

Himalaya Teacher's Training College

(Objectives of Value Added Courses)

ART AND CRAFT VALUE ADDED COURSE

Overview

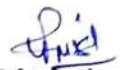
Arts & Crafts is not only an exercise for quirky minds but has also produced some of the greatest thinkers of all times, over the years. The field of developmental sciences has recognized the significance of it beyond being just a subject.

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

Objectives

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

To develop one's skills concerning rangoli, arts, crafts, songs, music, handicraft.



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HEALTH & HYGIENE VALUE ADDED COURSE

Overview

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

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

Objectives

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

EMPOWERING THE WOMEN OF TODAY VALUE ADDED

COURSE(011)

Overview

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


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

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

Objectives

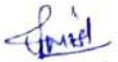
- To empower the thought process and help establish a code for the appropriate perception of the world
- To help women recognize their potential and how they can justify it to facilitate the development and protection of one's identity and individuality
- To help build the self-esteem and confidence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

YOGA AND HEARTFULNESS VALUE ADDED COURSE

Overview

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

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Objectives

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

TIE AND DYE VALUE ADDED COURSE

Overview

The prominence of Tie and Dye as a practice dates back to several years. It has been one of the most conspicuous fields concerning the textile industry, and rightly so, for it pours the colours of the world on the fabric we use. Besides that, Tie and Dye opens up several career opportunities, including profiles like Tie and Dye technician, Tie and Dye sales representative, Tie and Dye R&D, Quality control and Production, etc. For this reason, our institute offers a value-added course. This course is specifically designed to cater to the requirements of Tie and Dye and how, the women of today, can excel in making a career in the same.

Objectives

- To explain techniques of tie and dye.
- To help acquire knowledge about the history of the Indian textile industry.


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- To familiarize the students about textile design and the opportunities associated with it.
- To facilitate the recognition of the materials and tools that are required for dyeing
- To understand the current trends in the tie and dye industry
- To promote knowledge about textile designing and the responsibilities of the professional
- To help understand the role of tie and dye in the fashion industry.


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IMPROVE YOUR ENGLISH COMMUNICATION SKILLS

This course helps you improve your professional Communication skills in English for successful Educational Interactions. The course focuses on particular area of communication skills in English, writing formal emails, speaking at meetings and interviews, giving presentations and developing confidence in oneself. Communication skills course will enable the potential teachers to effectively communicate with students, potential employers and other stakeholders. This course will develop and improve the communication skills of the candidates working upon all four skills of communication. Make yourself more competitive by improving your English through this Specialization Improve Your English Communication Skills.

Duration: 30 Hours

Type: Certificate Course

About The Course

Hands-on Project

The course includes a hands-on project. You'll need to successfully finish the project(s) Assignments/ Quiz to complete the course and earn your certificate.

Earn a Certificate

When you finish the course and complete the hands-on project/ assignments/ quiz, you'll earn a Certificate that you can share with prospective employers and your professional network in schools or other such Institutions.


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COURSE OUTLAY

S.NO	MODULE	HOURS ASSIGNED
1.	MODULE I	4
2.	MODULE II	6
3.	MODULE III	6
4.	MODULE IV	6
5.	MODULE V	6
6.	FINAL ASSESSMENT	2

Total Hours : 30

MODULE 1: MEANING AND NEED OF COMMUNICATION SKILLS

Lesson 1: Objectives, meaning and need of communication skills (1 hour)

Lesson 2: Need of communication skills for teachers (1 hour)

Lesson 3: Aspects of Communication skills (1 Hour)

Quiz (1 hour)

MODULE 2: LISTENING-BASIC SKILL FOR COMMUNICATION

Lesson 1 Meaning and need of Listening skill (1 hour)

Lesson 2: Listening different from hearing (1 hour)

Lesson 3: Listening activities for teachers (1 hour)

Lesson 4: Use of listening games in the class (1 hour) Lesson 5: Preparation of Listening game (1 hour)

Quiz (1 hour)



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MODULE 3: SPEAKING SKILL

Lesson 1: Development of speaking skill (1 hour)

Lesson 2: Activities to enhance speaking skill of teachers and students (1 hour)

Lesson 3: Type of Speaking (1 hour)

Lesson 4: Assignment (1 hour)

Lessons 5: Presentation skills (1 hour)

Quiz (1 hour)

MODULE 4: TYPES OF COMMUNICATION

Lesson 1: Informal Communication (1 hour) Lesson 2: Formal Communication (1 hour)

Lesson 3: 7 Cs of Communication (1 hour)

Lesson 4: Communication for teachers (1 hour)

Lessons: Assignment (1 hour)

Quiz (1 hour)

MODULE 5: WRITTEN COMMUNICATION

Lesson 1: Formal and Informal Writing (1 hour)

Lesson 2: Writing Emails, Blogs, Notices, Reports (1 hour)

Lesson 3: Practice sessions (1 hour)

Lesson 4: Preparation of formal writing (1 hour)

Lesson 5: Assignment (1 hour)

Quiz (1 hour)

Assignment (1 hour)

Final Assessment quiz (1 hour)


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BLUEPRINT

ORGANIZATIONAL SKILLS DEVELOPMENT

COURSE: ENHANCE EMPLOYABILITY SKILLS

Objectives of the Course:

Duration:30Hrs

- 1) Enhance Teaching Aptitude
- 2) Prepare for real situation
- 3) Enhance Understanding of work
- 4) Enhance Management Skills

Sl. No.	Content	Wtg. Of Hrs.	Mode of Deliver	Status of Preparation
1	Introduction about course and brief about teaching aptitude	1 hrs.	Online class with PPTs	Prepared
1.1	Hard and Soft Skills	1 hrs.	E content (home Assignment)	Prepared
2	Brief description of various Skills of an employee	1 hrs.	Online Class through PPTs	Partially
2.1	Article regarding employers' skills	1 hrs.	E Content (HA)	NY
3	Formative-1	1 hrs.	Discussion about various skills	NY
4	Critical thinking and patience	1 hrs.	Online Class	NY
4.1	Article/video/lecture	1 hrs.	HA	NY
5	Communication and Organization	1 hrs.	Online class	NY
5.1	Article/video/lecture	1 hrs.	HA	NY
6	Leadership and teamwork	1 hrs.	Online class	NY
6.1	Article/video/lectures)	1 hrs.	HA	NY
7	Presentation by students' groups	5 hrs.	Online	NY
8	Imaginative thinking and	1 hrs.	Online Class	NY


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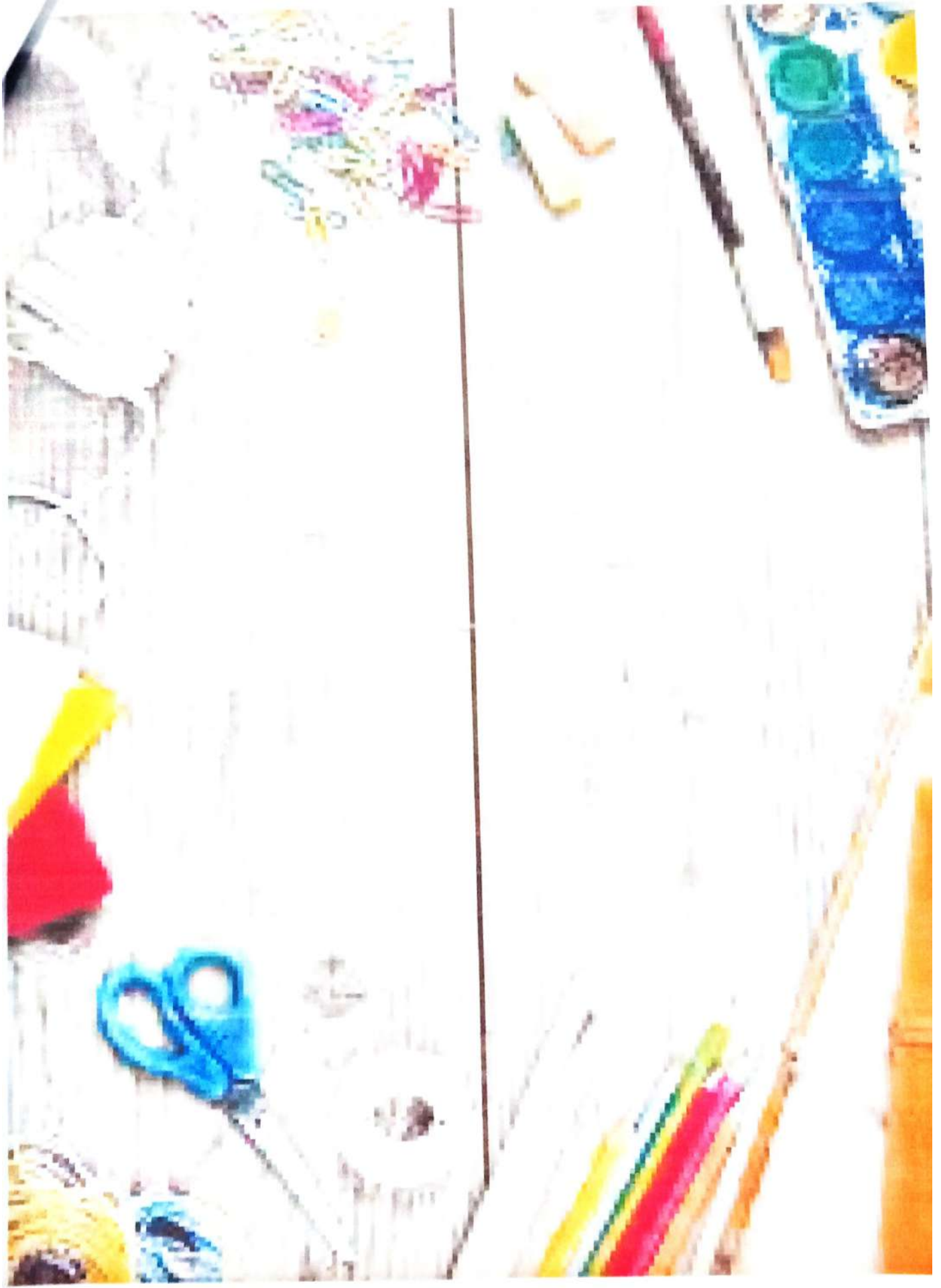
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	time management			
8.1	Videos	2 hrs.	e-content	NY
9	Formative-2	2 hrs.	Online quiz/option, questionnaire	NY
10	Computer skills and Conflict Management	1 hrs.	Online Class	NY
10.1	Video/lecture/article	2 hrs.	e-content	NY
11	Summative Evaluation	5 hr	Groupwise student's evaluation through their presentation	NY
12	Feedback	Hr.		NY

Course In charge:


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Course content

Module 1

Total Duration – 20 Hours

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

Module 2

Total Duration – 20 Hours

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



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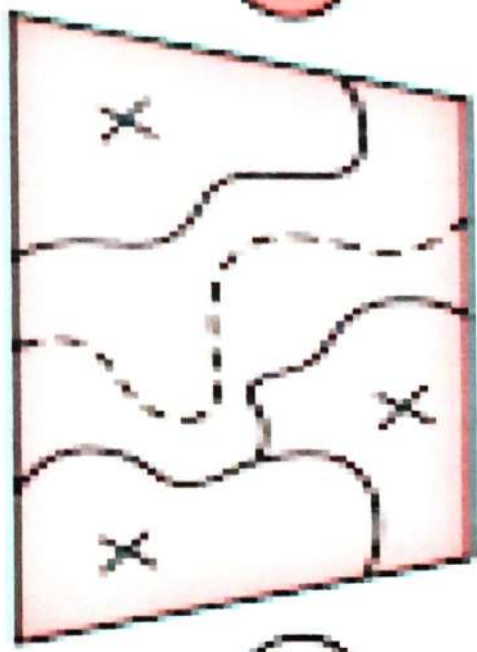


Health and Hygiene

Overview

- The practice of appropriate hygiene habits leads to proper health. In the past, we have seen nations succumbing to the outbreak of diseases primarily due to the fact that they have been negligent about maintaining proper hygiene.
- It is essential to learn various hygiene practices so that we can protect ourselves and our families well. With the intent to make women hygiene conscious and to ensure that they can form the stable foundation on which the migrant society can be built, our institute offers a value-added course pertaining to health and hygiene based on National Assessment and Accreditation Council (AAC) standards.
- This course is particularly beneficial for individuals looking for some healthy tips and life-sustaining hygienic rules.

Your contribution to community hygiene will go a long way



Objective

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

Yoga & Heartfulness

VALUE ADDED COURSE

COURSE CODE - 088

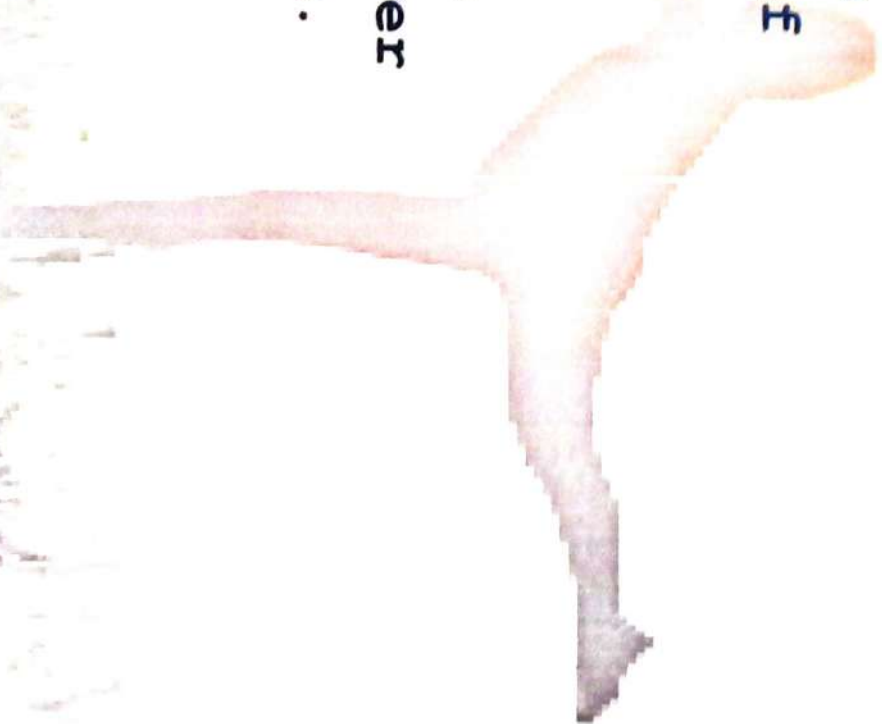
**Be good to yourself
by committing your
time to yoga.**



Overview

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

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



Overview

Women empowerment is an essentiality to faster a sense of positive growth, ambition, motivation and innovation in women. It has been a subject of massive discussion, and rightly so, for women empowerment paves the way for women to exhibit their qualities to the world. Along with that it provides assistance to the mental, physical, spiritual and intellectual state of women. The institute believes that value-added course pertaining to the empowerment of women is one of the most important aspects imparting valuable education to young minds. This belief is further strengthened by the fact that the National Assessment and Accreditation Council (NAAC) recommends as consolidation.

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

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

Objectives

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



**TIE & DYE
(PIDILITE)**

**VALUE ADDED COURSE
COURSE CODE - 099**

Overview

The prominence of Tie and Dye as a practice dates back to several years. It has been one of the most conspicuous fields concerning the textile industry, and rightly so, for it pours the colours of the world on the fabric as we use.

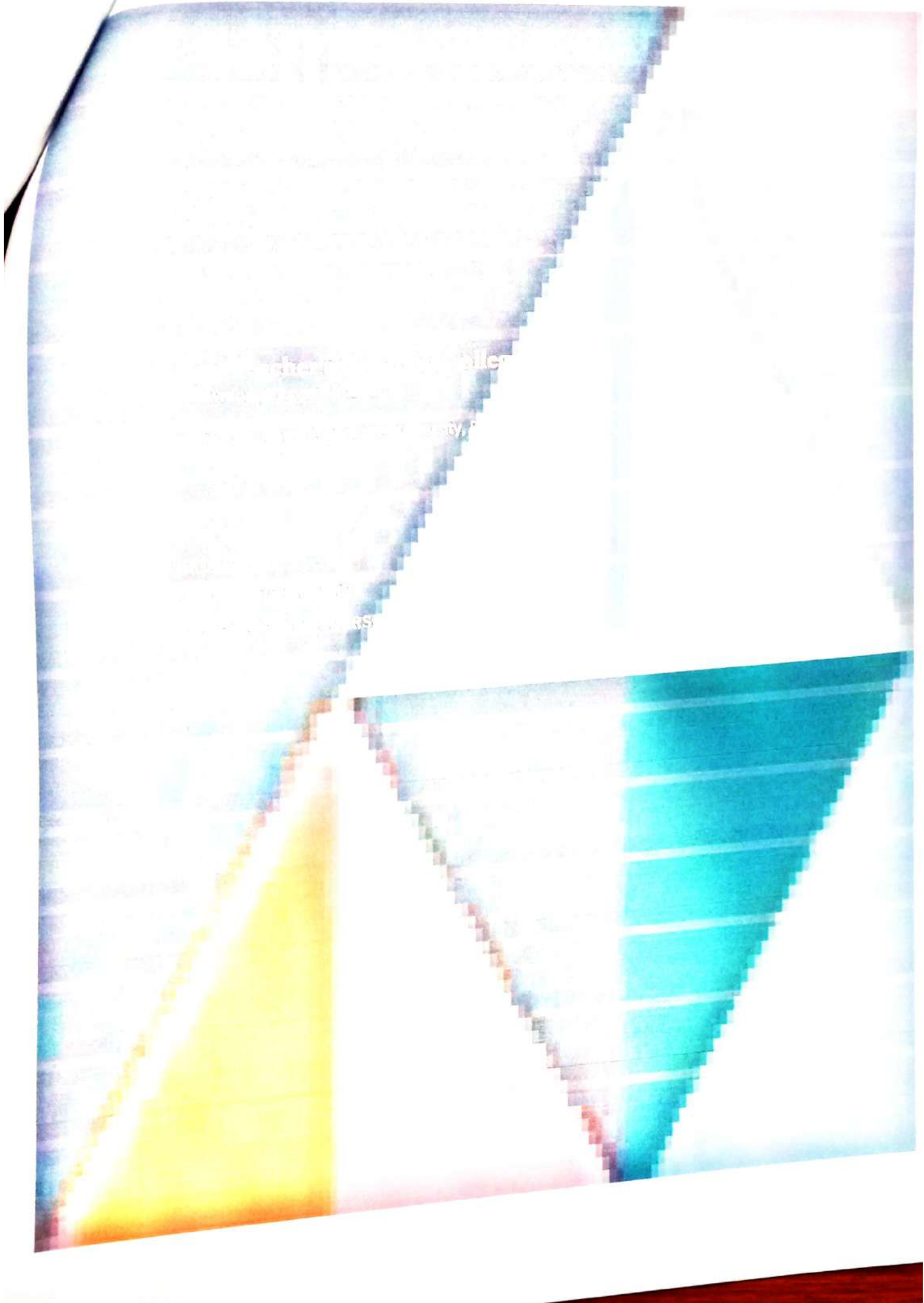
Besides that, Tie and Dye opens up several career opportunities, including profiles like Tie and Dye technician, Tie and Dye sales representative, Tie and Dye R & D, Quality control and Production, etc. For this reason, our institute offers a value-added course something that the National Assessment and Accreditation Council (NAAC) also recommends.

This course is specially designed to cater to the requirements of Tie and Dye and how the women of today can excel in making a career in the same.

By adding colourst o the fabric, you can

Overview

- To explain techniques of the and dye To help acquire knowledge about the history of the Indian textile industry
- To familiarise the students about textile design and the opportunities associated with it
- To facilitate the recognition of the materials and tools that are required for dyeing
- To understand the current trends in the tie and dye industry
- To promote knowledge about textile designing and the responsibilities of the professional
- To help understand the role of tie and dye in the fashion industry



Value Added Course – 1

Let's Connect : Improve Your Communication and Personality

COURSE OUTLAY

S.NO	MODULE	HOURS
1	MODULE 1	7
2	MODULE 2	6
3	MODULE 3	6
4	MODULE 4	6
5	MODULE 5	4
6	MODULE 6	1

Module 1: Meaning & Need Of Communication Skills

Lesson 1 : Objectives, meaning and need of communication skills (1 hour)

Lesson 2 : Need of communication skills for teachers (1 hour)

Lesson 3 : Aspects of Communication skills (1 hour)

Lesson 4 : Activities for improving Communication (2 hours)

Lesson 5 : Communication and Personality (1 hour)

Quiz (1 hour)

Lesson 1 : Meaning and need of Listening skill (1 hour)

Lesson 2 : Listening different from hearing (1 hour)

Lesson 3 : Listening activities for teacher (1 hour)

Lesson 4 : Use of listening games in the class (2 hours)

Lesson 5 : Preparation of Listening game (1 hour)

Quiz (1 hour)

MODULE 3 : SPEAKING AND SOFT SKILLS

Lesson 1 : Development of speaking skill (1 hour)

Lesson 2 : Activities to enhance speaking skills of teachers and students (1 hour)

Lesson 3 : Type of speaking (1 hour)

Lesson 4 : Soft Skills (1 hour)

Lesson 5 : Presentation skills (1 hour)

Quiz (1 hour)

MODULE 4 : TYPES OF COMMUNICATION

Lesson 1 : Informal Communication (1 hour)

Lesson 2 : Formal communication (1 hour)

Lesson 3 : 7 Cs of Communication (1 hour)

Lesson 4 : Communication for teachers (1 hour)

Lesson 5 : Assignment (1 hour)

Quiz (1 hour)

MODULE 5 : WRITTEN COMMUNICATION & PERSONALITY DEVELOPMENT

Lesson 1 : Formal and Informal Writing (1 hour)

Lesson 2 : Writing Emails, Blog, Notices, Reports (1 hour)

Lesson 3 : Personality Development (1 hour)

Lesson 4 : Activities for personality Grooming (1 hour)

Final Assessment quiz (1 hour)

Value Added Course – 2

Organizational Skills Development Course

Enhance Employability skills

Objectives of the Course

Duration : 30 Hrs

- 1) Enhance Teaching Aptitude
- 2) Prepare for Real Situation
- 3) Enhance Understanding of work
- 4) Enhance Management Skills

Sl. No.	Mode of delivery	Quantity	Duration
1	Lectures	12	12 hrs.
2	Formative Evaluation (Assignment given)	2 Assignments and one quiz were taken	05 hrs
3	E-content and material provided	Various material related to content covered in	08 hrs.
4	Revision of whole materials		04 hrs.
5	Summative Evaluation and Feedback of the course	Evaluation questionnaire and	01 hrs.