responses encourage the interviewer to continue analysing and communicating idea.

Although the structure of the interview can vary, four stages are typically followed.

stage 1- The counsellor should establish rapport.

stage 2- He should thoroughly assess the crisis.

stage 3- The counsellor should probably move more deeply into client's feeling.

stage 4- The counsellor should come to some decision and offer potential solutions.

Planning of an interview

Mr. Yogesh Baheti.

Before the interview, our Prof. Mahendra Gaikwad sir had conducted an orientation in which a basic information regarding the practical was given. moreover, the rules and objectives of the interview was discussed in details. Prior to the interview the questionnaire was prepared keeping all the important points in mind. firstly; mahendra Gaikwad sir gave an introduction about yogesh Baheti sir and also about all the activities which he conducts and about his contribution in the field of education with the help of modern technology.

By these way the proper planning regarding the execution of the interview was done and work was distributed amongst groups and in this way the interview was successfully organised and executed.

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* Opinion :-

The visit to D.T.E.T was very fruitful and informative. We got more knowledge about the D.T.E.T and how it works.

The Experts at the D.T.E.T have explained us how the textbooks Curriculum Syllabus, etc are designed and planned. As a student it is very important for us to understand the reasons behind the Curriculum and Syllabus planning.

They also explained us how to maintain the records and how they teach and train the teacher.

It also gave the information that, it is important to start inclusive education and to include the Special Children in Normal Schools.

So with reference to the Sir we also visited the Z.P School Erangapur road, at Girmare.

In this way, the visit to D.T.E.T was very great experience and informative visit as a student teacher.

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Objectives

- (1) To understand the main function & working of D.I.E.T
- (2) To understand the role of the D.I.E.T
- (3) To facilitate the Elementary Education School education, SSA, RMSSA to make every School resourceful learning organization where every child is welcomed.
- (4) To understand the administrative structure of the institution.
- (5) To get the detailed information of the D.I.E.T

5.1.2

19 Nov.




Principal
Motiwala College of Educational
Sciences, Nashik