



**Karnataka Vidya Vardhaka Samithi's**  
**JAGADGURU PANCHACHARYA COLLEGE OF EDUCATION, GADAG-582101**

Tq: Dist: Gadag

State: Karnataka

## **Creterion-1**

### **Curriculum Aspects**



### **Criterion – 1.2**

#### **Academic Flexibility**

**Average number of value-added courses offered during the last five years**



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ಕರ್ನಾಟಕ ವಿದ್ಯಾವರ್ಧಕ ಸಮಿತಿಯ

**ಜಗದ್ಗುರು ಪಂಚಾಚಾರ್ಯ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಗದಗ-582101**

Tq: Dist: Gadag ತಾ.ಜಿ.ಗದಗ

State: Karnataka ರಾಜ್ಯ: ಕರ್ನಾಟಕ

Phone: (08372) 400672

Website: <http://www.jpcedugd.edu.in>

Email: [principaljpcoegd@yahoo.com](mailto:principaljpcoegd@yahoo.com)

## Brochure and Course content along with CLOs of value-added course

### Index

SI No	Title of the Documents
01	Yoga and Meditation
02	Spoken English
03	Fundamental of Computer



Karnataka Vidyavardhak Samithi's

**JAGADGURU PANCHACHARYA  
COLLEGE OF EDUCATION,  
GADAG-582101**

(Accredited With B+ Grade by NAAC)

District : Gadg - 582101, KARNATAKA STATG  
(INDIA)

Organized Undr IQAC

**VALUE ADDED COURSE**

on

**YOGA AND MEDITATION**

Tel : 8372-400672

Email : principaljpcoegd@yadoo.com

Website : www.jpcedugd.edu.in



**ABOUT COLLEGE**

Founder president Shri Alwandi Shivamurthy Swamy established the pioneer institution of Teacher Education in the year 1980-81. The college is recognized by the Government of Karnataka and NCTE. The institution is affiliated to Karnatka University Dharwad and got permanent affiliation in the year 1995-96 from KUD. Our college is situated with school by name J.P. College of Education practising High School in 3 acres of land.

Our College is proud of its rapid development in catering the advance teaching larning and brought changes in the mode of teaching and learning which paved marvelous achievements among students by securing Gold medals and Ranks from KUD, as many as 40 totl ranks are bagged since its inception. Now our college is run by Central Committee of Karnataka Vidyavardhak Samithi Alwandi. The Sectary lat Shri Revansiddshwar Swamy Hirmath was a Agriculture graduate and Agricuturist, Social worker and Educationist successfully administratd the college and Samithi for the bettr future for its employees for about 30+ years. Now his wife Smt. VijaLaxmi R. HRemath workinhg as a secrtary. The management has struggld hard for many years to get grant-in-aid and finally succeeded to get grant-in-aid in the year 2009-10. Our students are working in different positions in education department as JDs, DDPI, BEO's, EO's, BRC's etc and school teachers and also in othger Government departments.

**ABOUT THE VALUE ADDED  
COURSE**

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging 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 than 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. J P College of Education offers a wide variety of Value-Added Courses which are conducted after class hours. These courses are conducted by experts and help students stand apart from the rest in the job market by adding further value to their resume.They are mostly independent to each type of the fields.

**OBJECTIVES OF THE COURSE**

- Promoting positive health and holistic wellness.
- To enable student to understand the types of yoga.
- Impart skills and yoga awareness for health.
- To make students to use competencies and skills for becoming yoga trainer.

## Specific outcome of the Course:

- ❖ To acquaint student with the practical knowledge of Yogasana and Meditation.
- ❖ Student can work as Yoga Trainer in Yoga studio, Yoga wellness Centres.
- ❖ Conduct Yoga Protocol at work places.
- ❖ Conduct Yoga classes at Parks, Societies etc.

## DURATION OF THE COURSE

The duration of the course is 30 hours with a combination 18 hours (60%) of theory and 12 hours (40%) of practical.

### Registration :

Offline registration

Certificate will be provided after successful completion and upon ful-filing mandartory requirements of the course.

Participants restricted to 25 to 50 members and course is only for even semester students.

### Semester of offering : Even

Insturctors / Resource Persons :

**Shri Hiremath S.A.** Yoga Study Center, Gadag

Course Co-ordinators

**Shri T.F. Nadaf**

Assistnt Professors J.P. College of Education Gadag.

## ADVISORY COMMITTEE

### Shri Bhujangaswamy Inmadar

Chairman, K.V.V. Samithi, Alwandi.

### Smt. Vijayalaxmi R. Heremath

Secretary, K.V.V. Samithi, Alwandi.

### Dr. B.K. Wodeyar

Rtried, HOD Department of Geology  
Karnatka University, Dharwad

### Shri S.A. Hiremath

Retd. Joint Controller, K.N.N. Govt. of Karnataka

### Shri M.S. Hottin

Retd. Principal, Shri Siddeshwara Composite  
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Shri **B.B. Holagundi** Assistant Professor

Dr. **Basavaraj M.H.** Assistant Professor

Dr. **S.L. Hirekerur** Assistant Professor

Shri **S.S. Hulikanthimath** FDA

## TECHNICAL STAFF

Dr. **S.N. Rayanagoudar** Assistnt Profersor

Shri **Rajesh Inamdar** S.D.A.

Shri **U.V. Bhavikatti**

Shri **A.B. Angadi** Computer Instructor



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## VALUE ADDED COURSE

on

## YOGA AND MEDITATION

Tel : 8372-400672

Email : principaljpcogedg@yahoo.com

Website : <http://www.jpcedugd.in>

To, Mr./Mrs. _____ _____ _____
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## COURSE CONTENT

### YOGA AND MEDITATION

Total hours : 30

#### Unit- I : Fondations of Yoga 5 Hours

- 1.1. Yoga : Meaning, definitions, aims, objectives and misconception.
- 1.2. Yoga : Its orgin, history and development.
- 1.3. Principle and practices of Jnana yoga, Karma yoga, Bhakti yoga.
- 1.4. Yogasana: Standing Asana; a) Ardachakrana b) Tadasana c) Trikonasana Sitting Asana; a)Padamasana b) Vajrasana c) Gomukhasana Lying Asana;a) Bhujangasana b) Dhanurasana c) Makarasana d) Shavasana.

#### Unit II : Fundamentals and Principles of Meditation 5 Hours

- 2.1. Introduction to meditation.
- 2.2. Basic principles of meditation.
- 2.3. Happiness and meditation.
- 2.4. Benefits of meditation.

#### Unit III : Relation between Meditation and Yoga 8 Hours

- 3.1. Yoga and Mental Health.

3.1.1 Define mental health, Holistic health, Medical and Yogic perspective.

#### 3.2. Mental Hygiene

3.2.1 Mental Hygiene and roll of yoga in Mental Hygiene.

3.2.2 Relationship between mind and body.

#### 3.3. Meditation-Yoga

3.3.1 Swara yoga- The Balance of Life.

3.3.2 Mental relaxation and meditation.

3.3.3 The mind and personality.

3.3.4 Importance of true knowledge-kath Upanishad

#### Unit IV : Practical 12 Hours

##### Standing Asana:

- a) Ardachakrana b) Tadasana
- c) Trikonasana

##### Sitting Asana :

- a) Padamasana b) Vajrasana
- c) Gomukhasana

##### Lying Asana :

- a) Bhujangasana b) Dhanurasana
- c) Makarasana d) Shavasana.

#### Assignment :

1. Write a report on any one of the Asana.

#### Seminar : Seminar on Need of Medication and Mental Health.

#### Text and References

- Yogic suksma Vyayma by Dharendra Brahmachari.
- Karma Yoga, Bhakti Yoga, Jnana Yoga by Swami Vivekananda.
- Essence of yoga by Swami SivanadaSaraswati Publisher: The Divine Life Society.
- Yoga and Kriya by Swami SivanadaSaraswati Publisher: Yoga Publication Trust, Munger, Bihar, India.
- Yoga and Mental Health by R.S. Bhogal.
- Yoga for Stress Relief by Swami Shivapramananda.
- Yoga for Stress Management by Sri Venkatakrishnan.





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**VALUE ADDED COURSE**

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**SPOKEN ENGLISH**

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**ABOUT THE VALUE ADDED  
COURSE**

Language is the main source of communication for human beings. It is with the help of language that we are able to share our thoughts, ideas, and opinions with other people. Moreover, being able to communicate through language is what makes us different from animals. And when it comes to language, spoken English, it can make a person a good orator, help in getting better job opportunities and also in socialising.

Through this course the students these days are encouraged to pursue spoken English right from the school itself. Moreover, spoken English can also be considered as a kind of mediator between people. It can help you to communicate with people from all around the world, about all different types of things, from politics and science to media and art and much more. Some of the main reasons why spoken English is important are :

- Spoken English increases the person's ability to get more job opportunities.
- Since most areas of work, including science and technology, have technical.
- Terms that are available in English, good English speakers can have more opportunities to work in these fields and share their innovations and ideas. Spoken English also helps a person when they are traveling to a new place.
- When it comes to students, spoken English can help make them better

communicators, in addition to helping them gain access to information and research in the English language.

- Spoken English can also help you to understand the speech and accent of people from different places around the world.
- Spoken English can also teach you informal vocabulary, English is also the internet's language.
- When you speak English, you can learn how to pronounce English sounds in the correct manner.

Spoken English can also help to teach you the system of connected speech in addition to natural intonation as well as rhythm, to help you delve into the depths of the language.

### OBJECTIVES OF THE COURSE

- Acquire the knowledge of concepts of spoken English and its uses in day today life and classroom teaching.
- Acquire knowledge of nature of speaking skill in English.
- Enable students to speak English. ?Develop awareness about different types of writing.
- Acquire the skill of written communication.
- Acquire the knowledge of grammar.

### SPECIFIC OUTCOME OF THE COURSE :

- Gain better understanding of importance of English as spoken language.
- Differentiate between Mother tongue and English in communication.
- Develop knowledge about phonetic Script.
- Equip with skill of reading, fluency, correct pronunciation.
- Acquire the knowledge of grammar.
- Understand the skills of composition.

### DURATION OF THE COURSE

The duration of the course is 30 hours.

### REGISTRATION

- Offline registration.
- Certificate will be provided after successful completion and upon fulfilling mandatory requirements of the course.
- Participants restricted to 25 to 50 members and course is only for even semester students.

### Semester of offering : Even

Instructors / Resource Persons :

**Shri K.V. Hirewadayer** Spoken English Expert  
Course Co-ordinators

**Dr. (Smt) S.L. Hirekerur** Assisnt Professors  
J.P. College of Education Gadag



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## COURSE CONTENT

### SPOKEN ENGLISH

#### Unit : 01 - Speaking Practice 10 Hours

- 1.1. Greeting - Starting a conversation.
- 1.2. Effective introduction by themselves.
- 1.3. Making effective Telephone calls.
- 1.4. Congratulating – Expressing Gratitude - Offering Condolences.
- 1.5. Expressing Admiration and Offering Compliments.
- 1.6. Expressing Disapproval and Displeasure.
- 1.7. Seeing off people on different occasions.

#### Unit : 02 - Advanced Grammar 10 Hours

- 2.1. Concept, types, and approaches of teaching of grammar.
- 2.2. Tenses and its forms.
- 2.3. Active voice and Passive Voice and Practice.
- 2.4. Reported Speech and Practice.
- 2.5. Correct use of words and Phrases.
- 2.6. Vocabulary related exercise.

#### Unit : 03 – Composition Practice 10 Hours

- 3.1. Skills of Writing – Characteristics of good hand writing.
- 3.2. Ways to improve writing skill.\
- 3.3. Practice on Letter writing, Report writing, Article writing, Story writing, Dialogue writing, and compositions.
- 3.4. Editing of Sentences.
- 3.5. Creative writing.





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## OBJECTIVES OF THE COURSE

- Explain functions of computer & computer system.
- Develop skills in handling computer.
- Know the different types of keys available on computer keyboard.
- Understand typing ergonomics.
- Identify positioning of fingers on the keyboard.

- Carry out speed development exercise to acquire high speed.
- Create documents using Kannada Nudi software.

### SPECIFIC OUTCOME OF THE COURSE:

- Able to know the functions of computer system.
- Handles the computer device smoothly.
- Do's the computer typing work with proper ergonomic.
- Handles the computer keyboard with proper position of the fingers.
- Creates the documents using Nudi software.

### DURATION OF THE COURSE

The duration of the course is 30 hours with a combination 18 hours (60%) of theory and 12 hours (40%) of practical.

### REGISTRATION

- Offline registration.
- Certificate will be provided after successful completion and upon fulfilling mandatory requirements of the course.
- Participants restricted to 25 to 50 members and course is only for even semester students.

### Semester of offering : Even

Instructors / Resource Persons :

**Shri Santosh V. Katagi** VTech Coders Dharwad

Course Co-ordinators

**Shri Udaykumar Bhavikatti** Computer Instructor J.P. College of Education Gadag.

### ADVISORY COMMITTEE

**Shri Bhujangaswamy Inmadar**

Chairman, K.V.V. Samithi, Alwandi.

**Smt. Vijayalaxmi R. Heremath**

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Retired, HOD Department of Geology  
Karnataka University, Dharwad

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**COURSE CONTENT**  
**FUNDAMENTALS OF**  
**COMPUTER**

**Unit-1 Computer Organization – Hardware and Software** **5 Hours**

- 1.1. Computer Hardware – concept and importance.
  - 1.1.1. Input devices, Output devices, Memory devices.
- 1.2. Software – concept and importance.
  - 1.2.1. Operating system, Types of software – System software, application software and Utility software.

**Unit–2 Computer Key Board** **5 Hours**

- 2.1. Types of keys in a keyboard.
- 2.2. Typing ergonomics.
- 2.3. Positioning of fingers on the keyboard.
  - 2.3.1. Allocation of keys to fingers on the second row.
  - 2.3.2. Allocation of keys to fingers on the third row.
  - 2.3.3. Allocation of keys to fingers on the first row.

**Unit–3 Kannada Typing Using NUDI Software** **8 Hours**

- 3.1. Nudi Tantramsha.

- 3.2. Nudi 4.0 Program.
  - 3.2.1. Invoking of Nudi.
  - 3.2.2. Activate Nudi Direct to Use with MS Word.
  - 3.2.3. Nudi Fonts Selection, Scroll Lock Using and Key to get Oththu and Shift F Key to get arkavoththu.
  - 3.2.4. Key Combinations of Nudi, Toggling between English and Kannada.
  - 3.2.5. Create a New Document in MS Word using Nudi Font and Save the Document.
  - 3.2.6. Print Preview and Take Print of Nudi Document.

**Unit–4 Practicum** **12 Hours**

- 4.1. Allocation of keys to fingers on the second row.
- 4.2. Allocation of keys to fingers on the third row.
- 4.3. Allocation of keys to fingers on the first row.
- 4.4. Typing Kannada Varnamale.
- 4.5. Typing Kannada kaguNit.
- 4.6. Typing Kannada othaksharagalu.
- 4.7. Typing Kannada document.