



Pradeep Memorial

COMPREHENSIVE COLLEGE OF EDUCATION

Affiliated to G.G.S.I.P. University

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

 **7290037803, 7290037804 ,Email- pmc_coll@yahoo.com**

PRADEEP MEMORIAL COMPREHENSIVE COLLEGE OF EDUCATION



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Value Added Course

For

Academic year 2024-25

| | Course Details | Human Rights/Yoga and Mediation |
|----|-----------------------|--|
| 1 | Course Offered By | Pradeep Memorial Comprehensive College Of Education |
| 2 | Commencement | 3 rd February 2025 To 30 th April 2025 |
| 3 | Registration Starts | 20 th January 2025 |
| 4 | Registration Fee | Rs.100/ |
| 5 | Course Fee | Nil |
| 6 | Co-Ordinator | Dr.Bharti Dimri |
| 7 | Duration | 3 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 |


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NANGLOI, DELHI-110086

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 enforcement of their rights directed by the constitution.



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- 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- Nadi 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 Frequenciess: Beta, Apha, 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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Pradeep Memorial Comprehensive College of Education

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Attendance Sheet of Value Added Course (Human Right)

| Sr.No | Name | Enrollment | 3/2/25 | 5/2/25 | 6/2/25 | 10/2/25 | 12/2/2025 | 13/2/25 | 17/2/25 | 19/2/25 | 20/2/25 | 24/2/25 |
|-------|----------------|-------------|--------|--------|--------|---------|---------------|---------|---------|---------|---------|---------|
| 1 | Privanka Singh | 00115702124 | pp | pp | pp | pp | H O L I D A Y | pp | pp | pp | pp | pp |
| 2 | Chanchal Jha | 00215702124 | pp | pp | pp | pp | | pp | pp | pp | pp | pp |
| 3 | Kavita | 00315702124 | pp | pp | pp | pp | | pp | pp | pp | pp | pp |
| 4 | Charu | 00515702124 | pp | pp | pp | pp | | pp | pp | pp | pp | pp |
| 5 | Mansi Yadav | 00915702124 | pp | pp | pp | pp | | pp | pp | pp | pp | pp |
| 6 | Deepa | 50315702124 | pp | pp | pp | pp | | pp | pp | pp | pp | pp |
| 7 | Divya Rani | 50415702124 | pp | pp | pp | AB | | pp | pp | pp | pp | pp |

[Signature]
(Principal)

(Course Incharge)

Pradeep Memorial Comprehensive College of Education

Pratap Vihar Kirari Extn., Nangloi

Attendance Sheet of Value Added Course (Human Right)

| Sr.No | Name | Enrollment | 26/2/25 | 27/2/25 | 3/3/25 | 5/3/25 | 6/3/25 | 10/3/25 | 12/3/2025 | 13/3/25 | 17/3/25 | 19/3/25 |
|-------|----------------|-------------|---------------|---------|--------|--------|--------|---------|-----------|---------|---------|---------|
| 1 | Priyanka Singh | 00115702124 | H O L I D A Y | PP | PP | PP | PP | PP | PP | PP | PP | PP |
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| 4 | Charu | 00515702124 | | PP | PP | PP | PP | PP | PP | PP | PP | PP |
| 5 | Mansi Yadav | 00915702124 | | PP | PP | PP | PP | PP | PP | PP | PP | PP |
| 6 | Deepa | 50315702124 | | PP | PP | PP | PP | PP | PP | PP | PP | PP |
| 7 | Diya Rani | 50415702124 | | PP | PP | PP | PP | PP | AB | PP | PP | PP |


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Attendance Sheet of Value Added Course (Human Right)

| Sr.No | Name | Enrollment | 14/4/25 | 16/4/25 | 17/4/25 | 21/4/25 | 23/4/25 | 24/4/25 | 28/4/25 | 30/4/2025 |
|-------|----------------|-------------|---------|---------|---------|---------|---------|---------|---------|-----------|
| 1 | Priyanka Singh | 00115702124 | PP | PP | PP | PP | PP | PP | PP | PP |
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| 7 | Divya Rani | 50415702124 | AB | PP | PP | PP | PP | PP | PP | PP |


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Attendance Sheet of Value Added Course (Yoga & Meditation)

| Sr.No | Name | Enrollment | 3/2/25 | 5/2/25 | 6/2/25 | 10/2/25 | 12/2/2025 | 13/2/25 | 17/2/25 | 19/2/25 | 20/2/25 | 24/2/25 |
|-------|-----------------|-------------|--------|--------|--------|---------|---------------|---------|---------|---------|---------|---------|
| 1 | Shivali Kumari | 00415702124 | PP | PP | PP | PP | H O L I D A Y | PP | PP | PP | PP | PP |
| 2 | Shahina Parveen | 00615702124 | PP | PP | PP | PP | | AB | PP | PP | PP | PP |
| 3 | Kusum | 00715702124 | PP | PP | PP | PP | | PP | PP | PP | PP | PP |
| 4 | Khushi | 00815702124 | PP | PP | PP | PP | | PP | PP | AB | PP | PP |
| 5 | Baby | 01015702124 | PP | PP | PP | PP | | PP | PP | PP | PP | PP |
| 6 | Pinki Yadav | 01115702124 | PP | PP | PP | PP | | PP | PP | PP | PP | PP |
| 7 | Sachin | 01215702124 | PP | PP | PP | PP | | PP | PP | PP | PP | PP |
| 8 | Kaja | 01315702124 | PP | PP | PP | PP | | PP | PP | PP | PP | PP |
| 9 | Tanshi Rawat | 50115702124 | PP | PP | PP | PP | | PP | PP | PP | PP | PP |
| 10 | Shifa Moushim | 50215702124 | PP | PP | PP | PP | | PP | PP | PP | PP | PP |

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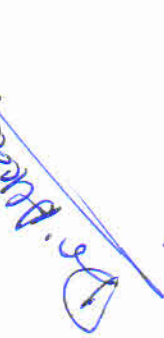
Pratap Vihar Kirari Extn., Nangloi

Attendance Sheet of Value Added Course (Yoga & Meditation)

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Attendance Sheet of Value Added Course (Yoga & Meditation)

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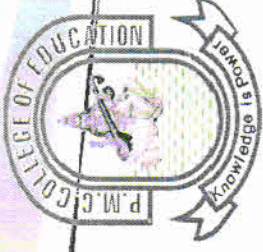
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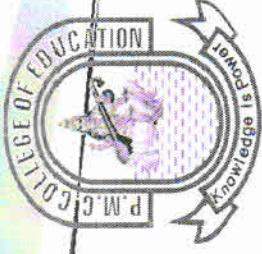
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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr. CHARU
Has successfully Completed the Course Human Right of duration of 3 month
from 03/02/2025 to 30/04/2025


Dr. Bharti Dimri
(Principal)


Convener



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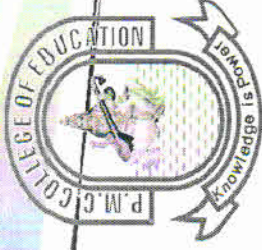
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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr. PRİYANKA SINGH
Has successfully Completed the Course Human Right of duration of 3 month
from 03/02/2025 to 30/04/2025


Dr. Bharti Dimri
(Principal)


Convener



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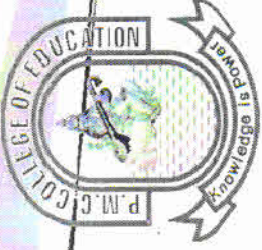
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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr. SHYALI KUMARI
Has successfully Completed the Course Yoga & Meditation of duration of
3 month from 03/02/2025 to 30/04/2025


Dr. Bharti Dimri
(Principal)


Convener



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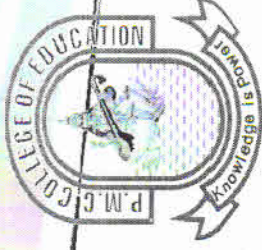
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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr. BABY
Has successfully Completed the Course Yoga & Meditation of duration of
3 month from 03/02/2025 to 30/04/2025


Dr. Bharti Dimri
(Principal)


Convener



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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr. PINKI YADAV
Has successfully Completed the Course Yoga & Meditation of duration of
3 month from 03/02/2025 to 30/04/2025

Dr.
Dr. Bharti Dimri
(Principal)

Dr. Dhan
Convener