



*Let Noble Thoughts Flow to Everyone from all Directions*

## **BRAHMANANDA SWAMY SIVAYOGI B.Ed TRAINING COLLEGE**

Affiliated to Calicut University and Recognised by NCTE  
ALATHUR, (P.O.) PALAKKAD Dt. KERALA. PIN - 678 541.  
Phone : (Off) 04922 - 224415 (Adm: Off) 04922 - 222315

Date.....

### **1.2.2 Number of Value-added Course offered during the year**

The following courses are offered by the institution during the year:


- course 1 First Aid and Health education
- course 2 IGL super Presenter Course – Writing and Presenting
- course 3 Cyber safety and Security Education

#### **Course 1**

#### **First Aid and Health Education**

<b>Date &amp; Hours</b>	18-10-2022 to 10-12-2022 35 Hrs
<b>Resource Persons</b>	Santhosh V
<b>Target Audience</b>	Trainees, BSS B. Ed training College, Alathur
<b>Course Learning Objectives</b>	<ul style="list-style-type: none"><li>• To integrate body mind and thoughts</li><li>• To familiarize basic yoga practices</li><li>• To nurture harmonious and lead healthy life</li></ul>
<b>Contents</b>	First Aid- Meaning, Principles of first aid, First aid and emergency care in various situations Health education- Aim and objectives of health, need and importance. Physical activities and exercise. Posture and posture deformity



  
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B. S. S. B.Ed, Training College,  
Alathur (PO), Palakkad-Dt  
Kerala 678 541

Value Added Course on

# First Aid & Health Education


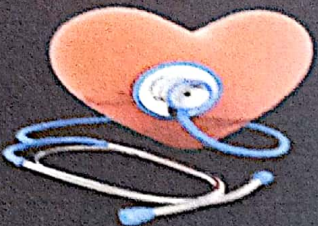
**Objectives**

- To familiarize basic healthy practices in life.
- To create awareness on basic first aid practices.
- To learn basic yoga practices.

**BSS B Ed Training College**

From 18-10-2021

Resource Person: **Santhosh V** (Asst. Prof in Physical Education)




**BSS B Ed TRAINING COLLEGE**  
ALATHUR, PALAKKAD

**CERTIFICATE**  
OF PARTICIPATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

**NIKHILAC**

Register No: BAAUTMS003

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for the active participation in the course **FIRST AID AND HEALTH EDUCATION** held at BSS B Ed Training College, Alathur, Palakkad 678541 from 18-10-2021 to 20-10-2021.




\_\_\_\_\_  
Date



\_\_\_\_\_  
Dr. KS Balambika  
Principal




  
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 B. S. B. Ed. Training College,  
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 Kerala - 678 541.



**Course 2: IGL Super Presenter – Writing and Presenting**


<b>Date &amp; Hours</b>	5 <sup>th</sup> June to, 20 <sup>th</sup> July 30 Hrs
<b>Resource Persons</b>	Mr. Sreekesh Unni, Senior consultant, IGL India Mr. Gokul Kaladharan, Consultant, IGL India
<b>Target audience</b>	Trainees, BSS B. Ed training College, Alathur
<b>Course Learning Objectives</b>	<ul style="list-style-type: none"><li>• To build confidence of presentation</li><li>• To familiarize basic writing and presenting tactics</li><li>• To explore creative talents among student teachers</li></ul>
<b>Contents</b>	Online Learning Management System- Meaning, Uses, Importance, Google class room as LMS-The Basics. Online Assessment Tools- Meaning, importance, Google form , Google Doc . E-Presentation Techniques: Zoom Meet, Google Meet , Mobile Video creation , Video editing, Audio editing .



  
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**BSS B.Ed TRAINING COLLEGE,  
ALATHUR**

**IGL SUPER PRESENTER - WRITING AND PRESENTING**



**Objectives:**

- To build confidence of presentation
- To familiarize basic writing and presenting tactics
- To explore creative talents among student teachers



**24th July 2021  
9am to 4 pm**

**5<sup>TH</sup> JUNE 2021  
TO  
20<sup>TH</sup> JULY 2021**

**RESOURCE PERSONS**  
**MR. SREEKESH UNNI, SENIOR CONSULTANT, IGL**  
**MR. GOKUL KALADHARAN, CONSULTANT, IGL INDIA**

**PROJECT COMPLETION CERTIFICATE**

Presented to

**Alhina.V.Ie**



**IGL Super Presenter Course - Writing & Presenting - July 2021**

- Attended sessions on writing reports and presentations.
- Took Part in sessions on video presentation.
- Actively involved in sessions on effective use of medium for delivery of presentations.

Presented from IGL USA & India Private Ltd  
Group Educational Services

*Krishna Narayanan*  
Dr Krishnakumar Narayanan  
Founder IGL USA

*Sreekesh Unni*  
Mr Sreekesh Unni  
Senior Consultant IGL India

*Gokul Kaladharan*  
Mr Gokul Kaladharan  
Consultant IGL India



*[Signature]*  
**PRINCIPAL,**  
**B. S. S. B.Ed, Training College**  
**Alathur (PO), Palakkad-Dq**  
**Korath - 678 541.**

### Course 3: Cyber Safety and Security Education

<b>Date &amp; Hours</b>	16-08-2021 to 09-10-2021 30 Hrs
<b>Target audience</b>	Trainees, BSS B.Ed training College, Alathur
<b>Course Learning Objectives</b>	<ul style="list-style-type: none"><li>• To provide basic awareness on cyber safety and security.</li><li>• To develop skills and competencies for mitigating cyberspace-related risks.</li><li>• To enhance and strengthen socialization in cyberspace.</li><li>• To practice etiquette in cyberspace</li></ul>
<b>Contents</b>	<ul style="list-style-type: none"><li>• Cyber Safety and Security Education-Meaning – Importance- Topics related to cyber safety and security.</li><li>• Digital Footprint- Meaning-Types of digital footprint- Safety concerns for digital foot print- security tips.</li><li>• Social Networking Safety- Meaning- Types of Social networks- Problems in social networking- Safety concerns in social networking- Security tips.</li><li>• Email Safety- Meaning-major Risks in Email- Safety concerns n email- security tips.</li><li>• Dealing with fake information- Meaning- Types of fake information- Evaluating information online- Safe practices for consuming fake information.</li></ul>



  
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# BSS B.ED TRAINING COLLEGE, ALATHUR



Resource person: Mr. Santhosh T

## Cyber Safety and Security Education

### Objectives

- To provide basic awareness on cyber safety and security.
- To develop skills and competencies for mitigating cyberspace-related risks.
- To enhance and strengthen socialization in cyberspace.
- To practice etiquette in cyberspace

16-08-2021 to 09-10-2021



**BRAHMANANDA SWAMI SIVAYOGI**

B.Ed Training College, Alathur, Palakkad

AFFILIATED TO THE CALICUT UNIVERSITY AND RECOGNISED BY NCTE

### Certificate of Appreciation

*This certificate is proudly presented to*

**RESHMA S**

*of BSS B Ed Training College, Alathur, Palakkad*

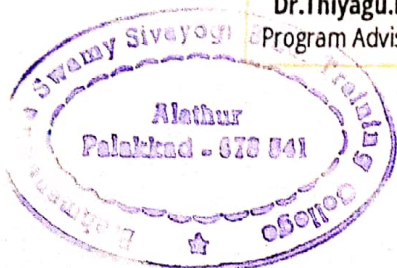
for actively participating in the **Cyber Safety and Security Literacy Program** held in the institution from 16-08-2021 to 09/10/2021. We congratulate her/his effort and enthusiasm in this awareness initiative.


Dr.Thiyagu.K  
Program Advisor

Mr.Santhosh.T  
Tutor of the Program

Mrs.Neema Surendran  
Program Coordinator

Dr. K. S. Balambika  
Principal



  
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B. S. S. B.Ed, Training College  
Alathur (PO), Palakkad-DU  
Kerala - 678 641.

## Number of Value-added Course offered during the year 2020-2021


The following courses are offered by the institution during the year:

- course 1 Familiarising School  
course 2 First aid and Health Education

### Course 1: Familiarising School

<b>Date &amp; Hours</b>	10-01-2021 to 25-02-2021 ( 30hrs) 35 Hrs
<b>Resource Persons</b>	Neema Surendran
<b>Target Audience</b>	Trainees, BSS B. Ed training College, Alathur.
<b>Objective</b>	To create an awareness of various levels of Management in schools To explain the nature and types of leadership in schools and examine the leadership roles of different components for better school management To develop competence to maintain records in school To develop skills in preparing timetable
<b>Contents</b>	<ul style="list-style-type: none"><li>• Meaning, Definition, Importance and scope of school management</li><li>• Leadership at different levels of school hierarchy: Meaning and nature of school leadership -Styles of school leadership: Autocratic leadership, Democratic leadership, Free rein/ Lassiz fair leadership</li><li>• Role of headmaster - Essential qualities of principal/HM - Duties and responsibilities of HM - Role of HM: as a manager, teacher, organizer - problems faced by HM</li><li>• Time-Table: importance, types of time-table, principles of timetable construction,</li><li>• Maintenance of record: meaning, types, how to keep records Admission Register – Attendance Register for Staff &amp; students – Stock Registers – Acquittance Register Management of Library and lab</li></ul>



  
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# BSS B.Ed Training College, Alathur

value added course on

## Familiarising school

Starts On 10-01-2021

### Objectives

- To create an awareness of various levels of Management in schools
- To explain nature and types of leadership in schools and examine the leadership roles of different components for better school management
- To develop competence to maintain records in school
- To develop skills in preparing timetable

Resource person : Neema Sundran



## BSS B Ed Training College Alathur, Palakkad

### CERTIFICATE of Participation

This certificate is presented to

Ikavya. J. G

of BSS B Ed Training College for actively participating in the  
program on **Familiarizing School** held  
from 10-1-2021 to 25-2-2021.



  
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Kerala - 678 54



## Course 2

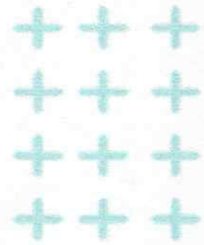
### First Aid and Health Education

<b>Date &amp; Hours</b>	15-01-2021 to 28-02-2021 30 Hrs
<b>Resource Persons</b>	Santhosh V
<b>Target Audience</b>	Trainees, BSS B. Ed training College, Alathur
<b>Course Learning Objectives</b>	<ul style="list-style-type: none"><li>• To integrate body mind and thoughts</li><li>• To familiarize basic yoga practices</li><li>• To nurture harmonious and lead healthy life</li></ul>
<b>Contents</b>	First Aid- Meaning, Principles of first aid, First aid and emergency care in various situations Health education- Aim and objectives of health, need and importance. Physical activities and exercise. Posture and posture deformity



  
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**BSS B Ed Training College  
Alathur**



**COURSE ON FIRST AID AND  
HEALTH EDUCATION**

1. TO INTEGRATE BODY MIND AND THOUGHTS
2. TO FAMILIARIZE BASIC YOGA PRACTICES
3. TO NURTURE HARMONIOUS AND LEAD HEALTHY LIFE



**BSS B Ed TRAINING COLLEGE  
ALATHUR, PALAKKAD**


**CERTIFICATE  
OF PARTICIPATION**

This certificate is proudly awarded to

Sulfikkar Ali S

of BSS B Ed Training College for actively participating  
in the Program on **First Aid and Health Education**  
held from 15.1.2024 to 28.2.2024.



  
Principal



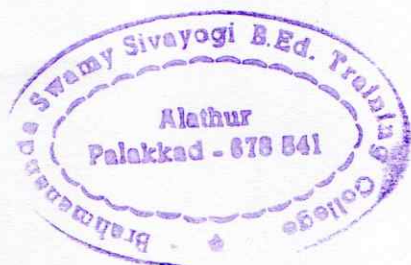
  
PRINCIPAL,  
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The course offered by the institution during the year 2019-20

**Course : Familiarising Schools**

<b>Date &amp; Hours</b>	<b>06-01-2020 to 20-02-2020</b> <b>( 30hrs)</b>
<b>Resource Persons</b>	<b>Neema Surendran</b>
<b>Target Audience</b>	<b>Trainees, BSS B. Ed training College, Alathur</b>
<b>Objective</b>	To create an awareness of various levels of Management in schools To explain nature and types of leadership in schools and examine the leadership roles of different components for better school management To develop competence to maintain records in school To develop skills in preparing timetable
<b>Contents</b>	<ul style="list-style-type: none"><li>• Meaning, Definition, Importance and scope of school management</li><li>• Leadership at different levels of school hierarchy : Meaning and nature of school leadership -Styles of school leadership : Autocratic leadership, Democratic leadership, Free rein/ Lassiz fair leadership</li><li>• Role of headmaster - Essential qualities of principal/HM - Duties and responsibilities of HM - Role of HM : as a manager, teacher, organizer - problems faced by HM</li><li>• Time-Table: importance, types of time-table , principles of time table construction,</li><li>• Maintenance of record: meaning, types, how to keep records Admission Register – Attendance Register for Staff &amp; students – Stock Registers – Acquittance Register Management of Library and lab</li></ul>



  
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**Kerala - 678 541.**

# BSS B.Ed Training College, Alathur

value added course on

## Familiarising school

Starts On 06-01-2020

### Objectives

- To create an awareness of various levels of Management in schools
- To explain nature and types of leadership in schools and examine the leadership roles of different components for better school management
- To develop competence to maintain records in school
- To develop skills in preparing timetable

Resource person : Neema Sundaran



## BSS B Ed Training College

Alathur, Palakkad

### CERTIFICATE

of Participation

This certificate is presented to

Albiza Ramesh

of BSS B Ed Training College for actively participating in the program on **Familiarizing School** held



from 6.1.2020 to 20.2.2020.

  
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Kerala - 678 541



## Course 2

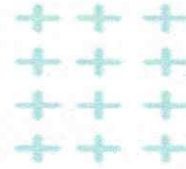
### First Aid and Health Education

<b>Date &amp; Hours</b>	12-1-2020 to 25-02-2020 30 Hrs
<b>Resource Persons</b>	Santhosh V
<b>Target Audience</b>	Trainees, BSS B. Ed training College, Alathur
<b>Course Learning Objectives</b>	<ul style="list-style-type: none"><li>• To integrate body mind and thoughts</li><li>• To familiarize basic yoga practices</li><li>• To nurture harmonious and lead healthy life</li></ul>
<b>Contents</b>	First Aid- Meaning, Principles of first aid, First aid and emergency care in various situations Health education- Aim and objectives of health, need and importance. Physical activities and exercise. Posture and posture deformity



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Alathur**



**COURSE ON FIRST AID AND  
HEALTH EDUCATION**

1. TO INTEGRATE BODY MIND AND THOUGHTS
2. TO FAMILIARIZE BASIC YOGA PRACTICES
3. TO NURTURE HARMONIOUS AND LEAD HEALTHY LIFE



**BSS B Ed TRAINING COLLEGE  
ALATHUR, PALAKKAD**

**CERTIFICATE  
OF PARTICIPATION**

This certificate is proudly awarded to

Harsha Muzali

of BSS B Ed Training College for actively participating  
in the Program on **First Aid and Health Education**  
held from 12.1.2020 to 25.2.2020



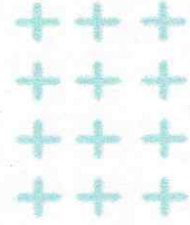
  
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Kerala.



  
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**COURSE ON FIRST AID AND  
HEALTH EDUCATION**

- 1. TO INTEGRATE BODY MIND AND THOUGHTS
- 2. TO FAMILIARIZE BASIC YOGA PRACTICES
- 3. TO NURTURE HARMONIOUS AND LEAD HEALTHY LIFE



**BSS B Ed TRAINING COLLEGE**  
ALATHUR, PALAKKAD

**CERTIFICATE**  
OF PARTICIPATION

This certificate is proudly awarded to

Rekha Nair P.H

of BSS B Ed Training College for actively participating  
in the Program on **First Aid and Health Education**  
held from 10.1.2019 to 20.2.2019



  
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Alathur (PO), Palakkad-Dt,  
Kerala - 678 541

## Course 2

### First aid and health education

<b>Date &amp; Hours</b>	<b>10-1-2018 to 20-02-2018</b> <b>30 Hrs</b>
<b>Resource Persons</b>	<b>Santhosh V</b>
<b>Target Audience</b>	<b>Trainees, BSS B. Ed training College, Alathur</b>
<b>Course Learning Objectives</b>	<ul style="list-style-type: none"><li>• To integrate body mind and thoughts</li><li>• To familiarize basic yoga practices</li><li>• To nurture harmonious and lead healthy life</li></ul>
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A handwritten signature in green ink, appearing to be "S. S. S.", written over the printed name of the principal.

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**BSS B.Ed Training College, Alathur**

value added course on

## **Familiarising school**

**Starts On 08-01-2018**

### **Objectives**

- To create an awareness of various levels of Management in schools.
- To explain nature and types of leadership in schools and examine the leadership roles of different components for better school management.
- To develop competence to maintain records in school.
- To develop skills in preparing timetable.

Resource person : Neema Suresh



## **BSS B Ed Training College Alathur, Palakkad**

### **CERTIFICATE of Participation**

This certificate is presented to

Subhail I

of BSS B Ed Training College for actively participating in the  
program on **Familiarizing School** held  
from 8.1.2018 to 25.2.2018.



*BSP*

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Kerala - 678 541.**



*BSP*

**PRINCIPAL,  
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Alathur (PO), Palakkad-District  
Kerala - 678 541.**

The course offered by the institution during the year 2017-18

**Course 1 : Familiarising Schools**

<b>Date &amp; Hours</b>	<b>08-01-2018 to 25-02-2018 ( 30hrs)</b>
<b>Resource Persons</b>	<b>Neema Surendran</b>
<b>Target Audience</b>	<b>Trainees, BSS B. Ed training College, Alathur</b>
<b>Objective</b>	<p>To create an awareness of various levels of Management in schools</p> <p>To explain nature and types of leadership in schools and examine the leadership roles of different components for better school management</p> <p>To develop competence to maintain records in school</p> <p>To develop skills in preparing timetable</p>
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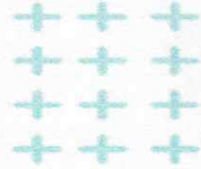


A handwritten signature in green ink, appearing to be "N.S.", written over the printed name of the principal.

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**BSS B Ed Training College  
Alathur**



**COURSE ON FIRST AID AND  
HEALTH EDUCATION**

1. TO INTEGRATE BODY MIND AND THOUGHTS
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3. TO NURTURE HARMONIOUS AND LEAD HEALTHY LIFE



**BSS B Ed TRAINING COLLEGE  
ALATHUR, PALAKKAD**

**CERTIFICATE  
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This certificate is proudly awarded to

Divya.V

of BSS B Ed Training College for actively participating  
in the Program on **First Aid and Health Education**  
held from 10.1.2019 to 22.2.2019.



  
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Alathur (PO), Palakkad - Dt:  
Kerala - 678 541.

## Course 2

### First Aid and Health Education

<b>Date &amp; Hours</b>	10-1-2019 to 22-02-2019 30 Hrs
<b>Resource Persons</b>	Santhosh V
<b>Target Audience</b>	Trainees, BSS B. Ed training College, Alathur
<b>Course Learning Objectives</b>	<ul style="list-style-type: none"><li>• To integrate body mind and thoughts</li><li>• To familiarize basic yoga practices</li><li>• To nurture harmonious and lead healthy life</li></ul>
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**Alathur (PO), Palakkad-Dt:**  
**Kerala - 678 541**



**BSS B.Ed Training College, Alathur**

value added course on

## **Familiarising school**

**Starts On 05-01-2019**

### **Objectives**

- To create an awareness of various levels of Management in schools
- To explain nature and types of leadership in schools and examine the leadership roles of different components for better school management
- To develop competence to maintain records in school
- To develop skills in preparing timetable

Resource person : Neema Subudran



## **BSS B Ed Training College Alathur, Palakkad**

### **CERTIFICATE of Participation**

This certificate is presented to

Parameswaran S.V

of BSS B Ed Training College for actively participating in the  
program on **Familiarizing School** held

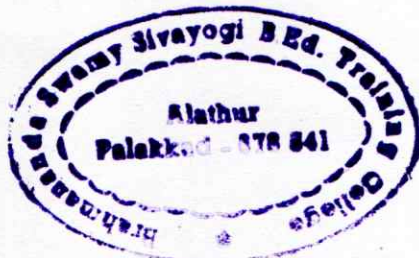
from 25-1-2019 to 20-2-2019.





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Alathur (PO), Palakkad-Dt  
Kerala - 678 541.

The course offered by the institution during the year 2018-19

**Course : Familiarising Schools**

<b>Date &amp; Hours</b>	<b>05-01-2019 to 20-02-2019 ( 30hrs)</b>
<b>Resource Persons</b>	<b>Neema Surendran</b>
<b>Target Audience</b>	<b>Trainees, BSS B. Ed training College, Alathur</b>
<b>Objective</b>	<p>To create an awareness of various levels of Management in schools</p> <p>To explain nature and types of leadership in schools and examine the leadership roles of different components for better school management</p> <p>To develop competence to maintain records in school</p> <p>To develop skills in preparing timetable</p>
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**PRINCIPAL,**  
**B. S. S. B.Ed. Training College**  
**Alathur (PO), Palakkad-DU**  
**Kerala - 678 541.**