



Sufa Educational and Welfare Society's
DSR College of Education (B.Ed. & M.Ed.), Aurangabad

Date: 22/09/2021

NOTICE

This is to inform all students for B.Ed. & M.Ed. Students are compulsory to attend the Orientation Program on "Soft Skills" which is scheduled on 24th September 2021 at 11.00 a.m., at the multipurpose hall in the college premises.

Academic Year: 2021-22

Sr. No.	Class	Teacher's Sign
1	B.Ed. 1 st year (A)	
2	B.Ed. 1 st year (B)	
3	B.Ed. 2 nd year (A)	
4	B.Ed. 2 nd year (B)	
5	M.Ed. 1 st year	
6	M.Ed. 2 nd year	

Principal

Principal
Sufa Educational & Welfare Society's
DSR College of Education,
Aurangabad



Sufa Educational and Welfare Society's
DSR College of Education (B.Ed. & M.Ed.), Aurangabad

Date: 27/09/2021

Report on soft skill program on 24th September

As part of the holistic development of student-teachers, DSR College of Education organized a Soft Skills Development Activity on 24th August 2021. This initiative aimed at enhancing communication skills, team spirit, leadership, and emotional intelligence among B.Ed. and M.Ed. students. The activity was part of the academic plan for the year 2021-22 to prepare students for the professional teaching environment.

Respected chief guest Mr. Shaikh Ramzan shares his so much experiences related to importance of soft skills and personality development. He gives the tremendous knowledge about the importance of verbal communication. To improve verbal and non-verbal communication skills. To build confidence and leadership qualities. To develop teamwork and interpersonal relationships & to enable self-awareness and time management among students.

The event began with a brief introduction on the importance of soft skills in the teaching profession. Various activities such as communication exercises, role-playing, and group discussion simulations were conducted. Students participated enthusiastically in mock classroom management tasks and public speaking rounds. Real-life classroom situations were presented and handled through team-based tasks to boost decision-making skills. Its emphasized emotional resilience, leadership, and self-confidence.

Students showed marked improvement in confidence and clarity of expression. Participants learned how to collaborate effectively in teams. The activity helped students in identifying their personal strengths and areas for improvement.

The Soft Skills Activity held on 24th September 2021 proved to be a valuable experience for all participants. It aligned with the college's mission to shape not just competent teachers but also confident, ethical, and emotionally intelligent individuals. Such programs will continue to be a part of the academic framework in future years.

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Principal

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Sufa Educational and Welfare Society's
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Date: 12/11/2021

NOTICE

We are pleased to announce a workshop on **personality development** designed to enhance communication, interpersonal skills, and overall confidence among students. This workshop aims to equip you with valuable skills for academic success, future career prospects, and personal growth. We encourage all students to participate in this program and take advantage of this valuable opportunity to enhance their overall skills and preparedness for the future.

Subject: Soft Skills (Personality Development) Workshop

To: B.Ed. & M.Ed.

Venue: [Multipurpose Hall]

Date: 15/11/ 2021

Sr. No.	Class	Teacher's Sign
1	B.Ed. 1 st year (A)	
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Date: 17/11/2021

Report on soft skill (Personality Development) program

Importance of Soft Skills (Personality Development):

Soft skills i.e. Personality development is increasingly recognized as crucial for success in both academic and professional life. These skills are not only valuable for employers but also for personal growth and social interactions.

Personality Development

- Interview Technique
- Stress Management
- Body Language, Building Self Esteem
- Soft Skill Development Workshop
- Hands on Training of Microtomy techniques

Objective of the Program

The primary goal of the personality development program was to equip students with essential interpersonal and professional skills that complement academic learning and prepare them for real-world challenges, especially in teaching and educational management roles.

Inauguration

The program was inaugurated by the Senior faculty of DSR College of Education, [Dr. Shaikh Mohammadi], who emphasized the importance of personality development in a teacher's professional life.

Sessions and Activities

The program included a series of interactive sessions and practical activities covering the following key areas:

1. **Communication Skills** – Verbal and non-verbal communication, active listening, and public speaking.
2. **Teamwork and Collaboration** – Group activities and simulations to foster cooperation and leadership.
3. **Time Management and Goal Setting** – Strategies to improve personal and professional productivity.
4. **Critical Thinking and Problem Solving** – Exercises to enhance decision-making and analytical abilities.
5. **Emotional Intelligence and Empathy** – Building self-awareness and understanding others.



6. Interview Skills and Resume Building – Guidance for career readiness and job placement.

The personality development program organized by DSR College of Education successfully met its objective of preparing future educators with vital professional skills. The institution plans to conduct similar workshops regularly to support holistic student development. 45 students have taken the benefit to attend the marvelous.

• **Topics Covered:**

- Effective Communication Techniques
- Building Rapport and Interpersonal Skills
- Self-Awareness and Confidence Building
- Conflict Resolution and Negotiation
- Leadership and Teamwork
- Stress Management and Positive Attitude
- Prepare for future career opportunities.

• **Benefits of Attending:**

- Improve communication and interpersonal skills.
- Enhance self-confidence and self-esteem.
- Develop leadership qualities and teamwork skills.
- Gain valuable insights into personality development.

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Principal
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DSR College of Education (B.Ed. & M.Ed.), Aurangabad

Date: 18/02/2022

NOTICE

LIFE SKILLS DEVELOPMENT (Yoga Awareness Program)

All B.Ed. and M.Ed. students are hereby informed that a **Life Skills (Yoga Awareness Program)** is being organized by **DSR College of Education** on:

Date: 23/02/2022

Time: 10:00 A.M. onwards

Venue: Multipurpose Hall

We are pleased to announce the launch of a yoga program at DSR College of Education]to promote physical and mental well-being. Yoga offers numerous benefits, including stress reduction, improved flexibility, and enhanced focus. Attendance is mandatory for all B.Ed. and M.Ed. students. Students are advised to be seated by 9:45 AM in formal college attire.

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6	M.Ed. 2 nd year	

Program coordinator



Sufa Educational and Welfare Society's
DSR College of Education (B.Ed. & M.Ed.), Aurangabad

Date: 25/2/2022

Report on Life Skill (Yoga Awareness Program)

To raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. The event began with a brief introduction on Yoga Day by Ms. Chavhan, sports faculty in DSR college of Education.

Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with the speech of our Hon'ble Principal Dr. Azaz Ali. He encouraged students to practice regular yoga to remain fit and improve concentration.

All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.

Benefits of Yoga

As mentioned above, yoga offers flexibility to the body and relaxation to the mind. There are different asanas practiced by people, and each asana has its benefits on the mind and body. Yoga is designed to sharpen our minds and to improve our intelligence. Regular practice of yoga can help in controlling our emotions and promote well-being.

Some Other Benefits of Practicing Regular Yoga are -

- It helps to develop self-discipline and self-awareness if practiced regularly.
- It helps to strengthen our flexibility and posture.
- It increases muscle strength, tone and balances metabolism.
- You will gain a sense of power as yoga helps to lead to a healthy life free of cost!

Besides physical benefits, yoga also helps to benefit mentally in the long run. If you are stressed out, then practicing yoga will bring change in your mental



behavior. If incorporated with meditation and breathing exercises, yoga will help to improve mental well-being.

Different Types of Asanas

There are different types of asana. From beginners to advanced level, one can perform yoga as per the need.

Like these, there are many more poses to practice, and each offers flexibility in its sense. In the initial stage, you may take time to adjust and balance your body. However, as you practice daily, you will be able to balance your body. The function ended with a vote of thanks by Dr. Syeda Qudsiya, Member Cultural Committee.


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