

Euphrasia Training College for Women

Affiliated to University of Calicut

Kattoor P O, Pin- 680 702

Thrissur District, Kerala



B.Ed. Programme VALUE-ADDED COURSES



2018-2019



[Signature]
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Euphrasia Training College For Women
Kattoor

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B.Ed. Programme **VALUE-ADDED COURSES**



2019-2020




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B.Ed. Programme **VALUE-ADDED COURSES**



2020-2021



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B.Ed. Programme VALUE-ADDED COURSES



2021-2022



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B.Ed. Programme **VALUE-ADDED COURSES**



2022-2023




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CERTIFICATE COURSE IN ENVIRONMENT SUSTAINABILITY

Course Code: **EUCES001**

Duration: 30 hours

SYLLABUS

Course Outcomes

CO 1: Students will gain a deep understanding of global and local environmental challenges, including climate change, biodiversity loss, pollution, and resource depletion, as well as the interconnectedness of social, economic, and environmental systems.

CO 2: Apply sustainable practices in various contexts, such as energy management, waste reduction, water conservation, and land use planning, with a focus on promoting environmental stewardship and resilience.

Module 1 (3 Hours)

Ecosystem and Biodiversity - Ecosystem: functions and services, Effect of human activities. Threats to biodiversity: conservation strategies, sustainable solutions.

Module 2 (6 Hours)

Key Environmental Problems and Global environmental Sustainability; Socio-environmental interaction; impact of consumerism and global economy; **Sustainability:** Fundamentals, science behind sustainability, challenges, potential; role of technology, policies.

Module 3 (6 Hours)

Environmental pollution: Sources, effects and mitigation, conservation. Sustainable solutions. Environmental Protection Act – Air, water, forest and wild life. Resource recycling and sustainability.

Module 4 (5 Hours)

Energy Sources and Sustainability: Conventional sources, non-conventional sources, natural resources and economics, clean coal technology, energy conservation and sustainability, policies, ACTs

Module 5 (10 Hours)

Concept of community participation, need for community participation in sustainable development. Community engagement activities.

References

1. Erach Bharucha 2005. Text Book of Environmental Studies, Orient Longman Pvt. Ltd., India.
2. Basu, M. and Xavier Savarimuthu, S.J. 2017. Fundamentals of Environmental Studies. Cambridge, University Press.
3. Elliot David 2003. Energy, Society & Environment, Technology for Sustainable Future. Rutledge.
4. Khitoliya R. K. 2006. Environmental Pollution – Management and Control for Sustainable Development, S. Chand & Co., New Delhi.



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CERTIFICATE COURSE IN MENTAL FITNESS

Course Code: **EDU-VAC-2**

Duration: 30 hours

SYLLABUS

Course Outcomes

CO 1: Students will gain a mental fitness that results in enhanced cognitive function, emotional resilience, and stress management skills. It fosters a positive mindset, leading to improved academic performance and overall well-being. This initiative equips students with tools to navigate challenges effectively and maintain a balanced mental state.

CO 2: The benefits of mental fitness and exercise for students include improved focus and enhanced emotional well-being. These practices lead to higher academic performance, increased resilience and a healthier, more balanced life style.

Module 1

Introduction

Introduction of mental fitness-Meaning-Definition-Importance of mental fitness

(8 Hours)

Module 2

Fitness

Wellness-Fitness-Types of fitness-Mental-Physical-Emotional-Social

(8 Hours)

Module 3

Components of mental fitness

Types of mental fitness-Components of mental fitness-Mental aspects types of mental health

(8 Hours)

Module 4

Benefits of mental fitness

Benefits of mental fitness-Exercise and mental fitness

(6 Hours)




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FOUNDATIONS OF PROFESSIONAL COUNSELLING

Course Code: **EDU-VAC-3**

Duration: 30 hours

SYLLABUS

Course Outcomes

CO 1: Students will gain a deeper understanding of student behavior, improved communication skills, and enhanced ability to provide emotional support.

CO 2: students will equip future educators with the tools to foster a supportive learning environment, address diverse student needs and promote overall mental well-being in classroom.

Unit-1

Introduction

Definition of Counselling - Meaning and Concept of Counselling – Scope of Counselling- Historical Perspective- Goals of Counselling-Qualities of a Good Counsellor-The Skills needed for a good counsellor-Counselling and Psycho theory

Unit-2

Micro Skills

Active listening - Reflection of feelings – Open - Ended question – Summarising – Paraphrasing – Clarification – Silence – Non – Verbal – Communication - Affirmation and Validation - challenging.

Unit -3

Theories of counselling

Different theoretical approaches - Psychoanalytic Approach - Behavioural/Social learning approach - Trait approach - Humanistic Approach-Cognitive approach.




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