



# T. N. RAO COLLEGE OF TEACHER EDUCATION

Managed by : સવ્યસાચી Education Trust, Rajkot

## **Student participation in national priority programmes such as Swachh Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, National Water Mission**

At T.N. Rao College of Teacher Education, student participation in national priority programs is a cornerstone of our commitment to fostering holistic development and societal contribution. Our students actively engage in initiatives such as Swachh Bharat, promoting cleanliness through activities like the Swachhta campaign at Dr. P.V. Doshi Mukh Bagir Shala and the Voice for Cleanliness elocution competition. These efforts not only enhance the physical environment but also instill a sense of civic responsibility and pride in maintaining public spaces.

Health and well-being are paramount, and our programs reflect this priority. Regular yoga sessions promote physical fitness and mental well-being among students, while awareness programs on AIDS and gender sensitivity educate and empower them to make informed decisions. The Digital India initiative is supported through self-study courses on cyber security, ensuring our students are well-equipped with essential digital skills and knowledge. Celebrating significant days like World Water Day and the International Day of Forests underscores our dedication to environmental stewardship and sustainability.

In addition to these initiatives, our college emphasizes inclusivity and empowerment. Visits to the Resource Center for Disabled Children and self-defense training programs for girls highlight our efforts to create a supportive and secure environment for all students. The Sweep Green Initiative and road safety awareness programs further demonstrate our commitment to fostering a safe, sustainable, and socially responsible community. By participating in these diverse programs, our students develop a well-rounded perspective, preparing them to be proactive and conscientious members of society.



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## Harmony in Motion: Yoga Session

June 22, 2018

Staff Coordinator: Mansukh Zapadiya

Trainee Coordinators: Maheta Shivangi Mansukh; Parmar Daxaben Devraj

The Yoga Day celebration on June 22, 2018, at T.N. Rao College of Teacher Education was a harmonious gathering aimed at promoting health and well-being among its participants. The event emphasized the significance of physical and mental balance in everyday life through various yoga practices.

### Overview

The celebration commenced with a warm welcome to all attendees, setting the tone for a serene and reflective day. Students, faculty, and staff gathered eagerly to partake in the ancient practice of yoga, known for its holistic benefits.

### Yoga Practices

Participants engaged in a series of yoga sessions led by experienced instructors. The practices included asanas (postures), pranayama (breathing exercises), and meditation techniques. These activities were designed to enhance flexibility, strengthen muscles, and promote inner peace and relaxation.

### Serene Atmosphere

The event fostered a tranquil atmosphere, conducive to introspection and rejuvenation. The soothing ambiance allowed attendees to disconnect from their daily routines and reconnect with their inner selves, promoting mental clarity and emotional well-being.

### Emphasis on Health and Well-being

Throughout the session, there was a strong emphasis on the health benefits of yoga. Attendees learned about the importance of regular practice in maintaining physical fitness, improving posture, and reducing stress levels. Discussions also highlighted yoga's role in enhancing concentration and overall quality of life.

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## Conclusion

The Yoga Day celebration at T.N. Rao College of Teacher Education on June 22, 2018, concluded with a sense of fulfillment and renewed energy among participants. It served as a reminder of the profound impact of yoga on both body and mind, inspiring everyone to incorporate these practices into their daily routines for a healthier and more balanced life.



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## Celebrating Women: International Women's Day Event

March 8, 2018

Trainee Coordinator : Solanki Nimisha Prabhatsinh

On March 8, 2018, T.N. Rao College of Teacher Education hosted a vibrant and inspiring celebration for International Women's Day. The event was designed to honor the achievements and contributions of women, promote gender equality, and empower female students and faculty members.

### Event Highlights

#### Opening Ceremony

The day began with an opening ceremony where the principal welcomed everyone and spoke about the significance of International Women's Day. The principal emphasized the importance of recognizing women's roles in society and encouraged everyone to support gender equality. Notable attendees included Ramu Khint, Trusha Karodiya, Jashmin Joshi, Maya Jilka, and Sejal Parmar, whose presence added to the event's significance.

#### Keynote Address

A keynote address was delivered by a faculty member, who shared their journey and experiences advocating for women's rights. Speech was motivating and highlighted the progress made in gender equality while also pointing out the areas that still need improvement.

#### Panel Discussion

A panel discussion was held featuring successful women from various fields, including education, business, and healthcare. They discussed their challenges, triumphs, and the importance of resilience and determination. The panelists also answered questions from the audience, providing valuable insights and advice.



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## Cultural Performances

Students of T.N. Rao College of Teacher Education showcased their talents through a series of cultural performances. The event concluded with an energetic and colorful Garba dance, which was met with enthusiastic applause and appreciation from the audience.

## Reflection

The International Women's Day event at T.N. Rao College of Teacher Education on March 8, 2018, was a memorable and impactful celebration. It provided a platform for recognizing and honoring the achievements of women, promoting gender equality, and inspiring female students and faculty members to pursue their goals with confidence and determination. The event successfully highlighted the significance of International Women's Day and reinforced the college's commitment to supporting and empowering women.



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## Yoga-Fitness Program

December 14, 2019

Staff Coordinator: Mansukh Zapadiya

### **Introduction**

On December 14, 2019, T.N. Rao College of Teacher Education hosted a Yoga-Fitness Program aimed at promoting physical and mental well-being among its participants. The event was held outdoors, providing a serene and natural environment conducive to relaxation and mindfulness. This initiative emphasized the importance of yoga for overall wellness, fostering a harmonious connection between mind and body.

### **Event Details**

#### **Outdoor Yoga Session**

The program commenced with an outdoor yoga session, where participants gathered on the college grounds, surrounded by the tranquility of nature. Mats were laid out in neat rows, and the participants, dressed in comfortable yoga attire, prepared themselves for an enriching experience.

#### **Guided Asanas**

The session began with guided asanas (yoga postures) led by a skilled yoga instructor. The instructor demonstrated each asana, ensuring that participants performed the postures correctly and safely. The asanas ranged from basic to intermediate levels, accommodating participants of all skill levels. Each posture was held for a specific duration, allowing participants to stretch, strengthen, and balance their bodies.

#### **Meditation**

Following the asanas, the instructor guided the participants through a meditation session. This segment focused on mindfulness and inner peace, encouraging participants to clear their minds and focus on their breathing. The serene outdoor setting enhanced the meditation experience, helping participants achieve a state of calm and relaxation.

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## Deep Breathing Exercises

The final segment of the program involved deep breathing exercises, known as pranayama. The instructor demonstrated various breathing techniques that promote relaxation and stress reduction. Participants practiced these techniques, learning how to control their breath and enhance their mental clarity.

## Conclusion

The Yoga-Fitness Program held on December 14, 2019, at T.N. Rao College of Teacher Education was a resounding success. The outdoor yoga session, combined with guided asanas, meditation, and deep breathing exercises, provided participants with a comprehensive and enriching experience. The event highlighted the importance of yoga for overall wellness, encouraging participants to incorporate these practices into their daily lives for sustained physical and mental health.



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## Cyber Security Self-Study Course

Date: 17/12/2019

### Course Overview

T.N. Rao College of Teacher Education is pleased to announce the successful offering of a self-study course on "Cyber Security" in partnership with BRAINZ ORG. This course aimed to equip trainees with essential knowledge and skills to navigate and protect against the evolving threats in the digital world. Upon completion, participants were awarded certificates, recognizing their commitment and proficiency in cyber security.

### What is Cyber Security?

Cyber Security is the practice of protecting systems, networks, and programs from digital attacks. These attacks are usually aimed at assessing, changing, or destroying sensitive information; extorting money from users; or interrupting normal business processes. Effective cyber security measures are particularly challenging today because there are more devices than people, and attackers are becoming more innovative.

### Course Modules

The self-study course on Cyber Security covered the following modules:

- 1. Introduction to Cyber Security**
  - Understanding the fundamentals of cyber security
  - Importance and scope of cyber security in today's world
- 2. Types of Cyber Threats**
  - Malware, ransomware, and phishing attacks
  - Social engineering and insider threats
- 3. Cyber Security Best Practices**
  - Password management and multi-factor authentication
  - Safe browsing and email security practices
- 4. Network Security**
  - Basics of network security protocols and firewalls
  - VPNs and secure network architecture

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## 5. Data Protection

- Encryption methods and data protection regulations
- Backup and recovery strategies

## 6. Incident Response and Management

- Steps to take during and after a cyber attack
- Building an incident response plan

## 7. Ethical Hacking and Penetration Testing

- Principles of ethical hacking
- Tools and techniques for penetration testing

## 8. Emerging Trends in Cyber Security

- Latest trends and technologies in cyber security
- The future of cyber security and career opportunities

## Conclusion

The Cyber Security self-study course provided by T.N. Rao College of Teacher Education, in partnership with BRAINZ ORG, was a comprehensive program designed to empower trainees with the necessary skills to protect digital assets and navigate the complexities of the cyber world. The certificates awarded upon completion serve as a testament to the participants' dedication to mastering the vital field of cyber security.



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## Swachhta at DR. P.V. Doshi Muk Badhir Madh. Shala

Date: January 2, 2020

Collaboration: Rajkot, DR PV Doshi Muk Badhir Madh. Shala

### **Description**

T.N. Rao College organized an outreach program at the DR PV Doshi Muk Badhir Madh. Shala in Rajkot, aimed at engaging with specially-abled children facing challenges related to hearing and vision impairment. The event focused on promoting cleanliness and hygiene, fostering a clean and healthy environment for the students.

### **Activities**

#### **Cleanliness Drive:**

Volunteers from T.N. Rao College participated in a cleanliness drive within the school premises. They cleaned classrooms, playgrounds, and common areas, ensuring a tidy and hygienic environment for the specially-abled children.

#### **Hygiene Workshops:**

Workshops on personal hygiene were conducted by healthcare professionals, teaching the students the importance of cleanliness. Topics covered included handwashing, dental hygiene, and general body care. Visual aids and demonstrations were used to make the sessions engaging and understandable.

#### **Interactive Sessions:**

Interactive sessions were held to facilitate communication and interaction between students of T.N. Rao College and the specially-abled children. Through games, storytelling, and group activities, participants engaged in meaningful exchanges, promoting empathy, compassion, and mutual respect.

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## Moral Values Discussions:

Discussions on moral values were conducted, emphasizing principles such as kindness, empathy, and respect for diversity. Through storytelling and reflective exercises, participants explored themes of acceptance and inclusion, fostering a culture of compassion and understanding.

## Impact

**Empowerment:** The outreach program empowered specially-abled children by providing them with opportunities for social interaction, skill development, and personal growth.

**Awareness:** Participants gained a deeper understanding of the challenges faced by individuals with hearing and vision impairments, fostering awareness and sensitivity towards their needs and experiences.

**Community Engagement:** The event promoted community engagement and collaboration between T.N. Rao College and the DR PV Doshi Muk Badhir Madh. Shala, strengthening ties and fostering a spirit of solidarity and support.

## Conclusion

The outreach program at DR PV Doshi Muk Badhir Madh. Shala exemplifies T.N. Rao College's commitment to inclusivity, social responsibility, and community engagement. By promoting cleanliness and hygiene through specialized activities tailored to the needs of specially-abled children, the college not only promotes awareness and understanding but also fosters a culture of empathy, acceptance, and respect within the larger community. Such initiatives underscore the college's dedication to creating an inclusive and supportive environment where every individual is valued and empowered to reach their full potential.



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## Voice for Cleanliness: Swachh Bharat Elocution Competition

Date: December 12, 2021

### Overview

T.N. Rao College of Teacher Education proudly organized the "Voice for Cleanliness: Swachh Bharat Elocution Competition" on December 12, 2021. This co-curricular activity aimed to raise awareness about cleanliness and hygiene, aligning with the objectives of the Swachh Bharat Abhiyan, a nationwide campaign initiated by the Government of India to promote cleanliness and sanitation.

### Event Highlights

#### Opening Ceremony:

The event commenced with an opening ceremony, where the Principal of T.N. Rao College of Teacher Education addressed the participants and the audience. The Principal emphasized the importance of cleanliness in daily life and the role of educators in spreading this vital message to future generations.

#### Participants:

The competition saw enthusiastic participation from students across various batches. Each participant prepared and delivered speeches on topics related to cleanliness, hygiene, and the impact of the Swachh Bharat Abhiyan.

#### Speech Topics:

Participants chose from a range of topics, including:


- The Importance of Cleanliness in Our Lives
- Swachh Bharat Abhiyan: Progress and Challenges
- Role of Youth in Promoting Cleanliness
- Cleanliness and Health: A Correlation
- Innovative Solutions for Waste Management



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## Impact

**Awareness and Education:** The elocution competition served as an effective platform for raising awareness about cleanliness and hygiene. Through their speeches, participants highlighted various aspects of cleanliness and provided insightful solutions for maintaining a clean environment.

**Skill Development:** The event provided students with an opportunity to enhance their public speaking and communication skills. It also encouraged them to engage in research and critical thinking on important social issues.

**Community Engagement:** The competition fostered a sense of community and shared responsibility among students, faculty, and staff. It emphasized the collective effort required to achieve the goals of the Swachh Bharat Abhiyan.

**Commitment to Cleanliness:** The event reinforced T.N. Rao College of Teacher Education's commitment to promoting cleanliness and hygiene. It highlighted the role of educational institutions in driving social change and inculcating positive values in students.

## Conclusion

The "Voice for Cleanliness: Swachh Bharat Elocution Competition" at T.N. Rao College of Teacher Education was a resounding success. It not only raised awareness about the critical issue of cleanliness but also empowered students to become advocates for a cleaner and healthier society. The event underscored the college's dedication to fostering a culture of cleanliness, responsibility, and civic engagement among its students.



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## World Water Day Celebration at Practice Teaching Schools - April 26, 2022

### Introduction

On April 26, 2022, practice teaching schools celebrated World Water Day with a series of activities and events aimed at raising awareness about the importance of water conservation and sustainable water management. The theme for this year's celebration was "Valuing Water," emphasizing the critical role that water plays in our lives and the need to protect this vital resource for future generations. Trainees participating in internships from T.N. Rao College of Teacher Education was asked to conduct the initiative, ensuring widespread celebration and awareness.

### Event Highlights

#### 1. Inaugural Ceremony

The celebration began with an inaugural ceremony, where the principal addressed the gathering. The principal highlighted the significance of World Water Day and the need for collective efforts to conserve water. The speech set the tone for the day's events, inspiring students and faculty to engage actively in the planned activities.

#### 2. Interactive Workshops

Interactive workshops were conducted to engage students in hands-on activities related to water conservation. These workshops included:

- **Rainwater Harvesting:** Demonstrations on how to set up rainwater harvesting systems and their benefits.
- **Water Audit:** Training on conducting water audits to identify and reduce water wastage in households and institutions.
- **Water Purification Techniques:** Practical sessions on simple and effective water purification methods that can be implemented at the community level.

#### 3. Banner Making for World Water Day

Students from the practice teaching schools created banners for World Water Day, showcasing their creativity and understanding of the importance of water conservation. These banners were displayed around the school premises to spread awareness.



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## 4. Pledge for Water Conservation

Students and faculty took a pledge to conserve water and promote sustainable practices in their daily lives.

This symbolic gesture reinforced the commitment of the school community to protect and value water as a precious resource.

## Conclusion

World Water Day at the practice teaching schools was a resounding success, with active participation from students, faculty, and community members. The event not only raised awareness about the critical importance of water conservation but also equipped participants with practical knowledge and skills to contribute to sustainable water management. The schools, guided by the student interns, remain committed to continuing their efforts in promoting environmental sustainability and educating future generations on the importance of conserving our planet's precious resources.

**जनजागृति कार्यक्रम**  
Marks : 25 & Credit : 1

**संकलित सारणी**

अडी जनजागृतिमे लगवा कार्यक्रमो नेवा हे : वलड जनेवन, पाहेर आगेजव, आलड सुरमा, डेरवेम व्यवहार, नागरीकोनी इरणे, स्वस्थता कार्यक्रम, पाहेर स्थानीय जालवणी वगेरेना जायोजवनी विगतो आपवी.

क्रम	तारीख	योजनासु नाम	करेल प्रवृत्ति	विशेष नोंद
1	25-3-2022	व्यासगणबुझा	व्यासगणी धला बुझागणी नी संशयक	-> भागदर्शन -> संशयक
2	8-3-2022	भातधन सुलियाव	-> भातधन कु अक्षय	-> भागदर्शन इरणी भाडिली
3	10-3-2022	वलड सुरमा	-> वलड सुरमा विहोअड	-> संडक वरि भाडिली
4	14-3-2022	अडरेस्थानो नी स्वारधरा	अडरे स्थानो नी स्वारधरा कु अडरे वी- लीनाभाडिली	-> अडरे स्थानो नी उजवणी वगेरे
5	22-3-2022	वलड जिनिशक	-> वलड जिनिशक कु अक्षय आयोजवणी	-> संडक वरि भाडिली
6	30-3-2022	थारड सुरमा	-> थारड सुरमा कु नालड करवड	-> भागदर्शन -> संशयक
7	1-4-2022	नागरीकोनी नी इरणे	-> नागरीकोनी नी इरणे नागरीकोनी आरड	-> नागरीकोनी नी इरणे आयोजवणी -> आयोजवणी
8	8-4-2022	वरी पथवणी	-> पथवणीना कु आयोजवणी इरणे	-> वरी पथवणी विहो आयोजवणी
9	9-4-2022	जालवणी विवरावणी	जालवणी वरि जालवणी कु आयोजवणी आरड	वरी कु आयोजवणी वरि जालवणी
10	24-4-2022	जालवणी वरि आयोजवणी	जालवणी वरि आयोजवणी कु आयोजवणी आरड	जालवणी वरि आयोजवणी कु आयोजवणी
11	2-5-2022	वादीस्थान विवरावणी	वादीस्थान वरि आयोजवणी कु आयोजवणी आरड	वादीस्थान वरि आयोजवणी कु आयोजवणी



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:: જનજાગૃતિ કાર્યક્રમ સંકલિત અહેવાલ ::  
(શક્ય હોય ત્યાં ફોટા મૂકવા.)



→ જન જાગૃતિ કાર્યકર્મ સમરે જાતા ને કામના કરવા તેના દિગ માં વિચારણા કરવા સાથે ચલાવવા અભ્યાસ ને આરંભવા જેલ. આશરો ને છુટા-આજ્ઞાદેવા. વગરે એના સિવાય દેશ ની તે સુરક્ષા મહત્ત્વ અને નાગરિક કરજ છે તે જેવી રીતે સ્વચ્છતા અભિયાન શરૂ કરવા વગરે જેવા આયોજન કરવા તે માટે શાળા માં જોઈએલા કાર્યક્રમ નું આયોજન કરવું જેમાં અલગ-અલગ વિષય પર લાખકો આપવું અને અલગ-અલગ પ્રતિબદ્ધતા નું આયોજન કરવું અને તે નું મદદલ મહત્ત્વ સ્વીકારવું અને વિદ્યાર્થીઓ ને જન જાગૃતિ કર્યા આ કાર્યક્રમ સર નાગરિક તરીકે પુરુષ ને લાભદાયી અને તે વિદ્યાર્થીઓની સાથે સમજાવેલી કરી છે.

આચાર્ય  
ડૉ. ઝકીર મુસેન પા. શાયા ન. ૯૧  
રેવા વાડ, રાજકોટ



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# T. N. RAO COLLEGE OF TEACHER EDUCATION

Managed by : સવ્યસાચી Education Trust, Rajkot

## Green Sweep Initiative by Students and Rotaract Club

**Date:** October 18, 2022

**Collaboration:** Rotaract Club

**Trainee Coordinators:** Meghapara Meet; Multani Tanvi; Makvana; Ajay Bhesgdadiya Swati

### **Description:**

On October 18, 2022, T.N. Rao College of Teacher Education's campus witnessed a remarkable collaboration between students and the Rotaract Club as they united for a meaningful cleaning project. This initiative underscored their dedication to environmental stewardship and community service.

Under the radiant sunshine, eager students equipped with gloves, brooms, and trash bags joined hands with members of the Rotaract Club to address littered areas across the campus. With a collective sense of purpose, they diligently worked to restore cleanliness and enhance the beauty of their surroundings.

The project went beyond mere aesthetic improvements; it aimed to cultivate a sense of responsibility and ownership among participants toward maintaining a clean environment. As they labored together, bonds were formed, and a spirit of camaraderie filled the air.

### **Expanding on the Event:**

1. Preparation and Planning: Prior to the event, organizers coordinated with college authorities and Rotaract Club leaders to plan logistics, allocate resources, and identify target areas for cleanup.
2. Execution: On the day of the initiative, participants gathered early, energized and ready to make a difference. Teams were assigned specific zones, and under the guidance of Rotaract Club mentors, they commenced the cleanup process.



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3. Collaborative Efforts: The collaboration between students and Rotaract Club members was seamless, with everyone contributing enthusiastically. Together, they collected litter, swept walkways, and disposed of trash, transforming neglected spaces into pristine ones.
4. Impact and Reflection: Throughout the cleanup, participants reflected on the importance of environmental preservation and the role each individual plays in maintaining a clean campus. The initiative fostered a sense of pride in their community and inspired them to continue advocating for environmental conservation.

## Conclusion:

The Green Sweep Initiative epitomized the spirit of unity and service at T.N. Rao College of Teacher Education. Through their combined efforts, students and Rotaract Club members not only beautified their campus but also exemplified the values of environmental responsibility and community engagement. This collaborative endeavor serves as a testament to their commitment to creating a cleaner, greener future for all.



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# T. N. RAO COLLEGE OF TEACHER EDUCATION

Managed by : सव्यसाची Education Trust, Rajkot

## Road Safety Awareness at Practice Teaching Schools - March 10, 2022

### Introduction

On March 10, 2022, practice teaching schools held a Road Safety Awareness event to educate students about the importance of road safety and promote safe practices among young individuals. Students participating in internships from T.N. Rao College of Teacher Education was asked to conduct the initiative, ensuring widespread participation and awareness.

### Objectives

- To educate students about the significance of road safety.
- To raise awareness about the common causes of road accidents and how to prevent them.
- To encourage students to adopt safe practices while using roads.

### Event Highlights

#### 1. Opening Speech

The event began with an opening speech by the school principal, who emphasized the importance of road safety and the role of young individuals in promoting safe practices. The principal highlighted the alarming statistics of road accidents and stressed the need for collective efforts to reduce these incidents.

#### 2. Interactive Workshop

An interactive workshop was conducted by the student interns. This workshop included:

- **Safety Demonstrations:** Demonstrations on the proper use of helmets, seat belts, and pedestrian crossings.
- **Traffic Rules and Signs:** A session on understanding traffic rules, road signs, and signals.
- **First Aid Training:** Basic first aid training for handling minor injuries resulting from road accidents.



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### 3. Poster Making Competition

Students participated in a poster making competition where they created posters highlighting the importance of road safety. This activity aimed to engage students creatively and reinforce the message of road safety.

### 4. Pledge for Road Safety

Students and faculty took a pledge to follow road safety rules and promote safe practices among their peers and family members. This symbolic gesture reinforced the commitment of the school community to road safety.

### Conclusion

The Road Safety Awareness event at the practice teaching schools was a significant success. The event effectively raised awareness about the critical importance of road safety and equipped students with practical knowledge and skills to contribute to safer roads. By engaging students and faculty through educational and interactive activities, the schools reinforced their commitment to promoting road safety and preparing future generations to be responsible road users. The initiatives taken during the event have sown seeds of awareness and responsibility, inspiring the school community to take continuous action towards road safety.

જાનજાગૃતિ કાર્યક્રમ				
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અહીં જાનજાગૃતિને લક્ષ્યા કાર્યક્રમો જેવા કે : બસ ડોનેશન, નાટક આરોગ્ય, ગ્રાહક શુદ્ધિ, ડેરાલેસ વ્યવહાર, નાગરિકોની ફરતો, સ્વચ્છતા કાર્યક્રમ, ખરેખર સ્વચ્છતા આગળની વખતેના કાર્યક્રમોની વિગતો આપાતી.				
ક્રમ	તારીખ	યોજનાનું નામ	કરેલ પ્રવૃત્તિ	વિશેષ નોંધ
૧	૨૦/૦૯/૨૦૨૨	સવચ્છતા કાર્યક્રમ	વાહાનો ચકાસણી કરાવી	→ સ્વચ્છતા પિયા સમજાવ્યું.
૨	૨૦/૦૯/૨૦૨૨	ભારતીય શાળાઓ	શાળાઓ ભેટા આપવાની શાળાઓ નિવા પર પ્રત્યક્ષ	→ ભાવકામ આપવાનું શાળાઓને
૩	૨૦/૦૯/૨૦૨૨	સાઈફ્ટ સ્પોર્ટ્સ	શાળાઓ સ્પોર્ટ્સ માટે ફરિયાદો	→ આગવું શાળાઓને
૪	૨૦/૦૯/૨૦૨૨	કેરોલિના વ્યવહાર	કેરોલિના વ્યવહારની સેવા શાળાઓ-વ્યાજવહી	→ શાળાઓને સેવાઓ આપવાનું
૫	૨૦/૦૯/૨૦૨૨	કોલેજીયલ કોલેજીયલ	કોલેજીયલ કોલેજીયલ	→ શાળાઓને આગવું
૬	૨૦/૦૯/૨૦૨૨	નાગરિકોની ફરતો	નાગરિકોની ફરતો	→ નાગરિકોની ફરતો
૭	૨૦/૦૯/૨૦૨૨	સવચ્છતા કાર્યક્રમ	સવચ્છતા કાર્યક્રમ	→ સવચ્છતા કાર્યક્રમ
૮	૨૦/૦૯/૨૦૨૨	કોલેજીયલ કોલેજીયલ	કોલેજીયલ કોલેજીયલ	→ કોલેજીયલ કોલેજીયલ
૯	૨૦/૦૯/૨૦૨૨	સવચ્છતા કાર્યક્રમ	સવચ્છતા કાર્યક્રમ	→ સવચ્છતા કાર્યક્રમ
૧૦	૨૦/૦૯/૨૦૨૨	સવચ્છતા કાર્યક્રમ	સવચ્છતા કાર્યક્રમ	→ સવચ્છતા કાર્યક્રમ
૧૧	૨૦/૦૯/૨૦૨૨	સવચ્છતા કાર્યક્રમ	સવચ્છતા કાર્યક્રમ	→ સવચ્છતા કાર્યક્રમ



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**:: જનજાગૃતિ કાર્યક્રમ સંકલિત અહેવાલ ::**  
(શક્ય હોય ત્યાં ફોટા મૂકવા.)



→ જનજાગૃતિ કાર્યક્રમ શરૂ કરવા પછી શાળામાં વિદ્યાર્થીઓને જાણ કરવા માટે વિવિધ પ્રકારનાં કાર્યક્રમો આયોજીત કરવામાં આવ્યા છે. જેમાં વિદ્યાર્થીઓને જાણ કરવા માટે વિવિધ પ્રકારનાં કાર્યક્રમો આયોજીત કરવામાં આવ્યા છે. જેમાં વિદ્યાર્થીઓને જાણ કરવા માટે વિવિધ પ્રકારનાં કાર્યક્રમો આયોજીત કરવામાં આવ્યા છે. જેમાં વિદ્યાર્થીઓને જાણ કરવા માટે વિવિધ પ્રકારનાં કાર્યક્રમો આયોજીત કરવામાં આવ્યા છે.



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# T. N. RAO COLLEGE OF TEACHER EDUCATION

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## Celebration of International Day of Forests at Practice Teaching Schools - September 19, 2022

### Introduction

On September 19, 2022, practice teaching schools celebrated International Day of Forests to raise awareness about the importance of forests and to promote actions for their conservation. The event featured a range of activities designed to engage students and faculty members in understanding the critical role forests play in sustaining life on Earth. Student interns from T.N. Rao College of Teacher Education conducted the initiative, ensuring widespread participation and awareness.

### Objectives

- To educate students and faculty about the significance of forests in the environment.
- To promote awareness of the various threats to forests and the need for their conservation.
- To inspire and encourage proactive measures for forest conservation and environmental sustainability.

### Event Highlights

#### 1. Opening Ceremony

The event commenced with an opening speech by the principal, who emphasized the theme of this year's International Day of Forests - "Forests and Sustainable Production and Consumption". The principal highlighted the importance of sustainable forest management and its role in combating climate change.

#### 2. Interactive Workshop

An interactive workshop was conducted by the school's Environmental Club. Students participated in activities that illustrated the interdependence of ecosystems and the benefits of forests in providing clean air, water, and resources. The workshop included hands-on activities such as tree identification, understanding forest layers, and the importance of biodiversity.



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### 3. Tree Planting Drive

As a symbolic gesture of commitment to forest conservation, a tree planting drive was organized within the school campus. Students and faculty members actively participated, planting a variety of native trees. This activity aimed to instill a sense of responsibility and connection with nature among the participants.

### Conclusion

The celebration of International Day of Forests at the practice teaching schools was a resounding success. The event effectively raised awareness about the critical role of forests and the urgent need for their conservation. By engaging students and faculty through educational and interactive activities, the schools reinforced their commitment to promoting environmental sustainability and preparing future generations to be stewards of the natural world. The initiatives taken during the event have sown seeds of awareness and responsibility, inspiring the school community to take continuous action towards forest conservation and environmental protection.

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Marks : 25 & Credit : 1				
સંકલિત સારણી				
અહીં જનજાગૃતિને લગતા કાર્યક્રમો જેવા કે : બ્લડ ડોનેશન, પાટલ જાહેરાત, ગ્રાહક સુરક્ષા, કેલેન્ડર તૈયારી, નાગરિકોની ફરજો, સ્વચ્છતા કાર્યક્રમ, ખરેખર આવાનો જાણવણી વગેરેના આયોજનની વિગતો આપવી.				
ક્રમ	તારીખ	યોજનાનું નામ	કરેલ પ્રવૃત્તિ	વિશેષ નોંધ
1	21/03/22	સ્વચ્છતા કાર્યક્રમ	ભાગનાં મચાઈ ઠરાવી	→ સ્વચ્છતા પિથા સમજાવ્યું.
2	21/03/22	ખરેખર જાણવણી	આવાજો વેરા જાહેરાતો જાણી નિત્ય પર, સભ્યપ	→ આવાજો આવાજો જાણવણી
3	21/03/22	ખાલસા રજૂઆત	આવાજો રજૂઆત નાસ્ત	→ આવાજો રજૂઆત
4	21/03/22	કેલેન્ડર તૈયારી	કેલેન્ડર તૈયારી સમજાવવી	→ કેલેન્ડર તૈયારી
5	21/03/22	બ્લડ ડોનેશન	બ્લડ ડોનેશન કાર્યક્રમ	→ આવાજો રજૂઆત
6	21/03/22	આવાજો રજૂઆત	આવાજો રજૂઆત કાર્યક્રમ	→ આવાજો રજૂઆત
7	21/03/22	આવાજો રજૂઆત	આવાજો રજૂઆત કાર્યક્રમ	→ આવાજો રજૂઆત
8	21/03/22	આવાજો રજૂઆત	આવાજો રજૂઆત કાર્યક્રમ	→ આવાજો રજૂઆત
9	21/03/22	આવાજો રજૂઆત	આવાજો રજૂઆત કાર્યક્રમ	→ આવાજો રજૂઆત
10	21/03/22	આવાજો રજૂઆત	આવાજો રજૂઆત કાર્યક્રમ	→ આવાજો રજૂઆત
11	21/03/22	આવાજો રજૂઆત	આવાજો રજૂઆત કાર્યક્રમ	→ આવાજો રજૂઆત



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# T. N. RAO COLLEGE OF TEACHER EDUCATION

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## Specialized Self-Defense Training Program for Girls

Date: April 14, 2022

Staff Coordinator: Mansukh Zapadiya

### Overview

On April 14, 2022, T.N. Rao College of Teacher Education conducted a specialized self-defense training program specifically designed for girls. The session, led by experienced instructors, aimed to empower participants with essential skills to protect themselves in various situations. The program covered practical techniques and strategies, providing the girls with valuable tools for self-defense. In this supportive and empowering environment, the focus was on building confidence and enhancing personal safety awareness.

### Event Highlights

#### Expert-Led Training:

The session was conducted by skilled instructors with extensive experience in self-defense training. Their expertise ensured that the participants received high-quality guidance and instruction.

#### Practical Techniques:

The program focused on practical self-defense techniques and strategies. Participants learned how to respond effectively to different types of threats and situations, ensuring they were equipped with the necessary skills to protect themselves.

#### Hands-On Activities:

During the session, participants engaged in a series of hands-on activities and exercises. These activities were tailored to address real-life scenarios, providing practical and effective self-defense skills.



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# T. N. RAO COLLEGE OF TEACHER EDUCATION

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## Empowering Environment:

The instructors created an atmosphere that encouraged active participation and fostered a sense of empowerment among the participants. The supportive environment helped build confidence and personal safety awareness.

## Training Activities

### 1. Basic Self-Defense Moves:

- Participants were taught basic self-defense moves such as strikes, kicks, and blocks. These foundational techniques are crucial for responding to immediate threats.

### 2. Escape Techniques:

- The training included techniques to escape from common holds and grabs. Participants learned how to free themselves from various grips and holds used by potential attackers.

### 3. Situational Awareness:

- Instructors emphasized the importance of situational awareness. Participants were trained to recognize and avoid potentially dangerous situations, enhancing their overall safety.

### 4. Confidence Building:

- Activities were designed to build confidence and self-assurance. Participants practiced assertiveness and learned how to project confidence in their body language and actions.

## Impact

**Empowerment:** The self-defense training program empowered girls by providing them with essential life skills. The practical techniques and strategies learned during the session enhanced their ability to protect themselves and boosted their overall confidence.

**Personal Safety Awareness:** The program significantly contributed to increasing personal safety awareness among participants. By understanding how to recognize and respond to threats, the girls were better prepared to ensure their safety in various situations.

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**Skill Development:** The hands-on activities and expert guidance provided participants with valuable self-defense skills. These skills are not only practical for self-defense but also contribute to the girls' overall physical and mental well-being.

**Community Building:** The program fostered a sense of community and support among participants. The shared experience of learning and practicing self-defense techniques helped build solidarity and mutual encouragement.

## Conclusion

The specialized self-defense training program at T.N. Rao College of Teacher Education on April 14, 2022, was a resounding success. By combining expert instruction with practical exercises, the session provided girls with essential self-defense skills and significantly enhanced their confidence and personal safety awareness. This initiative reflects the college's commitment to empowering students and promoting a safe and supportive learning environment.



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# T. N. RAO COLLEGE OF TEACHER EDUCATION

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## Report on International Women's Day Celebration

Date: March 3, 2023

### Overview

On March 3, 2023, T.N. Rao College of Teacher Education joyously celebrated International Women's Day with a vibrant and empowering event. The day's festivities were designed to honor women's achievements, promote gender equality, and foster a sense of inclusivity and empowerment within the college community.

### Event Highlights

#### Panel Discussions:

The celebration began with insightful panel discussions on women's achievements across various fields. Accomplished women leaders shared their experiences and wisdom, delivering inspirational talks that resonated deeply with the audience. These discussions provided a platform to reflect on the strides made by women and highlighted the ongoing efforts to overcome challenges and barriers.

#### Inspirational Talks:

Prominent women leaders and role models were invited to share their journeys and success stories. Their inspirational talks motivated the audience, especially the young women, to pursue their goals with determination and confidence. These speakers underscored the importance of resilience, perseverance, and self-belief.

#### Interactive Workshops:

The event featured interactive workshops dedicated to promoting gender equality. These sessions engaged participants in meaningful conversations and activities, fostering a deeper understanding of the challenges women face and the importance of creating a more inclusive society. Topics covered in the workshops included:

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- Gender equality in education and the workplace
- Breaking stereotypes and challenging societal norms
- Strategies for empowering women and girls

Participants actively contributed to these discussions, sharing their perspectives and experiences, which enriched the overall dialogue and understanding.

## Impact

**Awareness and Education:** The panel discussions and workshops provided valuable insights into the achievements and challenges faced by women. Participants gained a deeper appreciation of the need for gender equality and the role everyone can play in promoting it.

**Empowerment:** The inspirational talks and interactive sessions fostered a sense of empowerment among the participants, particularly the female students. The event highlighted the importance of self-belief and resilience in overcoming obstacles and achieving success.

**Community Engagement:** The celebration brought together students, faculty, and staff, creating a sense of community and shared purpose. The collaborative efforts during the workshops and discussions strengthened the bonds within the college community and emphasized the collective responsibility to advance gender equality.

**Inclusivity:** The atmosphere throughout the event was one of inclusivity and support. The college community recognized and honored the invaluable contributions of women, emphasizing the importance of acknowledging and uplifting women in all aspects of life.

## Conclusion

The International Women's Day celebration at T.N. Rao College of Teacher Education on March 3, 2023, was a resounding success. The event not only celebrated the achievements of women but also sparked meaningful discussions and actions toward a more equitable future. By providing a platform for inspirational talks, insightful discussions, and interactive workshops, the college underscored its commitment to promoting gender equality and empowering women. The day's festivities left a lasting impact on all participants, fostering a

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sense of empowerment and a collective drive to create a more inclusive and just society.



  
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