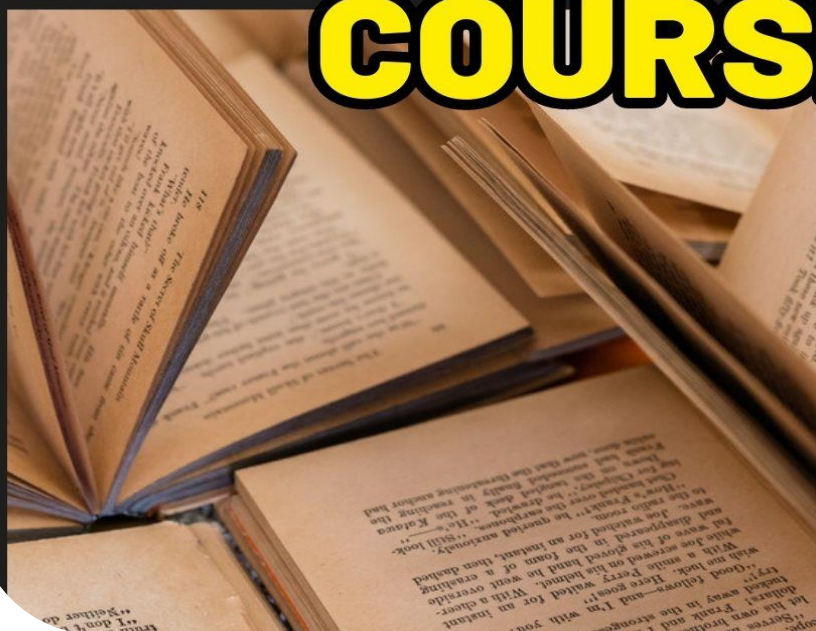




SHRI GURU RAM RAI UNIVERSITY DEHRADUN



VALUE ADDED COURSES

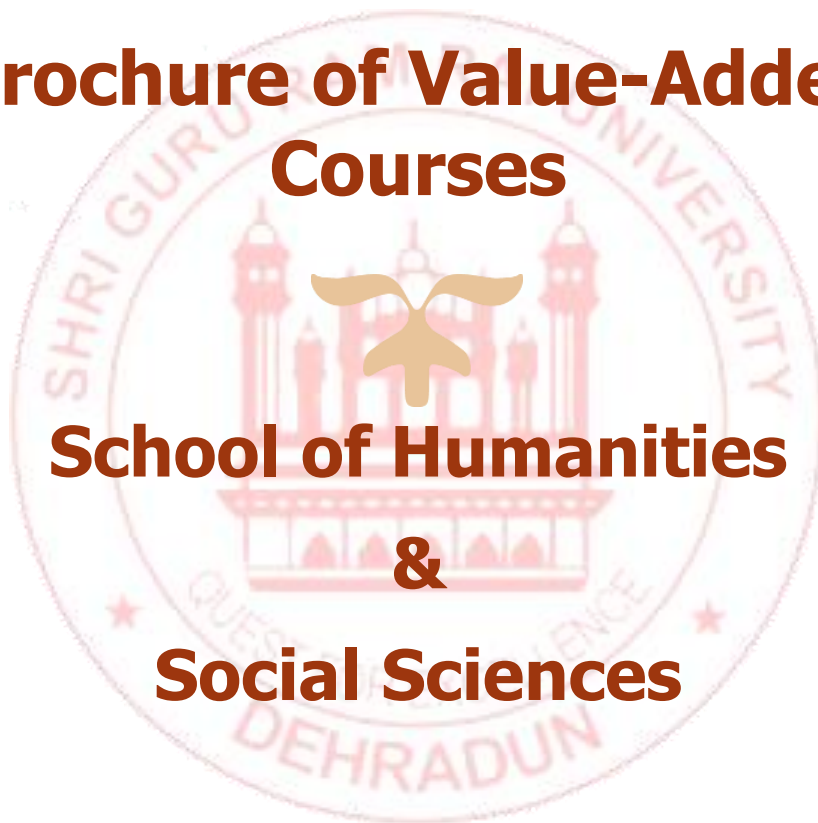


SGRRU



SGRR UNIVERSITY

Brochure of Value-Added Courses

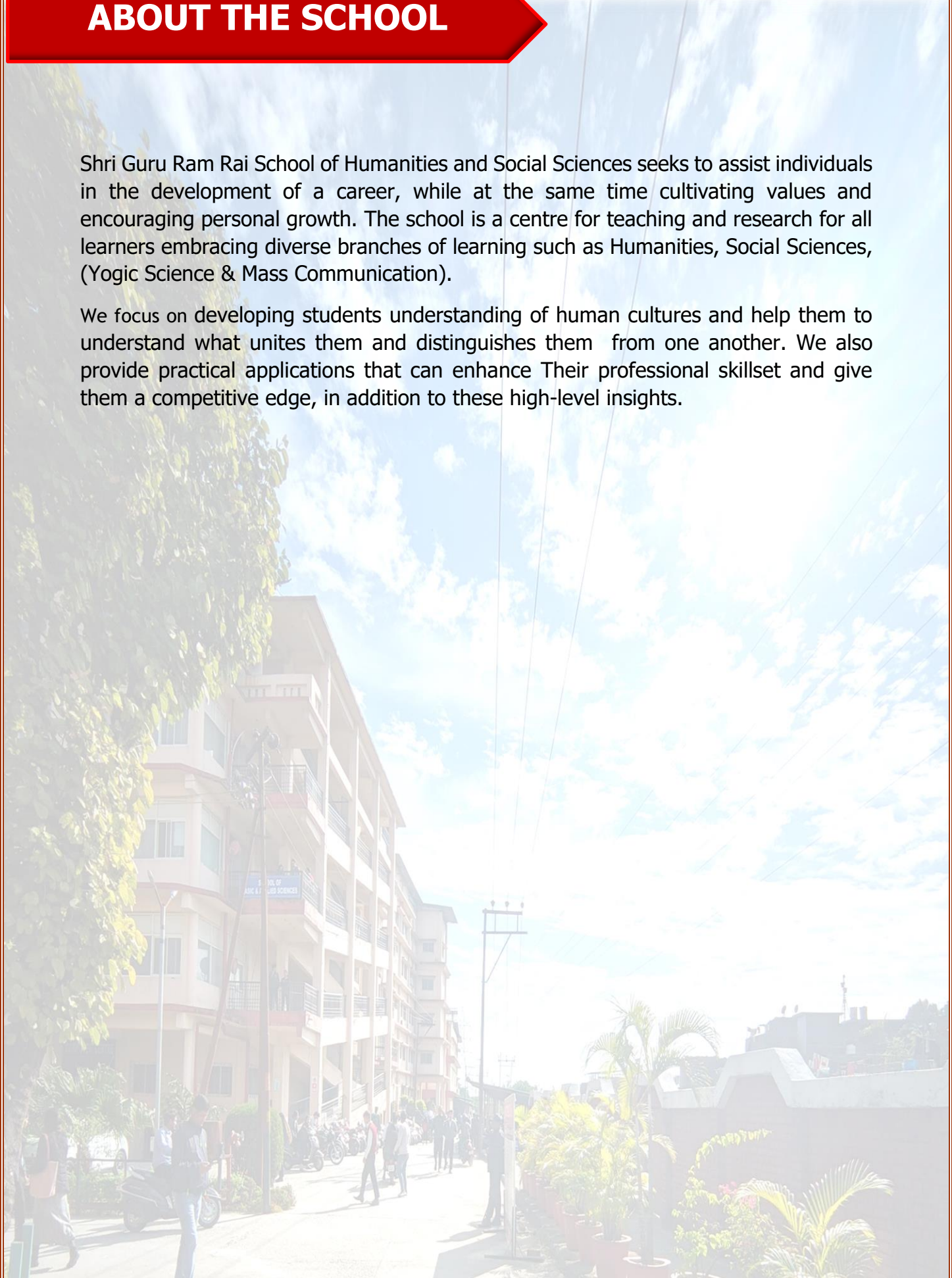


**School of Humanities
&
Social Sciences**

ABOUT THE SCHOOL

Shri Guru Ram Rai School of Humanities and Social Sciences seeks to assist individuals in the development of a career, while at the same time cultivating values and encouraging personal growth. The school is a centre for teaching and research for all learners embracing diverse branches of learning such as Humanities, Social Sciences, (Yogic Science & Mass Communication).

We focus on developing students understanding of human cultures and help them to understand what unites them and distinguishes them from one another. We also provide practical applications that can enhance Their professional skillset and give them a competitive edge, in addition to these high-level insights.



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INTRODUCTION

The ever-changing global scenario makes the world more modest and needs high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emergent challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner or later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher education institutions to supplement the curriculum to make students better prepared to meet industry demands as well as develop their own interests and aptitudes.

Objectives The main objectives of the Value-Added Course are:

- ✓ To provide students an understanding of the expectations of industry.
- ✓ To improve employability skills of students.
- ✓ To bridge the skill gaps and make students industry ready.
- ✓ To provide an opportunity to students to develop inter-disciplinary skills.
- ✓ To mould students as job providers rather than job seekers.

Course Designing The department interested in designing a Value Added Course should undertake Training Need Analysis, discuss with the generic employers, alumni and industrial experts to identify the gaps and emerging trends before designing the syllabus.

Conduction of value added courses :

Value Added Course is not mandatory to qualify for any programme and the credits earned through the Value-Added Courses shall be over and above the total credit requirement prescribed in the curriculum for the award of the degree. It is a teacher assisted learning course open to all students without any additional fee.

Classes for a VAC are conducted during the RESERVED Time Slot in a week or beyond the regular class hours. The value-added courses may be also conducted during weekends / vacation period. A student will be permitted to register only one Value Added Course in a Semester.

student will be encouraged to opt for the VAC offered by his/her parent Department/Faculty. Industry Experts / Eminent Academicians from other Institutes are eligible to offer the value-added course. The course can be offered only if there are at least 5 students opting for it. The students may be allowed to take value added courses offered by other departments after obtaining permission from Dean offering the course. The duration of value added course is 30 hours with a combination 18 hours (60%) of theory and 12 hours (40%) of practical. However, the combination of theory and practical shall be decided by the course teacher with the approval of the Dean

GUIDELINES FOR CONDUCTING VALUE ADDED COURSES

- ❖ Value Added Course is not mandatory to qualify for any program.
- ❖ It is an instructor supported learning course open to all students without any added fee.
- ❖ Classes for VAC will be conducted during the **RESERVED** Time Slot in a week or beyond the regular class hours.
- ❖ The value-added courses may be also conducted during weekends / vacation period.
- ❖ A student will be permitted to register only one Value Added Course in a Semester.
- ❖ Students may be permitted to enrol in value-added courses offered by other departments/ Schools after obtaining permission from the Department's Head offering the course.

DURATION AND VENUE

- ❖ The duration of value-added course should not be less than 30 hours.
- ❖ The Dean of the respective School shall provide class room/s based on the number of students/batches.
- ❖ VAC shall be conducted in the respective School itself.

REGISTRATION PROCEDURE

The list of Value-Added Courses, along with the syllabus, will be available on the University Website. A student must register for a Value-Added Course offered during the semester by completing and submitting the registration form. The Department Head shall segregate according to the option chosen and send it to the Dean of the school offering the specific Value-Added Courses.

- ❖ Each faculty member in charge of a course is responsible for maintaining Attendance and Assessment Records for candidates who have registered for the course.
- ❖ The Record must include information about the students' attendance and Assignments, seminars, and other activities that were carried out.
- ❖ The record shall be signed by the Course Instructor and the Head of the Department at the end of the semester and kept in safe custody for future verification.
- ❖ Each student must have a minimum of 75% attendance in all courses for the semester in order to be eligible to take certificate.

- ❖ Attendance requirements may be relaxed by up to 10% for valid reasons such as illness, representing the University in extracurricular activities, and participation in NCC.
- ❖ The students who have successfully completed the Value Added Course shall be issued with a Certificate duly signed by the Authorized signatories.





SCHOOL OF HUMANITIES & SOCIAL SCIENCES

Health & Fitness through Yoga

Course Code: VCSHSS001

Course Objectives :

1. To turn students towards their real goals
2. Promoting positive health, prevention of stress related health problems & rehabilitation through Yoga

Course Outcomes :

1. Increase their confidence & positive self image
2. Build concentration
3. Easily transformation of negative aptitudes

Module I

Foundation of Yoga, History, School of Yoga, Origin of Yoga, Development of Yoga, Aim & Objective, Yoga in modern time, Essence of Geeta, Difference between Sakama & nishkama karma, Concept of Gunas .

Module II

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual, Yogic Concept of Health :Meaning and definitions.

Module III

Practical

Recitation of hymns & hatha mudra, Recite Bhagwat Geeta sloke.

Shatkarmas - Neti

Asana - Yogic Suksmavyayama, Surya Namaskar.

Breathing Practices & Pranayama -

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog.

Pranayama - Nadi Shodhan Pranayama, Bhramari Pranayama

Meditation - Om Chanting

References:

1. Kumar Kamakhya: Super Science of Yoga.
2. Dr. R. Nagarathna and Dr. H.R. Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.

Media and Communication Skills

Course Code: VCSHSS002

Course Objectives:

1. To develop communication skills
2. Course will develop fulfill their interest and societal values
3. Course will develop their practical skills.

Course Outcomes:

1. Understanding of basic concepts of communication and its role in society
2. Apply the media behavior and communication skills in development of personality
3. Evaluate the importance of communication in self motivation
4. Able to use creativity to create media content for different media outlets

Module I: Introduction to Media Meaning of media, nature, scope and its different types Function of communication, verbal, non verbal and written communication, types of communication

Module II : Media behavior and communication skill Concept of interviews, Importance, types of interview Translation for different communication medium, The concept of personality, importance of self motivation

Module III : Practical Practicing in different media Writing for media Print media writing: Writing for newspaper, magazine and periodicals Radio writing: writing for different genre of broadcasting Television writing: writing for different program

Reference Books:

1. Handbook of journalism, Vir Bala Aggrawal
2. Mass communication in India, Keval. J Kumar
3. M.L. Stein, Susan Paterno& R. Christopher Burnett. News writer's
4. Handbook: An Introduction to Journalism; BlackwellPublishing,2006.
5. Kamath, M.V. Professional Journalism, Vikas Publications
6. The Television Writers Handbook by Nash & Oakey

Women Entrepreneurship

Course Code: VCSHSS003

Course Objectives:

1. To study the role of women entrepreneurship in different sectors.
2. To understand the women employment opportunities.
3. To explain the different strategies and scheme supporting for women entrepreneurship.

Course Outcomes:

1. Understand the role of women entrepreneurship in different facets of society.
2. Know the various livelihood supports for women Employment opportunities.
3. Elucidate the role of various developmental schemes supporting women entrepreneurship.

Module I : Women Entrepreneurship

Introduction of Women Entrepreneurship Significance of women entrepreneurship - Factors contributing to women Entrepreneurship, Characteristics, Challenges faced by Women Entrepreneurs.

Module II: Women Employment Opportunities

Income Generating Programme – IRDP - Rural Credit & women's Self-help Groups - Skill Development and Technology Transfer - Technologies for Women - Impact on Women's Development Programs and policy measures at International, National and State Levels.

Module III : - 3: Strategies of Women Entrepreneurship Development

Micro Enterprises and Self-employment - Opportunities - Trends and Patterns of Women Entrepreneurship, Schemes supporting Women Entrepreneurs: SIDO, DIC and Institutional infrastructure

Reference Books:

1. Donald L. Sexton & Raymond W. Smilor, The Art and Science of Entrepreneurship, Ballinger Pub. Co 1986.
2. Clifford M. Baumbach & Joseph R. Mancuso, Entrepreneurship and Venture Management, Prentice Hall, 1987.
3. Hisrich, Robert D., Michael Peters and Dean Shepherd Entrepreneurship 9th Tata McGraw 2012

Communicative English

Course Code: VCSHSS004

Course Objectives:

1. Being fluent in English, a global language provides opportunities in both India as well as abroad.
2. Improves English language Skills of the individual.

Course Outcomes:

The student will be able to understand , explore, aware, know the methods and techniques Syllabus in detail

Module -I

Basic Grammar Parts of Speech, Subject and Predicate, Subject verb Agreement, Types of Sentences, Clauses, Direct and Indirect speech, Basics of Phonetics, Punctuation, Department of English SHSS, SGRRU Proverb, idioms and phrases, Degree of comparison, Modals, Translation of local language.

Module -II

Writing Skills Significance of writing, the art of Condensation, Paragraph writing by using linkers write messages for given contexts, Essay writing, Email writing, Business Letters, Resumes, business Report, Blog Writing, Memo, Circulars, Notice, Agenda and Minutes, Advertising. Activities- Pre-writing, Clustering/grouping ideas, Rough draft, Revision/editing, Final draft, Task based complex

Module -III

Speaking Practice Professional Presentation, Group Discussions corporate Etiquette, Public Speaking, Conversations, Dialogues, Debates, Art of Negotiation, Interview skill problem solving, Dealing with moods and feelings (Anger, sadness and indifference), Conversation on different occasions Activities- Pair work, individual work.

Reference Books:

1. Raman, Meenakshi and Sharma, Sangeeta. (2011) Communication Skills, Oxford University Press.
2. Adair, J. (2003) Effective Communication, Pan Mcmillan.
3. Bowmam, J.P. & Branchaw, P.P. (1987) Business Communication: From process to product, Dyrden Press, Chicago.

4. Krizan, A. Merrier, P., & Jones, C. (2002). Business Communication (5th ed.). Ohio: South-Western College Publishing.
5. Dangwal, Surekha. (2017). The Art of effective Communication, Delhi: Macmillan.
6. Vorholt, J. (2018). New ways in teaching speaking (2nd ed.). Alexandria, VA: TESOL Press.



Personality Development

Course Code: VCSHSS005

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 de-motivation.

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

Reference Books:

1. Baron, R.A. & Byrne, D. (2000). Social Psychology. New Delhi: Prentice Hall
2. Heller, Robert.(2002). Effective leadership. Essential Manager series. Dk Publishing,
3. Lucas, Stephen. (2001). Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill.
4. Mile, D.J. (2004). Power of positive thinking. Delhi. Rohan Book Company
5. Smith, B. (2004). Body Language. Delhi: Rohan Book Company.

Statistical Analysis of Data

Course Code: VCSHSS006

Course Objectives:

1. To understand the nature of data.
2. To understand the basic concepts and importance of statistics.
3. To comprehend the application of statistics in different disciplines.
4. To understand the concept and various techniques of data analysis.

Course outcome:

1. Explain the fundamental concepts of statistics
2. Evaluate the importance & utility of statistics in different disciplines
3. Recognize & Apply the different statistical methods for data analysis.
4. Learn the analysis of Data using SPSS software

Module I

Introduction to Statistics: Nature of Statistics, Uses of Statistics, Statistics in relation to other disciplines, Concepts of population and sample, quantitative and qualitative data, discrete and continuous data; Tabulation and Graphical representation of data; Probability: Definition, Statistical definition of probability, Types of probability.

Module -II

Measures of Central tendency: Mean, Median, Mode and their properties; Measures of Dispersion: Range, Quartile Deviation, Mean Deviation, Standard Deviation and their properties, Coefficient of variation, Moments, Skewness.

Module III

Correlation and Regression: Concept, definition and types of correlation, Karl Pearson coefficient of Correlation, Spearman's Ranking coefficient of Correlation; Regression lines, concepts and properties.

Module IV

Testing of Hypothesis and Data analysis: Concept, Definition and Types of hypothesis; Types of errors, Level of significance and test of significance based on t, F and X² test; Data analysis using SPSS software; Data Interpretation.

Reference Books:

1. S.C. Gupta and V.K. Kapoor (2007). Fundamentals of Mathematical Statistics, 11th Ed., Sultan Chand and Sons.
2. V.K. Rohtagi and A.K. Md. E. Saleh (2009): An Introduction to Probability and Statistics, 2 Ed., John Wiley and Sons.

लोक साहित्य (Folk Literature)

पाठ्यक्रम कोड : VCSHSS007

पाठ्यक्रम उद्देश्य:- इस पाठ्यक्रम को प्रारंभ करने के उद्देश्य निम्नलिखित हैं-

1. लोक साहित्य के विस्तृत अध्ययन के लिए।
2. गढ़वाल की संस्कृति का गहन अध्ययन करने के लिए।

पाठ्यक्रम परिणाम :

1. प्रस्तुत पाठ्यक्रम के माध्यम से विद्यार्थी लोक साहित्य की विस्तृत जानकारी ले पाएंगे।
2. छात्रों को लोक साहित्य का अर्थ और वर्गीकरण का ज्ञान हुआ।
3. गढ़वाल में प्रचलित लोकगाथा और लोककथा का बोध हुआ।
4. गढ़वाली लोक साहित्य की मुख्य प्रवृत्तियों का विश्लेषण हुआ।

पाठ्यक्रम सामग्री :-इकाई 1 - लोक साहित्य अर्थस्वरूप और परिभाषा :, लोक साहित्य के प्रकार, लोक साहित्य की विशेषताएं, लोक साहित्य और लोक संस्कृति में अंतर।

इकाई 2 - लोकगीत: अर्थ और परिभाषा, लोकगीतों का वर्गीकरण, लोकगीतों की सामान्य प्रवृत्तियां, लोकगीतों में प्रयुक्त होने वाले वाद्ययंत्र।

इकाई 3 - लोककथाअर्थ और परिभाषा :, लोककथाओं का वर्गीकरण, लोककथाओं की विशेषताएं, लोककथा और पौराणिक कथा में अंतर।

इकाई 4 - लोकगाथाअर्थ और : परिभाषा, लोकगाथाओं का वर्गीकरण, लोकगाथाओं की उत्पत्ति, गढ़वाल की मुख्य लोकगाथाओं का परिचय।

इकाई 5 - लोकनाट्यअर्थ और परिभाषा :, लोकनाट्य के प्रकार, लोकनाट्य की विशेषताएं।

पाठ्य पुस्तक :-

- 1- गढ़वाली भाषा और उसका साहित्य डॉ हरिदत्त भट्ट -'शैलेश'
- 2- गढ़वाली भाषा और उसका लोक साहित्य

Hindustani Music Vocal

Course code VCSS008

Course OBJECTIVES:

1. To provide an education that will enable to make successful career in the fields of music and entertainment industry professions.
2. To develop a deeper understanding of musical notation system, a strong foundation on theory through standard melodic, harmonic and rhythmic structure.
3. To make learners familiar with music styles and genres from different cultures and historical periods.
4. To encourage students to acquire the career development and interpersonal techniques to advance further in career.
5. To provide training for interested learners who are not music major.

Course Outcome

Module I: Swaras Knowledge – Practice of singing and recognizing 6 shuddha and 5 vikrit swar. Practice of singing and identifying simple groups of mostly two Swaras. Special knowledge of shuddha swar.

Module II: Yaman, and Bhupali ragas with one drut khayal and two simple tanas. Practice of singing ten simple Alankar, both in sargam and aakar in madhya and drut lay.

Module III: To write the introduction of the rags of syllabus including its aroh, avaroh, jati, vadi, swar, time and some simple-alpas.
To write the thekas (bol) in volume, including their volume, department, even, tali, blank. His practice of writing double as well on syllabus talas.
Defination-Dhwani, Naad, Swar .

Module IV : To write the thekas (bol) in volume, including their volume, department, even, tali, blank. His practice of writing double as well on syllabus talas.
Brief biography of Bhatkhande and their musical works.
Defination- Saptak, Jati,Tali,Khali,Matra,Vibhag

Textbooks and Reference book

1. Rag Parichay- Prof.Harishchandra Srivastava
2. Hamare Priy Sangitagya-Prof.Harishchandra Srivastava
3. Hamare Sangeet Ratna- Laxmi Narayan Garg.
4. Sangeet Bodh - Sharad Chandra Pranjpayee.

Hindustani Music Tabla

Course code VCSS009

Course Objective

1. To provide an education that will enable to make successful career in
2. the field of music and entertainment industry professions.
3. To develop a deeper understanding of musical notation system, a strong foundation on theory through standard melodic, harmonic and rhythmic structure.
4. To make learners familiar with music styles and genres from different cultures and historical periods.
5. To encourage students to acquire the career development and interpersonal techniques to advance further in career.
6. To provide training for interested learners who are not music major.

Module I:

Knowledge of basic Bols (varnas) of Tabla Keep the hand beats Theka of Teentaal, Jhaptaal, Kehrwa and Dadra with Thah Dugun laya

Module II :

Playing knowledge of four kayadas Paltas and Tihai , one Rela four Paltas and Tahai
Playing knowledge of kaharwa and dadra with variations

Module III :

Brief history of origin of Tabla. Definition of following terms: Taal , Matra , Theka , Tali , Khali , Vibhag , Sam, Kayda , Palta , Rela , Tihai ect

Reference book

- Tabla Sheshtra
- Tabla Perveshika
- Bhartiya saneet vadhya
- Hamare Priy Sangitagya-Prof.Harishchandra Srivastava
- Hamare Sangeet Ratna- Laxmi Narayan Garg.
- Sangeet Bodh - Sharad Chandra Pranjpayee.