



**MATA MANJHARO AJAB DAYAL SINGH
TEACHER'S TRAINING COLLEGE**
DULOUR, BARRADPARAWA, JAGDISHPUR, BHOJPUR (BIHAR) – 802158

Brochure of VALUE ADDED COURSE

<http://www.mmadayalsinghttcollege.org>

Index

Sl.No.	Course Code	Course Name	Contact Hours	Page No.
1	VAC18-1	Certificate Course on Dance	30 Hours	3
2	VAC18-2	Certificate Course on Gardening	30 Hours	4
3	VAC19-3	Certificate Course on Guidance and Counseling	30 Hours	5
4	VAC19-4	Certificate Course on Art and Craft	30 Hours	6
5	VAC20-5	Certificate Course on Self Defense	30 Hours	7
6	VAC20-6	Certificate Course on Environmental Education	30 Hours	8
7	VAC21-7	Certificate Course on Guidance and Counseling	30 Hours	9
8	VAC21-8	Certificate Course on Basic Education	30 Hours	10
9	VAC21-9	Certificate Course on Health and Yoga and Physical Education	30 Hours	11
10	VAC21-10	Certificate Course on Basic Education	30 Hours	12
11	VAC21-11	Certificate Course on Health and Yoga and Physical Education	30 Hours	13

VAC 18 Certificate Course On Dance

Learning Objective

MMADSTT College Has Conducted A Certificate Course On kathak Dance . The Course Has Been Open For All Bed, Med, Deled, Students Since 2017 . The Course In Run by This College And Student Who Successfully. Clear The Test, Receive A Course Certificate From Institution.

Duration Of The Course –Two Month Four Day In Week. Eligibility Any Student Who Get Admission In Our College in B.ed, M.ed, And D.el.ed

Total Seat-10

Syllabus .Module 1

Unit Classical Dance In Tamilnadu.

Unit 2 History Of Bharatnatyam.

3 Instouments

4 Hand Return(Mudras)

5 Foot Steps.

6 Constume And Makeup.

7 Ghugroo.

Module 2 Polk Dance Of Tamil Nadu Traditional Dance Step. Best With Music.

Module 3 Bharatnatyam Dance Style.

Famous Instrument

Beat Of Basic Footsteps.

Hand Movement.

Module 4 folk Dance (Kummiaddi)

Basic Footsteps with Beat.

Hand Movement.

Costume, Jewelry, (Prepare Chart)

Course Co-ordinator

1. Ramu Prasad

2. Amir Singh

Education And Certificate

Written And oral examination has been conducted after completion of course and certificate has been given to all successful students.

Certificate Course On Gardening

Learning Objective

MMADSTT College Has Conducted A Certificate Course On Gardening Since 2016. The Course Run By This College And Student Who successfully Clear The Tent Receive A Course Certificate From This Institution Duration of the Course Two Month Four Days In Week.

Eligibility : Any Student who get Admission in our Institution in B.Ed , M.Ed. and D.El.Ed. Course

Total Seat-110

Syllabus.

Module 1 Introduction to Gardening Tools Selection And Management of Equipment .

Unit 1

- Introduction to gardening, Introduction to gardening tools, selection and management of equipment.

Unit 2

- Layout the garden and their design, Basic principles of gardening

Unit 3

- Soil and nutrient management

Course Co-ordinator

1. Santosh kumar Jaiswal
2. Seema Gupta

Education And Certificate:

Written and oral examination has been Conducted after completion of course and certificate has been given to all successful students.

Certificate Course on Guidance and Counseling

Learning Objective:

The IQAC MMADSTT College has been conducted a certificate course on "Guidance and Counseling". The course has successfully conducted in the college every year. Organizing Guidance and Counseling service at college and its planning execution and follow at brings institution on high. This course encouraged the students in systematic channel.

The syllabus of the course as follows,

- Fundamental Guidance
- Fundamental Counseling
- Teaching and Guidance in Counseling

Duration of the Course:

4 Days a in a week for 2 Month

Eligibility:

All students who got admission in our Institution in B.Ed., M.Ed. and D.El.Ed. Course.

Total Seat: 50

Syllabus:

- Module 1

Unit-1 • Concept, nature and Need of Guidance

Unit-2 • Objectives and principles of guidance

Unit-3 • Types of Guidance: Educational, Vocational and Personal

Unit-4 • Issues and Problems of Guidance in students

- Module 2

Unit-5 • Concept, Nature and Need of Counseling

Unit-6 • Difference between Guidance and Counseling

Unit-7 • Objectives and principles of Counseling

Unit-8 • Issues and Problems of counseling in students

- Module 3

Unit-9 • Tools used in guidance: Observation, Questionnaire, Anecdotal record, Cumulative record, Interview, Case study

Unit-10 • Methods of counseling: Directive, Non-Directive, Eclectic

Unit-11 • Guidance and Counselling for Children with special Needs

Unit-12 • Organizing Guidance and Counseling services at school: Planning, execution and follow-up

Unit-13 • Role of counselor and teachers in organizing guidance services

Unit-14 • Career guidance services, Career Information Centre, Youth Centres , Career Bulletin

Course Co-ordinator

1. Devesh Kumar

2. Ramu Prasad

Education and Certificate:

Written and oral examination has been conducted after completion of course and certificate has been given to all eligible students.

Certificate Course on Art & Craft

MONTHS	Art Suggested Activity	Art Integrated Description
April to May	<ol style="list-style-type: none"> 1. Colour Concept. 2. Element of Arts. 3. Still Life Colour. 4. Still Life Shading. 5. Paper Cup. 6. Bat. 7. Basket. 8. Nature Study. 	<ol style="list-style-type: none"> 1. Study of visual resources (at home and in the surroundings) and means of creative expression. 2. Use pencil, charcoal, water colour, crayon, oil colours for still life. 3. Expressing the beauty of nature on paper through use of water colour, oil colours etc.
July to September	<ol style="list-style-type: none"> 1. Symmetry. 2. Human Postures. 3. Cartoon Characters. 4. Portrait Composition. 5. Pot Painting. 6. Bamboo work. 7. Creative Art Reservoir using waste material. 	<ol style="list-style-type: none"> 1. Make dolls and other cartoon characters. 2. Acrylic colour, painting surface such as smooth, thick, canvas, hardboard etc. 3. Study and use of various media techniques to the extent of their availability.
October to November	<ol style="list-style-type: none"> 1. Motif Art. 2. Line Art. 3. Abstract Art. 4. Silhouette. 5. Gond Art. 6. Landscape. 7. Paper Collage Scenery. 	<ol style="list-style-type: none"> 1. Pencil, charcoal, water colour, crayon, oil colours, poster colour and gouache, acrylic colour and other unconventional sources of colours such as vermilion, yellow and red earth, rice flour, and tools like painting brushes for water colours and oil colours. 2. Painting surfaces such as papers of various kinds and quality like smooth, rough, thick, thin etc.
December to February	<ol style="list-style-type: none"> 1. Posters for Christmas and Greeting Cards. 2. Madhubani Art. 3. Calligraphy Work. 4. Composition. 5. Motif Art. 6. Cultural Heritage. 	<ol style="list-style-type: none"> 1. Every student has to draw 2-3 posters and greeting cards in a month using various types of colour available. 2. Objects of day-to-day use in groups and in different settings and arrangements. 3. Festivals in India were used as a theme and students made different arts.

Name of Art Teacher – Kahkashan Parveen

Principal

Certificate Course on Self Defence

Learning Objective

The MMADSTT College Conducts a Certificate Course on Self Defense In collaboration With Lion International Ara Unit. In Order to Safety And Security Student will Learn Self Defense Technical. The Course is Run by This College. And Students Who Successfully Complete The Course . Receive a Course Contribution From This Institution.

Duration of The Course -30 Days-4hrs IN a Week Eligibility. Any Student Who has Been admitted in B.Ed. , M.Ed. and D.El.Ed. Course Total Seat-100

Syllabus:

Module 1

Unit 1 Principle of Self Defense Assault Time Line

Unit 2 Prevent Vulnerability Level Of Awareness.

Module 2

Unit 3 Reaction To An Attack Hand Movement And

Unit 4 Head Control

Module 3

Unit 5 Survival Mindset Use Of Force Multiple Attack Improvised

Weapons Course co-ordinator

1. Dr U.P. Singh
2. Mr Saroj

Collection And Certificate .

Written And Oral Examination Are Conducted After Completion Of Course And Certificate Will Be Given To All Students

Course Co-ordinator

1. Shiv Jee
2. Tej Bahadur

Education and Certificate

Written and oral examination has been conducted after completion of course and certificate has been given to all successful students.

VAC 106	Sports and Fitness	2 Credit
Course Objectives	<ol style="list-style-type: none"> 1) To provide the principles of physical education and sports to the pupils for their health and wellbeing 2) To familiarize the students with health related activity and sports for overall growth and development and to maintain the fitness 3) To create a base for professionals in physical education and sports. 4) To impart the basic knowledge and skills to teach different games. 5) To create the opportunity to maintain the mental health and wellness. 	
Course Outcome	<p>By the end of the course students will</p> <ol style="list-style-type: none"> 1) understand the basic principles and practice of physical education and sports. 2) be able to instruct physical activities for fitness and wellness. 3) have knowledge about the professionalism to conduct, organise and officiate different games at schools and community level. 	
Theory		15 Hours
Unit – I	History, Principles and Foundation of Physical Education & Olympic Movement, Health Education, Biomechanics, Anatomy and Exercise Physiology	
Unit – II	Sports Management, Officiating and Coaching, Sports Nutrition	
Unit - III	Officiating and Coaching, Science of Sports training, Sports Psychology	
Practical		30 Hours
Unit - I	Physical Fitness, Health related fitness, Motor Fitness, General conditioning, Specific conditioning, Motor Skill development	
Unit – II	Athletics: Running events, Jumping events, Throwing Events. Basic skills of Football, Volleyball, Hockey, Basketball(Any two from the ball games)	
Unit - III	Basic skills of Badminton, Table Tennis, Tennis (any two from the racquet games), Gymnastics, Floor Exercises, Swimming Free style, Breast stroke, Butterfly and Back stroke (any one), Tug of war, Rope Skipping, Yoga Asans, Plank Exercise (any one)	

Certificate Course on Environmental Education

Learning Objective:

The IQAC MMADSTT College conducts a certificate course on Environmental Education. The course has successfully run since 2017 due to climate change in fast changing scenario. In order to develop the latent talents of the students in the college and to facilitate better knowledge and Role of Education in creating environmental awareness. This course is the mile stone of new interns.

The syllabus of the course includes,

- Understanding Environmental Education
- Major Environmental Issues
- Environmental Education: Curriculum, Pedagogy and Teachers.

Duration of the Course:

One Hour per day for 1 Month

Eligibility:

All students who get admission in our Institution in B.Ed., M.Ed. and D.El.Ed. Course.

Total Seat: 50

Syllabus:

• Module 1

Unit-1 - Concept of Environmental Education: meaning, nature and major components

Unit-2 -• Environment and sustainable development

Unit-3 -• Relating environment with traditional knowledge and cultural practices

Unit-4 -• Role of Education in creating environmental awareness

Unit-5 -• An overview of constitutional provisions related to environment and its protection

• Module 2

Unit-6 -• Pollution related to land, water and air

Unit-7 -• Deforestation: Change in forest cover over time

Unit-8 -• Waste generation and management

Unit-9 -• Environmental degradation and its impact on the health of people

Unit-10 -• Green house gas emission and Global warming

Unit-11 -• Climatic changes: Disturbance in weather cycle

Unit-12 -• Impact of natural-disaster/man-made disaster on environment

Unit-13 -• Environmental issues in the context of Bihar

• Module 3

Unit-14 -• Environmental Education in School Curriculum: identification of topics related to environmental education in school subjects and their analysis; integrated approach towards environmental education in school curriculum; idea of Green Curriculum

Unit-15 -• Understanding pedagogy for Environmental Education at School for different levels

• Role of teacher: Sensitive towards environmental issues while teaching, making Ecoclubs, organizing exhibitions, field trips, sensitive towards the environment of school

Course Co-ordinator

1. Ravikant Singh

2. Megha Sharma

Education and Certificate:

Written and oral examination has been conducted after completion of course and certificate has been given to all successful students.

Certificate Course on Guidance and Counseling

Learning Objective:

The IQAC MMADSTT College has been conducted a certificate course on "Guidance and Counseling". The course has successfully conducted in the college every year. Organizing Guidance and Counseling service at college and its planning execution and follow at brings institution on high. This course encouraged the students in systematic channel.

The syllabus of the course as follows,

- Fundamental Guidance
- Fundamental Counseling
- Teaching and Guidance in Counseling

Duration of the Course:

4 Days a in a week for 2 Month

Eligibility:

All students who got admission in our Institution in B.Ed., M.Ed. and D.El.Ed. Course.

Total Seat: 50

Syllabus:

- **Module 1**
 - Unit-1 • Concept, nature and Need of Guidance
 - Unit-2 • Objectives and principles of guidance
 - Unit-3 • Types of Guidance: Educational, Vocational and Personal
 - Unit-4 • Issues and Problems of Guidance in students
- **Module 2**
 - Unit-5 • Concept, Nature and Need of Counseling
 - Unit-6 • Difference between Guidance and Counseling
 - Unit-7 • Objectives and principles of Counseling
 - Unit-8 • Issues and Problems of counseling in students
- **Module 3**

Unit-9 • Tools used in guidance: Observation, Questionnaire, Anecdotal record, Cumulative record, Interview, Case study

Unit-10 • Methods of counseling: Directive, Non-Directive, Eclectic

Unit-11 • Guidance and Counselling for Children with special Needs

Unit-12 • Organizing Guidance and Counseling services at school: Planning, execution and follow-up

Unit-13 • Role of counselor and teachers in organizing guidance services

Unit-14 • Career guidance services, Career Information Centre, Youth Centres , Career Bulletin

Course Co-ordinator

1. Devesh Kumar
2. Ramu Prasad

Education and Certificate:

Written and oral examination has been conducted after completion of course and certificate has been given to all eligible students.

Certificate Course on Environmental Education

Learning Objective:

The IQAC MMADSTT College conducts a certificate course on Environmental Education. The course has successfully run since 2017 due to climate change in fast changing scenario. In order to develop the latent talents of the students in the college and to facilitate better knowledge and Role of Education in creating environmental awareness. This course is the mile stone of new interns. The syllabus of the course includes,

- Understanding Environmental Education
- Major Environmental Issues
- Environmental Education: Curriculum, Pedagogy and Teachers.

Duration of the Course:

One Hour per day for 1 Month

Eligibility:

All students who get admission in our Institution in B.Ed., M.Ed. and D.El.Ed. Course.

Total Seat: 50

Syllabus:

- **Module 1**

Unit-1 - Concept of Environmental Education: meaning, nature and major components

Unit-2 - Environment and sustainable development

Unit-3 - Relating environment with traditional knowledge and cultural practices

Unit-4 - Role of Education in creating environmental awareness

Unit-5 - An overview of constitutional provisions related to environment and its protection

- **Module 2**

Unit-6 - Pollution related to land, water and air

Unit-7 - Deforestation: Change in forest cover over time

Unit-8 - Waste generation and management

Unit-9 - Environmental degradation and its impact on the health of people

Unit-10 - Green house gas emission and Global warming

Unit-11 - Climatic changes: Disturbance in weather cycle

Unit-12 - Impact of natural-disaster/man-made disaster on environment

Unit-13 - Environmental issues in the context of Bihar

- **Module 3**

Unit-14 - Environmental Education in School Curriculum: identification of topics related to environmental education in school subjects and their analysis; integrated approach towards environmental education in school curriculum; idea of Green Curriculum

Unit-15 - Understanding pedagogy for Environmental Education at School for different levels

• Role of teacher: Sensitive towards environmental issues while teaching, making Ecoclubs, organising exhibitions, field trips, sensitive towards the environment of school

Course Co-ordinator

1. Ravikant Singh

2. Megha Sharma

Education and Certificate:

Written and oral examination has been conducted after completion of course and certificate has been given to all successful students.

Certificate Course on Basic Education

Learning Objective:

The certificate course has been conducted under the IQAC to aware the students about Basic Education which is the back bone of Country like India. The course is own by the college and students who successfully clear the examination receive a certificate from this Institution.

The syllabus of the course includes,

- Understanding Gandhian Philosophy
- Basic Education System: Concept, Development and Policy perspectives
- Basic Education, Curriculum, School and Teacher

Duration of the Course:

2 Days a in a week for 4 Month

Eligibility:

Any students who got admission in our Institution in B.Ed., M.Ed. and D.El.Ed. course.

Total Seat: 50

Syllabus:

• Module 1

Unit-1 • Gandhian philosophy of Life: its bearing on the principles and the Practice of Basic Education

Unit-2 • A review of the different experiments and experiences of Mahatma Gandhi made in South Africa and in India which lead to the evolution of Basic Education

• Module 2

Unit-3 • The concept and inherent assumptions of Basic Education;

Unit-4 • Basic Education System: Backdrop and its development (Wardha Committee and after)

Unit-5 • The Development of Basic Education System in Bihar

Unit-6 • Policy perspectives related to Basic Education: An analytical understanding of the recommendations made by the important committees, commissions and documents

Unit-7 • Correlation with productive activity

Unit-8 • Correlation with the physical environment

Unit-9 • Correlation with the social environment

Unit-10 • Correlation with children's experiences

• Module 3

Unit-11 • The curriculum of Basic Education: Analysis and review; Comparitive understanding with the general school curriculum;

Unit-12 • Nature of Assessment in the curriculum of Basic Education

Unit-13 • Curriculum of Basic Education for contemporary scenario: Objectives, structure and process of knowledge generation

Unit-14 • Basic Schools: Organizational set up, Infrastructure, functioning, routine work, relation with community

Unit-15 • Teachers for Basic Education: Expectations and professional preparation

Course Co-ordinator

1. Ravikant Pandey

2. Ashutosh Tiwari

Education and Certificate:

Written and oral examination has been conducted after completion of course and certificate has been given to all successful students.

Certificate Course on Health Yoga and Physical Education

Learning Objective:

Mata Manjharo Ajab dayal Singh Teachers Training College has conducted a certificate course on **Health, Yoga and Physical Education**.

The course has been conducted successfully in order to impart Health and Wellness among the students this course improve the physical, mental, emotional aspects of all students. This course has been made mandatory for all the students since 2018. The course is run by this college and student who successfully clear the examination; receive a course certificate from this Institution.

The syllabus of the course includes,

- Understanding Health
- Yoga, Physical Education and games Activity
- Health, Yoga and Physical Education: Curriculum School and Teacher

Duration of the Course:

Four day in week for 2 Months.

Eligibility:

Any students who got admission in our Institution in B.Ed., M.Ed. and D.El.Ed. Course.

Syllabus:

- **Module 1**
 - Unit-1 Health: Concept, importance and related factors
 - Unit-2 Health needs of children and adolescents
 - Unit-3 Food and nutrition: food habits, timing of food, nutrients and their functions, practices related to food hygiene, malnutrition, including obesity
 - Unit-4 Common health problems and diseases: causes, prevention and cure, immunization and first aid, health services and awareness programs
 - Unit-5 Indigenous knowledge about health, its issues and cure.
- **Module 2**
 - Unit-6• Yoga: meaning and importance of yoga, practicing yogasanas, kriyas and pranayams;
 - Unit-7 Ingerating Yoga in school and classroom practices
 - Unit-8 Physical Education : Concept and components; physical exercises; related indigenous knowledge, policy perspectives
 - Unit-9 Role of institutions (school, family, media and sports organizations), physical education programmes
 - Unit-10 Different types of Games and Sports and their importance for each learner
 - Unit-11 athletics, games, rhythmic activities, gymnastics
 - Unit-12 Organization of games and sports: understanding rules and regulations; Planning and management.
- **Module 3 (Unit-3)**
 - Unit-13 Health, Yoga and Physical Education: A critical analysis of school curriculum; Integrated curriculum approach
 - Unit-14 Spaces for Health, Yoga and Physical Education in School: Planning, resource creation and optimum utility; future prospects for students
 - Unit-15 Teacher for Health, Yoga and Physical Education: Professional Preparation and role in school

Course Co-ordinator

1. Shishupal Singh
2. Arun Kumar

Education and Certificate:

Written and oral examination has been conducted after completion of course and certificate has been given to all successful students.



1.2.2.1 Number of Value - added courses offered during the last five years

Programme *	Year	Offline self- study course(s)		
		Name of the self-study course	Duration (hrs)	Course offered by
B.Ed., M.Ed.	Year 1	Gardening	4 month	MMADSTTC
	2018	Art and Craft	4 month	MMADSTTC
B.Ed., M.Ed.	Year 2			
	2019	Self Dfnce	4 month	MMADSTTC
		Sports and fitness	4 month	MMADSTTC
B.Ed., M.Ed.	Year 3			
	2020	Guidance and counselling	4 month	MMADSTTC
		Basic Education	4 month	MMADSTTC
B.Ed., M.Ed.	Year 4			
	2021	Music	4 month	MMADSTTC
		Gardening	4 month	MMADSTTC
B.Ed., M.Ed.	Year 5			
	2022	Basic Education	4 month	MMADSTTC
		Heath and Yoga	4 month	MMADSTTC
		Sports and Fitness	4 month	MMADSTTC
		Environmental Education	4 month	MMADSTTC


Principal
 Mata Manjharo Ajab Dayal Singh
 Teachers Training College
 Dular, Jagdishpur (Shojpur)