



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, Cycle 4
[ARTS, COMMERCE, SCIENCE, BSc(Computer Science), BBA, BBA(CA)]
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1.3.2 Number of Value added courses for imparting transferable and life skills offered during the year 2022-23 - 21

2022-23

File Description- DVV

- **List of Value Added Courses Offered**
- **Syllabus along with Course Outcome**



1.3.2 Details of value-added courses for imparting transferable and life skills offered during the year

1.3.3 Number of students enrolled in the courses under 1.3.2

Name of the value-added courses (with 30 or more contact hours) offered	Course Code, if any	No. of times offered during the year	Duration of course (in hours)	Number of students enrolled during the year	1.3.3 Number of students who completed the course during the year
Basic German (Level 1 A)	MCR/GB(22)046	2	30 Hours	71	58
Civil Commando Services	MCR/CC(22)052	1	30 Hours	36	31
Spoken English	MCR/SE(22)007	1	30 Hours	30	19
Adventurous Sports/ Activity	MCR/AS(22)032	1	30 Hours	39	39
Basic Spanish (Level 1)	MCR/SB(22)004	1	30 Hours	30	30
MILE- Art & Violence	MILE(22)008	1	30 Hours	21	21
MILE- Creative Writing	MILE(22)009	1	30 Hours	17	17
Cyber Security	SPPU	1	60 hours	39	39



Human Rights	SPPU	1	60 hours	147	145
Introduction to Human Constitution	SPPU	1	30 hours	147	145
Yoga	SPPU	1	60 hours	92	91
Mathematics Scilab	SPPU	1	60 hours	39	39
PG Diploma Course in Clinical Music Therapy	MCR/DCMT (21)043	1	1440 hours	9	9
PGD-Mindfulness based Counseling	MCR/ML (21)041	1	630 hours	24	24
PG Diploma in Dance Movement Therapy	MCR/DMT (21)042	1	800 hours	23	9
Foundation Course in Buddhist Psychology	MCR/BP(21)058	1	30 Hours	9	5
Certificate Course in Introduction to Psychology	MCR/IP(22)044	1	30 Hours	13	9
Physical Education and Sports	AN22001	1	30 Hours	588	573
Democracy, Elections and Governance	AN22002	1	30 Hours	773	728
Personality & Soft Skills Development	ACS22001	1	30 Hours	529	497
Value Based Education	VBE42101	1	30 Hours	629	605



German Language Course
Syllabus and Lesson Plan
Year: 2023 (July-September)
Duration- 30 hours and 45 hours
Teacher- Hiteshi Jain

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Vocab Alphabet Numbers Greetings Introduction Countries and Languages	Vocab Hobbies Days of the week Professions	Vocab Places in the city Asking for and giving directions Modes of Transport	Vocab Months Seasons Food & Drinks Going shopping
Grammar Verb Conjugation Personal pronouns Wh- Questions	Grammar Definite Articles Yes/ No Questions	Grammar Indefinite Articles Imperativ	Grammar Plurals Negation

WEEK 5 (end of 30 hours)	WEEK 6	WEEK 7	WEEK 8 (end of 45 hours)
Vocab Conversations during meals Talking about preferences Describing food	Vocab Time Talking about family Making appointments Apologising if you're late	Vocab Making plans Invitations Describing your day	Culture Introduction to German culture: music, food, traditions, festivals, and major cities.
Grammar Nominative and Accusative Case	Grammar Modal Verbs Possessive articles	Grammar Separable Verbs Past tense of have and to be	Exam Prep Revision lectures to help them prepare for the exam



Note:

- Both courses will be referring to the Netzwerk A1 textbook.
- The 45-hour Level A1.1 course will cover the first six chapters i.e. half of the Netzwerk A1 textbook.
- The 30-hour Basics of German course will cover the first 4.5 chapters of the Netzwerk A1 textbook.
- At the end of the 30-hour value-added course, St. Mira's students will receive 2 credits upon fulfilling the attendance criteria and passing the exam.
- At the end of the 45-hour A1.1 course, CLL students and all those St. Mira's students who have opted for the same will get a certificate of completion upon fulfilling the attendance criteria and passing the exam.
- Separate exams will be held for the 30-hour and 45-hour courses.





Indian Military Training Center

Syllabus and Terms of Commando Training.

- Total Course Fees :- **INR. 2000/- (Two Thousand only)**
- Fees Collection and Distribution between the College and A.I.C.E. be done in advance for the Complete course. It will be done by the College.
- The Course will be conducted for College official Students Only.
 - If Due to some unavoidable reasons, any lecture is missed, It will be covered in the same week or next week as per the convenience of the College.

Syllabus for Commando Training

Day	Syllabus
1	Introduction of Army Discipline, Basic Commands like Savdhan, Vishram.
2	Dahine Mud, Bayen Mud, Piche Mud, Basic Commands Practice.
3	Salute, Bayen Salute, Dahine Salute, Samne Salute, Khuli Line Chal, Nikat Line Chal, Kadwar Line Ban.
4	Introduction to March Pass. Stamp Foot March
5	Practice of Military Commands Covered above with stam Foot March.
6	Self Defense :- Rules of Commando Life, Mental Preparation, Basic Blocks.
7	Different Punches and Kicks for knocking down of Evil.
8	Practice of Blocks, Punches and Kicks.
9	Operating of Air Guns:- Safety Precautions, Information about guns, Firing Positions.
10	Practice of Air Gun firing. , Use of papper spray for self defense.
11	Fire Fighting, First Aid.
12	Rapelling
13	Lifting Methods,
14	Basic Commands, Games (Kabaddi, Specially designed group Games, Rugby.
15	Emergency Acupressure Techniques :- Introduction to Acupressure, Sujok, Emergency Acupressure Points.
Introduction to Indian Armed Forces and how to join Them. Every Session will consist of Specially Designed ground games to inspire team spirit and leadership in cadets.	

If Some more information is needed, Let us know and we will promptly make it available to you...

Expecting positive decision at your end...

Yours Faithfully,



Dr. Adwait Deshpande.
(President)

610, Vitthal Niwas, 3rd Floor, Behind Sai Service Petrol Pump, Deccan Gymkhana, Pune- 411004. Ph. 9823068226

Email ID- indianmilitarytrainingcenter@gmail.com

Syllabus for the 'Spoken English' Course at St. Mira's College.

Language Focus

1. Tenses
2. Questions- Question words
3. Present Simple- Present Continuous
4. Prepositions
5. Past Simple- Past Continuous
6. Regular- Irregular Verbs
7. Adverbs
8. Quantity (much/many)
9. Articles
10. Verb patterns
11. Future forms
12. Comparatives, Superlatives
13. Synonyms- Antonyms
14. Phrasal Verbs
15. Present Perfect

Vocabulary related to the above and that introduced through Reading, Listening lessons.

Everyday English

Social Expressions

1. Thank you/ my pleasure
2. Making conversation- Interjections
3. Saying when...
4. Expressing doubt and certainty
5. Question tags

Objectives

1. To enable the pre-intermediate learners to extend their knowledge of the language and allow them to activate what they have learnt.
2. There is also an emphasis on increasing fluency, so that the learners feel able to actively participate in conversations and discussions.
3. To ensure that the learners enjoy the course and that it will give them a real sense of progression in their language learning.
4. To instil confidence in the learners to interact in a social, professional and global environment.



St. Mira's College for Girls, Pune
(Autonomous, Affiliated to Savitribai Phule Pune University)
Department of Physical Education

Course Name: Adventurous Sports/ Activity

Subject Code:	Number of Credits: 2	Lectures:30
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Course Outcomes:

At the end of this course, the learner will be able to:

- Reinforce the physical and mental fitness and wholesome development among learners.
- Reinforce the qualities like leadership, helpfulness, adjustment, sympathy, group cohesion, unity, sincerity, patience among learners.
- Enrich once capacity to deal with odd situations with courage and determination.
- Develops self confidence and encourage creativity among learners.
- Recognize opportunities for leisure time activities and life time adventure sports among learners.

Unit 1- Theory

1. Introduction of Adventure Activities
2. Introduction of different Type of Activities
3. Equipment's or Material Required for different Activities
4. Safety Measures
5. Highest Peaks of World, Asia, India, and Maharashtra.
6. Forts of Maharashtra.

Unit 2- Practical (Activities)

- A. One night Stay Camping and Bonfire activities
- B. Trekking (4 -5 hours)
- C. Rappelling, River Crossing (Zipline), Balancing on Rope, Rock Climbing, and.

Signed by

Ekta Jadhav
Course Coordinator

Signed by

Dr. Shalini Iyer
Credit Course Incharge

Signed by

Dr. Jaya Rajagopalan
Principal Incharge



Spanish Syllabus- Basic

Unit 1

- Greetings and presentations.
- Personal information
- Masculine and feminine forms of adjectives and nouns.
- Present Indicative of verbs such as *ser, llamarse, trabajar, vivir*.
- Basic interrogatives such as *dónde, qué, de dónde, cómo*.
- Alphabets and numbers

Unit 2

- Formal and informal greetings and presentations
- To ask for and give personal information.
- To ask for phone number.
- Demonstrative adjectives
- Possessive adjectives
- Plural form of adjectives and names.
- Present indicative of regular verbs.

Unit 3

- Locate objects.
- Describe places (houses)
- Determinate articles
- Present indicative of verbs like *estar, tener, poner*.
- Prepositions of place

Unit 4

- To ask for the address to a particular place and to give the address.
- To tell of the existence of objects.
- To offer explanations to arrive at a particular site.
- To ask for and tell the time. Clock Reading.
- To ask for the timetable.
- Indeterminate articles
- *Hay/Está(n)*
- Present indicative form of *ir, dar, venir, seguir*, and *cerrar* with more examples.

Unit 5

- To ask for a particular desired object or necessity and to respond to the same.
- To ask for the bill after having received service.
- To place an order for food at a restaurant.
- To express likes and dislikes.
- Regular and irregular imperatives
- Verb: *gustar*
- Present indicative form of *querer, poder, hacer*.



St. Mira's College for Girls, Pune, India,

Borough of Manhattan Community College (BMCC), New York, USA

Collaborative course [COIL]

MILE: Art and Violence

	Subject Code:	Lectures: 30 hours	Credits: 2
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Objectives and Learning outcomes

Objectives

1. To gain comparative knowledge of art and violence through intercultural exchange
2. To develop understanding of how art becomes a marker of the social distinction (caste, gender, class, race, ethnicity, religion) leading to violence
3. To comprehend the power relations embedded in art and society.
4. To understand the interconnection between art and violence

Learning Outcomes

- To enhance the ability to use digital tools and resources.
- To identify various interdisciplinary fields using transnational literature and foster advanced learning.
- To Illustrate a critical viewpoint to examine cultural practices, developing ability to problematize; formulate hypothesis and research questions, identify and consult relevant sources, carry out fieldwork, employ moral and ethical standards and write a research report.
- To develop the skill to create and critically comment on the creation
- To develop a global world view with understanding of various forms of social inequality and social diversity as reflected in art
- To collaborate on a project with people from across the globe

Unit 1: Introduction	6
<ul style="list-style-type: none">● Introduction:<ul style="list-style-type: none">○ Ice-breakers- SLACK	

Unit 2: Ancient Western Art and the Art of Violence	8
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<ul style="list-style-type: none"> • Video by Dr Yan Yang <ul style="list-style-type: none"> ○ Assignment on the Indian Moghul Art on SLACK ○ Synchronous session for discussion 	
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Unit 3: Indian Art and Violence	8
<ul style="list-style-type: none"> • Synchronous Lecture on Mena Malgaonkar and Kisalay Vora <ul style="list-style-type: none"> ○ Assignment - select any work of art from any culture and as a group explain its history of violence 	

Unit 4: 1000 years of Christian Art	8
<ul style="list-style-type: none"> • Synchronous lecture by Dr Yan Yang on Christian Art before 13th C <ul style="list-style-type: none"> ○ Synchronous session for discussion (29th March 2023) ○ Making showcase film 	

Other details -

- A. Duration of the course- 26th January to 30th March 2023
- B. Course Co-ordinators – Dr. Snober Sataravala
- C. Course Instructor – Dr Yan Yang, NY
Dr. Snober Sataravala
- D. Remuneration to the Instructor – NIL
- E. Fees of the course – NIL



St. Mira's College for Girls, Pune, India
and Borough of Manhattan Community College, New York, USA
Collaborative Course

MILE: Creative Writing

	Subject Code:	Lectures: 30	Credits: 2
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Objectives and Learning outcomes

Objectives

1. Advance students' knowledge and understanding of different genres of creative writing
2. Enable students to develop the skills required to give creative expression to their personal thoughts, emotions and ideas
3. Assist students in engaging with different forms of writing such as the haiku, sonnet, drama and short fiction.
4. To gain comparative knowledge of various cultures and literary genres and styles through intercultural exchange

Learning Outcomes

- Understand the various types of creative writing and mark out their features
- Develop skills of creative writing through prompts and practical exercises
- Develop critical viewpoints to examine different pieces of writing and to incorporate different techniques in their own writing
- To enhance the ability to use digital tools and resources

Unit 1: Introduction - Poetry	15
<ul style="list-style-type: none"> ● Introduction: Pre course interactions <ul style="list-style-type: none"> ○ Ice-breakers- creative introductions on Padlet ○ Everything you Need to Write a Poem (and how it can save a life) - Tedx UTSC Talk by Daniel Tysdale ○ Synchronous discussion on sonnets and interactions ○ Reflections/Assignments - Writing Haikus and Sonnets 	

Unit 2: Drama	5
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<ul style="list-style-type: none"> ● Euripedes- Medea’s Feminist Speech ● Examining the Emotional Range of Writing ● Myths Revisited- Incorporating Emotions creatively ● Synchronous Session - Spoken Word poetry/speech 	
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Unit 3: Short Fiction	5
<ul style="list-style-type: none"> ● Stream of Consciousness Style ● The Tell-Tale Heart by Edgar Allen Poe- Animation ● “Happy Endings” - Margaret Atwood ● How to Build a Fictional World- Kate Messner (TedEd) ● Sync 	

Unit 4: Active Component	5
<ul style="list-style-type: none"> ● Composing a haiku, a sonnet and a dramatic monologue/dialogue - Assignments ● Synchronous sessions- Analysing sonnets, Performing Spoken Word, Composing stories 	

Other details -

- | | |
|-------------------------------------|-------------------------------------|
| A. Duration of the course- | February- March 2023 |
| B. Course Co-ordinators – | Florence M. Homolka
Komal Tujare |
| C. Course Instructor – | Florence M. Homolka
Komal Tujare |
| D. Remuneration to the Instructor – | NIL |
| E. Fees of the course – | NIL |



St. Mira's College for Girls, Pune
M.sc Computer Science
Compulsory Credit Course
Introduction to Cyber Security / Information Security
Total Credit =4 [For 100 marks]

Lectures Distribution

Module	Module Name	No Of Lectures	Classroom lectures	Self-based lectures
1	Pre-requisites in Information and Network Security	14	6	8
2	Security Management	13	1	12
3	Information and Network Security	13	1	12
4	System and Application Security	20	7	13
		60	15	45

[25% classroom teaching+75% self-based learning]

Evaluation Type based on each module

Module	Module Name	Type of exam	Marks	Credit
1	Pre-requisites in Information and Network Security	Multiple choice questions	25	1
2	Security Management	Assignment	25	1
3	Information and Network Security	Open book test	25	1
4	System and Application Security	Presentation	25	1
			100	4

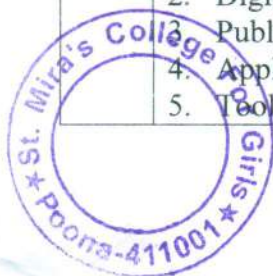


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Course Coordinator

Mr. Swati Pulate

Module-1
Pre-requisites in Information and Network Security
Total Number of lectures 14

Chap No	Topic	No. of Lect.	Study Material	Minute
1	Overview of Networking Concepts <ol style="list-style-type: none"> 1. Basics of Communication Systems 2. Transmission Media 3. Topology and Types of Networks 4. TCP/IP Protocol Stacks 5. Wireless Networks 6. The Internet 	3	<ul style="list-style-type: none"> • <u>E-Resource for Chap-1</u> Recorded lectures: <ul style="list-style-type: none"> • <u>Lecture-1</u> • <u>Lecture-2</u> • <u>Lecture-3</u> • <u>Lecture-4</u> Reference material: <ul style="list-style-type: none"> • <u>Transmission Media</u> • <u>Types of Network</u> • <u>TCP/IP Protocol</u> • <u>Wireless Network</u> • <u>Internet</u> 	<ul style="list-style-type: none"> • 65 • 12 • 24 • 30 • 39 • 22 • 14 • 05 • 17 • 13
			Minutes	241
2	Information Security Concepts <ol style="list-style-type: none"> 1. Information Security Overview: Background and Current Scenario 2. Types of Attacks 3. Goals for Security 4. E-commerce Security 5. Computer Forensics 6. Steganography 	3	<ul style="list-style-type: none"> • <u>E-Resource for Chap-2</u> Recorded lectures: <ul style="list-style-type: none"> • <u>Lecture-1</u> • <u>Lecture-2</u> • <u>Lecture-3</u> Reference material: <ul style="list-style-type: none"> • <u>Information Security</u> • <u>Goal for Security</u> • <u>Digital Watermark</u> • <u>E-commerce Security</u> • <u>Computer Forensics</u> • <u>Steganography</u> 	<ul style="list-style-type: none"> • 60 • 44 • 40 • 44 • 11 • 03 • 07 • 11 • 15 • 14
			Minutes	249
3	Security Threats and Vulnerabilities <ol style="list-style-type: none"> 1. Overview of Security threats 2. Weak / Strong Passwords and Password Cracking 3. Insecure Network connections 4. Malicious Code 5. Programming Bugs 6. Cybercrime and Cyber terrorism 7. Information Warfare and Surveillance 	4	Classroom Teaching <ul style="list-style-type: none"> • <u>E-resource for chap-3</u> 	
4	Cryptography / Encryption <ol style="list-style-type: none"> 1. Introduction to Cryptography / Encryption 2. Digital Signatures 3. Public Key infrastructure 4. Applications of Cryptography 5. Tools and techniques of 	3	<ul style="list-style-type: none"> • <u>E-Resource for Chap-4</u> Recorded lectures: <ul style="list-style-type: none"> • <u>Lecture</u> Reference material: <ul style="list-style-type: none"> • <u>Digital Signature</u> • <u>Digital WaterMarking</u> 	<ul style="list-style-type: none"> • 100 • 30 • 05 • 06



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Course Coordinator

Swati P. Iyer

	Cryptography		<ul style="list-style-type: none"> • <u>Applications of Cryptography</u> • <u>Tools and Techniques of cryptography</u> 	<ul style="list-style-type: none"> • 17 • 15
			Minutes	173
	Module-1 Test(MCQ based)	1	Evaluation -online exam	60

Module-2
Security Management
Total Number of lectures =13

Chap No	Topic	No. of Lects.	Study Material	Minute
1	Security Management Practices <ol style="list-style-type: none"> 1. Overview of Security Management 2. Information Classification Process 3. Security Policy 4. Risk Management 5. Security Procedures and Guidelines 6. Business Continuity and Disaster Recovery 7. Ethics and Best Practices 	6	<ul style="list-style-type: none"> • <u>E-Resource for Chap-1</u> Reference material: <ul style="list-style-type: none"> • <u>Cyber Law</u> • <u>Cyber Law need and security Policy</u> • <u>Information System Audit</u> • <u>Security Procedures and Guidelines</u> • <u>Ethics and Best Practices</u> 	<ul style="list-style-type: none"> • 120 • 37 • 03 • 08 • 17 • 28
			Minutes	213
2	Security Laws and Standards <ol style="list-style-type: none"> 1. Security Assurance 2. Security Laws 3. IPR 4. International Standards 5. Security Audit 6. 6. SSE-CMM / COBIT etc 	6	<ul style="list-style-type: none"> • <u>E-Resource for Chap-2</u> Reference material: <ul style="list-style-type: none"> • <u>Cyber Crime</u> • <u>IPR</u> • <u>SSE-CMM</u> • <u>Security Audit</u> • <u>COBIT</u> 	<ul style="list-style-type: none"> • 90 • 16 • 12 • 07 • 120 • 03
			Minutes	248
	Module-2 Test	1	Evaluation -Assignment Test	60



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(Swati Pulate)

Module-3
Information and Network Security
Total Number of lectures 13

Chap No	Topic	No. of Lectures	Study Material	Minute
1	Access Control and Intrusion Detection 1. Overview of Identification and Authorization 2. Overview of IDS 3. Intrusion Detection Systems and Intrusion Prevention Systems	3	<ul style="list-style-type: none"> • <u>E-Resource for Chapter-1</u> Recorded lectures: <ul style="list-style-type: none"> • <u>Lecture recording-1</u> • <u>Lecture Recording-2</u> Reference material: <ul style="list-style-type: none"> • <u>AAA Video</u> • <u>Access Control</u> • <u>Digital Signature Video</u> • <u>Digital Certificate Video</u> • <u>IDS & IPS Video</u> • <u>IDS Video</u> 	<ul style="list-style-type: none"> • 70 • 10 • 30 • 05 • 05 • 05 • 08 • 08 • 07
			Minutes	150
2	Server Management and Firewalls 1. User Management 2. Overview of Firewalls 3. Types of Firewalls 4. DMZ and firewall features	4	<ul style="list-style-type: none"> • <u>E-Resource for Chapter-2</u> Recorded lectures: <ul style="list-style-type: none"> • <u>Lecture recording-1</u> • <u>Lecture recording-2</u> • <u>Lecture recording-3</u> • <u>Lecture recording-4</u> Reference material: <ul style="list-style-type: none"> • <u>DMZ Security Video</u> • <u>Firewall</u> • <u>Role Based Access Control</u> 	<ul style="list-style-type: none"> • 120 • 22 • 08 • 20 • 41 • 07 • 13 • 11
			Minutes	242
3	Security for VPN and Next Generation Technologies 1. VPN Security 2. Security in Multimedia Networks 3. Various Computing Platforms: HPC, Cluster and Computing Grids 4. 4. Virtualization and Cloud Technology and Security	5	Classroom Teaching <ul style="list-style-type: none"> • <u>E-Resource for Chapter-3</u> 	
	Module-1 Test	1	Evaluation-Open Book Test	60



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Module-4
System and Application Security
Total Number of lectures 20

Chap No	Topic	No. of Lect	Study Material	Minute
1	Security Architectures and Models 1. Designing Secure Operating Systems 2. Controls to enforce security services 3. Information Security Models	5	<ul style="list-style-type: none"> E-Resource for Chap-1 Recorded lectures <ul style="list-style-type: none"> Lecture 1 Lecture-2 Lecture-3 Reference material: <ul style="list-style-type: none"> Biba Model Video Operating System Security Concept 	<ul style="list-style-type: none"> 120 29 20 30 03 14
			Minute	216
2	System Security 1. Desktop Security 2. email security: PGP and SMIME 3. Web Security: web authentication, SSL and SET 4. Database Security	5	<ul style="list-style-type: none"> E-Resource for Chap-2 Recorded lectures <ul style="list-style-type: none"> Lecture-1 Lecture-2 Lecture-3 Lecture-4 Lecture-5 Lecture-6 Reference material: <ul style="list-style-type: none"> PGP S-MIME 	<ul style="list-style-type: none"> 60 29 19 37 17 22 12 28 28
			Minute	252
3	OS Security 1. OS Security Vulnerabilities, updates and patches 2. OS integrity checks 3. Anti-virus software 4. Configuring the OS for security 5. OS Security Vulnerabilities, updates and patches	5	Classroom Teaching <u>E-Resource for Chap-3</u>	
4	Chapter 4: Wireless Networks and Security 1. Components of wireless networks 2. Security issues in wireless	3	<ul style="list-style-type: none"> E-Resource for Chap-4 Recorded lectures <ul style="list-style-type: none"> Lecture-1 Reference material: <ul style="list-style-type: none"> Wireless Network Security Video 	<ul style="list-style-type: none"> 30 43 34
	Module-4 Test	2	Presentation based	120
			Minute	227



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ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Autonomous- Affiliated to Savitribai Phule Pune University

Department of Politics and Public Administration

Screen shots of Course details on STUDIUM Online Learning Platform

Compulsory Credit Course for PG Students- HUMAN RIGHTS 2022-23

The screenshot shows the Studium Online Learning Platform interface. The top navigation bar includes links for 'Student', 'Apply for Home Lo...', 'Full and/or Explan...', 'पूरा और/या स्पष्ट...', 'Dashboard', 'RLSA Login Page', 'Scores and new ve...', 'Political Communic...', 'Political Communic...', and 'Political Communic...'. The main content area is titled 'The Human Rights' and shows 'PG CREDIT COURSES 2022-23'. A sidebar on the left contains links for 'My Progress', 'Notice Board', 'My Subjects', 'Schedule', 'Attendance Analysis', 'Exams', 'Feedback Form', and 'Logout'. The main content area displays 'The Human Rights' with 'Total Credits: 00'. Below this, there is a paragraph explaining the principles of human rights education, aiming to promote dignity, tolerance, and peace by educating individuals and groups to respect, defend, and advocate for their rights. The bottom of the screen shows a taskbar with a search bar and system icons.

The screenshot shows the Studium Online Learning Platform interface. The top navigation bar includes links for 'Student', 'Apply for Home Lo...', 'Full and/or Explan...', 'पूरा और/या स्पष्ट...', 'Dashboard', 'RLSA Login Page', 'Scores and new ve...', 'Political Communic...', 'Political Communic...', and 'Political Communic...'. The main content area is titled 'The Human Rights' and shows 'PG CREDIT COURSES 2022-23'. A sidebar on the left contains links for 'My Progress', 'Notice Board', 'My Subjects', 'Schedule', 'Attendance Analysis', 'Exams', 'Feedback Form', and 'Logout'. The main content area displays 'The Human Rights' with 'Total Credits: 00'. Below this, there is a paragraph explaining the principles of human rights education, aiming to promote dignity, tolerance, and peace by educating individuals and groups to respect, defend, and advocate for their rights. The bottom of the screen shows a taskbar with a search bar and system icons.



Stadium - Students

student.stadiumtech.in/activity/CourseMaterial

Stadium - Students Apply for Home Lo... Full article: Explai... Dashboard RUSA : Login Page Stories-ordinary pe... Political Commu... Political Commu... Political Commu...

are conducted with human rights. These steps recognise the steps taken by the UN in drafting the Universal Declaration of Human Rights and introduce the objectives of the preamble. It then proceeds to examine each Article with explanation to UHR.

legislation, thereby recognising the importance of rights for all sections of people without any discrimination. However, many a times, due to a number of adverse social, economic, cultural aspects, which play a vital role in the realisation of the rights, the vulnerable and disadvantaged groups are often not in a position to

How can we ensure the development of rights of women and children and discuss the national perspectives

Women's Rights as Human Rights

Book 2- Unit 3 0%

Unit 3- Status and Rights of Socially and Economically Disadvantaged People
Human Rights belong to everyone regardless of any distinction. However, due to socio-cultural and other perspectives, some sections of people face greater vulnerability. This unit looks at indigenous people, persons belonging to Scheduled Castes, Scheduled Tribes, older persons, persons with disabilities and minority rights.

What does it mean to be stateless?

Book 2- Unit 4 0.00%

Unit 4- Human Rights of Special Category of Vulnerable Groups
In spite of the guarantee of human rights to mankind by the international community, at times, due to technical-legal aspects, socio-economic, cultural and other problems, a section of the humanity are at risk and are unable to enjoy the guaranteed human rights. This unit examines human rights issues relating to such special category of vulnerable groups, stateless persons, sex workers, migrants and persons affected or infected by HIV/AIDS will be subtly discussed.

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Veena
Ms. Veena Kenchi
Course Instructor



Shalini Iyer
Dr. Shalini Iyer
Course Coordinator

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
 Autonomous- Affiliated to Savitribai Phule Pune University
 Department of Politics and Public Administration

Screen shots of Course details on STUDIUM Online Learning Platform

Compulsory Credit Course for PG Students- INTRODUCTION TO CONSTITUTION 2022-23

Introduction to Constitution

PG CREDIT COURSES 2022-23

[BACK](#)

Introduction to Constitution

Total Credits: 0/0

This course introduces students to the Constitution of India. The Constitution, being supreme law of the land, must be known to every citizen of India. It begins with the Preamble, which indicates the source and objects of it. We, the people of India, are the source of the Constitution and have resolved to constitute India into a sovereign, socialist, secular, democratic and republic. The Course has been designed for everyone to make acquaint themselves with their fundamental rights and of others. No right is absolute one; it is subject to others right, as well. Directive Principles of State Policy are nothing but rights, though not enforceable by any court. These Directive Principles are basically 'Fundamental Principles' in the governance of the country. Powers and freedoms come with responsibility, State's responsibility to implement Directive Principles and citizens must perform their duties towards others, society and nation.

UNIT 1: PHILOSOPHY OF THE INDIAN CONSTITUTION

0%

Samvidhan- Making of the Constitution of India
 Series: Samvidhan Episode- Making of the Constitution of India- Aajee Satish TV

Making of constitution
 Address of Indian Constituent Assembly- Shree Acharya

Role of Women in the Constituent Assembly
 Role of Women in the Constituent Assembly- Govt of India website <http://www.mha.gov.in/constitution/1948>

Readings and Videos on Overall Syllabus of Course

0%

Comparison of FRs, DPSPs and FDs
 PPT on Fundamental rights, Directive Principles of State Policy and Fundamental Duties

From Preamble to the Final Draft and beyond
 From Preamble to the Final Draft and beyond- Samvidhan Episode 10-18-19th, series youtube constitution channel

Notes- Working of the Constitution of India
 Reading Material- Constitution Working of the Constitution of India

UNIT 2: FUNDAMENTAL RIGHTS

0%

Independent India: Righting Fundamental Wrongs with Fundamental Rights
 Series: Samvidhan Episode- Independent India- Righting Fundamental Wrongs with Fundamental Rights- Aajee Satish TV <http://www.youtube.com/watch?v=1333333333>

Fundamental rights
 Series: TV Special Report- Fundamental Rights- <http://www.youtube.com/watch?v=1333333333>

Notes- Fundamental Rights
 Reading Material- Fundamental Rights

UNIT 3: DIRECTIVE PRINCIPLES OF STATE POLICY

0.00%

Directive Principles of State Policy
 Series: TV Special Report- Directive Principles of State Policy- <http://www.youtube.com/watch?v=1333333333>

Notes- Directive Principles of State Policy
 Reading Material- Directive Principles of State Policy

Jeena



Subject Title:

Credit Course Title:
[PG Yoga Credit Course]

Semester: I	Credits: 4	Subject Code:	Lectures/Hours: 60
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Course Outcomes:

At the end of the course

- Outcome 1: perform different 'asanas' (yogic body postures), 'pranayama' (breath control) and understand the importance of Hatha Yoga.
- Outcome 2: demonstrate basic skills associated with yoga activities including strength, flexibility, balance and coordination.
- Outcome 3: improve awareness, focus, concentration so as to achieve a state of calmness, clarity of thought, a sense of balanced energy and lightness of body and mind.
- Outcome 4: improve emotional stability, inculcate mental hygiene and holistic health

Unit 1: Introduction to Yoga, Suryanamaskar and Pranayama

Credits:1
Hours:

Chapter 1 . Definition of Yoga

- Definition of Yoga
- Different Types of Yoga
- Benefits or advantage of Yoga

Chapter 2. Suryanamaskar

- Suryanamaskar 12 steps
- Advantages of Suryanamaskar
- Precaution while doing Suryanamaska

Chapter 3. Pranayama

- Meaning of Pranayama
- Benefits of Pranayama
- Types of Pranayama

15 hours



Unit 2: Yoga Asanas


Credits:2

Board of Studies	Name	Signature
Chairperson (HoD)	Dr. Shalini Iyer	<i>Shalini Iyer</i>

Rupel

	Hours:
Chapter 1. Procedure and Precaution of doing different asanas <ul style="list-style-type: none"> • Meaning of Asanas • Warm up exercise • Cooling Asana • Precaution while performing Asana 	20 hours
Chapter 2. Asanas in supine, sitting and standing position <ul style="list-style-type: none"> • Method, precaution of Asanas in standing position • Method, Precaution of Asanas in sitting position • Method, precaution of Asanas in supine position 	

Unit 3: Meditation and Mudra	Credits:3 Hours:
Chapter 1. Meditation and Yog nidra <ul style="list-style-type: none"> • Meditation types and its benefits • Omkar chanting • Guided Meditation • Tratak 	15 hours
Chapter 2. Mudras <ul style="list-style-type: none"> • Types of Mudras, benefits and methods to perform different mudras 	

Unit 4: Chair Yoga and Face Yoga	Credits:10 Hours:
Chapter 1. Chair Yoga <ul style="list-style-type: none"> • Chair Suryanamaskar • Asanas on chair 	
Chapter 2. Face Yoga <ul style="list-style-type: none"> • Facial exercises for forehead, neck, lips, eyes and cheeks • Facial tapping and face massage • Spoon exercise 	

Board of Studies	Name	Signature
Chairperson (HoD)	Dr. Shalini Iyer	<i>Shalini Iyer</i>

Rupal

<https://youtu.be/JEoxUG898qY>



Board of Studies	Name	Signature
Chairperson (HoD)	Dr. Shalini Iyer	<i>Shalini Iyer</i>

Rupel

Rupel Ghesota

Introduction to Yoga Credit Course

Syllabus for 'Yoga Credit Course program*' for students of University of Pune is given below.

The program will be of 4 credits and it will be delivered in 60 clock hours**.

*: Course material for this program will be developed by CINS **:.

These clock hours also includes practical sessions and demonstrations wherever required.

SR. NO.	TOPIC	HOURS	MARKS
Module 1	Introduction to Yoga, Suryanamaskar and Pranayama	15 hours	25
Chapter 1:	Definition of Yoga and types of yoga and its benefits		
Chapter 2	Suryamaskar		
Chapter 3	Pranayama		
Module 2	Yoga Asanas	20 hours	25
Chapter 1	Procedure and Precaution of doing different asanas		
Chapter 2	Asanas in supine, sitting and standing position.		
Module 3	Meditation and Mudras	15 hours	25
Chapter 1	Meditation and yog nidra		
Chapter 2	Mudras		
Module 4	Chair Yoga and Face Yoga	10 hours	25
Chapter 1	Chair Yoga		
Chapter 2	Face Yoga		

Rupal
Rupal Gresota

Shalini
Dr Shalini
Coordinator



Detail Syllabus for Credit Course for University of Pune

Module 1: Introduction to Yoga Suryanamaskar and Pranayama

Chapter 1: Definition of Yoga

1. Definition of yoga.
2. Different types of yoga .
3. Benefits or advantage of performing yoga.

Chapter 2: Suryamaskar

1. Suryanamaskar 12 steps
2. Advantage of doing Suryanamaskar
3. Precaution while doing Suryanamaskar

Chapter 3: Pranayama

1. Meaning of Pranayama
2. Benefits of Pranayama
3. Types of Pranayama

Module 2: Yoga Asanas

Chapter 1: Procedure and Precaution of doing different asanas

1. Meaning of Asanas
2. Warm up Exercise
3. Cooling Asana
4. Precaution while performing Asanas

Chapter 2: Asanas in supine, sitting and standing position

1. Method , Precaution of Asanas in standing position

Rupel
(Rupel Gesota)

Shalini Yer
Dr. Shalini Yer
Coordinator



2. Method , Precaution of Asanas in sitting position
3. Method , Precaution of Asanas in supine Position

Module 3: Meditation and Mudras

Chapter 1: Meditation and yog nidra

1. Meditation types and its benefits
2. Omkar chanting
3. Guided Meditation
4. Tratak

Chapter 2: Mudras

1. Types of Mudras , benefits and methods to perform different mudras.

Module 4: Chair Yoga and Face Yoga

Chapter 1: Chair yoga

1. Chair Suryanamaskar
2. Asanas on chair

Chapter 2: Face Yoga

1. Facial exercises for forehead, neck, lips, eyes and cheeks.
2. Facial tapping and face massage
3. Spoon exercise

Rupal

(Rupal Ghesota)

Shalini Iyer
Dr. Shalini Iyer
Coordinator



Msc Computer Science
Compulsory Credit Course 2022-23

Scilab

Total Credit =1 [For 25 marks]

Lectures Distribution

Module	Module Name	No Of Lectures	Classroom lectures (Min)	Self-based lectures (Min)
1	Unit 1	1	60	35 + 90 = 125
2	Unit 2	2	-	31+ 80 = 111
3	Unit 3	4	40	75
4	Unit 4	3	20	-
5	Unit 5	2	60	125 + 120
6	Unit 6	3	60	165 + 167
		15	4	888 = 14.8 Hrs.approx.

[25% classroom teaching+75% self-based learning]

Evaluation Type based on each module

Module	Module Name	Type of exam	Marks	Credit
1	Unit 3,5 and 6 1	Assignment	15	-
3	Unit 2 and 6 2	A signment	10	-
			25	1

h.m. Phadnis
Mrs. Gitanjali Phadnis
Course Instructor



Shalini Iyer
Dr. Shalini Iyer
Course Coordinator

Module
Pre-requisites in Scilab
Total Number of lectures 18 Approx

Module No	Topic	No. of Lect.	Study Material	Minute
1	Installation of the software Scilab. Basic syntax, Mathematical Operators, Predefined constants, Built in functions.	1	<ul style="list-style-type: none"> Classroom Teaching E Resources - <ol style="list-style-type: none"> 1) <u>Study Material</u> 2) <u>Scilab Lecture 1</u> 	60 90 35
			Minutes	185
2	<ul style="list-style-type: none"> Complex numbers, Polynomials, Vector Matrix. Handling these data structures in functions. 	2	<ul style="list-style-type: none"> Classroom Teaching E Resources - <ol style="list-style-type: none"> 1) <u>Study Material</u> 2) <u>Scilab Lecture 2</u> 	- 80 31
			Minutes	111
3	Programming <ul style="list-style-type: none"> - Functions - Loops - Conditional statements - Handling .sci files 	4	<ul style="list-style-type: none"> Classroom Teaching E Resources - <ol style="list-style-type: none"> 1) <u>Study Material</u> 	40 75
			Minutes	115
4	Installation of additional packages e.g. 'optimization'	3	<ul style="list-style-type: none"> Classroom Teaching 	20
			Minutes	20
5	Graphics Handling <ul style="list-style-type: none"> - 2D, 3D Graphs - Generating .jpg files - Function Plotting - Data Plotting 	2	<ul style="list-style-type: none"> Classroom teaching E Resources - <ol style="list-style-type: none"> 1) <u>Study Material</u> 2) <u>Scilab Lecture 5_1</u> 3) <u>Scilab Lecture 5_1 – Surf Command</u> 4) <u>Scilab Lecture 3D graphs</u> 	60 120 31 43 51

H.M. Phadnis
Mrs. Gitanjali Phadnis
Course Instructor



Shalini Yer
Dr. Shalini Yer,
Course Coordinator

			Minutes	285
6	Applications - Numerical Linear Algebra (Solving linear equations, eigen values etc.) - Numerical Analysis – iterative methods	3	<ul style="list-style-type: none"> • Classroom teaching • E-Contents: <ol style="list-style-type: none"> 1) <u>Study Material 6_1</u> Study Material 6_2 2) <u>RREF</u> 3) <u>Regula Falsi Method</u> 4) <u>Regula Falsi Method</u> Program 5) <u>Newton Raphson Method</u> 6) <u>Linsolve command</u> 7) <u>Eigen Values and Eigen</u> Vectors 	60 165 15 30 36 38 28 20
			Minutes	392

Mrs. Gitanjali Phadnis
Course Instructor



Dr. Shalini Iyer
Course Coordinator

Msc Computer Science
Compulsory Credit Course

Latex

Total Credit =1 [For 25 marks]

Lectures Distribution

Module	Module Name	No Of Lectures	Classroom lectures	Self-based lectures
1	Unit 1	1	30	30
2	Unit 2	2	-	113
3	Unit 3	4	60	140
4	Unit 4	3	-	89
5	Unit 5	2	30	
6	Unit 6	3	60	228
7	Unit 7	1	-	
		16		

[25% classroom teaching+75% self-based learning]

Evaluation Type based on each module

Module	Module Name	Type of exam	Marks	Credit
1	Unit 1,2,3,4,5	MCQ	10	
3	Unit 6	Assignment	10	
			25	1

Vrushali Paranjape
Mrs. Vrushali Paranjape
Course Instructor



Shalini Iyer
Dr. Shalini Iyer,
Course Coordinator

Module
Pre-requisites in Latex
Total Number of lectures 16

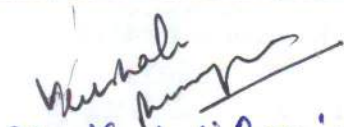
Module No	Topic	No. of Lect.	Study Material	Minute
1	Installation of the software LaTeX	1	<ul style="list-style-type: none"> Classroom teaching Recorded lectures: First Lecture 	30 30 25
			Minutes	85
2	<ul style="list-style-type: none"> Understanding Latex Compilation Basic Syntax Writing equations, Writing Matrix Writing Tables 	2	<ul style="list-style-type: none"> E-resource for chap-2 FirstDocument Equations Matrix Table Recorded Lecture: Equations Matrix Table 	30 min 36 18 29
			Minutes	113
3	<ul style="list-style-type: none"> Page Layout – Titles, Abstract Chapters, Sections, References, Equation references, citation. List making environments Table of contents, Generating new commands, Figure handling numbering List of figures, List of tables Generating index. 	4	<ul style="list-style-type: none"> Classroom Teaching E-Resource for Unit 3 <ul style="list-style-type: none"> List Table of Contents-1 Table of Contents -2 Index Create Bibliography Recorded Lecture <ul style="list-style-type: none"> References(Bibliography) List Table of Contents Indexpage Coverpage PageLayout 	60 60 30 10 26 15
			Minutes	201
4	<ul style="list-style-type: none"> Packages: Geometry, Hyperref, amsmath, amssymb, algorithms, algorithmic graphic, color, tilez listing. 	3	<ul style="list-style-type: none"> E-Resource for Unit 4 <ul style="list-style-type: none"> Algorithm Color -Notes ColorText Hyperlink Graphics Recorded Lecture 	30 29

Murshida
Mrs. Krushali Paranjape
Course Instructor



Shalini
Dr. Shalini
Course Coordinator

			<ul style="list-style-type: none"> o <u>Color</u> o <u>Graphics</u> o <u>Hyperref</u> o <u>Algorithm</u> 	30
			Minutes	89
5	Classes: article, book, report, beamer, slides. IEEtran.	2	<ul style="list-style-type: none"> • Classroom teaching • E-Resource for Unit 5 <ul style="list-style-type: none"> <u>Book Notes-1</u> <u>Book Notes-2</u> • Recorded Lecture <ul style="list-style-type: none"> <u>Book</u> 	30 30 55
			Minutes	115
6	Applications to: Writing Resume Writing question paper Writing articles/ research papers Presentation using beamer.	3	<ul style="list-style-type: none"> • Classroom teaching • E-Contents: <ul style="list-style-type: none"> o <u>Resume</u> o <u>ResumeExample</u> o <u>Question Paper</u> o <u>Letter writing</u> • Recorded Lecture: <ul style="list-style-type: none"> <u>QuestionPaper_Lecture1</u> <u>QuestionPaper_Lecture2</u> <u>Question Paper_Lecture3</u> • <u>Lecture PPT using Beamer</u> • <u>Lecture2 on Beamer</u> 	60 60 30 47 21 15 24 31
			Minutes	288
7	Theory, Practical and exercises base above concepts.	1	Assignments	
	Module-1 Test(MCQ based)	1	Assignment	One lecture


 Mrs. Vrushali Paranjape
 Course Instructor.



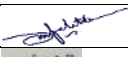

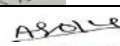
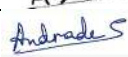

Dr. Shalini Iyer
 Course Coordinator

St. Mira's College for Girls in Academic Collaboration with Ashwaas
POSTGRADUATE DIPLOMA IN CLINICAL MUSIC THERAPY (PGD-CMT)
SYLLABUS

Total number of hours- 1440hrs

Semester I (180 hours)	Subject Code: MCR/DCMT(21)043	Lectures: 106
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Clinical Music Therapy in Theory and Practice (CMT/TP)
Learning Outcomes
Students who successfully complete the program will be able to:
Theoretical Foundations <ul style="list-style-type: none"> • Demonstrate their knowledge and understanding of Music Therapy • Demonstrate their knowledge and understanding of several key theoretical approaches to Music Therapy (e.g. psychodynamic, humanistic) • Demonstrate their knowledge and understanding of the core concepts relating to Music Therapy (e.g. holding, affect attunement) • Demonstrate an understanding of what is meant by the therapeutic relationship and therapeutic framework • Demonstrate an ability to integrate theory and practice in their placement settings and in discussion of their work in supervision • Critically research, analyze and evaluate the theory and practice of Music Therapy

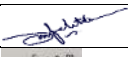

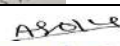
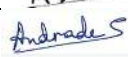

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	



- Critically evaluate and synthesize Music Therapy research findings and literature, and gather appropriate information to support their own findings resulting from their Music Therapy interventions
- Demonstrate an understanding of research methodologies and evidence-based practice in the Arts Therapies and have an understanding of those most appropriate to Music Therapy theory and practice.

Clinical Contexts

- Use a high level observational and analytical skills
- Demonstrate knowledge and understanding of the work settings within which music therapists most commonly practice
- Demonstrate their knowledge and understanding of the effects of the environment and the role of the institution on a client's well-being
- Demonstrate knowledge and understanding of the different ways in which music is used as a therapeutic tool in a variety of settings
- Demonstrate knowledge and understanding of diagnoses, disabilities and treatment protocols within a variety of healthcare and educational settings
- Demonstrate understanding of current relevant governmental policies and guidance including health and safety and data protection policies
- Demonstrate an understanding of the statutory requirements of the health professions within India and the maintenance of an ethical clinical practice
- Assess and make informed and professional judgements about client need and strengths, complex client issues, and use appropriate assessment, treatment techniques and strategies for meeting client needs
- Know what is necessary to prepare for and carry out work as a trainee clinical Music Therapist in a safe and responsible manner

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	



Clinical Music Therapy Methods and Techniques (CMT/MT)

Learning Outcomes

Students who successfully complete this program will be able to:

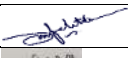

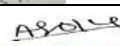
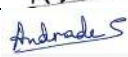

- Understand and employ the core improvisational techniques of mirroring, matching, reflecting and grounding
- Demonstrate knowledge and understanding of the way in which their music can be used to meet the therapeutic needs of clients
- Use advanced expressive, technical and interactive elements of musical improvisation skills
- Develop a therapeutic relationship with clients
- Carry out a variety of group therapeutic music interventions, including music and imagery, music and relaxation, group improvisation, songwriting and group singing/vocalizing
- Demonstrate knowledge and understanding of receptive methods in music therapy and when/how to employ them

Reflexive and Experiential Learning (RL/EL)

Learning Outcomes

Students who successfully complete this program will be able to:

- Demonstrate a comprehensive understanding of the need for self-knowledge, personal development and ongoing supervision for practising therapists
- Use critical reflection in their own clinical work, and appreciate their own limitations as a therapist and the need for appropriate levels of supervision

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	



Tutorials and Instrumental Tuition (T/IT)

Learning Outcomes

Students who successfully complete this program will be able to:

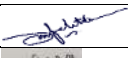

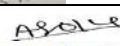


- Utilize tutorials in order to consolidate their learning and prepare for the written assignments
- Demonstrate the ability to work independently in planning and implementing tasks at a professional level
- Demonstrate basic playing skills on Ukulele and Keyboard or Guitar

Self-learning and key skills (SL/KS)

Learning Outcomes:

Students who successfully complete this program will be able to:

- Manage their time in such a way that they are able to complete the requirements of the course for the first semester
- Present their work in a well-structured and convincing way and with confidence, both orally and in writing
- Use a high level of initiative and work independently
- Communicate appropriately with staff and clients within a team and communicate information and ideas to specialist and non-specialist audiences.
- Demonstrate autonomy, flexibility and creativity in dealing with complex issues and

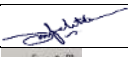



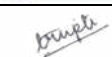
Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
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Faculty	Ms. Hasina Shaikh	
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solving problems

- Demonstrate the ability to work independently in planning and implementing tasks at a professional level
- Use critical reflection in their own clinical work, and appreciate their own limitations as a therapist and the need for appropriate levels of supervision and personal therapy
- Make a clear presentation of their findings in a seminar setting.
- Undertake independent study into their clinical practice in order to write a dissertation on their clinical work and present, and answer questions about, their work at an end of year Viva.



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Program of study

Semester 1	Subject Code: CMT/TP	Lectures: 70
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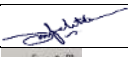

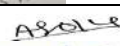
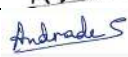

Unit 1 Introduction to Music Therapy	16 hours
<ul style="list-style-type: none"> • Orientation to the course • Definitions of Music Therapy • Why Music Therapy? • The therapeutic relationship • The therapeutic framework • History of Music Therapy • ‘Tools of the trade’ • Approaches in Music Therapy Practice and the settings they are suited to: Humanistic, Psychodynamic, Physiological, Developmental, Supportive 	2.5h 1.5h 1.5h 1.5h 1.5h 1.5h 3h 3h



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Unit 2 Theoretical Foundations of Music Therapy	42 hours
<ul style="list-style-type: none"> Literature and media discussion 	15h
<ul style="list-style-type: none"> Child development and attachment theory with specific reference to the work of developmental psychologists: Bowlby, Ainsworth, Erikson, Piaget, Stern, Malloch and Trevarthen 	6h
<ul style="list-style-type: none"> An overview of the work of psychoanalysts: Freud, Winnicott, Klein and Rogers and how their work relates to music therapy 	6h
<ul style="list-style-type: none"> Unconscious processes and core theoretical concepts in relation to music therapy 	3h
<ul style="list-style-type: none"> Music Therapy as an evidence-based practice 	3h
<ul style="list-style-type: none"> Academic writing, study and research skills 	9h

Unit 3 Clinical Contexts in Music Therapy	45 hours
<ul style="list-style-type: none"> Observational skills (Mother/Infant observation) 	12h
<ul style="list-style-type: none"> Setting up placements: Referral and initial assessment, assessment procedures and tools 	3h
<ul style="list-style-type: none"> Starting clinical placements: The importance of the musical therapeutic framework, therapeutic relationship, boundary issues and safe practice 	6h
<ul style="list-style-type: none"> Record keeping (including use of recording equipment), Report writing and data protection 	3h

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<ul style="list-style-type: none"> Music Therapy in the following settings: Schools, hospitals (oncology, palliative care, mental health, neurorehabilitation), residential homes 	9h
<ul style="list-style-type: none"> Clinical Studies - an overview of symptoms and treatment in healthcare settings in the following areas: ASD, Oncology, Learning difficulties and Neurological disorders (Rett Syndrome, Cerebral Palsy, Muscular dystrophy, Multiple Sclerosis, Dementia, Epilepsy, Parkinson's disease) 	12h

Semester 1	Subject Code: Add-on Modules	Lectures: 6
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Add-on Modules	30 hours
Module 1: Ayurvedic Medicine Module leader - Dr. Neelesh Pramod Korde	15h
Module 2: Movement Therapy Module leader - Tripura Kashyap	15h
For learning outcomes see Course Handbook Appendix	



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Semester 1	Subject Code: CMT/MT	Lectures: 22
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Unit 1 Standard Music Therapy Methods and Techniques	14h
<ul style="list-style-type: none"> Imitating or Copying, Mirroring Matching, Reflecting Role Play Accompanying (performance) 	3h 3h 3h 5h

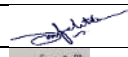

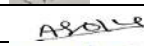
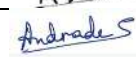
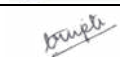
Unit 2 Receptive Methods in Music Therapy	6h
<ul style="list-style-type: none"> Directed Music Imaging Relaxed Music Listening 	3h 3h

Unit 3 Group Music Making	16.5h
<ul style="list-style-type: none"> Group Therapeutic Music Activities 	16.5h

Semester 1	Subject Code: RL/EL	Lectures: 23
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Unit 1 Reflexive Learning	15 hours
<ul style="list-style-type: none"> Reflexive learning - group debate Reflexive journals- group discussion 	15h

Unit 2 Experiential Learning	23.5 hours
<ul style="list-style-type: none"> Song-writing module Presentation “The Music of My Life” Vocal techniques 	9h 5.5h 9h

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Semester 1	Subject Code: T/IT	Tutorials:12 Lessons: 20
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Unit 1 Tutorials	12 hours
1:1 Tutorials	12h

Unit 2 Instrumental Tuition	20 hours
Ukulele skills	10h
Guitar skills	10h

TOTAL Hours for Academic Teaching: 240



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Semester 1	Subject Code: SL/KS	
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Self-Learning	240 hours
<ul style="list-style-type: none"> Personal Therapy Reflexive Journal Preparation for presentation: 'The Music of My Life' Preparation for accompanying performance Literature and media discussion preparation Initial placement observations Weekly preparation and follow-up for internship (networking, writing and responding to emails, setting up placement, visiting placements etc.) Preparation for Music Therapy Presentation for placements Study week Add-on module reading/assessment Assignment preparation (reading/research) Writing assignment Extra Tutorials Guitar and Ukulele lessons and practice 	20h 15h 15h 10h 22h 24h 24h 10h 20h 10h 15h 16h 4h 40h

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Semester 2	Subject Code: CMT/TP	Lectures: 12
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Unit 2 Theoretical Foundations of Music Therapy	15h
<ul style="list-style-type: none"> Group dynamics in relation to music therapy, focusing on the work of Lewin, Bion, Tuckman and Yalom Music and the Brain (NMT) Research methods 	6h 3h 3h

Unit 3: Clinical Contexts in Music Therapy	6h
<ul style="list-style-type: none"> Music Therapy in Community Settings Counselling Skills 	3h 3h

Semester 2	Subject Code: Add-on Modules	Lectures: 10
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Add-on Modules	15 hours
Module 3: Music and Imagery Module leader - Dr. Min Jeong-Bae For learning outcomes see Course Handbook Appendix	15h



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Semester 2	Subject Code: CMT/MT	Lectures: 6
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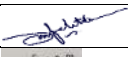

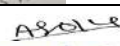


Unit 1 Music Therapy Methods and Techniques	6 hours
<ul style="list-style-type: none"> • Grounding • Dialoguing • 1,2 and 3 note improvisations 	1.5h 1.5h 3h

Unit 2 Receptive Methods in Music Therapy	3 hours
<ul style="list-style-type: none"> • Music Listening • Music and Silence 	1.5h 1.5h

Semester 2	Subject Code: RL/EL	Lectures: 37
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Unit 1 Reflexive Learning	31h
<ul style="list-style-type: none"> • Reflexive discussion group/Reflexive Journals • Supervision group 	15h 16h

Unit 2 Experiential Learning	24hours
<ul style="list-style-type: none"> • Solo Performance with instrument of choice • Free Improvisation Experiential Group • The Dalcroze Method • IRP technique (Edison) 	3h 16.5h 1.5h 3h

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Semester 2	Subject Code: T/IT	Lectures: 20
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Unit 1 Tutorials	12 hours
1:1 Tutorials	12h

Unit 2 Instrumental Tuition	20 hours
Ukulele and Guitar	20h

TOTAL hours for academic teaching: 132

Semester 2	Subject Code: SL/KS	
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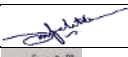

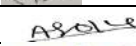

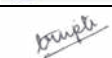
Self-Learning	252 hours
<ul style="list-style-type: none"> Personal Therapy 	20h
<ul style="list-style-type: none"> Reflexive Journal 	15h
<ul style="list-style-type: none"> Preparation for performance on solo instrument 	10h
<ul style="list-style-type: none"> Literature and media discussion preparation 	24h
<ul style="list-style-type: none"> Placement: communication with MDT and placement manager, preparing for sessions, maintenance of instruments, process notes, clinical notes etc. 	30h
<ul style="list-style-type: none"> Travel to and from placements 	26h
<ul style="list-style-type: none"> Preparation for Supervision 	24h
<ul style="list-style-type: none"> Study week 	20h
<ul style="list-style-type: none"> Assignment preparation 	

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• Writing assignment	20h
• Creating poster and leaflets, countdown charts and other resources needed for placements	15h
• Add-on module reading/assessment	15h
• Guitar/Ukulele practice	5h
• Extra tutorial	24h
	4h



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Semester 3	Subject Code: CMT/TP	Lectures: 16
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Unit 2 Theoretical Foundations of Music Therapy	15h
<ul style="list-style-type: none"> Psychodynamic theory in relation to music therapy Research methods: writing a case study Viva preparation and practice 	3h 3h 9h

Unit 3: Clinical Contexts in Music Therapy	9h
<ul style="list-style-type: none"> Music Therapy and Trauma Music Therapy in neo-natal care Music Therapy and Dementia Music Therapy and PMLD Endings Report writing 	1.5h 1.5h 1.5h 1.5h 1.5h 1.5h

Semester 3	Subject Code: Add-on Modules	Lectures: 3
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Add-on Modules	15 hours
Module 4: Hindustani Music and The Art of Improvisation Module leader - Shri Himanshu Nanda For learning outcomes see Course Handbook Appendix	15h



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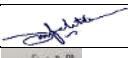

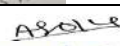


Semester 3	Subject Code: CMT/MT	Lectures: 8
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Unit 1 Music Therapy Methods and Techniques	12 hours
Advanced improvisational techniques <ul style="list-style-type: none"> Holding and Containing 3 and 4 note improvisations Basic chord sequences Ragas based on pentatonic scale Exam preparation: Revision and Role play 	1.5h 1.5h 3h 3h 3h

Semester 3	Subject Code: RL/EL	Lectures: 31
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Unit 1 Reflexive Learning	25.5h
<ul style="list-style-type: none"> Reflexive discussion group/Reflexive Journals Supervision group 	9h 15h

Unit 2 Experiential Learning	30.5hours
<ul style="list-style-type: none"> Free Improvisation Experiential Group Plan group music therapy session (in pairs) Deliver group music therapy session Narrative Therapy Art Therapy EFT and EMDR therapy 	16.5h 3h 5h 1.5h 3h 1.5h

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Semester 3	Subject Code: T/IT	Lectures: 20
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Unit 1 Tutorials	6 hours
1:1 Tutorials	6h

Unit 2 Instrumental Tuition	20 hours
Ukulele skills	10h
Guitar	10h

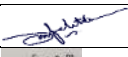

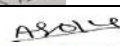
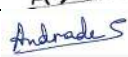

TOTAL hours for academic teaching: 132



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Semester 3	Subject Code: SL/KS	
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Self-Learning	252 hours
• Reflexive Journal	20h
• Case study preparation	30h
• Writing case study	30h
• Preparation/revision for Viva	10h
• Preparation/revision for clinical improvisation exam	10h
• Literature and media discussion preparation	20h
• Placement: communication with MDT and placement manager, preparing for sessions, maintenance of instruments, process notes, clinical notes etc.	30h
• Travel to and from placements	
• Preparation for Supervision	26h
• Study week	18h
• Add-on module reading/assessment	20h
• Guitar/Ukulele practice	10h
• Extra tutorials	20h
	8h

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PG Diploma in Music Therapy Streams and Units

Coursework is divided into four streams representing different elements of the training. Each stream is divided into units.

Clinical Music Therapy in Theory and Practice (CMT/TP)

Unit 1: Introduction to Music Therapy

Unit 2: Theoretical foundations of music therapy

Unit 3: Clinical contexts in music therapy

Clinical Music Therapy Methods and Techniques (CMT/MT)

Unit 1: Core clinical improvisation techniques

Unit 2: Advanced clinical improvisation techniques e.g. Transitions

Unit 3: Additional music therapy methods: Songwriting, Group therapeutic music activities, Neurologic Music Therapy and Receptive Methods

Unit 4: Group Improvisation



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Reflexive and Experiential Learning (RL/EL)

Unit 1: Supervision (group and individual)

Unit 2: Reflexive discussion group

Unit 3: Reflexive Journals

Unit 4: Music therapy placements

Unit 5: Personal therapy

Unit 6: Workshops (Vocal skills, Songwriting, MI, Creative movement and other arts therapies)

Unit 7: Musical improvisation group

Tutorials/Instrumental tuition (T/IT)

Unit 1: Tutorials

Unit 2: Instrumental tuition



Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	

St. Mira's College for Girls in Academic Collaboration with Just Being Centre
PG Diploma in Mindfulness Based Counseling: Listening with
Embodied Presence

Total number of hours- 630

**SUBJECT: SKILLS OF LISTENING & COUNSELING (VERBAL &NON
VERBAL)**

Semester: 1	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Identify the experiential learning of the attitudes and skills in deep listening and counseling
- Use perceptive skills and observations
- Apply skills in a counseling context

Unit 1: Embodied Presence in the Practitioner	9
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Faculty	Ms. Sharmin Palsetia	<i>SPalsetia</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>SSalve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>



<ul style="list-style-type: none"> • Understanding Embodiment • Interoceptive awareness • Skills of Grounding, Centering and a Whole body approach in listening • Understanding Presence and its role in the listening and counseling process • Identifying states of Presence 	
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Unit 2: Attunement & Resonance	9
<ul style="list-style-type: none"> • Sensing, feelings, sensations • Inner attunement • Attunement to other • Resonance – somatic, empathetic and psychological field • Interoceptive awareness of feelings-sensations and felt sense 	

Unit 3: Verbal Skills of Counseling	9
<ul style="list-style-type: none"> • Skills of reflection, paraphrasing, summarizing • Skills of open ended and close ended questions 	

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Industry Expert	Shilpa Salve	<i>Shilpa</i>
Industry Expert	Benaifer Jesia	<i>Benaifer</i>



<ul style="list-style-type: none"> • Skills of silence and inquiry • Combining skills in counseling 	
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Unit 4: Intention and Attention in Counseling	9
<ul style="list-style-type: none"> • Role of intention in the counseling process • Practices of intention • Importance of self-care of the counselor • Principles of attention in listening and counseling • Dual attention in the counseling process 	

Unit 5: Wholeness	9
<ul style="list-style-type: none"> • Working with aligning to wholeness in the body in the counseling process • Working with wholeness through using paraphrasing and reframing verbal skills • Working with titration and pendulation 	

Practice sessions (30 hours)

Mindfulness practice (80 hours)

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Industry Expert	Benaifer Jesia	<i>Benaifer</i>



Assignments (22.5 hours)

Mindfulness Practices: 60

Assignments & Self Study: 22.5

Practical Work: 30

SUBJECT: MINDFULNESS

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
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Industry Expert	Shilpa Salve	<i>SSalve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>



Semester: 2	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Carry out experiential learning of mindfulness through formal and informal practices.
- Understand the philosophical underpinnings of mindfulness.
- Apply mindfulness in counseling.
- Generate research findings on mindfulness.

Unit 1: Anchors for Mindfulness Practices	9
<ul style="list-style-type: none"> • Mindfulness of Breath, Body (Soma) & Body in Movement • Mindfulness of Sound, Thoughts, Presence 	

Unit 2: Relational Mindfulness	9
<ul style="list-style-type: none"> • Applications of Mindfulness in Everyday Life • Relational Mindfulness 	

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<ul style="list-style-type: none"> • Self-Compassion and its role in empathy • The holding environment 	
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Unit 3: Research Findings	9
<ul style="list-style-type: none"> • Research findings from studies on Mindfulness • Contraindications in using Mindfulness 	

Unit 4: Mindfulness and Listening	9
<ul style="list-style-type: none"> • Mindfulness in the listening Process • Similarities and differences in Mindfulness Mediations and the Listening Process 	

Unit 5: Philosophical Underpinnings of Mindfulness	9
<ul style="list-style-type: none"> • The three marks of existence • Attachment and Aversion • Key concepts from Buddhist Psychology, philosophy of J Krishnamurthy and Advaita Philosophy as it applies to Presence, 	

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Mindfulness and Listening	
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Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

**SUBJECT: THEORETICAL ORIENTATIONS IN COUNSELING & GROUP
PROCESS WORK**

Semester: 3	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Understand frameworks of key counseling approaches.
- Understand the orientation of a mindfulness based approach to counseling within the context of psychological approaches in counseling

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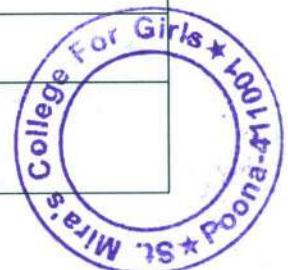
- Identify key psychological markers in mindfulness practice.

Unit 1: Theories of Counseling	9
<ul style="list-style-type: none"> Theories of Counseling Approaches Contextualizing Mindfulness Based Approaches within Psychology (Historical Perspectives, Contemporary frameworks) 	

Unit 2: Identifying key psychological markers	9
<ul style="list-style-type: none"> Developmental Stages and Corresponding Emotional Needs Psychiatric Conditions 	

Unit 3: Understanding the Embodied Mind	9
<ul style="list-style-type: none"> The mind-body connection Learning the role of cognition to sensations and implicit memory The felt sense, implicit knowing, intuition and the collective 	

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unconscious	
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Unit 4: Principles of Mindfulness Based Counseling	9
<ul style="list-style-type: none"> • Concepts from a Humanistic Approach, Compassionate Communication and Focusing in Listening & Presence • The Theoretical Framework of Mindfulness Based Counseling : Listening with Embodied Presence (Main Principles & Rationale for Process) 	

Unit 5: Embodiment	9
<ul style="list-style-type: none"> • Embodiment of Feelings • Embodied Cognition 	

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

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SUBJECT: REFLEXIVE LEARNING

Semester: 4	Subject Code: MBC-LWEP/	Lectures: 45
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Learning Outcomes:

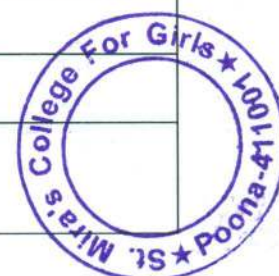
At the end of the course, the student will be equipped to:

- Understand their own inner patterns and beliefs.
- Listen deeply to themselves and extend self-compassion.
- Use observation skills in group processes.

Unit 1: Listening to feelings and needs	9
<ul style="list-style-type: none"> • Listening in Personal Spaces & Journaling Insights • Observation & Noting of feelings, needs, resources 	

Unit 2: Elements of a Professional Space	9
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<ul style="list-style-type: none"> Working with clients in professional settings Engaging in group process work 	
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Unit 3: Understanding different perspectives and experiences	9
<ul style="list-style-type: none"> Peer exchanges Group learning and discussion 	

Unit 4: Understanding Self	9
<ul style="list-style-type: none"> Personal Counseling & Therapy Inner Listening Processes Reading and writing from a felt sense experience 	

Unit 5: Designing Group Process & Observation of Group Dynamics	9
<ul style="list-style-type: none"> Group process and facilitation Observing key factors that form groups Observing titration and pendulation in a group process 	

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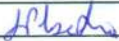




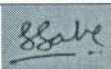

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

Reference Books:

- On Becoming a person - Carl Rogers
- The Gift of Therapy - Irvin Yalom
- Sitting Together - Ronald Siegel
- The Miracle of Mindfulness - Thich Nhath Hahn
- Whenever you go, there you are - Jon Kabat-Zinn
- Group Therapy - Irvin Yalom
- A way of being - Carl Rogers
- Focusing - Eugene Gendlin
- In an unspoken voice - Peter Levine
- Non Violent Communication - Marshall Rosenberg

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Industry Expert	Benaifer Jesia	

**St. Mira's College for Girls in Academic Collaboration
with Artsphere**

PG Diploma in Dance Movement Therapy (DMT)

Syllabus

Total number of hours- 800

Semesters 2	Subject Code: MCR/DMT(21)042	Lectures:
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Subject I (146 Hrs)	Subject Code: DMT/TH/2101	Lectures: 114
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Discuss the psychological and physiological context behind the science of DMT
- Describe various schools of thought of psychology that DMT draws from
- Identify the ways to work in a variety of settings
- Describe ethical boundary setting in DMT work
- Recognize the cultural diversity in DMT work

Unit 1: Introduction to Dance Movement Therapy	(24)
<ul style="list-style-type: none"> ● Definition and History of Dance Movement Therapy ● Introduction to Body-MindNexus ● Principles and Objectives ofDMT ● Role of dance in Mental and Physical health 	

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Unit 2: Theoretical Reference to DMT	(22)
<ul style="list-style-type: none"> DMT and its relationship with different schools of psychology Critical discussion of psychodynamic literature and its application to DMT Theories about ethical boundary setting in DMT work 	

Unit 3: Tools and Techniques of DMT	(22)
<ul style="list-style-type: none"> Experiential and theoretical work around: <ul style="list-style-type: none"> Embodiment Attunement Kinesthetics Psychophysiology Introduction to Process work 	

Unit 4: Cultural Competence	(24)
<ul style="list-style-type: none"> Understanding Cultural Diversity 6 models of cultural empathy Social Psychology theories about culture Cultural sensitizing through critical reflection 	

Unit 5: Developing Movement Language	22
<ul style="list-style-type: none"> Laban Movement Analysis Anatomy and Kinesiology 	

Assignments and library hours (16 hours)

Facilitation and reflection Hours (16 hours)

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Psychology Theories and Applications in DMT

Subject II (220 Hrs)	Subject Code: DMT/PT/2102	Lectures: 128
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Describe the group dynamics in DMT work
- Employ the facilitation skills among different populations
- Construct their own framework of therapeutic presence by recognizing the scope of the work
- Design structured formats that will help to sketch some basic session planning, research and documentation skills for their work

Unit 1: Working with Groups	(24)
<ul style="list-style-type: none">• Group Dynamics• Introduction to facilitation skills• Irvin Yalom's Principles of Group work• Tuckman's Group Development Stages• Understanding Neurodiversity	



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Unit 2: A Brief Study of Additional Applications	(50)
<ul style="list-style-type: none"> • Yoga and DMT • 5 Rhythms • Buddhism, Chakras and DMT • Socio-political and intersectional frameworks • Expressive Arts Therapy • Additional hours for Movement Explorations and Group Process 	

Unit 3: Working with Specific Populations	(32)
<ul style="list-style-type: none"> • DMT with children • DMT with Adults • Psychopathology and DMT • Specialized groups such as: <ul style="list-style-type: none"> - Special Needs Children and Adults - Geriatric Population - Family Constellation work 	

Unit 4: Working with Individuals	(24)
<ul style="list-style-type: none"> • Psychophysiology • Creating a dyad using metaphors • Carl Jung's theories of Dualities, Individuation • In depth exploration of holding, containing, transference and countertransference in the context of Individual work • Creating tools for client support systems 	

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Unit 5: Introduction to Basic Documentation	(22)
<ul style="list-style-type: none"> ● Revisiting LMA and Bartenieff Principles ● Developing pre and post tests ● Types of Research in DMT ● Creating tools for client support systems ● Session Planning 	

Unit 6: Experiential	(26)
<ul style="list-style-type: none"> ● Planning and facilitating sessions for fellow students ● Getting individual and co facilitation feedback on facilitation and planning skills 	

Assignments and Library Hours (18)

Facilitation and reflection hours (24)



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Facilitation Practice, Reflexivity and Inter-modality

Subject III (186 Hrs)	Subject Code: DMT/FPR/2103	Lectures: 144
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Identify the relationship between various art therapies
- Identify the intermodal preferences and opportunities
- Operate in collaborative teams and setups further
- Operate in practical work environment
- Recognize the importance of supervision

Unit 1: Creative Arts Therapy and Expressive Arts Therapy	(24)
<ul style="list-style-type: none">● Relationship between drama therapy, art therapy, music therapy and DMT● Model of therapy:<ul style="list-style-type: none">- Needs Analysis- Intervention- Process work	

Unit 2: Different Models and approaches	(28).
<ul style="list-style-type: none">● Understanding similarities and differences in different schools of DMT● Relationship between education, occupational therapy and DMT● Collaborative Models	

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Unit 3: Settings and Assessments	(32)
<ul style="list-style-type: none"> • Self-assessment tools • Professional Code of Conduct from ADTA, ADMP, DTAA and IADMT • Ethical Dilemmas • Developing Case studies 	

Unit 4: Self – work	(28)
<ul style="list-style-type: none"> • Importance of Supervision • Developing individual facilitation skills • Importance of being in therapy • Developing Professional development plans 	

Unit 5: Understanding Research	(32)
<ul style="list-style-type: none"> • Introduction to Quantitative research methods and principles • Introduction to Qualitative Research Methods and principles • Research tools and techniques 	

Assignments and Library Hours (12)

Internship and reflection hours (30): Supervised Internship



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Research Methodologies and Reflection

Subject IV (152 Hrs)	Subject Code: DMT/RM/2104	Lectures: 64
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Interpret the basics of research methodologies
- Propose a research project and report it
- Explore self-care and self-work
- Create professional development plans

Unit 1: Understanding Research	(24)
<ul style="list-style-type: none"> ● Introduction to Qualitative research methods and principles ● Introduction to Heuristic and reflexive Research Methods and principles ● Research Ethics ● Research design: Meaning, Need, Features of Good Design, Concepts. ● Writing Research Report: Format and style 	



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Unit 2: Self – work	(40)
<ul style="list-style-type: none"> ● Importance of Supervision ● Developing individual facilitation skills ● Importance of being in therapy ● Facilitation practice and counseling skills ● Group supervision format ● Case studies ● Developing Professional development plans 	

Assignments and Library Hours (18)

Internship and reflection hours (70): Supervised Internship



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Alumni	Ms. Trupti Poduval	

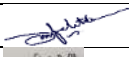

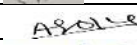

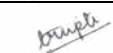
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Subject Code: DMT/PR/2105

Supportive Modules:

- **Personal Therapy: Students must complete 36 hours of personal therapy during the training and internship period.**
- **Group Process work will be conducted for two hours during every module.**
 - **Supervision will be provided up to 30 hours of their internships.**



Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	

St. Mira's College for Girls
Autonomous Affiliated to Savitribai Phule Pune University

Syllabus- Foundation Course in Buddhist Psychology

Course Syllabus

- No. of Modules – 5
- 50 Hours of Teaching (5*10)
- 10 Hours of Assignments (20marks per unit* 5 = 100 marks)
- Timings- 12- 2 pm & 3- 6 pm (2- 3pm- Lunch break)

Course Outcomes:

At the end of the course, the learner will be able to

- Describe the basic concepts and theories of Buddhist psychology
- Recognize the motivation of an awakened mind- Bodhichitta
- Integrating mindful movement with breath
- Providing introduction to Buddhist meditation

Module 1- Introduction to Expressive Arts, Mindful Movement & Breathing

Date- 29th & 30th January 2022

Teachers-AnubhaDoshi, PallaviDeshmukh, KarishmaHarlalka

- Intention Setting & Merit dedication
- A tribute to Gautama Buddha - the source of the 2600-year wisdom legacy
- Cultivating the motivation of an awakened mind- Bodhichitta
- Introduction of the participants & Sacred circle with object
- Practicing Mindful movement with Breath
- Introduction to Buddhist meditation

Module 2- The 4 Immeasurables

Date- 5th & 6th February 2022

Teachers-Tripura Kashyap, Anubha Doshi

- Introduction to Brahmaviharas
 - Metta (loving Kindness)
 - Mudita (Sympathetic Joy)
 - Karuna (Compassion)
 - Upekha (Equanimity)
- Theory of Brahmaviharas
- Experiencing seated meditation practices
- Embodied practices through therapeutic movement



Module 3- Neuroscience, Wellbeing & Resilience (Theory and Practice)

Date- 26th & 27th February 2022

Teachers- Anubha Doshi, Tripura Kashyap, Karishma Harlalka

- Nature-Based Expressive Arts
- The science of Well-being
- Knowing the Richard Davidson's model: 4 pillars of wellbeing (Awareness, Connection, Insight and purpose)
- Practicing Mindful Movement with Breath
- Embodying the Paramitas (Generosity, Discipline, Patience, Exertion, Meditation and Wisdom)

Module 4- Buddhist Philosophy and its growing relevance in the Modern Age

Date- 12th & 13th March 2022

Teachers- Pallavi Deshmukh


- Understanding the Interdependence/Interconnectedness (through the lens of Dependent Origination and Emptiness)
- Knowing the idea of Impermanence
- Awareness of emotions in everyday life
- Studying The Path of the Sacred Warrior - Part 1 & Part 2
- Feeling Harmony and Joy

Module 5- Mindful awareness and its practice through Art

Date- 26th, 27th March 2022

Teachers- Avantika Malhautra

- Artistic inquiry through meditative experiences
- Exploring the quality of presence
- Understanding Self-reflection as a resource in daily life


Ms. Sharmin Palsetia
Course Coordinator



St. Mira's College For Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University
Syllabus 2022-23

Name of Course: CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY

DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
19th August 2023	Saturday		Unit 1: The Foundation of Psychology– (Science, Research and Perspectives)		
		10am - 10:30 am	Orientation with All Teachers		0.5 hours
		10:30am - 1pm	- Nature and Goals of psychology		
			- Perspectives of psychology	Swaruti	2.5 hours
			- Research in psychology		
		2:15 pm - 4:15pm	-Development of Self and Wellbeing		
			-Self esteem		
			-Self Worth	Swaruti	2 hours
			-Development of Self throughout the lifetime		
20th August 2023	Sunday		Unit 2 : Motivation & Emotion		
		10 am - 1pm ; 2:15pm - 4:15pm	Continue Self and Well being if needed		
			-Drive reduction		
			-Incentive	Swaruti	5 hours
			-Humanistic-Maslow		
			-Self Determination Theory		

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St. Mira's College For Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University
Syllabus 2022-23

Name of Course: CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY

DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
			-Concept of Emotions		
			- Emotional Intelligence		
WEEKEND 1			TOTAL HOURS - 10 HOURS		
26th August 2023	Saturday		Unit 3: Human Development and Learning - Theory		
		10 am - 1pm	-Biological Basis of Behaviour: Neuron-Structure and function, Autonomic Nervous System and Peripheral Nervous System	Swaruti	3 hours
		2:15pm - 4:15pm	Neuro Science and its connection to Well-being and Resilience		
			- Development Key Issues – Nature and Nurture	Anubha	2 hours
			- Development across the lifespan		
27th August 2023	Sunday		Unit 3: Human Development and Learning - Theory - CONTD		
		10 am - 1pm ;	-Development Cont		
			-Theories of Development	Anubha	5 hours
		2:15pm - 4:15pm	- Learning: Nature and Types		
				Swaruti	
			-Subtypes of Learning- Classical and Operant Conditioning, Trial and Error and Insight		
WEEKEND 2			TOTAL HOURS - 10 HOURS		



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St. Mira's College For Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University
Syllabus 2022-23

Name of Course: CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY

DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
2nd September 2023	Saturday		Unit 4: Theories of Personality		
		10 am - 1pm ; 2:15pm - 4:15pm	- Nature of personality		
			- Theories of Personality	Anubha	5 hours
			-Psychoanalysis		
3rd September 2023	Sunday		Unit 4: Theories of Personality - CONTD		
		10 am - 1pm	- Nature of personality		
			- Theories of Personality	Anubha	3 hours
			-Psychoanalysis		
		2:15pm - 5:15pm	-Humanistic perspectives	Mugdha	3 hours
			-Existential positions		
WEEKEND 3			TOTAL HOURS - 10 HOURS		
9th September 2023	Saturday		Unit 5: Understanding Psychopathological Disorders		



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St. Mira's College For Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University
Syllabus 2022-23

Name of Course: CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY

DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
		10 am - 1pm ; 2:15pm - 4:15pm	- Anxiety Disorders		
			- Childhood Disorders	Mugdha	5 hours
			- Mood Disorders		
			- Eating Disorders		
			- Somatic Disorders		
10th September 2023	Sunday		Unit 5: Understanding Psychopathological Disorders - CONTD		
		10 am - 1pm ; 2:15pm - 4:15pm	- Anxiety Disorders		
			- Childhood Disorders	Mugdha	5 hours
			- Mood Disorders		
			- Eating Disorders		
			- Somatic Disorders		
WEEKEND 4			TOTAL HOURS - 10 HOURS		
16th September 2023	Saturday		Unit 6: Positive Psychology and Mindfulness		
		10 am - 1pm ; 2:15pm - 4:15pm		Anubha	5 hours

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Name of Course: **CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY**

Principal Incharge
St. Mira's College for Girls

FY- BA/BCOM/BSC/BBA/BBA(CA)
Subject: PHYSICAL EDUCATION AND SPORTS
(2 CREDITS)

Physical Education, Sports and Games are an integral part of the educational system.

Course Learning Outcomes:

At the end of the Course the learners will be able to:

- Recognize correct and healthy lifestyle habits among learners.
- Recognize the need for physical and mental efficiency in order to overcome fatigue that may occur in daily life.
- Demonstrate the need to improve flexibility and concentration
- Demonstrate alternative ways to boost the immune system through practice of yoga, pranayama and meditation.
- Identify opportunities for leisure time activities and life time sports among learners.
- Relate and develop a positive attitude towards physical fitness and sports that would improve physical, mental, social, emotional and spiritual health.
- Recognize the need for an optimum and wholesome development among learners

The Courses consist of following points

Semester – I & II

Sr. No	Course Content	Credits	Hours
1	Credit 1- Physical Fitness and Games	1	30
2	Credit 2-Yoga or Self Defence	1	30

Credit 1 (30 hours)

Ekta Jadhav
Ekta Jadhav
Director of Physical Education
(Course Instructor)



Course Coordinator

PHYSICAL FITNESS AND GAMES

A. Physical Fitness Exercise (Without Equipment)

Leg Exercise	Hand Exercise	Core Exercise	Endurance / Jumping Exercise
Squats	Modified / Wall Push-ups	Bend Knee- Sits ups	Brisk Walk (10mins/ 15mins/20 mins)
Lunges	Triceps Dips	Leg Raises	Running Exercise
Wide Squat (Sumo Squats)	Maintain push-up position, Plank with Spinal Rotation	Alternate leg up and Down, Back Sit ups	Both leg, Alternate jump, one leg jump, Duck walk
Reverse Lunge	Side Plank	Bicycle Crunch	Skipping/ Sprints 50mt
Leg raises- Forward, Sideward, Backward, Diagonal	Maintain Decline push-up position,	Side to side twisting of bend leg	Step Exercises (Both leg, alternate leg, up-up-down-down jump)
Cone Drills- Zig-zag Run/ jumps	Inchworm- walk on hand	Forearm Plank	Continues Running (10min/15mins/ 20 min)

B. Physical Fitness Exercise with Equipment – (Medicine ball exercise, Dumble Exercise (use of water bottle of 1litre or more) other home equipment's)

C. Games

Athletics, Basketball, Kho-Kho, Kabaddi, Volleyball, Handball, Table Tennis, Badminton.

D. Recreational Games

Ten passes, Gol kho-kho /Standing kho-kho, Chain Tag, Cone games, Ball games like overhead pass, underhand pass, side pass, Leg cricket, Box Cricket, ice-water, Dodgeball, Throw ball

E. Theory

1. Concept, definition and Goal (physical, mental & social) of Physical Education.
2. The importance of physical education in day to day life.
3. Aims and Objectives of physical education
4. Health and Health Education (Dimension, Benefits of H.E)
5. Concept of Physical Activity and its importance.
6. Concept of Physical fitness and its components- HRPF and SRPF components
7. Lifestyle Habits
8. Diet and Nutrition
9. Concept of Yoga, Pranayama and Meditation: Benefits in life. (Stress Management)

F. Exam- Physical Fitness Evaluation Exam is Compulsory for all.

Ekta Jadhar
Director of Phy. Education
Course Coordinator



YOGA & SELF-DEFENCE

A. YOGA

1. Suryanamaskar

2. Yogasanas

Standing Asanas	Sitting Asanas	Lying Asanas (Supine Position)	Lying Asanas (Prone Position)
Tadasana, Vrikshasana	Sukhasana, Padmasana, (Parvatasana)	Ardha Halasana (Both leg / one leg)	Half Bhujangasana
Ardha Chakrasana	Paschimottanasana, Janu Sirsasana	Halasana (Plough pose)	Full Bhujangasana
Uttanpadasana, Utkatasana	Gomukasana Baddha Konasana	Setubandhasana (Bridge pose)	Dhanurasana
Trikonasana (All Types)	Vajrasana, Shashankasana	Pawanmuktasana (One leg/ both leg)	Adho Mukha Svanasana
Virabhadrasana, Utthita Parsvakonasana	Ardha Ustrasana, Purna Ushrasana	Viparit karni, Sarvangasana	Shalabhasana (One leg/ both leg)
Ardha Chandrasana	Ardha Matsyendrasana	Shavasana	Makrasana

• Pranayama, Kriya and Meditation

Pranayama	Kriya	Meditation
Anuloma Viloma Pranayama	Kapalbhati	Tratak technique
Bhramari Pranayama		Yoga Nidra

B. SELF DEFENCE

BASIC: To develop reflexes and reaction time:

1) Punch 2) Block 3) Kicking 4) Chong Jong

PUNCH	BLOCK	KICKING	CHONG JONG
Munlong Jireugi (mid section punch)	Arae Marki (down block)	Yop Chagi (side kick)	Self Defence
Olgul Jireugi (high section punch)	Han sobbalmumtong Marki (one hand blade inner)	Ap Chagi (front kick)	
Arae Jireugi (low section punch)	Olyol Marki (upward block)	Dolyo Chagi (round kick)	
	Mumtong Marki (one hand inside)		

Ektā Jadhar
Director of Phy. Edu.
Course Coordinator



Reference Books:

- Bucher, C. A., & Wuest, D. A. (2010). Foundation of Physical Education, Exercise Science and Sports. Tata McGraw Hill Education Private Limited. New Delhi.
- Fahey, T., Insel, P., & Roth, W. (1997). Fit & Well. Mayfield, U.S.A,
- Hayward, V. (2006). Advanced Fitness Assessment and exercise prescription. Human Kinetics, USA.
- Kansal, D. K. (2008). Textbook of Applied Measurement Evaluation & Sports Selection. Sports and Spiritual Science Publication, New Delhi.
- Rahl, R. V. (2010). Physical Activity and Health Guidelines. Human Kinetics. USA
- Hoeger, W.W. K., & Hoeger, S.A. (2007). Fitness and Wellness. Thomas learning. Wadsworth.

Yoga

- Iyengar, B.K. (2008). Light on Yoga. Orient Longman Pvt. Ltd. Mumbai.
- Iyengar, B.K. (2008). Light on Astanga Yoga. Alchemy Publishers. New Delhi
- Gharote, M. L. (2013). Guidelines for Yogic Practices. The Lonavla Yoga Institute


Self-Defence

- Taekwondo- Author: Kim Un-Yong World Taekwondo Federation
- Swayyamsidha Self Defence- Taekwondo-Do By-Taekwondo Association of Maharashtra

Ekta Jadhav
Ekta Jadhav
Director of Phy. Edu.



Course Coordinator



CRITERIA OF PASSING

	Topic	Credit	Max Marks	Minimum Passing %	Max. Marks	Minimum Passing %
1	Physical Fitness and Games	1	25	40%	50	40%
2	Yoga or Self Defence	1	25	40%		


The students would be awarded a grade for having successfully appeared and passed the Course in physical Education.

GRADES: (Marks out of 50)

GRADING: Grading for course will be done separately as follows:

O	A	B	C	F	AB	Ex
43-50	35-42	27-34	20-26	Less than 20	Absent	Exempted

If the student does not complete the necessary required of 20 marks, the student will marked as Yet to Clear.


Ekta Jadhav
Director of Physical Edu.



Course Coordinator

Savitribai Phule Pune University, Pune
For All faculties

**2 credit Compulsory course for all the First Year students in All
Faculties**

Democracy, Election and Governance

Objectives:

1. To introduce the students meaning of democracy and the role of the governance
2. To help them understand the various approaches to the study of democracy and governance

Module 1 Democracy- Foundation and Dimensions

- a. Constitution of India
- b. Evolution of Democracy- Different Models
- c. Dimensions of Democracy- Social, Economic, and Political

Module 2 Decentralization

- a. Indian tradition of decentralization
- b. History of panchayat Raj institution in the post independence period
- c. 73rd and 74th amendments
- d. Challenges of caste, gender, class, democracy and ethnicity

Module 3 Governance

- a. Meaning and concepts
- b. Government and governance
- c. Inclusion and exclusion

References:

1. Banerjee-Dube, I. (2014). *A history of modern India*. Cambridge University Press.
2. Basu, D. D. (1982). *Introduction to the Constitution of India*. Prentice Hall of India.
3. Bhargava, R. (2008). *Political theory: An introduction*. Pearson Education India.

4. Bhargava, R., Vanaik, A. (2010) *Understanding Contemporary India: Critical Perspective*. New Delhi: Orient Blackswan.
5. Chandhoke. N., Proyadardhi.P, (ed) (2009), '*Contemporary India: Economy, Society, Politics*', Pearson India Education Services Pvt. Ltd, ISBN 978-81-317-1929-9.
6. Chandra, B. (1999). *Essays on contemporary India*. Har-Anand Publications.
7. Chatterjee, P. (1997). *State and Politics in India*.
8. Dasgupta. S., (ed) (2011), '*Political Sociology*', Dorling Kindersley (India) Pvt. Ltd., Licensees of Pearson Education in south Asia. ISBN: 978-317-6027-7.
9. Deshpande, S. (2003). *Contemporary India: A Sociological View*, New Delhi: Viking Publication.
10. Guha, R. (2007). *India After Gandhi: The History of the World's Largest Democracy*, HarperCollins Publishers, New York.
11. Guha, R. (2013). *Gandhi before India*. Penguin UK.
12. Jayal. N.G. (2001). *Democracy in India*. New Delhi: Oxford University Press.
13. Kohli, A. (1990). *Democracy and discontent: India's growing crisis of governability*. Cambridge University Press.
14. Kohli, A., Breman, J., & Hawthorn, G. P. (Eds.). (2001). *The success of India's democracy* (Vol. 6). Cambridge University Press.
15. Kothari, R. (1989). *State against democracy: In search of humane governance*. Apex Pr.
16. Kothari, R. (1970). *Politics in India*. New Delhi: Orient Blackswan.
17. Kothari, R. (1995). *Caste in Indian politics*. Orient Blackswan.
18. Sarkar, S. (2001). *Indian democracy: the historical inheritance. the Success of India's Democracy*, 23-46.

मराठी संदर्भ ग्रंथ:

१. राही श्रुती गणेश., आवटे श्रीरंजन, (२०१९), '*आपलं आयकार्ड*', सुहास पळशीकर द युनिक अकॅडमी पब्लिकेशन प्रा.लि.,.
२. व्होरा राजेंद्र., पळशीकर, सुहास. (२०१४). *भारतीय लोकशाही अर्थ आणि व्यवहार*. पुणे : डायमंड प्रकाशन.
३. सुमंत, यशवंत. (२०१८). *प्रा. यशवंत सुमंत यांची तीन भाषणे*. पुणे : युनिक अकॅडमी पब्लिकेशन्स प्रा.लि
४. भोळे. भा.ल. (२०१५). *भारतीय गणराज्याचे शासन आणि राजकारण*. नागपूर: पिंपळापुरे बुक प्रकाशन
५. कसबे. रावसाहेब. (२०१०) डॉ. आंबेडकर आणि भारतीय राज्यघटना. पुणे: सुगावा प्रकाशन

Heena

Course Coordinator





SUBJECT: Personality and Soft Skills Development
TITLE: Personality and Soft Skills Development

Semester: III	Credits: 2	Subject Code: ACS22001	Lectures: 30
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Course Outcomes:

At the end of this course, the learner will be able to:

- State the significance of understanding, working on the "Self" and Increase awareness by exploring their balance of life, priorities and their intended goals.
- Recognize how team building is nurtured and express how happiness is related to a life of fulfillment.
- Recognize the manner in which we can build a positive attitude and describe various aspects of being a good listener.
- Explain and identify how to carry their personality in the corporate world with competency.

Unit 1:Self-Management

**7.5
Hours**

- Self-Awareness-Introspection
Concept, Skills, advantages and disadvantages
- Self-Assessment- SWOC Analysis
Concept, Types, advantages and disadvantages
- Self-Development
Concept, Scope, Process
- Time Management
Concept , Importance and Techniques

Self Management: <https://www.youtube.com/watch?v=XtU7ekJRHRg>

Self Awareness: <https://www.youtube.com/watch?v=o4d8UNDeKuE>

<https://www.youtube.com/watch?v=uyQIx2p7Qe8>

<https://www.youtube.com/watch?v=tGdsOXZpyWE>

Time Management: <https://www.youtube.com/watch?v=XltR4CtpgK0>

<https://www.youtube.com/watch?v=JPnJ84h3nlc>

Additional video: https://www.youtube.com/watch?v=op_jwGT6Bvc - Time management tips for students and working - 13.11 min

One Quiz – 30 min



Unit 2: Corporate Etiquettes

7.5
Hours

- Business Etiquette
- Online Meeting Etiquette
- Social Media Etiquette
- Dressing Etiquette
- Email Etiquette
- Telephone Etiquette

<https://youtu.be/tRwNHtQpJGg> - Business Etiquette 20 minutes Video

<https://www.youtube.com/watch?v=NqlfZOPMqjA> - 32 minutes Video
Additional video

https://www.ted.com/talks/crystal_abidin_on_internet_culture_and_social_media
- 17 minutes.

One Quiz – 30 minutes

Unit 3: Developing Positive Personality Traits

7.5
Hours

Attitude, Components of Attitude, Functions of Attitude, Factors that determine Attitude, Positive Attitude, Benefits of Positive Attitude, Negative Attitude, Causes and Consequences of Negative Attitude, Steps to build Positive Attitude

Personality Formation

Listening Skills, Listening Vs. Hearing, Types, of listening, Importance of listening, Advantages of listening, verbal and non-verbal signs of active listening, Barriers to Listening, Guidelines for effective listening.

Attitude for success by Shiv Khara <https://www.youtube.com/watch?v=d2-YvET2LGs> 7.37 minutes

Change your Attitude <https://www.youtube.com/watch?v=O5BnO1VbDbk> 8 minutes

Attitude is everything <https://www.youtube.com/watch?v=qk1Bj58N6Pc> 15 minutes

Fixing 10 shades of negative attitude by Sister Shivani
https://www.youtube.com/watch?v=GJYJ_F-ISfw 30 minutes

The power of Listening <https://youtu.be/saXfavo1OQo> 16 minutes

How to improve Listening Skills <https://youtu.be/Y9LBUfINzU0> 49 minutes

Unit 4: Team Building and Happiness

**7.5
Hours**

TEAM BUILDING:

- Concept of Team Building
- Process of Team Building
- Benefits of Team Building
- Essentials of Effective Teams

HAPPINESS:

- Nature of Happiness
- Physiological Changes related to Happiness
- Correlates of Happiness
- Spread of Happiness

Video Links

- 1) Video on Leadership in Team Building
https://www.youtube.com/watch?v=BTWWq_1wJWE
- 2) Simon Sinek on Trusting Teams
<https://www.youtube.com/watch?v=W5qQJhe7sLE>
- 3) Simon Sinek on How to make your life a success
<https://www.youtube.com/watch?v=K6lFaXghzK0>
- 4) Ted Talk On Happiness
<https://www.youtube.com/watch?v=9DtcSCFwDdw>

Additional Videos

32 minutes

Team Building Activities <https://youtu.be/jn9JL2L1Ung>

TEDxKlangenfurt talk on Why we're Unhappy-the Expectation Gap by Nat Ware

<https://youtu.be/9KiUq8i9pbE>

What happiness is? Hedonic or Eudaimonic? <https://youtu.be/PdRE6-mJrYY>

Recommended Text Books:

1. Santosh Sharma, Personality Development , Thakur Publication, 2016



Alka
Alka B. Kalhapure

Course Coordinator

Reference Books:

2. Peter Drucker, Managing Oneself by, Harvard Business Review Press; First edition (7 January 2008)
3. Stephen Covey, Seven Habits of Highly Effective People, Simon & Schuster; 12th edition (1 January 2019)
4. Dada J.P. Vaswani, Management Moment by Moment, Sterling Paperbacks, New Delhi, 2008
5. Anjani Sethi and Bhavna Adhikari, Business Communication, McGraw Hill Education (13 July 2009)
6. Deutsche Bank - Training Manual on Etiquette
7. Santosh Sharma, Personality Development, Thakur Publication, 2016
8. Dada J.P. Vaswani, It's all a matter of Attitude Gita Publishing House, Second Edition
9. C B Gupta, Management Theory and Practices-Sultan Chand and Sons, 2014
10. Manage your mind - Gillian Butler, Nick Grey and Tony Hope, Oxford University Press 2018 edition
11. Alka Wadkar, Life Skills for Success. Sage Publication 2016.



Alka
Alka B. Kalhapure
Course Coordinator



**Sanctuary
Value Based Education**

Semester –IV Credits - 2

**Subject Code:
VBE42101**

Lectures: 30

Course learning outcomes:

At the end of this course, learners will be able to:

- Understand the role of values in their lives, personal behavior and social interactions.
- Demonstrate traits as proactive citizens and empathetic human beings.
- Develop a sense of diversity and co-existence.

Course Content:

Unit 1: Character building through Values

9

- Moral values illustrated through the lives of the great heroes of humanity such as Discipline, Honesty and integrity, Ethical code of conduct, Compassion, Forgiveness, Service, Respect, Humility, Gratitude, Simplicity, Faith

Unit 2: Inculcating Social Citizenship

9

- Awareness of Human Rights
- Awareness of Environmental Issues

Unit 3: Reverence for all religions and all forms of life

6

- Lives of Saints of all religions
- Vegetarianism and love for all animals

Unit 4: Life Skills

6

- Self awareness, Meditation, Yoga, Stress Management. Anger Management, Decision making, Interpersonal relationships, cultivating positive thinking

Recommended Books:

- Vaswani J. P., 2002. Sadhu Vaswani, *His Life and Teachings*.
- Vaswani J.P., 2000, *Snacks for the Soul*
- Vaswani J.P., 2000, *More Snacks for the Soul*
- Krishna Kumari, 1998, *Life and Message of Dada J. P. Vaswani*
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Board of Studies	Name	Signature
Chairperson	Dr. Vaishali Joshi	

Course Coordinator



St. Mira's College for Girls, Pune
All S.Y Streams (2021-2024)

Board of Studies	Name	Signature	
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Board of Studies	Name	Signature
Chairperson	Dr. Vaishali Joshi	

Course Coordinator