

Run by: *Maa Rewati Educational and Welfare Society*
MAA REWATI COLLEGE OF EDUCATION
(Recognised by: N.C.T.E. & Affiliated to R.D.V.V. Jabalpur)
Jantipur Road, Badi Khairi, Mandla (M.P.)-481661
Phone: 0764-2291912, Website: www.mrcedu.com
Email: mrcedu1@gmail.com



Metric 1.2 Academic Flexibility

1.2.2

Course content along with CLOs Value Added Courses

DVV Query

Brochure and course content along with CLOs of Value added courses. However in the attached documents there is no clarification related to courses related to hour base.

Institution Response

Course content along with CLOs Value Added Courses

(Red highlighted color show the timing of the course content per unit)


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Maa Rewati College of Education
Mandla (M.P.)

Value Added Courses Boucher



**MAA REWATI
COLLEGE OF
EDUCATION
MANDLA**

VALUE ADDED COURSES

**BASICS OF YOGA
ART & CRAFT
COMMUNICATION
SKILLS**

BENEFITS:

Demonstrate basic skills
associated with yoga
activities

Art and craft has
always been an integral
part of the Indian heritages

- Develop the art of speaking English.
- Develop excellent interview skills

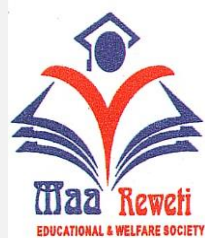
**6 Months /
Course
Duration.**



Phone: 0764-2291942, Website: www.mrcedu.com

Course Duration - 6 Months / 30 Hours - 50 Hours per Course


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Metric 1.2 Academic Flexibility

Average Number of Value-added courses offered during the last five years

Value Added Course Syllabus

Syllabus

Sn	Course Code	Course Name	Duration	Syllabus	Hours	Hours per Unit
1	MVAC 01	Basic of Yoga	6 Months (30 Hr)	1. Introduction to Yoga 2. Introduction to Asanas or Yoga Postures 3. Basic Standing Postures and their effects 4. Basic Supine Postures and their effects 5. Pranayama types and methods	30 Hours	1-2hr 2- 8Hr 3-6Hr 4-7Hr 5-7Hr
2	MVAC 02	Art & Craft	6 Months (50Hr)	The course curriculum consist of two Papers (One Theory & One Practical) 1. Understanding basic of different art from. 2. Art Form across the school curriculum. 3. Experimentation with different material of visual Art. 4. Exploration with different material of visual Art	50 Hours	1 – 2Hr 2- 8Hr 3- 20 Hr 4- 20Hr
3	MVAC 03	Comm unication Skills	6 Months (30Hr)	1. Sentence Formation (Structure) 2. Thought Process Development 3. Interview Skills & Accent Training 4. General English for Daily Speaking 5. Vocabulary (Multi-Dimensional) 6. Lessons on What & How to speak 7. Effective Listening Skills 8. Critical Thinking & Creativity 9. Confidence Building & Fluency 10. Reading & Writing Skills	30 Hours	3Hours Per Unit

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CLOs OF VALUE ADDED COURSES

“Maa Rewati College of Education, Mandla” while planning its curriculum keeps focus on

CLO for Value added Programmers offered by the institution. Value-added courses are short-term training programs that supplement a degree program's core curriculum and provide students with additional skills and knowledge. It helps the students to know their objective of the Value added course. It provides guidance to students of what they are expected to do. It provides the broader aspect of understanding the Value added course curriculum to the students.

Value added courses are:-

1. Basic of Yoga
2. Art & Craft
3. Communication Skills
4. Work Education (Gardening)

General Objective:-

The general objective of value-added courses is to complement traditional education by providing practical skills and knowledge that can enhance employability, facilitate career transitions, or support personal development goals.

Specific Objective:-

1. Increase students knowledge about Value added courses.
2. To increase student's confidence in their abilities to make appropriate career decision based on their interest, values and skill.
3. To increase student's movements towards the achievement of their vocational identities.


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Value Added Courses Basics of Yoga

Course Code: MVAC-01

Course Duration: 6 Months (30 Hours)

Eligibility: Any student who got admission in our institution B.Ed. and B.A.B.Ed course.

Objectives:

After completion of this course, the students will be able to:

1. Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
2. Practice basic Aasnas.
3. Practice mental hygiene.
4. Possess emotional stability.
5. Integrate moral values.

Outcomes:

1. Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination
2. Demonstrate the ability to perform yoga movements in various combination and forms.
3. Course content: Foundations of Yoga: Introduction, Meaning, Aim and objectives of yoga, Importance of Yoga
4. Human Body: Meaning and its Importance in Yoga.
5. Basic Asanas: Meaning, Definition, Principles and their techniques, benefits of Asanas.
6. Pranayamas: Meaning, Definition, Prana and its types, principles • and classification of pranayamas, benefits and precautions of pranayamas.

Course Content:

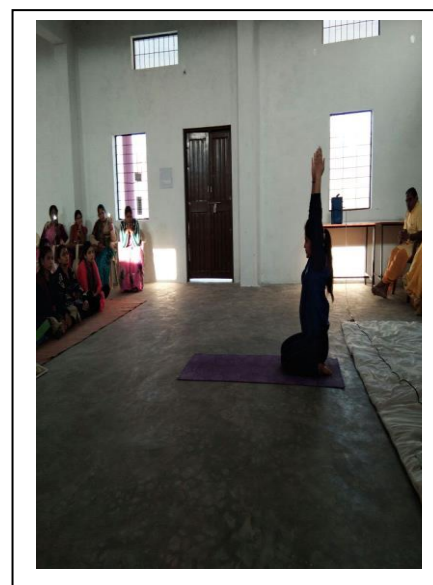
1. Introduction to Yoga; Ashtang Yoga, Types of Yoga
2. Introduction to Asanas or Yoga Postures, Basic Sitting Postures and their effects on health and well being. Paschimottanasana, JanuShirasana, Naukasana, Vakrasana, Padmasana, Vajrasana and other
3. Basic Standing Postures and their effects on health and wellbeing, Tadasana, Garudasana, Trikonasana and others.
4. Basic Supine Postures and their effects on health and wellbeing. Makarasana, Dhanurasana, Bhujangasana, Halasana, Sarvangasana, Shalabhasana, Naukasana, Shavasana and others.
5. Pranayama (Breathing Techniques & Exercises), types and methods


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Value Added Course – Basic of Yoga



Yoga Practice with experts



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Value Added Courses - Art & Craft

Course Code: MVAC-2

Course Duration: 6 months (50 Hours)

Art and craft has always been an integral part of the Indian heritage. The student after finishing this course gets a very good opportunity to take self-employed hobby classes or work as art and craft teachers in various schools & institutes.

Course Content: The course curriculum consist of two Papers (One Theory & One Practical) Medium of Instruction the Course Material is available in medium Hindi/English

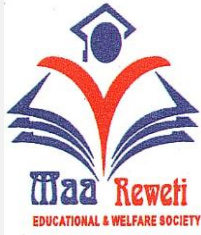
Instructional Strategy - Self-instructional printed material

1. Face to face classes
2. Hands on Experience
3. Practical-Training
4. Audio and Video support
5. Availability of Art and Craft Materials (by Fevicol)

Eligibility: Any student who got admission in our institution n B.Ed. and B.A.B.Ed. Course.

Scheme for Evaluation & Certification:

For appearing in examination, the learner will apply for examination. There will be evaluation of components, theory as well as the practical separately. Certificate provided by College to the learners after completing the programme successfully.



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Value Added Courses - Art & Craft



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Value Added Courses Communication Skills

Course Code: MVAC-3

Course Duration: 6 months (30 Hours)

Eligibility: Any student who got admission in our institution in B.Ed. and B.A.B.Ed. Course.

Objectives: After completion of this course, the students will be able to:

- Develop the art of speaking English.
- Develop excellent interview skills.
- Speak English with Confidence.
- Speak with proper tone of voice.
- Improve the ability to think in English.
- Overcome the fear of English speaking.

Outcomes:

- Development in the students' abilities in grammar, oral skills, reading, writing and study skills.
- Awareness of correct usage of English grammar in writing and speaking.
- Speaking ability in English both in terms of fluency and comprehensibility.

Course Content:

- Sentence Formation (Structure)
- Thought Process Development
- Interview Skills & Accent Training
- General English for Daily Speaking
- Vocabulary (Multi-Dimensional)
- Lessons on What & How to speak
- Effective Listening Skills
- Critical Thinking & Creativity
- Confidence Building & Fluency
- Reading & Writing Skills


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Value Added Course-Communication Skills




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