



Pradeep Memorial

COMPREHENSIVE COLLEGE OF EDUCATION

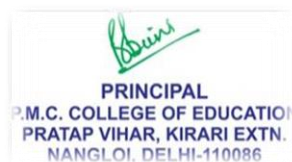
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Pratap Vihar, Kirari Extn., Nangloi, Delhi-110086

7290037803, 7290037804 ,Email- pmc_coll@yahoo.com



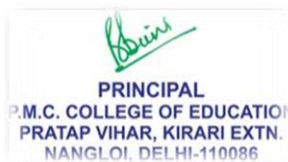
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VALUE ADDED COURSES





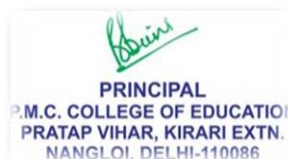
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Value Added Course

For

Academic year 2023-24

1	Courses Detail	Human Rights/Yoga and Mediation
1	Course Offered By	Pradeep Memorial Comprehensive College Of Education
2	Commencement	5 th February 2024 To 27 th May2024
3	Registration Starts	1 st February 2024
4	Registration Fee	Rs.100/
5	Course Fee	Nil
6	Co-Ordinator	Dr.Bharti Dimri
7	Duration	4 Months
8	No. Of Hrs/Week	3 days Per Week
9	Topic Covered	Syllabus Attached
10	No. Of Students	Student Select Any One Course From The List



Dr.Bharti Dimri
Course Coordinator (Principal)



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Value Added Course On Human Rights

Course Learning Outcomes

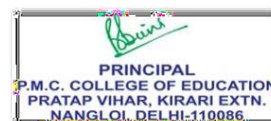
Serve Society: The certificate course in Human Rights consists of all the concepts such as fundamental rights, directive principles, rights of minorities etc. For students who want to serve society, it is the best certificate course

1. Skills: In this certificate course in Human Rights students learn about the rights of humans, and also learn new skills such as management, creating reports, understanding reports. Networking etc.
2. Reputation: The Certificate Course in Human Right is one of the top reputed courses as it is related to the rights of humans. Students who join this course work for the empowerment and development of humans and spread humanity.
3. Social Work: The work of a certified student in Human Rights is to work for society and the people. Students who love to do social work can choose to pursue this course to get the right direction in the desired field

About the Course:

Certificate Course in Human Rights is all about human rights which create equality among all citizens irrespective of the differences such as caste, religion, gender, race etc. These rights are fundamental to all citizens and are given under the constitution of India. The course is designed to impart knowledge and practical ability about the rights and directive principles that are provided to all citizens of India. The certificate course consists of areas such as Human Rights: Evolution, Human Rights: Concepts and Human Rights: Concerns.

- The certificate course in Human Rights is created to spread awareness about the dignity and rights of all humans regardless of all the differences.
- The certificate course in Human Rights aims to empower all groups of society by ensuring the





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enforcement of their rights directed by the constitution.

- In this certificate course, students are given information about the history of human rights and modern human rights as well.
- Students are taught this course with the purpose that they will strengthen the rights of humans by working for them.

Target Group: Graduate students

Method:

- Input Sessions (60 hours)
- Group and individual exercises
- E materials (Documentaries and Movies related to Human Rights issues)


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Course Modules:

Module 1. Understanding Human Rights

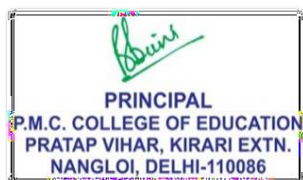
- Human Rights: Meaning
- Civil and Political Rights

Module 2. Human Rights of Groups

- Child's Right
- Women's Rights
- Rights of old and Disabled

Module 3. The U.N. Machinery: Charter

- Non-Governmental Organizations
- Human Rights: Challenges of Globalization
- Human Rights Concerns and emerging trends





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Module 4. Human Rights: Historical Traditions

- Freedom Struggle and Civil Liberties Movement
- India's International Human Rights Obligations
- Directive Principles
- Constitutional Vision: Fundamental Rights

Field work

- Preparing for the field: Gathering news/ Doing Interviews
- Visit to NGO's and other institutions.

Evaluation: Presentation


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Value added course on Yoga and Mediation

Course Learning Outcomes:

- 1.To learn the fundamentals of Yoga and understanding ways to harmonise the body, mind and emotions.
- 2.Understanding of consciousness through practical training. Demonstrate the value and the practice of holistic living.
3. Disciplining the mind through practicing Yoga.
4. Value the heritage of Yoga for self and society.

Objective:-

Providing value Education to improve the Students character understanding yogic life and physical health- maintaining youthfulness- Measure and method in five aspects of life.

Target Group: Graduate students

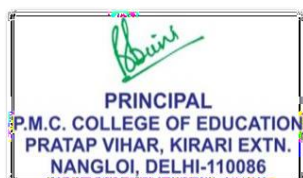
Syllabus:-

Unit-1 Physical Health:

Manavalakalai Yoga: Introduction- Education as a mean for youth empowerment –Greatness of Education-Yoga for youth Empowerment.

Simplified Physical Exercise: Hand,Leg, Breathing, Eye exercises- Kapalabathi, Relaxation exercises- Benefits.

Yogasanas 1: Pranamasana- Pada Hasthasana-Astanga Namaskara –Bhujangasana – Atha Muktha Savasana Pranayama- Naddi suddi-clearance Practise





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Unit-2 Life Force

Reason for diseases: Natural reason (Genetic/ imprints ,natural calamities and climatic changes)-unnatural reasons (food habits, thoughts deeds,)

Philosophy of Kaya Kalpa : Physical body -sexual vital fluid -life force-Bio-Magnetism-Mind.Maintaining youthfulness :Postponing old age-Transformation of food into seven components-importance of sexual vital fluid-Measure and method in five aspects of life- Controlling under passion.

Unit-3 Mental health

Mental Frequencies: Beta, Alpha, Theta and Delta wave- Agna meditation explanation-benefits.Shanti meditation:Shanti meditation explanation- benefits

Benefits of Blessing: Self blessing (Auto suggestion) family blessing

Unit-4 Values

Human values:Self control- self confidence- honesty contentment- adjustment sacrifice- forgiveness.

Purity (Body, Dress, Environment) - physical purity- mental purity -spiritual purity.

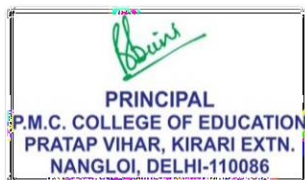
Social values:

Non violence- Service.

Patriotism- Equality

Respect for parents and elders -care and protection -Respect for teachers

Punctuality -Time Management.



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Attendance Sheet of Value Added Course (Human Right)

Sr.No	Name	Enrollment	5/2/24	7/2/24	9/2/24	12/2/24	14/2/24	16/2/24	19/2/24	21/2/24	23/2/24	26/2/24
1	POOJA YADAV	00115702123	P	P	AB	P	P	P	P	P	P	P
2	ANUSHKA ADHIKARI	00315702123	P	P	P	P	P	P	AB	P	P	P
3	HIMAL ARORA	00415702123	P	P	P	P	P	P	P	P	P	P
4	SUSHMA SHARMA	00715702123	P	P	P	P	P	P	AB	AB	P	P
5	ASHISH	00815702123	P	P	P	P	P	P	P	P	P	P
6	KHUSHI PAL	01015702123	P	P	P	P	P	P	P	P	P	P
7	ARADHANA SAHOO	01215702123	P	AB	P	P	P	P	P	P	P	P
8	DIVYANSHI SHARMA	01315702123	P	P	P	P	P	P	AB	P	P	AB
9	RIYA SHARMA	01515702123	P	AB	P	P	P	P	P	P	P	P
10	JYOTI YADAV	01815702123	P	P	P	P	P	P	P	AB	P	P
11	VARSHA BHARDWAJ	01915702123	P	P	P	P	P	P	P	P	P	P
12	IKRA PARVEEN	02015702123	P	P	P	P	P	P	P	P	P	P
13	JENNIFER GEORGE	02315702123	P	P	P	P	P	P	P	P	P	P
14	ADITI	70115702123	P	P	P	P	AB	P	P	P	P	P
15	MEGHA	70215702123	P	P	P	P	P	P	P	P	P	P
16	RADHIKA KUMARI	70315702123	P	P	P	P	P	P	P	P	P	P

PRINCIPAL
PRADEEP MEMORIAL COMPREHENSIVE COLLEGE OF EDUCATION
(Principal)
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(Course Incharge)

Pradeep Memorial Comprehensive College of Education

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Sr.No	Name	Enrollment	28/2/24	1/3/24	4/3/24	6/3/24	8/3/24	11/3/24	13/3/24	15/3/24	18/3/24	20/3/24
1	POOJA YADAV	00115702123	P	P	P	H o l i d a y	P	P	AB	P	P	P
2	ANUSHKA ADHIKARI	00315702123	P	P	P		P	P	P	P	P	P
3	HIMAL ARORA	00415702123	P	P	P		P	P	P	P	P	P
4	SUSHMA SHARMA	00715702123	P	P	P		P	P	P	P	P	P
5	ASHISH	00815702123	P	P	P		P	P	P	AB	P	P
6	KHUSHI PAL	01015702123	P	P	P		P	P	P	P	P	P
7	ARADHANA SAHOO	01215702123	P	P	P		P	P	P	P	P	P
8	DIVYANSHI SHARMA	01315702123	P	P	P		P	P	P	AB	P	P
9	RIYA SHARMA	01515702123	P	P	P		P	P	P	P	P	P
10	JYOTI YADAV	01815702123	P	AB	P		P	P	P	P	P	P
11	VARSHA BHARDWAI	01915702123	P	P	P		P	P	P	P	P	P
12	IKRA PARVEEN	02015702123	P	P	P		P	P	P	P	P	P
13	JENNIFER GEORGE	02315702123	P	P	P		P	P	P	P	P	AB
14	ADITI	70115702123	P	AB	P		P	P	P	P	P	P
15	MEGHA	70215702123	P	P	P		P	P	P	P	P	P
16	RADHIKA KUMARI	70315702123	P	P	P		P	P	P	P	P	P

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Sr.No	Name	Enrollment	22/3/24	25/3/24	27/3/23	29/3/24	1/4/24	3/4/24	5/4/24	8/4/24	10/4/24	12/4/24
1	POOJA YADAV	00115702123	P	P	P	P	P	P	H o i d a y	P	P	P
2	ANUSHKA ADHIKARI	00315702123	P	P	P	P	P	P		P	P	P
3	HIMAL ARORA	00415702123	P	P	P	P	P	P		P	P	P
4	SUSHMA SHARMA	00715702123	P	P	P	P	P	P		P	P	P
5	ASHISH	00815702123	P	P	P	P	P	P		P	P	P
6	KHUSHI PAL	01015702123	P	P	AB	P	P	P		P	P	P
7	ARADHANA SAHOO	01215702123	P	P	P	P	P	P		P	P	P
8	DIVYANSHI SHARMA	01315702123	P	P	P	P	P	P		P	P	P
9	RIYA SHARMA	01515702123	P	P	P	P	P	P		P	P	P
10	JYOTI YADAV	01815702123	P	P	P	P	P	P		P	P	P
11	VARSHA BHARDWAJ	01915702123	P	P	AB	P	P	P		P	P	P
12	IKRA PARVEEN	02015702123	P	P	P	P	P	P		P	P	P
13	JENNIFER GEORGE	02315702123	P	P	P	P	P	P		P	P	P
14	ADITI	70115702123	P	P	P	P	P	P		P	P	P
15	MEGHA	70215702123	P	P	P	P	P	P		P	P	P
16	RADHIKA KUMARI	70315702123	P	P	P	P	P	P		P	P	AB

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Sr.No	Name	Enrollment	15/4/24	17/4/24	19/4/24	22/4/24	24/4/24	26/4/24	29/4/24	1/5/24	3/5/24	6/5/24
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2	ANUSHKA ADHIKARI	00315702123	P	P	P	P	P	P	P	P	P	P
3	HIMAL ARORA	00415702123	P	P	P	P	P	P	P	AB	P	P
4	SUSHMA SHARMA	00715702123	P	P	P	P	P	P	P	P	P	P
5	ASHISH	00815702123	P	P	P	P	AB	P	P	P	P	P
6	KHUSHI PAL	01015702123	P	P	P	P	P	P	P	P	P	P
7	ARADHANA SAHOO	01215702123	P	P	P	P	P	P	P	P	P	P
8	DIVYANSHI SHARMA	01315702123	P	P	P	P	P	P	P	P	P	P
9	RIYA SHARMA	01515702123	P	P	AB	P	P	P	P	P	P	P
10	JYOTI YADAV	01815702123	P	P	P	P	P	P	P	AB	P	P
11	VARSHA BHARDWAI	01915702123	P	P	P	P	P	P	P	P	P	P
12	IKRA PARVEEN	02015702123	P	P	P	P	P	P	P	P	P	P
13	JENNIFER GEORGE	02315702123	P	P	P	P	P	P	P	P	P	P
14	ADITI	70115702123	P	P	P	P	P	P	P	P	P	P
15	MEGHA	70215702123	P	P	P	P	P	P	P	P	P	P
16	RADHIKA KUMARI	70315702123	P	AB	P	P	P	P	P	P	P	P

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Sr.No	Name	Enrollment	8/5/24	10/5/24	13/5/24	15/5/24	17/5/24	20/5/24	22/5/24	27/5/24
1	POOJA YADAV	00115702123	P	P	P	P	P	P	P	P
2	ANUSHKA ADHIKARI	00315702123	P	P	P	P	P	P	P	P
3	HIMAL ARORA	00415702123	P	P	P	P	P	P	P	P
4	SUSHMA SHARMA	00715702123	P	P	P	P	P	P	P	P
5	ASHISH	00815702123	P	AB	P	P	P	P	P	P
6	KHUSHI PAL	01015702123	P	P	P	P	P	P	P	P
7	ARADHANA SAHOO	01215702123	P	P	P	P	P	P	P	P
8	DIVYANSHI SHARMA	01315702123	P	P	P	P	P	P	P	P
9	RIYA SHARMA	01515702123	P	P	P	P	P	P	P	P
10	JYOTI YADAV	01815702123	P	P	P	P	P	P	P	P
11	VARSHA BHARDWAJ	01915702123	P	P	P	P	P	P	P	P
12	IKRA PARVEEN	02015702123	P	P	P	P	P	P	P	P
13	JENNIFER GEORGE	02315702123	P	P	P	P	P	P	P	P
14	ADITI	70115702123	P	P	P	P	P	P	P	P
15	MEGHA	70215702123	P	P	P	P	P	P	P	P
16	RADHIKA KUMARI	70315702123	P	P	P	P	P	P	AB	AB

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Attendance Sheet of Value Added Course (Yoga & Meditation)

Sr.No	Name	Enrollment	5/2/24	7/2/24	9/2/24	12/2/24	14/2/24	16/2/24	19/2/24	21/2/24	23/2/24	26/2/24
1	JYOTI	00215702123	P	P	P	P	P	P	AB	P	P	P
2	ASHISH	00515702123	P	P	P	AB	P	P	P	P	P	P
3	ASHWIN KUMAR VERMA	00615702123	P	P	P	P	P	P	AB	P	P	P
4	SHRUTI VERMA	00915702123	P	P	P	P	P	AB	P	P	P	P
5	HEMLATA	01115702123	P	P	P	P	P	AB	P	P	P	P
6	POOJA	01415702123	P	P	P	P	P	AB	P	P	P	P
7	SALEYA PARVEEN	01615702123	P	AB	P	P	P	P	P	P	P	P
8	KANCHAN	01715702123	P	AB	P	P	P	AB	P	P	P	P
9	ARCHANA	02115702123	P	P	P	P	P	P	P	P	P	P
10	MEHAK	02215702123	P	P	P	P	P	P	P	P	P	P
11	POOJA	02415702123	P	P	P	P	P	P	AB	P	P	P
12	SAPNA SINGH	02515702123	P	P	P	P	P	P	P	P	P	P
13	PREETI	02615702123	P	P	P	P	P	P	AB	P	P	P
14	KALPANA RAWAT	02715702123	P	P	P	P	P	P	P	P	P	AB
15	PRIYA KUMARI	02815702123	P	P	P	P	P	AB	P	P	P	P
16	MAHIMA KUMARI	70415702123	P	P	P	P	P	P	P	AB	P	P
17	RENU	70515702123	P	P	P	P	P	P	P	P	P	P

(Principal)

(Course Incharge)

Dr. Alka Nandani

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1	JYOTI	00215702123	P	P	AB	H o i d a y	P	P	P	P	P	P
2	ASHISH	00515702123	P	P	P		P	P	P	P	P	P
3	ASHWIN KUMAR VERMA	00615702123	AB	P	P		P	P	P	P	P	AB
4	SHRUTI VERMA	00915702123	P	P	AB		P	P	P	P	P	P
5	HEMLATA	01115702123	P	P	P		P	P	AB	P	P	P
6	POOJA	01415702123	P	P	P		P	P	P	P	P	P
7	SALEYA PARVEEN	01615702123	P	P	AB		P	P	P	P	P	P
8	KANCHAN	01715702123	P	P	P		P	P	P	P	P	P
9	ARCHANA	02115702123	P	P	P		P	AB	P	P	P	P
10	MEHAK	02215702123	P	P	P		P	P	P	P	P	P
11	POOJA	02415702123	P	P	AB		P	P	P	P	P	P
12	SAPNA SINGH	02515702123	P	P	P		P	AB	P	P	P	P
13	PREETI	02615702123	P	P	P		P	P	P	P	P	P
14	KALPANA RAWAT	02715702123	P	P	AB		P	AB	P	P	P	P
15	PRIYA KUMARI	02815702123	P	P	P		P	P	P	P	P	P
16	MAHIMA KUMARI	70415702123	P	P	AB		P	P	P	P	P	AB
17	RENU	70515702123	AB	P	P		P	P	P	P	P	P

(Principal)

(Course Incharge)
Dr. Anand Kumar

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Sr.No	Name	Enrollment	22/3/24	25/3/24	27/3/23	29/3/24	1/4/24	3/4/24	5/4/24	8/4/24	10/4/24	12/4/24
1	JYOTI	00215702123	AB	P	P	P	P	P	H o i d a y	P	P	P
2	ASHISH	00515702123	P	AB	P	P	P	P		P	P	P
3	ASHWIN KUMAR VERMA	00615702123	P	P	AB	P	P	P		P	P	P
4	SHRUTI VERMA	00915702123	P	P	P	P	P	P		AB	P	P
5	HEMLATA	01115702123	P	P	P	P	P	P		P	P	P
6	POOJA	01415702123	P	P	P	P	P	P		P	P	P
7	SALEYA PARVEEN	01615702123	P	P	P	P	P	P		P	P	P
8	KANCHAN	01715702123	P	P	P	P	P	P		AB	P	P
9	ARCHANA	02115702123	P	P	P	P	P	P		P	AB	P
10	MEHAK	02215702123	P	P	P	P	P	P		P	P	AB
11	POOJA	02415702123	P	P	P	P	P	P		P	P	P
12	SAPNA SINGH	02515702123	P	P	P	P	AB	P		P	P	AB
13	PREETI	02615702123	P	P	P	P	P	P		P	P	P
14	KALPANA RAWAT	02715702123	P	P	P	AB	P	P		P	P	P
15	PRIYA KUMARI	02815702123	P	P	AB	P	P	P		P	P	P
16	KUMARI	70415702123	P	P	P	P	P	P		P	P	P
17	RENU	70515702123	AB	P	P	P	P	P		P	P	P


(Principal)

(Course Incharge)


Dr. Pooja Vagubha

Pradeep Memorial Comprehensive College of Education

Pratap Vihar Kirari Extn., Nangloi

Attendance Sheet of Value Added Course (Yoga & Meditation)

Sr.No	Name	Enrollment	15/4/24	17/4/24	19/4/24	22/4/24	24/4/24	26/4/24	29/4/24	1/5/24	3/5/24	6/5/24
1	JYOTI	00215702123	AB	P	P	P	P	P	P	P	P	P
2	ASHISH	00515702123	P	P	AB	P	P	P	P	P	P	P
3	ASHWIN KUMAR VERMA	00615702123	P	P	P	P	P	AB	P	P	P	P
4	SHRUTI VERMA	00915702123	P	P	P	AB	P	P	P	P	P	P
5	HEMLATA	01115702123	P	P	P	P	P	P	P	P	P	P
6	POOJA	01415702123	AB	P	P	P	P	P	P	P	P	P
7	SALEYA PARVEEN	01615702123	P	AB	P	P	P	P	P	P	P	P
8	KANCHAN	01715702123	P	AB	P	P	P	P	P	P	P	P
9	ARCHANA	02115702123	P	P	P	P	P	P	AB	P	P	P
10	MEHAK	02215702123	P	P	AB	P	P	P	P	P	P	P
11	POOJA	02415702123	P	P	P	P	P	P	P	P	AB	P
12	SAPNA SINGH	02515702123	AB	P	P	P	P	P	P	P	P	P
13	PREETI	02615702123	P	P	AB	P	P	P	AB	P	P	P
14	KALPANA RAWAT	02715702123	P	P	P	P	P	P	P	P	P	P
15	PRIYA KUMARI	02815702123	AB	P	P	P	P	P	P	P	P	P
16	MAHIMA KUMARI	70415702123	P	P	AB	P	P	P	P	P	P	P
17	RENU	70515702123	P	P	P	P	P	P	AB	P	P	P

(Principal)

(Course Incharge)

Dr. Abha Rawat

Pradeep Memorial Comprehensive College of Education

Pratap Vihar Kirari Extn., Nangloi

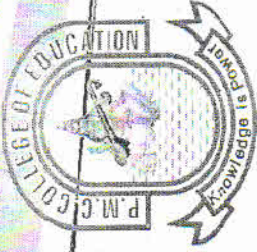
Attendance Sheet of Value Added Course (Yoga & Meditation)

Sr.No	Name	Enrollment	8/5/24	10/5/24	13/5/24	15/5/24	17/5/24	20/5/24	22/5/24	27/5/24
1	JYOTI	00215702123	AB	P	P	P	P	P	P	P
2	ASHISH	00515702123	P	P	P	AB	AB	P	P	P
3	ASHWIN KUMAR VERMA	00615702123	P	P	AB	P	P	P	P	P
4	SHRUTI VERMA	00915702123	P	P	P	P	P	P	P	AB
5	HEMLATA	01115702123	P	P	P	P	P	P	AB	P
6	POOJA	01415702123	P	P	P	P	P	P	P	P
7	SALEYA PARVEEN	01615702123	P	P	P	P	P	P	P	AB
8	KANCHAN	01715702123	P	P	P	P	AB	P	P	P
9	ARCHANA	02115702123	P	P	AB	P	P	P	AB	P
10	MEHAK	02215702123	P	P	P	P	P	P	P	P
11	POOJA	02415702123	P	P	P	P	AB	P	P	P
12	SAPNA SINGH	02515702123	P	P	P	P	P	P	P	P
13	PREETI	02615702123	P	P	P	AB	P	P	P	P
14	KALPANA RAWAT	02715702123	P	P	P	P	P	P	AB	P
15	PRIYA KUMARI	02815702123	P	AB	P	P	P	AB	P	P
16	MAHIMA KUMARI	70415702123	P	P	P	P	P	P	P	P
17	RENU	70515702123	P	AB	P	P	P	AB	P	P

(Principal)

(Course Incharge)

Dr. Ravi



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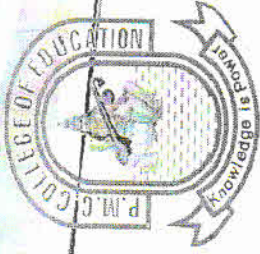
CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr Ashwin Kumar Verma
Has successfully Completed the Course Yoga and Meditation of
duration of 4 month from 5/2/24 to 27/5/24

Dr. Bharti Dimri
(Principal)

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Dr. Anurag Verma
Course Incharge



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CERTIFICATE OF COMPLETION

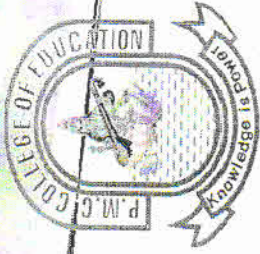
This is to Certify that Ms./Mr Kalpna Rawat
Has successfully Completed the Course Yoga and Meditation of
duration of 4 month from 5/2/24 to 27/5/24

Dr. Bharti Dimri

(Principal)

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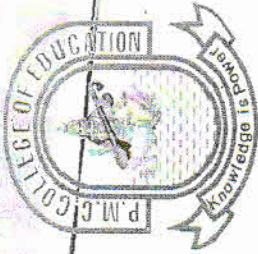
CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr Varsha Bhardwaj of
Has successfully Completed the Course Human Rights of
duration of 4 month from 05/02/24 to 27/05/24.


Dr. Bharti Dimri
(Principal)

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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr Sushma Sharma of
Has successfully Completed the Course Human Rights
duration of 4 month from 05/02/24 to 27/05/24.

Dr. Bharti Dimri

(Principal)

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