



R.R. Educational Trusts B.Ed College

Value Added Courses

Guidelines for Value-Added Courses

1. Introduction

Value-Added courses are part of the curriculum designed to provide necessary skills for equipping the students with essential skills to succeed in life. R.R. Education Trusts College offers a wide variety of Value-Added Courses which shall be conducted on holidays or after class hours. These courses shall be conducted by experts or in-house staff and help students stand apart from the rest by adding further value to their resume.

2. Objectives

Objectives of the Value-Added Course are:

- To provide students an understanding of the expectations of teaching industry.
- To improve different skills of students.
- To bridge the skill gaps and make students ready as future teachers.
- To provide an opportunity to students develop their inter-disciplinary skills.

3. Guidelines for conducting value added courses

- Value Added Course is not mandatory to qualify for any program.
- It is a teacher assisted learning course open to all students without any additional fee.
- Classes for VAC will be conducted during the RESERVED Time Slot in a week or beyond the regular class hours.
- The value-added courses may be also conducted during weekends / vacation period.
- A student will receive a certificate only after completion of the course duly signed by the authorities.

4. Duration

The duration of value-added course should not be less than 30 hours with a combination of theory and practice

Name of the Course
Stress Management



Course Code: VACCTE (Value-added course on Contemporary Trends in Education)
Period: 30 hours

Course Overview:

This course gives a clear picture of nature and types of stress. Includes techniques to manage stress and the activity added in the course also takes us towards a drugless therapy.

Course Outcome:

After completion of this Value-Added Programme, a student will have an understanding for:

- ❖ Ability to handle stress
- ❖ Accepting the responsibility of taking charge of your own level of stress
- ❖ Different types of stress
- ❖ Sources of stress
- ❖ Problem-solving and Time management
- ❖ Preparing for the future; Care of the Self: Nutrition and Other Lifestyle Issues
- ❖ Drugless Therapy

Course Content:

Module 1: Concept of stress 	❖ Nature of stress ❖ Types of stress ❖ Sources of stress across the lifespan ❖ The body's reaction to stress ❖ Adaptive and Maladaptive Behaviour
Module 2: Strategies of Stress Management 	❖ Challenging stressful thinking ❖ Problem-solving and Time management ❖ Preparing for the future; Care of the Self: Nutrition and Other Lifestyle Issues
Module 3: Activity 	❖ Session on drugless therapy

Module 4: Task and Assignment

1. Identify your stressors: Make a list of the things that cause you stress. This could include work, school, relationships, health concerns, etc.
2. Assess your stress levels: Rate your stress levels on a scale of 1-10 for each of your identified stressors.
3. Choose stress management techniques: Research and select at least three stress management techniques that you believe would work best for you. This could include things like meditation, exercise, deep breathing, etc.
4. Create a self-care routine: Develop a self-care routine that includes activities that help to reduce stress and promote relaxation. This could include things like taking a warm bath, practicing yoga, or reading a book.
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Passing Criteria:

Criteria	Particulars	Marks
Attendance	A minimum of 80 % is to be maintained for the student to be eligible for the Certificate of Passing	N.A

Assignments	Any two out of the four assignments to be completed	Marks per assignment = 20 Total = $2 \times 20 = 40$
Viva	Viva is compulsory. 1 viva for each module. Total viva for the course-3	Marks per viva = 20 Total = $3 \times 20 = 60$

Certification:

Students will be awarded a certification of completion after its successful completion.

Name of the Course
“Empowering Consumers”



Course Code: VACEC (Value added course on Empowering Consumers)

Period: 31 hours

<i>Particulars</i>	<i>Number of hours</i>
Teaching	10 Hours
Referencing/ Self-work by students	11 Hours
Testing	10 Hours

Course Overview:

Consumer and consumerism are integral aspects of society. This course aims to help students understand the concept of consumerism and consumer behaviour. In this course, students will also explore the different theories and models of consumer behaviour and apply them to real-world scenarios. Through case studies and interactive activities, students will gain a better understanding of consumers' rights and factors of consumer exploitation. This course aims to empower consumers with knowledge that aligns with their personal values and contributes to a more sustainable future.

Course Outcome:

After completion of this Value-Added Programme, a student will have an understanding for:

- ❖ Consumer behaviour
- ❖ Consumer behaviour and its models and theories
- ❖ Consumer Rights
- ❖ Factors of consumer exploitation
- ❖ Ethical and sustainable consumption practices
- ❖ Role of digital media in consumer behaviour

Course Content:

Module: 1	Particulars
Unit 1: Introduction to Consumer and Consumer Behaviour 	❖ Who is a consumer ❖ Definition of consumer behaviour ❖ Importance of Consumer behaviour ❖ Factors influencing consumer behaviour
Unit 2: Models and Theories of Consumer Behaviour 	❖ Maslow's Hierarchy of Needs ❖ Howard-Sheth Model ❖ The diffusion of Innovation
Unit 3: Critical Thinking and Consumer Rights 	❖ Exercising consumer rights ❖ Factors affecting consumer exploitation ❖ Acquiring justice
Module: 2	Particulars
Unit 4: Ethical and Sustainable Consumption 	❖ Ethical consumption practices, including fair trade, organic and cruelty-free products. ❖ Sustainable consumption practices, including eco-friendly products, recycling, and waste reduction. ❖ Consumer Responsibilities and sustainability in the global context.
Unit 5: Digital Media and Consumer behaviour 	❖ The rise of e-commerce. ❖ Social Media and its impact on consumer behaviour. ❖ The role of mobile devices in consumer decision making.

Module 3

Task and Assignment

1. Review and make a report on a case study on consumer exploitation
2. Conduct a product analysis: Let students choose a product that they use frequently and analyse its various aspects such as price, quality, packaging, and branding. Make a report on their findings which includes suggestions for improvement.
3. Give a few examples depicting unfair trade practices and make a report on the same and suggest ways to combat such unfair trade practices.
4. Taking into consideration that there is a consumer club in your institution. Give the List of programs that can be organized in the consumer club, duties of the Consumer Club Member.
5. Develop a marketing plan: Develop a marketing plan for some new products or Services. Hint; make slogans, images, create a brochure, make a promotion offer etc. (You can add your own ideas too)

Passing Criteria:

<i>Criteria</i>	<i>Particulars</i>	<i>Marks</i>
Attendance	A minimum of 80 % is to be maintained for the student to be eligible for the Certificate of Passing	N.A
Assignments	Any three out of the five assignments to be completed	Marks per assignment = 20 Total = $3 \times 20 = 60$
Viva	Viva is compulsory. 1 viva for each module. Total viva for the course-2	Marks per viva = 20 Total = $2 \times 20 = 40$

Certification:

Students will be awarded a certification of completion after its successful completion.

Course Name
Understanding Learners: Unlocking the Potential



Course Code: VACUL (Value-added course on Understanding Learner)

Period: 32 hours

Course Overview:

This course is designed to provide an in-depth understanding of learners and their individual characteristics, needs, and learning styles. This course will explore various aspects of learners, such as cognitive, social, and emotional, and how these aspects affect the learning process. This course also aims at encouraging self-reflection and self-assessment among learners.

Course Outcome:

After completion of this Value-Added Programme, a student will have an understanding for:

- ❖ Ways of learning (Styles of learning)
- ❖ Types of learners
- ❖ Domains of Learning
- ❖ Right brain and left brain thinking
- ❖ De-Bono Thinking Hats
- ❖ Factors influencing Cognitive, Emotional, and social development
- ❖ Theories of Cognitive, Emotional Development, Social development

Module 1	Particulars
Unit 1: Introduction to Learner Diversity Understanding Learning and Learners 	❖ Knowing your own learners ❖ Ways of learning (Styles of learning) ❖ Types of learners
Unit 2: Cognitive Development and Learning 	❖ Factors influencing cognitive development ❖ Theories of Cognitive development (Piaget, Vygotsky)
Unit: 3: Promoting Thinking 	❖ Domains of Learning ❖ Right brain and left brain thinking ❖ De-Bono Thinking Hats
Module 2	Particulars
Unit 4: Emotional Intelligence 	❖ Factors influencing Emotional development ❖ Theories of Emotional Development
Unit 5: Social Development 	❖ Factors influencing Social Development ❖ Theories of Social Development
Unit 6: Reflective Practices for Learners 	❖ Encouraging self-reflection and self-assessment among learners. ❖ Providing opportunities for learners to evaluate their progress and set goals.

Module 3:

Task and Assignment

1. Read and analyze a real-life case study involving a learner with specific educational needs, such as a learning disability. Identify the learner's strengths, challenges, and potential barriers to learning. Develop an action plan outlining strategies and adaptations to support the learner's progress and foster an inclusive learning environment.
2. Write educational implications of cognitive theories
3. Reflect on your own preferred learning style and how it influences your approach to learning and teaching. Discuss it orally with your mentor
4. Design a learning activity that incorporates multiple modes of representation (e.g., visual, auditory, kinesthetics).

Passing Criteria:

<i>Criteria</i>	<i>Particulars</i>	<i>Marks</i>
Attendance	A minimum of 80 % is to be maintained for the student to be eligible for the Certificate of Passing	N.A
Assignments	Any three out of the four assignments to be completed	Marks per assignment = 20 Total = 3X20 = 60
Viva	Viva is compulsory. 1 viva for each module. Total viva for the course-2	Marks per viva = 20 Total = 2X20 = 40

Certification:

Students will be awarded a certification of completion after its successful completion.

1- Name of the Course
Holistic Wellness through Yoga



Course Code: VACHWY (Value-added course on Holistic Wellness through Yoga)

Period: 31 hours

Course Description:

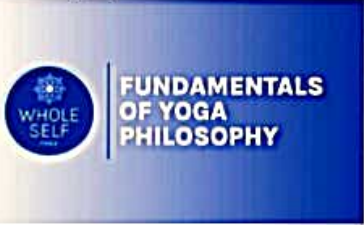
In today's fast-paced world, the demand for comprehensive wellness solutions is at an all-time high. This value-added course, "Holistic Wellness through Yoga," is designed to provide participants with an in-depth understanding of yoga principles, techniques, and their application to achieve physical, mental, and emotional well-being.

Course Outcomes:

After completion of this Value-Added Programme, a student will have an understanding for:

- ❖ Enhanced Physical Well-being
- ❖ Stress Reduction and Emotional Balance
- ❖ Holistic Health Understanding
- ❖ Mindfulness in Daily Life

Course Content:

<i>Module – 1</i>	<i>Particulars</i>
Yoga Fundamentals and Philosophy 	❖ Explore the history and philosophy of yoga, understanding its roots and principles. ❖ Learn about different yogic paths (Hatha, Raja, Karma, Bhakti, Jnana) and their significance.
Module – 2 Asanas and Alignment 	❖ Master a diverse range of asanas (postures) with a focus on proper alignment. ❖ Understand the therapeutic applications of specific asanas for various health concerns.
Module – 3 Pranayama and Breathwork 	❖ Dive into the science of breath control with pranayama techniques. ❖ Discover the profound impact of conscious breathing on stress management and vitality.
Module – 4 Meditation and Mindfulness 	❖ Develop a regular meditation practice for enhanced mental clarity and emotional balance. ❖ Explore mindfulness techniques to bring present-moment awareness into daily life.

Module – 5 Yoga for Stress Management  Yoga for stress management	❖ Develop a regular meditation practice for enhanced mental clarity and emotional balance. ❖ Explore mindfulness techniques to bring present-moment awareness into daily life.
Module -6 Capstone Project 	❖ Apply the acquired knowledge by designing a personalized wellness plan integrating yoga practices.

Module 7: Task and Assignment

1. Share a reflection on the experience, discussing any changes in stress levels, focus, or emotional state.
2. Explore the mind-body connection through a chosen activity (e.g., dance, art, or nature walk).
3. Practice a specific pranayama technique for stress reduction.
4. Explore and experiment with apps or online platforms that support yoga practice.

Passing Criteria:

Criteria	Particulars	Marks
Attendance	A minimum of 80 % is to be maintained for the student to be eligible for the Certificate of Passing	N.A
Assignments	Any three out of the four assignments to be completed	Marks per assignment = 20 Total = 3X20 = 60
Viva	Viva is compulsory.	Marks per viva = 40

Certification:

Students will be awarded a certification of completion after its successful completion.