

**Sarada Vilas Teachers College**  
**K.M. Puram, Mysore-04**

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**3.1.4 QNM DE**  
**3 Documentary evidences**



3.1.4

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**Sarada Vilas Educational Institutions (R.)**  
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**SARADA VILAS TEACHERS COLLEGE**  
Sarada Vilas Road, K.M Puram, Mysuru-570004, Karnataka  
Affiliated to University of Mysore, Mysuru, Karnataka State, Grant in Aid College  
NAAC Accredited in 2016, "B" Grade, CGPA-2.73/4

Email ID: svtemysore@gmail.com  
Website: www.svtemysore.org

Office No: 0821-2332137  
Mob No : 7019807294

## Report of Activities in which Institutions Encourage Novel Ideas and Participatory Efforts

### 1. The ChittaChittaraTalent Showcase.

The ChittaChittaraTalent Showcase serves as an exclusively dedicated space in the college where students can display their creative works. This initiative is aimed at providing students with a platform to express and showcase their artistic talents and share their creations with the peer groups. The various talents and artistic displays on the show case include,

**Poetry:** Students compose their own poems and display, offering insights into their thoughts and emotions. This activity encourages literary creativity and self-expression.

**Art and Paints:** Students design and develop art images, including paintings, drawings, and sketches, are showcased, highlighting their artistic skills that leads to promoting visual creativity.

**Posters:** They develop posters related to significant days, celebrities, social; reformers, players, saints, scientists etc.



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## 2. Narrate to Nurture & Listen to Learn (NN&LL):

This is indeed a new and innovative venture that offers a wide scope for every individual student teacher to pick a short story, read it well, catch the message and narrate it in assembly session before all the teachers and peers on the stage. Every day, one pre-chosen student as per the list will do it. The story will have a message that can be applied as a teacher, and that will also create an insight in students' mind regarding the value hidden. This initiative provides a structured and safe learning platform for students to engage in storytelling, improving their narrative skills and encouraging creative thinking. A report or document has to be submitted by every individual student about it to the project leader.



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The objectives of the Guruvandana program are to honour and appreciate the efforts and contributions of teachers, instil a sense of respect and gratitude among students towards their educators, promote positive and supportive teacher-student relationships, and encourage students to reflect on the impact of their teachers on their personal and academic growth. Through various activities, such as tribute speeches, creative performances, personalized thank you cards, teacher awards, and reflection sessions, the program not only celebrates the invaluable contributions of teachers but also fosters a culture of respect, reflection, and mutual appreciation within the educational community.



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#### 4. Integrating ICT - Enhancing Educational Practices

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The main objectives that guide the integration of ICT in teaching and learning are to enhance learning and teaching by incorporating digital tools and resources that facilitate interactive and engaging learning experiences, and to develop digital literacy, ensuring that student teachers are proficient in using ICT tools and can integrate these technologies into their future classrooms effectively.

By achieving these objectives, the college aims to improve the quality of education and ensure that its graduates are well-prepared for modern educational environments.



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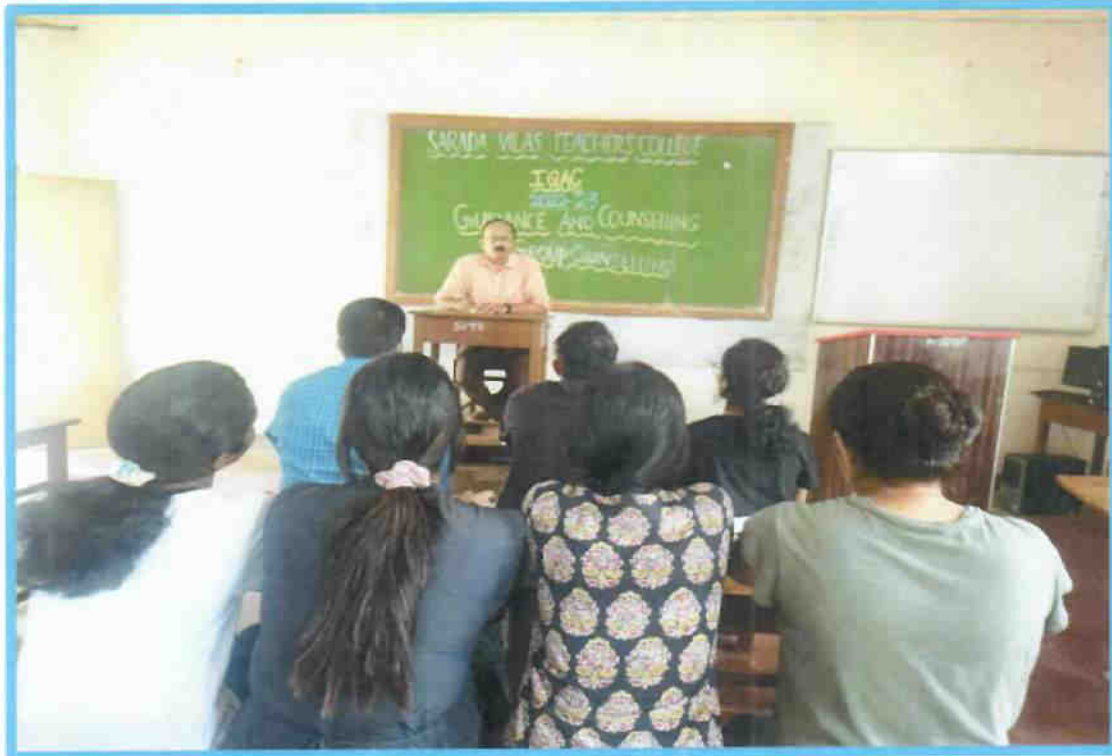
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### 5. Guidance and Counselling cell

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The primary objectives of the Students' Guidance & Counselling Cell are to offer emotional support to students dealing with stress, anxiety, depression, and such other issues; help students overcome academic challenges and improve their performance through effective study strategies and time management skills; provide career counselling and guidance to help students make informed decisions about their future paths; assist students in developing essential life skills such as communication, resilience, and problem-solving; and maintain a confidential and non-judgmental space where students can freely discuss their concerns.



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## 6. Books – Our Lifetime Invaluable Companions Scheme (BOLICS): A Gift of Knowledge on Birthdays.

**BOLICS** is an extremely innovative and very useful initiative at Sarada Vilas Teachers College, where students and teachers generously gift new books to the college library on their birthdays. This initiative embodies the spirit of giving and underscores the value of sharing knowledge within the college community. Each donated book becomes a cherished addition to the library's collection, contributing to the intellectual enrichment of students and faculty members.

The "BOLICS" tradition celebrates not only the individual's birthday but also their commitment to fostering a culture of learning and sharing scholarship among the peers and teachers. With each book donation, the donor leaves a lasting legacy that transcends the confines of time and space, enriching the intellectual domains of future generations of students and teachers.

As the shelves of the college library are adorned with books gifted through the "BOLICS" tradition, they serve as a testament to the collective dedication of the college community to the pursuit of knowledge and academic excellence. This heritage not only strengthens the bond among students and teachers but also fosters a sense of pride and ownership towards the temple of knowledge that is library.

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"It delights me to discover that friends in India and abroad, touched deeply by *The Power of Now*, are each touched differently. In that sense this immensely wise and helpful book is diagnostic – the paragraphs which most affect you also tell you who you are. Eckhart Tolle is in close touch with something quite beyond his own flesh, blood and neural circuitry."

– Fr. Lancy Pereira S.J., Author of *The Enchanted Darkness* and former Principal (St. Xavier's College, Mumbai)

"I can neatly divide my life into two phases – B.E.T. and A.E.T. Before Eckhart Tolle and After Eckhart Tolle. Being from a highly spiritual Aryasamaji family and brought up in a French Convent school, I poured over spiritual texts, listened to gurus and priests, spent weeks in spiritual camps, but it is in E.T. that I find the amazing ability to distill ancient spiritual truths into contemporary, usable and practical guidelines."

– Rashmi Uday Singh, Author, Food and Health Columnist

"This book has an extraordinary ability to bring hope and light to those people who think that they have reached the end of their tether. I find myself repeatedly recommending it and the feedback is inevitably glowing; in over 13 years of experience as a Tarot Counselor no other book has come close to having such an impact on people who desperately need help."

– Rohit Arya, Author of *The Money Tarot Book*

"This is a most extraordinary book to emerge in modern times – one that may well augur an evolutionary change in human consciousness. Read it, but not with your mind. Allow its mystic aroma to touch your innermost being."

– Devdas Menon, Author of *Stop Sleepwalking Through Life*

"Of all the spiritual texts I have read, this book has had the most powerful impact on me. . . . If I have a spiritual guide, it is probably this book. . . . Read it. It just might change your life."

– Suma Varughese, Managing Editor, *Life Positive* magazine

"In his teaching, Eckhart conveys a single profound message with timeless clarity of the ancient spiritual Masters – There is a way out of human suffering by 'opening ourselves to the transforming experience of *The Power of Now*'."

– Meena Kapur, Practicing Psychotherapist and producer of spiritual music albums

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Principal

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THE ART OF WAR

SUN TZU

*Deela.K.S*  
**Principal**  
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'Absorb this book, and you can throw out all those contemporary books about management leadership.'  
-Newsweek



Name	SINDHU K.N
Year	2022-23
Title	The ART OF WAR
Author	SUN TZU (Lionel Giles)
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3rd Cross Aashokapuram Nanjangud (i) Mysore (D) Pin - 571301	
Date of Birth - 25-3-1999.	
Ph. No.	
Accession No.	BOLIC-193



# THE ART OF WAR

SUN TZU  
Translated by Lionel Giles



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# SELF HYPNOSIS



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**T.S. RAO**  
Counselling Psychologist

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Principal  
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Year 2022

Title Self-hypnosis

Author T.S Rao

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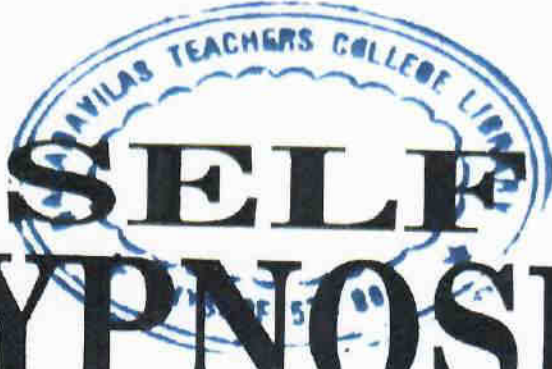
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# SELF HYPNOSIS

By  
**T.S. Rao**, M.Phil, P.G.D.G.C.  
*Counselling Psychologist*



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### 7. Knowledge Sharing System: Mutual Empowerment of Teacher Educators

At Sarada Vilas Teachers College, a commitment to continuous learning and enhancing professional competence is exemplified through the institution's bi-annual Knowledge Sharing Sessions. This initiative provides a platform for educators to showcase their expertise and share insights on a wide range of topics, fostering a culture of collaboration and knowledge exchange among the colleagues.

Twice during each semester, every teacher educator of the college delivers a presentation on a topic of his/her choice, drawing from his/her area of expertise or personal interests. These presentations cover diverse subject matters, ranging from innovative teaching methodologies to emerging trends in education, from subject-specific research to effective classroom management techniques.



*Respected*  
**Principal**

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## 8. SPA - Skill Pill Approach

The Skill Pill Approach (SPA) at Sarada Vilas Teachers College is a focussed pedagogy aimed at enhancing students' acquisition of thinking skills and proficiency. This innovative strategy breaks down complex skills into manageable components, facilitating rapid absorption of knowledge. Through structured learning modules, SPA focuses on developing specific skills crucial for students' academic and professional growth.

In this approach teacher educator begins the lesson presenting or narrating a short story, an episode, an illustration or an analogy. Students have to listen, analyse, interpret and find out the message or value that can be caught and apply in real life situations or in classroom contexts.

Emphasizing critical and creative thinking, and active brain storming, SPA ensures productive and constructive participation. By tackling imperative life skills set in digestible "pills" form, students concentrate on mastering one life skill at a time, fostering confidence and tangible progress. SPA is integrated across disciplines, addressing diverse skill sets essential for teaching and educational leadership. It aims at refining communication skills, nurturing critical thinking and mastering pedagogical competencies.

*Seelank*  
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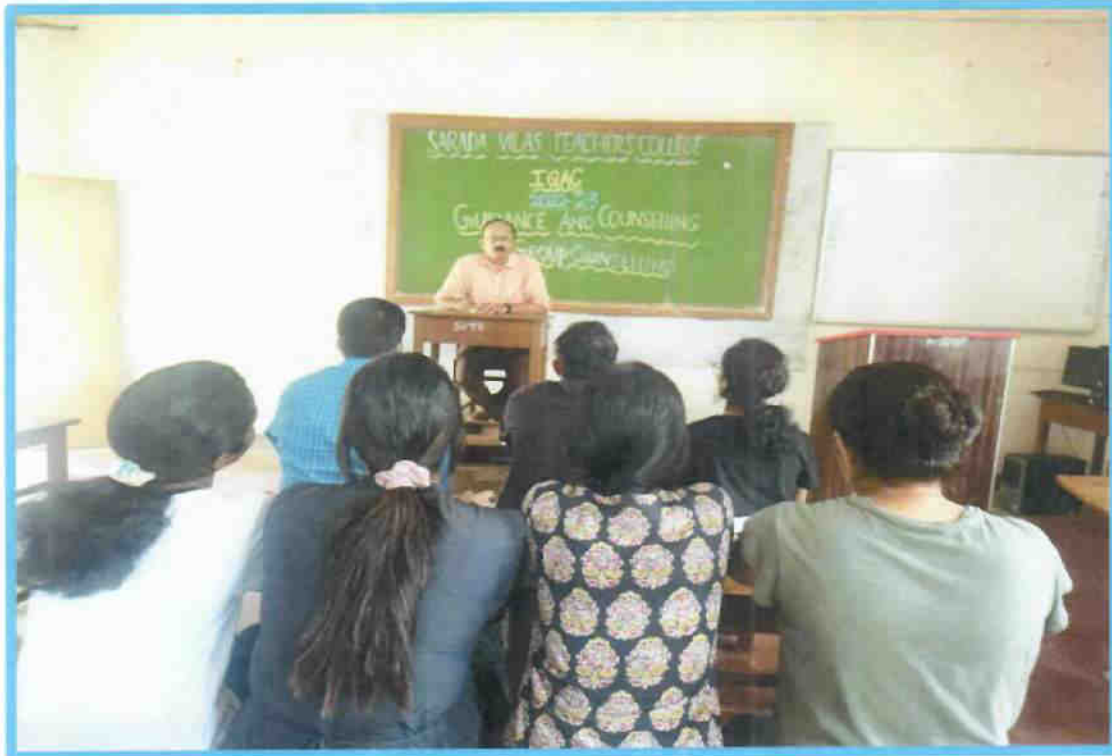
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#### 6. Books – Our Lifetime Invaluable Companions Scheme (BOLICS): A Gift of Knowledge on Birthdays.

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Year	27-04-2023
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Author	ECKHART TOLLE
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Ph. No.	
Accession No.	7899940970 BOLTC-229

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– Meena Kapur, Practicing Psychotherapist and producer of spiritual music albums

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THE ART OF WAR

SUN TZU

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—Newsweek



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# SELF HYPNOSIS



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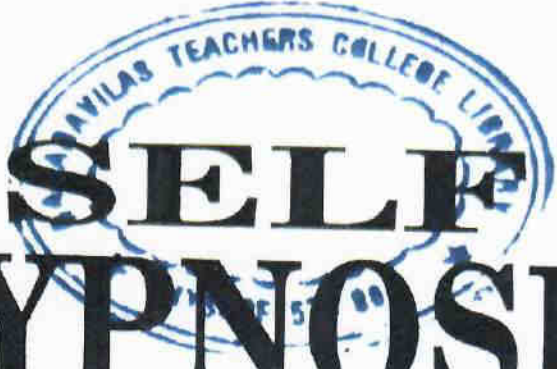
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# SELF HYPNOSIS

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### 7. Knowledge Sharing System: Mutual Empowerment of Teacher Educators

At Sarada Vilas Teachers College, a commitment to continuous learning and enhancing professional competence is exemplified through the institution's bi-annual Knowledge Sharing Sessions. This initiative provides a platform for educators to showcase their expertise and share insights on a wide range of topics, fostering a culture of collaboration and knowledge exchange among the colleagues.

Twice during each semester, every teacher educator of the college delivers a presentation on a topic of his/her choice, drawing from his/her area of expertise or personal interests. These presentations cover diverse subject matters, ranging from innovative teaching methodologies to emerging trends in education, from subject-specific research to effective classroom management techniques.



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## 8. SPA - Skill Pill Approach

The Skill Pill Approach (SPA) at Sarada Vilas Teachers College is a focussed pedagogy aimed at enhancing students' acquisition of thinking skills and proficiency. This innovative strategy breaks down complex skills into manageable components, facilitating rapid absorption of knowledge. Through structured learning modules, SPA focuses on developing specific skills crucial for students' academic and professional growth.

In this approach teacher educator begins the lesson presenting or narrating a short story, an episode, an illustration or an analogy. Students have to listen, analyse, interpret and find out the message or value that can be caught and apply in real life situations or in classroom contexts.

Emphasizing critical and creative thinking, and active brain storming, SPA ensures productive and constructive participation. By tackling imperative life skills set in digestible "pills" form, students concentrate on mastering one life skill at a time, fostering confidence and tangible progress. SPA is integrated across disciplines, addressing diverse skill sets essential for teaching and educational leadership. It aims at refining communication skills, nurturing critical thinking and mastering pedagogical competencies.

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### **3.1.4 QNM DE**

## **1 Reports of innovations**



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## Report of Activities in which Institutions Encourage Novel Ideas and Participatory Efforts

### 1. The ChittaChittaraTalent Showcase.

The ChittaChittaraTalent Showcase serves as an exclusively dedicated space in the college where students can display their creative works. This initiative is aimed at providing students with a platform to express and showcase their artistic talents and share their creations with the peer groups. The various talents and artistic displays on the show case include,

**Poetry:** Students compose their own poems and display, offering insights into their thoughts and emotions. This activity encourages literary creativity and self-expression.

**Art and Paints:** Students design and develop art images, including paintings, drawings, and sketches, are showcased, highlighting their artistic skills that leads to promoting visual creativity.

**Posters:** They develop posters related to significant days, celebrities, social; reformers, players, saints, scientists etc.



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## 2. Narrate to Nurture & Listen to Learn (NN&LL):

This is indeed a new and innovative venture that offers a wide scope for every individual student teacher to pick a short story, read it well, catch the message and narrate it in assembly session before all the teachers and peers on the stage. Every day, one pre-chosen student as per the list will do it. The story will have a message that can be applied as a teacher, and that will also create an insight in students' mind regarding the value hidden. This initiative provides a structured and safe learning platform for students to engage in storytelling, improving their narrative skills and encouraging creative thinking. A report or document has to be submitted by every individual student about it to the project leader.



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### 3. GuruChethana- GuruVandana (GC-GV): Honouring Teachers

The GuruChethana-Guruvandanaprogram at Sarada Vilas Teachers College is yet another emotional initiative where students express their gratitude and respect towards their high impact teachers who taught them at any level of their education right from Pre-primary to Post graduate level. This program, held during the Morning Prayerassembly, is designed to strengthen the bond between students and their educators, recognizing the pivotal role teachers play in shaping their lives and futures.

The objectives of the Guruvandana program are to honour and appreciate the efforts and contributions of teachers, instil a sense of respect and gratitude among students towards their educators, promote positive and supportive teacher-student relationships, and encourage students to reflect on the impact of their teachers on their personal and academic growth. Through various activities, such as tribute speeches, creative performances, personalized thank you cards, teacher awards, and reflection sessions, the program not only celebrates the invaluable contributions of teachers but also fosters a culture of respect, reflection, and mutual appreciation within the educational community.



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#### 4. Integrating ICT - Enhancing Educational Practices

Integrating Information and Communication Technology (ICT) in the college represents a forward-thinking approach to modernizing educational practices and equipping future teachers with essential digital skills. This initiative aims to harness the power of technology to enhance learning experiences, streamline administrative processes, and prepare student teachers for the increasingly digitalized world of education.

The main objectives that guide the integration of ICT in teaching and learning are to enhance learning and teaching by incorporating digital tools and resources that facilitate interactive and engaging learning experiences, and to develop digital literacy, ensuring that student teachers are proficient in using ICT tools and can integrate these technologies into their future classrooms effectively.

By achieving these objectives, the college aims to improve the quality of education and ensure that its graduates are well-prepared for modern educational environments.



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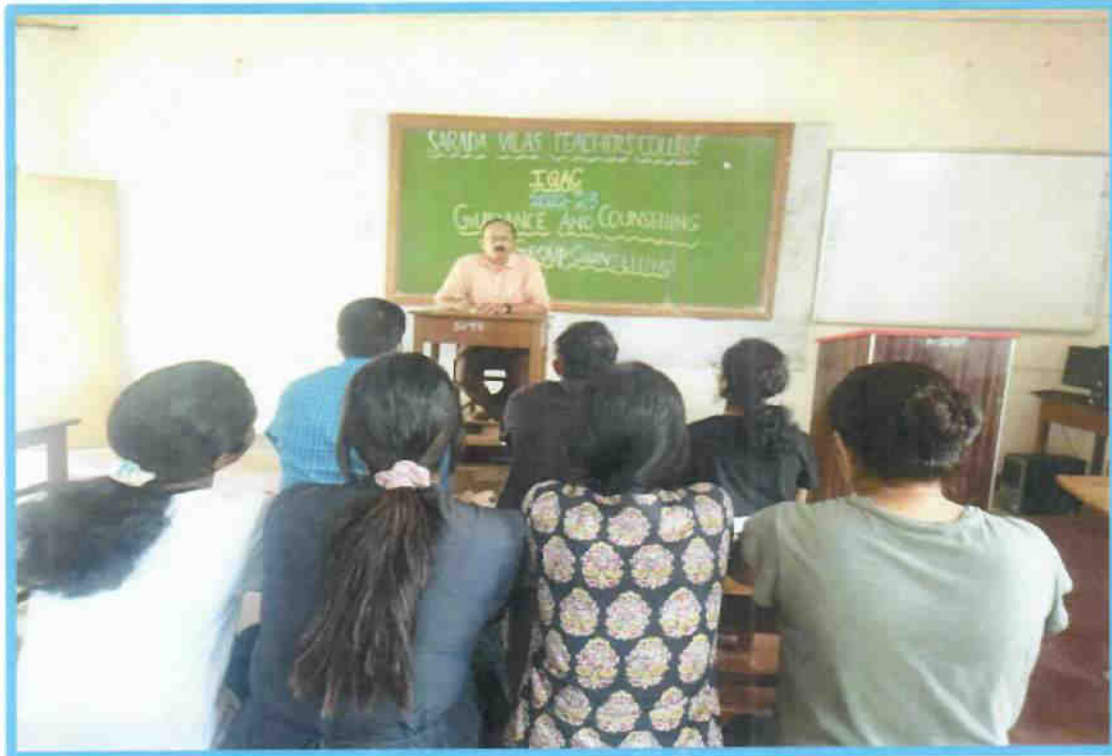
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### 5. Guidance and Counselling cell

The Students' Guidance & Counselling Cell at our college is a dedicated student-support initiative designed to nurture the mental and emotional well-being of students. This cell aims to provide a safe and confidential environment where students can seek guidance and assistance with personal, academic, and career-related issues. By addressing these issues, the counselling cell plays a crucial role in promoting overall student health and fostering a supportive educational atmosphere.

The primary objectives of the Students' Guidance & Counselling Cell are to offer emotional support to students dealing with stress, anxiety, depression, and such other issues; help students overcome academic challenges and improve their performance through effective study strategies and time management skills; provide career counselling and guidance to help students make informed decisions about their future paths; assist students in developing essential life skills such as communication, resilience, and problem-solving; and maintain a confidential and non-judgmental space where students can freely discuss their concerns.



*Coela, K. S.*  
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NAAC Accredited in 2016, "B" Grade, CGPA-2.73/4

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### 7. Knowledge Sharing System: Mutual Empowerment of Teacher Educators

At Sarada Vilas Teachers College, a commitment to continuous learning and enhancing professional competence is exemplified through the institution's bi-annual Knowledge Sharing Sessions. This initiative provides a platform for educators to showcase their expertise and share insights on a wide range of topics, fostering a culture of collaboration and knowledge exchange among the colleagues.

Twice during each semester, every teacher educator of the college delivers a presentation on a topic of his/her choice, drawing from his/her area of expertise or personal interests. These presentations cover diverse subject matters, ranging from innovative teaching methodologies to emerging trends in education, from subject-specific research to effective classroom management techniques.



*Sealant's*  
**Principal**  
Sarada Vilas Teachers College  
K.M. Param, Mysore-570 004



Sarada Vilas Educational Institutions (R.)  
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**SARADA VILAS TEACHERS COLLEGE**



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## 8. SPA - Skill Pill Approach

The Skill Pill Approach (SPA) at Sarada Vilas Teachers College is a focussed pedagogy aimed at enhancing students' acquisition of thinking skills and proficiency. This innovative strategy breaks down complex skills into manageable components, facilitating rapid absorption of knowledge. Through structured learning modules, SPA focuses on developing specific skills crucial for students' academic and professional growth.

In this approach teacher educator begins the lesson presenting or narrating a short story, an episode, an illustration or an analogy. Students have to listen, analyse, interpret and find out the message or value that can be caught and apply in real life situations or in classroom contexts.

Emphasizing critical and creative thinking, and active brain storming, SPA ensures productive and constructive participation. By tackling imperative life skills set in digestible "pills" form, students concentrate on mastering one life skill at a time, fostering confidence and tangible progress. SPA is integrated across disciplines, addressing diverse skill sets essential for teaching and educational leadership. It aims at refining communication skills, nurturing critical thinking and mastering pedagogical competencies.

*Seelank*  
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