SHRI GURU RAM RAI UNIVERSITY DEHRADUN
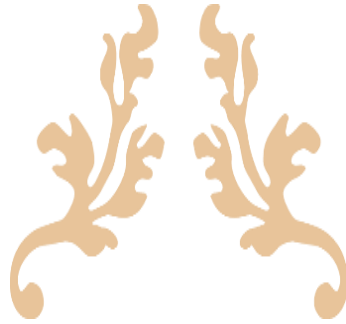
VALUE ADDED COURSES

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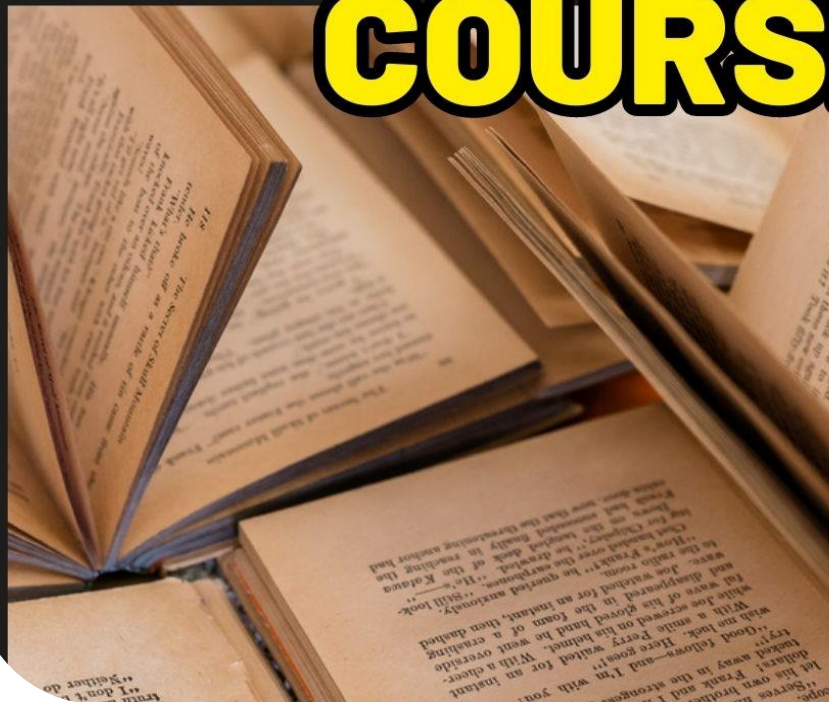
SGRR UNIVERSITY

Brochure of Value-Added College of Humanities & Social Sciences Courses 2018-19

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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 3500+ 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 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.

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INTRODUCTION

Traditional education provides a strong foundation, but to stay competitive and relevant, individuals must continually enhance their skill set. Enter value-added courses, a gateway to a world of specialized expertise designed to complement and enrich existing knowledge.

Value-added courses go beyond the conventional academic curriculum, offering practical insights and hands-on experience in niche areas. These courses are meticulously crafted to bridge the gap between theoretical learning and real-world application, empowering individuals to navigate the complexities of contemporary professional landscapes.

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 a 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.

Course Objective

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

Course Outcome

- Understand the concept of diet and the medical value of nutrition.
- Advise the appropriate diet to different age groups.
- Have an understanding about overeating and malnutrition.
- The course consists of theory & practical teaching on yogic lifestyle.

Course Content:

Module I
Concept, Definition and Objective of Diet.
Diet- General and Ayurvedic Quality, Dwadasayan Vichar, Quantity, Quality and Time.
Concept and Objective of Diet According to Yoga, Rules of Healthy Living.

Module II
Concept and Definition of Nutrition, Components of Nutrition.
Digestion and Absorption, Related Nutritional Condition Diet and Nutrition.
Proper Nutrition, Low Nutrition, Malnutrition, Reason of Malnutrition and Solutions.

Module III

Diet and Metabolism, Energy - Concept and Definition of Basic Requirements of Energy, Balanced Energy.
Metabolism - Concept of Metabolism, Calories Requirement Of B.M.R, S.D.A., Factors Influencing in B. M. R.

Reference:

- Ayurveda Aahar (Food / Diet) – Prof. R. H. Kulkarni.
- स्वस्थवृत्त विज्ञान – प्रो० रामहर्ष।
- योग व आहार - डॉ० गणेश शंकर व बाबूलाल दायमा।

- प्राकृतिक योग विज्ञान – डॉ0 गंगा प्रसाद गौड.।
- स्वस्थ्वृत्तम् - शिव कुमार गौड.।
- प्राकृतिक स्वास्थ्य एवं योग - डॉ0 बृजभूषण गोयल।

Photographic Skill

Course Code: VAC2018-7

Course Objective

- To help students understand the technical aspects of photography, including camera settings, exposure, focus, lighting, composition, etc.
- Provide hands-on experience and practical exercises to apply theoretical knowledge in real world scenarios.
- Familiarize participants with various types of cameras, lenses, and other equipment, teaching how to choose and use them effectively

Course Outcomes:

- Provide practical assignments that allow them to apply theoretical
- knowledge in real-world situations.
- Take students to various locations to practice different types of photography (e.g., urban, nature, portrait) and apply learned techniques in diverse settings.
- Show students practical examples of how to use different camera settings, lighting setups, and composition techniques
- Invite professional photographers or experts to share their experiences, techniques, and insights with students

Course Content:

Module I: Photography

What is photography, principles of photography, photographer and its jargons, composition of photography - subject and light. A brief history of photography, Eminent Photographers of India, Major Schools of Photography.

Module II: Photographic Equipment's

Cameras – types, formats, lens – different kinds and their functions; basic elements of digital photography . Shot , focus, shutter, speed , selection of subject, photo editing

Module III: Photographing as Photojournalist

Photographing People, event, wildlife, environment, sports, natural calamities, tourist places, conflicts, war, social, economic and political events as a photojournalist, Photography for advertising.

References :

- Basic Photography- Michael Langford.
- All about Photography by Ashok Dilwali, National Book trust, Year of Publication:2010 New Delhi.
- Practical photography by O.P. SHARMA HPB/FC.
- The Photographer's Guide to Light by Freeman John Collins & Brown, 2005
- Elkinis, James: 2007, Photography Theory, Routledge
- Peterson, Bryan:2011, Understanding Flash Photography, Penguin Random House
- Kelby, Scott : 2006, Digital Photography, San Francisco, Peachpit Press
- All About Photography, New Delhi by Ashok Dilwali, National Book Trust,

Learning Photoshop

Course Code: VAC2018-8

Course Objective:

To understand the Photoshop screen, the different palettes and use the Photoshop tools to modify and adjust images.

Course Outcome:

- Understanding of Photoshop Interface and Tools:
- Image Editing and Manipulation:
- Graphic Design Basics:
- Creative Projects and Digital Art:
- Workflow Management:
- Real-World Applications:
- Project Execution and Portfolio Development:

Course Content:

Module I: Introduction to Photoshop CS2 (6 Hrs.) Vector Shapes and Bitmaps – Explore the Photoshop environment – Using file browser.

Module II: Basic Photo Corrections (6 Hrs.) Working with selections – Layer basics – Masks and Channels – Retouching and Repairing.

Module III: Painting and Editing (6 Hrs.) Basic Pen Tool techniques – Vector masks, paths and shapes - Advanced Layer Techniques.

Module IV: Creating Special Effects (6 Hrs.) Preparing images for two colour printing – composite images – creating a composite image creating an animated GIF – Creating composite images using Photo merge**.**

Module V: The Finished Product (6 Hrs.) Saving Images for the web and creating a web gallery – Photoshop elements print options – basics Adobe Acrobat Reader.

Practical Programs

1. Designing Multicolour Visiting cards
2. Designing an Invitation
3. Designing a Flex board
 4. Design a web page
5. Retouching the Photo
6. Convert the Black & White Photo into Colour Photo
7. Photo Background Change
8. Creative photo album work

9. Design a web page

References:

- Adobe Photoshop Classroom in a Book (2023 release)" by Conrad Chavez and Andrew Faulkner
- Photoshop CC: Visual QuickStart Guide" by Elaine Weinmann and Peter Lourekas
- The Adobe Photoshop Lightroom Classic CC Book for Digital Photographers" by Scott Kelby
- Photoshop for Dummies" by Peter Bauer
- The Photoshop Workbook: Professional Retouching and Compositing Tips, Tricks, and Techniques" by Glyn Dewis
- Advanced Photoshop CC for Design Professionals Digital Classroom" by Jennifer Smith
- Layers: The Complete Guide to Photoshop's Most Powerful Feature" by Matt Kloskowski

Course Objectives:

- Understand the concept of human rights.

- Identify the historical development of human rights principles.

- Familiarize students with major international human rights treaties and conventions.

- Explore the role of international organizations in the protection of human rights.

- Familiarize students with major international human rights treaties and conventions.

- Explore the role of international organizations in the protection of human rights.

Course outcome:

- Students will be able to define and explain the basic principles of human rights.

- Students will demonstrate knowledge of key historical events that shaped the human rights discourse.

- Students will be able to analyze and interpret international human rights instruments.

- Students will understand the functions of international bodies in enforcing and monitoring human rights.

Course Content

Module-I :

Human Rights Concept, Development and Evolution.

Module -II:

Classifications of Rights, Co-relation of rights and duties. Changing dimensions of human rights

Module -III:

Society and Human Rights: Promotion and Protection

Module- IV:

United Nations and Human Rights

Module- V:

Human Rights of Special Category and Marginal Groups

References :

- Basu, Durga Das, Human Rights in Constitutional law (New Delhi: Prentice Hall 1994)

- Baxi, Upendra, Future of Human Rights 2002

- Simon and Jones, Peter (eds.), Human Rights and Global Diversity

- Gogia, S.P., Law relating to Human Rights 2002

Cultural Heritage of India

Course Code: VAC2018-10

Course Objectives:

- Gain a comprehensive understanding of India's diverse cultural landscape.
- Appreciate the historical and religious influences that have shaped Indian traditions.
- Explore the various art forms, languages, and customs that define India's cultural identity.
- Analyze the impact of cultural heritage on contemporary Indian society.
- Develop critical thinking skills and a deeper appreciation for cultural diversity.

Course Outcome:

- Demonstrate a comprehensive understanding of India's cultural heritage.
- Identify key historical periods and their impact on Indian culture.
- Exhibit in-depth knowledge of major religions practiced in India.
- Develop an appreciation for various forms of Indian art and architecture.
- Familiarity with classical and contemporary Indian literature and philosophical traditions.

Course Content :

Module I: Introduction to India's Cultural Heritage

- Understanding the concept of cultural heritage and its significance in India.
- Exploring the major historical periods and their influence on Indian culture.
- Examining the role of religion, philosophy, and mythology in shaping Indian traditions

Module II: The Realm of Art and Architecture

- A journey through the evolution of Indian art forms, from ancient cave paintings to Mughal miniatures and contemporary art.
- Exploring the architectural marvels of India, from the majestic temples of South India to the intricate Mughal forts and the grandeur of British colonial buildings

Module III: Celebrating Languages and Literature

- Unveiling the linguistic diversity of India, from the ancient Sanskrit to the vibrant regional languages.
- Diving into the rich literary heritage of India, from the epics of Ramayana and Mahabharata to contemporary poetry and prose.

Module IV: Rhythms of Music and Dance

- Experiencing the mesmerizing melodies of Indian classical music, from Carnatic to Hindustani traditions.
- Exploring the captivating world of Indian dance forms, from the graceful Bharatanatyam to the energetic Bhangra.

Module V: A Tapestry of Customs and Festivals

- Understanding the significance of Indian customs and rituals, from birth ceremonies to weddings and festivals.
- Celebrating the vibrant tapestry of Indian festivals, from Diwali to Holi, each reflecting unique traditions and beliefs

Module VI : Preserving and Promoting Cultural Heritage

- Discussing the challenges faced by India's cultural heritage, such as globalization and urbanization.
- Exploring initiatives for preserving and promoting India's cultural heritage, including museums, traditional art forms, and educational programs.

Module VII: Cultural Heritage and Contemporary India

- Analysing the impact of cultural heritage on contemporary Indian society, including issues of identity, social change, and globalization.
- Exploring how understanding and appreciating cultural heritage can contribute to building a more inclusive and harmonious society.

References:

- "An Introduction to Indian Art" by Partha Mitter
- "The Wonder That Was India" by A.L. Basham
- "Indian Art and Culture" by Nitin Singhania
- "The Argumentative Indian: Writings on Indian History, Culture and Identity" by Amartya Sen
- "A History of Ancient and Early Medieval India: From the Stone Age to the 12th Century" by Upinder Singh
- "Cultural History of India" by Om Prakash
- "Classical Music of North India" by George Ruckert
- "Dances of India" by Sunil Kothari
- "Lives of Indian Images" by Richard H. Davis

Naturopathy in Healing

Course Code: VAC2018-11

Course Objective

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

Course Outcome

- Learn the concepts of auto healing and principles of naturopathy.
- Learn the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
  Importance of naturopathy in eradication of disease.

Course Content :

The course consists of theory & practical teaching on yogic lifestyle.

Module I

- Introduction about Naturopathy and its Elements.
- Fundamental Principles of Naturopathy.

Module II

- Introduction about Hydrotherapy, Its Significance and Properties of Water.
- Introduction about Chromotherapy, Its Significance and Properties of Sun Light.
- Introduction about Mud Therapy, Its Significance and Properties of Mud.

Module III

- Introduction about Fasting Therapy, and Rules of Fasting.
- Kinds of Fasting- Long and Short Fast, Complete Fasting, Half Fasting, Water Fasting, Juice Fasting, Fruit Fasting, One Meal Fasting.

References

- Henry Lindlahr. Philosophy of Nature Cure.
- S.J.Singh., History and Philosophy of Nature Cure
- M.K.Gandhi., My Nature Cure
- **प्राकृतिक चिकित्सा एक समग्र उपचार पद्धति ड0 सरस्वती काला**