



INDHIRA COLLEGE OF EDUCATION

Recognized by NCTE / Affiliated to the TamilNadu Teachers Education University Re-Accredited by NAAC at B++level

**No.1, V.G.R Gardens, V.G.R Nagar Pandur,
Thiruvallur 631203.**

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VALUE ADDED COURSES

(FOR B.Ed & M.Ed STUDENTS)

SYLLABUS

VALUE ADDED COURSES

COURSE PARTICULARS – SYLLABUS

CONTENT

S.NO	COURSE CODE	VALUE-ADDED COURSE TITLE	INCHARGE
1	VAC01	COUNSELLING AND TECHNIQUES	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA
2	VAC02	LIFE SKILLS	MR.A.JAYAPPAUL & MR.S.DASARADHAN
3	VAC03	SPSS	MR.N.MOHANAKANNAN & MRS.R.SUBHALAKSHMI
4	VAC04	THIRUKKURAL KOORUM VIZHUMANGAL	MRS.U.VISALATCHI & MRS.G.POONGUZHALI
5	VAC05	ART AND HANDI CRAFTS	MRS.D.JAYAKUMARI & MRS.A.JANAKI
6	VAC06	CHILD RIGHTS IN EDUCATION	MR.S.ARUNACHALAPERUMAL & MR.R.CHANDRASEKARAN
7	VAC07	RESEARCH SKILLS	MS.J.LIZZIE & DR.MOHAMMAD RAFFI

8	VAC08	PROFESSIONAL ETHICS	DR.B.KRISHNAIAH & DR.J.M.AMARANATHA REDDY
9	VAC09	GENERAL AWARENES	MRS.M.P.RAMA PRIYA & MRS.D.JOTHI
10	VAC10	SCRIPT WRITING	MRS.A.NANCY RAJATHI & MR.C.VEERAMANIKANDAN
11	VAC11	WOMEN SOCIETY IN INDIA	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA
12	VAC12	CYBER SECURITY	Mr . S . RAGAVAGIRI & Mrs.V.SURIYA
13	VAC13	ECOLOGY AND WASTE MANAGEMENT	MR.N.MOHANAKANNAN & MRS.R.SUBHALAKSHMI
14	VAC14	HEALTH AND NUTIRTION	MRS.D.JAYAKUMARI & MRS.A.JANAKI
15	VAC15	SOCIAL MEDIA AND WEB ANALYSIS	Mr . S . RAGAVAGIRI & Mrs.V.SURIYA

VALUE ADDED COURSE

COUNSELLING AND TECHNIQUES (VAC01)

Duration: 1 month

Objective

1. Understanding about the Personality measurement.
2. Discuss about the Counsellor Interactions with Patients.
3. Critically evaluate about the report preparation.

Unit – I Counselling Skills

Measurement of personality: Interview, Observation, and Project techniques. Basic areas of Adjustment: Family, School, Career and Job, Marital, Old age and Death Adjustment. Attending, Silence, Reflecting and paraphrasing, Clarifying and use of Questions, Focusing, Building Rapport Summarising, Immediacy.

Unit – II Counselling Techniques

Spheres of Influence, Clarification, Client Expectations, Confrontation, Congruence, Core Conditions, Encouraging, Engagement, Focussing, Working Alliance, Listening Skills, Stages of Change, Trust worthiness, Self Disclosure, Structuring, Hierarchy of Needs.

Unit – III Report Preparation and Case Study

Relaxation, Systematic Desensitization, Assertiveness training, Cognitive Behaviour Modification, Operant Conditioning, Bio feedback, Transaction analysis, Group Counselling.

Educational, Vocational guidance (Special population/Career guidance, Behavioural problem, Adolescent counselling, Health Counselling etc.

VALUE ADDED COURSE

LIFE SKILLS (VAC02)

Duration: 1 month

Objectives

1. To define the meaning, characteristics and scope of life skills.
2. To define theories of life skills and Life skills education.
3. To develop an understanding of the theoretical foundations of life skills.
4. To create Self Awareness and Empathy.
5. To develop Thinking Skill.
6. To evaluate of life skills training.

Unit 1: Concept of Life Skills and Thinking skill

Concept of Life Skills, Life Skills, Survival Skills and Livelihood Skills, Models of life Skills. (WHO Model, 4 H Targeting Life Skills Model)

Thinking skill :- Creative thinking (Process and Strategies for enhancing Creative thinking), Critical thinking (Process and Strategies for enhancing Critical thinking), Problem Solving (stages of problem solving, models of problem solving, Enhancing problem solving skills) Decision making (process, Barriers, techniques, Decision Making in your group)

Unit II : Skills of Self Management and Empathy

Self Awareness (Self Concept, Self Esteem, Self Image, Techniques for enhancing Self Awareness) and Empathy (Meaning and techniques to enhance Empathy). Coping with Emotions (Meaning of Emotions, Expressing emotions, Coping with negative emotions, Cultivating positive emotions) Coping with stress (Types of stress, Signs and symptoms, strategies to manage stress).

Unit III Methods of Life Skills Training and Evaluation

Methods of Life Skills Training and Evaluation :- Approaches of Life Skills Training (Preventive approach, Competency Based Approach, Issue based approach)

VALUE ADDED COURSE

STATISTICAL PACKAGE FOR SOCIAL SCIENCES - SPSS (VAC03)

OBJECTIVES

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

1. Know to create databases using SPSS and other DBMS softwares, define the variables and labels.
2. Plot various graphs and charts for various types of data.
3. Analyse descriptively using the data available in SPSS.
4. Gain knowledge to use various parametric tests using SPSS.
5. Apply various non-parametric tests and regression analysis using SPSS

UNIT – I INTRODUCTION ABOUT SPSS

Introduction - starting SPSS - creating of data bases using SPSS - MS Excel or exporting from other data bases- variable view - data view- variable type - Naming and defining of variables for various measures of scales - Opening and saving of SPSS files

UNIT II - GRAPHS & CHARTS

Creating graphs-types of charts - 3D charts - bar - pie -histogram - line - space - inserting legends - values - axes.

UNIT III - DESCRIPTIVE ANALYSIS

Descriptive statistics: Mean, Median, Mode, Skewness and Kurtosis - Percentage analysis Percentiles - Standard deviation - quartile deviation - Grouping of data.

UNIT IV-PARAMETRIC TESTS

Critical ratio(t) - Analysis of Variance(ANOVA) - Post ANOVA - ANOCOVA - MANOVA-MANOCOVA.

UNIT V-NON PARAMETRIC TESTS

KS test-Z. X. T - Chi Square test - Correlation - Bivariate & Multivariate - Regression Analysis - Multiple Regression.

VALUE ADDED COURSE

THIRUKKURAL KOORUM VIZHUMANGAL (VAC04)

Duration: 1 month

Objectives

- To identify the different type of wealth.
- To guide to attain all of prosperity and wealth.
- To create the interest in learning Thirukkural.
- To enhance the vocabulary words in Thirukkural.
- To understand the subtle meaning of Thirukkural

UNIT 1

Steps to get the money wealth analysis the various factors of education wealth. Relations between education wealth and wisdom wealth.. Clarity about the money, education, wisdom

Unit II

Details of practicing body wealth. Consequence of practising the recommended principle about body wealth pros and cons of body wealth Importance of questioning and hearing.

Unit III

Details of gaining discipline and characters through friendship. Procedure to gain the strengths through contacts and friendship-- advantage of gaining discipline and characters.

Unit IV

Difference between fame, popular and familiar. Importance of virtue wealth and benevolence wealth. Techniques to gain the virtue wealth understand the benefits of benevolence wealth.

Unit V

Importance of children in the family life - Various factors about enjoying benefits of wealth gained in the life frequently asked questions about children development and wealth usage

LEARNING OUTCOMES

- Recall the Thirukkural regarding wealth management.
- Critically analysis the Thirukkural meaning.
- Describe the benefits of wealth management.
- Increase the flawless of Thirukkural thoughts.

VALUE ADDED COURSE
ART AND HANDI CRAFTS (VAC05)

Duration: 1 month

Course Learning Outcomes (CLOS)

The prospective Teacher

1. Exercises the use and Mastery of the Elements of Arts.
2. Produces Creative works that demonstrate innovation in concepts, formal language or materials.
3. Demonstrates the Problem - Solving skills by providing a step-by-step approach to specific issue.
4. Develops the technical skills and conceptual skills necessary to create a cohesive body of artwork.
5. Uses a variety of brainstorming techniques to generate novel ideas

Unit I: Natural art

Freehand Drawing, Pencil Shading, Nature Work, Figurative Work, Creative Designs
- Coconut shell craft Pebbles art

Unit II: Handwriting

Aim of Teaching Handwriting Basic Script The Cursive Style Capitals - Numerals
Consistency of Movement and Shape - Italic writing practice of Italic writing

Unit III: Flower making

Basic Flower Arranging Techniques Flowers as Gifts Flowers for the Home Practice
of preparing bouquet - Organdy Socks cloth - Crepe paper

Unit IV: Fabric Painting

Nature Work - Creative Designs Figurative Work Fabric Colours Pearl Colours - 3D
& Spray Colours - Glass painting - Jewelry making

Unit V: Creative Art

Pot painting - Woolen hanging - Landscape on disc - Dream catcher - Geometrical pattern
coasters

VALUE ADDED COURSE
CHILD RIGHTS IN EDUCATION (VAC06)

Duration: 1 month

OBJECTIVES

After the completion of the course the Prospective Teacher Educators will be able to

1. Gain knowledge about the children based on their age and background of the children, and Understand the various myths existing in the society about children.
2. Understand the historical background of human rights - Classify various rights of the children.
3. Reflect on the contemporary issues related to the children - Various strategies of implementing mechanisms of rights from village level to state level child protection commission.
4. Gain knowledge about promotion, protection and benefits of child rights among children - Know about various rights of varied type of children.
5. Gain knowledge about violation of rights against children in media, ensuring child friendly environment/approaches to teachers in institution.

UNIT-1 UNDERSTANDING CHILDREN

Age wise & Background of child: Region, Religion, Caste, Economic and condition - Myths about children.

UNIT-II RIGHT & CHILD RIGHTS

Historical Background of Human Rights - Types of Rights: Right to live, Protection, Development and Participation.

UNIT - III CONTEMPORARY ISSUES RELATED TO CHILD TYPES OF VIOLENCE & ABUSE

Physical, Emotional, Sexual, Neglect and Technological: Online. Mechanism of Rights: Village level child protection commission to State level child protection commission.

UNIT-IV

Promotion, Protection and benefits of child Rights among teachers, Girl child rights, adolescent, disabled children, single parent child.

UNIT-V

What is the violation of Rights against children in media - print & electronic - Ensuring Child friendly environment/approaches to teachers in institutions- child protection policy and creating child right based culture.

VALUE ADDED COURSE
RESEARCH SKILL (VAC07)

Duration: 1 month

Unit – I SKILL OF IDENTIFYING A RESEARCH PROBLEM

Specifying a Problem - Justifying it - Suggesting the need to study it for audiences.

Unit - II skill of reviewing the literature

Locating Resources - Selecting Resources - Summarising Resources

UNIT - III SKILL OF SPECIFYING A PURPOSE FOR RESEARCH

Identifying the purpose statement - Narrowing the purpose statement to research - Questions or hypotheses

UNIT – IV SKILL OF COLLECTING DATA

Selecting individuals to study - Obtaining permissions - Gathering information

UNIT - V SKILL OF ANALYSING AND INTERPRETING DATA

Breaking down the data - Representing the data - Explaining the data

UNIT - VI SKILL OF REPORTING AND EVALUATING RESEARCH

Deciding on audience - Structuring the report - Writing the report sensitivity

VALUE ADDED COURSE
PROFESSIONAL ETHICS (VAC08)

Duration: 1 month

Objectives

1. To imbibe ethical behaviour in the personal and professional.
2. To internalize ethical values.
3. To realize the code of Professional ethics and practices.
4. To identify issues in Professional ethics.
5. To understand the importance of Professional ethics.

UNIT: I INTRODUCTION (6 hours)

Meaning, Definition and Nature of Professional Ethics- Basic concept of Ethics-Dimension of Ethics-Principle of Professional Ethics.

UNIT:II CODE AND CONDUCT OF PROFESSIONAL ETHICS (6 hours)

Teachers and their responsibilities -Teachers in relation to Students, Colleagues, Administration, Parents and Society- Norms of Professional conduct-Moral values in Professional Ethics.

UNIT:III PROFESSIONAL ETHICS OF TEACHERS (6 hours)

Teaching as a profession -Duties of a Teacher- Teachers Accountability - Autonomy - Strategies to promote Professionalism among students. Teachers

UNIT: IV THEORIES OF PROFESSIONAL ETHICS (6 hours)

Theories of Professional Ethics: Utilitarianism- Deontology- Moral Absolution - Moral Rationalism-Virtue Theory-Rights Theory-Casuist Theory.

UNIT: V ETHICAL ISSUES (6 hours)

Ethical issues pertaining to the role of Teacher - Ethical Issues pertaining to the role of Education - Ethical Issues pertaining to the role of schools.

VALUE ADDED COURSE

GENERAL AWARENESS COURSE (VAC09)

OBJECTIVES

- To enable the students have a thorough understanding of the various important issues of National and international relevance.
- To motivate the students to prepare for competitive exams.
- To enable the students to have an overall view of the society in which they live.

UNIT I

Current Events of National and International Importance. Current social issues. Political issues. Economic issues. Business issues. International issues. Environmental issues. Sports issues (Issues that took place between June to September of that academic year will be given more weightage)

UNIT II

General and World Geography Natural Resources of the world: Earth in space – Atmosphere, Atmospheric moisture, climate, Hydrosphere, Lithosphere. Landforms – Continents and oceans, mountains, plateaus and plains. Internal and External forces of Earth. Soils, Natural vegetation and wild life. Economic , Resources, Agriculture, Industry, Transport and communication Continents, Important cities of the world

UNIT III

International Organizations, United Nations Organizations, The Commonwealth.

UNIT IV

Indian Geography, Land forms, Drainage, climate, Natural vegetation and wild life, Natural Resources of India, Soils, Agriculture, Animal Husbandry and fishing, Mineral Resources, Energy, Industry, Transport and communication. The people, settlements and migration

UNIT V

Economic and Social Development, National income and structural change, Foreign Trade, Foreign capitals, Prices, Indian currency, Economy Development, Nature of Indian Economy, Social Demographics, poverty, Development Initiatives by the State/Central Government

VALUE ADDED COURSE
SCRIPT WRITING COURSE (VAC10)

OBJECTIVES

- To understand the narrative structure of film.
- To learn the skills required to write for different medium.
- To introduce students to the skills and knowledge in a range of writing and editing techniques required of the professional writer

UNIT I

Narrative: Film Narrative structure, Types of Narrative. Genre: Introduction and Types

UNIT II

Understanding Media Audience, Feedback, Targeting Women and Children.

UNIT III

Writing of Print

UNIT IV

Writing for Radio, Writing for Television

UNIT V

Writing for New Media

VALUE ADDED COURSE

WOMEN AND SOCIETY IN INDIA(VAC11)

COURSE OBJECTIVES

- To familiarize students with the specific cultural contexts of women in India.
- To Orient the students regarding Theories of Gender Relations, Position of Women in India Society.
- To Imbibe knowledge about Economic Development, Women and Work Force Labour

UNIT I

Women's position from Vedic times to the present, women participation in India's independence movement.

UNIT II

Social construction of gender and gender roles- Socialisation- Institutions of socialization

UNIT III

Women in family – marriage, working women-multi-tasking, Women and health issues

UNIT IV

Women's issues, violence against women, empowerment measures

UNIT V

Women and globalization- women at the workplace, changing working conditions and work place related issues.

VALUE ADDED COURSE
CYBER SECURITY (VAC12)

COURSE OBJECTIVES

- To exhibit knowledge to secure corrupted systems, protect personal data, and secure computer networks in an organization.
- To understand principles of web security and to guarantee a secure network by monitoring and analysing the nature of attacks through cyber/computer forensics software/tools.
- To understand cybercrime management standards, guidelines and procedures as well as the implementation and governance of these activities

UNIT I

Definition – Crime, Cyber Crime, Information Security, Digital Forensics – Conventional Crime Vs. Cyber Crime - Uniqueness of Cyber Crime – History of Cyber Crimes.

UNIT II

Forms of Cyber Crimes – Hacking – types of hacking, hackers, Cracking, Dos, DDos, Cyber Bullying, Cyber Stalking, Pornography, Phishing, Intellectual Property Theft, Data Theft, Dada diddling, malwares, steganography, salami attacks, ATM and Credit card frauds, Telecom Frauds

UNIT III

Social Media – Definition, Types, advantages and disadvantages – Crimes through social media, victimization through social media – Do's and Don'ts in Social Media – Safe Surfing

UNIT IV

Understanding cyber criminal behavior – modus operandi - Criminological , Sociological and Psychological theories relating to cyber crime behavior.

UNIT V

Information Security - Fraud Triangle – Components of Information Security – Desktop Security – Email Security – Web Security – Threats to information security and counter measures

VALUE ADDED COURSE

ECOLOGY AND WASTE MANAGEMENT (VAC13)

COURSE OBJECTIVES

- To provide insight on current environmental issues.
- Role of individual in protecting the environment.
- Enable students to understand concept of waste management and the ways of reducing waste.
- Disposal and treatment of waste- 3 R system

UNIT I

Introduction to environment-Eco system-balanced eco system-human activities-effects of human activities on environment-Need for public awareness-Health Risk & Vulnerability of humans due to environmental Degradation

UNIT II

Ecology- biodiversity-impact of economy on ecology-restoration-biodiversity threats and conservation

UNIT III

Introduction to waste management-Environmental issues –ways of environmental pollution-need of waste management- State of municipal waste generation in the world-ways of dealing with municipal solid waste-sanitary land fill- recycling of plastic

UNIT IV

Liquid waste management-hazardous and toxic waste-Municipal waste handling in Indian cities and towns- Bio medical and chemical waste- Nuclear and E waste- environmental consequences of ship breaking- polluting industries of India-hazardous waste from other countries to India

UNIT V

Disposal of solid waste and management -3R system –new technologies in 3R -3R in home-3R in our country- ways of minimizing wastages- home-city-country-organic waste management -waste prevention-Climate change and adaptation

VALUE ADDED COURSE

HEALTH AND NUTRITION (VAC14)

COURSE OBJECTIVES

- ✓ To appreciate the importance of balanced diet.
- ✓ To understand the food and nutritional requirements of adults.
- ✓ To understand the role of nutrition in weight management, diabetes and cardiovascular disease.

UNIT I

Introduction to health and nutrition Explanation of terms- Health, Nutrient requirement, Dietary standards, Recommended Dietary Allowance, Balanced diet Food Groups, Functions of food, Food guides-Food pyramid and Myplate, Food in relation to health.

UNIT II

Planning a balanced diet Principles of planning a diet, Guidelines for planning a balanced diet, Food Exchange list, Steps in planning a diet.

UNIT III

Nutritional and Food Requirements of Adults. Reference man and woman - Classification of activities based on occupation- Nutritional requirements of adults- Importance of functional foods.

UNIT IV

Nutrition and Weight management. Over nutrition-Obesity: Aetiology, Assessment- Body weight, BMI, Waist circumference, Diet therapy- principles of dietetic management and dietary guidelines Under nutrition- Under Weight: Limitations of underweight, Aetiology, Nutritional and food requirement, Dietary guidelines

UNIT V

Fitness for health Fitness- Types and Components. Role in prevention of disease and health promotion Yoga for fitness, Role of exercise, dance, games and martial arts in fitness.

VALUE ADDED COURSE
SOCIAL MEDIA AND WEB ANALYTICS (VAC15)

COURSE OBJECTIVES

- To make students understand the role of social media data and analytics in helping organizations achieve their goals.
- To enable students to provide actionable and strategic recommendations based on thorough social media data analysis.
- To make students decode data and arrive at an effective social media strategy

UNIT I

Introduction to Social Media & Web Analytics Web sites, web apps, mobile apps and social media - Usability, user experience, customer experience, customer sentiments, web marketing, conversion rates, ROI, brand reputation, competitive advantages Web analytics and Web analytics 2.0 framework (click stream, multiple outcomes analysis, experimentation and testing, voice of customer, competitive intelligence, Insights)

UNIT II

Social media analytics Social media KPIs (reach and engagement) - Performing social media analytics (business goal, KPIs, data gathering, analysis, measure and feedback)

UNIT III

Web metrics and web analytics Pulse Metrics - Page views, Uptime, Latency, Seven-day active users) on business and technical issues Heart Metrics - Happiness, Engagement, Adoption, Retention, and Task success) on user behaviour issues; On-site web analytics, off-site web analytics, the goal-signal-metric process

UNIT IV

Data analysis language and tools Ready-made tools for Web and social media analytics - Key Google Analytics metrics, dashboard, social reports Statistical programming language (R), its graphical development environment (Deducer) for data exploration and analysis, and its social media analysis packages (R Google Trends, twitterR)

UNIT V

Case analysis. User experience measurement cases and Web analytics cases