

# **SGRR UNIVERSITY**

**Brochure of Value-Added Courses  
School of Humanities & Social  
Sciences  
2022-2023**

## 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.

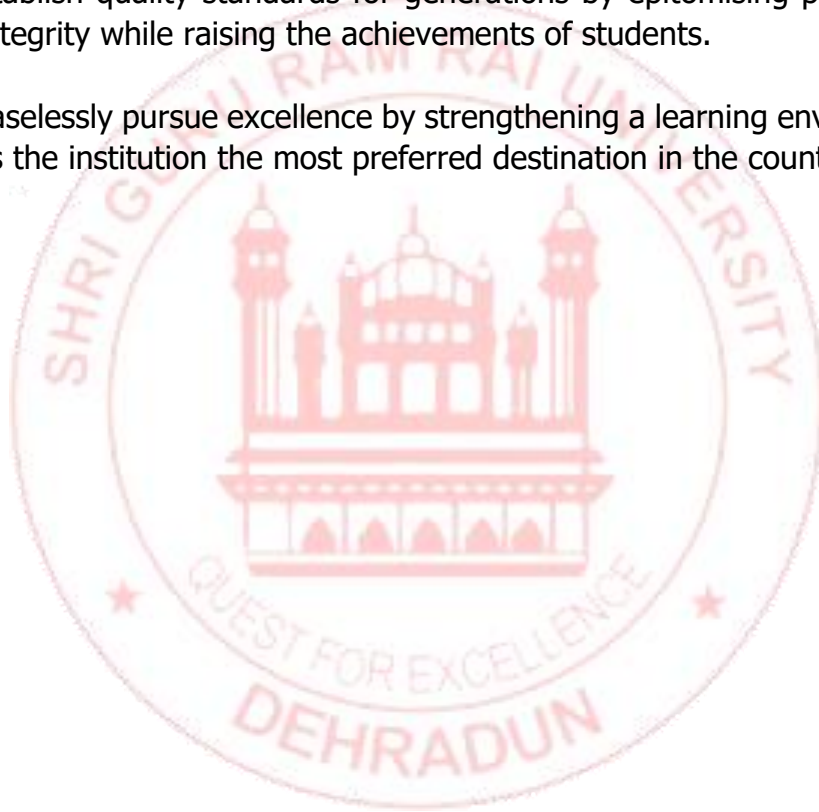
### Vision

“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.



# Personality Development

## Course Objectives:

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

## Course outcomes:

- Recognize the concept of personality .
- Identify the correlates' of personality.
- Evaluate the importance of personality development
- Apply the ways to develop personality effectively

## Course Content:

### 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.

## References:

- Baron, R.A. & Byrne, D. (2000). Social Psychology. New Delhi: Prentice Hall



- Heller, Robert.(2002). Effective leadership. Essential Manager series. Dk Publishing,
- Lucas, Stephen. (2001). Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill.
- Mile, D.J. (2004). Power of positive thinking. Delhi. Rohan Book Company
- Smith, B. (2004). Body Language. Delhi: Rohan Book Company.



# Statistical Analysis of Data

Course Code: VCSHSS006

## Course Objectives:

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

## Course outcome:

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

## Course Content:

### 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 X<sup>2</sup> test; Data analysis using SPSS software; Data Interpretation.

## References:

- S.C. Gupta and V.K. Kapoor (2007). Fundamentals of Mathematical Statistics, 11th Ed., Sultan Chand and Sons.
- 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 उद्देश्य:-

इस पाठ्यक्रम को प्रारंभ करने के उद्देश्य निम्नलिखित हैं-

- लोक साहित्य के विस्तृत अध्ययन के लिए।
- गढ़वाल की संस्कृति का गहन अध्ययन करने के लिए।

### पाठ्यक्रम परिणाम :

- प्रस्तुत पाठ्यक्रम के माध्यम से विद्यार्थी लोक साहित्य की विस्तृत जानकारी ले पाएंगे।
- छात्रों को लोक साहित्य का अर्थ और वर्गीकरण का ज्ञान हुआ।
- गढ़वाल में प्रचलित लोकगाथा और लोककथा का बोध हुआ।
- 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 Objectives:

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

### Course Content:

#### 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

### References:

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



## Hindustani Music Tabla

### Course Objective:

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

### Course Content:

#### 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

### References:

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

## Psychiatric Social Work

### Course Objectives:

- Working on Case History Taking and diagnosis the mental disorders
- Assessment of psychosocial problems and plan for psychosocial interventions
- Counselling Patients and Family members
- Working with groups through Group Psychotherapy
- Psychoeducation for Individuals, Families and Groups

### Course Outcomes:

- To acquire specific knowledge of concepts, role and history of medical social work
- To enhance knowledge on Medico-Social, Economic implications of illness/Impairment-
- Disability and handicap and the role of Social Worker in rehabilitation and assistance, as well as counselling.
- To develop different specific practical knowledge skills, methods, structure and functions

### Course Content:

#### Module I: Theory of Psychiatric Social Work

- The Field of Psychiatric Social Work: Basic concepts and theoretical framework, historical development, major approaches in psychiatric social work and value underlying psychiatric social work practice in mental health. Problem formulation – various approaches to social diagnosis.
- Therapeutic Models in Psychiatric Social Work: Various theoretical approaches in individual treatment and processes of individual treatment techniques.

#### Module II: Medical Social Work

- Medical Social Work: Concept, Scope, Principles, Approaches & Skills.
- Socio-Psycho-Somatic Study of Illness & Diagnosis.
- Role of Medical Social Worker in Various Medical Settings

#### Module III: Psychiatric Social Work Intervention

- Understanding psychosocial development of the individual, healthy personalities, characteristics and contributing factors.
- Components of Case Work: Definition, nature, scope and process. Case work relationships, interview, listening, recording, termination.



- Components of Group Work: Characteristics, types, purposes, group dynamics, group work process, principles and techniques. Skills of group worker, promotive / preventive activities (therapeutic and rehabilitative activities).
- Origin, development, process, socialization, predominant characteristics of family, family dynamics, and family interaction
- Principles of Working with Families: Family life cycle, promotional/preventive activities (family and marital environments) and families in crisis.
- Family Life Education: Problem families and intervention strategies.
- Family Intervention Techniques: Approaches to family intervention, family therapy (different models).

### References:

- Mary, Richmond (1965). Social Diagnosis. London, the Free Press.
- Helen, Harris, Perlman (1965). Social Case Work – A Problem Solving Approach. The University of Chicago Press
- Gordon, Hamilton (1956). Theory and Practice of Social Case Work. New York, Columbia University Press
- Florence, Hollis (1966). Case Work – A Psychosocial Therapy. New York, Random House
- Ministry of Welfare, Govt. of India (1990). Alcoholism and Drug Dependency – A Professional Master Guide. Madras, T.T.K. Ranganathan Research Foundation.
- John, D. Krumboltz & Carol, E. Holt (1976). Counselling Methods. New York, Rinhart & Thoresen Winston. Adelson, D. and Kallts, L.B. (ed.) – Community Psychology and Mental Health.
- Alfred, Deon – The Social Setting of Mental Health.
- Goldstein, D. – Expanding Horizons in Medical Social Work.
- Huessey, H.R. – Mental Health with Limited Resources.
- Juggi, O.P. – Mental Tension and the Causes.

# An Introduction to Economics

**Course code: VCSHSS011**

## **Course Objectives:**

- To provide an understanding of the Economics as a discipline and its evolution for assessing various economic scenarios
- To understand the theories of international trade.
- To provide notions of developmental issues which also motivates various policy designs and helpful in assessing policy outcomes

## **Course Outcomes:**

- Understand the overall economic perspective of various phenomena.
- Understand the debates on development issues
- Understand the theories of international trade.

## **Course Content:**

### **Module I: Microeconomics and Macroeconomics**

- Demand: law of demand.
- Law of Supply.
- Meaning and concept of macroeconomics: Nature, Scope
- Components of Macroeconomics
- Macroeconomic indicator, Circular flow of income and expenditure.

### **Module II: Theories of international trade**

- Absolute and Comparative cost advantage theory.
- Opportunity cost theory
- Law of Reciprocal demand
- Offer curve analysis.

### **Module III: Contemporary Issues in Development Economics**

- Growth vs. Development
- Growth Indicators and Development Indicators
- Notions of Sustainable Development and Inclusive Growth

## **References:**

- H.L. Ahuja (2008), Advanced Economic Theory, S. Chand publication, New Delhi
- Koutsoyiannis, A. (1979), Modern Microeconomics, (2ndEdition), Macmillan Press, London.

- Kreps, David M. (1990), A Course in Microeconomic Theory, Princeton University Press, Princeton.
- Bhagwati, J. (Ed.) (1981), International Trade, Selected Readings, Cambridge, University Press, Massachusetts.
- Carbough, R.J. (1999), International Economics, International Thompson Publishing, New York.



## **Techniques of Relaxation**

### **Course Objective:**

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

### **Course Outcome:**

- Increase their confidence & positive self-image.
- Build concentration.
- Easily transformation of negative aptitude

### **Course Content:**

#### **Module I:**

- Yogic Concept of Relaxation: Meaning and definitions.
- Introduction about Relaxation, Misunderstandings about Relaxation.
- Significant of Relaxation, its principles and Science of Relaxation.

#### **Module II:**

- Mindfulness and Regulation of Emotions and Benefits of Relaxation.
- Introduction to techniques related to Relaxation, breathing, gazing, and awareness of the senses.

#### **Module III:**

- Brief Introduction of Health Management through Relaxation Practices.
- Relaxation Techniques – Shavasana, Makarasana.

### **References**

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

# Yoga and Meditation

## Course Objective:

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

## Course Outcome:

- Increase their confidence & positive self-image.
- Build concentration.
- Easily transformation of negative aptitude

## Course Content

### Module I:

- Foundation of Yoga, History, School of Yoga, Origin of Yoga.
- Introduction about Meditation, Misunderstandings about Meditation.
- Significant of Meditation, its principles and Science of Meditation.

### Module II:

- Mindfulness and Regulation of Emotions and Benefits of Meditation
- Introduction to Tantra meditation techniques related to breathing, gazing, and awareness of the senses.
- Introduction to traditional and modern meditation techniques Chakra Breathing Meditation, Vipassana Meditation.

### Module III:

- Yogic Concept of Meditation: Meaning and definitions.
- Brief Introduction of Health Management through Meditation Practices.

## References:

- Dr. R. Nagarathna and Dr. H.R. Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002.
- Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.

## हिन्दी का व्यवहारिक व्याकरण

### Course Objectives:

The objectives of this course are :

- विद्यार्थियों को हिंदी व्याकरण से अवगत कराना।
- भाषा के मौखिक व लिखित स्वरूप को स्पष्ट करना।
- शुद्ध भाषा के प्रयोग के लिए छात्र को प्रेरित करना।
- वाक्य, शब्द, लिंग, कारक, संज्ञा, विराम चिन्हों के महत्व को स्पष्ट करना।

### Course Outcome:

- भाषा सम्प्रेषण की अवधारणा का ज्ञान कराना।
- हिंदी भाषा के मौखिक व लिखित व्याकरण की व्याख्या करना।
- हिंदी भाषा के मौखिक व लिखित व्याकरण के सिद्धांतों का अनुप्रयोग करना।
- मुहावरे और लोकोक्तियों का विश्लेषण करना।
- हिंदी भाषा के व्याकरण, शब्दगत अशुद्धियां और वाक्य का मूल्यांकन करना।
- वाक्य के विभिन्न रूपों, व्याकरण का नवीन स्वरूप की जाँच करना।

### निर्धारित पाठ्यक्रम

#### इकाई-1

भाषा और व्याकरण: भाषा की परिभाषा और विशेषताएं,

व्याकरण: परिभाषा, महत्व, विशेषता।

#### इकाई- 2

हिन्दी भाषा तथा व्याकरण सामान्य परिचय ,शब्दगत अशुद्धियां, शब्द निर्माण,

#### इकाई- 3

मुहावरे और लोकोक्तियां  
अपठित गद्यांश

#### इकाई- 4

वाक्य के अंग, वाक्य के प्रकार, वाक्यगत अशुद्धियां।

#### पाठ्य पुस्तक (Text Books)

- हिंदी का व्यवहारिक व्याकरण शास्त्र- डॉ.एस. के शर्मा
- हिन्दी भाषा की संरचना-भोलानाथ तिवारी
- हिन्दी भाषा विज्ञान- रामदेव त्रिपाठी



## **Health and Well-Being**

### **Course Objectives:**

- To provide participants with a holistic understanding of health and well-being.
- To promote a balanced and healthy lifestyle through physical, mental, and social well-being.
- To equip individuals with practical tools for stress management and resilience.
- To foster awareness of nutrition, exercise, and preventive healthcare.
- To empower participants to make informed decisions for their overall well-being.

### **Course Outcomes:**

- Participants will have a comprehensive understanding of the factors contributing to health and well-being.
- Enhanced awareness and skills in maintaining a balanced and healthy lifestyle.
- Practical tools for stress management, resilience, and mental health promotion.
- Knowledge of nutrition, exercise, and preventive healthcare for physical well-being.
- Empowerment to make informed decisions that positively impact overall well-being.

### **Course Content:**

#### **Module I: Introduction to Health and Well-Being**

- Definition and Dimensions of Health
- The Interconnection of Physical, Mental, and Social Well-Being
- The Importance of Holistic Well-Being

#### **Module II: Physical Well-Being**

- Nutrition and Healthy Eating Habits
- Exercise and Physical Activity
- Sleep Hygiene and Rest

#### **Module III: Mental Health and Emotional Well-Being**

- Understanding Mental Health
- Stress Management Techniques
- Building Emotional Resilience



## **Module IV: Social Well-Being and Relationships**

- The Role of Social Connections in Well-Being
- Building and Maintaining Healthy Relationships
- Social Support Systems

## **Module V: Preventive Health Care**

- Importance of Regular Health Check-ups
- Immunizations and Preventive Measures
- Health Screenings and Early Detection

## **Module VI: Mindfulness and Well-Being Practices**

- Introduction to Mindfulness and Meditation
- Mindful Breathing and Relaxation Techniques
- Integrating Mindfulness into Daily Life

## **Module VII: Work-Life Balance**

- Balancing Professional and Personal Life
- Time Management and Priority Setting
- Strategies for Reducing Work-Related Stress

## **Module VIII: Creating a Personal Well-Being Plan**

- Goal Setting for Health and Well-Being
- Designing Personal Well-Being Strategies
- Implementing and Adapting the Well-Being Plan

## **References:**

- "The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest" by Dan Buettner.
- "The Wellness Revelation: Lose What Weighs You Down So You Can Love God, Yourself, and Others" by Alisa Keeton.
- "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle.
- "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear.
- Online Resources: Mayo Clinic, National Institute of Mental Health, TED Talks on Health and Well-Being.

# Introduction to Music- Vocal

Course code: VCSHSS016

## Course Objectives:

- To provide participants with a foundational understanding of vocal music.
- To develop basic vocal techniques, including pitch, tone, and breath control.
- To introduce participants to musical notation and the basics of reading sheet music.
- To explore various vocal genres and styles, fostering musical appreciation.
- To empower participants to confidently express themselves through singing.

## Course Outcomes:

- Participants will have a fundamental understanding of the elements of vocal music.
- Developed vocal techniques, including pitch accuracy, tone quality, and breath control.
- Basic proficiency in reading and interpreting sheet music for vocal performance.
- Exposure to and appreciation for different vocal genres and musical styles.
- Confidence in singing and expressing oneself through vocal performance.

## Course Content:

### Module I: Fundamentals of Vocal Music

- Introduction to Musical Elements: Pitch, Rhythm, Dynamics
- Basics of Musical Notation and Terminology
- Understanding Vocal Range and Registers

### Module II: Vocal Techniques

- Breath Control and Support
- Pitch Accuracy and Intonation
- Tone Quality and Articulation

### Module III: Reading Sheet Music for Vocalists

- Basics of Sheet Music Notation
- Sight-Singing Exercises
- Interpretation of Musical Symbols

### Module IV: Exploring Vocal Genres

- Introduction to Different Vocal Styles (Classical, Jazz, Pop, Folk, etc.)
- Historical Overview of Vocal Genres
- Listening and Analyzing Vocal Performances

## **Module V: Expressive Singing**

- Connecting Emotion to Vocal Expression
- Interpretation of Lyrics and Storytelling Through Song
- Vocal Phrasing and Dynamics

## **Module VI: Vocal Health and Care**

- Techniques for Maintaining Vocal Health
- Warm-up and Cool-down Exercises
- Preventing Vocal Strain and Fatigue

## **Module VII: Group Singing and Harmony**

- Basics of Harmony and Ensemble Singing
- Participating in Group Vocal Performances
- Blending Voices in Choral Settings

## **Module VIII: Solo and Performance Skills**

- Preparing and Rehearsing Solo Pieces
- Overcoming Performance Anxiety
- Showcasing Vocal Talent in Public Performances

## **References:**

- "The Complete Idiot's Guide to Music Composition" by Michael Miller.
- "The Singing Book" by Meribeth Dayme and Cynthia Vaughn.
- "Music: A Very Short Introduction" by Nicholas Cook.
- "The Oxford Companion to Music" edited by Alison Latham.
- Online Resources: YouTube tutorials, vocal warm-up exercises, vocal technique videos.

## **Hand Embroidery**

### **Course Objectives:**

- To introduce participants to the fundamental techniques and tools of hand embroidery.
- To develop proficiency in a variety of stitches and their applications.
- To encourage creativity and individual expression through embroidery design.
- To familiarize participants with the history and cultural significance of embroidery.
- To cultivate an appreciation for handcrafted textile arts and their place in contemporary craft.

### **Course Outcomes:**

- Comprehensive understanding of basic embroidery stitches and techniques.
- Ability to design and complete embroidery projects with skill and creativity.
- Appreciation of the historical and cultural contexts of embroidery.
- Development of fine motor skills and attention to detail through embroidery practice.
- Enhanced ability to express oneself artistically through textile art.

### **Course Content:**

#### **Module I: Introduction to Hand Embroidery**

- Overview of Embroidery: History and Significance
- Introduction to Tools and Materials (needles, threads, fabrics)
- Setting up for Embroidery: Hooping and Fabric Preparation

#### **Module II: Basic Stitches and Techniques**

- Fundamental Stitches: Running Stitch, Back Stitch, Chain Stitch
- Practice Exercises for Basic Stitches
- Starting and Finishing Threads Neatly

#### **Module III: Advanced Stitches and Decorative Techniques**

- Introduction to Advanced Stitches: French Knot, Satin Stitch, Lazy Daisy
- Combining Stitches for Textural Effects
- Introduction to Embellishments: Beads, Sequins

#### **Module IV: Design and Pattern Creation**

- Basics of Embroidery Design
- Transferring Patterns onto Fabric

- Developing Original Designs and Creative Concepts

## **Module V: Projects and Applications**

- Guided Project: Floral Embroidery
- Personal Project: Design and Embroider an Original Piece
- Discussion on Various Applications of Embroidery in Fashion and Home Décor

## **Module VI: Cultural Styles and Techniques**

- Exploration of Different Cultural Embroidery Styles (e.g., Japanese Sashiko, Indian Zardozi)
- Technique Focus: Cross-Stitch and Blackwork
- Appreciating Global Embroidery Traditions

## **Module VII: Advanced Projects and Techniques**

- Working with Different Fabrics and Textures
- Three-Dimensional Embroidery Techniques
- Completing a Complex Embroidery Project

## **Module VIII: Finishing and Presentation**

- Techniques for Finishing and Framing Embroidery Work
- Caring for Embroidered Items
- Presenting and Showcasing Embroidery Artwork

## **References:**

- "The Embroidery Stitch Bible" by Betty Barnden.
- "The Royal School of Needlework Book of Embroidery" by Various Authors.
- "Embroidered Life: The Art of Sarah K. Benning" by Sara Barnes.
- Online Resources: Embroidery blogs, tutorial videos, and online communities.