



**MANGALMAY**  
INSTITUTE OF MANAGEMENT TECHNOLOGY



## **Value Added Course Certification Course**

On

Empowering Social & Emotional Learning

Resource Person

Ms.Sandhya Yadav

Assistant Professor, MIMT

**01-March,2024 to 22-March,2024**



**Toll Free : 1800 103 3797 | [www.mangalmay.net.in](http://www.mangalmay.net.in)**

Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India



**Schedule of Certification Course on “EMPOWERING SOCIAL-  
EMOTIONAL LEARNING”**

**Duration:30 hour**

<b>Sr.No.</b>	<b>Resource Person</b>	<b>Topic Covered</b>	<b>Date &amp; Time</b>
1	Ms. Sandhya Yadav	Empowering Social & Emotional Learning	1 <sup>st</sup> March,2024 3:00p.m.-5:00p.m.
2	Ms. Sandhya Yadav	CASEL 5 Core Competencies	4 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.
3	Ms. Sandhya Yadav	Self-Awareness and Happiness	5 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.



4	Ms. Sandhya Yadav	Getting to Know Each Other	6 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.
5	Ms. Sandhya Yadav	What to Expect from this Course? Getting to Know Oneself	7 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.
6	Ms. Sandhya Yadav	High quality implementation SEL Approaches	11 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.
7	Ms. Sandhya Yadav	Teacher Instructional Practices School-Wide Implementation	12 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.
8	Ms. Sandhya Yadav	Introducation of Mindfulness and Brain- Based Learning	13 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.



9	Ms. Sandhya Yadav	Mindfulness	14 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.
10	Ms. Sandhya Yadav	Cognitive -Behavioral Theory	15th March,2024 3:00p.m.-5:00p.m.
11	Ms. Sandhya Yadav	Brain-Based Learning	18th March,2024 3:00p.m.-5:00p.m.
12	Ms. Sandhya Yadav	Empowering Social & Emotional Learning mission	19th March,2024 3:00p.m.-5:00p.m.
13	Ms. Sandhya Yadav	Mission & Vision	20th March,2024 3:00p.m.-5:00p.m.



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14	Ms. Sandhya Yadav	Organizational History	21 <sup>st</sup> March,2024 3:00p.m.-5:00p.m.
15	Ms. Sandhya Yadav	Core Beliefs	22 <sup>th</sup> March,2024 3:00p.m.-5:00p.m.

## Value Addition Course

# “Empowering Social & Emotional Learning”

### Course Objectives-

- This course aims to develop social and emotional awareness in students and initiate them towards better personal and social well-being.
- To create an awareness towards self, others, the environment and their harmonious coexistence.

### Learning Outcomes

- Students will be able to become aware of oneself and the society.
- Make informed life style choices and extend these in the joy of giving.
- Develop empathy, compassion, connect with nature and evolve emotionally to create a more harmonious society.
- Cultivate sensitivity towards discriminatory practices and explore possible solutions.

## Syllabus of Empowering Social & Emotional Learning

### **Unit 1: Introduction of Empowering Social & Emotional Learning**

- Overview of Social-Emotional Learning
- CASEL 5 Core Competencies

### **Unit 2: Self-Awareness and Happiness**

- Getting to Know Each Other
- What to Expect from this Course? Getting to Know Oneself

### **Unit III: Empowering Social & Emotional Learning Approaches**

- High quality implementation
  - SEL Approaches
  - Teacher Instructional Practices
- School-Wide Implementation

## **Unit V: Mindfulness and Brain-Based Learning**

- Mindfulness
- Cognitive -Behavioral Theory
- Brain-Based Learning

## **Unit VI: Empowering Social & Emotional Learning mission**

- Mission & Vision
- Organizational History
- Core Beliefs

**\*Assessment:\***

Theory -66%

Practical-34%



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28<sup>th</sup> February, 2024

## NOTICE

This is to inform all the students of B.Ed. I year that the Certification Course on “**Empowering Social & Emotional Learning**” running from **March 1<sup>st</sup> to March 22, 2024** designed to equip students with essential digital literacy skills and awareness. This course will empower you to:

- **Make informed decisions.**
- **Stay ahead of competition and succeed.**
- **Plan for the future.**
- **Reduce stress.**
- **Achieve your dreams.**

### Course Details:

- **Timing :** 3:00 pm to 5:00 pm
- **Resource Person:** Ms. Sandhya Yadav (Assistant Professor, Department of Education, MIMT)

Course certificate will be issued after the successful completion of the course. It's mandatory for all the registered students to attend all the classes regularly.

  
Dr. Bhavna Joshi  
HOD

  
Ms. Vandana  
Convener

**Annexure:**  
Syllabus  
Schedule

CC to:  
Principal  
IQAC Coordinator  
Faculty Members  
Notice Board  
Office File





	<b>Report</b>
Name of the Course	Certification Course on“ <b>Empowering Social &amp; Emotional Learning</b> ”
Date	<b>March 1<sup>st</sup> to March 22, 2024</b>
Venue	Class Rooms, Block C
Organized by	Department of Education ,MIMT
Participated by	Students of B.Ed. I year
Convener	Vandana,Assistant Professor,Department of Education ,MIMT
Resource Person	Mr. Sandhya Yadav,Assistant Professor,Department of Education ,MIMT
Objective	<p>On completion of Certification Course on“<b>Empowering Social &amp; Emotional Learning</b>”, the prospective teacher educator will be able to:</p> <p><b>General Skills:</b></p> <ul style="list-style-type: none"><li>• <b>Utilising the power of the mind to overcome adversity and to increase personal development.</b></li><li>• <b>Resilience and personal growth are key to happiness and self worth.</b></li></ul> <p><b>Specific Skills:</b></p> <ul style="list-style-type: none"><li>• To mould a clean mindset in individuals based on values to reduce the possibility for corruption, crimes and injustice.</li><li>• To improve quality of expert educators enabling them to nurture leaders of the next generation with a mindset of serving others.</li><li>• To cultivate a mindset that overcomes one’s limitations and frame of thought challenging themselves and opening up infinite possibilities.</li><li>• To instill a healthy mindset that allows students to break free from themselves (addictions, depression, personal problems) and experience true change in their lives.</li></ul>



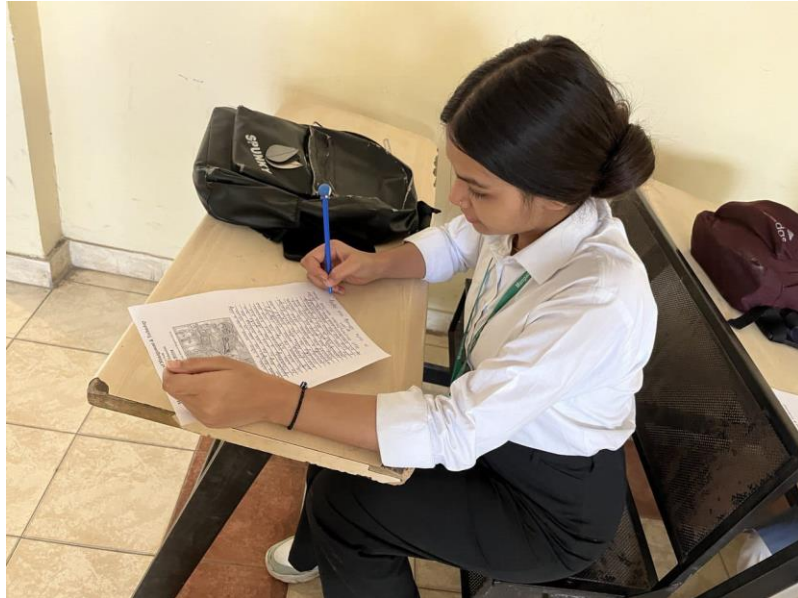
Content	<p><b>Planning &amp; Execution:</b> Ms. Vandana was assigned the responsibility to conduct the course. The proposal was forwarded to the Management to get it approved. It was accepted on 1<sup>st</sup> March ,2024. Thereafter, Ms. Sandhya Yadav (Assistant Professor , MIMT) were approached to conduct the course. They were convinced and sent course schedule. The Plan of Action was prepared.</p> <p>Day wise Activity:</p> <p><b>Day 1 (1<sup>st</sup> March,2024)</b> On the First day in Session-1, Ms. Sandhya Yadav discussed about the Introduction to Empowering Social &amp; Emotional Learning</p> <p><b>Day 2 (4<sup>th</sup> March,2024)</b> On the Second day in Session-2, Ms. Sandhya Yadav told the students CASEL5CoreCompetencies</p> <p><b>Day 3(5<sup>th</sup> March,2024)</b> On the Third day in Session-3, Ms.Sandhya explained Self-Awareness and Happiness</p> <p><b>Day 4 (6<sup>th</sup> March,2024)</b> On the Fourth day in Session-4,she discussed about how Getting to Know Each Other</p> <p><b>Day 5 (7<sup>th</sup> March,2024)</b> On the Fifth day in Session-5 , Ms. Sandhya Yadav taught students to What to Expect from this Course? Getting to Know Oneself</p> <p><b>Day 6 (11<sup>th</sup> March,2024)</b> On the Sixth day in Session-6, Ms. Sandhya Yadav taught SEL Approaches.</p> <p><b>Day 7(12<sup>th</sup> March,2024)</b> On the Seventh day in Session-7, Ms. Sandhya Yadav gives detailed explanation to students about Teacher Instructional Practices School –Wide Implimentation.</p> <p><b>Day 8 (13<sup>th</sup> March,2024)</b> On the Eight day in Session-8, Ms. Sandhya yadav explained the Introduction of Mindfulness and Brain-Based Learning</p> <p><b>Day 9(14<sup>st</sup> March,2024)</b> On the Ninth day in Session-9, she discuss Mindfulness</p> <p><b>Day 10 (15<sup>th</sup> March,2024)</b> On the tenth day in Session-10, Ms. Sandhya Yadav introduced Cognitive-Behavioral Theory.</p> <p><b>Day 11 (18<sup>th</sup> March,2024)</b> On the eleventh day in Session-11, Ms. Sandhya explains Brain-Based Learning</p> <p><b>Day 12 (19<sup>th</sup> 2024)On the Twelfth day in Session-12 she discussed</b> Empowering Social &amp; Emotional Learning mission</p> <p><b>Day 13(20<sup>th</sup> March,2024)</b> On the next day in Session-13, Ms. Sandhya explain about Mission &amp; Vision</p> <p><b>Day 14 (21<sup>st</sup> March,2024)</b> On the fourteenth session she discussed about OrganizationalHistory</p> <p><b>Day 15 (22<sup>nd</sup> March,2024)</b> On the last day in Session-15 Ms. Sandhya too told them about CoreBeliefs</p>
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	<b>Report</b>
Name of the Course	Certification Course on“ <b>Empowering Social &amp; Emotional Learning</b> ”
Date	<b>March 1<sup>st</sup> to March 22, 2024</b>
Venue	Class Rooms, Block C
Organized by	Department of Education ,MIMT
Outcome	<p>The learning outcomes of the Certification Course on“<b>Empowering Social &amp; Emotional Learning</b>”, are:</p> <ul style="list-style-type: none"><li>• Students developed social and emotional skills, such as empathy, communication, and teamwork.</li><li>• Students developed skills essential for personal and professional success.</li><li>• Educated the hearts of people to learn the value of self-control and happiness, creating a much better environment.</li></ul> <p>59 students of B.Ed I year had done this course. The course was highly interactive and extremely motivated the students.</p>



All Students are doing practical assessment  
To solve story writing





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To Solve the Story Writing



Interact the Session



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**List of Registered Students Certification Course on “Empowering Social & Emotional Learning”**

S.No.	Registration No.	Name	Registered Status	Completion Status
1	BED20231043602 4	RAMANUJ KUMAR SINGH	Registered	Completed
2	BED20231032598 6	RANJAN KUMAR	Registered	Completed
3	BED20231021741 1	RANJEET KUMAR SINGH	Registered	Completed
4	BED20231011249 8	RASHMI	Registered	Completed
5	BED20231014447 1	RASHMI	Registered	Completed
6	BED20231016389 7	REETIKA KUMARI	Registered	Completed
7	BED20231034482 2	RICHA RANI	Registered	Completed
8	BED20231005707 6	RICHA TIWARI	Registered	Completed
9	BED20231004042 5	RINKAL BHARDWAJ	Registered	Completed
10	BED20231017302 7	RINKI	Registered	Completed
11	BED20231000333 9	RINKY KUMARI	Registered	Completed
12	BED20231042142 5	RITAM KUMARI	Registered	Completed
13	BED20231036680 5	RITIK	Registered	Completed
14	BED20231007194 2	RITIKA SHAH	Registered	Completed



15	BED20231052076 9	RIYA AGGARWAL	Registered	Completed
16	BED20231006786 9	RUCHI KUMARI	Registered	Completed
17	BED20231038170 6	RUPAM KUMARI	Registered	Completed
18	BED20231000427 7	SAKSHI SINGHAL	Registered	Completed
19	BED20231005135 1	SALONI TRIPATHI	Registered	Completed
20	BED20231041038 7	SANDEEP MISHRA	Registered	Completed
21	BED20231055157 2	SANJANA PANDEY	Registered	Completed
22	BED20231057424 4	SANJU BHATI	Registered	Completed
23	BED20231021537 9	SATENDER	Registered	Completed
24	BED20231044668 8	SAURABH KUMAR PANDEY	Registered	Completed
25	BED20231048434 3	SEEMA PERWEEN	Registered	Completed
26	BED20231016168 5	SHABNAM PARVEEN	Registered	Completed
27	BED20231048766 8	SHAILY SARASWAT	Registered	Completed
28	BED20231035799 5	SHALINI	Registered	Completed
29	BED20231006246 4	SHEENU	Registered	Completed
30	BED20231029202 1	SHEETAL CHAUHAN	Registered	Completed
31	BED20231006796 5	SHIKHA KUMARI	Registered	Completed





32	BED20231033290 0	SHIKHA KUMARI	Registered	Completed
33	BED20231017254 5	SHIKHA VARSHNEY	Registered	Completed
34	BED20231003644 7	SHILPI GUPTA	Registered	Completed
35	BED20231041923 0	SHIPRA SINGH	Registered	Completed
36	BED20231046335 3	SHIVANI	Registered	Completed
37	BED20231044757 2	SHIVANI YADAV	Registered	Completed
38	BED20231044714 9	SHUBHAM KUMAR DUBEY	Registered	Completed
39	BED20231032086 5	SHUBHAM MAURYA	Registered	Completed
40	BED20231054574 0	SINGH POOJA ANIRUDDHA	Registered	Completed
41	BED20231006773 2	SNEHA	Registered	Completed
42	BED20231047891 2	SONAL YADAV	Registered	Completed
43	BED20231027070 1	SONAM BHATI	Registered	Completed
44	BED20231054101 6	SRISHTI TIWARI	Registered	Completed
45	BED20231056129 5	SUJIT KUMAR	Registered	Completed
46	BED20231024429 4	SUMAN KUMARI	Registered	Completed
47	BED20231046099 1	SURBHI MALIK	Registered	Completed
48	BED20231053128 7	SURESH KUMAR YADAV	Registered	Completed



49	BED20231049435 8	SWATI	Registered	Completed
50	BED20231011077 8	SWATI AWANA	Registered	Completed
51	BED20231037448 4	TANNU CHAUHAN	Registered	Completed
52	BED20231043187 2	TRIVENI DEVI	Registered	Completed
53	BED20231054839 6	TULIKA NIGAM	Registered	Completed
54	BED20231019642 0	USHA JHA	Registered	Completed
55	BED20231041208 9	VANDANA	Registered	Completed
56	BED20231034033 7	VANSHIKA MANDAR	Registered	Completed
57	BED20231000422 7	VARUN KUMAR	Registered	Completed
58	BED20231000601 7	VISHAL KUMAR RAY	Registered	Completed
59	BED20231042979 3	VIVEK KUMAR AGGARWAL	Registered	Completed



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## **Expert Profile**

### **Ms. Sandhya Yadav**

**Core Skills:** Soft Skill Trainer, Communicative Language

**Qualification:** M.A. (Psychology.Hindi,Education),M.Ed.,M.Phil, UGC-NET, LL.B,  
Pursuing P.hd.

**Experience:** 12 years

**Research Area:** Educational Psychology,Education, Guidance & Counselling.