



ST. XAVIER'S COLLEGE OF EDUCATION (AUTONOMOUS)

[Re-accredited (3rd Cycle) at 'A' Grade by NAAC with CGPA: 3.67]

PALAYAMKOTTAI – 627 002, TAMIL NADU

LINKAGES FOR FACULTY AND STUDENTS EXCHANGE

The following evidences depict how many staff and students of the collaborative institutions mutually benefitted from the program on Video Conferencing Stress Management organized on 14th February 2020

MEMORANDUM OF UNDERSTANDING BETWEEN

St. Xavier's College of Education (Autonomous)

Palayamkottai – 627 002, Tirunelveli, Tamil Nadu, India

and

St. Aloysius Institute of Education

Hampankatta, Mangaluru, Karnataka - 575003, India

St. Xavier's College of Education (Autonomous), Palayamkottai hereinafter is referred to as "SXCE" and, hereinafter St. Aloysius Institute of Education is referred to as "SAIE". Further individually, it is referred to as "the Party" and jointly referred to as "The Parties".

The parties have entered into this MoU because they:

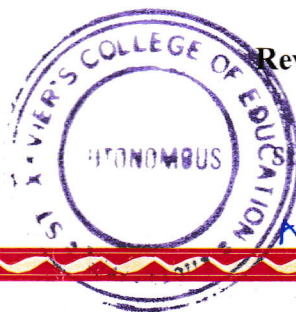
- RECOGNIZE the mutual interest in the fields of Education, research, leadership training and development and dissemination of knowledge.
- RECOGNIZE the importance of role of SXCE & SAIE in rendering service to the society through producing effective citizens.


This MoU will enable the parties to:

- Conduct Faculty exchange programmes in Curricular Transaction.
- Avail Consultancy Programme extended by our faculty regarding Innovations in Curricular Programmes, Research orientation, UGC and NCTE norms and regulations.
- Hold membership in the Curriculum Development Cell and rendering suggestions and recommendations for revision of existing syllabi and proposal of new syllabi for future.
- Utilize the library and laboratory resources for research purpose and project undertaking (by faculty and scholars).
- Render service as resource person for Research Colloquium for research scholars.
- Exchange views regarding examination reforms to be implemented, and revision of credit-based grade system.
- Extend suggestions through IQAC cell.
- Extend service as resource persons for subject club meetings and seminars.
- Develop research among Faculty through joint venture in projects.
- The overall memorandum does not entail any obligation for the two parties for any payment towards the list of Programmes certified.

This MOU shall remain in force for a period of eight (5) years 19th June 2019 and may be extended for another period of five (5) years by mutual written consent of the Parties.


Dr. Farita Viegas
Principal, SAIE




Rev. Dr. D. Thomas Alexander, SJ
Principal, SXCE

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VIDEO CONFERENCING ON STRESS MANAGEMENT

14th February 2020

The third video conferencing for the academic year 2019 – 2020 was held on 14th February 2020 in the Mother Theresa Hall at 11.30 am. Dr. S. Sherlin, the programme coordinator introduced the resource person Dr. Farita Viegas, Principal, St Aloysius Institute of Education, Mangalore – 575 003 and welcomed her. The topic of this video conference was 'Stress Management'. She began with what is stress, its types, how to understand stress and its causes. Quoting Dr. Richard Lazarus from the book 'Transactional Model of Stress', she explained three components of stress such as the situation and demands, our subjective appraisal of the situation and our perceived resources for meeting the demands. Then she explained the Physical signs of stress, Cognitive signs of stress and Emotional signs of stress. She concluded with the strategies to overcome the stress like Cognitive Strategies and Behavioural strategies. It was really an eye opener for our students as it was fully loaded with precious information. At the end of her presentation, there was an interaction session through which our students clarified their doubts. The vote of thanks was given by Mrs. M. Fathimuthu Sahira, second year B. Ed. student from the department of English. The whole programme and arrangements were done by Dr. S. Sherlin, the coordinator with the help of Mr. Nicolas Jagan our computer instructor.

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VIDEO CONFERENCING ON STRESS MANAGEMENT

14th February 2020



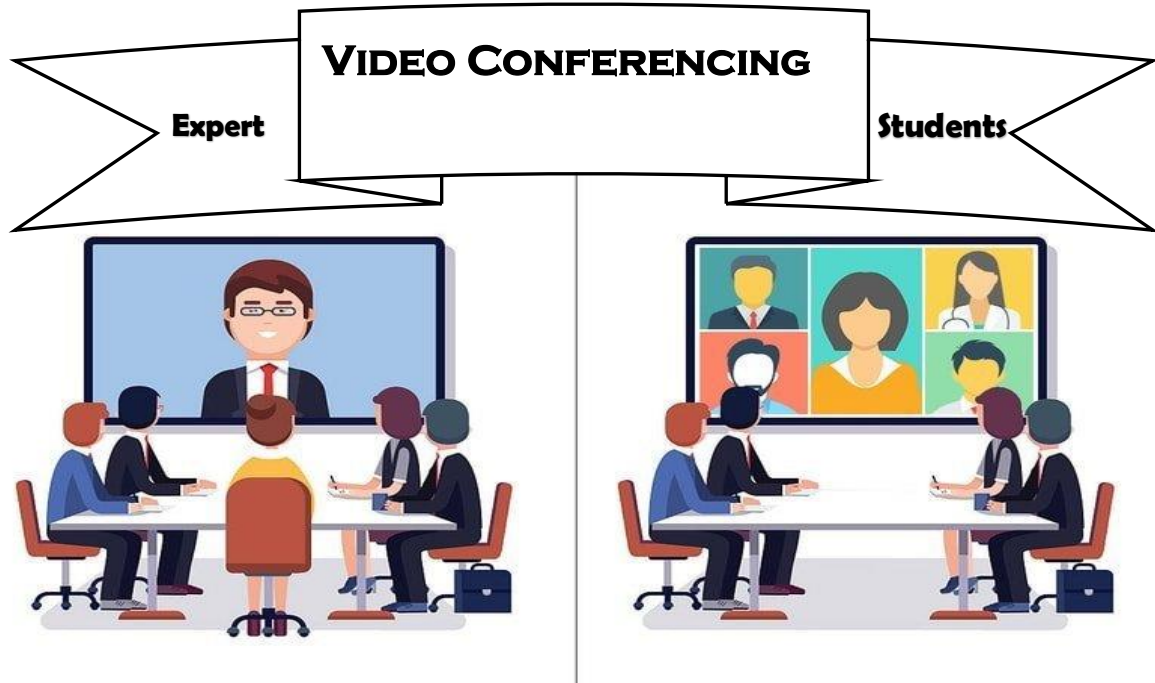
Thomas

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Date : 14-02-2020 Time: 11.30 am

Venue: Mother Theresa Hall

Resource

Dr. Farita Viegas

**Principal,
St Aloysius Institute of Education,
Mangalore - 575003.**



Topic

Academic Stress Managemnt

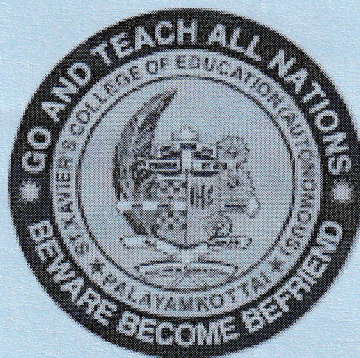
**Coordinator
Dr. S. Sherlin**

**Principal
Rev. Dr. D. Thomas Alexander, SJ.**

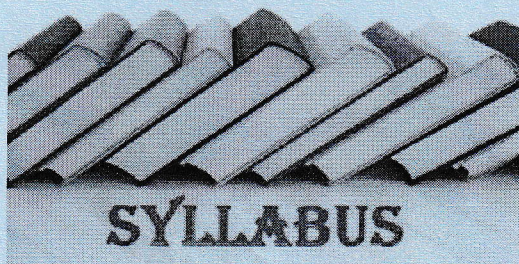
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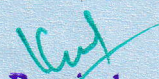
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B.ED.



2019 - 2021


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Semester IV

Core Courses

35.	Course XVII	:	Curriculum and School	73
36.	Course XVIII	:	Vision of Education in India	75
37.	Course XIX	:	Soft Skills Development	77

Pedagogy Courses

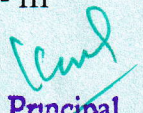
38.	Course XX	:	Special English Education - IV	79
39.	Course XX	:	சிறப்புத் தமிழ் - IV	82
40.	Course XX	:	Computer Science Education - IV	84
41.	Course XX	:	Mathematics Education - IV	86
42.	Course XX	:	Physical Science Education - IV	88
43.	Course XX	:	Biological Science Education - IV	90
44.	Course XX	:	History Education - IV	92
45.	Course XXI	:	General English Education - IV	94
46.	Course XXI	:	பொதுத் தமிழ் - IV	96

Experience for Social and Environmental Sensitivity

47.	Course XXII	:	Education of Exceptional Children	98
48.	Course XXII	:	Gender Issues in Education	102
49.	Course XXIII	:	School Management	103
50.	Course XXIII	:	Peace Education	106

Experience for Teacher Enrichment

51.	Course XXIV	:	Strengthening English Language Proficiency - III	108
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Course XIX: Soft Skills Development

B.Ed. : Sem. IV

Sub. Code : BCSD

Objectives:

The prospective teacher

1. understands soft skills and hard skills.
2. develops an understanding of effective communication skills.
3. familiarizes effective presentation skills.
4. becomes aware of self.
5. experiences the skills needed for teachers.

Unit I: Soft Skills (L.10, T.2, P.3)

Soft skills: Meaning, definition, hard skills vs soft skills, components, importance, need, identifying, training and practising soft skills, soft skills: thinking, coping and social - improving and developing soft skills

Unit II: Intrapersonal Soft Skills (L.12, T.2, P.3)

Self awareness - Joe Harry, SWOT analysis, self-confidence - Self-esteem: Definition, ways of improving, Self talk - Empathy - Attitude: Meaning, features, formation, change, positive attitude, power of attitude, developing positive attitude, obstacles - Values: Meaning, importance, formation, types, personal, cultural and social

Unit III: Interpersonal Soft Skills (L.11, T.2, P.3)

Communication: Definition, features, Sources, process, elements, tools for advanced communication - Team building: Meaning, strategies, advantages - Group dynamics: Meaning, need, benefits - Problem Solving Skills (PSS): definition, meaning, effectiveness, developing PSS and creativity / lateral thinking skills - Decision making skill: Meaning, need, types

Unit IV: CAST Skills (L.9, T.2, P.3)

Conflict management - Assertive skill - Stress management: Meaning, types, sources, managing conflicts - Time Management (TM): Meaning, secrets of TM, steps, overcoming procrastination, negotiations, interview skills

Unit V: Skills for Teachers (L.8, T.2, P.3)

Presentation skills: Meaning, components - listening skills - Employability skills - Perception: Meaning, factors, improving perception - Body language: Meaning, types, observation and improving gesture - Ethics - Etiquette, meaning, benefits - Motivation: Meaning, definition, developing motivation - Emotions - EI, managing emotions - Rational Emotive Behavior Therapy (REBT), Multiple Intelligence

ST. XAVIER'S COLLEGE OF EDUCATION (AUTONOMOUS), PALAYAMKOTTAI

Student's Name List

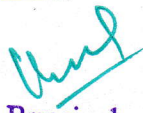
2019-2020

SEMESTER I

Pedagogy Courses

SPECIAL TAMIL EDUCATION I	
Reg.No.	Name
19BDTA02	Shunmugam. S

SPECIAL ENGLISH EDUCATION I	
Reg.no.	Name
19BDEN01	Agnespreetha. A
19BDEN02	Ahalya. J
19BDEN03	Akash. A
19BDEN04	Allan Sharmila. S. V
19BDEN05	Ancy Verginia. A
19BDEN06	Anto. H
19BDEN07	Antony Asvika Vinosy. S
19BDEN08	Anuchya. T
19BDEN09	Arockia Annes. R
19BDEN10	Augustin. M
19BDEN11	Blessy Jemimah. J
19BDEN12	Catherine Grena Jeya Bavani. P
19BDEN14	Gnanamani. M
19BDEN15	Jeslin. J
19BDEN16	Jingle Golda Evangeline. J
19BDEN17	Lawrence. A
19BDEN18	Lawrence. K
19BDEN19	Linsi. S
19BDEN20	Monisha. R
19BDEN21	Monisha. T
19BDEN22	Nanthini. C
19BDEN23	Nanthini. R
19BDEN24	Nirmala Mary. A
19BDEN25	Pakiyanathan. A
19BDEN26	Prakash Raj. M
19BDEN27	Princy Rishi. A
19BDEN28	Ruthprakash. J
19BDEN29	Sahaya Anitha. I
19BDEN30	Suganya. S


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19BDEN31	Suhima. M.S
19BDEN32	Yagappar. P

MATHEMATICS EDUCATION I	
Reg.no.	Name
19BDMT01	Afsar Thoufeek. K. S
19BDMT02	Amutha. M
19BDMT03	Anjali Mariya. S
19BDMT04	Bagya Soundarya. G
19BDMT05	Catherin. H
19BDMT06	Esakkiammal. P
19BDMT07	Femina. T
19BDMT08	Immaculate Agnes Rajila. A
19BDMT09	Jansi Reshma. M
19BDMT10	Jeya Priya. L
19BDMT11	Jobin Solomon. P
19BDMT12	Kanaga Sundari. T
19BDMT13	Krishnaveni. B
19BDMT14	Mahesh. S
19BDMT15	Mary Priya. X
19BDMT16	Monika. F
19BDMT17	Muthu Selvi. B
19BDMT18	Muthuraj. S
19BDMT19	Presentina. E
19BDMT20	Rajavalli. R
19BDMT21	Sappani Muthu. M
19BDMT22	Selvi. E. C
19BDMT23	Shalin Vincy. W
19BDMT24	Shanthini Mary. M
19BDMT25	Shenbakadevi. S
19BDMT26	Subha Nandhini. S
19BDMT27	Subha. T
19BDMT28	Subramanian. S
19BDMT29	Tony Rajasekaran. A
19BDMT30	Veeralakshmi. G
19BDMT31	Vidhya Deepa. B

PHYSICAL SCIENCE EDUCATION I	
Reg.No.	Name
19BDPS01	Abubacker Siddique. A
19BDPS02	Amulvictoriya. P
19BDPS03	Arockiya Victor. M
19BDPS04	Carolin. S



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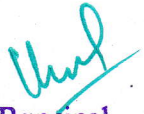
19BDPS05	David Rhenius. D
19BDPS06	Dhanalakshmi. K
19BDPS07	Haji Asan Asrar. V.S
19BDPS08	Infant Vijay. A
19BDPS09	Jasmine. J
19BDPS10	Jenika Merlin. S
19BDPS11	Jenobi. J
19BDPS12	Jincy Priscilla Pouline. D
19BDPS13	Krishnaveni. S
19BDPS14	Mary Sangeetha. X
19BDPS15	Mercy. I
19BDPS16	Mohamed Ajees Akthar. M.H
19BDPS17	Nelsonraj. M
19BDPS18	Rajam Sweetty. J
19BDPS19	Ranjitha. B
19BDPS20	Selvarani. K
19BDPS21	Steffy Selcia. S
19BDPS22	Sudha. K
19BDPS23	Wincy. S

BIO-SCIENCE EDUCATION I	
Reg.No.	Name
19BDBS01	Annai Therasa. S
19BDBS02	Delsiya. A
19BDBS03	Gayathri. G
19BDBS04	Lourdhu Freeda. L
19BDBS05	Manju. M
19BDBS06	Selvamari. T
19BDBS07	Vijaya Meenatchi. M

COMPUTER SCIENCE EDUCATION I	
Reg.No.	Name
19BDCS01	Selina. A
19BDCS02	Thusleema. A

HISTORY EDUCATION I	
Reg.No.	Name
19BDHS01	Jefrin Mahes Nayagam. C
19BDHS02	Ramya. R

GENERAL TAMIL EDUCATION I


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