



# **St. Joseph College of Teacher Education for Women Ernakulam**



## **CRITERION I**

### **1.2.2 Average Number of Value-Added Courses Offered during the Last Five Years**

**Brochure and Course Content along with  
CLOs of Value-Added Courses**

Submitted to

**National Assessment and Accreditation Council (NAAC)  
3rd Cycle of Assessment**



**ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN ERNAKULAM  
KOCHI-682035, KERALA**

**1.2.2 Brochure and Course Content along with CLOs of Value-Added Courses**

<b>Sl. No.</b>	<b>Particulars</b>	<b>Page No.</b>
<b>1.</b>	<b>Brochures of Value-Added Courses Offered (2018-23)</b>	<b>3-27</b>
	a. 2022-2023	3-13
	b. 2021-2022	14-19
	c. 2020-2021	20-25
	d. 2019-2020	26
	e. 2018-2019	27



Course Code: SJVAC2202

Duration: 40 Hrs.

Begins on: 28/09/2022

# FOUNDATION COURSE ON Astronomy

## OBJECTIVES

On completion of the course, the prospective teacher would:

- develop knowledge and understanding about earth, stars and galaxy and their elements and properties, astronomical distances, Hubble's Law.
- familiarise with the classification of stars and galaxy
- develop astronomical observation skills
- familiarise with the recent research trends in Astronomy
- would develop skills for designing telescope

## MODE OF TRANSACTION

Lecture cum discussion, demonstration, group presentations, seminars, debates, and assignments, role playing, brain storming sessions, and peer group discussion, Peer tutoring, Project, interaction with community, case study, educational survey and dialogue, ICT based teaching and learning

Duration : 40

## COURSE OUTLINE

### Module 1: An Introduction to Observatory Astronomy (10Hr)

- Celestial Sphere: Cardinal Points, Celestial Equator.
- Celestial Coordinate system, Equatorial Coordinate System Right ascension and Declination, Equiptic and Galactic Coordinate System.
- Astronomical distance units: AU, Parsec and Light Year, Stellar parallax and distance to stars from parallax.
- Optical Telescope: Light gathering power, Visual Angles, Angular magnification, Types of telescope: Refracting and reflecting telescope, Newtonian and Cassegrain telescope, Terrestrial telescope and space telescope, HST, James Webb Space Telescope.
- Major Telescopes of the world, Telescopes in India- GMRT.

### Module 2: Earth, Sun and Solar system(5Hr)

- Basic Properties of Earth.
- Earth and its atmosphere, atmospheric windows.
- Basic Properties of sun- Solar atmosphere: (Photo Sphere, Chromosphere and Corona) Sun Spot.
- Definition of a Planet- Terrestrial and Jovian planet, Comparison of Planets.
- Minor member of Solar system- Asteroid, Comets and Meteors.
- Universal Law of Gravitation.
- Planetary Path- Kepler's Law.
- Earth orbital motion, day to day changes-Seasonal changes.



### Module 3: Stars (5Hr)

- General Properties of a star.
- Classification of stars.
- Formation of Stars.
- Evolution of stars.
- Final stages of Star.
- Chandrasekhar Limit.
- Supernova, Expanding Nebula, White dwarf, Neutron star, Black Hole.

### Module 4: Galaxy(5 Hr)

- General Properties of Galaxies.
- Hubble's Classification - Spiral, Elliptical, Irregular.
- Milky Way and Nearest galaxies.
- Quasars and Galactic Clusters.

### Module 5: Universe and Cosmology ( 10 Hr)

- Early models of Universe, Geocentric Model, Ptolemy, Aristotle, Copernicus model sun at the center.
- Galleo and his Observations.
- Concept of Cosmology.
- Origin of the Universe Big bang theory.
- Expansion of the universe, Doppler effect.
- Hubble's Law, Age of the Universe.

### Practical (5Hr)

- Construction of Telescope
- Sky watch

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## OVERVIEW OF THE COURSE

- Duration : 35 Hrs
- Modules: 17 (each module for 2 hrs)  
+ Assessment + Evaluation
- Practical sessions/ interactions/ reflections/  
activities/ Assignments
- Evaluation: Written form/ Assignments
- Student centered approach

## VALUE ADDED COURSE ON

### Comprehensive Teacher : A Transformative Approach

SJVAC2203

## OBJECTIVES OF THE COURSE

Help the student teachers -

- To manage themselves and others effectively
- To become a visionary
- For better understanding of the Self
- To be a positive thinker always
- To balance the emotions specially anger
- To develop Self initiation for Emotional Balance
- To develop communication skills
- To accept the criticism
- To become an assertive person
- To be a person of gratitude
- To give and accept feedback in a matured way

### Animator:

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**Course Code: SJVAC2204**

**Duration: 35 Hrs.**

**Begins on: 13/07/2022**

# FOUNDATION COURSE ON Sustainable Development

## Course Learning outcomes

### The student-teacher will

- develop knowledge and understanding of sustainable development
- think critically, ethically, and creatively for promoting sustainable development
- examine the ways of sustainable development
- explore the challenges of sustainable development
- see the impact of sustainable development on communities and how can make adifference to real lives
- investigate case studies of sustainable development challenges through some key areas;health care, quality education, affordable and clean energy, responsible consumption and production
- master the knowledge and skills to design and develop strategies for achievingsustainable development in these key areas
- able to conduct and evaluate the relevance of educational intervention programs forachieving sustainable development behavior among students

### Mode of Transaction

Lecture cum demonstration, Group discussion, Brainstorming sessions, Survey, Field Trip, Project work, Debate, Assignments, seminars, dramatization, Exhibition, video, ICT-based teaching, and learning.  
Duration: 35 Hrs.

## Course Content

### Module: 1 Introduction to Sustainable Development

4 Hrs.

- 1.1 Meaning, Nature, Scope, and Significances of Sustainable Development
- 1.2 Concept of Education for Sustainable Development

### Module: 2 Sustainable Development: A historical perspective

5 Hrs.

- 2.1 Historical background of Sustainable development
- 2.2 Sustainability vs. Sustainable Development
- 2.3 Aims & Pillars of Sustainable Development



### Module: 3 Sustainable Development: A global challenge

6 Hrs

- 3.1 Sustainable Development Goals
- 3.2 Ways to Achieve Sustainable Development Goals
- 3.3 Reflection on Challenges of Sustainable Development
- 3.4 Key Areas of Sustainable Development

### Module: 4 Achieving Sustainable Developments; Focus on 4 Major Areas

5 Hrs

- 4.1 Sustainable development Goal 3 (SDG: 3) – Good Health and Well-Being
- 4.2 Sustainable Development Goal 4 (SDG: 4) – Quality Education
- 4.3 Sustainable Development Goal 7 (SDG: 7) – Affordable and Clean Energy
- 4.4 Sustainable Development Goal 12 (SDG: 12) – Responsible Consumption and Production

### Module: 5 Develop strategies for achieving Sustainable development

5 Hrs

- 5.1 Practices for Achieving Good Health and Well-Being
- 5.2 Practices for Achieving Quality Education
- 5.3 Practices for Achieving Affordable and Clean Energy
- 5.4 Practices for Achieving Responsible Consumption and Production

### Practical Work (Any one)

10 Hrs

1. Conduct an educational intervention program on Energy conservation Practices for enhancing Responsible energy consumption behavior among students
2. Investigate studies on Sustainable development challenges in the areas of health and well-being / Quality Education
3. Prepare E-Content on Affordable and Clean Energy Practices

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Course Code: SJVAC2205

Duration: 35 Hrs.

Begins on: 28/11/2022

# FOUNDATION COURSE ON Life Skill

## Course Learning Objectives:

The Value-added Course on Life Skills is designed to enable the student teachers to :

- familiarise with the basic concepts of life skills
- understand the theoretical concepts of life skills.
- know the practical strategies of life skills.
- understand the importance of life skills education in schools
- understand the importance of life skills education among teachers.
- realise one's potential through practical experience.
- develop interpersonal skills.
- set appropriate goals in life, manage stress and time effectively.
- understand how to design classroom learning to encourage life skills.

## MODE OF TRANSACTION

Lecture cum discussion, demonstration, group presentations, seminars, debates, and assignments, holding camps, brain storming sessions, and peer group discussion, Peer tutoring, Project, interaction with community, case study, educational survey and dialogue, ICT based teaching and learning.

Duration: 35 Hrs

## COURSE OUTLINE

### Module 1 Life Skills and Life Skill Education (4 Hours)

- 1.1 Life Skills – Concept, Definitions,
- 1.2 Life Skills Education- Concept, Evolution and importance

### Module 2 Core Life Skills (6 Hours)

- 2.1 Core Life Skills by WHO – Introduction.
- 2.2 Problem Solving and Critical Thinking skill, Communication & Decision-making skill, Creative Thinking & Interpersonal Relationship skill, Self-awareness & Empathy, Coping with Stress & Emotions

### Module 3 Life Skills I Already Have & Need (4hours)

- 3.1 My Life Skills
- 3.2 The Skills That I Need
- 3.3 Procedure to attain Life Skills

### Module 4: Developing Life Skills (4 Hours)

- 4.1 Different Kinds of Communication Skills and its Characteristics
- 4.2 Ways to enhance Communication Skills
- 4.3 Barriers to effective communication and methods to overcome it.
- 4.4 Importance of Language

### Module 5: Life Skills Approach In Education And Training (4 Hours)

- 5.1 Life Skills required for Adolescents and Youth
- 5.2 New Methods and Strategies for Promoting Life Skills Education
- 5.3 Relevance and significance of life skills in the life of teachers
- 5.5 Various Dimensions of Life Skills In Teacher Education

### Module 6 Life Skills in Career Planning (3 Hours)

- 6.1 Importance of life skills in career planning
- 6.2 Life Skills and Career Skills
- 6.3 Career Guidance / Career Guidance Centers
- 6.4 Preparing a Resume/How To Include Skills In Resume

### Practical Session: (10 Hours)

1. Role play presentation to enhance life skills
2. Preparation of 'emotion diary' to cope up with stress and emotions
3. Making of 'mood Posters'
4. A note on findings of the outcomes of life skill education.
5. Preparation of Life Skills Checklist.



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Course Code: SJVAC2206

Duration: 35 Hrs.

Begins on: 05/12/2022

# Health Education towards Sustainable Wellness

## Course Learning Outcomes

On Completion of the course the learner will be able to

- identify the need and importance of health education.
- develop awareness about the concept of optimum health.
- understand the importance of the first aid for saving life.
- disseminate the information adopted to maintain healthy lifestyle practices.
- understand the need of immunization for the prevention of diseases.
- utilize the knowledge about nutrition, exercises and balanced diet in daily life.
- know the influence of neuro-muscular coordination in maintaining a good posture.
- develop sensitivity towards social health issues.

## MODE OF TRANSACTION

Lecture cum discussion, group presentations, seminars, debates, assignments, brain storming sessions, and peer group discussion.

Duration: 35 Hrs.

## COURSE OUTLINE

### 1. Module 1 - First Aid - General Introduction

- 1.1 Priorities of First Aid
- 1.2 First Aid Box
- 1.3 CPR
- 1.4 First Aid - Emergencies

### 2. Module 2 - Life Style Diseases

- 2.1 Life Style Diseases - General Introduction
- 2.2 Cardio vascular Diseases
- 2.3 Cancer
- 2.4 Diabetes Mellitus

### 3. Module 3 - Health and Hygiene

- 3.1 Health and Hygiene - General Introduction
- 3.2 Personal Hygiene
- 3.3 Menstrual Hygiene



### 4. Module 4 - Child care and Immunization

- 4.1 Health Indicators of a child
- 4.2 Child Safety
- 4.3 Immunization

### 5. Module 5 - Postural Defects and Correction Exercises

- 5.1 Posture
- 5.2 Fundamental Positions
- 5.3 Postural Defects and Correction Exercises

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Course Code: SJVAC2207

Duration: 30 Hrs.

Begins on: 24/11/2022

# Origami and Learning Mathematics

### Course Learning Outcomes

- Develop practical origami skills and techniques.
- Enhance creativity through the application of mathematical and algebraic concepts in origami design.
- Gain a deeper understanding of geometric shapes and their transformations through hands-on folding exercises.
- Improve spatial reasoning and visualization skills.
- Cultivate an appreciation for the artistic and educational potential of origami in teaching various mathematical concepts.
- Apply origami as a pedagogical tool for engaging and effective mathematics instruction.

### CONTENT

#### Module 1 - Fundamentals of Origami (2 hours)

1. Fundamentals of Origami
2. Origami Symbols and Signs

#### Module 2 - Different Geometrical Shapes from Paper (6 hours)

1. Making Square from Paper
2. Making Right Angle Triangle from a square and rectangle
3. Making Equilateral Triangle from a rectangle
4. Making Isosceles Triangle from a square and a rectangle
5. Making Rhombus from a square and a rectangle
6. Making Parallelogram from a square
7. Making Trapezium from a square
8. Making Circle from a square or rectangle

#### Module 3 - Generating Number Sequences (3 hours)

1. Generating Natural numbers
2. Generating Triangular Numbers
3. Generating Sequences of Square Numbers



#### Module 4 - Geometric shapes to Origami Models (7 hours)

1. Isosceles Triangle to Elephant
2. Square to Airplane
3. Equilateral Triangle to Star of David
4. Right angled triangle to bird
5. Trapezium to Plane
6. Circle to hexagonal Bowl
7. Circle to Lamp

#### Module 5 - Algebraic Identities and Origami Models (12 hours)

1. Product of sums,  $(x + y)(u + v)$  using a Half Tray
2. Square of a sum,  $(x + y)^2$  using a Sail Boat
3. Product of differences,  $(x - y)(u - v)$  using a Half Tray
4. Square of a difference,  $(x - y)^2$  using a Rooster
5. Product of Sum and Difference,  $(x + y)(u - v)$  using Half Tray
6. Product of Sum and Difference,  $(x + y)(x - y)$  using a Paper Packet

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Course Code: SJVAC2208

Duration: 40 Hrs.

Begins on: 07/10/2022

# An Introduction to Technology Enhanced Instructional Platforms

## Course Learning Outcomes

At the end of the course the student teachers will :

- develop knowledge and understanding of the basic data management tools for teaching learning process
- gain understanding of the web based classroom management strategies
- develop skills to create brochures and simulated learning environments.
- generate concept maps and memory maps using online resources
- gain proficiency in use of interactive digital board.

## Mode of transaction :

Lecture Methods, Seminar, Assignments, Discussion, Demonstration, rain Storming,  
Duration: 40 Hrs.

## Course Outline

### Module 1: Basic tools for Data Management (4Hrs)

- 1.1 Documents –Types and Specifications, Document formatting, APA formatting
- 1.2 XL –Basic properties of XL- Practical Applications of XL.
- 1.3 Computer shortcuts

### Module 2: Essential tools for classroom management (4Hr)

- 2.1. Google forms
- 2.2 Google Classroom
- 2.3. Child friendly Search Engines –Need and Significance, Examples

### MODULE 3: Innovative presentation skill computer applications (4 Hrs)

- 3.1 Canva-Applications of Canva
- 3.2 Simulation Software- Types, Uses, Applications
- 3.3 Script writing for digital video



### MODULE 4: Interactive classroom computer applications (4 Hrs)

- 4.1 Interactive pdf-Creation and Application Uses
- 4.2 Creation of Pdf flipbook
- 4.3 Graphics, Virtual classroom creation.
- 4.4 Screen Recording apps for instructional purpose

### MODULE 5: Digital Classroom Manual creation applications (4Hrs)

- 5.1 Power point flipbook,
- 5.2 Digital Concept map, Memory map Creation
- 5.3 Interactive digital board uses.

### Practical (20 Hrs)

1. Document Formatting.
2. XL Sheet Data Interpretation
- 3 Applications of Canva
4. Creation of virtual class room, flip book
5. Creation of ppt flip book
6. Digital Lesson Plan construction.

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Course Code: SJVAC2209

Duration: 35 Hrs.

Begins on: 10/01/2023

# ACADEMIC WRITING

## Course Learning Objectives:

1. To understand about the Academic writing skills
2. To understand the citation and referencing in APA format (7<sup>th</sup> edition)
3. To understand about the publication ethics and misconduct
4. To understand about the copy right and intellectual property right
5. To understand about how to detect and minimize the plagiarism
6. To recognize indexing database, citation database and journal finders

**Transaction of Content:** ICT enabled Lecture cum Demonstration method, Group Discussion, Brain Storming, Buzz Session,  
Duration: 35 Hrs.

## CONTENT

### Module 1: General Guidance for Academic Writing Skills (5 Hours)

- 1.1 Reviewing the literature
- 1.2 Considering the topic and examining the question
- 1.3 Planning
- 1.4 Major structural elements
- 1.5 Presentation

### Module 2: Citing and Referencing (10 Hours)

- 2.1 Citing a source in the body of your text: When to provide page numbers, Distinguishing citations from your own ideas
- 2.2 Creating a reference list: Presenting the reference list in APA style (7<sup>th</sup> edition)
- 2.3 Citing sources in different contexts: Self-citation, In-text citations, and secondary sources, Common Knowledge that does not need to be referenced, "Off topic" references, Referencing tables and figures

### Module 3: Scientific Conduct and Publication Ethics (10 Hours)

- 3.1 Ethics with respect to science and research
- 3.2 Intellectual honesty and research integrity
- 3.3 Scientific misconducts: Fabrication, Falsification and Plagiarism (FFP)

3.4 Publication ethics: definition, introduction and importance, Publication misconduct: Definition, concept, problems that lead to unethical behaviour and vice versa, types

- 3.5 Redundant publications: duplicate and overlapping publications, salami slicing
- 3.6 Selective reporting and misrepresentation of data
- 3.7 Violation of publication ethics, authorship and coauthorship
- 3.8 Identification of publication misconducts, consequences and appeals
- 3.9 Copy Right and Intellectual Property Right: Copyright
- 3.10 Predatory publishers and journals

### Module 4: Detecting Plagiarism (5 Hours)

- 4.1 Anti Plagiarism Checker: DupliChecker, Smallseer, Grammarly
- 4.2 Detecting plagiarism: Turnitin and iThenticate
- 4.3 Tips for avoiding Plagiarism and other assessment irregularities: Leave enough time for the research process, Use clear note taking techniques, Keep an up to date list of your potential sources
- 4.4 Recognizing the contribution of others: Including an Acknowledgement Section

### Module 5: Research Databases (5 Hours)

- 5.1 Indexing databases
- 5.2 Citation databases: Web of Science, Scopus etc.
- 5.3 Journal finder/journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Journal Suggester, etc.



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Course Code: SJVAC2210

Duration: 35Hrs.

Begins on: 20/02/2023

# FOUNDATION COURSE ON Home Science

## Course Learning Outcomes:

On completion of the course, the prospective teacher would:

- Develop understanding of Home Science Education and its recent trends
- Become aware about nutrition and lifestyles to enable prevention and management of diseases.
- Comprehend the basics of human development with specific reference to child.
- Develop awareness different methods of cooking and inculcate healthy food habits
- Develop skills of judicious management of various resources

## Mode of Transaction

Online/ Offline lecture cum discussion, demonstration, group presentations, seminars, debates, assignments, brain storming sessions, peer group discussion, Practical sessions  
Duration: 35 hrs.

## COURSE OUTLINE

### Module 1 - Concept of Home science ( 3 hours)

- 1.1 Relevance of study of Home Science
- 1.2 Recent trends

### Module 2 : Human Growth & Development (7 Hours)

- 2.1 Principles of growth and development
- 2.2 Factors affecting growth and development (environmental and heredity)
- 2.3 Age specific milestones (Birth to 3 years)-Physical, motor ,social, emotional, cognitive and language

### Module 3 - Food, Nutrition and Health (8 Hours)

- 3.1 Definition of food, nutrition, nutrient, Health and nutritional status.
- 3.2 Food and its functions (Physiological, social and psychological)
- 3.3 Nutrients : sources and functions
- 3.4 Relationship of food, health and diseases
- 3.5 Malnutrition : concepts and components (over nutrition and under nutrition)  
Concept of Balanced Diet



### Module 4 Methods of cooking and processing (10 Hours)

- 4.1 Cooking methods : Dry methods, moist methods, combination methods
- 4.2 Processing methods : Germination, Fermentation, Mutual supplementation / Combination
- 4.3 Conservation of nutrients while cooking and processing

### Module 5 Methods Resource Management (7 hours)

- 5.1 Resources : Definition and characteristics
- 5.2 Types of resources (Human : Time, Energy, Knowledge and attitude Non-Human : Money, materialistic goods and community resources)
- 5.3 Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.
- 5.4 Proper disposal of kitchen waste (Biodegradable : Composting, Vermicomposting, biogas . Non Biodegradable :Incineration, Landfills and recycle

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Course Code: SJVAC2211

Duration: 35Hrs.

Begins on: 27/02/2023

# GENDER SENSITIVITY

### Course Learning Outcomes

On completion of the course, the prospective teacher would:

- develop understanding with key concepts – Sex gender, gender bias, gender stereotype, gender parity, equity and equality, patriarchy and feminism
- become aware about gender sensitivity, Gender inequalities and their adverse effects women, men as well as third genders
- comprehend Gender related Violence and Sexual Harassment
- develop awareness government initiatives for addressing violence against women in India

### MODE OF TRANSACTION

Lecture cum discussion, demonstration, group presentations, seminars, debates, and assignments, brain storming.

Duration: 35 Hrs.

### COURSE OUTLINE

#### Module 1 - Gender related Key Concepts (8Hours)

- 1.1 Sex, gender, sexuality, masculinity and femininity patriarchy.
- 1.2 Gender sensitivity, Gender bias, Gender stereotyping, Gender Inequality, Gender Discrimination, Third Genders

#### Module 2 - Gender Equality and Constitution (10 Hours)

- 2.1 Constitutional and Legal Provision for Women in India
- 2.2 Women and Law- Personal Laws Relating to Women, Law Relating to Crimes against Women, Protection of Women under Industrial Law
- 2.3 Political conscientisation of women, Women In Local Governance, Gender Sensitive Leadership

#### Module3 Gender Based Violence (12 Hours)

- 3.1 Definition of Violence and Gender Based Violence, Domestic Violence: Physical, Sexual, Psychological, Economical and Verbal
- 3.2 Forms of Violence Against Women : Sexual Harassment, Denial of Reproductive Rights, Female Feticide and Infanticide, Dowry Deaths, Child Abuse
- 3.3 Gender based violence and LGBTQ
- 3.4 Gender Related Violence and Media

#### Module 4 Government Initiatives for addressing Gender Related Violence (5 Hours)

- 4.1 National Commission for Women, State Commission for Women
- 4.2 The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, POCSO ACT, JJ ACT, National Policy For The Empowerment of Women (2001)
- 4.3 National Portal for Transgender Persons



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**Course Code: SJVAC2212**

**Duration: 35Hrs.**

**Begins on: 06/02/2023**

# FOUNDATION COURSE ON Green Schooling

## Course Learning Outcomes

On completion of the course, the prospective teacher would be able to:

- develop knowledge and understanding of Green Schooling
- think critically, ethically, and creatively for promoting Green Schooling
- explore the challenges of Green Curriculum
- see the impact of Green Schooling on student communities
- master the knowledge and skills to design and develop strategies for achieving Green Classroom environment
- conduct and evaluate the relevance of Green Schooling programs for achieving sustainable development behavior among students

## MODE OF TRANSACTION

Lecture cum discussion, demonstration, group presentations, seminars, debates, and assignments, holding camps, brain storming sessions, and peer group discussion, Peer tutoring, Project, interaction with community, case study, educational survey and dialogue, ICT based teaching and learning, Practical Sessions.

Duration: 35 Hrs.

## COURSE OUTLINE

### Module 1: Origin of Green Schooling (5 Hrs)

- 1.1 Green School: The Concept and Background
- 1.2 Green Schools and Education for Sustainable Development
- 1.3 Our Cultural Heritage for the Concept of Green School

### Module 2: Green schooling Principles and Concerns (5 Hrs)

- 2.1 Essential Aspects of Green School Environment
- 2.2 Aims and Principles of Green School Curriculum (Green Education)
- 2.3 Sarva Shiksha Abhiyan and Green Schools

### Module 3: Strategies of Green school

- 3.1 Present Status of Education System Regarding Green School Concept
- 3.2 Conservation of Energy Resources
- 3.3 Creation of a Safe School Environment
- 3.4 Greening Mid Day Meal
- 3.4 Educational Sustainable Development through Greening of Common School Activities
- 3.5 Beyond School: Greening through Extended Activities

### Module 4: Evaluation of Green Schooling (5Hours)

- 4.1 Evaluation in Green Classroom
- 4.2 Emergency Preparedness and Disaster Management
- 4.3 Health Awareness
- 4.4 Assessment about the extent of greening on the school
- 4.5 Profile of a Green School

### Module 5: Benefits of Green schools (5 Hours)

- 5.1 Learning Benefits
- 5.2 Budget Benefits
- 5.3 Health Benefits
- 5.4 Operational Benefits
- 5.5 Pedagogical Benefits
- 5.6 Students Health and Green School Planting
- 5.7 Skills acquired via Green Schooling

### Practical (10 Hrs)

1. Construction of Aquaponics cultivation system
2. Working of solar cooker
3. Implementing indoor Air purifier with air growing plants
4. Classification of non - bin degradable trashes
5. Replace plastics with Natural products

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# FOUNDATION COURSE ON Green Education



Course Code: SJVAC2101

Duration : 30 Hrs.

Begins on: 04/04/2022

### Course Learning Outcomes:

- Develop Knowledge and Understanding about Green Education.
- Think critically, ethically, and creatively for promoting Green Education and making judgments.
- Develop a sense of responsibility and favorable attitudes, values and skills towards protection and conservation of environment, biodiversity and sustainable development.
- Know the importance of undertaking suitable practices and adapt different strategies for Green Culture
- Master knowledge and skills to design and develop strategies that would foster green ways of living.
- Develop into proactive teachers who would follow a green culture.

### Mode of transaction:

Lecture cum demonstration, panel discussion, brain storming sessions, peer group discussion, survey, field trip, debate, project work, survey, assignments, seminars, dramatization, exhibition, film show, video, ICT based teaching and learning.

Duration: 30 Hours

### Course Content

**Module 1 – Introduction to Green Education** 2 Hours  
1.1- Meaning, Nature, Scope and significance of Green Education.

**Module 2 - Our Environment** 8 Hours  
2.1 Concept of Ecosystem and Types  
2.2 Flow of Energy in the eco system  
2.3 Concept of ecological balance

**Module 3 – Environmental Challenges** 10 Hours  
3.1- Environmental pollution  
3.2 - Climate Change  
3.3- Disasters  
3.4 Waste and Waste management

**Module 4- Sustainable Development** 5 Hours  
4.1-Meaning and importance Sustainable Development  
4.2- Goals of Sustainable Development  
4.3 – Concept of Education for Sustainable Developments

### Module 5 - Going Green

5 Hours

- 5.1 Meaning and Benefits of Green Culture  
5.2 Practical suggestions for Green Culture

### Practical Work (Any One):-

1. Prepare a Medicinal Garden in your home and upload its video.
2. Organize an exhibition oneself prepared Eco friendly Products.
3. Conduct an Awareness Campaign for promoting Green Culture



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# FUNDAMENTALS OF COUNSELLING



**Course Code: SJVAC2102**

**Duration : 30 Hrs.**

**Begins on: 04/04/2022**

### Course Learning Outcomes

On Completion of the course the learner will

- develop knowledge and understanding about Counselling
- recognize the need and scope of Educational Counselling
- reflect on the Counselor – Client relation
- familiarize with the basic Counselling Skills and its procedures
- acquire knowledge of therapeutic approaches of Counselling
- analyse the myths of counselling

### MODE OF TRANSACTION

Lecture cum discussion, group presentations, seminars, debates, assignments, brain storming sessions, and peer group discussion.

Duration: 30 Hrs.

### COURSE OUTLINE

#### Module 1: Nature and Scope of Counselling (7 Hrs)

- 1.1 Counselling- Concept, Nature and Definition
- 1.2 Characteristics and Goals of Counselling
- 1.3 Scope of Counselling
- 1.4 Misconceptions about Counselling

#### Module 2 : Basic Counselling Skills and its process (7 Hrs)

- 2.1 Counselling Skills - Essentials and types
- 2.2 Process of Counselling – procedure and Stages of Counselling
- 2.3 Types of Counselling

#### Module 3 : Therapeutic Approaches in Counselling (10 Hrs)

- 3.1 Humanistic Therapy
- 3.2 Cognitive Therapy
- 3.3 Behavioural Therapy
- 3.4 Psychoanalytic Therapy

#### Module 4: Educational Counselling (6 Hrs)

- 4.1 Educational Counselling: Meaning and Importance
- 4.2 Types of Educational Counselling
- 4.3 Benefits of Educational Counselling

### Reference

1. Basic Counselling Skills- A Helper's Manual , Richard Nelson Jones
2. Learning To Counsel 4th edition by William Stewart & Jan Sutton
3. First Steps In Counselling 4th edition by Pete Sanders



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# RESEARCH ETHICS AND PROFESSIONAL WRITING

Course Code: **SJVAC2103**

Duration : 35 Hrs.

Begins on: 10/06/2021

### Course Learning Outcomes:

1. To understand about the Academic writing skills
2. To understand the citation and referencing in APA format (7<sup>th</sup> edition)
3. To understand about the publication ethics and misconduct
4. To understand about the copy right and intellectual property right
5. To understand about how to detect and minimize the plagiarism
6. To recognize indexing database, citation database and journal finders

**Transaction of Content:** ICT enabled Lecture cum Demonstration method, Group Discussion, Brain Storming, Buzz Session.

Duration: 35 hours

### CONTENT

#### Module 1: General Guidance for Academic Writing Skills (5 Hours)

- 1.1 Reviewing the literature
- 1.2 Considering the topic and examining the question
- 1.3 Planning
- 1.4 Major structural elements
- 1.5 Presentation

#### Module 2: Citing and Referencing (10 Hours)

- 2.1 Citing a source in the body of your text: When to provide page numbers, Distinguishing citations from your own notes
- 2.2 Creating a reference list: Presenting the reference list in APA style (7<sup>th</sup> edition)
- 2.3 Citing sources in altered contexts: Self-citation, Indirect citation, and secondary sources, Common knowledge that does not need to be referenced, 'Off-topic' references, Referencing tables and figures

#### Module 3: Scientific Conduct and Publication Ethics (10 Hours)

- 3.1. Ethics with respect to science and research
- 3.2. Intellectual honesty and research integrity
- 3.3. Scientific misconducts: Falsification, Fabrication and Plagiarism (FFP).
- 3.4. Publication ethics: definition, introduction and importance, Publication misconduct: Definition, concept, problems that lead to unethical behaviour and vice versa. types
- 3.5. Redundant publications: duplicate and overlapping publications, salami slicing
- 3.6. Selective reporting and misrepresentation of data
- 3.7. Violation of publication ethics: authorship and contributorship
- 3.8. Identification of publication misconduct, complaints and appeals
- 3.9. Copy Right and Intellectual Property Right: Concept
- 3.10. Predatory publishers and journals

#### Module 4: Detecting Plagiarism (5 Hours)

- 4.1. Anti Plagiarism Checker: DupliChecker, Smalltools, Grammarly.
- 4.2. Detecting plagiarism: Turnitin and Orkoud
- 4.3. Tips for avoiding Plagiarism and other assessment irregularities: Leave enough time for the research process, Use clear note taking techniques, Keep an up to date list of your potential sources.
- 4.5. Recognizing the contribution of others: Including an Acknowledgement Section

#### Module 5: Research Databases (5 Hours)

- 5.1. Indexing databases
- 5.2. Citation databases: Web of Science, Scopus etc.
- 5.3. Journal finder/journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Journal Suggester, etc.

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# RICE LEADERSHIP COURSE



Course Code: SJVAC2104

Duration : 30 Hrs.

Begins on: 03/07/2021

### Course Learning Objectives:

1. Understand the principles and importance of responsible, inspirational, creative, and emotional leadership.
2. Develop skills to inspire and motivate individuals and teams towards shared goals.
3. Foster a culture of creativity, innovation, and responsible practices in leadership.
4. Enhance emotional intelligence and self-awareness as a leader.
5. Develop effective communication and relationship-building skills.
6. Promote ethical decision-making and social responsibility in leadership.
7. Encourage a positive and supportive work environment.
8. Cultivate resilience and adaptability in leadership.
9. Foster a culture of continuous learning and personal growth.
10. Reflect on personal leadership style and create an action plan for responsible, inspirational, creative, and emotional leadership.

### Course Syllabus

#### Module 1: Introduction to Responsible Inspirational Creative Emotional Leadership (5 hours)

- 1.1. Understanding the key concepts and characteristics of leadership
- 1.2. Exploring the importance of responsible, inspirational, creative, and emotional leadership
- 1.3. Ethical considerations in leadership and social responsibility

#### Module 2: Inspiring and Motivating Individuals and Teams (5 hours)

- 2.1. Techniques for inspiring and motivating individuals and teams
- 2.2. Creating a compelling vision and shared purpose
- 2.3. Building trust and fostering a positive work culture

#### Module 3: Fostering Creativity and Innovation in Leadership (5 hours)

- 3.1. Nurturing a culture of creativity and innovation
- 3.2. Encouraging creative thinking and problem-solving
- 3.3. Managing risks and embracing experimentation

#### Module 4: Emotional Intelligence and Self-Awareness in Leadership (5 hours)

- 4.1. Understanding emotional intelligence and its impact on leadership
- 4.2. Developing self-awareness and self-management skills
- 4.3. Empathy and building strong relationships as a leader

#### Module 5: Effective Communication and Relationship-Building (5 hours)

- 5.1. Developing effective communication skills as a leader
- 5.2. Active listening and feedback techniques
- 5.3. Building strong relationships and resolving conflicts

#### Module 6: Ethical Decision-Making and Social Responsibility (5 hours)

- 6.1. Ethical considerations in leadership decision-making
- 6.2. Promoting social responsibility and ethical practices
- 6.3. Balancing business objectives and responsible leadership

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# DIGI SKILLS

Course Code: SJVAC2105

Duration : 35Hrs.

Begins on: 11/03/2022

### Course Learning Outcomes :

The value added course on Digi skills is designed to enable the student teachers to:

- 1) conceptualize digital skills and develop ability to use the digital skills in the teaching learning process.
- 2) recognise the level of digital skills of learners by himself
- 3) reflect on strength and weakness of learners in the field of Technology
- 4) familiarize the new trends in technology in education
- 5) enhance content transaction by appropriate selection of materials and Procedures of ICT
- 6) develop positive attitude towards ICT and integration of digital tools into educational practice
- 7) recognise the appropriate use of specific digital skills for specific Content
- 8) acquire knowledge in skillful usage of ICT in teaching - learning Activities
- 9) recognise the needs of future learners and challenges of dynamic Education system.
- 10) promote creativity to integrate digital tools into educational practice
- 11) encourage collaborative teaching and learning practices by designing ICT based educational practices

### MODE OF TRANSACTION:

Regular offline mode classes, Online classes, e-contents, Video lessons  
Duration: 35 Hrs.

### COURSE CONTENT:

- Module One: Introduction to Digital Skills for Teachers (1 hour)**
- 1.1 Essential Digital Skills for the 21st Century Teachers: Presentation skill,
  - 1.2 Designing skill, Gamification skill, Video conferencing Skill, Augmentation skill, Editing sk Collaborative learning skill and Creative thinking skill
  - 1.3 Teaching Digital Skills for Sustainable Education
- Module Two: Online Tools for Game based Learning (3 hours)**
- 2.1 Developing digital Skills through Gamification-Game based learning and its various application
  - 2.2 Blocket- Web based quiz game platform - Preparation, mode of transaction and implementation
  - 2.3 LearningApp.Org- Creation of a wide variety of online learning activities- Preparation, mode o transaction and implementation
- Module Three : Innovative Presentation Programme Tools (3 hours)**
- 3.1 Visne- Preparation, mode of transaction and implementation
  - 3.2 Google slides -Preparation, mode of transaction and implementation
- Module Four: Graphic Designing (3 hours)**
- 4.1 Importance of graphic designing in education- Graphic designing tools and its attractive features
  - 4.2 Canva- Online design tool for creating graphics quick and easy- Designing of Certificates, Elys Brochure, Video albums , Resume, Logo, Posters, etc.
- Module Five: Video Conferencing Platforms (2 hours)**
- 5.1 Classroom Management skills and key features of Video Conferencing
  - 5.2 Platforms for online classes (Google meet)

### Module Six: Interactive Online Whiteboards

(2 hours)

- 6.1 Online Whiteboards - Features of Online whiteboards
- 6.2 Preparation and display whiteboard during online classes

### Module Seven:Augmented Reality

(3 hours)

- 7.1 Augmented Reality – meaning and Its significance
- 7.2 Various Augmented Reality Platforms:AR Loopa; 3D Bear.

### Module Eight:Video Editing and Screen Recording

(4 hours)

- 8.1 Video Editing and Screen Recording applications and Its relevance in the teaching learning process
- 8.2 Youcut- Video editing application - Features of Video preparation and editing; 8.3 X Recorder- Screen Recording application- Features of recording and editing; 8.4 A-Z Recorder- Recording video lessons throu android phone;

- 8.5 OBS studio- Preparing video lessons through laptop

### Module Nine: Google Workspace and various Google applications (3 hours)

- 9.1 Google workspace
- 9.2 Preparation of question papers and worksheets by sharing google docs
- 9.3Work with multiple users in a single file and download it as pdf
- 9.4 Preparation and auto-generation of certificate by submitting Google forms
- 9.5 Features of Google lens

### Module Ten: Screencasting

(1 hour)

- 10.1 Introduction to Screencasting
- 10.2 Screen mirroring and projecting mobile phone screen to your PC
- 10.3 Connecting mobile phones to the projector for presentation
- 10.4 Connecting whatsapp and telegram to PC

### Practical Session (5x10= 50 Marks)

(10 hours)

1. Prepare a digital game of your subject through game based learning app
2. Prepare a pdf of question paper/ worksheet using google docs
3. Make e- certificate
4. Prepare e- brochure
5. Make soft copy of resume
6. Make e-invitation card
7. Make a video album
8. Make a video lesson
9. Make an Augmented Reality Video
10. Make an innovative presentation



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# Climate Education and Curriculum Development

**Course code :SJVAC2001**

**Duration : 30 Hrs.**

**Begins on: 26/03/2021**

### Course Learning Outcomes

1. Develop Knowledge and Understanding about Climate Education.
2. Think critically, ethically, and creatively while evaluating climate issues and making judgments.
3. Develop a sense of responsibility and favorable attitudes, values and skills towards protection and conservation of environment, biodiversity and sustainable development.
4. Know the importance of undertaking suitable curriculum and adapt different strategies for climate education.
5. Master knowledge and skills to design and develop curriculum that would foster green ways of living.
6. Develop into proactive teachers who would challenge Climate change.

### Mode of transaction:

Lecture cum demonstration, panel discussion, brain storming sessions, peer group discussion, survey, field trip, debate, project work, survey, assignments, seminars, dramatization, exhibition, film show, video show, ICT based teaching and learning.

Duration: 30 Hrs.

### Course Content

<b>Module 1 - Climate Education</b>	<b>4 Hours</b>
Meaning, Nature and Objectives of Climate Education. Practical measures to fight climate change	
<b>Module 2 - Plastics</b>	<b>2 Hours</b>
Meaning, Nature and Hazards	
<b>Module 3 - Sustainable Living</b>	<b>3 Hours</b>
Meaning of Sustainability Significance of Sustainable Living	
<b>Module 4 - Waste Management</b>	<b>3 Hours</b>
Different types of Wastes Meaning of Waste Management Strategies for Waste Management	
<b>Module 5 - Alternate Education as Climate Education</b>	<b>3 Hours</b>
<b>Module 6 - Disaster Management Education</b>	<b>3 Hours</b>
Meaning and significance of Disaster Management Education with special reference to School Education	

<b>Module 7- Gender Education in Climate Curriculum</b>	<b>3 Hours</b>
<b>Module 8- Introduction to Alternative Products and Educating Students</b>	<b>4 Hours</b>

<b>Practicals</b>	<b>5 Hours</b>
Design a Curriculum for High School Students on Climate Education	

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# Personality Development

**Course code :SJVAC2002**

**Duration : 30 Hrs.**

**Begins on: 04/12/2020**

## Course Learning Outcomes:

On completion of the course, the prospective teacher would:

- Develop knowledge about concept of personality and its significance in personal and professional life.
- Understand the significance of self-awareness and self-esteem
- Develop effective communication skills.
- Practice positive thinking and optimism
- Understand interpersonal skills and build strong relationships
- Develop leadership qualities and teamwork abilities
- Manage stress and emotions effectively.

## MODE OF TRANSACTION

Lecture cum discussion, demonstration, group presentations, seminars, debates, and assignments, holding camps, brain storming sessions, and peer group discussion, Peer tutoring, Project, interaction with community, case study, educational survey and dialogue, ICT based teaching and learning

Duration: 30 Hrs.

## COURSE OUTLINE

### Module 1: Introduction to Personality Development (3 hours)

- 1.1 - Concept of personality
- 1.2 - Personality development its significance in personal and professional life
- 1.3 - Need of Self-assessment and goal setting

### Module 2: Self-Awareness and Self-Improvement (4 hours)

- 2.1 - Personal strengths and weaknesses- ways to identify
- 2.2 - Emotional intelligence- Meaning, Significance, Self-regulation- meaning and means for self-Regulation
- 2.3 - Self-esteem meaning, significance, Confidence- meaning and means to build Confidence

### Module 3: Effective Communication Skills (5 hours)

- 3.1 - Types of Communication - Verbal and non-verbal communication
- 3.2 - Active listening and empathetic communication
- 3.3 - Assertiveness and Conflict Resolution

### Module 4: Positive Thinking and Optimism (4 hours)

- 4.1- Power of positive thinking
- 4.2- Overcoming negative thoughts and self-talk
- 4.3 -Developing an optimistic mindset

### Module 5: Interpersonal Skills and Relationship Building (5 hours)

- 5.1 -Understanding Interpersonal dynamics
- 5.2 -Developing empathy and understanding
- 5.3 -Building and maintaining healthy relationships

### Module 6: Leadership and Teamwork (5 hours)

- 6.1 -Leadership styles and qualities
- 6.2- Team dynamics and collaboration
- 6.3 -Motivation and delegation

### Module 7: Stress Management and Emotional Intelligence (4 hours)

- 7.1 Identifying and managing stress
- 7.2 Emotional intelligence and self-regulation
- 7.3 Coping mechanisms and relaxation techniques

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# ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN, ERNAKULAM

## COURSE ON Computing Skills

Course code :SJVAC2003

Duration : 30 Hrs.

Begins on: 14/08/2020

### Course Learning Outcomes

On completion of the course, the prospective teacher would

- Develop mental calculation abilities for rapid and accurate calculations of squares of numbers
- Acquires alternative methods for performing arithmetic operations
- Develop effective techniques for multiplication of numbers
- Develop problem solving ability related to subtraction of numbers
- Develop leadership qualities and teamwork abilities
- Acquire ability to solve digital roots

### MODE OF TRANSACTION

Lecture and discussion, demonstration, ICT based teaching and learning

Duration: 30 Hrs.

### Course Syllabus

#### Module 1 Square of numbers (6 hours)

- 1.1 Squaring of number near to base 10, 100, 1000, ....
- 1.2 Squaring of number ending with 5.
- 1.3 Squaring of numbers less than 50 and numbers not ending with 5
- 1.4 Squaring of numbers greater than 50 and not ending with 5
- 1.5 Squaring of a number near to their sub base

#### Module 2 Product of numbers (6 hours)

- 2.1 Numbers are close to base 10, 100, ...
- 2.2 Numbers are close to base other than 10, 100, ...
- 2.3 Multiplication of numbers with 11, 111, 1111, ...
- 2.4 One of the number is 9, 99, 999, ...

#### Module 3 Multiplication of numbers (6 hours)

- 3.1 Multiplication of two numbers whose sum of unit digits 10 and other numbers equal
- 3.2 Multiplication of two numbers which are above and below base
- 3.3 Multiplication of two numbers of which one is 9, 99, 999, ...
- 3.4 Multiplication using vertical crosswise

#### Module 4 Subtraction of numbers (6 hours)

- 4.1 Complement of a number
- 4.2 Vinculation and Devinculation
- 4.3 Subtraction

#### Module 5 Multiplication of numbers using vertical crosswise (6 hours)

- 5.1 Digital Root
- 5.2 Multiplication of numbers using vertical crosswise for two digits
- 5.3 Multiplication of numbers using vertical crosswise for three digits
- 5.4 Multiplication of numbers using vertical crosswise for three digits

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# Technology Enhanced Classrooms

Course code :SJVAC 2004

Duration : 30Hrs.

Begins on: 14/08/2020

## COURSE LEARNING OBJECTIVES

On completion of the course, the prospective teacher would:

1. Understand the benefits and challenges of technology integration in the classroom.
2. Explore various digital tools and resources for teaching and learning.
3. Develop strategies for integrating technology effectively into instructional practices.
4. Foster student engagement and active learning through technology-enhanced activities.
5. Assess and evaluate student learning using digital assessment tools.

## Course Syllabus:

### Module 1: Introduction to Technology-Enhanced Learning (4 hours)

- 1.1- Overview of technology integration in the classroom
- 1.2- Benefits and challenges of using technology in education
- 1.3- Pedagogical considerations for technology-enhanced learning

### Module 2: Google Classroom (4 hours)

- 2.1- Construction of Google classroom
- 2.2- Understanding Google Classroom as a LMS tool
- 2.3- Classwork Features

### Module 3: Google Meet (4hours)

- 3.1 Familiarizing with Google meet
- 3.2 Google attendance – tracking Attendance
- 3.3 Google calendar – Scheduling Work

### Module 4: Digital Assessment and Feedback (4 hours)

- 5.1 - Formative and summative assessment with technology
- 5.2 - Online quizzes and surveys- Kohool
- 5.3 - Providing timely feedback using digital tools



### Module 6 - Planning Instruction for an online Class (5nhours)

- 6.1 Using Google Meet for online Class
- 6.2 Using Zoom Platform for Online Class

### Module 7- Preparing Audio and Video Instructional Materials (5nhours)

- 7.1 Familiarizing Podcast
- 7.2 Familiarizing Screen Recorder



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# Professional Writing

Course code :SJVAC2005

Duration : 35Hrs.

Begins on: 10/06/2020

## Course Learning Outcomes:

1. To understand about the Academic writing skills
2. To understand the citation and referencing In APA format (7<sup>th</sup> edition)
3. To understand about the publication ethics and misconduct
4. To understand about the copy right and intellectual property right
5. To understand about how to detect and minimize the plagiarism
6. To recognize indexing database, citation database and journal finders

**Transaction of Content:** ICT enabled Lecture cum Demonstration method, Group Discussion, Brain Storming, Buzz Session.

Duration: 35 hours

## CONTENT

### Module 1: Scientific Conduct and Publication Ethics (10 Hours)

- 1.1. Ethics with respect to science and research
- 1.2. Intellectual honesty and research integrity
- 1.3. Scientific misconducts: Falsification, Fabrication and Plagiarism (FFP).
- 1.4. Publication ethics: definition, introduction and importance. Publication misconduct: Definition, concept, problems that lead to unethical behaviour and vice versa, types
- 1.5. Redundant publications: duplicate and overlapping publications, salami slicing
- 1.6. Selective reporting and misrepresentation of data
- 1.7. Violation of publication ethics, authorship and contributorship
- 1.8. Identification of publication misconduct, complaints and appeals
- 1.9. Copy Right and Intellectual Property Right: Concept
- 1.10. Predatory publishers and journals

### Module 2: General Guidance for Academic Writing Skills (5 Hours)

- 2.1 Reviewing the literature
- 2.2 Considering the topic and examining the question
- 2.3 Planning
- 2.4 Major structural elements
- 2.5 Presentation

### Module 3: Citing and Referencing (10 Hours)

- 3.1 Citing a source in the body of your text: When to provide page numbers, Distinguishing citations from your own notes
- 3.2 Creating a reference list: Presenting the reference list in APA style (7<sup>th</sup> edition)
- 3.3 Citing sources in altered contexts- Self-citation, Indirect citation, and secondary sources, Common knowledge that does not need to be referenced, 'Off-topic' references, Referencing tables and figures

### Module 4: Detecting Plagiarism (5 Hours)

- 4.1. Anti Plagiarism Checker: Duplchecker, Smalltools, Grammarly.
- 4.2. Detecting plagiarism: Turnitin and Orkund
- 4.3. Tips for avoiding Plagiarism and other assessment irregularities: Leave enough time for the research process, Use clear note taking techniques, Keep an up to date list of your potential sources.
- 4.5. Recognizing the contribution of others: Including an Acknowledgement Section

### Module 5: Research Databases (5 Hours)

- 5.1. Indexing databases
- 5.2. Citation databases: Web of Science, Scopus etc.
- 5.3. Journal finder/journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Journal Suggester, etc.

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# Approaches in Value Education

Course code :SJVAC2006

Duration : 35Hrs.

Begins on: 14/08/2020

## Course Learning Outcomes

On completion of the course, the prospective teacher would:

- Develop understanding of Value Education and its recent trends
- Acquire the knowledge of values to be inculcated - ethical, moral and spiritual
- Develop skill to integrate value education in daily lives.
- Understand the various sources of Values.
- Be acquainted by the role of various agencies in fostering values.
- Be able to prepare Value integrated Lesson Plans

## Mode of Transaction

Online/ Offline lecture cum discussion, group presentations, seminars, debates, assignments, brain storming sessions, peer group discussion, Practical sessions

Duration: 30Hrs

## UNIT-1 Introduction to Value Education (2hrs)

- 1.1 Value Education- meaning and significance
- 1.2 Purpose of Value Education as specifying the present deterioration in the value system in the fast changing world trends.

## UNIT-2 Importance of Values in Life (4hrs)

- 2.1 Value system- meaning and its importance.
- 2.2 Values to be inculcated- Ethical, moral and spiritual
- 2.3 Value inculcation- integrating values in daily lives

## UNIT-3 Character Building and maintaining relationships (10hrs)

- 3.1 Character Building
- 3.2 Importance of love, trust, honesty, integrity.
- 3.3 Morality, and reliability as qualities of a good character.
- 3.4 Building Relationship- conjugal, fraternal and filial relationships.
- 3.5 Group Behaviour such as conformity and nonconformity to values in a group. Interacting with people as necessary for building relations, restraints and limitations to a relationship.

## UNIT - 4 Role Models (6hrs)

- 4.1 Biographical Studies – Mother Teresa, Mahatma Gandhi, Abraham Lincoln, Abdul Kalam - Life and their secret to success, values inculcated by such personalities
- 4.2 Role of various agencies in fostering values Role of Parents-Role of Teachers: Personal Values and Code of Conduct for teachers- Role of Society- Role of Peer Group

## UNIT - 5 Approaches in Value Education (8hrs)

- 5.1 Approaches: Anthropological and Experiential Approaches
- 5.2 Value integrated Lesson Plan preparation



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## Communication Skills

Course code : SJVAC2007

Duration : 30Hrs.

Begins on: 14/08/2020

### Course Learning Outcomes:

On completion of the course, the prospective teacher would:

1. Understand the fundamental principles of yoga and its role in promoting life skill
2. Practice yoga as a tool for stress management and relaxation.
3. Cultivate mindfulness and awareness through yoga and meditation.
4. Develop emotional intelligence and self-awareness.
5. Improve physical health and well-being through yoga.
6. Apply yoga-based life skills in daily life for personal growth and balance.

### Course Syllabus:

#### Module 1: Introduction to Yoga as a Life Skill (4 Hrs)

- 1.1 The philosophy of yoga
- 1.2 Benefits of yoga for life skills development

#### Module 2: Stress Management through Yoga (6Hrs)

- 2.1 Understanding stress and its impact
- 2.2 Yoga techniques for stress reduction

Practice: Basic relaxation and breathing exercises

#### Module 3: Mindfulness and Awareness (6 Hrs)

- 3.1 Cultivating mindfulness in daily life
- 3.2 Yoga and meditation for heightened awareness

Practice: Mindfulness meditation

#### Module 4: Emotional Intelligence and Self-Awareness (6 Hrs)

- 4.1 Recognizing and managing emotions
- 4.2 Yoga for emotional balance and self-awareness

Practice: Yoga for emotional well-being

#### Module 5: Physical Well-being and Yoga (8 Hrs)

- 5.1 Physical health and yoga
- 5.2 Yoga poses for strength, flexibility, and balance

Practice: Yoga asanas

#### Module 4: Assertiveness and Self-Expression (6 hours)

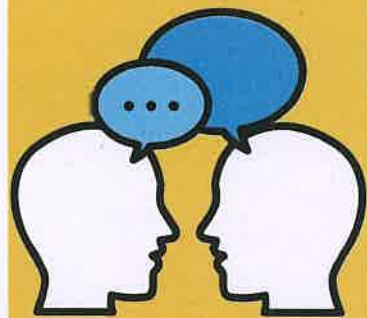
- 4.1- Understanding assertiveness and its benefits
- 4.2- Techniques for expressing thoughts and opinions confidently
- 4.3- Managing emotions and handling criticism
- 4.4- Setting boundaries and saying no assertively

#### Module 5: Public Speaking and Presentation Skills (6 hours)

- 5.1- Preparing and structuring a presentation
- 5.2- Overcoming stage fright and nervousness
- 5.3- Engaging the audience and using visual aids effectively
- 5.4- Handling questions and managing Q&A sessions

#### Module 6: Interpersonal Communication (5 hours)

- 6.1- Building rapport and developing strong relationships
- 6.2- Empathy and active empathy in communication
- 6.3- Conflict resolution and negotiation skills
- 6.4- Effective communication in teamwork and collaborations



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# COURSE ON Life skills through Yoga

**Duration : 30Hrs.**

**Begins on: 02/ 09/2019**

## Course Learning Outcomes:

On completion of the course, the prospective teacher would:

1. Understand the fundamental principles of yoga and its role in promoting life skills.
2. Practice yoga as a tool for stress management and relaxation.
3. Cultivate mindfulness and awareness through yoga and meditation.
4. Develop emotional intelligence and self-awareness.
5. Improve physical health and well being through yoga.
6. Apply yoga based life skills in daily life for personal growth and balance.

## Course Syllabus:

Module 1: Introduction to Yoga as a Life Skill (4 Hrs)

- 1.1 The philosophy of yoga
- 1.2 Benefits of yoga for life skills development

Module 2: Stress Management through Yoga (6Hrs)

- 2.1 Understanding stress and its impact
- 2.2 Yoga techniques for stress reduction

Practice: Basic relaxation and breathing exercises

Module 3: Mindfulness and Awareness (6 Hrs)

- 3.1 Cultivating mindfulness in daily life
- 3.2 Yoga and meditation for heightened awareness

Practice: Mindfulness meditation

Module 4: Emotional Intelligence and Self Awareness (6 Hrs)

- 4.1 Recognizing and managing emotions
- 4.2 Yoga for emotional balance and self awareness

Practice: Yoga for emotional well being

Module 5: Physical Well-being and Yoga (6 Hrs)

- 5.1 Physical health and yoga
- 5.2 Yoga poses for strength, flexibility, and balance

Practice: Yoga asanas

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## TRAINING IN Basic Language Skills of English

Duration : 30Hrs.

Begins on: 03/12/2018

### Course Learning Outcomes

On completion of the course, the prospective teacher would:

1. Develop basic reading comprehension skills.
2. Improve writing skills for everyday communication.
3. Enhance speaking and listening skills for effective verbal communication.
4. Build a basic vocabulary and grasp essential grammar concepts.
5. Gain confidence in using the language in real-life situations.

### Course Syllabus:

#### Module 1 Introduction to Basic Language Skills

- Assessment of current language proficiency
- Introduction to Basic Language Skills

#### Module 2: Introduction to essential vocabulary and grammar concepts

- Language games
- Introduction to essential vocabulary and grammar concepts

#### Module 3: Reading Skill

- Strategies for improving reading comprehension
- Reading exercises and comprehension quizzes

#### Module 4 : Writing Skill

- Basics of sentence structure and paragraph development
- Writing assignments and peer feedback

#### Module 5: Listening skill

- Listening Activities

#### Module 6: Speaking Skill

- Group discussion
- Public Speaking

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