

# SREE NARAYANA COLLEGE OF EDUCATION

(Affiliated to MG University, Approved by NCTE)

Muvattupuzha, Ernakulam Dist, Kerala, Pin-686661

Ph: 0485 2832040, 2836188, 8138072040

Email: [sncemu@gmail.com](mailto:sncemu@gmail.com), Web: [www.sncem.edu.in](http://www.sncem.edu.in)



## KEY INDICATOR

### 1.2 Academic flexibility

#### METRIC:1.2.2

Average number of value-added courses offered

- Brochure and course content along with CLOs of value-added courses
- Any other relevant information

Brochure and course content along with  
CLOs of value-added courses



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



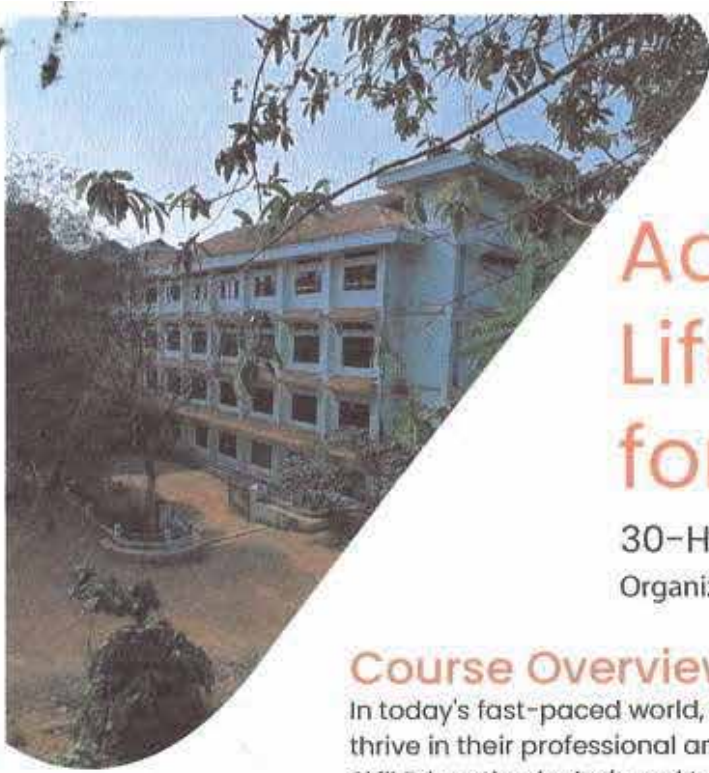
**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE,  
Affiliated to Mahatma Gandhi University  
Ph.: 0485 2832040, 2836188, 8138072040  
Website: [www.sncem.edu.in](http://www.sncem.edu.in) e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha





# Add-On Course in Life Skill Education for B.Ed Program

30-Hour Add-On Course for B.Ed Program  
Organized By IQAC

## Course Overview

In today's fast-paced world, educators need more than just subject knowledge to thrive in their professional and personal lives. Our 30-hour add-on course in Life Skill Education is designed to equip future teachers with essential life skills that foster personal growth, enhance professional effectiveness, and promote overall well-being.

## Course Objectives

- Understand the Concept of Life Skills
- Enhance Communication Skills
- Improve Problem-Solving and Decision-Making Abilities
- Master Time Management and Organizational Skills
- Manage Stress and Develop Emotional Intelligence

## Who Should Enroll?

- B.Ed students looking to enhance their teaching capabilities
- Educators seeking professional development
- Individuals interested in personal growth and skill enhancement

## Course Benefits

- Holistic Development: Focus on developing cognitive, emotional, and social skills.
- Practical Skills: Gain tools and techniques that can be immediately applied in educational settings.
- Professional Growth: Enhance your teaching effectiveness and career prospects.



## Enrollment Information

Course Duration: 30 hours

Format: Interactive lectures, hands-on activities, group discussions

Start Date: 25 July 2019

*MCE*  
PRINCIPAL,  
Sree Narayana College of Education,  
Muvattupuzha

For more information

**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in)

Email: [sncemu@gmail.com](mailto:sncemu@gmail.com)



**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE,

Affiliated to Mahatma Gandhi University

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in) In e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)

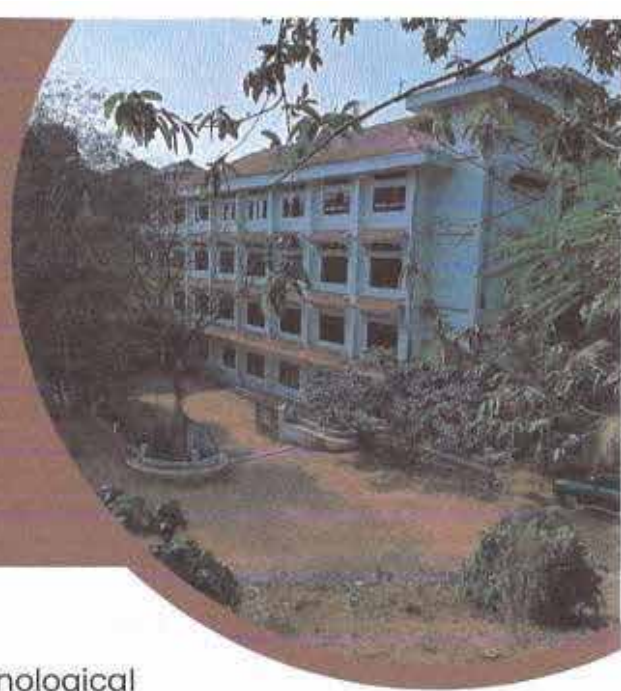


PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



# Add-On Course in Mass Communication Skills and Digital Tools in Education

Organized By IQAC



## Course Overview

In the digital age, effective communication and technological proficiency are essential skills for educators. Our 30-hour Certificate Course in Mass Communication Skills and Digital Tools in Education is designed to empower future teachers with the knowledge and practical skills needed to excel in modern educational environments.

## Learning Outcomes

- ▶ Define Basic Concepts
- ▶ Understand Fundamentals
- ▶ Integrate Digital Tools
- ▶ Develop Communication Skills
- ▶ Create Engaging Content and Promote Digital Literacy

## Who Should Enroll?

- B.Ed students looking to enhance their teaching capabilities
- Educators aiming to improve their digital literacy and communication skills
- Individuals interested in the integration of technology in education

## Course Benefits

- **Comprehensive Learning:** A balanced blend of theory and practical sessions
- **Practical Skills:** Hands-on experience with digital tools and technologies
- **Professional Development:** Enhance your teaching skills and career prospects

## Enrollment Information

Course Duration: 30 hours  
Format: Interactive lectures, hands-on activities, group discussions  
Start Date: 25 July 2019

For more information

**SREE NARAYANA COLLEGE OF EDUCATION  
MUVATTUPUZHA**

Ph.: 0485 2832040, 2836188, 8138072040  
Website: [www.sncem.edu.in](http://www.sncem.edu.in)  
Email: [sncemu@gmail.com](mailto:sncemu@gmail.com)



*Sree*  
**PRINCIPAL**  
Sree Narayana College of Education  
Muvattupuzha



**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE,

Affiliated to Mahatma Gandhi University

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in) e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



# Certificate Course in Sustainability Education: Principles and Practices in Environmental Contexts

Organized By IOAC

## Course Overview

In an era of environmental challenges, understanding and teaching sustainability is crucial. Our 30-hour Certificate Course in Sustainability Education provides B.Ed students with the knowledge and skills to integrate sustainability principles into their teaching practices, fostering environmentally conscious behaviors in future generations.

## Learning Outcomes

- ▶ Understand Sustainability
- ▶ Comprehend Environmental Concepts
- ▶ Familiarize with SDGs
- ▶ Integrate Pedagogical Approaches
- ▶ Encourage Sustainable Behaviors

## Course Benefits

- Comprehensive Learning
- Practical Skills
- Professional Development

## Who Should Enroll?

- B.Ed students looking to enhance their teaching capabilities with sustainability education
- Educators aiming to incorporate sustainability principles into their teaching practices
- Individuals interested in promoting environmental awareness and sustainable behaviors

## Enrollment Information

Course Duration: 30 hours

Format: Interactive lectures, hands-on activities, group discussions

Start Date: 7 December 2019

For more information

**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in)

Email: [sncemu@gmail.com](mailto:sncemu@gmail.com)



*M.C.C.*  
Principal  
Sree Narayana College of Education  
- Muvattupuzha



**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE.

Affiliated to Mahatma Gandhi University

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in) e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)



*Mee*  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



# Certificate Course in Yogic Practices, Physical Fitness, and Wellness

Organized By IQAC

## Course Overview

In today's fast-paced world, maintaining physical fitness and mental well-being is more important than ever. Our 30-hour Certificate Course in Yogic Practices provides B.Ed students with the knowledge and skills to integrate yoga into their daily routines and teaching practices, promoting holistic health and wellness.

## Learning Outcomes

- ▶ Understand Yoga Philosophy: Gain an understanding of yoga philosophy and its relevance to physical fitness and wellness.
- ▶ Learn Pranayama Techniques: Master various pranayama (breathing) techniques.
- ▶ Practice Yoga Asanas: Develop proficiency in various yoga asanas to improve strength, flexibility, and balance.
- ▶ Manage Stress Effectively: Utilize yoga for stress management and mental health improvement.
- ▶ Adopt a Yogic Lifestyle: Integrate yoga principles into daily life for sustainable health and wellness.

## Course Benefits

- Comprehensive Learning
- Practical Skills
- Professional Development

## Enrollment Information

Course Duration: 30 hours

Format: Interactive lectures, hands-on activities, group discussions

Start Date: 7 December 2019



*[Signature]*  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

For more information

**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in)



**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE,

Affiliated to Mahatma Gandhi University

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in) e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)



*Mel*  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



# Certificate Course in Pedagogical Ethics and Professional Development

Organized By IQAC

## Course Overview

This 30-hour certificate course is designed to equip future educators with a solid foundation in pedagogical ethics and professional development. Through a blend of theory and practical applications, participants will explore the ethical principles guiding educational practice and strategies for continuous professional growth.

## Learning Outcomes

- Understand and articulate the importance of pedagogical ethics
- Identify and navigate ethical dilemmas
- Develop effective strategies for ethical decision-making and problem-solving
- Demonstrate professionalism and commitment
- Implement ethical teaching practices that promote fairness, equity, and inclusivity

## Course Benefits

- Comprehensive Learning
- Practical Skills
- Professional Development

## Enrollment Information

Course Duration: 30 hours

Format: Interactive lectures, hands-on activities,  
group discussions

Start Date: 5 December 2020

Join us in shaping a more ethical and  
professional future for education!

For more information

**SREE NARAYANA COLLEGE OF EDUCATION  
MUVATTUPUZHA**

Ph: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in)

Email: [sncemu@gmail.com](mailto:sncemu@gmail.com)

*Mel*  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha





**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE,

Affiliated to Mahatma Gandhi University

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in) e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)



# Certificate Course in Empowering Educators: Strategies for Teacher Leadership

Organized By IQAC

## Course Overview

This 30-hour certificate course is designed to empower educators by providing them with the essential skills and strategies needed for effective teacher leadership. Through a blend of theoretical insights and practical applications, participants will learn to foster collaborative relationships, engage in reflective practice, advocate for equity and inclusion, and lead innovative change initiatives in educational settings.

## Learning Outcomes

- Leadership Foundations: Understand key leadership theories and concepts relevant to education.
- Communication Skills: Develop effective communication strategies for collaboration and influence.
- Visionary Thinking: Craft compelling visions for educational improvement and innovation.
- Conflict Resolution: Learn techniques for resolving conflicts constructively within schools.
- Team Leadership: Build and lead effective teams, fostering a positive and inclusive culture.

## Course Benefits

- Comprehensive Learning
- Practical Skills
- Professional Development

## Enrollment Information

Course Duration: 30 hours  
Format: Interactive lectures, hands-on activities, group discussions  
Start Date: 3 October 2020



For more information

**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA

Ph.: 0485 2832040, 2836188, 8138072040  
Website: [www.sncem.edu.in](http://www.sncem.edu.in)  
Email: [sncemu@gmail.com](mailto:sncemu@gmail.com)

*Mel*  
PRINCIPAL  
Sree Narayana College of Education  
- Muvattupuzha



**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE,

Affiliated to Mahatma Gandhi University

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in) e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)



*Sree*

PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



# Certificate Course in Enhancing Language Teaching: Grammar and Communicative Skills

Organized By IQAC

## Course Overview

This 30-hour certificate course is designed to enhance the skills of educators in teaching grammar and developing communicative skills in students. The course combines theoretical knowledge with practical applications to help teachers effectively integrate grammar instruction and communicative practices in their classrooms. Participants will learn to create engaging and effective language lessons that improve students' linguistic abilities and communication competence.

## Learning Outcomes

- ▶ Understand the foundational principles of language teaching.
- ▶ Master key grammar concepts and effectively teach them to students.
- ▶ Integrate grammar instruction into communicative contexts to enhance language learning.
- ▶ Develop students' communicative skills through practical and interactive teaching methods.
- ▶ Utilize various teaching strategies and digital tools to create engaging language lessons.

## Course Benefits

- Comprehensive Learning
- Practical Skills
- Professional Development



## Enrollment Information

Course Duration: 30 hours

Format: Interactive lectures, hands-on activities, group discussions

Start Date: 5 December 2020

PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

A handwritten signature in green ink, appearing to be 'Mee'.

For more information

**SREE NARAYANA COLLEGE OF EDUCATION  
MUVATTUPUZHA**

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in)

Email: [sncemu@gmail.com](mailto:sncemu@gmail.com)



**SREE NARAYANA COLLEGE OF EDUCATION**  
MUVATTUPUZHA, ERNAKULAM DISTRICT  
PIN: 686661

Approved by the NCTE,

Affiliated to Mahatma Gandhi University

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in) e-mail: [sncemu@gmail.com](mailto:sncemu@gmail.com)

*M.C.E.*

PRINCIPAL  
Sree Narayana College of Educator  
Muvattupuzha



# Certificate Course in Ethical Research Practices in Education

Organized By IQAC

## Course Overview

The Certificate Course in Ethical Research Practices in Education is designed to equip B.Ed students with the foundational principles and practical skills necessary for conducting ethical research in educational settings. This 30-hour course covers essential topics including research ethics, ethical considerations in research design, data management, reporting, and ethical leadership in research.

## Learning Outcomes

- Understand the basic principles and importance of research ethics in education.
- Identify and address ethical considerations in designing educational research.
- Implement ethical practices in data management and analysis.
- Adhere to ethical standards in reporting and publication of research findings.
- Exhibit ethical leadership in managing and conducting research projects.

## Course Benefits

- Comprehensive Learning
- Practical Skills
- Professional Development

## Enrollment Information

Course Duration: 30 hours

Format: Interactive lectures, hands-on activities, group discussions

Start Date: 6 February 2021

For more information

**SREE NARAYANA COLLEGE  
OF EDUCATION  
MUVATTUPUZHA**

Ph.: 0485 2832040, 2836188, 8138072040

Website: [www.sncem.edu.in](http://www.sncem.edu.in)

Email: [sncemu@gmail.com](mailto:sncemu@gmail.com)



*Mel*  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

# VALUE ADDED CERTIFICATE COURSES

## Course Contents and Outcomes

**VAC001. Life Skill Education**

**VAC002. Mass Communication Skill and Digital Tools in Education**

**VAC003. Sustainability Education: Principles and Practices in Environmental Contexts**

**VAC004. Yogic Practices, Physical fitness and Wellness**

**VAC005. Pedagogical Ethics and Professional Development**

**VAC006. Empowering Educators: Strategies for Teacher Leadership**

**VAC007. Enhancing Language Teaching: Grammar and Communicative Skills**

**VAC008. Ethical Research Practices in Education**

**VAC001. Life Skill Education**

<b>Course title:</b> Certificate course in Life Skill Education
<b>Learning Outcomes:</b> Course is intended <ul style="list-style-type: none"><li>• Students will be able to develop awareness about concept of life skill education and its dimensions</li><li>• Students will be able to promote understanding about the approaches of life skill education</li><li>• Students will be able promote understanding about strategies for effective time management</li><li>• Students will be able to develop emotional intelligence for better interpersonal relationships</li></ul>
<b>Duration:</b> 30 hours
<b>Teaching Scheme</b> <ul style="list-style-type: none"><li>• Theory: 10hours</li><li>• Practical: 20 hours</li><li>• Tutorial</li></ul>
<b>Examination scheme</b> <ul style="list-style-type: none"><li>• Assignments</li><li>• Mid semester examination</li><li>• End semester examination</li><li>• Project</li></ul>
<b>Marks</b> <ul style="list-style-type: none"><li>• Theory: 25</li></ul>



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

<ul style="list-style-type: none"> <li>• Practicals: 75</li> </ul>
<b>Mode of transaction</b> Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools
<b>Module 1: Introduction to Life Skills – 2 hours</b> 1.1 Understanding the concept of life skills 1.2 Identifying different types of life skills 1.3 Importance of life skills in personal and professional development
<b>Module 2: Communication Skills– 2 hours</b> 2.1 Basics of effective communication 2.2 Active listening skills 2.3 Verbal and non-verbal communication techniques
<b>Module 3: Problem-Solving and Decision Making– 2 hours</b> 3.1 Introduction to problem-solving techniques 3.2 Steps in the decision-making process 3.3 Critical thinking skills development
<b>Module 4: Time Management and Organization– 2 hours</b> 4.1 Strategies for effective time management 4.2 Setting goals and prioritize organizational skills for better productivity 4.3 Task planning and scheduling
<b>Module 5: Stress Management and Emotional Intelligence– 2 hours</b> 5.1 Understanding stress and its impact 5.2 Techniques for managing stress 5.3 Developing emotional intelligence for better interpersonal relationships

## PROJECT WORKS

### 1. Communication Skills Workshop

Aim: To enhance students' communication skills through interactive activities such as role-plays, group discussions, and presentations.

### 2. Problem-Solving Case Studies

Aim: To develop students' problem-solving abilities by analyzing real-life scenarios and applying appropriate problem-solving techniques

### 3. Time Management Plan

Aim: To help students improve their time management skills by creating personalized schedules and action plans to prioritize tasks and meet deadlines effectively.

### 4. Stress Management Seminar



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



Aim: To raise awareness about stress management techniques and provide students with practical strategies to cope with stress in their personal and professional lives.

**5. Emotional Intelligence Journal**

Aim: To promote self-awareness and emotional intelligence development by encouraging students to maintain a journal to reflect on their emotions, reactions, and interpersonal interactions.

**REFERENCES**

1. Life Skills Education in Schools by Rashmi Jain
2. Teaching Life Skills: A Practical Guide by Wendy Jolliffe and Katey
3. Communication Skills for Dummies by Elizabeth Kuhnke
4. His to Talk to Anyone: 92 Little Tricks for Big Success in Relationships by Leil Lowndes
5. Thinking, Fast and Slow by Daniel Kahneman
6. Getting Things Done: The Art of Stress-Free Productivity by David Allen
7. The Relaxation and Stress Reduction Workbook by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha



## VAC002. Mass Communication Skill and Digital Tools in Education

<b>Course title:</b> Certificate course in Mass Communication Skill and Digital Tools in Education
<b>Learning Outcomes:</b> Course is intended <ul style="list-style-type: none"><li>• Students will be able to define Basic concept of Mass Communication Skills and digital tools in education</li><li>• Students will be understand the fundamentals of mass communication and its relevance in educational contexts</li><li>• Students will be proficient in integrating various digital tools and technologies into teaching and learning activities</li><li>• Students will be develop effective communication skills suitable for educational environments, both in-person and digital</li><li>• Students will be able to learn to create engaging multimedia presentations and educational materials using digital tool</li><li>• Students will be develop knowledge and skills to promote digital literacy among students and utilize digital resources responsibly for educational purposes</li></ul>
<b>Duration:</b> 30 hours
<b>Teaching Scheme</b> <ul style="list-style-type: none"><li>• Theory: 10hours</li><li>• Practical: 20 hours</li><li>• Tutorial</li></ul>
<b>Examination scheme</b> <ul style="list-style-type: none"><li>• Assignments</li><li>• Mid semester examination</li><li>• End semester examination</li><li>• Project</li></ul>
<b>Marks</b> <ul style="list-style-type: none"><li>• Theory: 25</li><li>• Practicals: 75</li></ul>
<b>Mode of transaction</b> <p>Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools</p>
<b>Module 1: Introduction to Mass Communication– 2 hours</b>



*Mela*

PRINCIPAL  
Sri Narayana College of Education  
Muvattupuzha

<p>1.1 Understanding the basics of mass communication</p> <p>1.2 Role of mass media in education</p> <p>1.3 Importance of effective communication skills for educators</p>
<p><b>Module 2: Digital Tools for Teaching and Learning– 2 hours</b></p> <p>2.1 Introduction to digital tools and technologies in education</p> <p>2.2 Exploring various digital platforms for content creation and dissemination</p> <p>2.3 Integrating digital tools into lesson planning and classroom activities</p>
<p><b>Module 3: Multimedia Presentations and Visual Communication– 2 hours</b></p> <p>3.1 Techniques for creating engaging multimedia presentations</p> <p>3.2 Visual communication principles for educational materials</p> <p>3.3 Using digital tools to enhance visual learning experiences</p>
<p><b>Module 4: Digital Literacy and Information Literacy– 2 hours</b></p> <p>4.1 Developing digital literacy skills for educators and students</p> <p>4.2 Teaching strategies for promoting information literacy in the digital age</p> <p>4.3 Ethical considerations in using digital resources and online information</p>
<p><b>Module 5: Interactive Learning and Collaboration– 2 hours</b></p> <p>5.1 Facilitating interactive learning experiences through digital tools</p> <p>5.2 Collaborative tools and platforms for student engagement and collaboration</p> <p>5.3 Strategies for fostering a culture of digital citizenship and responsible online behaviour</p>

### PRACTICALS

1. Conduct a group discussion analysing the role of mass media in education.
2. Prepare and deliver a short presentation on the importance of effective communication skills for educators.
3. Create a poster highlighting key concepts in mass communication and its relevance in educational settings.
4. Explore different digital tools (e.g., Kahoot, Padlet) and create sample activities using each tool.
5. Analyse visual communication principles by deconstructing educational materials (e.g. infographics, educational videos).
6. Design a digital poster or infographic to visually represent a complex educational concept.

### REFERENCES

1. "Mass Communication in Education" by John R. Finnegan Jr. and Everette E. Dennis
2. "Teaching Digital Natives: Partnering for Real Learning" by Marc Prensky



*Mel*  
 PRINCIPAL  
 Sri Narayana College of Education  
 Muvattupuzha

3. Digital Tools for Teaching: 30 E-tools for Collaborating, Creating, and Publishing Across the Curriculum" by Steve Johnson

4. Multimedia Learning" by Richard E. Mayer

5. Digital Literacy for Educators" by Mike Ribble and Teresa Northern Miller



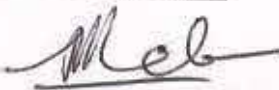
*Meb*

PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

**VAC003. Sustainability Education: Principles and Practices in Environmental Contexts**

<b>Course title:</b> Certificate course in Sustainability Education: Principles and Practices in Environmental Contexts
<b>Learning Outcomes:</b> Course is intended <ul style="list-style-type: none"><li>• Students will be able to understanding the concept of sustainability and its significance at global level</li><li>• Students will be able to develop a deeper understanding of environmental concepts and ecosystems</li><li>• Students will be able to familiarize with the United Nations Sustainable Development Goals and their relevance to sustainability education</li><li>• Students will be able to explore pedagogical approaches for effectively integrating sustainability education into teaching practices</li><li>• Students will be able to encouraging sustainable behaviours among students</li></ul>
<b>Duration:</b> 30 hours
<b>Teaching Scheme</b> <ul style="list-style-type: none"><li>• Theory: 10hours</li><li>• Practical: 20 hours</li><li>• Tutorial</li></ul>
<b>Examination scheme</b> <ul style="list-style-type: none"><li>• Assignments</li><li>• Mid semester examination</li><li>• End semester examination</li><li>• Project</li></ul>
<b>Marks</b> <ul style="list-style-type: none"><li>• Theory: 25</li><li>• Practicals: 75</li></ul>
<b>Mode of transaction</b> Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools
<b>Module 1: Introduction to Sustainability Education– 2 hours</b>  1.1 Understanding the concept of sustainability 1.2 Importance of sustainability education in modern contexts 1.3 Basic principles and goals of sustainability education
<b>Module 2: Environmental Awareness and Ecological Understanding– 2 hours</b>  2.1 Introduction to environmental concepts and ecosystems 2.2 Biodiversity and its significance 2.3 Human impact on the environment: pollution, deforestation, and habitat destruction
<b>Module 3: Sustainable Development Goals (SDGs)– 2 hours</b>  3.1 Overview of the United Nations Sustainable Development Goals 3.2 Understanding the interconnectedness of social, economic, and environmental aspects



  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

<p>of sustainability</p> <p>3.3 Case studies illustrating progress towards achieving SDGs</p>
<p><b>Module 4: Teaching Strategies for Sustainability Education– 2 hours</b></p> <p>4.1 Pedagogical approaches for integrating sustainability education into teaching practices</p> <p>4.2 Hands-on activities, projects, and games for engaging students in sustainability concepts</p> <p>4.3 Incorporating real-world examples and local environmental issues into the curriculum</p>
<p><b>Module 5: Promoting Sustainable Practices– 2 hours</b></p> <p>5.1 Encouraging sustainable behaviours among students</p> <p>5.2 Waste reduction, recycling, and resource conservation initiatives</p> <p>5.3 Building partnerships with local organizations and businesses to support sustainability efforts</p>

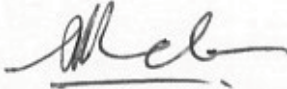
## PROJECT WORKS

1. Classroom discussion on personal experiences with sustainability and its relevance in daily life.
2. Group activity to brainstorm examples of unsustainable practices and their potential impacts on the environment
3. Field trip to a local park or nature reserve to observe and identify different ecosystems and biodiversity.
4. Hands-on activity to simulate the effects of pollution on a mini-ecosystem (e.g., water pollution experiment with aquatic plants)
5. Group research project on one of the SDGs, including an analysis of its importance, current status, and potential challenges
6. Presentation of case studies highlighting successful initiatives related to achieving specific SDGs in different regions.
7. Workshop on creating interdisciplinary lesson plans that incorporate sustainability concepts across multiple subject areas (e.g., math, science, social studies).
8. Role-playing activity where students take on the role of educators and design sustainability-themed lesson plans or activities for a specific grade level.
9. School-wide campaign to raise awareness about sustainable practices, including poster-making competitions or eco-friendly challenges.
10. Collaboration with local environmental organizations to organize a community clean-up or tree-planting event, involving students, teachers, and community members.

## REFERENCES

- "Introduction to Sustainability" by Robert Brinkmann and Sandra Garren
- "Environmental Science: Principles and Practices" by William Cunningham and Mary Ann Cunningham
- "Achieving the Sustainable Development Goals: From Agenda to Action" edited by Shamshad Akhtar and David Souter
- "Teaching for EcoJustice: Curriculum and Lesson Plans" by Rita-Marie Conrad and Julie Davis



  
 PRINCIPAL  
 Sree Narayana College of Education  
 Muvattupuzha

- "The Green Classroom: Integrating Sustainability Education into K-12 Curricula" by Daniel Winterbottom and Amy Kohout
- "Engaging Students in Sustainable Development Goals: The Role of Higher Education" edited by Walter Leal Filho et al



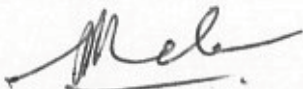
*Meb*

PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

## VAC004. Yogic Practices, Physical fitness and Wellness

<b>Course title:</b> Certificate course in Yogic Practices, Physical fitness and Wellness
<b>Learning Outcomes:</b> Course is intended <ul style="list-style-type: none"><li>• Students will be able to understand the foundational principles of yoga and its significance for physical, mental and emotional well-being</li><li>• Students will be able to develop breath awareness skills to cultivate mindfulness, emotional regulation and increase energy levels</li><li>• Students will be able to practice a variety of yoga asanas to improve strength, flexibility and overall physical fitness</li><li>• Students will be able to develop mindfulness meditation skills among students</li><li>• Students will be able to explore yogic diet and nutrition for optimal physical health</li></ul>
<b>Duration:</b> 30 hours
<b>Teaching Scheme</b> <ul style="list-style-type: none"><li>• Theory: 10hours</li><li>• Practical: 20 hours</li><li>• Tutorial</li></ul>
<b>Examination scheme</b> <ul style="list-style-type: none"><li>• Assignments</li><li>• Mid semester examination</li><li>• End semester examination</li><li>• Project</li></ul>
<b>Marks</b> <ul style="list-style-type: none"><li>• Theory: 25</li><li>• Practicals: 75</li></ul>
<b>Mode of transaction</b> <p>Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools</p>
<b>Module 1: Introduction to Yoga and Its Benefits– 2 hours</b> <ul style="list-style-type: none"><li>1.1 Overview of yoga philosophy and its relevance to physical fitness and wellness</li><li>1.2 Understanding the holistic benefits of yoga for the body, mind, and spirit</li><li>1.3 Introduction to basic yoga poses (asanas) and their effects on physical health</li></ul>
<b>Module 2: Pranayama and Breath Awareness– 2 hours</b> <ul style="list-style-type: none"><li>2.1 Exploration of pranayama (breathing exercises) for enhancing respiratory health and overall well-being</li><li>2.2 Practice of different pranayama techniques for stress reduction and relaxation</li><li>2.3 Understanding the connection between breath awareness and emotional regulation</li></ul>



  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

<p><b>Module 3: Yoga Asanas for Strength and Flexibility– 2 hours</b></p> <p>3.1 Learning and practicing a variety of yoga asanas to improve strength, flexibility, and balance</p> <p>3.2 Modification of asanas for different fitness levels and body types</p> <p>3.3 Incorporating yoga sequences for specific fitness goals (e.g., core strength, back health)</p>
<p><b>Module 4: Yoga for Stress Management and Mental Health– 2 hours</b></p> <p>4.1 Understanding the role of yoga in stress reduction and managing mental health challenges</p> <p>4.2 Exploring mindfulness techniques and meditation practices for cultivating inner peace and resilience</p> <p>4.3 Incorporating yoga nidra (deep relaxation) for promoting restorative sleep and overall well-being</p>
<p><b>Module 5: Yoga Lifestyle and Self-Care Practices– 2 hours</b></p> <p>5.1 Integrating yoga principles into daily life for sustainable health and wellness</p> <p>5.2 Exploring yogic diet and nutrition for optimal physical and mental health</p> <p>5.3 Cultivating self-care practices, such as self-massage, journaling, and gratitude, to enhance overall well-being</p>

### PRACTICAL WORKS

1. Guided meditation sessions to introduce students to the principles of mindfulness and relaxation.
2. Group activities to explore the effects of different pranayama techniques on mood and energy levels.
3. Partner or group activities to explore modifications and variations of yoga poses based on individual needs and abilities.
4. Guided self-assessment sessions to help students identify areas for improvement in their yoga practice.
5. Mindfulness meditation sessions focusing on cultivating present-moment awareness and emotional regulation.
6. Group discussions on the physiological and psychological effects of stress and the role of yoga in stress management.
7. Group activities to create personalized self-care routines incorporating yoga, meditation, and other holistic practices.
8. Guided nature walks or outdoor excursions to foster connection with the natural world and promote overall well-being.



*Meb*  
 PRINCIPAL  
 Sree Narayana College of Education  
 Muvattupuzha

## REFERENCES

- "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- "The Science of Pranayama" by Sri Swami Sivananda
- "Prana and Pranayama" by Swami NiranjananandaSaraswati
- "Yoga Anatomy" by Leslie Kaminoff and Amy Matthews
- "The Key Poses of Yoga: Scientific Keys, Volume II" by Ray Long
- "The Women's Health Big Book of Yoga" by Kathryn Budig
- "Yoga for Emotional Balance" by Bo Forbes
- "The Relaxation Response" by Herbert Benson
- "Yoga for Anxiety" by Mary NurrieStearns and Rick NurrieStearns
- "The Yamas&Niyamas: Exploring Yoga's Ethical Practice" by Deborah Adele
- "The Ayurvedic Self-Care Handbook: Holistic Healing Rituals for Every Day and Season" by Sarah Kucera
- "The Little Book of Self-Care: 200 Ways to Refresh, Restore, and Rejuvenate" by Adams Media



A handwritten signature in black ink, appearing to be "M. C. S.", written over a horizontal line.

PRINCIPAL  
Sri Narayana College of Education  
Muvattupuzha

## VAC005. Pedagogical Ethics and Professional Development

**Course title:** Certificate course in Pedagogical Ethics and Professional Development

**Learning Outcomes:** Course is intended

- Students will be able to articulate and apply foundational ethical principles guiding professional conduct in education
- Students will develop the ability to identify ethical dilemmas commonly encountered in educational contexts
- Students will recognize the importance of professionalism in teaching and demonstrate a commitment to ongoing professional development
- Students will integrate ethical considerations into their teaching practices
- Students will develop strategies to cultivate a positive and ethical school culture
- Students will demonstrate leadership in ethical decision making

**Duration:** 30 hours

**Teaching Scheme**

- Theory: 10hours
- Practical: 20 hours
- Tutorial

**Examination scheme**

- Assignments
- Mid semester examination
- End semester examination
- Project

**Marks**

- Theory: 25
- Practicals: 75

**Mode of transaction**

Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools

**Module 1: Foundations of Pedagogical Ethics**

- 1.1 Introduction to pedagogical ethics and its importance in the teaching profession
- 1.2 Ethical principles and values guiding professional conduct in education
- 1.3 Understanding the ethical responsibilities of educators towards students, colleagues, and the community

**Module 2: Ethical Decision Making in Education**

- 2.1 Exploring ethical dilemmas commonly faced by educators in the classroom and school settings
- 2.2 Strategies for ethical decision making and problem-solving in educational contexts



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

2.3 Case studies and scenarios to analyze ethical issues and apply ethical principles to real-life situations

**Module 3: Professionalism and Professional Development**

3.1 Definition of professionalism in teaching and the characteristics of a professional educator

3.2 Importance of continuous professional development for educators' growth and effectiveness

3.3 Identifying opportunities for professional growth and advancement in the field of education

**Module 4: Ethics in Teaching Practice**

4.1 Ethical considerations in lesson planning, instruction, and assessment

4.2 Promoting fairness, equity, and inclusivity in teaching practices

4.3 Addressing ethical challenges related to classroom management, discipline, and student interactions

**Module 5: Cultivating Ethical School Culture and Community Engagement**

5.1 Creating a positive and ethical school culture that fosters trust, respect, and collaboration

5.2 Engaging with parents, caregivers, and the broader community ethically and professionally

5.3 Strategies for promoting transparency, accountability, and integrity in school governance and decision making.

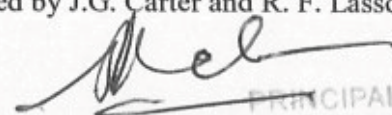
**PRACTICAL WORKS**

**Ethical Decision Making Scenario Analysis Description:** Divide the participants into small groups and provide them with different scenarios or case studies depicting ethical dilemmas commonly faced by educators in the classroom or school settings. Each group should analyze their assigned scenario, identify the ethical issues involved, discuss possible courses of action, and determine the most ethical decision to be made. Afterward, groups can present their analysis and decisions to the rest of the class, fostering discussion and reflection on ethical decision-making processes in education.

**REFERENCES**

1. "Ethics and Education" by R.S. Peters
2. "Moral and Ethical Issues in Teacher Education" edited by J.G. Carter and R. F. Lassonde



  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

3. "Ethics for Educational Leaders" by Wanda D. Routier and Wayne A. Sorenson
4. "The Ethics of Teaching" by Kenneth A. Strike and Jonas F. Soltis
5. "Teacher Professionalism in Further and Higher Education" by Pauline Kneale and Steven J. Mitchell
6. "Professional Development: What Works" by Sally J. Zepeda
7. "Teacher Ethics in a Diverse and Multicultural Society" by David H. Monk
8. "The Ethics of Teaching" by Kenneth A. Strike and Jonas F. Soltis
9. "Building a Professional Learning Community at Work: A Guide to the First Year" by Parry Graham and William M. Ferriter
10. "School Culture Rewired: How to Define, Assess, and Transform It" by Steve Gruenert and Todd Whitaker



  
/PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

## VAC006. Empowering Educators: Strategies for Teacher Leadership

<b>Course title:</b> Certificate course in Empowering Educators: Strategies for Teacher Leadership
<b>Learning Outcomes:</b> Course is intended <ul style="list-style-type: none"><li>• Students will be able to develop leadership skills among students</li><li>• Students will be able to foster collaborative relationships with colleagues, administrators, students, and community stakeholders</li><li>• Students will be able to promote reflective practice to critically evaluate their teaching methods, instructional strategies, and decision-making processes</li><li>• Students will be able to advocate for equity, diversity, and inclusion within their educational communities</li><li>• Students will be able to establish professional learning communities to encourage peer collaboration</li></ul>
<b>Duration:</b> 30 hours
<b>Teaching Scheme</b> <ul style="list-style-type: none"><li>• Theory: 10hours</li><li>• Practical: 20 hours</li><li>• Tutorial</li></ul>
<b>Examination scheme</b> <ul style="list-style-type: none"><li>• Assignments</li><li>• Mid semester examination</li><li>• End semester examination</li><li>• Project</li></ul>
<b>Marks</b> <ul style="list-style-type: none"><li>• Theory: 25</li><li>• Practicals: 75</li></ul>
<b>Mode of transaction</b> Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools
<b>Module 1: Introduction to Teacher Leadership</b> <ul style="list-style-type: none"><li>1.1 Understanding the concept of teacher leadership and its importance in educational settings</li><li>1.2 Exploring different models of teacher leadership and their impact on school culture and student achievement</li><li>1.3 Identifying personal leadership strengths and areas for growth as educators</li></ul>
<b>Module 2: Building Collaborative Relationships</b> <ul style="list-style-type: none"><li>2.1 Developing effective communication and interpersonal skills to foster positive relationships with colleagues, administrators, students, and community stakeholders</li><li>2.2 Promoting a culture of trust, respect, and collaboration within educational communities</li><li>2.3 Strategies for conflict resolution and problem-solving in collaborative settings</li></ul>
<b>Module 3: Reflective Practice and Professional Growth</b> <ul style="list-style-type: none"><li>3.1 Cultivating a habit of reflective practice to critically examine teaching practices,</li></ul>



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

instructional strategies, and decision-making processes

3.2 Setting goals for professional growth and implementing strategies to achieve them

3.3 Using feedback from self-assessment, peer observation, and student evaluation to inform continuous improvement

#### **Module 4: Advocacy for Equity and Inclusion**

4.1 Understanding the principles of equity, diversity, and inclusion in education and their importance for student success

4.2 Advocating for equitable practices and policies within educational settings to address systemic barriers and promote social justice

4.3 Strategies for creating inclusive learning environments that honor and respect diverse perspectives and backgrounds

#### **Module 5: Leading Change and Innovation**

5.1 Initiating and leading change initiatives within schools or districts to address challenges, improve teaching and learning, and enhance student outcomes

5.2 Implementing evidence-based practices and innovative approaches to teaching, curriculum design, and assessment

5.3 Developing skills in data analysis, decision making, and strategic planning to drive continuous improvement efforts

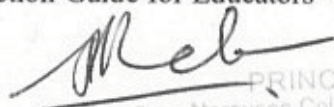
### **PRACTICAL**

**Collaborative Problem-Solving Workshop Description:** Organize a workshop where participants work in small groups to tackle a real-life scenario or challenge commonly faced in educational settings. Each group will apply the principles of effective communication, collaboration, and problem-solving discussed in Module 2 to address the given scenario. They will brainstorm potential solutions, analyze the implications of each solution, and come to a consensus on the most viable approach. Groups will then present their solutions to the rest of the class, fostering discussion and reflection on collaborative problem-solving strategies.

### **REFERENCES**

1. "Teacher Leadership That Strengthens Professional Practice" by Charlotte Danielson
2. "The Teacher Leader: Core Competencies and Strategies for Effective Leadership" by Jennifer Allen
3. "Collaborative Leadership: Six Influences That Matter Most" by Peter M. DeWitt
4. "Building Community in Schools" by Thomas J. Sergiovanni
5. "Reflective Practice to Improve Schools: An Action Guide for Educators" by Jennifer York-Barr and Carol A. Sommers



  
PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

6. "The Reflective Educator's Guide to Classroom Research: Learning to Teach and Teaching to Learn Through Practitioner Inquiry" by Nancy Fichtman Dana and Diane Yendol-Hoppey
7. "Culturally Responsive Teaching and the Brain: Promoting Authentic Engagement and Rigor Among Culturally and Linguistically Diverse Students" by Zaretta L. Hammond
8. "For White Folks Who Teach in the Hood... and the Rest of Y'all Too: Reality Pedagogy and Urban Education" by Christopher Emdin
9. "Leading Change" by John P. Kotter
10. "The Innovator's Mindset: Empower Learning, Unleash Talent, and Lead a Culture of Creativity" by George Couros



*Mel*

PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha

### VAC007. Enhancing Language Teaching: Grammar and Communicative Skills

<b>Course title:</b> Certificate course in Language Teaching: Grammar and Communicative Skills
<b>Learning Outcomes:</b> Course is intended <ul style="list-style-type: none"><li>• Students will demonstrate a comprehensive understanding of grammar concepts</li><li>• Students will develop effective communication skills in the target language</li><li>• Students will learn how to integrate grammar instruction within communicative language teaching approaches</li><li>• Students will be able to employ differentiated instructional strategies to meet the diverse learning needs of students</li><li>• Students will be able to acquire skills in assessing language proficiency</li><li>• Students will be able to engage in reflective teaching practices, critically evaluating their instructional methods</li></ul>
<b>Duration:</b> 30 hours
<b>Teaching Scheme</b> <ul style="list-style-type: none"><li>• Theory: 10hours</li><li>• Practical: 20 hours</li><li>• Tutorial</li></ul>
<b>Examination scheme</b> <ul style="list-style-type: none"><li>• Assignments</li><li>• Mid semester examination</li><li>• End semester examination</li><li>• Project</li></ul>
<b>Marks</b> <ul style="list-style-type: none"><li>• Theory: 25</li><li>• Practicals: 75</li></ul>
<b>Mode of transaction</b> Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools
<b>Module 1: Foundations of Language Teaching</b> 1.1 Introduction to language teaching methodologies and approaches 1.2 Overview of communicative language teaching (CLT) principles 1.3 Importance of integrating grammar instruction with communicative language teaching
<b>Module 2: Understanding Grammar Concepts</b> 2.1 Detailed study of grammar concepts relevant to the target language 2.2 Parts of speech, sentence structure, verb tenses, and grammatical features 2.3 Common grammatical errors and challenges faced by language learners
<b>Module 3: Integrating Grammar in Communicative Contexts</b>



PRINCIPAL  
Sree Narayana College of Education  
Muvattupuzha