

Documentary Evidence for 2022-23

Soft Skill

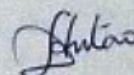
Linguistic Workshop

L.I.F.E. Workshop held at Nirmala Institute of Education – Altinho (DAY-1)

To commemorate the Diamond Jubilee celebration of Nirmala Institute of Education, the F.Y. B.Ed. English Methodology Group and the Alumni Association under the aegis of the IQAC of Nirmala Institute organised a two-day workshop titled 'Language Is For Everyone: A Survivor's English Toolkit' on 30th and 31st January 2023 in the NIE Hall. The objective of this workshop was to help participants with speech and articulation in English, along with reading comprehension and critical thinking abilities.

The workshop commenced with a prayer and introduction by Sr. Millie Pereira, followed by an enactment by the comperes, Jude Fernandes and Charlotte Pereira. The morning sessions on Day 1 included 'An Introduction to Phonetics' by Saba Sayed, 'Manner of Articulation' by Jude, and 'English Transcription' by Mrunal Keny and Vaibhavi Salkar. This was followed by a lunch break. The afternoon session which commenced at 1.30 p.m. included 'Rules of Phonetics' by Jovan and Juwella, 'Syllable Structure' by Andria Antão and 'Indianisms of English Language' by Frina Fernandes, Janice Fernandes and Joyce Pinto.

The main sessions were interspersed with filler activities such as video clippings from 'My Fair Lady' and 'Mind Your Language', along with a Treasure Hunt game based on phonetic transcriptions. The event was conceptualised and guided by Ms. Millie Adeline Pereira. It was indeed a fruitful learning experience for all those who were present for the aforementioned workshop. The sessions for the day ended at 4:30p.m.



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Altinho, Pan-ii



Day 2

To honour the Diamond Jubilee Celebration of Nirmala Institute of Education, the F. Y. B. Ed. English Methodology group and the Alumni Association under the aegis of the IQAC of Nirmala Institute of Education organised a two day workshop titled 'Language is for Everyone' on the 30th and the 31st of January 2023 in the NIE Hall. The Reading Workshop

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was held on day two and the objectives for the same were to help participants with reading comprehension and critical thinking abilities.

The Workshop commenced at 9:30 am with a short introduction by the comperes for the day, Annabelle D'Cunha and Loraine Rodrigues followed by a prayer by Annabelle. The morning sessions included, 'Introduction to the Mechanics of Reading' by Saba Sayed; 'Understanding Punctuations' by Swizel Pereira. This was followed by a lunch break. The afternoon sessions included, 'Tone, Pitch and Mode" by Juwella and 'Critical Reading and Analysis' by Jovan Dias and Saba Sayed.

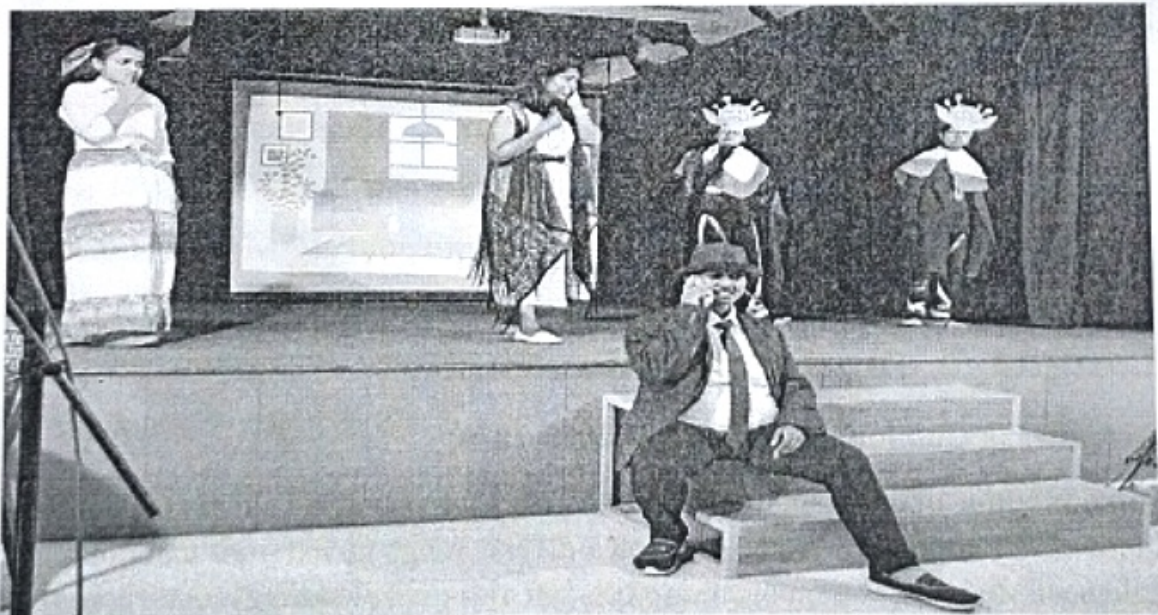
The main sessions were interspersed with didactic enactments on 'Mispronounced Words', and 'Idioms', a dazzling Fashion Show on 'Punctuation Marks' and a euphonious Medley on 'Vowels' added to the delight of the audience. Other filler activities included Reading correctly in a minute, Story-Time Create and Narrate, Tongue twisters, and Video clippings from the series titled, 'Mind Your Language'. The workshop was conceptualised and guided by Ms. Millie Adeline Pereira.

Post Tea break, there was a prize distribution for the activities held on both the days of the workshop followed by the felicitation of the Alumni members with tokens of appreciation and certificates.

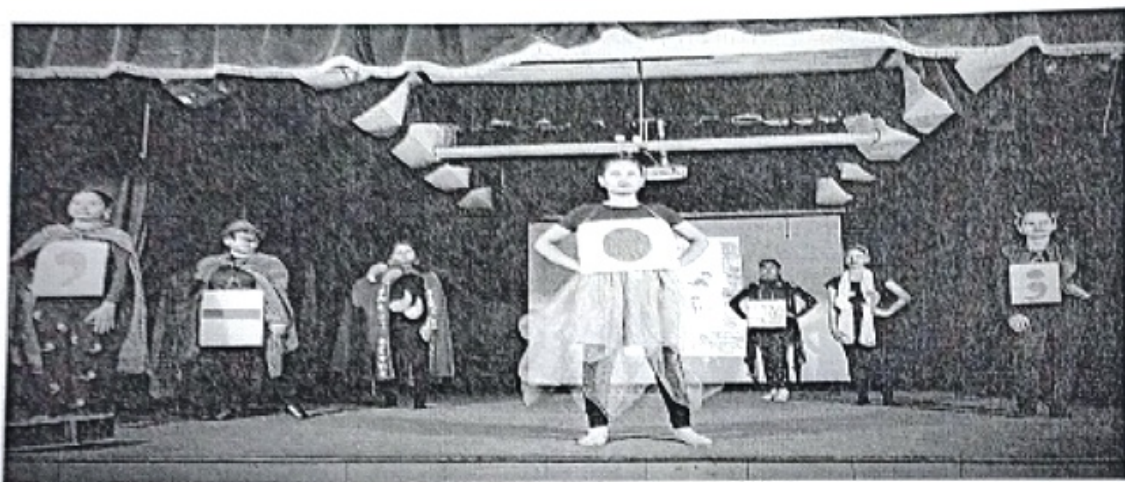
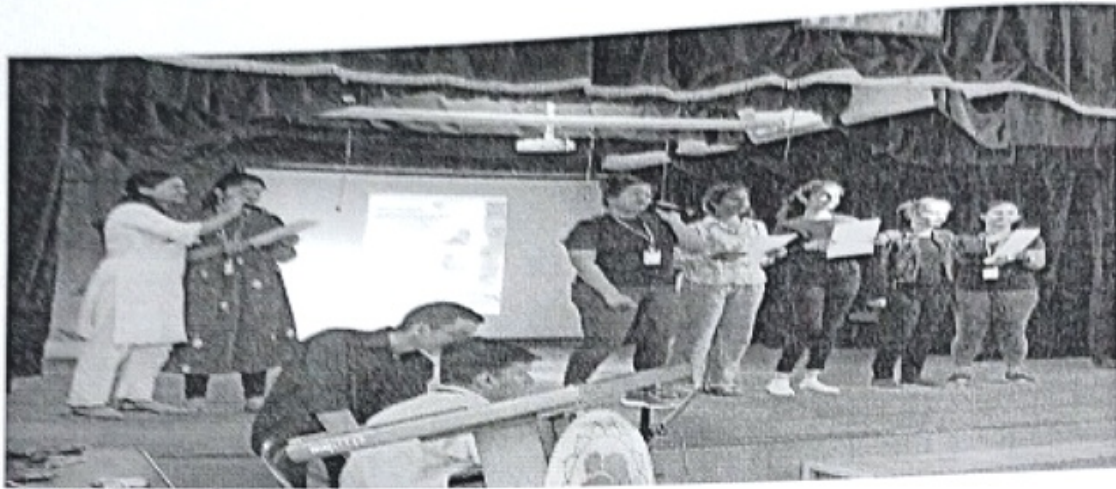
The Principal Dr. Delia Antao then addressed the gathering followed by the Vote of Thanks by Ms. Vaibhavi Salkar. The Workshop concluded with the Nirmala Anthem at 5.00 p.m.



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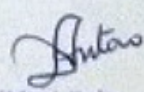
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Language and Communication

Activities in Communication Skills (2022-2023)

Introduction: In the academic year 2022-2023 we witnessed a dynamic and innovative journey as we embarked on a diverse range of activities that not only enhanced students' communication skills but also made learning an engaging and enjoyable experience. This report provides a systematic overview of our curriculum, which seamlessly integrated language games, simulations, debates, linguistics workshops, etiquette sessions, role-plays, mock interviews, and other


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valuable components, while also addressing key elements of the Communication Skills syllabus. 97 teacher –trainees

1. Introduction to the Sounds of English:

Students delved into the intricacies of English phonetics, including vowels, diphthongs, and consonants. The focus remained on improving pronunciation, articulation, intonation, diction, and stress.

2. Situational Dialogues / Role Play:

These activities nurtured their ability to communicate effectively in real-life scenarios.

3. Telephoning and Emailing Skills:

The art of professional telephonic and email communication was emphasized, ensuring clarity and professionalism in written and verbal messages.

4. Oral Presentations:

Both prepared and extempore oral presentations were used in structuring ideas, and engaging their audience effectively.

5. Debating:

Debating sessions were used to facilitate critical thinking and persuasive expression.

6. Listening and Reading Comprehension:

The curriculum incorporated listening and reading comprehension skills development through exercises involving unseen texts, enhancing students' ability to extract information effectively.

7. Communicative Writing Skills:

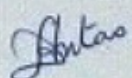
Students practised crafting informal and formal letters, CVs, and resumes to refine their professional communication skills.

8. Academic Writing Skills:

Note-taking, summarizing, and article writing exercises were used to teach academic writing skills and techniques.

9. Report Writing and APA Style References:

The adherence to APA style referencing guidelines were taught to build essential skills for academic and professional writing.


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10. Book Reviews:

Book review sessions were held to enable students to critically analyse literary works, further enhancing their analytical and writing competencies.

Creative Components:

The following creative elements were resourcefully integrated as practical sessions.

Language Games: Word puzzles, tongue twisters, and interactive language games enhanced vocabulary, grammar, and linguistic creativity.

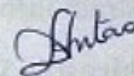
Linguistics Workshop: The workshop provided students with a deeper understanding of language, exploring structure, syntax, and semantics.

Etiquette Sessions: Beyond communication skills, students learned valuable social and professional etiquette.

Role-Plays: Students embraced imagination and interaction, adapting their communication style to diverse roles and situations.

Mock Interviews: Preparing for the professional world, students received constructive feedback on their interviewing skills, gaining confidence for real job interviews.

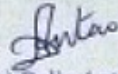
Conclusion: The academic year 2022 -2023 offered a well-rounded and immersive approach to communication skills development. Our curriculum systematically integrated syllabus components and creative elements, equipping students with essential skills for effective communication in both academic and professional settings.



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Life skills

Yoga

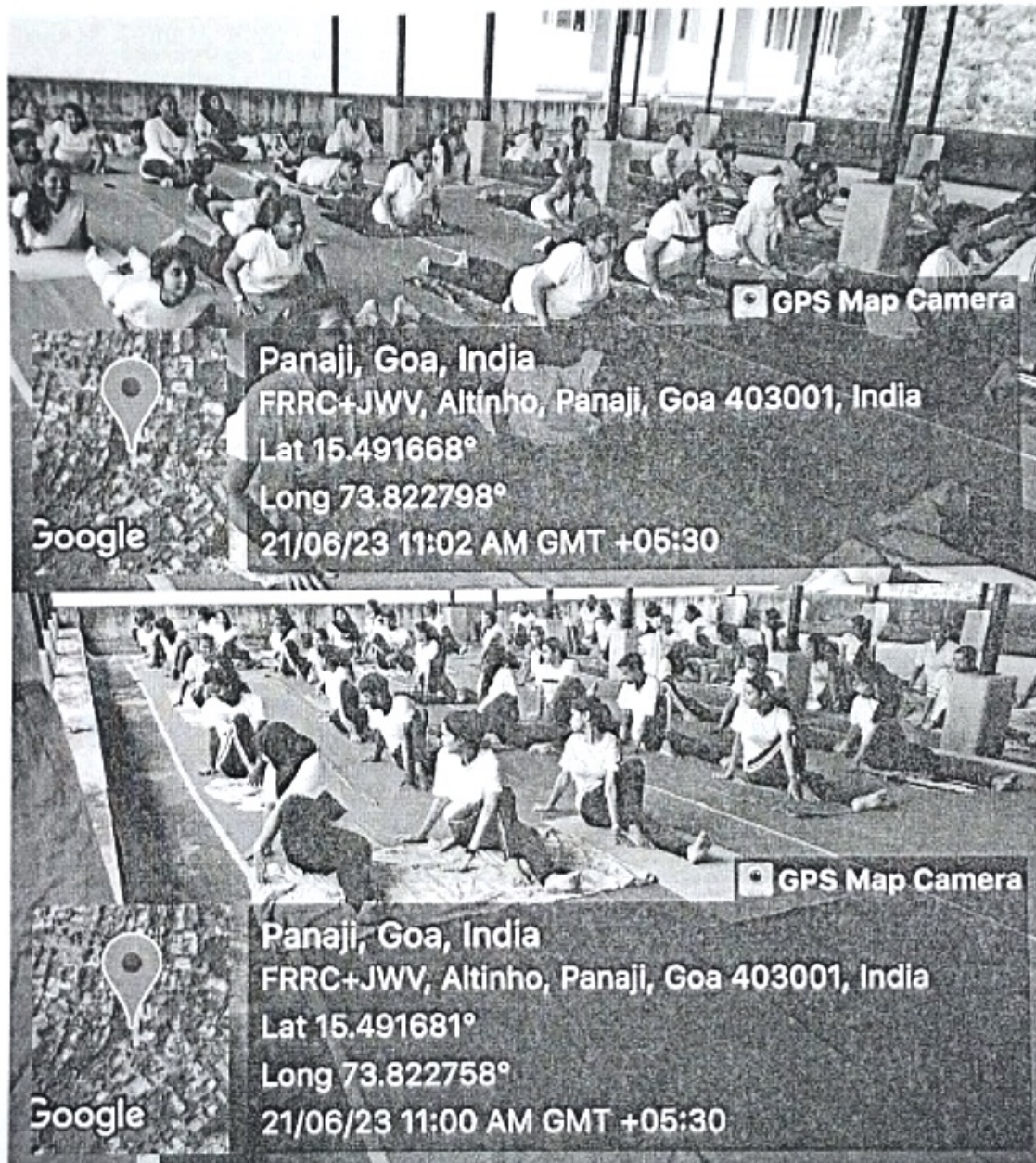


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Report: International Day of Yoga Celebration 2023-2024 at Nirmala Institute of Education'.
 Altinho-Panaji.

Date: 21st June 2023

The Nirmala Institute of Education Altinho- Panaji enthusiastically celebrated the International Day of Yoga on 21st June 2023 at the college yoga hall. The theme for this year's yoga day was 'Vasudhaiva Kutumbakam' which meant 'The World is One Family'. The event witnessed the participation of students and faculty making it a grand success.

The session commenced with a brief introduction on yoga and the importance of the day by College Director of Physical Education and Sports, Mr.Clifton Fernandes. The Offg. Principal, Dr. Delia Antao, in her welcome address conveyed that yoga not only promotes

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physical fitness but as stated by the UN, it is also meant to promote health, harmony and peace among the people, which as Indians we should prove to the world by seriously practising it ourselves. The programme continued with a session on yoga by following a video released by the Ayush Ministry Government of India on the common yoga protocol in

which Asanas (yoga postures) that promote physical strength and flexibility, Pranayama (breathing exercises) that enhance mindfulness and focus and Dhyana were shown. The session concluded with a peaceful meditation, allowing individuals to relax and rejuvenate. A vote of thanks was given by Ayesha Alvares, Instructor in Physical Education, expressing gratitude to all those who helped in making the event a success.

The event witnessed a substantial turnout, with both students and faculty members actively participating in the yoga session. Their enthusiasm and dedication towards embracing yoga as a part of their daily lives was commendable. The session not only provided physical benefits but also emphasised the importance of holistic well-being and stress reduction.

It served as a reminder of the invaluable benefits of incorporating yoga into one's lifestyle. The commitment of the institute in promoting holistic health and wellness was evident through this event that encouraged students and faculty members to embrace the practice of yoga for their overall well-being.

Physical health

Table Tennis

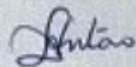
Nirmala Institute of Education

Table Tennis Intramural report

The department of Physical Education and Sports organized a Table Tennis Intramural Tournament on 29th July 2022 to identify the spirit of sportsmanship and the skills to play the sport, it was a selection platform for players for the intercollegiate matches. 6 male students from F.Y.B.Ed I participated in the tournament.

Badminton Intramural report

The department of physical education and sports organized an Intramural Badminton Tournament on 26 August 2022 at Government Polytechnic


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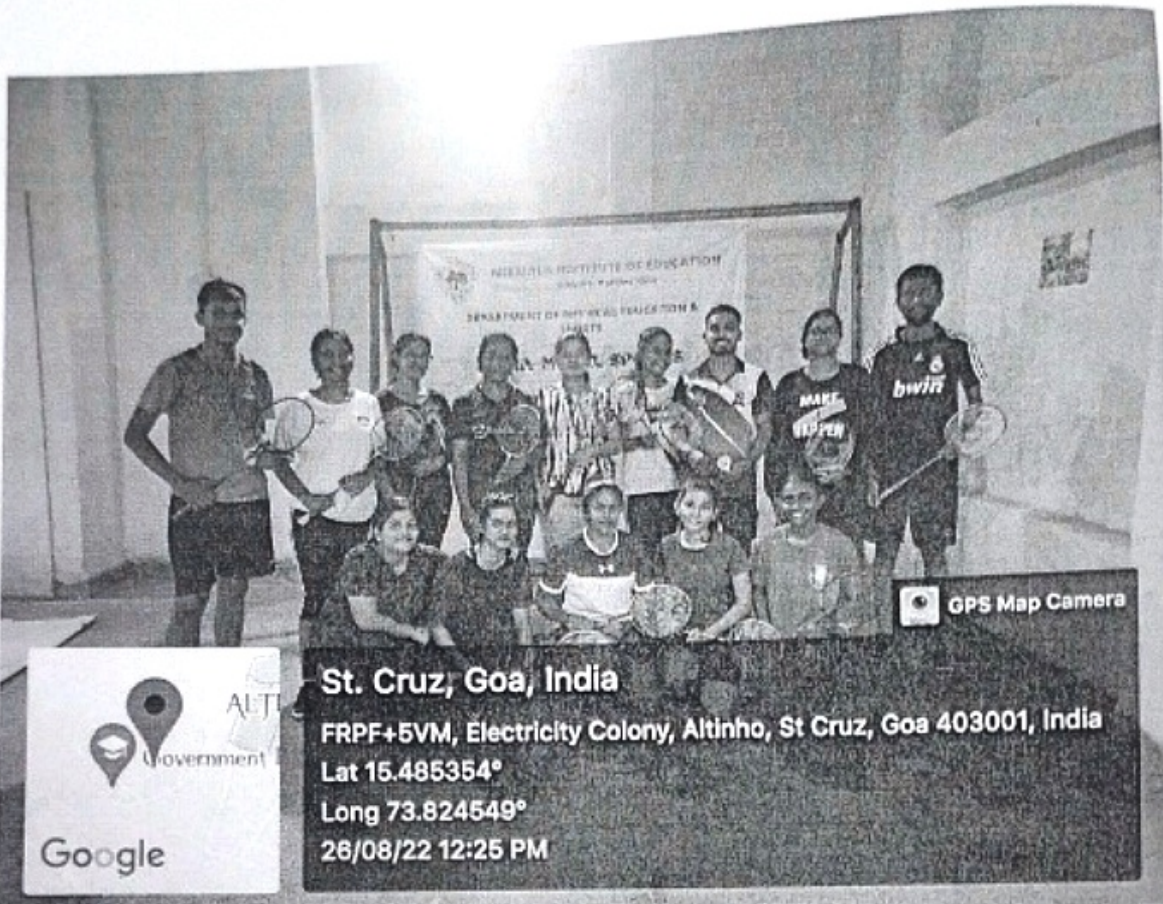
College Altinho. It was conducted to allow the students to showcase their talent. 11 Women and 4 Male participated in the tournament.



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National Sports Day - Walkathon

The National Sports Day was celebrated on 26 August 2022. The walkathon was held in the school grounds. The staff and students participated in the walkathon. The walkathon was a success and it was a great opportunity for the students to showcase their talent.



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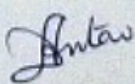


Chess Intramural report

The department of Physical Education and Sports organized an Intramural chess Tournament on 5th August 2022 at the college campus. It was held to give students an opportunity to play and also select players for the Inter Collegiate Tournament. 4 students participated in the tournament.

National Sports Day -Walkathon

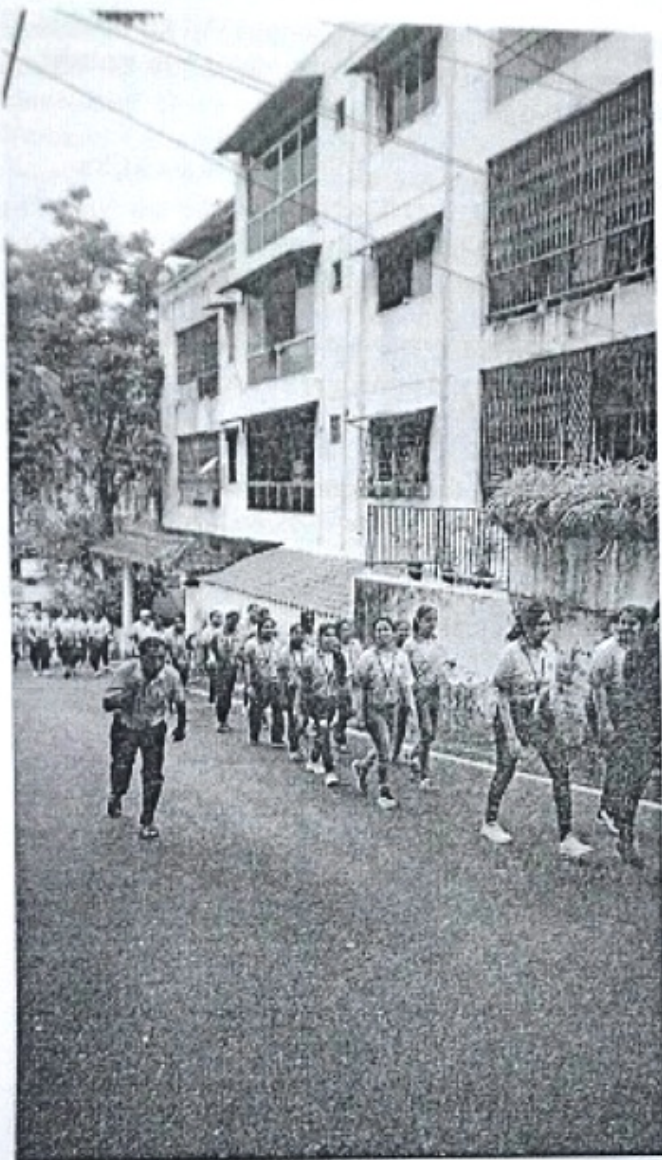
The National Sports Day was celebrated on 29th August 2022. A Walkathon was held around Altinho Panjim. The Start and Finish point was at the College, it covered a distance of 6kms. Students and staff of NIE participated around 80 participants were present for the walk.


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Health and Hygiene Cleanliness Drive

The Swachh Bharat Abhiyan week

The Swachh Bharat Abhiyan week began on the 30th of September 2022. The teacher trainees along with our mentor Ms Shylaja Sherief conducted a cleanliness drive where

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different celebration groups were allocated different locations in the campus. All the teacher trainees participated actively in cleaning the campus and seeing that everything was in order. Teamwork and dedication were truly seen on this day.

On the 3rd of October, the Nirmala Institute of Education organised the Swachhata Mitra Divas. The programme began at 3:15 sharp. It included 2 short films and a lovely presentation by the students. The Swachhata Abhiyan Cell of NIE organised the entire programme with a lot of innovation and creativity. The logo of the Swachhata Abhiyan cell was launched by Dr. Rita Paes. The students under the guidance of Mr. Raymond Pereira added a lovely touch of the Ghanaian ideas for a clean India. The day ended beautifully by felicitating the NIE MTS staff for their dedicated service and providing a clean and healthy environment for the staff and students of NIE.

A session was also organised by the Eco club to highlight the importance of segregation of E waste. This session was held on the 7th of October, 2022, ending the week on a good note. Mr. Sushant Figueiredo, the guest speaker enlightened the students on the processes involved in e waste segregation. He also spoke on the effects when waste is not segregated appropriately. The talk was informative and interactive, making the students aware on the latest technologies used in waste management.



Mental health

World Mental Health Day 2022 – Assessment Drive “Discovering You”

On October 10, 2022, on the occasion of World Mental Health Day, the M.A. in Wellness Counselling Department of Nirmala Institute Of Education, Altinho, Panjim-Goa held an

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assessment drive "Discovering You." The assessment drive was conducted in the corridor outside the B.Ed hall between 12pm and 1.30pm. The objective of this drive was The Assessment Drive was conducted by the first and second year students of the M.A. in Wellness Counselling Department, for the staff and students of the B. Ed and D. El. Ed courses. As part of the drive, students administered a number of psychological scales including the self esteem scale, internet addiction scale and perceived stress scale. The students also got to showcase their creativity, as concepts upon which the tests were based were explained using handmade posters prepared by them.

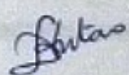
The list of tests administered and scored by the M.A in Wellness Counselling students were as follows:-

1. Self-Esteem Scale,
2. Mobile Phone Addiction Scale,
3. Internet Addiction Scale,
4. Emotional Intelligence Scale,
5. Study Habits Inventory,
6. Perceived Stress Scale

The objectives of the assessment drive were as follows:-

1. To enable the students of Ma part I and II to get first hand practical experience of how to administer the tests practically and how to score them,
2. To foster deeper self awareness among the test takers – the first step towards attaining positive mental health.

The "Discovering You" assessment drive provided the students with a first-hand experience of what it feels like to administer psychological tests, the kind of instructions that need to be given to each one, how long it takes to score each test taken and how to explain to each participant the results they obtained. The students found it to be a good learning experience. The participants who took the tests particularly were curious about their perceived stress assessments as well as emotional intelligence.


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***Self – Employment**

Ornamental Plants Sale

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Altinho, Panaji, Goa

The NIE Swachhata Abhiyan Cell and Eco-Club initiated an 'Ornamental Plants Sale' in campus the from 25th -27th August 2022.

The purpose of the program was to create awareness among the trainees and general public about the love for nature and care for plants. The sale was opened in the presence of Sr.Olga Vaz-Vice President Nirmala Education Society, Dr.Delia Antao - Officiating Principal, the NIE-SAC Team - Mr.Subodh Haldankar, Mr.Raymond Pereira and ECO-CLUB Team-Ms. Shylaja Sherief, Ms.Daniella Colaco.

The trainees and the general public were briefed about the various plants, their care, maintenance and propagation by Ms. Myra Rebeiro (Admin Staff) and Mr. Dilip Kankonkar (Gardener).



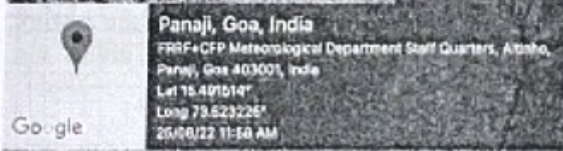
NIRMALA INSTITUTE OF EDUCATION
PRESENTS

ORNAMENTAL PLANTS SALE

DATE: 25th-27th AUGUST 2022 TIME: 10:00am-4:00pm VENUE: ASSEMBLY POINT (THE CAMPUS)

an initiative by
**SWACHHATA ABHIYAN CELL
& ECO-CLUB**

CONTACT FOR DETAILS: M. MYRA REBEIRO (Admin Staff)



The event was conceptualised by Mr. Raymond Pereira (NIE-SAC Coordinator) together with the team.

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Paper /Cloth Making Workshop

Paper / Cloth Bag Campaign

The NIE Swachhata Abhiyan Cell and Eco-Club initiated an AWARENESS SESSION ON 'BAN ON SINGLE USE PLASTIC' & PAPER / CLOTH BAG CAMPAIGN on campus on 11/11/ 2022.

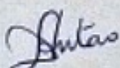
Keeping in sync with the importance of Gandhian thoughts about cleanliness. The purpose of the campaign is to instil in each of us a sense of duty and obligation towards safeguarding nature, as teacher trainees, it is our moral responsibility to inculcate in our students habits that will sustain the well being of self and one's surrounding.

The program created an awareness among the trainees about the BAN ON SINGLE USE PLASTIC. A brief presentation by the NIE-SAC coordinator Mr.Raymond Pereira, highlighted the ill effects of single use plastics on human beings and nature. The session also mentioned the laws and penalties issued by the government of India. The core essence of Re-use, Upcycling and Alternatives were also discussed. The trainees were asked to create awareness in their surroundings and promote use of eco-friendly alternatives.

From July 1, 2022, the government of India banned single-use plastic items that have low utility but are frequently littered around, such as plastic straws. The aim of the ban is to curb plastic pollution, since single-use plastic harms terrestrial and aquatic ecosystems. India's ban on single-use plastic items includes straws, cutlery, ear buds, packaging films, plastic sticks for balloons, candy and ice-cream, and cigarette packets, among other products.

The trainees were given a demo on how to make a paper bag and a cloth bag upcycling an old t-shirt. Trainees Eden and Sera facilitated the demonstrations, wherein the students did their own stitch-less cloth bag.

The program was coordinated by NIE-SAC Team - Mr.Subodh Haldankar, Mr.Raymond


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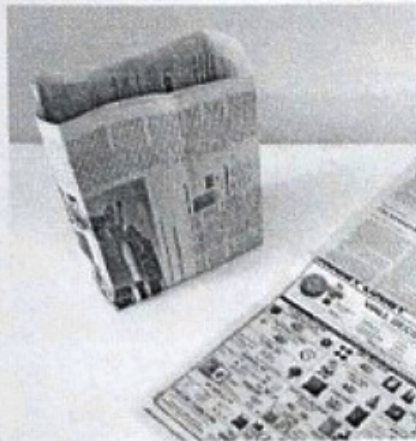


NIRMALA INSTITUTE OF EDUCATION

Under the aegis of NIE-IQAC

Presents

An AWARENESS SESSION on 'THE BAN OF SINGLE USE PLASTIC' & PAPER / CLOTH BAG MAKING CAMPAIGN



DATE: 11th NOVEMBER 2022 TIME: 12:00pm-12:45pm VENUE: NIE HALL-I

an initiative by
SWACHHATA ABHIYAN CELL & ECO-CLUB

Dr. Delia Antao
(Officiating Principal)



TEAM NIE-SAC
Ms. Sayasani Pereira
Ms. Salodh Halderkar
Mrs. Shylaja Sherief

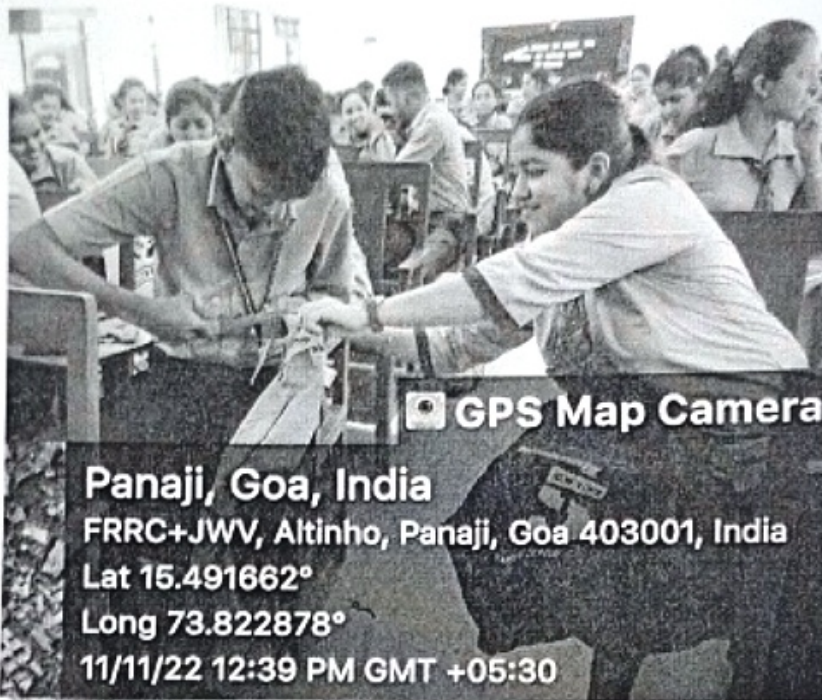


TEAM ECO-CLUB
Mrs. Shylaja Sherief
Ms. Daniella Colaco

Pereira and ECO-CLUB Tea
Ms. Shylaja Sherief, Ms. Daniella Colaco.

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Altinho, Panaji, Goa



 **GPS Map Camera**

Panaji, Goa, India


FRRC+JWV, Altinho, Panaji, Goa 403001, India

Lat 15.491662°

Long 73.822878°

11/11/22 12:39 PM GMT +05:30



 **GPS Map C**

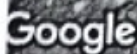
Panaji, Goa, India

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India

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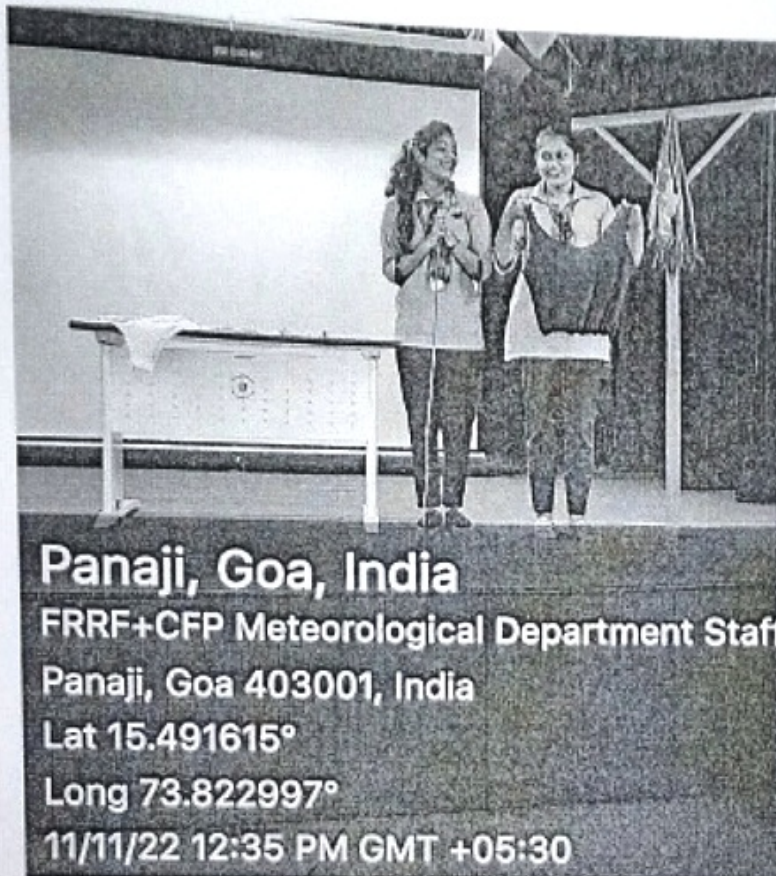
Long 73.822897°

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Entrepreneurial skills

Block Printing on Cloth & Paper Workshop.

Nirmala Institute of Education under the aegis of NIE IQAC, organized a session on BLOCK PRINTING on CLOTH & PAPER.

DATE : 29/3/23 VENUE: NIE OPEN TERRACE

The session was planned under the auspices of-Dr. Delia Antao (Officiating Principal) as an initiative by- NIE SWACHHATA ABHIYAN CELL & ECO-CLUB

The objective of the session was to inculcate in the B.Ed. trainees an entrepreneurial skill with all the basic know-how of Block Printing techniques and materials.

The session was conducted by Mr. Raymond Pereira (Assistant Professor in Fine Arts-NIE), assisted by Ms. Sofia Damani (NIE Counselor) and Mr. Sudhir More.

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Altinho, Panaji, Goa

The trainees were introduced to the basic techniques like Leaf imprints and wood block printing.

ICT Skills

Video Making Workshop – Report

A video making workshop was conducted for the teacher trainees of Nirmala Institute of Education on the 3rd of October 2022, under the aegis of the IQAC (Internal Quality Assurance Cell). The workshop was conducted to enhance the skills of the teacher trainees in video making.

The inaugural function for the workshop began in the presence of the Principal, Dr. Delia Antao and the Coordinator and Resource Person for the workshop, Assistant Professor, Mr. Subodh Haldankar. Teacher trainee, Mr. Jude Fernandes proceeded with the compering of the event. He welcomed the Principal and introduced the resource person, Mr. Subodh Haldankar. The IQAC coordinator, Dr. Maya Carvalho e Rodrigues was thanked for her contribution towards making the workshop a reality.

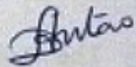
The Principal Dr. Delia Antao inaugurated the workshop with the click of a mouse, following which she shared a few words of advice and guidance with the teacher trainees. She spoke on the scope and importance of the skills that would be developed over the course of the workshop.

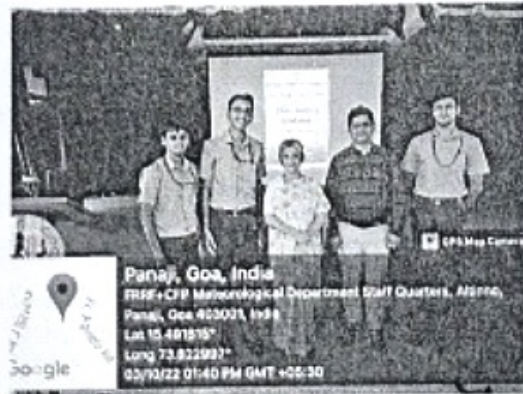
The Resource Person introduced the teacher trainees to the video creating and editing app – VITA. The basics of creating a video was explained, along with references to free online resources which trainees can use to create videos. Further, the trainees were taught to add audio, transitions and effects to their videos. All the gathered teacher trainees participated in the workshop with enthusiasm and created their own videos.

The workshop was concluded with the vote of thanks given by teacher trainee, Mr. Leander de Melo.

Teacher trainee, Mr. Chinmay Ghatwal handled the photography for the event.

Mr. Sachitanand Haldonkar provided the required technical support for the workshop. Mr. Sudhir More managed the sound system.


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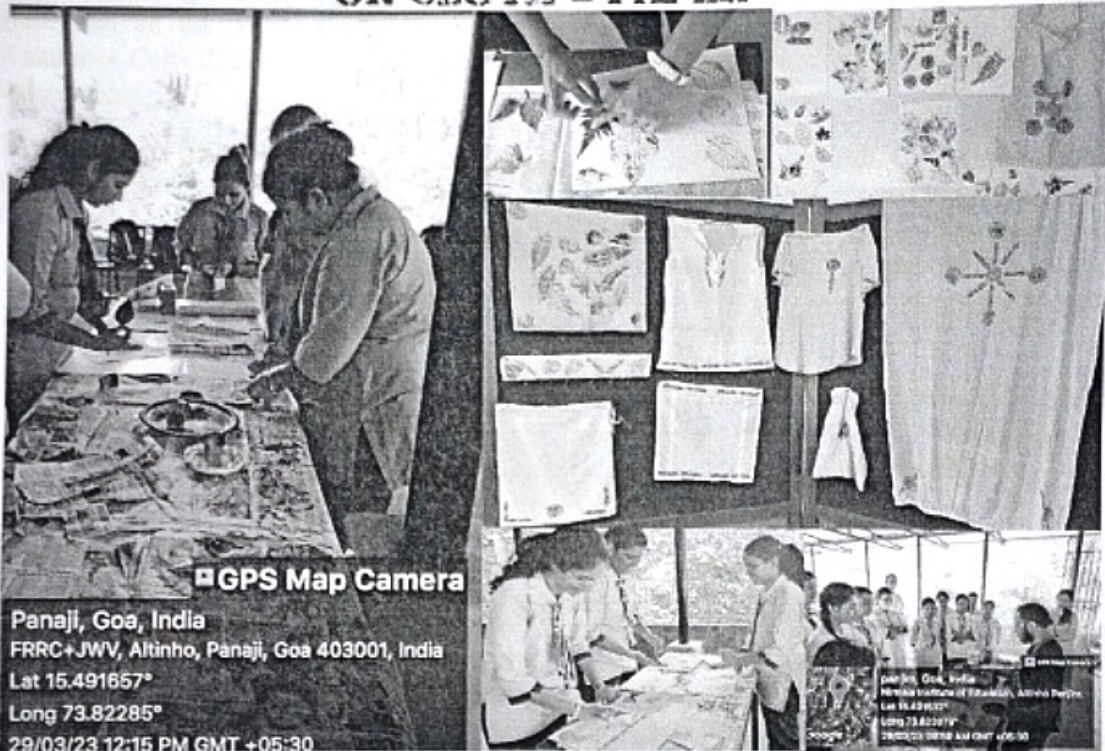
Altinho, Panaji-Goa
Under the aegis of NIE IQAC



Organized a session on

BLOCK PRINTING

ON CLOTH & PAPER



GPS Map Camera

Panaji, Goa, India
FRRC+JWV, Altinho, Panaji, Goa 403001, India
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Long 73.82285°
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DATE : 29/3/23 VENUE: NIE OPEN TERRACE

The objective of the session was to inculcate in the B.Ed. trainees an entrepreneurial skill with all the basic knowhow of Block Printing techniques and materials. The session was conducted by Mr. Raymond Pereira (Assistant Professor in Fine Arts-NIE), assisted by Ms. Sofia Damani (NIE Counselor) and Mr. Sudhir More (MTS).

An initiative by-
SWACHHATA ABHIYAN CELL & ECO-CLUB

Under the auspices of
Dr. Della Antao
(Officiating Principal)

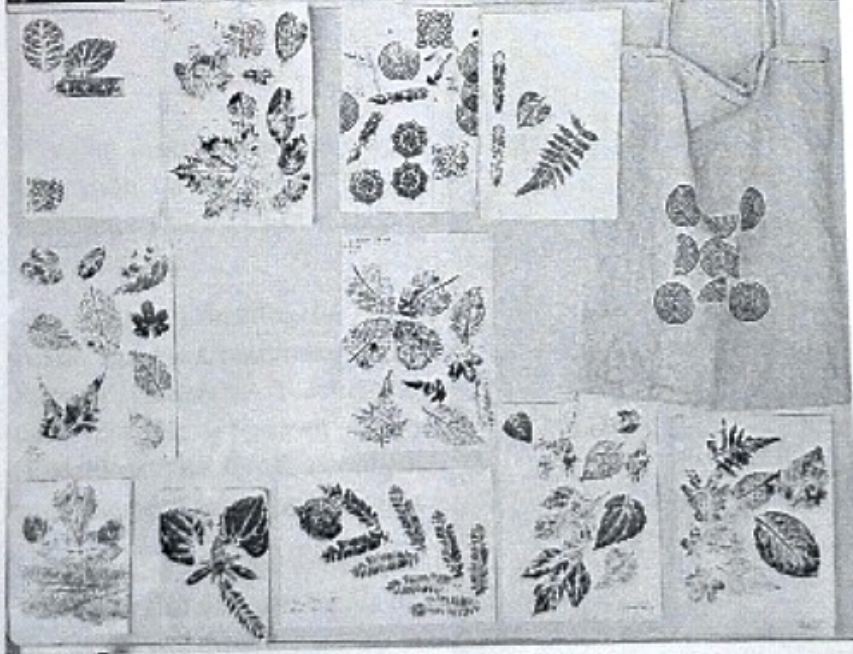
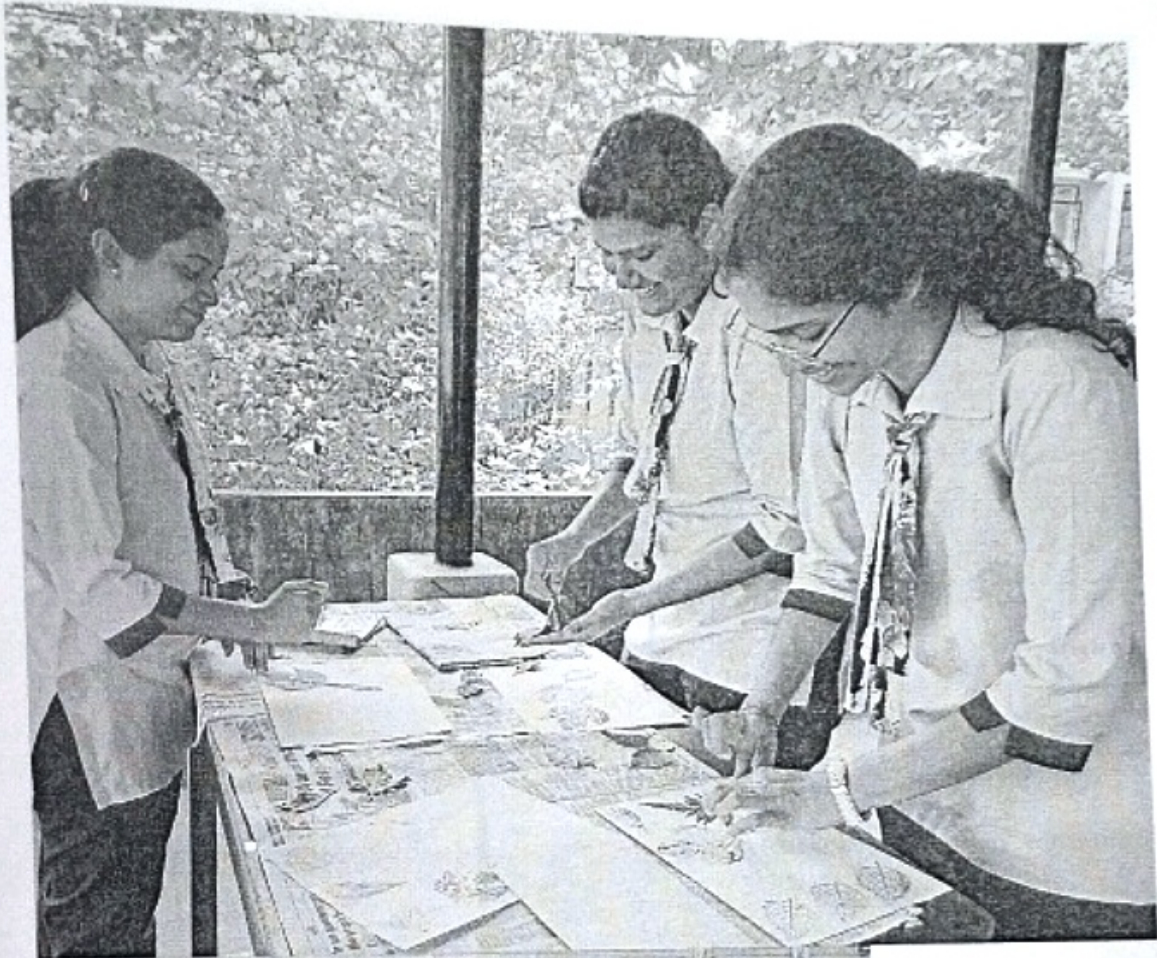


TEAM NIE-SAC
Mr. Raymond Pereira
Mr. Subodh Haldankar
Mrs. Shylaja Sherief

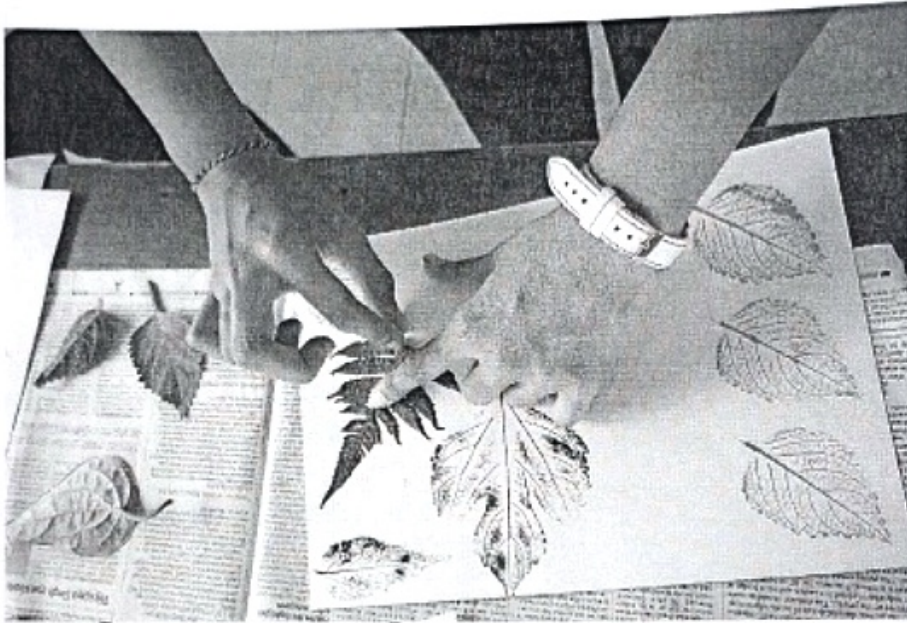


TEAM ECO-CLUB
Mrs. Shylaja Sherief
Ms. Daniella Colaco

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Nirmala Institute of Education
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Offg. Principal
Nirmala Institute of Education
Tatinhu, Panaji, Goa



GPS Map Camera

Panaji, Goa, India

FRRC+JWV, Altinho, Panaji, Goa 403001, India

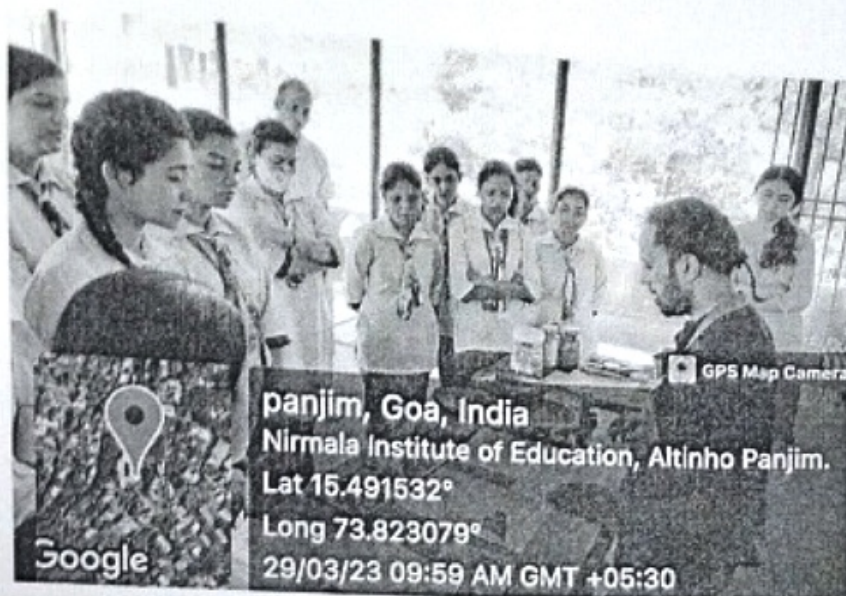
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ICT Skills

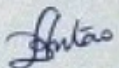
Video Making Workshop – Report

A video making workshop was conducted for the teacher trainees of Nirmala Institute of Education on the 3rd of October 2022, under the aegis of the IQAC (Internal Quality Assurance Cell). The workshop was conducted to enhance the skills of the teacher trainees in video making.

The inaugural function for the workshop began in the presence of the Principal, Dr. Delia Antao and the Coordinator and Resource Person for the workshop, Assistant Professor, Mr. Subodh Haldankar. Teacher trainee, Mr. Jude Fernandes proceeded with the compering of the event. He welcomed the Principal and introduced the resource person, Mr. Subodh Haldankar. The IQAC coordinator, Dr. Maya Carvalho e Rodrigues was thanked for her contribution towards making the workshop a reality.

The Principal Dr. Delia Antao inaugurated the workshop with the click of a mouse, following which she shared a few words of advice and guidance with the teacher trainees. She spoke on the scope and importance of the skills that would be developed over the course of the workshop.

The Resource Person introduced the teacher trainees to the video creating and editing app – VITA. The basics of creating a video was explained, along with references to free online


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resources which trainees can use to create videos. Further, the trainees were taught to add audio, transitions and effects to their videos. All the gathered teacher trainees participated in the workshop with enthusiasm and created their own videos.

The workshop was concluded with the vote of thanks given by teacher trainee, Mr. Leander de Melo.

Teacher trainee, Mr. Chinmay Ghatwal handled the photography for the event.

Mr. Sachitanand Haldonkar provided the required technical support for the workshop. Mr. Sudhir More managed the sound system.



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Sirmala Institute of Education
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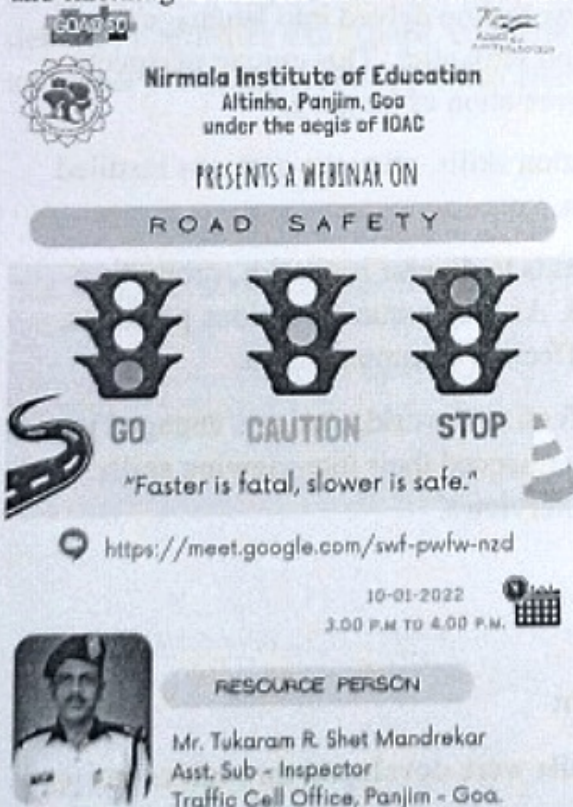
Evidence Document for 2021-22

Soft skill

Road Safety Talk

Nirmala Institute of Education, Altinho Panaji Goa under the aegis of IQAC conducted an online webinar on 'Road Safety' for the First year and Second year B.Ed. students on 10th January 2022 from 3.00 pm to 4.30 pm. The resource person for the webinar was Assistant Sub Inspector Mr. Tukaram Shet Mandrekar from the Traffic Cell, Altinho Panaji. He discussed various issues related to the obedience of traffic rules and suggested various measures related to 'Road Safety' in his online interaction with the students. It was an informative and enriching session for the students. 94 students have taken part in the session.

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GOA IQAC

Nirmala Institute of Education
Altinho, Panjim, Goa
under the aegis of IQAC

PRESENTS A WEBINAR ON
ROAD SAFETY

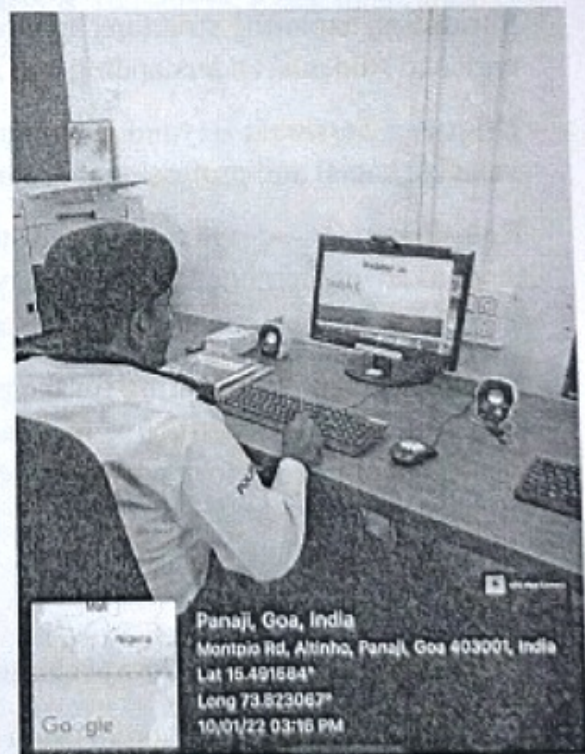
GO CAUTION STOP

"Faster is fatal, slower is safe."

<https://meet.google.com/swf-pfwl-wznd>

10-01-2022
3.00 P.M TO 4.00 P.M.

RESOURCE PERSON
Mr. Tukaram R. Shet Mandrekar
Asst. Sub - Inspector
Traffic Cell Office, Panjim - Goa.



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Offg. Principal
Nirmala Institute of Education
Altinho, Panaji, Goa

Language and Communication skills

Activities in Communication Skills (2021-2022)

Introduction: The academic year 2021-2022 was a transformative journey in the subject of Communication Skills. Our curriculum featured an array of activities designed not only to strengthen communication skills but also to make learning an enjoyable and engaging experience. It was conducted for 95 students.

Creative Language Games: Language games played a central role in our curriculum, fostering linguistic creativity while enhancing vocabulary and grammar. Students enthusiastically participated in word puzzles, tongue twisters, and interactive language games.

Simulations: Real-world simulations provided students with immersive experiences in authentic communication scenarios.

Debates: This platform sharpened their critical thinking and persuasive communication abilities, encouraging dynamic discourse.

Linguistics Workshop: Our linguistics workshop delved into language's intricacies, exploring structure, syntax, and semantics. This unique perspective enriched students' understanding and appreciation of language.

Etiquette Sessions: Beyond communication skills, etiquette sessions instilled valuable social and professional decorum.

Role-Plays: Role-plays transported students to diverse scenarios, prompting them to adapt their communication styles. As they assumed various personas, students gained practical experience in effective communication.

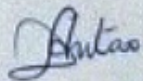
Mock Interviews: Preparing for the professional world, students engaged in mock interviews. Constructive feedback enhanced their interviewing skills, instilling confidence for real-world job interviews.

Writing Skills:

Listening and Reading Comprehension:

Listening and reading comprehension skills were developed through exercises involving unseen texts.

Communicative Writing Skills:


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Uttinhe, Panaji, Goa

Students practiced writing informal and formal letters, as well as crafting CVs and resumes. These skills prepared them for personal and professional communication.

Academic Writing Skills:

The curriculum included note-taking, summarising, and article writing exercises.

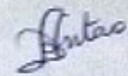
Report Writing and APA Style References:

Students learned to write comprehensive reports and adhere to APA style referencing guidelines.

Book Reviews:

Book review assignments encouraged students to critically analyse literary works.

Conclusion: The academic year 2021-2022 epitomised our commitment to fostering creative and immersive approaches to communication skills. Our comprehensive curriculum seamlessly integrated language games, simulations, debates, linguistics workshops, etiquette sessions, role-plays, mock interviews, and other enriching oral and written elements.




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Life skills

*Yoga

Pranayama session



NIRMALA INSTITUTE OF EDUCATION
Altinho, Panjim, Goa
INTERNATIONAL DAY OF YOGA 2022 CELEBRATIONS
Session on
Pranayama
26th May 2022 Yoga Hall N.I.E
9.00 to 10.00 a.m.
Resource Person
Mr. Sachin Parsekar
(Asst. Prof. Don Bosco College, Panaji & Yoga Teacher)

Dr. Delia Antao (Officiating Principal)	Mr. Clifton Fernandes (College Dir. of P.E & Sports)	Mrs. Synora Picardo (HPE Instructor)
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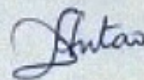
*Physical health

WORLD HEALTH DAY

World Health day was celebrated on 29th April 2022 at Nirmala Institute of Education under the guidance of Clifton Fernandes. 94 students attended the session. The theme chosen for the celebration was "Life is not merely being alive, but being well." The program commenced at 3.45pm with a short prayer led by Ms. Maria Matos followed by a skit, which highlighted the importance of healthy living. The scenes were as follows:

The first scene depicted the ill effects of junk food on our health and the harm it causes to us in the long run. It also emphasized the importance of healthy food.

The second scene included the importance of exercise in our day to day life wherein, the proper/natural ways of exercises were depicted. (Zumba, Jogging, etc).


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Offg. Principal
Nirmala Institute of Education
Altinho, Panaji, Goa.

The third and fourth scene showed the effects of improper sleep and stress on the human body. It also mentioned the benefits of yoga and various other exercises for a healthy life. Each scene concluded with a short jingle emphasizing the importance of each aspect on health. Apart from the skit, there was a dance performance which paid a tribute to the frontline warriors who worked selflessly during the pandemic. Along with this, a poem was recited by one of the group member Ms.Tara Lamani. The Director of NIE Dr. Rita Paes spoke on the importance of a healthy living in today's modern world. The programme was compered by Ms. Fleta Costa. Vote of Thanks was proposed by Ms. Tasmiya Shaikh. The programme concluded at 4.30 pm with the Nirmala Anthem.

Apart from this we also organised a 'Healthy Snack' making competition for the members of the other celebration groups. Each group had to prepare a healthy snack without using fire. They had to also write the health benefits of the dish. The competition began at 3:00pm and the participants were given thirty minutes to complete their dish. It was held on the NIE terrace.

The competition was judged by Ms.Daniella Colaco, Ms.Ciona Valles and Ms. Myra Ribeiro The winner of the competition was the 'Christmas Day' celebration group and the runners-up were the 'Eid-e-Milad' celebration group.



Delia

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*Health and Hygiene

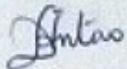
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Hinh, Panaji, Goa.

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*Self – Employment

IMMERSIVE ART EXPERIENCE'

29/7/2022

Resource person : Mr. RAYMOND PEREIRA

As part of the curriculum, the NIE Faculty of Art & Aesthetics -Visual Arts organised a session on 'Immersive Art Experience' for the F.Y. B.Ed Trainees. The objective of the session was to inculcate in each of the young teacher aspirant the finer nuances of art. The intention was to involve the participation of the group working and experiencing art in unison.

During the session the young aspirants were given a blank sheet of paper, wherein each one expressed their feeling through drawing, colour etc. The final artwork was done collating all the pieces together to form a design.

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An immersive art experience pulls a viewer into another realm or imagined world, enabling them to manipulate and interact with their environment. The Immersive experience used a blend of visuals, sound to deliver unforgettable and engaging worlds.

The session helped Focusing attention of practitioners. It also helps as a Spiritual guidance tool to establish a Sacred Space and as an aid to meditation.



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* Entrepreneurial skills

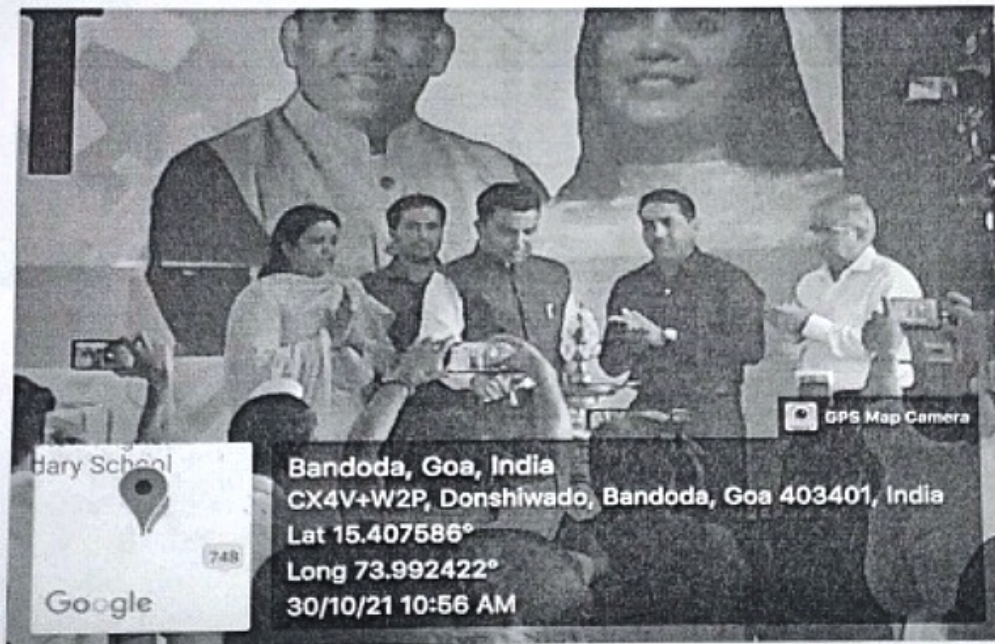
Swayampurna Yuva

SWAYAMPURNA YUVA 2021

Date: 30th October 2021

Venue: GVM'S GGPR College of Commerce & Economics,
Donshiwado, Bandoda, Ponda-Goa.

The "Swayampurna Yuva" was an initiative of the Government of Goa (GOG) held on 30th October, 2021 at GVM'S GGPR College of Commerce & Economics, Ponda-Goa. The programme was inaugurated by our Hon'ble Chief Minister of Goa, Dr. Pramod Sawant alongside Minister of Revenue, IT, Labour and Employment, Smt. Jennifer Monserrate, Minister of Art and Culture, Shri. Govind Gaude and Shri. Bhanskar Khandeparkar, Chairman of GVM'S GGPR College of Commerce & Economics. The main objective of this programme was to create awareness about the employment opportunities among the youth of Goa and to guide them through different career opportunities. It also focused on developing entrepreneurial skills through the different schemes and services made available by the Government.

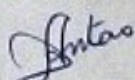


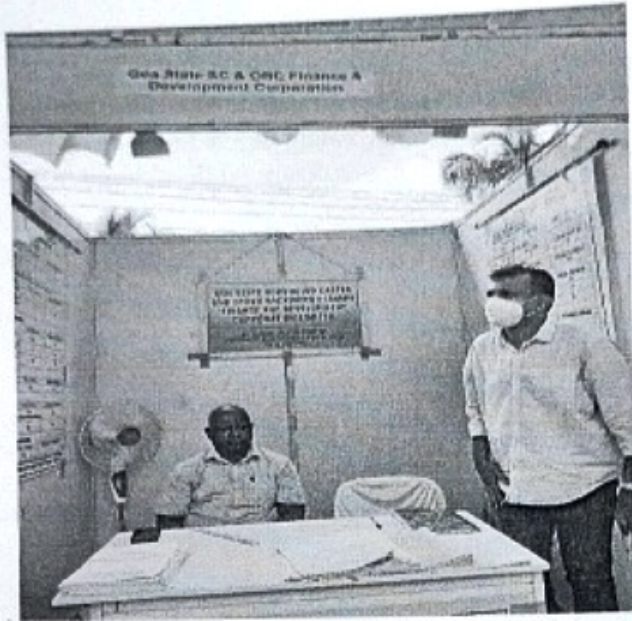
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The career guidance talks were highly inspirational as every speaker delved into the grit, focus and determination which flowed success for them. It got young minds like us to accept that, a lot can be achieved through hard work, self-sacrifice and determination. Some of the eminent speakers of the day were as follows;

1. Mr. Kirit J Maganlal - CEO of Magson's. He encouraged the youth to enter into retail business and trade as there is a multifold increase in consumers across different consumer product strains. Reachability and availability thus becomes the good practice of a well-planned retail space.
2. Mr. Vincent Ramos, Area Director – IHCL Goa, General Manager at Taj Hotel and convention centre ignited the minds of the youth about jobs in the field of hospitality.
3. Mr. Francis Serrao, Managing Director of Crosscraft, an event managing company captivated minds with their mesmerizing work across the globe.
4. Adv. Ramrao Dessai addressed the youth on various CS entrance tests and also spoke on career opportunities in commerce stream.
5. Mr. Govind F Gawas, Manager at Canara Robeco AMC, through his life experience awakened the curious minds to make a career in finance.
6. Dr. Praveen Khullar, President of Goa Pharma Industry made us aware of the various job opportunities in the pharma industries.
7. Mr. Varad Samant a young 29 year old stood as an inspiration before the gathering speaking about his tryst with CARROT cultivation in Goa. The critics said, it's 'impossible' to grow carrots in Goa, and he made it possible. This created self-employment not only for him, but employment to people in his village and beyond. This budding farmer called out to the youth to join in with his zero cost support.

Stalls set up by various organizations, companies and government departments displayed a range of information. Those by government departments, created awareness about existing schemes in various departments such as; Animal Husbandry, Food and Drugs, Fisheries, information and technology.


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Some stalls dispensed information and procedures on securing government aid in starting up businesses and being self-employed like the CM Rojgar Yojana. There was also a Job fair wherein 60 plus companies offered 1000 plus jobs through immediate onsite interviews. Besides this, banking giants such as; SBI, Canara Bank and others created awareness about banking exams, financial schemes, subsidies and other services.

Dr. Pramod Sawant briefed the young minds on the IT start-up policy that provides up to 10 lakhs subsidy. He also elaborated the proposed vision for education in Goa through private Universities that focus on skilling and design. He further disclosed that six colleges in the

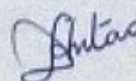
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State will set up coaching centres to train students to answer competitive exams. Further, he went on to create awareness of 122 schemes available on the online portal of the Govt. of Goa and much more.

The event finally came to an end at around 3.30 p.m. Swayampurna Yuva turned out to be an enriching and insightful event facilitating the way to personal and professional development of most individuals. The event interconnected opportunities and the youth at large. Exposure to such an initiative was an amazing experience.

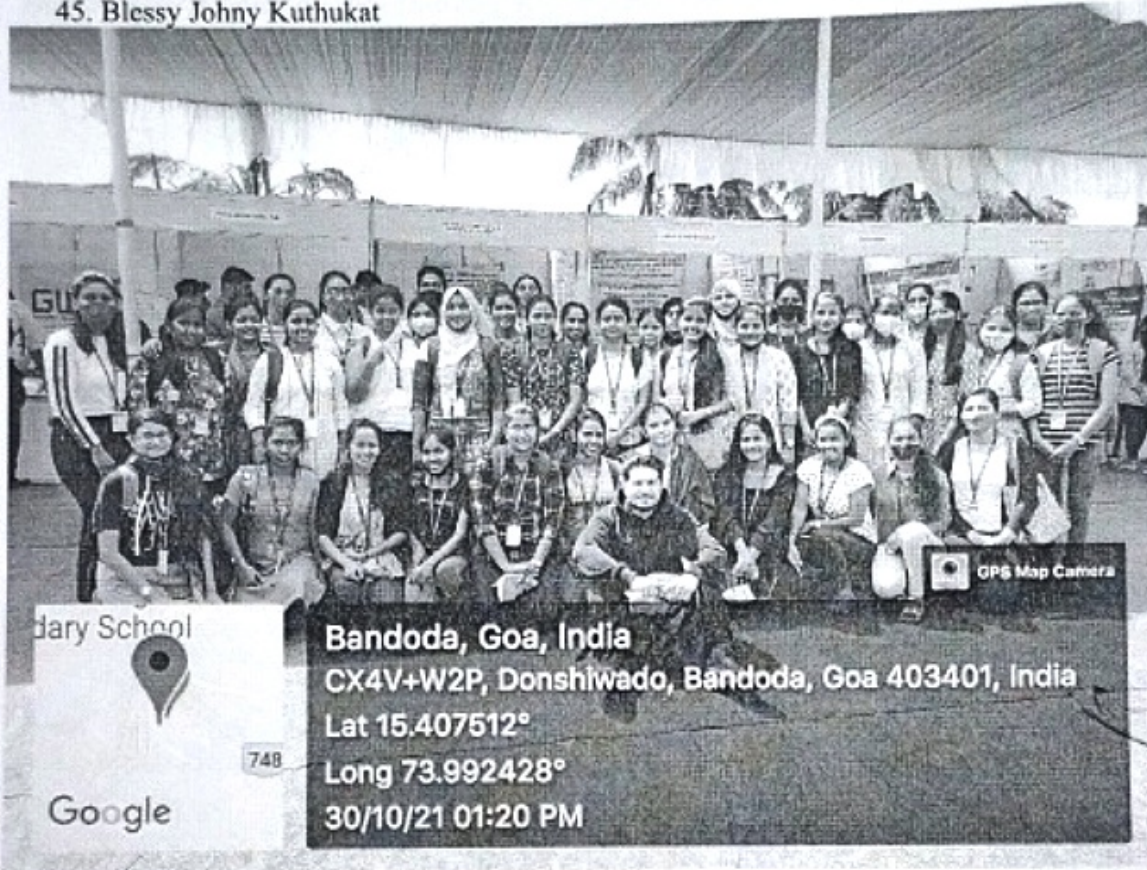
Participants:

1. Pooja Borcar
2. Benaz Bankipur
3. Unnati Savant
4. Heena Taslim
5. Rehanabanu Bankapur
6. Babitha Bahuleyan
7. Venancia Keith D'Souza
8. Diksha Dasa
9. D'costa Melly Enna
10. Namrata Pawar
11. Nefilia D'mello
12. Fernandes Cielda Aucktie
13. Sanjana Gawas
14. Saeesh Korgaonkar
15. Tara Lamani
16. Premlata Medha
17. Sunita Nababpur
18. Naik Mrunali
19. Alvita Noronha
20. Khadija Rahaman
21. Grasha Rane
22. Reeva Pennsy Rodrigues
23. Staffina Cynthia Lilitta Rodrigues
24. Shaikh Tasmiya Bi
25. Shweta Souza
26. Carmen Flavia Vaz
27. Kavita Prakash Velip
28. Sharlet Anisha Antao
29. Shweta Chiquita Colaco
30. Moncita Cyfonsa D'costa
31. Delailah Sophia Dias
32. Limora Nionyka D'Souza
33. Joynus Vaileston Noronha
34. Amogha Kulkarni
35. Sukhada Surendra Naik,
36. Tanaya Prabhu
37. Afreeen Shamsuddin Shaikh
38. Andria Quiency Souza
39. Kalpita Kamlakar Velip



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40. Naik Siddhi Shamba
41. Gayatri Wadkar
42. Hycinth Gomes
43. Gizelle Rodrigues
44. Neha Moriya
45. Blessy Johny Kuthukat



Facilitating Faculty:

Russell D'Souza Ph.D.

Asst. Professor, Nirmala Institute of Education, Altinho, Panaji –Goa
 Doctoral Research Guide in the Faculty of Education, Goa University.

ICT Skills

Epicollect 5

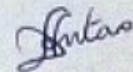
A talk was organized by Mr Anil karmabelkar an Associate Professor from the department of Geology of Government College, Sanquelim who spoke about the Use of Open source Android App “Epicollect 5” who spoke about geotagging various projects that one undertakes and keeping it as a record for the future reference and can be used as open source by anyone who wants to refer

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Mr Anil highlighted the importance of systematic data collection. He also mentioned that back in the days, mapping an exact location or area was a cumbersome task. However due to apps like GPS and Epicollect 5, mapping has become easier, systematic and more accurate. The speaker then introduced the "Epicollect 5" app. The app was initially designed for doctors but owing to its flexibility, it has become an important tool which can be used by people of all the disciplines

In the second half of the session the speaker demonstrated as to how use the "Epicollect 5" app. A project titled 'Flora_NIE' was created by the speaker. This project aimed at collecting data about the rich flora found in the campus of Nirmala Institute of Education. Here a practical demonstration was given by taking the students on campus and geotagging the plant on the campus "Golden showeres or Bhallo" as it is known locally

A memento was presented by Ashel Fernandes and a brief introduction was given by Shweta Colaco and a vote of thanks was delivered by Ninoshka Menezes.



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Documentary Evidence for 2020-2021

Soft – skills

NATIONAL WEBINAR ON GOOGLE APPS FOR SCHOOL EDUCATION

IQAC of Nirmala Institute of Education, Altinho, Panaji-Goa conducted a National Webinar on Google Apps for School Education was conducted using Google Meet platform and YouTube live streaming from 08.09.2020 and 09.09.2020 during 2.30 p.m.- 4.30 p.m. Resource Person for the webinar was Ms. Pratiksha C. Shirodkar, Assistant Professor, Nirmala Institute of Education, Altinho, Panaji-Goa.

Webinar received an overwhelming response from the target audience.

Session began with a magnificent welcome address by the Officiating Principal, Dr. Delia Antao. Welcome address was followed by the introduction of the Resource Person by Mrs. Suvarna Gauns, IQAC Coordinator, Nirmala Institute of Education, Altinho, Panaji-Goa. On Day 1 i.e. 08.09.2020 around 390 participants attended the webinar on YouTube and 170 on Google Meet. Google Classroom application, Google Forms and Google Sites were discussed on both the days, wherein several aspects of the applications were demonstrated. Several queries were asked after the session by the participants after the demonstration, which reassured the active participation by each one of them. At the end of the session, the resource person made an attempt to answer the questions asked by the participants.

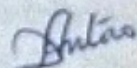
Language and communication

Activities in Communication Skills (2020-2021)

Introduction: The academic year 2020-2021 was marked by both continued adaptations to remote learning. The course was organised for 99 teacher-trainees. It started on 12-09-2020. This report provides a nuanced overview of the diverse range of activities conducted throughout the year, focusing on key areas including pronunciation, situational dialogues, telephoning and emailing skills, oral presentations, debating, listening and reading comprehension, communicative writing, academic writing, report writing, and book reviews.

Oral Skills:

Introduction to the Sounds of English:


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Nirmala Institute of Education
Altinho, Panaji, Goa

In a hybrid learning environment, students engaged in a blend of virtual and in-person sessions to understand the subtleties of English phonetics. Emphasis remained on pronunciation and articulation.

Situational Dialogues / Role Play:

Flexibility was key as students participated in both virtual and face-to-face situational dialogues and role-plays. This mixed approach allowed for a comprehensive experience across various communication contexts.

Telephoning and Emailing Skills:

The institute adapted its curriculum to ensure that students attained proficiency in both virtual and in-person telephonic and email communication.

Oral Presentations:

The hybrid model was effectively employed for both prepared and extempore oral presentations. Students learned to navigate both virtual and physical presentation space.

Writing Skills:

Listening and Reading Comprehension:

The institute leveraged digital resources to enhance students' listening and reading comprehension skills, recognising the value of technology in fostering these skills.

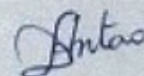
Academic Writing Skills:

Note-taking, summarising, and article writing skills were honed in an environment that valued both digital and traditional academic writing practices.

Book Reviews:

Book review assignments, offered both online and in-person, allowed students to critically evaluate literary works while adapting to varying reading and discussion formats.

Conclusion: The academic year 2020-2021 underscored the institute's adaptability in the face of a changing educational landscape. The nuanced approach taken in combining virtual and in-person learning environments provided students with a well-rounded skill set applicable to a dynamic world.



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Altinho, Panaji, Goa

Life Skills

Yoga

International Day of Yoga - 21st June 2021

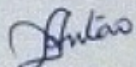
Event In-charge – Mr. Clifton Fernandes (College Director of P.E. & Sports)
7th International Day of Yoga was held at Nirmala Institute of Education on 21st June 2021. Due to Prevailing pandemic situation the Yoga from home was organized for the students. The students had to perform Yoga Asanas at home following common Yoga protocol issued by Ministry of Ayush and send Videos and Pictures of the same. A total of 10 students participated in the event. The staff of Institute participated and performed yoga at the college hall performing yoga following the common Yoga protocol. Event in charge Mr. Clifton Fernandes College Director Physical education and Sports Gave a brief introduction to IDY 2021 and also introduced the theme for the year 'Yoga for Wellness' followed by Yoga asanas. At the end of the program off. Principal Dr. Delia Antao highlighted the importance of Yoga for healthy living and encouraged the staff to practice Yoga daily. The principal proposed to setup a Yoga Club at the institute. E-certificates were issued to all the participants.

***Physical Health**

Yoga

International Day of Yoga - 21st June 2021

Event In-charge – Mr. Clifton Fernandes (College Director of P.E. & Sports)
7th International Day of Yoga was held at Nirmala Institute of Education on 21st June 2021. Due to Prevailing pandemic situation the Yoga from home was organized for the students. The students had to perform Yoga Asanas at home following common Yoga protocol issued by Ministry of Ayush and send Videos and Pictures of the same. A total of 10 students participated in the event. The staff of Institute participated and performed yoga at the college hall performing yoga following the common Yoga protocol. Event in charge Mr. Clifton Fernandes College Director Physical education and Sports Gave a brief introduction to IDY 2021 and also introduced the theme for the year 'Yoga for Wellness' followed by Yoga asanas. At the end of the program off. Principal Dr. Delia Antao highlighted the importance of


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Yoga for healthy living and encouraged the staff to practice Yoga daily. The principal proposed to setup a Yoga Club at the institute. E-certificates were issued to all the participants.

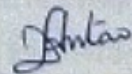
Health and Hygiene

- ONLINE WORKSHOP FOR STUDENTS ON "SWACHHATA ACTION PLAN"

Date: 23rd March 2021 Resource person: Ms. Tuti Sandhya -MGNCRE
Nirmala Institute of Education, collaborated with MGNCRE for a Institution Level workshop for Students on Swachhata Action Plan, on the 23rd of March 2021 from 3 p.m.- 4 p.m. The session was conducted by Ms. Tuti Sandhya (resource person from MGNCRE). She briefed the students on the importance of the campaign action plan, and highlighted some case studies on Social Entrepreneurship which were very unique, relevant, informative and enriching to the participants.

The session also comprised of a competition wherein the students were requested to come up with implementable ideas and solution to daily social problems which would be then competed with various other colleges.

On 16th March 2021, Orientation was given to all the students of S.Y. B. Ed. by Asst. Prof. of Performing Arts, Ms Anagha Deshpande on "Utilisation and Components of Street Plays". On the very same day Eight Groups were made as per the Roll numbers of the students. The Group members had a discussion and everyone was instructed to get ideas for the Topic allotted as per the components of MGNCRE. The topics were 1) Single use Plastic 2) Save Water 3) Waste Management 4) Sanitation and Hygiene 5) Energy Management 5)Go Green 7) Post Covid Sanitization 8) Save water; Every drop counts. Once the structure was finalised, all the groups started practicing. Last two practices were observed in P.A. class and the final performances were recorded on 24th and 25th March 2021. The recordings were shared on NIE website via You Tube. It was attended by 99 teacher- trainees.



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Self – Employment

Theatre In Education

K. J. Somaiya college of Arts and Commerce – Performing Arts department in association with Somaiya Trust, Mumbai had organised a National talk series on Theatre on 31st March and 1st April 2021. Anagha Deshpande , Asst. Professor Performing Arts, NIE- Goa, had conducted a session on 31st March titled as 'Theatre In Education:- Where Theatre can be used as a Tool in Teaching Methodology'. 99 teacher –trainees benefitted by the workshop.

Entrepreneurial skills

Workshop on 3-D painting

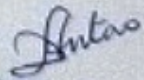
A workshop on introduction to 3D PRINTING and its implications in the STEAM EDUCATION approach in schools was held for the 99 S.Y B.Ed students on the 18th / 19th March 2021.

The resource person Mr.Ryan Vaz, founder of Infynyt 3D-Verna,Goa is a pioneer in the field. They have helped set up Tinkering Labs in various schools around Goa, and are catering to the various industry needs in design and prototyping. Mr.Vaz, briefly introduced to the students the concepts and a brief history of 3D printing and its use. The current trends and development were also discussed. He also pointed out the future growth in careers in the field.

As a teacher trainee, he infused in the students to be future ready as 3D printing is extensively used in education, wherein the tinkering labs or maker-space are being setup in every school and the need to know for the teacher to guide and facilitate the young student innovators in attaining the desired goals.

The resource person with his team gave in demonstrations on how a 3D printer works, with a live printing session, also on display were the different products and innovations carried out by them.

The session was very informative and enriching for the students. The session was part of the Visual Arts class, wherein the students were introduced to the STEAM education approach.


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ICT Skills

- **Workshop on Tools within ZOOM to Facilitate collaborative learning**

A Workshop was conducted spread over three days in the months of June-July 2020. The faculty of Damodar College were exposed to various tools within ZOOM that facilitate collaborative learning. It was a hands-on experience for the faculty. A 10 hour workshop serviced under an MOU signed by Nirmala Institute of Education and Shree Damodar College of Commerce and Economics, Comba, Margao, was conducted by Dr. Russell De Souza of Nirmala Institute of Education.

- **A national webinar on “Effective Use of Google App”**

A National Webinar entitled ‘Effective Use of Google Apps’ to enhance the teaching learning process was held on 07th - 9th July 2020, in which about 250 teachers from various schools/higher secondaries participated.

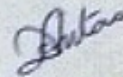
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- **Webinar on Cyber Crimes**

In view of the various cyber crimes that affect young people continually a Webinar on Cyber Security was conducted on 27th & 28th July 2020 by Mr. Jayesh Kumar.

- **ENRICHMENT SERIES LECTURE ON DIGITAL ETIQUETTES**

As an Initiative of IQAC of Nirmala Institute of Education , Altinho, Panaji-Goa , Enrichment series lecture 1 was conducted on 25-09-2020 using Google Meet platform Resource Person for the lecture was Ms. Pratiksha C. Shirodkar, Assistant Professor, Nirmala Institute of Education, Altinho, Panaji-Goa. Lecture received an overwhelming response and around 90 students attended the lecture.



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Documentary Evidence for 2019-20

SOFT SKILLS

PUBLIC SPEAKING

Ms. Clarinda Dias, Assistant Professor of English at Dempe College of Commerce and Arts, conducted a session on Public Speaking, "Getting Started" for the 95 F. Y. B.Ed. teacher trainees on 18th June 2019. She commenced the session by distinguishing public speaking from other forms of communication that involve one speaker and multiple receivers. Ms. Dias informed that public speaking does not just involve being a good speaker but also a good listener. One should be a good communicator in order to be an effective teacher. Ms. Dias explained the communication cycle to the audience and emphasized on the feedback phase of the cycle as an important aspect as it determines how well the receiver has understood the message. The teacher trainees were also introduced to some key elements in the communication process, such as, thinking, listening, speaking and non-verbal communication. The audience was asked to pay attention to their pronunciation and enunciation of words in order to be better speakers. To improve in these areas Ms. Dias recommended exposing oneself to books and audio-visual media, like movies, where by one may learn new vocabulary and improve one's hold over the English language. In order to form a good impression, one should keep certain points in mind: (1) Use of formal name; (2) Firm handshake; (3) Pleasant expression; (4) Do not be over-familiar and; (5) Introduce yourself well. A public speaker should keep in mind the cultural background of his/her audience and deliver the intended message accordingly. He/she should be sensitive to the terms he/she uses as they might be trigger words to the audience.

Antao

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Language and communication

Activities in Communication Skills (2019-2020)

Introduction: The academic year 2019-2020 continued the journey of enhancing students' communication skills through a diverse array of activities, encompassing both oral and writing skills. The course was conducted for 100 students. This report provides an overview of the comprehensive curriculum that addressed various facets of effective communication.

Oral Skills:

Introduction to the Sounds of English: Students continued their exploration of English phonetics, delving into vowels, diphthongs, and consonants. Pronunciation, articulation, intonation, diction, and stress were refined further.

Situational Dialogues / Role Play: To further hone their oral skills in practical scenarios, students actively engaged in situational dialogues and role-plays.

Telephoning and Emailing Skills: The art of professional telephonic and email communication was further developed, emphasising clarity and professionalism in written and verbal messages.

Oral Presentations: Prepared and extempore oral presentations remained integral to the curriculum, allowing students to continue improving their ability to structure ideas, manage stress, and engage their audience effectively.

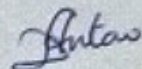
Debating: Debating sessions were conducted to encourage critical thinking and persuasive expression, enabling students to refine their public speaking abilities.

Writing Skills:

Listening and Reading Comprehension: Students deepened their listening and reading comprehension skills by working with a variety of unseen texts, enabling them to extract information effectively.

Communicative Writing Skills: The practice of writing informal and formal letters, crafting CVs, and creating resumes were used to prepare students for personal and professional communication.

Academic Writing Skills: The curriculum progressed to more advanced note-taking, summarising, and article writing exercises.



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Report Writing and APA Style References: Students further developed their ability to write comprehensive reports and adhere to APA style referencing guidelines.

Book Reviews: Book review were conducted to stimulate students' critical analysis of literary works, further enhancing their analytical and writing competencies.

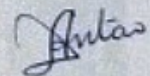
Conclusion: The academic year 2019-2020, the curriculum continued to cover essential topics such as pronunciation, situational dialogues, telephoning, email etiquette, oral presentations, debating, listening, reading comprehension, communicative and academic writing, report writing, and book reviews. These vital skills are needed for effective communication in both academic and professional settings.

Life Skills

*Yoga

YOGA DAY CELEBRATION

International Yoga day was celebrated on 21st June, 2019. The Ministry of "AYUSH" declared the theme of this year as "Yoga for Heart". The yoga exercises were conducted by the S. Y. B. Ed. teacher trainees. The importance of these exercises was explained. There were two sessions conducted of 45 minutes each. The faculty also participated in the session. They were ably conducted under the guidance of the director of Physical Education, Mr. Clifton Fernandes. 192 teacher trainees attended the session.



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*Physical health

Yoga day celebration

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Health & Hygiene

Session on Nutrition

A balanced diet is the key to a healthy lifestyle. With an aim to impart a deeper knowledge in this regard, a talk was organized on Food and Nutrition on June 13, 2019 for the students of 100 F Y B. Ed. It was given by Mrs. Rohini Diniz, who is a nutritionist by profession. A simple change in our modern habits, and looking back into the older habits of food, can help in maintaining a healthy diet. She emphasized that ignorance to certain dietary requirements can lead to serious health concerns, like diabetes, hypertension, and even cancer. With changing times, the food, though easily available and accessible, does not provide any kind of benefit. Switching to home cooked food, regular intake of fruits, vegetables, proteins, such as cereals and grains along with an adequate amount of water, enables one, not only to reduce major health issues but also to enjoy a healthy lifestyle.



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Self- Employment

SESSION BY US CONSULTATE

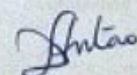
A talk by Ms. Simran Nagra (from the U.S. Consulate, Mumbai) was held on 8th August 2019. The resource person enlightened the B.Ed. teacher trainees with a list of activities and services provided by the Dosti House (former American Library). The teacher trainees were also informed about the teachers' programs and the Education USA programs available to the students who wish to go to U.S. for further studies. A movie entitled 'Plastic Oceans' was shown, which focused on how the oceans have been polluted with plastic and how the marine life and the birds are being affected by it. It was attended by 95 teacher trainees.



Entrepreneurial skills

- LEGAL METEROLOGY

Legal metrology is the application of legal requirements to measurements and measuring instruments. Measurements are so much a part of our daily lives that we often take them for granted and possibly don't even notice them. A session was delivered by Mr Nitin Purushan on 23 -10-2019, the Inspector from Legal metrology, Bicholim, Goa. He gave a very informative session. The entire



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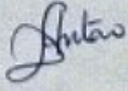
informative talk was about the goods people buy from markets. Their motto is "no less no more ". The trainees were shown many videos where people were cheated. After attending this session, the trainees came to know how they get cheated and how they neglect things because they are in a hurry. From this session the trainees got to know that rules are violated. The MRP is hidden by pasting illegal MRP tag and that people are indulging in crime by buying those things. It was attended by 100 teacher trainees.



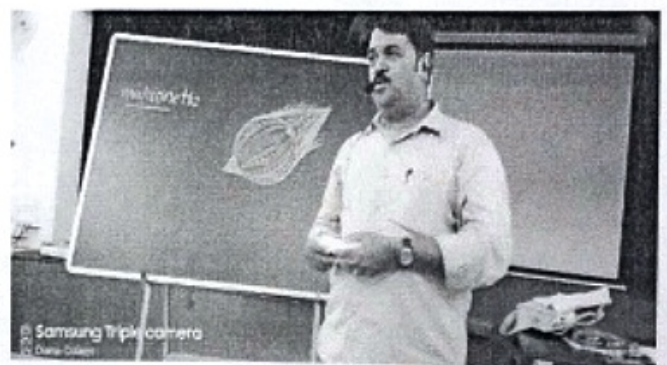
- WORKSHOP ON CTET

A CTET Workshop for S.Y. B.Ed. trainees was held on 24th October 2019. The resource person for the workshop was Ms. Pratiksha C. Shirodkar. Hundred trainees participated in the workshop. The workshop focused on informing students about the TET exam, discussion on the content of the exam and how the students should prepare themselves well to answer such exams. After the workshop, the trainees had a fairly good idea of how to approach competitive exams in general and CTET in particular. Overall, it was a fruitful workshop. It was conducted for 100 teacher –trainees.

- Puppetry Session


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Mr Deepak Gaad, a Visual Art Faculty at DIET, Porvorim gave a very interesting session on 28 June, 2019 and showed the importance of puppetry and how it could be used for teaching. He started the session with simple mathematical lines and curves. Thereafter, he gave a brief explanation of different types of puppetry such as finger puppet, paper puppet, mask puppet, string puppet, rod puppet and shadow puppet caricatures. The speaker kept the students engrossed with his skilful artwork. He advised the trainees to use the right combination of colours to create an impact on the minds of the children and also to use flash cards in their teaching. A short three minutes film on puppetry was shown to create social awareness on AIDS. This session was organized for 100 F. Y. B.Ed. trainees.



ICT Skills

1. Reference Management Tools

As the curtains come down on yet another day, I'm sure you will agree it was not just another day. Truly a day in which we were taken to another realm-making learning and researching a very rewarding experience. it was organized on 18th September 2019.

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A warm welcome was extended by the officiating principal Dr.Delia Antao and the Director Dr.Rita Paes for the seminar on a very pertinent topic 'Reference Management tools and Academic Integrity'

The morning session was taken by Dr.Shamprasad M Pujar, a resource person par excellence who enlightened the participants on how to guide self and the students on academic research. Using academic search engines-to help filter academic information. He introduced the participants to various tools and apps which would guide and help, writing research articles professionally & publishing respective articles in well-known journals and collaborating with authors of similar interest and research work around the world. Thus helping in a very healthy sharing and academic growth.

Dr.Shamprasad Pujar's session was an in-depth and well planned sharing on Reference Management. Truly taking academics to a very new level, encouraging participants to take home the new driven method for enriching academics by implementing the curious mind for research and the quest for knowledge rather than be mere students. This session on Zotero came a s very practical tool, especially for researchers. What was remarkable about this sharing was that it was done through self-study over the years. He, himself researched and took his career of chief librarian to a magnanimous level, reaching out as motivator and guide to various students at the Post graduate level.

The afternoon session, Building Research Competence came alive by the very experienced resource person Dr Manasavi M Kamat

She systematically unfolded the concept of research, the necessity of methodology and design and highlighted the steps of thoroughly planned research. So building research competence gave all the participants the urge to go in for research but very especially to those participants in their journey of research work towards a Ph.D. All of this coming from an experienced researcher was well worth it.It was attended by 98 teacher trainees and faculty members .



Antao

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S-1-2

Documentary Evidences for 2018-19

Soft Skill

MOCK FIRE DRILL

A Mock Fire Drill was held at Nirmala Institute of Education on the 16th of October, 2018 from 10:00am to 12:00pm. The speaker Mr. Amey Kenkre, Sub Officer, Goa State Fire Force Training Centre was introduced by Mr. Clifton Fernandes, College Director of Physical Education and Sports. Mr. Kenkre was accompanied by the members of the Goa State Fire Force Team. The talk was attended by 99 First Year B. Ed. teacher trainees and a few faculty members. Mr. Kenkre defined the classification of fires into Class A, B, C and D based on the volatile material with emphasis on the special equipment used to extinguish each type of fire. The PASS technique of using a fire extinguisher (Pull the pin, Aim at the base of the fire, Squeeze to release the contents and Sweep the length of the fire) was explained, along with the exception (Foam based extinguisher). The hazards of LPG ignited fires and short circuit based fires were emphasised along with practical instructions for dousing such fires.

The highlight of the drill was the hands-on session conducted by Officer Dylan Rodrigues, where the teacher trainees learnt how to operate fire extinguishers and put out a controlled fire. The teacher trainees also explored the Fire Service Educational Van. It was indeed a great learning experience.



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Language and communication

Activities in Communication Skills (2018-2019)

Introduction: The academic year 2018-2019 was dedicated to enhancing students' communication skills through a wide range of activities, encompassing both oral and writing skills. 100 students were enrolled for the course. This report provides an overview of the comprehensive curriculum that addressed various aspects of effective communication.

Oral Skills:

Introduction to the Sounds of English:

Students were introduced to the intricacies of English sounds, including vowels, diphthongs, and consonants. The focus was on improving pronunciation, articulation, intonation, diction, and stress.

Situational Dialogues / Role Play:

To apply their oral skills in practical contexts, students engaged in situational dialogues and role-plays. These activities enhanced their ability to communicate effectively in real-life scenarios.

Telephoning and Emailing Skills:

Students learned the art of professional telephonic and email communication, ensuring clarity and professionalism in their messages.

Oral Presentations:

Both prepared and extempore oral presentations were integral to the curriculum. Students developed skills in structuring their ideas, managing stress, and engaging their audience effectively.

Debating:

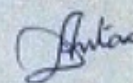
Debating sessions encouraged critical thinking and persuasive expression, refining students' public speaking abilities.

Writing Skills:

Listening and Reading Comprehension:

Listening and reading comprehension skills were developed through exercises involving unseen texts.

Communicative Writing Skills:



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Students practiced writing informal and formal letters, as well as crafting CVs and resumes. These skills prepared them for personal and professional communication.

Academic Writing Skills:

The curriculum included note-taking, summarising, and article writing exercises.

Report Writing and APA Style References:

Students learned to write comprehensive reports and adhere to APA style referencing guidelines.

Book Reviews:

Book review assignments encouraged students to critically analyse literary works.

Conclusion: The academic year 2018-2019 provided a well-rounded approach to communication skills development. The curriculum covered topics such as pronunciation, situational dialogues, telephoning, email etiquette, oral presentations, debating, listening, reading comprehension, communicative and academic writing, report writing, and book reviews. These activities equipped students with the essential skills needed for effective communication in both academic and professional settings.

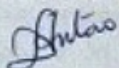
Life Skill

***Yoga**

International Yoga day

The International Day of Yoga was celebrated by the Nirmala Institute of Education on 21st June at 9:00 a.m. A group of twelve S.Y.B.Ed teacher trainees under the guidance of the Sports and Physical Education Director, Mr. Clifton Fernandes demonstrated 12 'yoga asanas' to the F.Y. B. Ed teacher trainees from 9:00 am - 9:45 am and conducted a second session for the S.Y. Ed teacher trainees from 9:45 am to 10:30 am. All together 195 teacher trainees attended the session. Both the sessions began with an introduction given by Ms Tanya D' Costa and the 'asanas' led by Fr. Elvin Cardoso.

***Physical Health**


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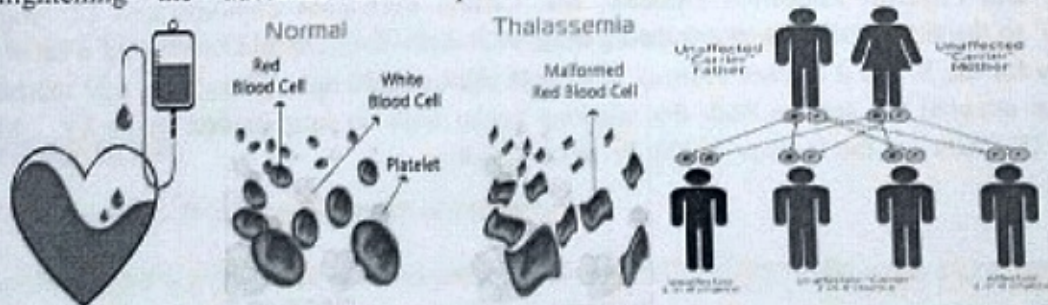
-Vlastos 2018 an intercollegiate Futsal tournament for Men & Women was organised by Institute on 12th & 13th October 2018 a total of 23 college teams Participated in the event. The event was held at Play futsal turf at caculo mall Panaji. PCCE engeneering College Verna the winners in the Men's section Mes College Zuarinagar were Winners in the women's section. SS Dempo College Cujira & Nirmala Institute of Education were runners-up In Men & Women Section Respectively. The event was supported by Regos Food products Goa. And lots of other sponsors.160 teacher –trainees of the institution took part in the event.

- **Leadership Camp** – a 3 day residential camp was organised for second year students at Nirmal Nature Campsite Quepem on 21 -02-2019 to 23-02-2019 with the objective inculcating leadership and team spirit qualities in students. In house as well as resources persons from various fields were invited to conduct various sessions for students. 76 teacher –trainees participated in the event.

Health and Hygiene

Session on Thalassemia

A talk titled 'Thalassemia: Awareness is the Key' was conducted in Nirmala Institute of Education on 2nd August, 2018. 95 teacher- trainees attended the session. The guest speaker, Mr. A.K. Shrivastavagave a brief introduction about the risks and dangers involved with the disorder of Thalassemia..He explained in detail what the disorder was about and how it can affectnew born babies. Dr. L'orrained'Sa, Lecturer in the Pediatric Department of GMC further emphasised that every youngster must get themselves tested for Thalassemia by doing a blood test named Hemoglobin Electrophoresis at any hospital or laboratory before choosing a life partner to ensure a healthy future forevery child. She concluded the session by enlightening the audience about preventive measures to combat this disorder.



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*SELF –EMPOLYMENT

No Mo ZO 2.0

- **NO MO ZO 2.0:** The second edition was held at Porvorim on 13th January 2019. The event was organised by Porvorim Rising and Mr. Rohan Khaunte, the MLA of Porvorim. The event witnessed the presence of famous cricketers S. Sreesanth, Yuvraj Singh and attracted thousands of people across State. Our 99 teacher trainees along with some members of the faculty volunteered wholeheartedly in conducting a variety of hands-on activities for children, thereby adding colour to the day and making it a grand success.



Entrepreneurial Skills

- Workshop on 'Copyrights and Trademarks'

A workshop on 'Copyrights and Trademarks as Intellectual Property Rights' was organised for the College Faculty and the B.Ed. teacher trainees of the F.Y.B.Ed. by Dr. Saba V. M. Da

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Tirunelveli, Tamil Nadu

Silva, Principal of G. R. Kare College of Law, Margao – Goa on 27th August, 2018. It was attended by 99 teacher –trinees.

Focus of the session for the Faculty was on understanding the:

- Rationale behind IPRs and their protection.
- Different Intellectual Property Rights (IPRs) and their relevance.
- Different types of IPR's, their characteristics and types.

Focus of the session for the F.Y.B.Ed teacher trainees was on understanding the:

- Rationale behind IPRs and their protection
- Different Intellectual Property Rights (IPRs) and their relevance
- Place of Copyrights and Trademarks as IPRs with reference to legislation

- session on plants

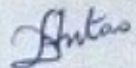
Session on Plants: On the 27th of September, 2018 a session on plants was conducted by Mr. Miguel Braganza, Secretary of the Botanical Society of Goa and a prominent public figure always striving to save the green cover of Goa. He conducted a hands-on session for the F.Y. B.Ed teacher trainees on various methods of gardening. 100 teacher- trainees attended the session.

He shared some practical tips on enriching the soil and cultivating a blooming garden. The session was followed by the teacher trainees planting different types of plants (medicinal, fruits, vegetables and ornamental) in the garden of the Institute.



- Prakriti Suraksha

Prakriti-Suraksha (Nature Protection and Social Health): A talk on Nature Protection and Social Health by a team from Prakriti-Suraksha was held on the 30th of August, 2018 from 11.30 to 1.30 pm. at Nirmala Institute of Education, Altinho, Panaji. It was attended by 99 teacher – trainees. The session was conducted by Mr. Jeyaram, the secretary of Prakriti Suraksha Organisation. Speaking about Prakriti-Suraksha, he said it was established 30 years


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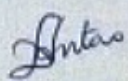
ago in a small village in Kanyakumari district. This organisation deals with natural farming, natural food and natural medicines. These jobs are taken care of by the widows and the differently abled persons according on their capabilities, thus making them independent. A video was shown highlighting nature awareness and the need to protect the environment. It also focused on the importance of switching over Ayurvedic medicines, of avoiding the use of plastic, of avoiding cutting trees and encouraging the use of biodegradable materials. The main aim of Prakriti Suraksha Organisation is to safeguard nature and promote human life and wellbeing.



ICT Skill

Content Development Initiative (a step towards SWAYAM and NROER the Online NCERT OER Portal)

Altogether 16 video materials were created by 32 teacher trainees of the F.Y.B.Ed in subjects namely; Science, History, Geography and English under the expertise of Dr. Russell D' Souza, Assistant Professor, Nirmala Institute of Education from 6th to 8th March, 2019. This exposure intended to familiarise and develop in students the ability to diverge from traditional teaching to digital teaching which embeds elements of self-directed learning, to chunk content, arrange content following instructional design procedures, develop the learning material/module, plan execution and present it in a highly sophisticated recording studio


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