

Key Indicator – 1.2 Academic Flexibility

Metric No. 1.2.2 – Average number of Value –
Added Courses offered during the last five years



Brochure and Course content along with CLOs

Value Added Courses


PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Date : 26-07-2018

From

The Principal
Indhira College of Education,
Pandur, Thiruvallur – 631 203

To

The Managing Director
Indira Educational and Charitable Trust
Pandur, Thiruvallur – 631 203

Respected Madam,

Subject :- Introduction of Complimentary Value-Added Course for B.Ed and M.Ed students

We are planning to introduce a Value Added Course (Counseling and Techniques, Women and Society in India) for B.Ed and M.Ed students. As this initiative, I humbly ask for your assistance in providing this course free of charge students enrolled in B.Ed and M.Ed Programs.

Thank you

PRINCIPAL

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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Approved:

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Circular

Date: 30-08-2018

We intend to introduce value added courses for this academic year on the following course names. Interested students are asked to give your names for the respective courses to your class coordinator on or before 14-09-2018.

Course Details

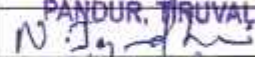
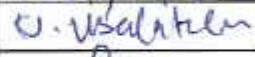

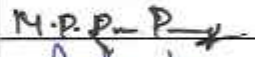


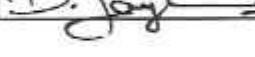
1. Counselling and Techniques
2. Women Society in India
3. Menstrual Hygiene
4. Cyber Security

Thank you.


Principal

PRINCIPAL

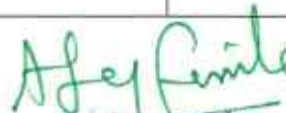
M.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	
2	Mrs.U.Visalatchi	Asst.Prof of Education	
3	Miss.J.Lizzie	Asst.Prof of Education	
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	
5	Mr.A.Jayapaul	Asst.Prof of Education	
6	Mr.N.Mohana kannan	Asst.Prof of Education	
7	Mrs.D.Jayakumari	Asst.Prof of Education	

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	
2	Mrs.A. Nancy Rajathi	Asst.Prof of Education	
3	Mr.C.Veeramanikandan	Asst.Prof of Education	
4	Mrs.G.Ponguzhali	Asst.Prof of Education	
5	Mrs.D.Jothi	Asst.Prof of Education	
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12	Mrs.A.Janagi	Asst.Prof of Education	


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**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

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
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VALUE ADDED COURSE

Indhira College of Education offers different Value-added courses for the student-teacher. Each course is of 30 hours duration and an assessment is carried at the end of the semester. The minimum criteria for a pass is 50%. After successful completion of the course, certificates are awarded.

VALUE ADDED COURSES

COURSE PARTICULARS – SYLLABUS

CONTENT

S.NO	VALUE-ADDED COURSE TITLE	INCHARGE
1	COUNSELLING AND TECHNIQUES	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA
2	WOMEN SOCIETY IN INDIA	MRS.U.VISALATCHI & MRS.J.SUKANYA
3	CYBER SECURITY	Mr . N . MOHANA KANNAN & Mrs. V. SURIYA
4	MENSTRUAL HYGIENE	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA


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About College

Owing to the need to impart quality education at affordable costs for deserving students, ICE was established. Young teachers with a better understanding of teaching-learning principles can contribute to building an academic structure, which can be an example for other countries. ICE caters to such future changemakers by providing them with the right place to learn and teach.



right
place
bright
future

INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR - 631203



Contact Us



Phone:
98410 49379



Email:
indhiraeducation@gmail.com



Address:
No:1, V.G.R Garden, V.G.R
Nagar, Pandur, Thiruvallur-
631203

COUNSELLING TECHNIQUES

Ajay Fenile
PRINCIPAL

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College Profile

Indhira College of Education was founded by Mr. V.G. Rajendran, with direct interaction with eminent educationists. By his guiding spirit, this college was founded in the year 2006 at Pandur Village, which is located 5 km from Thiruvallur town in the main Thiruvallur - Thiruthani highway amongst sylvan surroundings serene and pollution free environment imparting quality education. Indhira College of Education has land to the extent of 5.295 acres with a built up area of 3653 Sq.mts. The campus is well connected by road and rail transport to all important district headquarters.

Why Choose Us

- > Helping students understand life's perspective more clearly and live successful lives as responsible citizens
- > Students become more and more responsible and sensible

Importance of Counselling Techniques

Counseling is a trained professional, often referred to as a counselor or therapist, provides support and guidance to individuals or groups facing various challenges, emotional issues, or personal development goals. There are various counseling techniques and approaches used to help clients address their concerns and make positive changes in their lives.

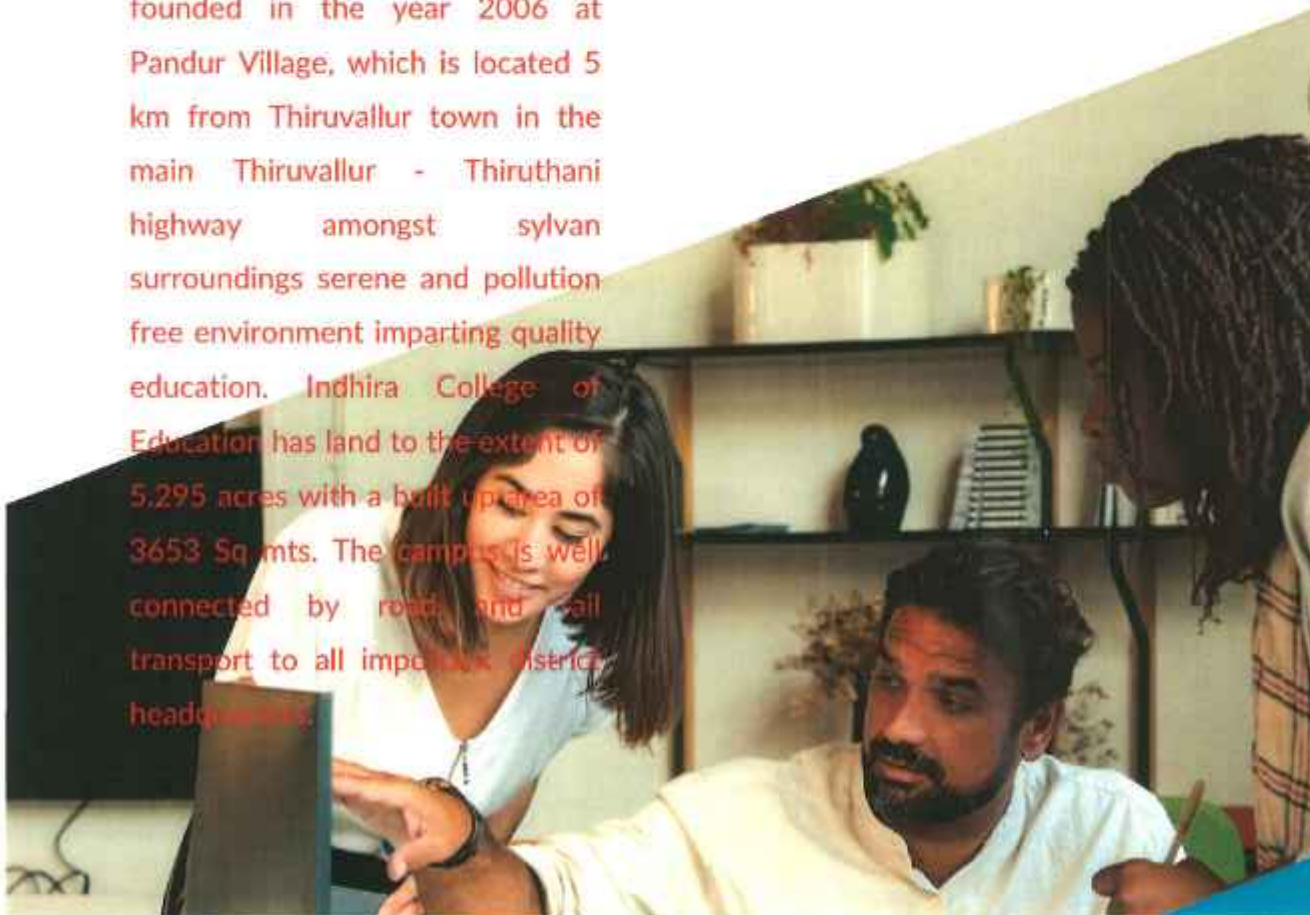
Responsibility
Sincerity

Co-operation
Respect

Sensitivity
Tolerance

Ajeef Perinde
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



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.

Course Learning Outcomes (CLOs):

- Demonstrate active listening through attending, reflecting, paraphrasing, and clarifying.
- Apply counseling techniques like focusing, confrontation, and self-disclosure thoughtfully.
- Analyze and evaluate client progress to adjust counseling interventions as needed.
- Prepare comprehensive counseling reports with case conceptualization and treatment plans.
- Integrate ethical principles into counseling practice to uphold professional standards.


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WOMEN SOCIETY IN INDIA

VALUE ADDED COURSE

OPEN FOR REGISTRATION

COURSE IN-CHARGE

MRS.U.VISALATCHI

&

MRS.J.SUKANYA

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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.

Course Learning Outcomes (CLOS)

- Understand women's historical position from Vedic times to present, including their role in India's independence movement.
- Analyze the social construction of gender and gender roles.
- Explore the impact of socialization institutions on shaping gender norms.
- Gain knowledge of women's roles in the family, marriage, and challenges faced by working women.
- Understand the inter sectionalist of gender and health disparities.
- Become aware of contemporary women's issues, including violence against women.
- Analyze effectiveness of empowerment measures and policies in addressing gender inequality.
- Understand globalization's impact on women, particularly in the workplace.
- Analyze changing working conditions and challenges faced by women in the era of globalization.
- Develop critical thinking skills to analyze gender dynamics in various contexts.
- Critically evaluate policies, practices, and societal attitudes affecting women's rights and gender equality.


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VALUE ADDED COURSE

WOMEN AND SOCIETY IN INDIA (VAC05)

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.


Course Learning Outcomes (CLOS)

- Understand women's historical position from Vedic times to present, including their role in India's independence movement.
- Analyze the social construction of gender and gender roles.



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- Explore the impact of socialization institutions on shaping gender norms.
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MENSTRUAL HYGIENE

VALUE ADDED COURSE

Overview of menstruation

MENSTRUAL HEALTH AND HYGIENE

DISORDERS AND HEALTH ISSUES

EMPOWERMENT AND ADVOCACY

COURSE IN-CHARGE

Mrs.N.JAYAVARDHINI

ASSISTANT PROFESSOR

Ajeef Feniide

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VALUE ADDED COURSE

MENSTRUAL HYGIENE (VAC11)

Duration: 1 Month

COURSE LEARNING OUTCOMES (CLOS):


- Students will articulate the physical and mental health benefits of practicing good menstrual hygiene.
- Students will analyze how socioeconomic status, access to resources, and cultural beliefs influence menstrual hygiene practices.
- Students will demonstrate proper hygienic practices during menstruation, including washing, changing of sanitary products, and genital care.
- Students will develop strategies for managing menstrual discomfort, such as cramps, mood swings, and other symptoms, to enhance overall well-being.
- Students will evaluate the impact of menstrual hygiene practices on individual health outcomes and societal well-being.

UNIT 1: INTRODUCTION TO MENSTRUATION (6 HOURS)

- Overview of menstruation: definition, biological process, and menstrual cycle phases.
- Cultural and societal perspectives on menstruation.
- Common myths and misconceptions related to menstruation.
- Anatomy and physiology of the female reproductive system.
- Menstrual hygiene products: types, usage, and disposal methods.

UNIT 2: MENSTRUAL HEALTH AND HYGIENE (6 HOURS)

- Importance of menstrual hygiene for physical and mental health.
- Factors affecting menstrual hygiene: socioeconomic status, access to resources, cultural beliefs.


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- Hygienic practices during menstruation: proper washing, changing of sanitary products, and genital care.
- Addressing menstrual discomfort: tips for managing cramps, mood swings, and other symptoms.

UNIT 3: MENSTRUAL DISORDERS AND HEALTH ISSUES (6 HOURS)


- Common menstrual disorders: dysmenorrhea, menorrhagia, amenorrhea, and others.
- Symptoms, causes, and treatment options for menstrual disorders.
- Importance of seeking medical advice for persistent menstrual problems.
- Impact of menstruation on mental health: addressing stigma, anxiety, and depression.

UNIT 4: MENSTRUAL HYGIENE MANAGEMENT IN DIFFERENT SETTINGS (6 HOURS)

- Menstrual hygiene in schools: challenges, policies, and best practices.
- Menstrual hygiene in workplaces: promoting access to facilities and products.
- Menstrual hygiene in low-resource settings: innovative solutions and community initiatives.
- Advocacy for menstrual equity: breaking taboos and promoting access to menstrual products and education.


UNIT 5: EMPOWERMENT AND ADVOCACY (6 HOURS)

- Menstrual rights and advocacy: understanding the importance of menstrual equity.
- Empowering individuals through menstrual education: promoting confidence and self-care.
- Strategies for advocating for menstrual hygiene at the community and policy levels.
- Creating inclusive spaces: addressing menstrual hygiene needs of transgender and non-binary individuals.


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PROGRAM LEARNING OUTCOMES (PLOS):

- Students will recognize the importance of menstrual hygiene for promoting physical and mental health.
- Students will analyze the socio-cultural factors that affect menstrual hygiene practices and their implications for health equity.
- Students will apply evidence-based hygienic practices during menstruation to promote personal well-being and community health.
- Students will demonstrate awareness of strategies for addressing menstrual discomfort and enhancing quality of life during menstruation.
- Students will advocate for policies and initiatives that promote menstrual hygiene as a fundamental aspect of public health and social justice.


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CYBER SECURITY

VALUE ADDED COURSE

Cyber security is the practice of defending computers, servers, mobile devices, electronic systems, networks, and data from malicious attacks. It's also known as information technology security or electronic information security.

1 **UNIQUENESS OF CYBER
CRIME**

2 **HACKING**

3 **DO'S AND DON'TS IN
SOCIAL MEDIA**

**COURSE
INCHARGE**

Mr.N.MOHANA KANNAN
ASSITANT PROFESSOR



HISTORY OF CYBER CRIMES.

It was not until the mid-20th century, with the arrival of the digital revolution, that cybercrime gained traction.



HACKING

Hacking is the act of identifying and then exploiting weaknesses in a computer system or network, usually to gain unauthorized access to personal or organizational data.



DO'S AND DON'TS IN SOCIAL MEDIA

Think before posting your personal information. As soon as your information goes online, you can't control who sees it and how it's used.



98410 49379

Ajay Kanna
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

VALUE ADDED COURSE
CYBER SECURITY (VAC06)

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

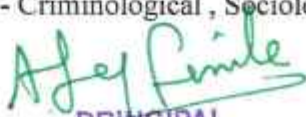
Forms of Cyber Crimes – Hacking – types of hacking, hackers, Cracking, Dos, DDos, Cyber Bullying, Cyber Stalking, Pornography, Phishing, Intellectual Property Theft, Data Theft, Dada diddling, malwares, steganography, salami attacks, ATM and Credit card frauds, Telecom Frauds

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.


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UNIT V

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

Course Learning Outcomes (CLOS)

- Develop a comprehensive understanding of crime, cyber crime, information security, and digital forensics.
- Compare conventional crime with cyber crime and analyze the uniqueness of cyber crime, including its historical context.
- Identify various forms of cyber crimes such as hacking, cyber bullying, phishing, data theft, and malware attacks.
- Analyze the techniques used by cyber criminals and the impact of these crimes on individuals and organizations.
- Assess the advantages and disadvantages of social media platforms.
- Recognize potential crimes facilitated through social media and understand victimization risks.
- Learn best practices for safe social media usage and online behavior.
- Analyze cyber criminal behavior using criminological, sociological, and psychological theories.
- Examine the modus operandi of cyber criminals and gain insights into their motivations.
- Understand the fraud triangle and components of information security.
- Identify threats to information security and evaluate countermeasures to mitigate risks effectively.



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PANDUR, TIRUVALLUR-631 203

Date : 24-07-2019

From

The Principal
Indhira College of Education,
Pandur, Thiruvallur – 631 203

To


The Managing Director
Indira Educational and Charitable Trust
Pandur, Thiruvallur – 631 203

Respected Madam,

Subject :- Introduction of Complimentary Value-Added Course for B.Ed and M.Ed students

We are happy to introduce Value Added Course (Life Skills, Social media and web Analysis) for the academic year 2019-2020. The majority of our student body hails from rural and comprises scholarship recipients. Consequently, I kindly propose the provision of a value-added course, at no expense, to all B.Ed and M.Ed students.

Thank you


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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Approved



PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Circular

Date: 04-09-2019

We intend to introduce value added courses for this academic year on the following course names. Interested students are asked to give your names for the respective courses to your class coordinator on or before 13-09-2019.

Course Details

1. Life skills
2. Social Media and Web Analysis
3. Personality Development
4. Health Education

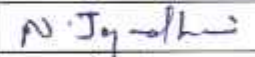
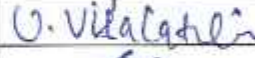
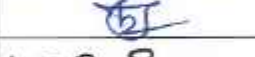
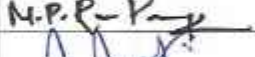
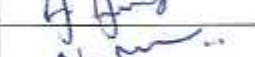


Thank you.



Principal

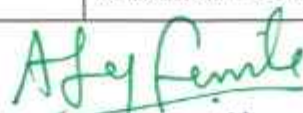
M.Ed Staff

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VALUE ADDED COURSES

(FOR B.Ed & M.Ed STUDENTS)

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VALUE ADDED COURSES

COURSE PARTICULARS – SYLLABUS

CONTENT

S.NO	VALUE-ADDED COURSE TITLE	INCHARGE
1	PERSONALITY DEVELOPMENT	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA
2	HEALTH EDUCATION	MRS.D.JAYAKUMARI & MR.N.MOHANA KANNAN
3	SOCIAL MEDIA AND WEB ANALYSIS	Mr . N . MOHANA KANNAN & Mrs. V. SURIYA
4	LIFE SKILLS	MR.A.JAYAPPAUL & MR.S.DASARADHAN


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INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR

**PERSONALITY
DEVELOPMENT**

VALUE ADDED COURSE

COURSE IN-CHARGE

Mrs.N.JAYAVARDHINI

ASSISTANT PROFESSOR



Ajay Perndu

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**INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203**

VALUE ADDED COURSE
PERSONALITY DEVELOPMENT (VAC10)

Duration: 1 month

COURSE OBJECTIVES:

1. To understand the concept of personality and its development.
2. To comprehend the formation of attitude.
3. To recognize the importance of motivation.
4. To cultivate the positive cognitive states for the development of personality.
5. To develop the other aspects of personality development.

COURSE OUTCOMES:

1. Recognize the concept of personality .
2. Identify the correlates' of personality.
3. Evaluate the importance of personality development
4. Apply the ways to develop personality effectively

Module I :

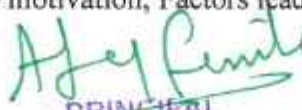
Introduction: The concept of personality, Types of personality, Determinants of personality; Trait Approaches of Personality (Allport and Cattell); Personality Skills and Development, the concept of SWOT analysis.

Module II :

Attitude: Nature, formation and change of attitudes, Factors affecting attitude, Positive attitude advantages , Negative attitude disadvantages, Ways to develop positive attitude - Differences between personalities having positive and negative attitude.

Module III :

Motivation: Nature and Concept; Types of Motives; Significance of Internal and external motives, Importance of self- motivation, Factors leading to demotivation.


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Module IV

Positive Cognitive States: Positive Thinking: Concept of Optimism, Hope and Resilience; Self Efficacy; Self-esteem: Positive and negative self-esteem; Self-confidence.


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INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR

HEALTH EDUCATION

VALUE ADDED COURSE

REGISTER NOW

COURSE IN-CHARGE

Mrs.D.JAYAKUMARI

ASSISTANT PROFESSOR

Ajay Ganesh

-PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203

CONTACT : 98410 49379

VALUE ADDED COURSE
HEALTH EDUCATION (VAC12)

Duration: 1 Month

COURSE OBJECTIVES:

By the end of this course, students should be able to:

- Define health and describe the dimensions of health.
- Understand the importance of health education in promoting individual and community well-being.
- Identify key health issues affecting college students and develop strategies for addressing them.
- Demonstrate effective communication and teaching skills for delivering health education programs.
- Analyze the role of culture, environment, and social determinants in influencing health behaviors.
- Evaluate health education interventions and programs for their effectiveness and impact.
- Develop a personal action plan for maintaining and promoting their own health.

Week 1: Introduction to Health Education (6 hours)

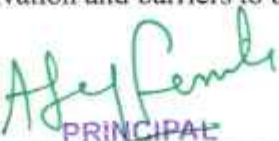
Definition and dimensions of health, Theoretical foundations of health education, Historical overview and evolution of health education.

Week 2: Health Promotion Models and Theories (6 hours)

Health belief model, Social cognitive theory, Trans theoretical model, Ecological model, Application of theories in health education practice.

Week 3: Understanding Health Behavior (6 hours)

Factors influencing health behavior (individual, interpersonal, community, societal), Health behavior change theories, Motivation and barriers to behavior change


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Week 4: Communicating Health Information (6 hours)

Principles of effective communication in health education, Strategies for health, communication (verbal, non-verbal, written, digital), Media literacy and health promotion

Week 5: Planning and Implementing Health Education Programs (6 hours)

Needs assessment and program planning, Program development and implementation, Evaluation and assessment of health education programs

Week 6: Special Topics in Health Education (Bonus 6 hours)

Mental health awareness, Sexual health education, Substance abuse prevention, Nutrition and physical activity promotion.


Programme Learning Outcomes (PLOs)

Comprehensive Understanding of Health Concepts: Students will demonstrate a thorough comprehension of the definition and dimensions of health, including physical, mental, emotional, and social well-being, as well as the historical evolution of health education.

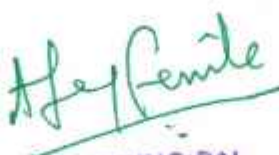
Application of Health Education Theories: Students will apply theoretical foundations such as the Health Belief Model, Social Cognitive Theory, Trans-theoretical Model, and Ecological Model to analyze health behavior, design effective health education interventions, and address individual, interpersonal, community, and societal factors influencing health.

Effective Communication Skills: Students will develop effective communication skills essential for health education practice, including the ability to utilize verbal, non-verbal, written, and digital communication strategies to convey health information accurately and persuasively to diverse audiences.

Program Planning and Evaluation Proficiency: Students will demonstrate proficiency in conducting needs assessments, developing evidence-based health education programs, and evaluating the effectiveness of interventions, ensuring they can design and implement programs that address the specific health needs of target populations.


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Specialized Knowledge in Health Promotion: Students will gain specialized knowledge in key areas of health promotion, including mental health awareness, sexual health education, substance abuse prevention, and nutrition and physical activity promotion, enabling them to address multifaceted health challenges and promote holistic well-being in diverse settings.


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CERTIFICATE COURSE ON LIFE SKILL

LIFE SKILLS ARE ABILITIES THAT FACILITATE THE PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING OF AN INDIVIDUAL (WHO)



WHAT ARE THE "LIFE SKILLS"?

1 SELF AWARENESS



2 DECISION MAKING



3 PROBLEM SOLVING



4 CRITICAL THINKING



A. Jeyaraj
PRINCIPAL
SRI SATHYANARAYANA COLLEGE OF EDUCATION
MADURAI, TIRUVALLUR-625 209

ABOUT THE COLLEGE

Indhira College of Education was founded by Mr. V.G. Raajendran, a philanthropist with encouragement from eminent educationists. By his guiding spirit, this college was started in the year 2006 at Pandur Village, which is located 5 km from Thiruvallur town in the main Thiruvallur - Tiruthani highway amongst sylvan surroundings and serene and pollution free environment imparting quality education. It is affiliated to the Tamilnadu Teachers Education University (TNTEU) and recognized by NCTE, Bangalore. It is a co-educational college, conducting the academic programmes leading to the degrees of Bachelor of Education (B.Ed.) and M Ed (Master of Education). The College admits students without discrimination of caste, religion or creed and it has taken upon special responsibility for the education of socially and economically backward people. It has produced district first in M.Ed course and several rank holders.

GET IN TOUCH

MOBILE NUMBER:

98410 49379

EMAIL ADDRESS:

indhiracollegeofeducation@gmail.com

WEBSITE:

indiraeducational.org

SOCIAL MEDIA:

@indiragroups

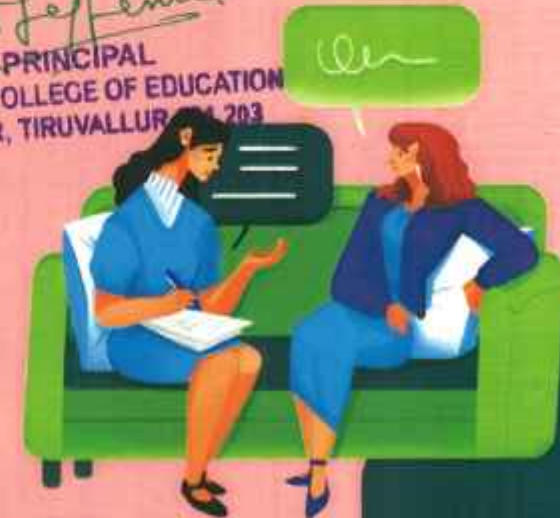
5 NEGOTIATION SKILLS



6 INTER PERSONAL RELATIONSHIP



Ajaykumar
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR - 601 203



CO-ORDINATOR



DR. REGINA JOEL
PRINCIPAL



MRS.A. NANCY RAJATHI
ASSISTANT PROFESSOR
IN ENGLISH

TIME



A. Jayaram
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION



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)

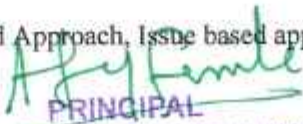
Thinking skill :- Creative thinking (Process and Strategies for enhancing Creative thinking), Critical thinking (Process and Strategies for enhancing Critical thinking), Problem Solving (stages of problem solving, models of problem solving, Enhancing problem solving skills) Decision making (process,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


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Course Learning Outcomes (CLOs):

- Comprehend the importance of life skills, including survival and livelihood skills.
- Analyze models such as the WHO Model and 4 H Targeting Life Skills Model.
- Enhance critical thinking skills to evaluate information objectively.
- Develop creative thinking abilities for innovative problem-solving.
- Master problem-solving techniques and decision-making processes.
- Foster self-awareness through understanding concepts like self-esteem.
- Cultivate empathy skills for better interpersonal relationships.
- Learn strategies to effectively manage emotions and stress.
- Explore various approaches to life skills training, such as preventive and competency-based methods.
- Evaluate the effectiveness of different training approaches in facilitating positive behavioral change.



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INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR

SOCIAL MEDIA AND WEB ANALYSIS

VALUE ADDED COURSE

COURSE IN-CHARGE

Mr.N.MOHANA KANNAN

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 cardio vascular disease.

CONTACT : 98410 49379

Ajay Ganile
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203

VALUE ADDED COURSE

SOCIAL MEDIA AND WEB ANALYTICS (VAC09)

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

Ajay Perin
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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

Course Learning Outcomes (CLOS)

- Understand the fundamentals of social media, web analytics, and web marketing, including usability, customer experience, and brand reputation.
- Learn about the Web Analytics 2.0 framework, covering clickstream analysis, experimentation, competitive intelligence, and customer insights.
- Explore social media analytics, focusing on key performance indicators (KPIs) such as reach and engagement, and the process of performing social media analytics.
- Gain insights into web metrics and analytics, including pulse metrics (e.g., page views, uptime) and heart metrics (e.g., engagement, retention), and the goal-signal-metric process.
- Familiarize with data analysis tools for web and social media analytics, including Google Analytics metrics, statistical programming language (R), and social media analysis packages.
- Analyze case studies related to user experience measurement and web analytics to understand real-world applications and challenges in the field.


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PANDUR, TIRUVALLUR-631 203

Date : 06-08-2020

From

The Principal
Indhira College of Education,
Pandur, Thiruvallur – 631 203

To

The Managing Director
Indira Educational and Charitable Trust
Pandur, Thiruvallur – 631 203


Respected Madam,

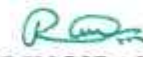
Subject :- Introduction of Complimentary Value-Added Course for B.Ed and M.Ed students

We are planning to introduce a Value Added Course (Art and Handi Crafts, Script Writing, Ecology & Waste Management and Cyber Security) for B.Ed and M.Ed students. As this initiative, I humbly ask for your assistance in providing this course free of charge students enrolled in B.Ed and M.Ed Programs.

Thank you

Approved



PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203


PRINCIPAL
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Circular

Date: 15-03-2021

We are excited to announce that we'll be offering new value-added courses this academic year. If you are interested, please provide your name for the course(s) you'd like to take to your class coordinator by 30-03-2021.

Course Details

1. Art and Handi Crafts
2. Script Writing
3. Menstrual Hygiene
4. Cyber Security
5. Ecology and waste management
6. Health Education

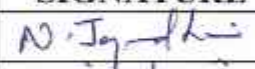
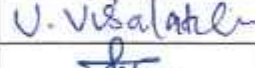

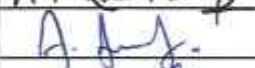
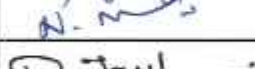
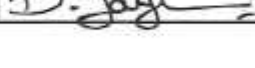

Thank you.

M.Ed Staff


Principal

PRINCIPAL

**INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	
2	Mrs.U.Visalatchi	Asst.Prof of Education	
3	Miss J.Lizzie	Asst.Prof of Education	
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	
5	Mr.A.Jayapaul	Asst.Prof of Education	
6	Mr.N.Mohana kannan	Asst.Prof of Education	
7	Mrs.D.Jayakumari	Asst.Prof of Education	



PRINCIPAL

**INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**

Circular

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We are excited to announce that we'll be offering new value-added courses this academic year. If you are interested, please provide your name for the course(s) you'd like to take to your class coordinator by 30-03-2021.

Course Details

1. Art and Handi Crafts
2. Script Writing
3. Menstrual Hygiene
4. Cyber Security
5. Ecology and waste management
6. Health Education

Thank you.

**Principal
PRINCIPAL**

**INDHIRA COLLEGE OF EDUCATION,
PANDUR, TIRUVALLUR-631 203**

B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	
2	Mrs.A. Nancy Rajathi	Asst.Prof of Education	
3	Mr.C.Veeramanikandan	Asst.Prof of Education	
4	Mrs.G.Ponguzhali	Asst.Prof of Education	
5	Mrs.D.Jothi	Asst.Prof of Education	
6	Miss.R.Subhalakshmi	Asst.Prof of Education	
7	Mrs.J.Jayanthi	Asst.Prof of Education	
8	Mr.R.Chandra Sekaran	Asst.Prof of Education	
9	Mr.S.Dasaradhan	Asst.Prof of Education	
10	Mrs.J.Sukanya	Asst.Prof of Education	
11	Ms.V.Suriya	Asst.Prof of Education	
12	Mrs.A.Janagi	Asst.Prof of Education	

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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.**

indiraeducational.org

VALUE ADDED COURSES

(FOR B.Ed & M.Ed STUDENTS)

SYLLABUS


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PANDUR, TIRUVALLUR-631 203

VALUE ADDED COURSE

Indhira College of Education offers different Value-added courses for the student-teacher. Each course is of 30 hours duration and an assessment is carried at the end of the semester. The minimum criteria for a pass is 50%. After successful completion of the course, certificates are awarded.

VALUE ADDED COURSES COURSE PARTICULARS – SYLLABUS CONTENT

S.NO	VALUE-ADDED COURSE TITLE	INCHARGE
1	MENSTRUAL HYGIENE	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA
2	ART AND HANDI CRAFTS	MRS.D.JAYAKUMARI & MRS.A.JANAKI
3	SCRIPT WRITING	MRS.A.NANCY RAJATHI & MR.C.VEERAMANIKANDAN
4	CYBER SECURITY	Mr . N . MOHANA KANNAN & Mrs.V.SURIYA
5	ECOLOGY AND WASTE MANAGEMENT	MR.S.ARUNACHALA PERUMAL & MRS.R.SUBHALAKSHMI
6	HEALTH AND NUTIRTION	MRS.D.JAYAKUMARI & MRS.A.JANAKI


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Art and Handicrafts

MAKE YOUR LIFE HAPPY

1 HOUR

INDHIRA COLLEGE OF EDUCATION.,
PANDUR, THIRUVALLUR - 631203

See you there!

Aje Penile

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INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203

VALUE ADDED COURSE
ART AND HANDI CRAFTS (VAC03)

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


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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

Course Learning Outcomes (CLOS)

- Master various natural art techniques like freehand drawing and pencil shading.
- Understand figurative work and create nature-inspired designs using materials like coconut shells and pebbles.
- Improve handwriting skills through structured lessons on basic script and cursive styles.
- Practice consistency of movement and shape, including italic writing for enhanced legibility.
- Learn flower arranging techniques and prepare bouquets using different materials like organdie and crepe paper.
- Explore fabric painting techniques including nature-inspired designs and 3D effects.
- Experiment with fabric and pearl colours, as well as glass painting and jewellery making.
- Engage in creative art projects such as pot painting, dream catcher crafting, and geometric pattern coasters.
- Express artistic vision through diverse mediums, refining skills in composition and colour theory.



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INDHIRA COLLEGE OF EDUCATION

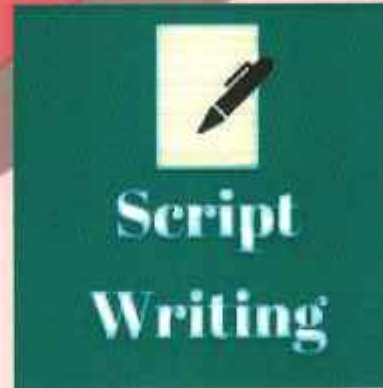
NCTE/Affiliated to Tamilnadu Teachers Education University
Re-accredited by B++ level by NAAC

About College

Owing to the need to impart quality education at affordable costs for deserving students, ICE was established. Young teachers with a better understanding of teaching learning principles can contribute to building an academic structure, which can be an example for other countries. ICE caters to such future changemakers by providing them with the right space to learn

About Course

Script writing (or screenwriting) is the process of writing stories in the screenplay medium. Script writing is writing down the movement, actions, expression and dialogue of the characters in screenplay, in screenplay format. The process of writing a novel, a poem, or essay, is entirely different than script writing.



VALUE ADDED COURSE
Script Writing

Durations : 30 Hrs

Place :
B.Ed Class Room

Course Incharge

MRS.A.NANCY RAJATHI
&

MR.C.VEERAMANIKANDAN

Contact : 98410 49379

Ajeeyanile
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

VALUE ADDED COURSE
SCRIPT WRITING COURSE (VAC04)

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

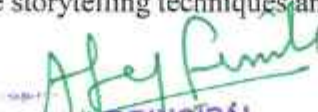
Writing for Radio, Writing for Television

UNIT V

Writing for New Media

Course Learning Outcomes (CLOS)

- Film narrative structures and genres understanding for analysis.
- Understanding media audience behaviour and targeting strategies.
- Proficiency in print media writing techniques and journalistic principles.
- Competence in scriptwriting for radio and television.
- Adaptability in writing for new media platforms like websites and social media.
- Exploration of innovative storytelling techniques and digital tools for audience engagement.


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INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR

CYBER SECURITY

VALUE ADDED COURSE

Cyber security is the practice of defending computers, servers, mobile devices, electronic systems, networks, and data from malicious attacks. It's also known as information technology security or electronic information security.

1 **UNIQUENESS OF CYBER
CRIME**

2 **HACKING**

3 **DO'S AND DON'TS IN
SOCIAL MEDIA**

**COURSE
INCHARGE**

Mr.N.MOHANA KANNAN
ASSITANT PROFESSOR



HISTORY OF CYBER CRIMES.

It was not until the mid-20th century, with the arrival of the digital revolution, that cybercrime gained traction.



HACKING

Hacking is the act of identifying and then exploiting weaknesses in a computer system or network, usually to gain unauthorized access to personal or organizational data.



DO'S AND DON'TS IN SOCIAL MEDIA

Think before posting your personal information. As soon as your information goes online, you can't control who sees it and how it's used.



98410 49379

Ajay Kanna
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

VALUE ADDED COURSE
CYBER SECURITY (VAC06)

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

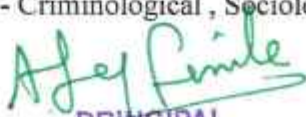
Forms of Cyber Crimes – Hacking – types of hacking, hackers, Cracking, Dos, DDos, Cyber Bullying, Cyber Stalking, Pornography, Phishing, Intellectual Property Theft, Data Theft, Dada diddling, malwares, steganography, salami attacks, ATM and Credit card frauds, Telecom Frauds

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.


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UNIT V

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

Course Learning Outcomes (CLOS)

- Develop a comprehensive understanding of crime, cyber crime, information security, and digital forensics.
- Compare conventional crime with cyber crime and analyze the uniqueness of cyber crime, including its historical context.
- Identify various forms of cyber crimes such as hacking, cyber bullying, phishing, data theft, and malware attacks.
- Analyze the techniques used by cyber criminals and the impact of these crimes on individuals and organizations.
- Assess the advantages and disadvantages of social media platforms.
- Recognize potential crimes facilitated through social media and understand victimization risks.
- Learn best practices for safe social media usage and online behavior.
- Analyze cyber criminal behavior using criminological, sociological, and psychological theories.
- Examine the modus operandi of cyber criminals and gain insights into their motivations.
- Understand the fraud triangle and components of information security.
- Identify threats to information security and evaluate countermeasures to mitigate risks effectively.



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ECOLOGY AND WASTE MANAGEMENT

VALUE ADDED COURSE

COURSE IN-CHARGE

MR.S.ARUNACHALA PERUMAL

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**

Affinity
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

VALUE ADDED COURSE

ECOLOGY AND WASTE MANAGEMENT (VAC07)

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

Ajay Perinik
PRINCIPAL

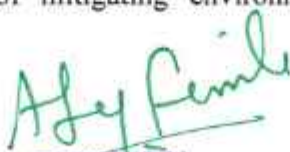
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UNIT V

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

Course Learning Outcomes (CLOS)

- Gain an understanding of the environment, including ecosystems and the concept of a balanced ecosystem.
- Explore human activities and their effects on the environment, emphasizing the need for public awareness.
- Examine health risks and vulnerabilities associated with environmental degradation.
- Study ecology and biodiversity, focusing on the impact of the economy on ecological systems and biodiversity threats and conservation efforts.
- Introduce waste management principles and environmental issues related to pollution, with a focus on municipal waste generation and management techniques.
- Investigate liquid waste management, including hazardous and toxic waste, as well as the handling of biomedical, chemical, nuclear, and electronic waste.
- Analyze disposal methods and management strategies for solid waste, including the 3R system (Reduce, Reuse, Recycle) and new technologies in waste management.
- Discuss ways of minimizing waste at the individual, community, and national levels, with a focus on organic waste management and waste prevention.
- Examine the relationship between climate change and adaptation strategies, emphasizing the importance of mitigating environmental impact and fostering sustainability.


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MENSTRUAL HYGIENE

VALUE ADDED COURSE

Overview of menstruation

MENSTRUAL HEALTH AND HYGIENE

DISORDERS AND HEALTH ISSUES

EMPOWERMENT AND ADVOCACY

COURSE IN-CHARGE

Mrs.N.JAYAVARDHINI

ASSISTANT PROFESSOR

Ajeef Famide

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203



VALUE ADDED COURSE

MENSTRUAL HYGIENE (VAC11)

Duration: 1 Month

COURSE LEARNING OUTCOMES (CLOS):


- Students will articulate the physical and mental health benefits of practicing good menstrual hygiene.
- Students will analyze how socioeconomic status, access to resources, and cultural beliefs influence menstrual hygiene practices.
- Students will demonstrate proper hygienic practices during menstruation, including washing, changing of sanitary products, and genital care.
- Students will develop strategies for managing menstrual discomfort, such as cramps, mood swings, and other symptoms, to enhance overall well-being.
- Students will evaluate the impact of menstrual hygiene practices on individual health outcomes and societal well-being.

UNIT 1: INTRODUCTION TO MENSTRUATION (6 HOURS)

- Overview of menstruation: definition, biological process, and menstrual cycle phases.
- Cultural and societal perspectives on menstruation.
- Common myths and misconceptions related to menstruation.
- Anatomy and physiology of the female reproductive system.
- Menstrual hygiene products: types, usage, and disposal methods.

UNIT 2: MENSTRUAL HEALTH AND HYGIENE (6 HOURS)

- Importance of menstrual hygiene for physical and mental health.
- Factors affecting menstrual hygiene: socioeconomic status, access to resources, cultural beliefs.


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- Hygienic practices during menstruation: proper washing, changing of sanitary products, and genital care.
- Addressing menstrual discomfort: tips for managing cramps, mood swings, and other symptoms.

UNIT 3: MENSTRUAL DISORDERS AND HEALTH ISSUES (6 HOURS)


- Common menstrual disorders: dysmenorrhea, menorrhagia, amenorrhea, and others.
- Symptoms, causes, and treatment options for menstrual disorders.
- Importance of seeking medical advice for persistent menstrual problems.
- Impact of menstruation on mental health: addressing stigma, anxiety, and depression.

UNIT 4: MENSTRUAL HYGIENE MANAGEMENT IN DIFFERENT SETTINGS (6 HOURS)

- Menstrual hygiene in schools: challenges, policies, and best practices.
- Menstrual hygiene in workplaces: promoting access to facilities and products.
- Menstrual hygiene in low-resource settings: innovative solutions and community initiatives.
- Advocacy for menstrual equity: breaking taboos and promoting access to menstrual products and education.


UNIT 5: EMPOWERMENT AND ADVOCACY (6 HOURS)

- Menstrual rights and advocacy: understanding the importance of menstrual equity.
- Empowering individuals through menstrual education: promoting confidence and self-care.
- Strategies for advocating for menstrual hygiene at the community and policy levels.
- Creating inclusive spaces: addressing menstrual hygiene needs of transgender and non-binary individuals.


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PROGRAM LEARNING OUTCOMES (PLOS):

- Students will recognize the importance of menstrual hygiene for promoting physical and mental health.
- Students will analyze the socio-cultural factors that affect menstrual hygiene practices and their implications for health equity.
- Students will apply evidence-based hygienic practices during menstruation to promote personal well-being and community health.
- Students will demonstrate awareness of strategies for addressing menstrual discomfort and enhancing quality of life during menstruation.
- Students will advocate for policies and initiatives that promote menstrual hygiene as a fundamental aspect of public health and social justice.


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INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR

HEALTH EDUCATION

VALUE ADDED COURSE

REGISTER NOW

COURSE IN-CHARGE

Mrs.D.JAYAKUMARI

ASSISTANT PROFESSOR

Ajay Ganesh

-PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203

CONTACT : 98410 49379

VALUE ADDED COURSE
HEALTH EDUCATION (VAC12)

Duration: 1 Month

COURSE OBJECTIVES:

By the end of this course, students should be able to:

- Define health and describe the dimensions of health.
- Understand the importance of health education in promoting individual and community well-being.
- Identify key health issues affecting college students and develop strategies for addressing them.
- Demonstrate effective communication and teaching skills for delivering health education programs.
- Analyze the role of culture, environment, and social determinants in influencing health behaviors.
- Evaluate health education interventions and programs for their effectiveness and impact.
- Develop a personal action plan for maintaining and promoting their own health.

Week 1: Introduction to Health Education (6 hours)

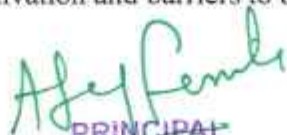
Definition and dimensions of health, Theoretical foundations of health education, Historical overview and evolution of health education.

Week 2: Health Promotion Models and Theories (6 hours)

Health belief model, Social cognitive theory, Trans theoretical model, Ecological model, Application of theories in health education practice.

Week 3: Understanding Health Behavior (6 hours)

Factors influencing health behavior (individual, interpersonal, community, societal), Health behavior change theories, Motivation and barriers to behavior change


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Week 4: Communicating Health Information (6 hours)

Principles of effective communication in health education, Strategies for health, communication (verbal, non-verbal, written, digital), Media literacy and health promotion

Week 5: Planning and Implementing Health Education Programs (6 hours)

Needs assessment and program planning, Program development and implementation, Evaluation and assessment of health education programs

Week 6: Special Topics in Health Education (Bonus 6 hours)

Mental health awareness, Sexual health education, Substance abuse prevention, Nutrition and physical activity promotion.


Programme Learning Outcomes (PLOs)

Comprehensive Understanding of Health Concepts: Students will demonstrate a thorough comprehension of the definition and dimensions of health, including physical, mental, emotional, and social well-being, as well as the historical evolution of health education.

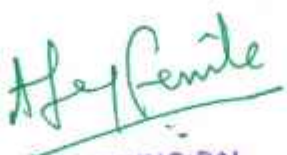
Application of Health Education Theories: Students will apply theoretical foundations such as the Health Belief Model, Social Cognitive Theory, Trans-theoretical Model, and Ecological Model to analyze health behavior, design effective health education interventions, and address individual, interpersonal, community, and societal factors influencing health.

Effective Communication Skills: Students will develop effective communication skills essential for health education practice, including the ability to utilize verbal, non-verbal, written, and digital communication strategies to convey health information accurately and persuasively to diverse audiences.

Program Planning and Evaluation Proficiency: Students will demonstrate proficiency in conducting needs assessments, developing evidence-based health education programs, and evaluating the effectiveness of interventions, ensuring they can design and implement programs that address the specific health needs of target populations.


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Specialized Knowledge in Health Promotion: Students will gain specialized knowledge in key areas of health promotion, including mental health awareness, sexual health education, substance abuse prevention, and nutrition and physical activity promotion, enabling them to address multifaceted health challenges and promote holistic well-being in diverse settings.


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PANDUR, TIRUVALLUR-631 203

Date : 12-08-2021

From

The Principal
Indhira College of Education,
Pandur, Thiruvallur – 631 203

To

The Managing Director
Indira Educational and Charitable Trust
Pandur, Thiruvallur – 631 203

Respected Madam,

Subject :- Introduction of Complimentary Value-Added Course for B.Ed and M.Ed students

We are planning to introduce a Value Added Course (Art and Handi Crafts, Script Writing, Ecology & Waste Management and Cyber Security) for B.Ed and M.Ed students. As this initiative, I humbly ask for your assistance in providing this course free of charge students enrolled in B.Ed and M.Ed Programs.


Thank you

Approved



12/08/21

PRINCIPAL
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PANDUR, TIRUVALLUR-631 203


PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Circular

Date: 04-01-2022

We are excited to announce that we'll be offering new value-added courses this academic year. If you are interested, please provide your name for the course(s) you'd like to take to your class coordinator by 12-01-2022.

Course Details

1. Art and Handi Crafts
2. Life Skills
3. Social Media and Web Analysis
4. Personality Development
5. Learning Innovations
6. Health and Nutrition

Thank you.

Resine Joel,
Principal
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

M.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	<i>N. Jayavardhini</i>
2	Mrs.U.Visalatchi	Asst.Prof of Education	<i>U. Visalatchi</i>
3	Miss.J.Lizzie	Asst.Prof of Education	<i>J. Lizzie</i>
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	<i>M.P. Rama Priya</i>
5	Mr.A.Jayapaul	Asst.Prof of Education	<i>A. Jayapaul</i>
6	Mr.N.Mohana kannan	Asst.Prof of Education	<i>N. Mohana kannan</i>
7	Mrs.D.Jayakumari	Asst.Prof of Education	<i>D. Jayakumari</i>

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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

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6. Health and Nutrition

Thank you.

Resina Joel,
Principal

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B.Ed Staff

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	<i>[Signature]</i>
2	Mrs.A. Nancy Rajathi	Asst.Prof of Education	<i>[Signature]</i>
3	Mr.C.Veeramanikandan	Asst.Prof of Education	<i>[Signature]</i>
4	Mrs.G.Ponguzhali	Asst.Prof of Education	<i>[Signature]</i>
5	Mrs.D.Jothi	Asst.Prof of Education	<i>[Signature]</i>
6	Miss.R.Subhalakshmi	Asst.Prof of Education	<i>[Signature]</i>
7	Mrs.J.Jayanthi	Asst.Prof of Education	<i>[Signature]</i>
8	Mr.R.Chandra Sekaran	Asst.Prof of Education	<i>[Signature]</i>
9	Mr.S.Dasaradhan	Asst.Prof of Education	<i>[Signature]</i>
10	Mrs.J.Sukanya	Asst.Prof of Education	<i>[Signature]</i>
11	Ms.V.Suriya	Asst.Prof of Education	<i>[Signature]</i>
12	Mrs.A.Janagi	Asst.Prof of Education	<i>[Signature]</i>

[Signature]

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

indiraeducational.org

VALUE ADDED COURSES

(FOR B.Ed & M.Ed STUDENTS)

SYLLABUS


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VALUE ADDED COURSE

Indhira College of Education offers different Value-added courses for the student-teacher. Each course is of 30 hours duration and an assessment is carried at the end of the semester. The minimum criteria for a pass is 50%. After successful completion of the course, certificates are awarded.

VALUE ADDED COURSES COURSE PARTICULARS – SYLLABUS CONTENT

S.NO	VALUE-ADDED COURSE TITLE	INCHARGE
1	LIFE SKILLS	MR.A.JAYAPPAUL & MR.S.DASARADHAN
2	ART AND HANDI CRAFTS	MRS.D.JAYAKUMARI & MRS.A.JANAKI
3	HEALTH AND NUTRITION	MRS.D.JAYAKUMARI & MRS.A.JANAKI
4	SOCIAL MEDIA AND WEB ANALYSIS	Mr . N. MOHANA KANNAN & Mrs.V.SURIYA
5	PERSONALITY DEVELOPMENT	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA
6	LEARNING INNOVATIONS	DR.J.LIZZIE & MRS.P.RAMA PRIYA


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CERTIFICATE COURSE ON LIFE SKILL

LIFE SKILLS ARE ABILITIES THAT FACILITATE THE PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING OF AN INDIVIDUAL (WHO)



WHAT ARE THE "LIFE SKILLS"?

1 SELF AWARENESS



2 DECISION MAKING



3 PROBLEM SOLVING



4 CRITICAL THINKING



A. Jeyaraj
PRINCIPAL
SRI SATHYANARAYANA COLLEGE OF EDUCATION
TANDUR, TIRUVALLUR-631 209

ABOUT THE COLLEGE

Indhira College of Education was founded by Mr. V.G. Raajendran, a philanthropist with encouragement from eminent educationists. By his guiding spirit, this college was started in the year 2006 at Pandur Village, which is located 5 km from Thiruvallur town in the main Thiruvallur - Tiruthani highway amongst sylvan surroundings and serene and pollution free environment imparting quality education. It is affiliated to the Tamilnadu Teachers Education University (TNTEU) and recognized by NCTE, Bangalore. It is a co-educational college, conducting the academic programmes leading to the degrees of Bachelor of Education (B.Ed.) and M Ed (Master of Education). The College admits students without discrimination of caste, religion or creed and it has taken upon special responsibility for the education of socially and economically backward people. It has produced district first in M.Ed course and several rank holders.

GET IN TOUCH

MOBILE NUMBER:

98410 49379

EMAIL ADDRESS:

indhiracollegeofeducation@gmail.com

WEBSITE:

indiraeducational.org

SOCIAL MEDIA:

@indiragroups

5 NEGOTIATION SKILLS



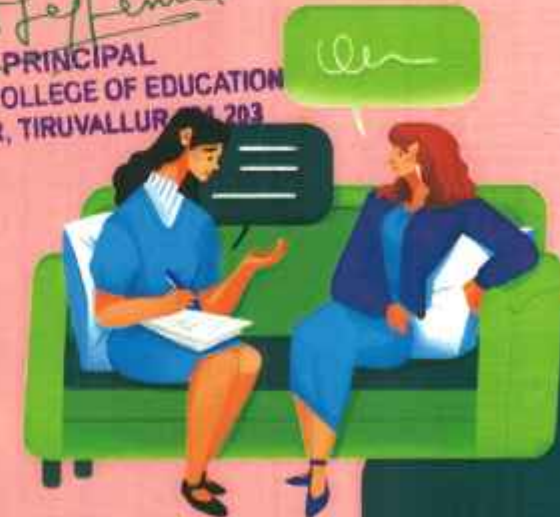
6 INTER PERSONAL RELATIONSHIP



Ajaykumar

PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR - 601 203



CO-ORDINATOR



DR. REGINA JOEL

PRINCIPAL



MRS.A. NANCY RAJATHI

**ASSISTANT PROFESSOR
IN ENGLISH**

A. Jayaram
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION

TIME



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)

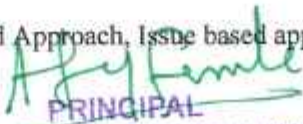
Thinking skill :- Creative thinking (Process and Strategies for enhancing Creative thinking), Critical thinking (Process and Strategies for enhancing Critical thinking), Problem Solving (stages of problem solving, models of problem solving, Enhancing problem solving skills) Decision making (process,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


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Course Learning Outcomes (CLOs):

- Comprehend the importance of life skills, including survival and livelihood skills.
- Analyze models such as the WHO Model and 4 H Targeting Life Skills Model.
- Enhance critical thinking skills to evaluate information objectively.
- Develop creative thinking abilities for innovative problem-solving.
- Master problem-solving techniques and decision-making processes.
- Foster self-awareness through understanding concepts like self-esteem.
- Cultivate empathy skills for better interpersonal relationships.
- Learn strategies to effectively manage emotions and stress.
- Explore various approaches to life skills training, such as preventive and competency-based methods.
- Evaluate the effectiveness of different training approaches in facilitating positive behavioral change.



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Art and Handicrafts

MAKE YOUR LIFE HAPPY

1 HOUR

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PANDUR, THIRUVALLUR - 631203

See you there!

Aje Penile

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VALUE ADDED COURSE
ART AND HANDI CRAFTS (VAC03)

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


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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

Course Learning Outcomes (CLOS)

- Master various natural art techniques like freehand drawing and pencil shading.
- Understand figurative work and create nature-inspired designs using materials like coconut shells and pebbles.
- Improve handwriting skills through structured lessons on basic script and cursive styles.
- Practice consistency of movement and shape, including italic writing for enhanced legibility.
- Learn flower arranging techniques and prepare bouquets using different materials like organdie and crepe paper.
- Explore fabric painting techniques including nature-inspired designs and 3D effects.
- Experiment with fabric and pearl colours, as well as glass painting and jewellery making.
- Engage in creative art projects such as pot painting, dream catcher crafting, and geometric pattern coasters.
- Express artistic vision through diverse mediums, refining skills in composition and colour theory.



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INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR

HEALTH AND NUTRITION

VALUE ADDED COURSE



CONTACT : 98410 49379

Ajay Sankar
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

COURSE IN -CHARGE

MRS.D.JAYAKUMARI

VALUE ADDED COURSE
HEALTH AND NUTRITION (VAC08)

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

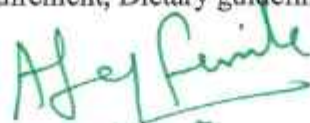
Planning a balanced diet Principles of planning a diet, Guidelines for planning a balanced diet, Food Exchange list, Steps in planning a diet.

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




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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.

Course Learning Outcomes (CLOS)

- Develop a comprehensive understanding of health and nutrition, including key terms such as health, nutrient requirement, and dietary standards.
- Learn about recommended dietary allowances and the importance of a balanced diet, including food groups and their functions.
- Understand the principles of planning a balanced diet and guidelines for effective diet planning, including the use of food exchange lists.
- Explore the nutritional and food requirements of adults, including reference values for men and women based on activity levels and the significance of functional foods.
- Examine nutrition and weight management, including the causes and assessment of obesity and underweight conditions, along with principles of diet therapy and dietary guidelines.
- Gain insights into fitness for health, including different types and components of fitness, its role in disease prevention and health promotion, and the benefits of activities such as yoga, exercise, dance, games, and martial arts.


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INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR

SOCIAL MEDIA AND WEB ANALYSIS

VALUE ADDED COURSE

COURSE IN-CHARGE

Mr.N.MOHANA KANNAN

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 cardio vascular disease.

CONTACT : 98410 49379

Ajay Ganile
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
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VALUE ADDED COURSE

SOCIAL MEDIA AND WEB ANALYTICS (VAC09)

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

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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

Course Learning Outcomes (CLOS)

- Understand the fundamentals of social media, web analytics, and web marketing, including usability, customer experience, and brand reputation.
- Learn about the Web Analytics 2.0 framework, covering clickstream analysis, experimentation, competitive intelligence, and customer insights.
- Explore social media analytics, focusing on key performance indicators (KPIs) such as reach and engagement, and the process of performing social media analytics.
- Gain insights into web metrics and analytics, including pulse metrics (e.g., page views, uptime) and heart metrics (e.g., engagement, retention), and the goal-signal-metric process.
- Familiarize with data analysis tools for web and social media analytics, including Google Analytics metrics, statistical programming language (R), and social media analysis packages.
- Analyze case studies related to user experience measurement and web analytics to understand real-world applications and challenges in the field.


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INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR

**PERSONALITY
DEVELOPMENT**

VALUE ADDED COURSE

COURSE IN-CHARGE

Mrs.N.JAYAVARDHINI

ASSISTANT PROFESSOR



Ajay Perumal

PRINCIPAL

**INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR-631 203**

VALUE ADDED COURSE
PERSONALITY DEVELOPMENT (VAC10)

Duration: 1 month

COURSE OBJECTIVES:

1. To understand the concept of personality and its development.
2. To comprehend the formation of attitude.
3. To recognize the importance of motivation.
4. To cultivate the positive cognitive states for the development of personality.
5. To develop the other aspects of personality development.

COURSE OUTCOMES:

1. Recognize the concept of personality .
2. Identify the correlates' of personality.
3. Evaluate the importance of personality development
4. Apply the ways to develop personality effectively

Module I :

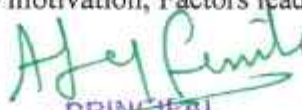
Introduction: The concept of personality, Types of personality, Determinants of personality; Trait Approaches of Personality (Allport and Cattell); Personality Skills and Development, the concept of SWOT analysis.

Module II :

Attitude: Nature, formation and change of attitudes, Factors affecting attitude, Positive attitude advantages , Negative attitude disadvantages, Ways to develop positive attitude - Differences between personalities having positive and negative attitude.

Module III :

Motivation: Nature and Concept; Types of Motives; Significance of Internal and external motives, Importance of self- motivation, Factors leading to demotivation.


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Module IV

Positive Cognitive States: Positive Thinking: Concept of Optimism, Hope and Resilience; Self Efficacy; Self-esteem: Positive and negative self-esteem; Self-confidence.


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PANDUR, THIRUVALLUR

LEARNING INNOVATIONS

VALUE ADDED COURSE

course in-charge
Dr.J.LIZZIE



CONTACT
98410 40379



Session 1

Introduction to Learning Innovations

Session 2

Innovative Teaching Methodologies

Session 3

Technology Integration in Education

Session 4

Creative Thinking and Problem Solving

Session 5

Assessment Strategies for Innovation

Session 6

Curriculum Design and Innovation

Session 7

Educational Trends and Emerging Innovations

Session 8

Practical Applications of Learning Innovations

Session 9

Reflective Practice and Professional Development

Session 10

Culminating Project and Presentations

VALUE ADDED COURSE

LEARNING INNOVATIONS (VAC13)

Duration: 1 Month

Course Objectives:

- Understand the concept of learning innovations and its significance in education.
- Explore various innovative teaching methodologies and their applications.
- Develop skills to integrate technology effectively into teaching and learning processes.
- Foster creativity and critical thinking among students through innovative practices.
- Reflect on personal teaching practices and explore opportunities for innovation.

Session 1: Introduction to Learning Innovations

Definition and importance of learning innovations, Historical perspective and key concepts, Case studies of innovative teaching practices

Session 2: Innovative Teaching Methodologies

Active learning strategies, Flipped classroom approach, Project-based learning, Inquiry-based learning

Session 3: Technology Integration in Education

Pedagogical uses of technology, Educational apps and tools, Virtual reality (VR) and augmented reality (AR) in education, Gamification and game-based learning

Session 4: Creative Thinking and Problem Solving

Techniques to promote creativity in the classroom, Design thinking process, Problem-based learning, Brainstorming and ideation techniques

Session 5: Assessment Strategies for Innovation

Formative vs. summative assessment, Authentic assessment methods, Rubrics and feedback mechanisms, Assessing creativity and critical thinking skills


Session 6: Curriculum Design and Innovation

Integrating innovation into curriculum planning, Cross-curricular connections, Differentiated instruction, Flexible learning environments

Session 7: Educational Trends and Emerging Innovations

Current trends in education, Future of learning: AI, personalized learning, etc., Exploring emerging technologies and their potential impact

Session 8: Practical Applications of Learning Innovations


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Designing and implementing innovative lesson plans, Classroom management in innovative teaching environments, Overcoming challenges and barriers to innovation

Session 9: Reflective Practice and Professional Development

Importance of reflective practice in teaching, Action research and continuous improvement, Professional learning communities and networks

Session 10: Culminating Project and Presentations

Students present their innovative teaching project or idea, Peer feedback and discussion, Reflection on personal learning journey



PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Date : 22-07-2022

From

The Principal
Indhira College of Education,
Pandur, Thiruvallur – 631 203

To

The Managing Director
Indira Educational and Charitable Trust
Pandur, Thiruvallur – 631 203

Respected Madam,

Subject :- Introduction of Complimentary Value-Added Course for B.Ed and M.Ed students

We are happy to introduce Value Added Course (Counselling Techniques, Women Society in India, Cyber Security and Script Writing) for the academic year 2022 -2023. The majority of our student body hails from rural and comprises scholarship recipients. Consequently, I kindly propose the provision of a value-added course, at no expense, to all B.Ed and M.Ed students.

Thank you

Approved




PRINCIPAL

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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203



PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Circular

Date: 28-11-2022

We are excited to announce that we'll be offering new value-added courses this academic year. If you are interested, please provide your name for the course(s) you'd like to take to your class coordinator by 15-12-2022.

Course Details

1. Counselling and Techniques
2. Script Writing
3. Women Society in India
4. Ecology and waste Management
5. Learning Innovations
6. Health and Nutrition

Thank you.

M.Ed Staff

Resina Jael,
Principal
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mrs.N.Jayavardhini	Asst.Prof of Education	<i>N. Jayavardhini</i>
2	Mrs.U.Visalatchi	Asst.Prof of Education	<i>U. Visalatchi</i>
3	Miss.J.Lizzie	Asst.Prof of Education	<i>J. Lizzie</i>
4	Mrs.M.P.Rama Priya	Asst.Prof of Education	<i>M.P.Rama Priya</i>
5	Mr.A.Jayapaul	Asst.Prof of Education	<i>A. Jayapaul</i>
6	Mr.N.Mohana kannan	Asst.Prof of Education	<i>N. Mohana kannan</i>
7	Mrs.D.Jayakumari	Asst.Prof of Education	<i>D. Jayakumari</i>

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PANDUR, TIRUVALLUR-631 203

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

Circular

Date: 28-11-2022

We are excited to announce that we'll be offering new value-added courses this academic year. If you are interested, please provide your name for the course(s) you'd like to take to your class coordinator by 15-12-2022.

Course Details

1. Counselling and Techniques
2. Script Writing
3. Women Society in India
4. Ecology and waste Management
5. Learning Innovations
6. Health and Nutrition

Thank you.

B.Ed Staff

Regina Joel,
Principal
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

S.NO	NAME	DESIGNATION	SIGNATURE
1	Mr.S.Arunchala Perumal	Asst.Prof of Education	<i>SA</i>
2	Mrs.A. Nancy Rajathi	Asst.Prof of Education	<i>A. Nancy</i>
3	Mr.C.Veeramanikandan	Asst.Prof of Education	<i>Mr C</i>
4	Mrs.G.Ponguzhali	Asst.Prof of Education	<i>G. Ponguzhali</i>
5	Mrs.D.Jothi	Asst.Prof of Education	<i>D. Jothi</i>
6	Miss.R.Subhalakshmi	Asst.Prof of Education	<i>R</i>
7	Mrs.J.Jayanthi	Asst.Prof of Education	<i>J</i>
8	Mr.R.Chandra Sekaran	Asst.Prof of Education	<i>R</i>
9	Mr.S.Dasaradhan	Asst.Prof of Education	<i>S</i>
10	Mrs.J.Sukanya	Asst.Prof of Education	<i>J</i>
11	Ms.V.Suriya	Asst.Prof of Education	<i>V</i>
12	Mrs.A.Janagi	Asst.Prof of Education	<i>A</i>

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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.**

indiraeducational.org

VALUE ADDED COURSES

(FOR B.Ed & M.Ed STUDENTS)

SYLLABUS


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PANDUR, TIRUVALLUR-631 203

VALUE ADDED COURSE

Indhira College of Education offers different Value-added courses for the student-teacher. Each course is of 30 hours duration and an assessment is carried at the end of the semester. The minimum criteria for a pass is 50%. After successful completion of the course, certificates are awarded.

VALUE ADDED COURSES COURSE PARTICULARS – SYLLABUS CONTENT

S.NO	VALUE-ADDED COURSE TITLE	INCHARGE
1	COUNSELLING AND TECHNIQUES	MRS.N.JAYAVARDHINI & MRS.J.SUKANYA
2	ECOLOGY AND WASTE MANAGEMENT	MR.S.ARUNACHALA PERUMAL & MRS.R.SUBHALAKSHMI
3	WOMEN SOCIETY IN INDIA	MRS.U.VISALATCHI & MRS.J.SUKANYA
4	LEARNING INNOVATIONS	DR.J.LIZZIE & MRS.P.RAMA PRIYA
5	HEALTH AND NUTIRTION	MRS.D.JAYAKUMARI & MRS.A.JANAKI
6	SCRIPT WRITING	MRS.A.NANCY RAJATHI & MR.C.VEERAMANIKANDAN


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INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

About College

Owing to the need to impart quality education at affordable costs for deserving students, ICE was established. Young teachers with a better understanding of teaching-learning principles can contribute to building an academic structure, which can be an example for other countries. ICE caters to such future changemakers by providing them with the right place to learn and teach.



right
place
bright
future

INDHIRA COLLEGE OF EDUCATION

PANDUR, THIRUVALLUR - 631203



Contact Us



Phone:
98410 49379



Email:
indhiraeducation@gmail.com



Address:
No:1, V.G.R Garden, V.G.R
Nagar, Pandur, Thiruvallur-
631203

COUNSELLING TECHNIQUES

Ajay Fenile
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

College Profile

Indhira College of Education was founded by Mr. V.G. Rajendran, with direct interaction with eminent educationists. By his guiding spirit, this college was founded in the year 2006 at Pandur Village, which is located 5 km from Thiruvallur town in the main Thiruvallur - Thiruthani highway amongst sylvan surroundings serene and pollution free environment imparting quality education. Indhira College of Education has land to the extent of 5.295 acres with a built up area of 3653 Sq.mts. The campus is well connected by road and rail transport to all important district headquarters.

Why Choose Us

- > Helping students understand life's perspective more clearly and live successful lives as responsible citizens
- > Students become more and more responsible and sensible

Importance of Counselling Techniques

Counseling is a trained professional, often referred to as a counselor or therapist, provides support and guidance to individuals or groups facing various challenges, emotional issues, or personal development goals. There are various counseling techniques and approaches used to help clients address their concerns and make positive changes in their lives.

Responsibility
Sincerity

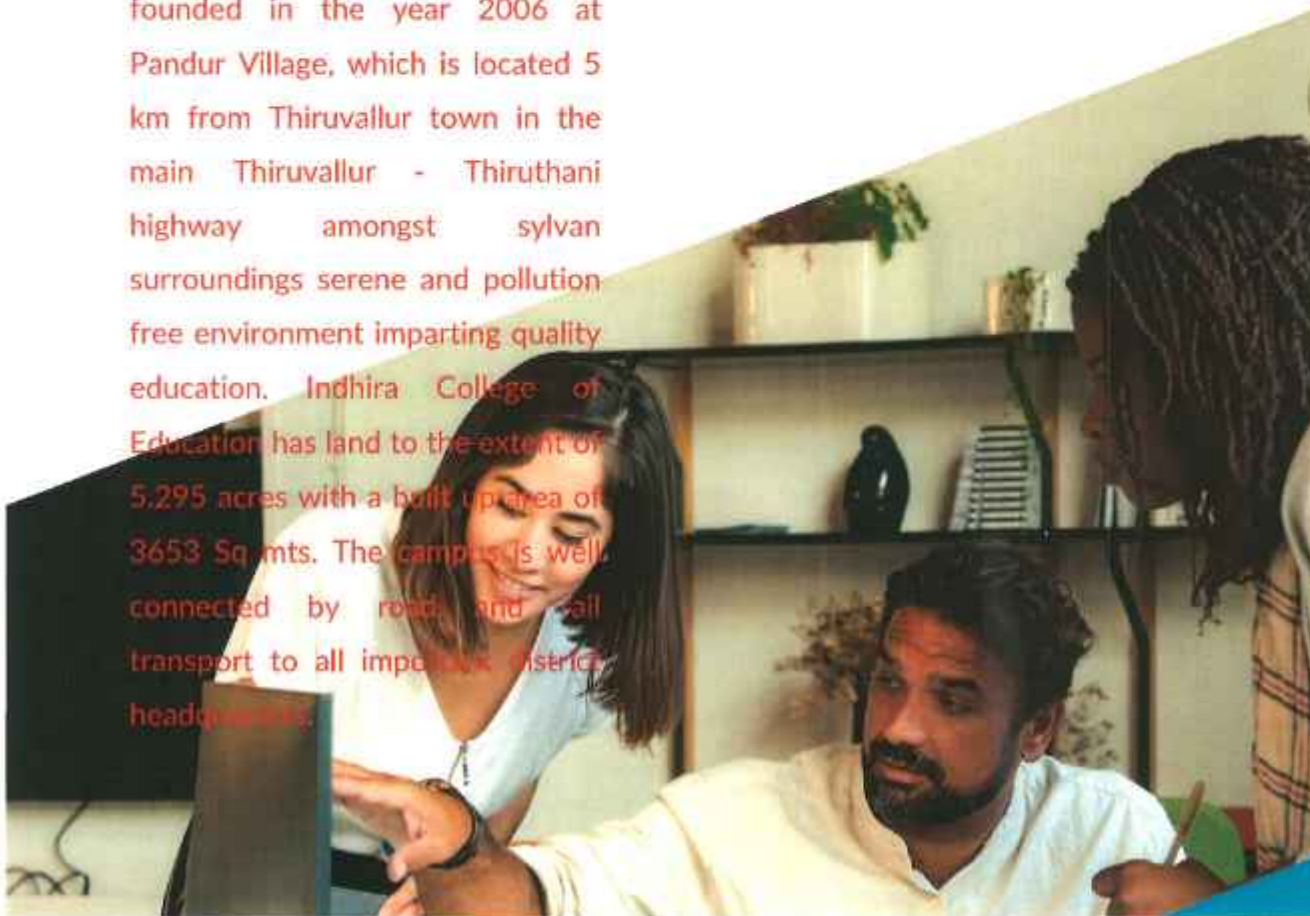
Co-operation
Respect

Sensitivity
Tolerance

Ajeef Feride

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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.

Course Learning Outcomes (CLOs):

- Demonstrate active listening through attending, reflecting, paraphrasing, and clarifying.
- Apply counseling techniques like focusing, confrontation, and self-disclosure thoughtfully.
- Analyze and evaluate client progress to adjust counseling interventions as needed.
- Prepare comprehensive counseling reports with case conceptualization and treatment plans.
- Integrate ethical principles into counseling practice to uphold professional standards.


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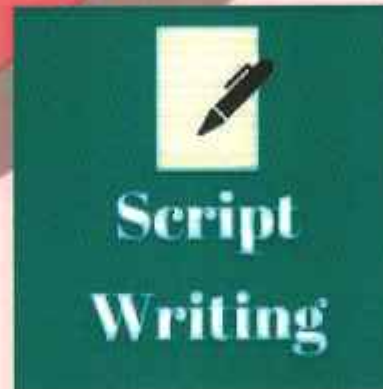
NCTE/Affiliated to Tamilnadu Teachers Education University
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About College

Owing to the need to impart quality education at affordable costs for deserving students, ICE was established. Young teachers with a better understanding of teaching learning principles can contribute to building an academic structure, which can be an example for other countries. ICE caters to such future changemakers by providing them with the right space to learn

About Course

Script writing (or screenwriting) is the process of writing stories in the screenplay medium. Script writing is writing down the movement, actions, expression and dialogue of the characters in screenplay, in screenplay format. The process of writing a novel, a poem, or essay, is entirely different than script writing.



VALUE ADDED COURSE
Script Writing

Durations : 30 Hrs

Place :
B.Ed Class Room

Course Incharge

MRS.A.NANCY RAJATHI
&

MR.C.VEERAMANIKANDAN

Contact : 98410 49379

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VALUE ADDED COURSE
SCRIPT WRITING COURSE (VAC04)

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

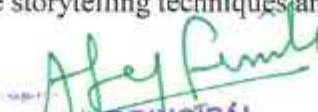
Writing for Radio, Writing for Television

UNIT V

Writing for New Media

Course Learning Outcomes (CLOS)

- Film narrative structures and genres understanding for analysis.
- Understanding media audience behaviour and targeting strategies.
- Proficiency in print media writing techniques and journalistic principles.
- Competence in scriptwriting for radio and television.
- Adaptability in writing for new media platforms like websites and social media.
- Exploration of innovative storytelling techniques and digital tools for audience engagement.


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INDHIRA COLLEGE OF EDUCATION
PANDUR, THIRUVALLUR



WOMEN SOCIETY IN INDIA

VALUE ADDED COURSE

OPEN FOR REGISTRATION

COURSE IN-CHARGE

MRS.U.VISALATCHI

&

MRS.J.SUKANYA

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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.

Course Learning Outcomes (CLOS)

- Understand women's historical position from Vedic times to present, including their role in India's independence movement.
- Analyze the social construction of gender and gender roles.
- Explore the impact of socialization institutions on shaping gender norms.
- Gain knowledge of women's roles in the family, marriage, and challenges faced by working women.
- Understand the inter sectionalist of gender and health disparities.
- Become aware of contemporary women's issues, including violence against women.
- Analyze effectiveness of empowerment measures and policies in addressing gender inequality.
- Understand globalization's impact on women, particularly in the workplace.
- Analyze changing working conditions and challenges faced by women in the era of globalization.
- Develop critical thinking skills to analyze gender dynamics in various contexts.
- Critically evaluate policies, practices, and societal attitudes affecting women's rights and gender equality.


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VALUE ADDED COURSE

WOMEN AND SOCIETY IN INDIA (VAC05)

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.


Course Learning Outcomes (CLOS)

- Understand women's historical position from Vedic times to present, including their role in India's independence movement.
- Analyze the social construction of gender and gender roles.



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- Explore the impact of socialization institutions on shaping gender norms.
- Gain knowledge of women's roles in the family, marriage, and challenges faced by working women.
- Understand the inter sectionalist of gender and health disparities.
- Become aware of contemporary women's issues, including violence against women.
- Analyze effectiveness of empowerment measures and policies in addressing gender inequality.
- Understand globalization's impact on women, particularly in the workplace.
- Analyze changing working conditions and challenges faced by women in the era of globalization.
- Develop critical thinking skills to analyze gender dynamics in various contexts.
- Critically evaluate policies, practices, and societal attitudes affecting women's rights and gender equality.


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ECOLOGY AND WASTE MANAGEMENT

VALUE ADDED COURSE

COURSE IN-CHARGE

MR.S.ARUNACHALA PERUMAL

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**

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VALUE ADDED COURSE

ECOLOGY AND WASTE MANAGEMENT (VAC07)

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

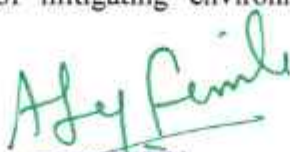

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UNIT V

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

Course Learning Outcomes (CLOS)

- Gain an understanding of the environment, including ecosystems and the concept of a balanced ecosystem.
- Explore human activities and their effects on the environment, emphasizing the need for public awareness.
- Examine health risks and vulnerabilities associated with environmental degradation.
- Study ecology and biodiversity, focusing on the impact of the economy on ecological systems and biodiversity threats and conservation efforts.
- Introduce waste management principles and environmental issues related to pollution, with a focus on municipal waste generation and management techniques.
- Investigate liquid waste management, including hazardous and toxic waste, as well as the handling of biomedical, chemical, nuclear, and electronic waste.
- Analyze disposal methods and management strategies for solid waste, including the 3R system (Reduce, Reuse, Recycle) and new technologies in waste management.
- Discuss ways of minimizing waste at the individual, community, and national levels, with a focus on organic waste management and waste prevention.
- Examine the relationship between climate change and adaptation strategies, emphasizing the importance of mitigating environmental impact and fostering sustainability.


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HEALTH AND NUTRITION

VALUE ADDED COURSE



CONTACT : 98410 49379

Ajay Sankar
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

COURSE IN -CHARGE

MRS.D.JAYAKUMARI

VALUE ADDED COURSE
HEALTH AND NUTRITION (VAC08)

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

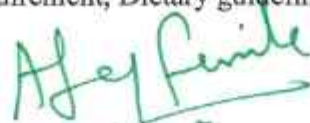
Planning a balanced diet Principles of planning a diet, Guidelines for planning a balanced diet, Food Exchange list, Steps in planning a diet.

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




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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.

Course Learning Outcomes (CLOS)

- Develop a comprehensive understanding of health and nutrition, including key terms such as health, nutrient requirement, and dietary standards.
- Learn about recommended dietary allowances and the importance of a balanced diet, including food groups and their functions.
- Understand the principles of planning a balanced diet and guidelines for effective diet planning, including the use of food exchange lists.
- Explore the nutritional and food requirements of adults, including reference values for men and women based on activity levels and the significance of functional foods.
- Examine nutrition and weight management, including the causes and assessment of obesity and underweight conditions, along with principles of diet therapy and dietary guidelines.
- Gain insights into fitness for health, including different types and components of fitness, its role in disease prevention and health promotion, and the benefits of activities such as yoga, exercise, dance, games, and martial arts.


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LEARNING INNOVATIONS

VALUE ADDED COURSE

course in-charge
Dr.J.LIZZIE



CONTACT
98410 40379

Session 1

Introduction to Learning Innovations

Session 2

Innovative Teaching Methodologies

Session 3

Technology Integration in Education

Session 4

Creative Thinking and Problem Solving

Session 5

Assessment Strategies for Innovation

Session 6

Curriculum Design and Innovation

Session 7

Educational Trends and Emerging Innovations

Session 8

Practical Applications of Learning Innovations

Session 9

Reflective Practice and Professional Development

Session 10

Culminating Project and Presentations

VALUE ADDED COURSE

LEARNING INNOVATIONS (VAC13)

Duration: 1 Month

Course Objectives:

- Understand the concept of learning innovations and its significance in education.
- Explore various innovative teaching methodologies and their applications.
- Develop skills to integrate technology effectively into teaching and learning processes.
- Foster creativity and critical thinking among students through innovative practices.
- Reflect on personal teaching practices and explore opportunities for innovation.

Session 1: Introduction to Learning Innovations

Definition and importance of learning innovations, Historical perspective and key concepts, Case studies of innovative teaching practices

Session 2: Innovative Teaching Methodologies

Active learning strategies, Flipped classroom approach, Project-based learning, Inquiry-based learning

Session 3: Technology Integration in Education

Pedagogical uses of technology, Educational apps and tools, Virtual reality (VR) and augmented reality (AR) in education, Gamification and game-based learning

Session 4: Creative Thinking and Problem Solving

Techniques to promote creativity in the classroom, Design thinking process, Problem-based learning, Brainstorming and ideation techniques

Session 5: Assessment Strategies for Innovation

Formative vs. summative assessment, Authentic assessment methods, Rubrics and feedback mechanisms, Assessing creativity and critical thinking skills


Session 6: Curriculum Design and Innovation

Integrating innovation into curriculum planning, Cross-curricular connections, Differentiated instruction, Flexible learning environments

Session 7: Educational Trends and Emerging Innovations

Current trends in education, Future of learning: AI, personalized learning, etc., Exploring emerging technologies and their potential impact

Session 8: Practical Applications of Learning Innovations


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Designing and implementing innovative lesson plans, Classroom management in innovative teaching environments, Overcoming challenges and barriers to innovation

Session 9: Reflective Practice and Professional Development

Importance of reflective practice in teaching, Action research and continuous improvement, Professional learning communities and networks

Session 10: Culminating Project and Presentations

Students present their innovative teaching project or idea, Peer feedback and discussion, Reflection on personal learning journey



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