

SGRR UNIVERSITY

**Brochure of Value-Added Courses
SGRR Institute of Medical & Health
Sciences
2023-2024**

ABOUT THE UNIVERSITY

Shri Guru Ram Rai University was established by a religious and philanthropic leader, Shri Mahant Devendra Dass Ji Maharaj in the year 2017. It is situated in the heart of city, Uttarakhand. We are extremely privileged to extend the values and ethos of the Shri Guru Ram Rai Education mission through SGRR University to impart quality education and in successfully placing more than 80% students in various companies across the globe. SGRR University has humongous campus spread over 80 acres of land. Its state-of-art facilities give opportunities to develop leadership skills and to achieve professional excellence. It has 8500+ students from different countries, 29 states and Union Territories and providing cultural melange and global exposure to our students. One of the biggest boosts from University is its unmatched experience of 67 years of in delivering quality education that helps to develop confidence and will give you more knowledge, industry exposure, building good networking and high self-esteem. This will change your overall personality and develop you into a complete professional to face any challenge.

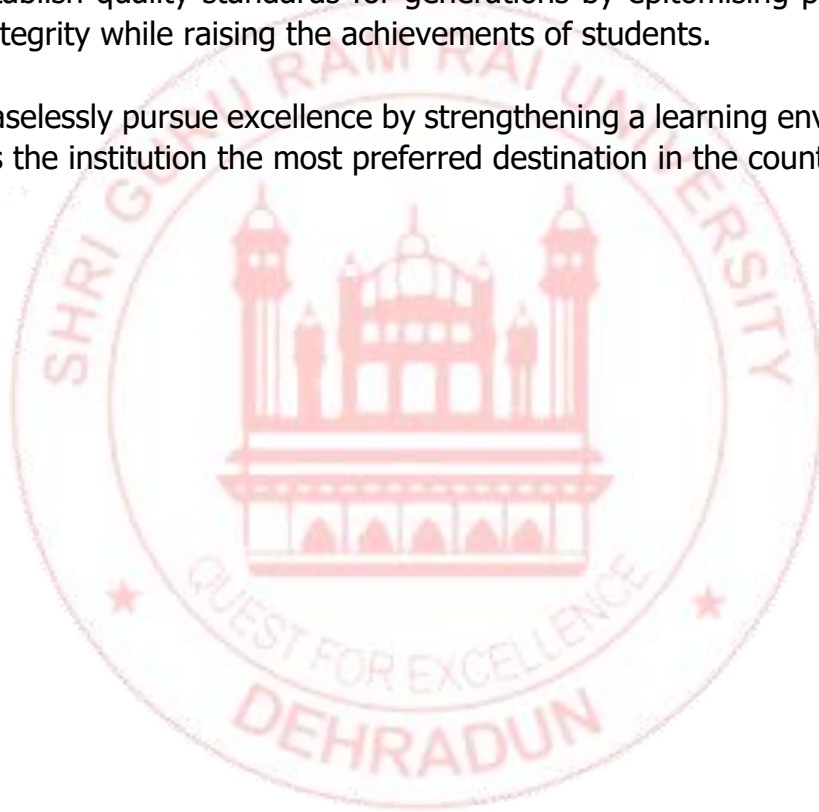
Vision

“To establish Sri Guru Ram Rai University to be a Center of Excellence in higher education, innovation and social transformation by nurturing inquisitive and creative minds and by enabling the stakeholders to become committed professionals and educators of national and global relevance.”

Mission

- ❖ To provide a comprehensive and sustainable educational experience that fosters the spirit of enquiry, scientific thinking and professional competence along with ethical and spiritual values
- ❖ To deliver a classic, well rounded learning experience that is distinctive and impactful on the young generation preparing them for a successful career
- ❖ To engage, inspire and challenge the stakeholders to become leaders with ethics and positive contributors to their chosen field and humane citizens
- ❖ To attract, train and retrain qualified staff to work efficiently to bring forth the maximum resource potential

- ❖ To develop committed and responsible professionals who work for the welfare of the society by providing innovative and efficient solutions and creating long term relationship with the stakeholders
- ❖ To create a sustainable career, by collaborating with stakeholders and participating in community partnership for life and livelihood in the local society in a responsive and dynamic way
- ❖ To make our students globally competent by introducing specialized training leading to professional capabilities and developing diverse skills in them for competitive advantage.
- ❖ To establish quality standards for generations by epitomising professionalism and integrity while raising the achievements of students.
- ❖ To ceaselessly pursue excellence by strengthening a learning environment that makes the institution the most preferred destination in the country.



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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.



Pathogen Safeguard Strategies

Course Code: VCSMIHS010

COURSE OBJECTIVES:

- **Understanding Pathogens:** Develop a comprehensive understanding of various pathogens, their characteristics, and the threats they pose.
- **Risk Assessment:** Learn techniques for assessing the risk associated with different pathogens and their transmission.
- **Safeguard Measures:** Explore and implement effective strategies to safeguard against pathogen exposure in various environments.
- **Emergency Response:** Develop skills for effective emergency response and containment in case of pathogen outbreaks.
- **Regulatory Compliance:** Understand and comply with relevant regulations and standards related to pathogen safeguard.

COURSE OUTCOMES:

- Acquire knowledge about the types and characteristics of pathogens.
- Conduct risk assessments to evaluate the potential impact of pathogens.
- Implement safeguard measures to prevent pathogen transmission.
- Demonstrate proficiency in emergency response and containment strategies.
- Ensure compliance with regulatory guidelines for pathogen safeguard.

Course content :

Module I: Introduction to Pathogens

- Overview of pathogens: viruses, bacteria, fungi, and parasites.
- Characteristics and life cycles of different pathogens.

Module II : Risk Assessment Techniques

- Methods for assessing the risk associated with pathogen exposure.
- Case studies on the impact of pathogens on public health.

Module III: Safeguard Measures

- Personal protective equipment (PPE) and its proper use.
- Environmental controls and sanitation practices to prevent pathogen transmission.

Module IV : Emergency Response and Containment

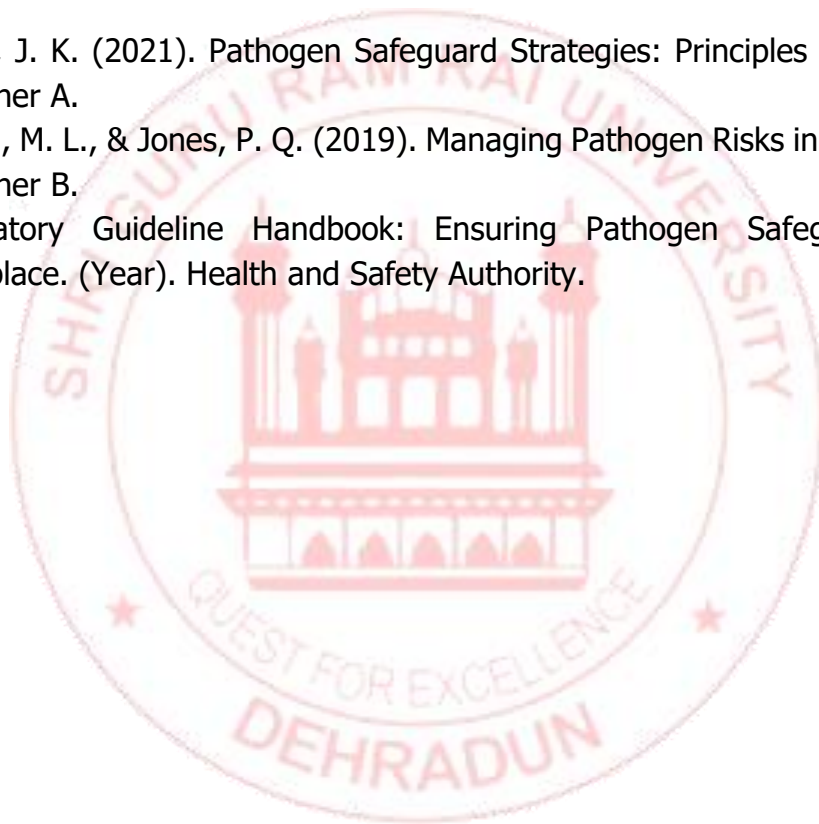
Developing emergency response plans for pathogen outbreaks.
Techniques for rapid containment and mitigation.

Module V: Regulatory Compliance

- Understanding and complying with local and international regulations.
- Case examples of organizations ensuring regulatory compliance.

References:

- Smith, J. K. (2021). Pathogen Safeguard Strategies: Principles and Practices. Publisher A.
- Brown, M. L., & Jones, P. Q. (2019). Managing Pathogen Risks in Public Health. Publisher B.
- Regulatory Guideline Handbook: Ensuring Pathogen Safeguard in the Workplace. (Year). Health and Safety Authority.



Essential Emergency Life Skills

Course Code: VCSMIHS011

Course Objectives:

- First Aid Basics: Acquire fundamental knowledge and skills in providing first aid in emergency situations.
- Emergency Communication: Develop effective communication strategies during emergencies.
- Crisis Management: Learn techniques for crisis management and maintaining composure in high-stress situations.
- Evacuation Procedures: Understand and implement proper evacuation procedures in different emergency scenarios.
- Community Preparedness: Foster a sense of community preparedness and responsibility during emergencies.

Course Outcomes

- Demonstrate proficiency in basic first aid techniques.
- Communicate effectively during emergency situations.
- Manage crises calmly and effectively.
- Implement proper evacuation procedures.
- Foster a sense of community preparedness.

Course Content :

Module I: First Aid Basics

- Basic wound care and bandaging.
- Cardio-pulmonary resuscitation (CPR) techniques.
- Dealing with common medical emergencies.

Module II: Emergency Communication

- Effective communication strategies during emergencies.
- Use of emergency communication devices.

Module III: Crisis Management

- Techniques for staying calm and focused in high-stress situations.
- Decision-making under pressure.

Module IV : Evacuation Procedures

- Understanding different evacuation scenarios.
- Implementing evacuation plans.

Module V : Community Preparedness

- Promoting community awareness and training.
- Establishing community emergency response teams.

References :

- American Red Cross. (2020). *First Aid/CPR/AED Participant's Manual*.
- Federal Emergency Management Agency (FEMA). (2018). *Crisis and Emergency Risk Communication (CERC) Manual*.
- Johnson, P. (2019). *Community Emergency Response Team (CERT) Training Manual*.
- World Health Organization (WHO). (2017). *Emergency and Essential Surgical Care (EESC) Program - First Aid Training Manual*.
- Federal Emergency Management Agency (FEMA). (2016). *Community Emergency Response Team (CERT) Instructor Guide*.



Resilience and Stress Coping Strategies

Course Code: VCSMIHS012

Course Objectives :

- Understanding Resilience: Gain insight into the concept of resilience and its importance in personal and professional life.
- Identifying Stressors: Recognize different stressors and their impact on mental well-being.
- Coping Mechanisms: Learn various coping strategies to manage stress effectively.
- Building Emotional Resilience: Develop emotional resilience for handling challenges.
- Mindfulness and Relaxation Techniques: Explore mindfulness and relaxation practices for stress reduction.

Course Outcome :

Demonstrate a clear understanding of resilience and its significance.

Identify and analyze personal and professional stressors.

Apply effective coping mechanisms to manage stress.

Build emotional resilience to navigate challenges.

Practice mindfulness and relaxation techniques for stress reduction.

Course Content :

Module I: Understanding Resilience

- Definition and components of resilience.
- Importance of resilience in personal and professional life.

Module II : Identifying Stressors

- Types of stressors: personal, professional, environmental.
- Impact of stress on mental health.

Module III : Coping Mechanisms

- Cognitive-behavioral strategies for stress management.
- Healthy lifestyle choices and stress reduction.

Module IV : Building Emotional Resilience

- Emotional intelligence and resilience.
- Strategies for developing emotional resilience.

Module V : Mindfulness and Relaxation Techniques

- Introduction to mindfulness practices.
- Relaxation techniques for stress coping.

References:

- Masten, A. S. (2018). Ordinary Magic: Resilience in Development.
- Lazarus, R. S., & Folkman, S. (1984). Stress, Appraisal, and Coping.
- Goleman, D. (1995). Emotional Intelligence: Why It Can Matter More Than IQ.
- Kabat-Zinn, J. (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.
- Siegel, D. J. (2010). The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration.

