



Arts & Crafts

VALUE ADDED COURSE

COURSE CODE - 022

*Art and Craft is by far
the most beautiful
thing that has
happened to this
world.*

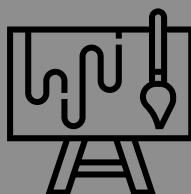
Overview

Arts & Crafts is not only an exercise for quirky minds but has also produced some of the greatest thinkers of all times, over the years. The field of developmental sciences has recognized the significance of it beyond being just a subject.

Art & Crafts has, thus, been incorporated into the curriculum of our institute as a value-added course that is unanimously recommended by the National Assessment and Accreditation Council (NAAC).

Due to the several proven cognitive, social, physical and developmental benefits, Art & Crafts has been introduced by us for the benefit of those women who want to groom their personalities for good.

*You must let it
flow, for art
demands the purity
of imagination and
rawness of intellect.*



Objectives

- To enhance the creative side of every individual for improving one's decision-making abilities
- To improve the connection between our motor senses, the cognitive & the visual learning compartments of the mind
- To help ingrain the power of tolerance & art of self-expression within women of tomorrow
- To help appreciate different cultures and communities through the knowledge of various art forms
- To improve the muscular agility and dexterity of our hands and to enhance the nerve-muscle coordination in those women who take up this art form
- To develop one's skills concerning rangoli, arts, crafts, songs, music, handicraft.

Course Content

Module 1

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	History of art & craft	3 Hours
2.	Famous personalities of Art & Craft	3 Hours
3.	Handicraft	4 Hours
4.	The science & art behind drawing	3 Hours
5.	The secrets of drawings	3 Hours
6.	Understanding music with respect to art	4 Hours

Module 2

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	Painting and Drawing	4 Hours
2.	Rangoli Making	4 Hours
3.	Digital Illustration	4 Hours
4.	Sketching	4 Hours
5.	Figure drawing	4 Hours

Note: A certificate will be given upon the successful completion of this course.

Reach out to us



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Yoga & Heartfulness

VALUE ADDED COURSE

COURSE CODE - 088

*Be good to yourself
by committing your
time to Yoga.*

Overview

Traditionally, Yoga indicates a spiritual way of life & living. It contributes to the strengthening of a human's spiritual, physical and mental state. As a result, Yoga is constantly perceived as the practice for healing and uniting an individual's mind, body and soul, thus, positively transforming the existence.

Due to its endless advantages, Yoga has been added into our curriculum as a value-added course. The National Assessment and Accreditation Council (NAAC) has also recommended it, as Yoga is capable of bringing about a holistic change in an individual.

Yoga has also been classified as a mind-body therapy by the National Center for Complementary & Alternative Medicine (NCCAM). The institution believes that the course will help women achieve visionary heights during their lifetime.

*Explore yourself to
the utmost extent
through the power
of Yoga.*



Objectives

- To improve overall mental hygiene of women
- To facilitate the understanding of mental stability, agility and strength in women
- To impart moral values and contribute to heart and mind co-ordination
- To allow the participants to understand their potential and capabilities
- To habituate a proper breathing technique thereby expanding the focus of an individual
- To help reduce body stress and postural pains by subjecting to different types of yoga
- To discipline and train the mind with a regular course of meditation.

Course Content

Module 1

Total Duration - 26 Hours

S. No.	Name of the Topic	Number of Hours
1.	Introduction to Yoga	2 Hours
2.	Indian philosophy and history of Yoga	4 Hours
3.	Breathing & Pranayam Techniques	4 Hours
4.	Types of Yoga	4 Hours
5.	Applied Mindfulness	4 Hours
6.	Basic overview of physiology of body	4 Hours
7.	Basic overview of direction	4 Hours

Module 2

Total Duration - 14 Hours

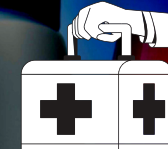
S. No.	Name of the Topic	Number of Hours
1.	Breathing practice and Meditation	8 Hours
2.	Chanting of Hymns	6 Hours

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*Health is wealth is
probably the most
underrated phrase
in history. But once
you comply with it,
your life changes for
good.*



Health and Hygiene

VALUE ADDED COURSE

COURSE CODE - 055

Overview

The practice of appropriate hygiene habits leads to proper health. In the past, we have seen nations succumbing to the outbreak of diseases primarily due to the fact that they have been negligent about maintaining proper hygiene.

It is essential to learn various hygiene practices so that we can protect ourselves and our families well. With the intent to make women hygiene conscious and to ensure that they can form the stable foundation on which the mighty society can be built, our institute offers a value-added course pertaining to health and hygiene based on National Assessment and Accreditation Council (NAAC) recommendations.

This course is particularly beneficial for individuals looking for some healthy tips and life-sustaining hygienic rules.

*Your contribution
to community
hygiene will go a
long way.*



Objectives

- To facilitate the understanding of maintaining health and hygiene
- To relate proper hygiene with a healthy life where the community can prosper
- To prevent the spread of germs and to prevent illness from touching people's lives
- To learn how proper hygiene can impact an individual's overall life from health issues to job opportunities
- To help the individuals achieve certain sanitation and hygiene goals when it comes to health
- To help contribute to a hygienic and healthy society
- To contribute to the cause of maintaining good health and educating women about the same

Course Content

Module 1

Total Duration - 26 Hours

S. No.	Name of the Topic	Number of Hours
1.	Introduction	2 Hours
2.	Personal Hygiene	4 Hours
3.	Community Hygiene	4 Hours
4.	Health-related problems	4 Hours
5.	Diseases spreading due to hygiene issues	4 Hours
6.	Public Health importance of Personal Hygiene	4 Hours
7.	Body part that can be kept hygienic	4 Hours

Module 2

Total Duration - 14 Hours

S. No.	Name of the Topic	Number of Hours
1.	Planning of Health and Hygiene around the place	4 Hours
2.	Few tips on personal hygiene practices	4 Hours
3.	Tips on social/environmental hygiene practices	2 Hours
4.	Lifestyle changes that can help maintain hygiene	4 Hours

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Empowering the women of today

VALUE ADDED COURSE

COURSE CODE - 011

*The power to
transform the
world lies within
you; yes you, right
there.*

Overview

Women empowerment is an essentiality to foster a sense of positive growth, ambition, motivation, and innovation in women. It has been a subject of massive discussion, and rightly so, for women empowerment paves the way for women to exhibit their qualities to the world. Along with that, it provides assistance to the mental, physical, spiritual and intellectual state of women.

The institute believes that value-added course pertaining to the empowerment of women is one of the most important aspects of imparting valuable education to young minds. This belief is further strengthened by the fact that the National Assessment and Accreditation Council (NAAC) recommends its consolidation.

This course, in general, aims to expand the interpersonal social dimensions of young females so that they can recognise their worth, contribute to female unity and challenge the prejudices against women residing in the society.

*Excellency lurks
everywhere in the
world, you just
need to empower it.*



Objectives

- To empower the thought process and help establish a code for the appropriate perception of the world
- To help women recognise their potential and how they can justify it To facilitate the development and protection of one's identity and individuality
- To help build the self-esteem and confidence
- To create a sense of togetherness in individuals from different backgrounds
- To learn about various defence practices used by people all over the world
- To learn how to sharpen the mind and to improve the coordination of skeletal muscles and mind
- To open up the gateway of spiritual growth in women
- To ensure how not to give way to fears.
- To instil a sense of personal responsibility, irrespective of the differences with which they grow up.

Course Content

Module 1

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	Understanding Women Empowerment	4 Hours
2.	Strategies for Women's Empowerment	4 Hours
3.	Organisation and Leadership	4 Hours
4.	Examples of famous female personalities	4 Hours
5.	Women Empowerment in the present day	4 Hours

Module 2

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	Women and Entrepreneurship	4 Hours
2.	Understanding gender on a local level	4 Hours
3.	Understanding gender on a national level	4 Hours
4.	Responses to prejudices	4 Hours
5.	Feminist Theories and Movements	4 Hours

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