

**Date:** 1<sup>st</sup> June 2022

### Notice

It is our pleasure to inform all Faculty members and students that M.K. College of Education will be conducting a Value-Added Course on "Yoga and Meditation". Faculty members and students interested in joining the course are requested to contact the course coordinator.

#### Course details

Title: Yoga and Meditation

Duration: 30 Hours

Commencement Date: 13<sup>th</sup> June 2022

Mode: Offline

### Yoga and Meditation

**Course Duration: 30 Hours**

**Program Learning Outcome**

The program aims to enable the pre service teachers to learn practice yoga and meditation in their daily lives.

**Course Learning Outcomes:**

Learners will be able to

1. Explain the philosophical principles of yoga.
2. Perform Pranayama and Breath Control exercises
3. Learn and practice a variety of yoga poses (asanas).
4. Analyze the role of breath in meditation.

### Course Content

**Unit 1 Introduction to Yoga Philosophy (5 hours)**

Concept of yoga, Origin and history of yoga, rules and regulations to be followed by the practitioner; core philosophies of classical yoga, including Patanjali's Yoga Sutras, yogic principles in modern life, yogic loosening practices and Surya Namaskar.

**Unit II Pranayama and Breath Control (10 hours)**

Pranayama and its significance in yogic practices, pranayama techniques, such as Ujjayi, Nadi Shodhana, and Kapalabhati, connection between breath, energy, and emotions

**Unit III Different positions and Asanas (10 hours)**

Demonstration, Explanation and practice of Tadasana, Demonstration, Explanation and practice of Vrikshasana, Demonstration, Explanation and practice of Trikonasana, Demonstration, Explanation and practice of Virabhadrasana, Demonstration, Explanation and practice of Balasana, Demonstration, Explanation and practice of Shavasana.

**Unit IV Meditation (5 hours)**

Meaning, origin and history of meditation, development, physical, emotional and spiritual benefits, meditation techniques, including concentration, mindfulness, and mantra meditation, meditation and its effects on the brain.



www.ctgroup.in

## M.K. College of Education

U.E. II-Pratappura Road, Shahpur, Jalandhar - 144020

Ph.: 0181-5055127-28 Fax: 0181-5055130

Email: [mkcollegeshahpur@rediffmail.com](mailto:mkcollegeshahpur@rediffmail.com)

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### Evaluation Criteria

At the end of the course, students will demonstrate the asanas in front of the expert and share origin, precautions and benefits of the asanas

### Mode of Classes

The Course will be conducted through offline mode in the college campus.

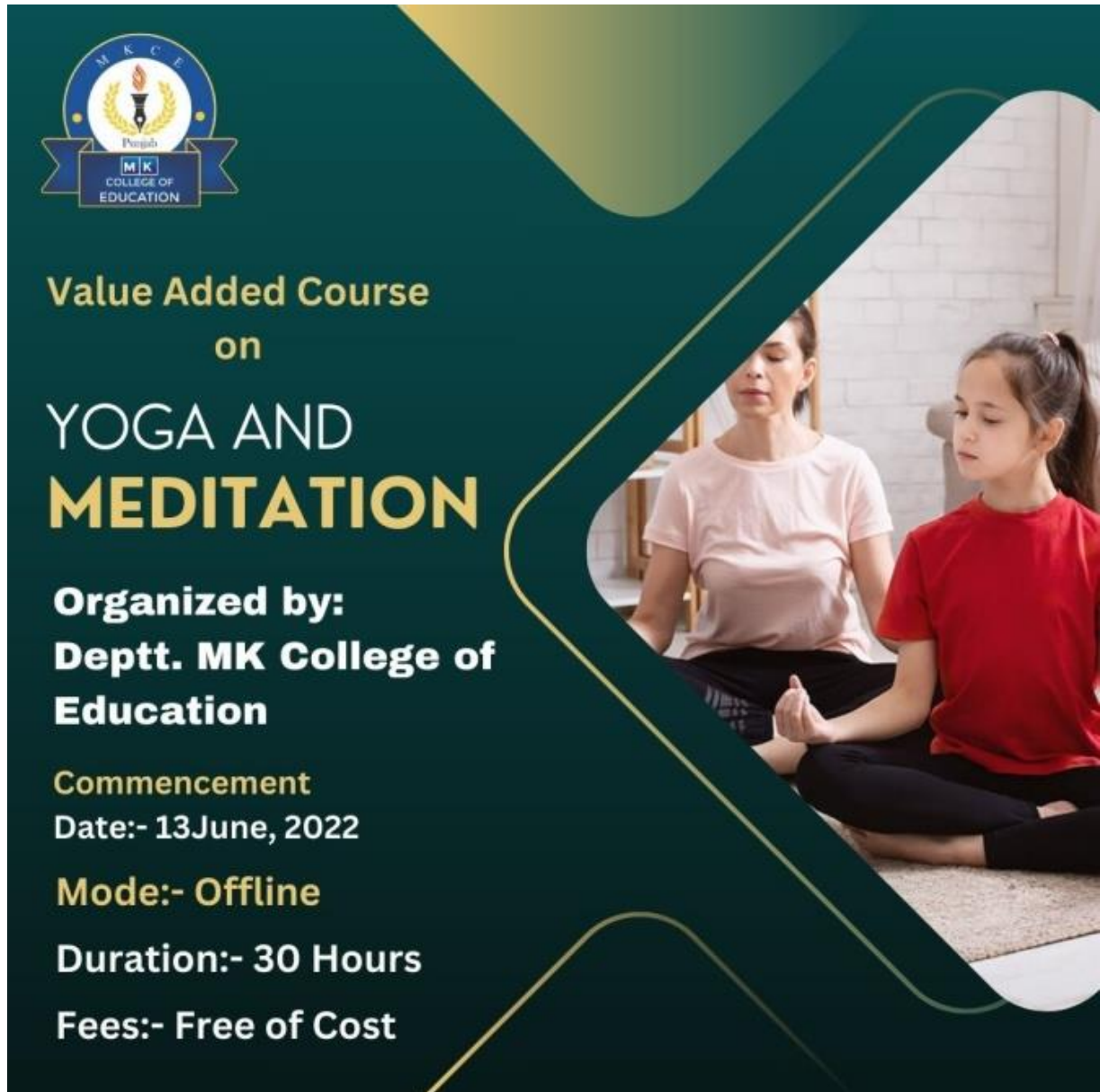
### Cost


The course is free of cost

### Important dates

Registration starts	2 <sup>nd</sup> June 2022
Registration starts	11 <sup>th</sup> June 2022
Start of Course	13 <sup>th</sup> June 2022
Final test	27 <sup>th</sup> July 2022

**Brochure**





**Value Added Course**  
on  
**YOGA AND  
MEDITATION**

**Organized by:**  
**Deptt. MK College of  
Education**

**Commencement**  
Date:- 13June, 2022

**Mode:- Offline**

**Duration:- 30 Hours**

**Fees:- Free of Cost**

## Classes

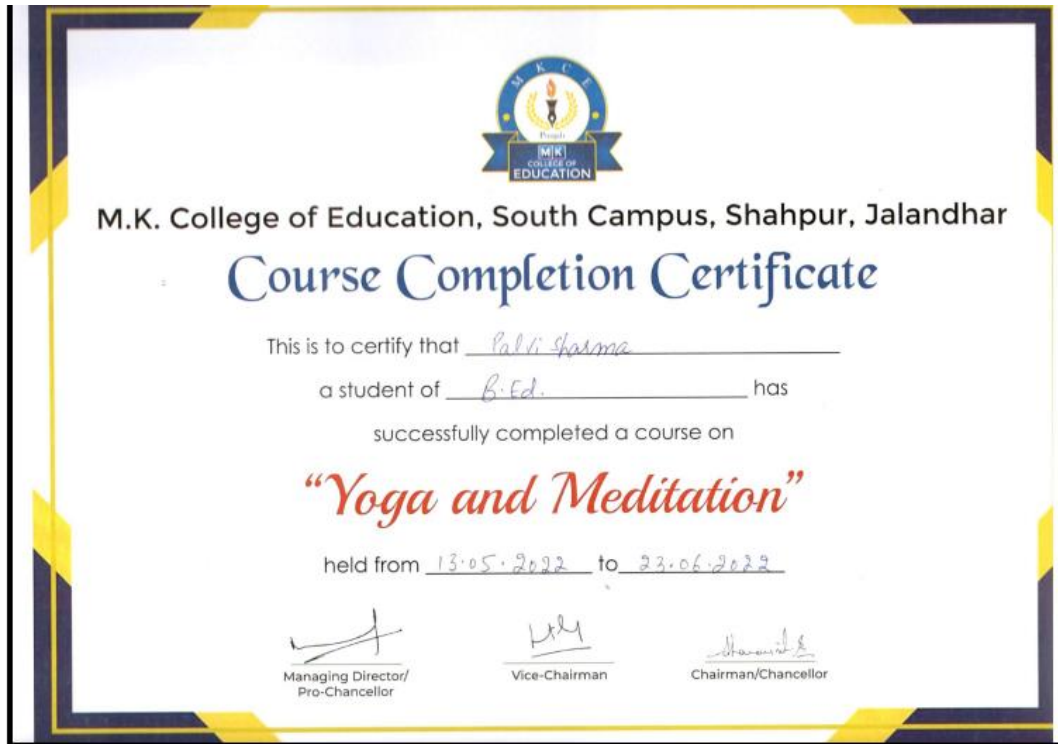


### List of Students enrolled in Value Added Course “Yoga and Meditation”

S.No.	Name of the Student	Programme	Year
1	Manju	B.Ed.	2022
2	Kabeera ram	B.Ed.	2022
3	Joti	B.Ed.	2022
4	Sandeep kaur	B.Ed.	2022
5	Baljit kaur	B.Ed.	2022
6	Rajwinder	B.Ed.	2022
7	Sapna	B.Ed.	2022
8	Jaswinder kaur	B.Ed.	2022
9	Ravi Kiran	B.Ed.	2022
10	Rajwinder kaur	B.Ed.	2022
11	Gurpreet Kaur	B.Ed.	2022
12	Palvi sharma	B.Ed.	2022
13	Namrata	B.Ed.	2022
14	Diana	D.El.Ed.	2022
15	Vanshika	D.El.Ed.	2022
16	Anchal	D.El.Ed.	2022
17	Mamta	D.El.Ed.	2022
18	Alka thaper	D.El.Ed.	2022
19	Taniya ladhar	D.El.Ed.	2022



**Course completion certificates**





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## M.K. College of Education

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Email: [mkcollegeshahpur@rediffmail.com](mailto:mkcollegeshahpur@rediffmail.com)

### Feedback from students

	A	B	C	D	E	F	G	H	I	J	K
	Timestamp	Name	Class	The course content was relevant and aligned with the current needs and trends	The instructional materials provided were helpful	The instructor demonstrated a strong grasp of the subject matter	The instructor effectively communicated key concepts.	The course materials were well-organized	The course enhance skills as teacher educator	Duration of course was sufficient	The course was valuable experience
1	6-23-2022 13:33:24	Manju	B.ED	Neutral	Neutral	Agree	Neutral	Agree	Agree	Neutral	Neutral
2	6-23-2022 13:36:23	Rajwinder	B.Ed	Agree	Neutral	Neutral	Agree	Neutral	Neutral	Agree	Neutral
3	6-23-2022 13:43:06	Joti	B.Ed	Neutral	Agree	Neutral	Agree	Neutral	Agree	Agree	Neutral
4	6-23-2022 13:44:12	Jaswinder Kaur	B.Ed	Neutral	Agree	Neutral	Agree	Neutral	Agree	Neutral	Agree
5	6-23-2022 13:45:57	Palavi sharma	B.Ed	Agree	Neutral	Neutral	Agree	Neutral	Agree	Neutral	Agree
6	6-23-2022 13:47:20	Vanshika	B.Ed	Neutral	Agree	Neutral	Agree	Neutral	Agree	Neutral	Agree
7	6-23-2022 13:48:58	Diana	D.El.Ed	Agree	Neutral	Agree	Neutral	Agree	Neutral	Agree	Neutral



**Date:** 28<sup>th</sup> July 2022

### Notice

It is our pleasure to inform all Faculty members and students that M.K. College of Education will be conducting a Value-Added Course on "Workshop on Model Making." Faculty members and students interested in joining the course are requested to contact the course coordinator.

#### Course details

Title: Workshop on Model Making

Duration: 30 Hours

Commencement Date: 8<sup>th</sup> August 2022

Mode: Offline

## **Workshop on Model making**

**Course Duration: 30 Hours**

### **Program Learning Outcome**

The program aims to enable the pre service teachers to learn how to create and incorporate models for effective teaching learning process

### **Course Learning Outcomes:**

Learners will be able to

1. Identify different types of educational models and their applications in the teaching process.
2. Develop hands-on skills in creating effective educational models suitable for various subjects and grade levels.
3. Analyze and apply design principles for developing engaging and instructive educational models.
4. Integrate model making into lesson planning to enhance teaching effectiveness and student engagement.
5. Gain confidence in utilizing model making as a dynamic and interactive teaching method for pre-service teachers.

## **Course Content**

### **UNIT 1**

#### **Introduction to Model Making in Education (6 hours)**

Concept and types models; Importance and role of model making in effective teaching and learning; need for pre-service teachers to be engaged in model making; Practical applications of model making in the classroom

### **UNIT 2**

#### **Developing and Integrating Models in Teaching (15 hours)**

Exploration of various educational models; Key principles for designing effective educational models; Practical demonstration of model making techniques; Guidance on selecting appropriate materials; Hands-on activities to identify and create simple models

### **UNIT 3**

#### **Integrating Models into Lesson Planning (9 hours)**

Strategies for incorporating models into lesson plans; Collaborative session on developing lesson plans with models; Methods for assessing student understanding using models

### Evaluation Criteria

At the end of the course, students need to submit one model from their both pedagogies. In Addition students will teach in the class by using the models.

### Mode of Classes

The Course will be conducted through offline mode in college art room.

### Cost

The course is free of cost

### Important dates

Registration starts	29 <sup>th</sup> July 2022
Registration ends	4 <sup>th</sup> August 2022
Start of Course	8 <sup>th</sup> August 2022
Final test	26 <sup>th</sup> September 2022



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### Brochure



# Workshop on Model Making

**Organized by:**  
**Deptt. MK College of  
Education**

**Commencement**

**Date:- 08 Aug, 2022**

**Duration:- 30 Hours**

**Fees:- Free of Cost**



### Classes



## List of Students enrolled in Value Added Course “Workshop on Model Making”

S.No.	Name of the Student	Programme	Year
1	Samta	D.El.Ed.	2022
2	Neha	D.El.Ed.	2022
3	Kailash	D.El.Ed.	2022
4	Sonali	D.El.Ed.	2022
5	Nisha	D.El.Ed.	2022
6	Veena Rani	D.El.Ed.	2022
7	Som Veer	D.El.Ed.	2022
8	Palak	D.El.Ed.	2022
9	Ajnesh Kumar	D.El.Ed.	2022
10	Sakshi	D.El.Ed.	2022
11	Divya	D.El.Ed.	2022
12	Kulwinder	D.El.Ed.	2022
13	Parveen Kumar	D.El.Ed.	2022
14	Vikas Kumar	D.El.Ed.	2022
15	Varkha	D.El.Ed.	2022
16	Suman	D.El.Ed.	2022
17	Chander Mohan	D.El.Ed.	2022
18	Kushlya Devi	D.El.Ed.	2022
19	Sajan Kumar	D.El.Ed.	2022
20	Mangaldeep	B.Ed.	2022
21	Rajni Sharma	B.Ed.	2022
22	Santokh Singh	B.Ed.	2022
23	Pardum Kumar	B.Ed.	2022
24	Bhuvnesh Kumar	B.Ed.	2022
25	Sampa Saha	B.Ed.	2022
26	Kabeera Ram	B.Ed.	2022
27	Anjali Kataria	B.Ed.	2022
28	Baljinder Singh	B.Ed.	2022
29	Joti	B.Ed.	2022
30	Sandeep Kaur	B.Ed.	2022
31	Rajwinder Kaur	B.Ed.	2022
32	Amit Kumar	B.Ed.	2022
33	Dinesh Rai	B.Ed.	2022



**Course completion certificates**

  
M.K. College of Education, South Campus, Shahpur, Jalandhar  
**Course Completion Certificate**  
This is to certify that Nisha  
a student of D.El.Ed. has  
successfully completed a course on  
***"Workshop on Model Making"***  
held from 8.08.2022 to 20.09.2022  
 Managing Director/  
Pro-Chancellor  
 Vice-Chairman  
 Chairman/Chancellor

  
M.K. College of Education, South Campus, Shahpur, Jalandhar  
**Course Completion Certificate**  
This is to certify that Mangaldeep  
a student of B.Ed. has  
successfully completed a course on  
***"Workshop on Model Making"***  
held from 8.08.2022 to 20.09.2022  
 Managing Director/  
Pro-Chancellor  
 Vice-Chairman  
 Chairman/Chancellor

[illegible]

**Date:** 18<sup>th</sup> March 2023

### Notice

It is our pleasure to inform all Faculty members and students that M.K. College of Education will be conducting a Value-Added Course on "Logical Reasoning". Faculty members and students interested in joining the course are requested to contact the course coordinator.

#### Course details

Title: Logical Reasoning

Duration: 30 Hours

Commencement Date: 3<sup>rd</sup> April 2023

Mode: Offline

## Logical reasoning

**Course Duration: 30 Hours**

### Program Learning Outcome

The program aims to equip the pre service teachers with the essential skills and techniques necessary for effective logical thinking.

### Course Learning Outcomes:

Learners will be able to

1. Analyze the importance of logical reasoning in everyday life.
2. Solve the question of number and alphabet series
3. Use the logics to answer blood relations

## Course Content

Unit 1: Calendar , Odd One Out , Analogy Figure Counting ,Missing Numbers

Unit 2: Number Series, Alphabet Series, Direction Sense

Unit 3: Blood Relation, Cubes and Dices, Coding Decoding, Clocks

Unit 4: Inequality, Ranking , Test , Syllogism Venn Diagram , Sitting Arrangement

### Evaluation Criteria

At the end of the course, a test will be conducted for evaluation. The test will consist of 20 objective type questions carrying 2 marks for each question. It is compulsory to score 40% marks in the final test to earn a certificate of successfully completing the course.

### Mode of Classes

The Course will be conducted through offline mode.


### Cost


The course is free of cost

### Important dates

Registration starts	20 <sup>th</sup> March 2023
Registration ends	31 <sup>st</sup> March 2023
Start of Course	3 <sup>rd</sup> April 2023
Final test	19 <sup>th</sup> May 2023

**Brochure**





**Value Added Course**  
on  
**Logical Reasoning**

**Organized by:**  
**Deptt. MK College of Education**

**Commencement**  
**Date:- 3rd April,2023**

**Mode:- Offline**

**Duration:- 30 Hours**

**Fees:- Free of Cost**



### Classes





## List of Students enrolled in Value Added Course “Logical Reasoning”

S.No.	Name of the Student	Programme	Year
1	Priya	D.El.Ed.	2023
2	Amrit	D.El.Ed.	2023
3	Harpreet Kaur	D.El.Ed.	2023
4	Minakshi	D.El.Ed.	2023
5	Mamta Sabherwal	D.El.Ed.	2023
6	Kulwinder Kaur	D.El.Ed.	2023
7	Kalpna	D.El.Ed.	2023
8	Daljit Kaur	D.El.Ed.	2023
9	Sanna	D.El.Ed.	2023
10	Manjinder Kaur	D.El.Ed.	2023
11	Mamta Kumari	B.Ed.	2023
12	Minakshi Devi	B.Ed.	2023
13	Sakshi Beri	B.Ed.	2023
14	Surbhi Sharma	B.Ed.	2023
15	Reetika Khosla	B.Ed.	2023
16	Priya Sharma	B.Ed.	2023
17	Richa Khosla	B.Ed.	2023
18	Suman Rani	B.Ed.	2023

**Course completion certificates**

  
M.K. College of Education, South Campus, Shahpur, Jalandhar

**Course Completion Certificate**

This is to certify that Ritika Khosla  
a student of B.Ed. has  
successfully completed a course on  
***"Logical Reasoning"***  
held from 03.04.2023 to 15.05.2023

 Managing Director/  
Pro-Chancellor

 Vice-Chairman

 Chairman/Chancellor

  
M.K. College of Education, South Campus, Shahpur, Jalandhar

**Course Completion Certificate**

This is to certify that Mamta Sabherwal  
a student of D.El.Ed. has  
successfully completed a course on  
***"Logical Reasoning"***  
held from 03.04.2023 to 15.05.2023

 Managing Director/  
Pro-Chancellor

 Vice-Chairman

 Chairman/Chancellor

## Feedback from students

	A	B	C	D	E	F	G	H	I	J	K
1	Feedback Form for VAC Logical Reasoning										
2	Timestamp	Name	Class	The course content was relevant and aligned with the current needs and trends	The instructional materials provided were helpful	The instructor demonstrated a strong grasp of the subject matter	The instructor effectively communicated key concepts.	The course materials were well-organized	The course enhanced skills as teacher educator	Duration of course was sufficient	The course was valuable experience
3	5-15-2023 13:33:02	Amrit	D.El.Ed	Agree	Strongly agree	Neutral	Agree	Agree	Strongly agree	Agree	Strongly agree
4	5-15-2023 13:34:44	Mamta kumari	B.Ed	Agree	Strongly agree	Agree	Agree	Neutral	Agree	Agree	Agree
5	5-15-2023 13:36:33	Kalpna	D.El.Ed	Agree	Strongly agree	Agree	Neutral	Agree	Strongly agree	Neutral	Agree
6	5-15-2023 13:38:42	Reetika Khosla	B.Ed	Agree	Strongly agree	Agree	Agree	Strongly agree	Agree	Neutral	Agree
7	5-15-2023 13:40:31	Suman Rani	B.Ed	Agree	Strongly agree	Agree	Agree	Neutral	Agree	Agree	Agree
8	5-15-2023 13:42:14	Priya	D.El.Ed	Agree	Strongly agree	Agree	Neutral	Agree	Strongly agree	Agree	Strongly agree
9	5-15-2023 13:43:35	Sakshi Beri	B.Ed	Agree	Strongly agree	Agree	Strongly agree	Neutral	Strongly agree	Agree	Strongly agree
10	5-15-2023 13:45:02	Harpreet kaur	D.El.Ed	Agree	Strongly agree	Agree	Neutral	Strongly agree	Agree	Agree	Strongly agree
11	5-15-2023 13:46:22	Richa khosla	B.Ed	Agree	Neutral	Strongly agree	Strongly agree	Neutral	Strongly agree	Strongly agree	Agree
12	5-15-2023 13:47:12	Minakshi	D.El.Ed	Agree	Strongly agree	Neutral	Agree	Strongly agree	Neutral	Strongly agree	Agree
13	5-15-2023 13:49:08	Kulvinder kaur	D.El.Ed	Agree	Strongly agree	Neutral	Strongly agree	Strongly agree	Neutral	Agree	Neutral
14	5-15-2023 13:50:36	Surbhi Sharma	B.Ed	Agree	Agree	Strongly agree	Neutral	Strongly agree	Agree	Agree	Strongly agree
15	5-15-2023 13:51:51	Minakshi	D.El.Ed	Agree	Strongly agree	Neutral	Strongly agree	Agree	Neutral	Strongly agree	Neutral
16	5-15-2023 13:52:50	Daljit kaur	D.El.Ed	Agree	Strongly agree	Neutral	Strongly agree	Agree	Neutral	Agree	Strongly agree
17	5-15-2023 13:54:14	Manjinder kaur	D.El.Ed	Agree	Strongly agree	Agree	Neutral	Strongly agree	Strongly agree	Agree	Strongly agree

Date: 28<sup>th</sup> February 2023

### Notice

It is our pleasure to inform all Faculty members and students that M.K. College of Education will be conducting a Value-Added Course on " Addressing the needs of Children with Special Needs" Faculty members and students interested in joining the course are requested to contact the course coordinator.

#### Course details

Title: Addressing the needs of Children with Special Needs

Duration: 30 Hours

Commencement Date: 9<sup>th</sup> March 2023

Mode: Offline

### Addressing the needs of Children with Special Needs

**Course Duration: 30 Hours**

#### **Program Learning Outcome**

The program aims to enable the pre service teachers to learn practice yoga and meditation in their daily lives.

#### **Course Learning Outcomes:**

Learners will be able to

1. Identify the signs and symptoms of specific learning disability
2. Chalk out the remedial strategies for children with ADHD
3. Apply the remedial strategies for teaching children with intellectual disabilities
4. Explore the signs and symptoms of children with physical impairments

### Course Content

#### **UNIT 1: Addressing the needs of children with Learning disability (A)**

Meaning and characteristics of learning disabilities, causes of learning disabilities, concept of specific learning disabilities, signs and symptoms of dyslexia and dyscalculia; remedial strategies for children with dyslexia and dyscalculia.

#### **UNIT 2: Addressing the needs of children with Learning disability (B)**

Concept, signs and symptoms of dyspraxia, processing disorders and non-verbal learning disabilities, remedial strategies for children with dyspraxia, processing disorders and non-verbal learning disabilities

#### **UNIT 3: Addressing the needs of children with ADHD**

Meaning and characteristics of ADHD, causes of ADHD, signs and symptoms of ADHD, remedial strategies for children with ADHD

#### **UNIT 4 : Addressing the needs of children with intellectual disabilities**

Concept, signs and symptoms of students with intellectual disabilities remedial strategies for children with intellectual disabilities

#### **UNIT 5: Addressing the needs of children with physical impairments (A)**

Concept, signs and symptoms of students with orthopedic impairment and visual impairment, identification and general classroom adaptations for students with orthopedic impairment and visual impairment

### **UNIT 6: Addressing the needs of children with physical impairments (B)**

Concept, signs and symptoms of students with hearing impairment, and speech impairment, identification and general classroom adaptations for students with hearing impairment, and speech impairment

### **Evaluation Criteria**

At the end of the course, a test will be conducted for evaluation. The test will consist of 25 objective type questions carrying 2 marks for each question. It is compulsory to score 40% marks in the final test to earn a certificate of successfully completing the course.

### **Mode of Classes**

The Course will be conducted through offline mode.

### **Cost**

The course is free of cost

### **Important dates**

Registration starts	1 <sup>st</sup> March 2023
Registration ends	8 <sup>th</sup> March 2023
Start of Course	9 <sup>th</sup> March 2023
Final test	28 <sup>th</sup> April 2023



**Brochure**

**Value Added Course  
on**

**ADDRESSING THE  
NEEDS OF CHILDREN  
WITH SPECIAL NEEDS**


**Organized by:  
Deptt. MK College of  
Education**

**Commencement Date:-  
13 june, 2022**

**Mode:- Offline**

**Duration:- 30 Hours**

**Fees:- Free of Cost**



### Classes





**Course completion certificates**



**M.K. College of Education, South Campus, Shahpur, Jalandhar**

**Course Completion Certificate**

This is to certify that Jarvi Thakur  
a student of B.Ed. has  
successfully completed a course on  
*"Addressing the needs of Children with Special Needs"*  
held from 09.03.2023 to 21.04.2023

 Managing Director/  
Pro-Chancellor       Vice-Chairman       Chairman/Chancellor



**M.K. College of Education, South Campus, Shahpur, Jalandhar**

**Course Completion Certificate**

This is to certify that Suman  
a student of D.El.Ed. has  
successfully completed a course on  
*"Addressing the needs of Children with Special Needs"*  
held from 09.03.2023 to 21.04.2023

 Managing Director/  
Pro-Chancellor       Vice-Chairman       Chairman/Chancellor

## Feedback from students

	A	B	C	D	E	F	G	H	I	J	K
	Timestamp	Name	Class	The course content was relevant and aligned with the current needs and trends	The instructional materials provided were helpful	The instructor demonstrated a strong grasp of the subject matter	The instructor effectively communicated key concepts.	The course materials were well-organized	The course enhance skills as teacher educator	Duration of course was sufficient	The course was valuable experience
1	4-21-2023 13:32:20	Sarita	B.Ed	Strongly agree	Agree	Agree	Neutral	Agree	Strongly agree	Agree	Strongly agree
2	4-21-2023 13:33:50	Sanchi Bajaj	D.El.Ed	Strongly agree	Agree	Agree	Neutral	Agree	Strongly agree	Agree	Strongly agree
3	4-21-2023 13:35:05	Ravi Kiran	B.Ed	Agree	Agree	Agree	Neutral	Strongly agree	Strongly agree	Neutral	Strongly agree
4	4-21-2023 13:36:26	Tamanna	D.El.Ed	Strongly agree	Neutral	Agree	Agree	Agree	Strongly agree	Agree	Strongly agree
5	4-21-2023 13:40:01	Vasudha chibber	B.Ed	Strongly agree	Agree	Neutral	Agree	Neutral	Strongly agree	Agree	Strongly agree
6	4-21-2023 13:41:10	Suman	D.El.Ed	Agree	Strongly agree	Neutral	Agree	Strongly agree	Strongly agree	Agree	Strongly agree
7	4-21-2023 13:42:17	Manisha kumari	B.Ed	Agree	Strongly agree	Neutral	Agree	Agree	Strongly agree	Neutral	Strongly agree
8	4-21-2023 13:43:28	Eka suri	B.Ed	Agree	Strongly agree	Agree	Neutral	Agree	Strongly agree	Neutral	Strongly agree
9	4-21-2023 13:44:18	Ritu Rani	D.El.Ed	Strongly agree	Agree	Strongly agree	Neutral	Agree	Strongly agree	Agree	Strongly agree
10	4-21-2023 13:45:13	Palvi Sharma	B.Ed	Agree	Strongly agree	Neutral	Agree	Agree	Strongly agree	Agree	Strongly agree
11	4-21-2023 13:46:39	Surbhi sharma	B.Ed	Agree	Agree	Neutral	Agree	Agree	Strongly agree	Neutral	Strongly agree
12	4-21-2023 13:47:43	Amritpal kaur	D.El.Ed	Agree	Agree	Neutral	Agree	Agree	Strongly agree	Strongly agree	Strongly agree
13	4-21-2023 13:48:39	Arzoo	B.Ed	Agree	Agree	Neutral	Agree	Strongly agree	Strongly agree	Neutral	Strongly agree
14	4-21-2023 13:49:32	Gurneet Kaur	B.Ed	Strongly agree	Agree	Neutral	Neutral	Neutral	Agree	Neutral	Agree
15	4-21-2023 13:50:36	Jhanvi Thakur	B.Ed	Strongly agree	Agree	Neutral	Agree	Neutral	Agree	Neutral	Strongly agree
16	4-21-2023 13:51:31	Komal	B.Ed	Agree	Strongly agree	Agree	Neutral	Agree	Strongly agree	Neutral	Strongly agree
17	4-21-2023 13:52:30	Jagdeep kaur	B.Ed	Agree	Neutral	Agree	Agree	Neutral	Agree	Agree	Agree