



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



BROCHURE


PRINCIPAL
P.M.C. COLLEGE OF EDUCATION
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VALUE ADDED COURSES

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Value Added Course

For

Academic year 2022-23

1	Courses Detail	Human Rights/Yoga and Mediation/ Ethics in Education
1	Course Offered By	Pradeep Memorial Comprehensive College Of Education
2	Commencement	6 th March 2023 To 5 th May.2023
3	Registration Starts	1 st March 2023
4	Registration Fee	Rs.100/
5	Course Fee	Nil
6	Co-Ordinator	Dr.Bharti Dimri
7	Duration	3 Months
8	No. Of Hrs/Week	2days Per Week
9	Topic Covered	Syllabus Attached
10	No. Of Students	Student Select Any One Course From The List


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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- Nadi suddhi-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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Value Added Course on Ethics in Education

Course Learning Outcomes:

1. Explore perspectives on ethics in thoughts, words and actions
2. Evolve ethical decision making practises
3. Understand the need for an ethical society and culture
4. Introspect, become conscious of and assess one's stance in life
5. Cultivate empathy, tolerance and compassion
6. Apply the values learnt in the course to everyday life.

Syllabus:-

Section A

1. Ethics: Concept and Definition.
2. Scope and Nature of Ethics
3. Personal Relationship and Ethical Concerns

Section B

4. Ethics: Types
5. Principles of Ethics
6. Moral Dilemmas

Section C

7. Importance of Ethics in Education
8. Awareness and need of ethics in Education
9. Role of Ethics in education




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Section D

- 10. Educational Ethics**
- 11. Importance of Teaching Ethics in Education.**
- 12. Ethical Issues in Education**


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Attendance Sheet of Value Added Course (Ethics in Education) for session 2022-23

Sr.No	Enrollment No	Name	6/3/2023	10/3/2023	13/3/23	17/3/23	20/3/23	24/3/23	27/3/23	31/3/23
1	00115702122	JYOTI SHARMA	P	P	P	P	P	P	P	P
2	00215702122	SHRUTI SINGH	P	P	P	P	P	P	P	P
3	00315702122	MANSHA VIRAT	P	P	P	P	P	P	P	P
4	00815702122	AYSHA AMREEN	P	P	P	P	P	P	P	P
5	00915702122	SANGEETA	P	P	P	P	P	P	P	P
6	01015702122	RENU JAISWAL	P	P	P	P	P	P	P	P
7	01115702122	NEETA BHATT	P	P	P	P	P	P	P	P
8	01715702122	REKHA	P	P	P	P	P	P	P	P
9	01815702122	MADHU CHAUHAN	P	P	P	P	P	P	P	P
10	01915702122	SHIVANGI KUMAR	P	P	P	P	P	P	P	P
11	02415702122	ANJANA SHARESTHA	P	P	P	P	P	P	P	P
12	02515702122	SALMA KHATOON	P	P	P	P	P	P	P	P
13	02615702122	HEENA SHARMA	P	P	P	P	P	P	P	P

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Sr.No	Enrollment No	Name	6/3/2023	10/3/2023	13/3/23	17/3/23	20/3/23	24/3/23	27/3/23	31/3/23
14	02715702122	JYOTI SINGH	P	P	P	P	P	P	P	P
15	02815702122	KHUSHBU KUMARI GUPTA	P	P	P	P	P	P	P	P
16	35215702122	PRIYANKA	P	P	P	P	P	P	P	P
17	35315702122	AYUSHA MAKEN	P	P	P	P	P	P	P	P
18	35415702122	PRERNA KUMARI	P	P	P	P	P	P	P	P
19	35515702122	NEHA	P	P	P	P	P	P	P	P

Dr. Bharti Dimri

(Course Co-ordinator)

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1	00115702122	JYOTI SHARMA	P	H	P	P	P	P	P	P
2	00215702122	SHRUTI SINGH	P	G	P	P	P	P	P	P
3	00315702122	MANSHA VIRAT	P	L	P	P	P	P	P	P
4	00815702122	AYSHA AMREEN	P	I	P	P	P	P	P	P
5	00915702122	SANGEETA	P	D	P	P	P	P	P	P
6	01015702122	RENU JAISWAL	P	A	P	P	P	P	P	P
7	01115702122	NEETA BHATT	P	Y	P	P	P	P	P	P
8	01715702122	REKHA	P	H	P	P	P	P	P	P
9	01815702122	MADHU CHAUHAN	P	O	P	P	P	P	P	P
10	01915702122	SHIVANGI KUMAR	P	L	P	P	P	P	P	P
11	02415702122	ANJANA SHARESTHA	P	S	P	P	P	P	P	P
12	02515702122	SALMA KHATOON	P	D	P	P	P	P	P	P
13	02615702122	HEENA SHARMA	P	Ay	P	P	P	P	P	P

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Sr.No	Enrollment No	Name	3/4/2023	7/4/2023	10/4/2023	14/4/23	17/4/23	21/4/23	24/4/23	28/4/23
14	02715702122	JYOTI SINGH	P	H	P	P	P	P	P	P
15	02815702122	KHUSHBU KUMARI GUPTA	P	G	P	P	P	P	P	P
16	35215702122	PRIYANKA	P	L	P	P	P	P	P	P
17	35315702122	AYUSHA MAKEN	P	I	P	P	P	P	P	P
18	35415702122	PRERNA KUMARI	P	D	P	P	P	P	P	P
19	35515702122	NEHA	P	AY	P	P	P	P	P	AB


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 P (Course Co-ordinator) Education
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Sr.No	Enrollment No	Name	1/5/23	5/5/23	8/5/23	12/5/23	15/5/23	19/5/23	22/5/23	26/5/23	29/5/23	2/6/2023	5/6/23
1	00115702122	JYOTI SHARMA	P	H	P	P	P	P	P	P	P	P	P
2	00215702122	SHRUTI SINGH	P	O	P	P	P	P	P	P	P	P	P
3	00315702122	MANSHA VIRAT	P	L	P	P	P	P	P	P	P	P	P
4	00815702122	AYSHA AMREEN	P	I	P	P	P	P	P	P	P	P	P
5	00915702122	SANGEETA	P	D	P	P	P	P	P	P	P	P	P
6	01015702122	RENU JAISWAL	P	A	P	P	P	P	P	P	P	P	P
7	01115702122	NEETA BHATT	P	Y	P	P	P	P	P	P	P	P	P
8	01715702122	REKHA	P	H	P	P	P	P	P	P	P	P	P
9	01815702122	MADHU CHAUHAN	P	O	P	P	P	P	P	P	P	P	P
10	01915702122	SHIVANGI KUMAR	P	L	P	P	P	P	P	P	P	P	P
11	02415702122	ANJANA SHARESTHA	P	I	P	P	P	P	P	P	P	P	P
12	02515702122	SALMA KHATOON	P	D	P	P	P	P	P	P	P	P	P
13	02615702122	HEENA SHARMA	P	A	P	P	P	P	P	P	P	P	P
14	02715702122	JYOTI SINGH	P	Y	P	P	P	P	P	P	P	P	P

Sr.No	Enrollment No	Name	1/5/23	5/5/23	8/5/23	12/5/23	15/5/23	19/5/23	22/5/23	26/5/23	29/5/23	2/6/2023	5/6/23
15	02815702122	KHUSHBU KUMARI GUPTA	P	Ho	P	P	P	P	P	P	P	P	P
16	35215702122	PRIVANKA	P	LI	P	P	P	P	P	P	P	P	P
17	35315702122	AYUSHA MAKEN	P	DA	P	P	P	P	P	P	P	P	P
18	35415702122	PRERNA KUMARI	P	T	P	P	P	P	P	P	P	P	P
19	35515702122	NEHA	P		P	P	P	P	P	P	P	P	P

Dr. Bharti Dimri

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Attendance Sheet of Value Added Course (Yoga and Meditation) for session 2022-23

Sr.No	Enrollment No	Name	6/3/2023	10/3/2023	13/3/23	17/3/23	20/3/23	24/3/23	27/3/23	31/3/23
1	00615702122	NEHA	P	P	P	P	P	P	P	P
2	00715702122	ARCHANA SAHOO	P	P	P	P	P	P	P	P
3	01515702122	ISHIKA	P	P	P	P	P	P	P	P
4	01615702122	KUMARI PRIYA	P	P	P	P	P	P	P	P
5	02015702122	ROSHNI	P	P	P	P	P	P	P	P
6	02115702122	DEEPIKA	P	P	P	P	P	P	P	P
7	02915702122	MANISHA	P	P	P	P	P	P	P	P
8	03015702122	MANJARI SINGH	P	P	P	P	P	P	P	P
9	03115702122	ANJALI MISHRA	P	P	P	P	P	P	P	P
10	03815702122	AJEET KUMAR	P	P	P	P	P	P	P	P
11	03915702122	SHIVI SOOD	P	P	P	P	P	P	P	P
12	04015702122	EISHA	P	P	P	P	P	P	P	P
13	35115702122	UZMA JABEEN	P	P	P	P	P	P	P	P

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1	00615702122	NEHA	P	H	P	P	P	P	P	P
2	00715702122	ARCHANA SAHOO	P	O	P	P	P	AB	P	P
3	01515702122	ISHIKA	P	L	P	P	P	P	P	P
4	01615702122	KUMARI PRIYA	P	I	P	P	P	P	P	P
5	02015702122	ROSHNI	P	D	P	P	P	P	P	P
6	02115702122	DEEPIKA	P	A	P	P	P	P	P	P
7	02915702122	MANISHA	P	Y	P	P	P	P	P	AB
8	03015702122	MANJARI SINGH	P	H	P	P	P	P	P	P
9	03115702122	ANJALI MISHRA	P	O	P	P	P	P	P	P
10	03815702122	AJEET KUMAR	P	L	P	P	P	P	P	P
11	03915702122	SHIVI SOOD	P	I	P	P	P	P	P	P
12	04015702122	EISHA	P	D	P	P	P	P	P	P
13	35115702122	UZMA JABEEN	P	Ay	P	P	P	P	P	P

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Dr. Bharti Dimri

Nangloi (Course Co-ordinator)

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1	00615702122	NEHA	P	H	P	P	P	P	P	P	P	P	P
2	00715702122	ARCHANA SAHOO	P	O	P	P	P	P	P	P	P	P	P
3	01515702122	ISHIKA	P	L	P	P	P	P	P	P	P	P	P
4	01615702122	KUMARI PRIYA	P	I	P	P	P	P	P	P	P	P	P
5	02015702122	ROSHNI	P	O	P	P	P	P	P	P	P	P	P
6	02115702122	DEEPIKA	P	A	P	P	P	P	P	P	P	P	P
7	02915702122	MANISHA	P	Y	P	P	P	P	P	P	P	P	P
8	03015702122	MANJARI SINGH	P	Y	P	P	P	P	P	P	P	P	P
9	03115702122	ANJALI MISHRA	AB	O	P	P	P	P	P	P	P	P	P
10	03815702122	AJEET KUMAR	P	L	P	P	P	P	P	P	P	P	P
11	03915702122	SHIVI SOOD	P	I	P	P	P	P	P	P	P	P	P
12	04015702122	EISHA	P	D	P	P	P	P	P	P	P	P	P
13	35115702122	UZMA JABEEN	P	AX	P	P	P	AB	P	P	P	P	P

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Attendance Sheet of Value Added Course (Human Right) for session 2022-23

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1	00415702122	KASHISH GUPTA	P	P	P	P	P	P	P	P
2	00515702122	PRAVEEN	P	P	P	P	P	P	P	P
3	01215702122	NEHA KUMARI	P	P	P	P	P	P	P	P
4	01315702122	SONAMIKA	P	P	P	P	P	P	P	P
5	01415702122	DEEPSHIKHA	P	P	P	P	P	P	P	P
6	02215702122	SHIVANI YADAV	P	P	P	P	P	P	P	P
7	02315702122	SANDHYA KUMARI	P	P	P	P	AB	P	P	P
8	03215702122	HIMANSHU	P	P	P	P	P	P	P	P
9	03315702122	DEVENDER	P	P	P	P	P	P	P	P
10	03415702122	JUHI SINGH	P	P	P	P	P	P	P	P
11	03515702122	JYOTI	P	P	P	P	P	P	P	P
12	03615702122	MUSKAN KHARI	P	P	P	P	P	P	P	P
13	03715702122	ANKITA PANDEY	P	P	P	P	P	P	P	P
14	35615702122	Km Arti Mathur	P	P	P	P	P	P	P	P

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1	00415702122	KASHISH GUPTA	P	H	P	P	P	P	P	P
2	00515702122	PRAVEEN	P	O	P	P	P	P	P	P
3	01215702122	NEHA KUMARI	P	L	P	P	P	P	P	P
4	01315702122	SONAMIKA	P	I	P	P	AB	P	P	P
5	01415702122	DEEPSHIKHA	P	D	P	P	P	P	P	P
6	02215702122	SHIVANI YADAV	P	A	P	P	P	P	P	P
7	02315702122	SANDHYA KUMARI	P	Y	P	P	P	P	P	P
8	03215702122	HIMANSHU	P	H	P	P	P	P	P	P
9	03315702122	DEVENDER	P	O	P	P	P	P	P	P
10	03415702122	JUHI SINGH	P	L	P	P	P	P	P	P
11	03515702122	JYOTI	P	I	P	P	P	P	P	P
12	03615702122	MUSKAN KHARI	P	D	P	P	P	P	P	P
13	03715702122	ANKITA PANDEY	P	A	P	P	P	P	P	P
14	35615702122	Km Arti Mathur	P	Y	AB	P	P	P	P	P


Principal
Dr. Bharti Dimri
(Course Co-ordinator)
Pratap Vihar Kirari Extn.
Nangloi, Delhi-110006

Pradeep Memorial Comprehensive College of Education

Pratap Vihar Kirari Extn., Nangloi

Attendance Sheet of Value Added Course (Human Right) for session 2022-23

Sr.No	Enrollment No	Name	1/5/23	5/5/23	8/5/23	12/5/23	15/5/23	19/5/23	22/5/23	26/5/23	29/5/23	2/6/2023	5/6/23
1	00415702122	KASHISH GUPTA	P	H	P	P	P	P	P	P	P	P	AB
2	00515702122	PRAVEEN	P	O	P	P	P	P	P	P	P	P	P
3	01215702122	NEHA KUMARI	P	L	P	P	P	P	P	P	P	P	P
4	01315702122	SONAMIKA	P	I	P	P	P	P	P	P	P	P	P
5	01415702122	DEEPSHIKHA	P	D	P	P	P	P	P	P	P	P	P
6	02215702122	SHIVANI YADAV	P	A	P	P	P	P	P	P	P	P	P
7	02315702122	SANDHYA KUMARI	P	Y	P	P	P	P	P	P	P	P	P
8	03215702122	HIMANSHU	P	H	P	P	P	P	P	P	P	P	P
9	03315702122	DEVENDER	P	O	P	P	P	P	P	P	P	P	P
10	03415702122	JUHI SINGH	P	L	P	P	P	P	P	P	P	P	P
11	03515702122	JYOTI	P	J	P	P	P	P	P	P	P	P	P
12	03615702122	MUSKAN KHARI	P	D	P	P	P	P	P	P	P	P	P
13	03715702122	ANKITA PANDEY	P	A	P	P	P	P	P	P	P	P	P
14	35615702122	Km Arti Mathur	P	Y	P	P	P	AB	P	P	P	P	P

 **PRINCIPAL**
Dr. Bharti Dimri Education
 P.M.C. College of Education
 (Course Co-ordinator) Extn.
 Nangloi, Delhi-110086



PRADEEP MEMORIAL COMPREHENSIVE COLLEGE OF EDUCATION

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(ACCREDITED NAAC)(ISO 9001:2008 Certified)

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

CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr NEHA
Has successfully Completed the Course YOGA AND MEDITATION of
duration of 3 month from 6th March 2023 to 5th June 2023

Hon'ble
Dr. Bharti Dimri

(Principal)

P.M.C. College of Education
Pratap Vihar, Kirari Extn.,
Nangloi, Delhi- 110086

Tyoh
Convener



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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr Jyoti SHARMA
Has successfully Completed the Course ETHICS IN EDUCATION of
duration of 3 month from 6th March 2023 to 5th June 2023

Dr. Bharti Dimri
(Principal)
P.M.C. College of Education
Pratap Vihar, Kirari Extn.,
Nangloi, Delhi-110086

Convenor



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CERTIFICATE OF COMPLETION

This is to Certify that Ms./Mr KASHISH GUPTA
Has successfully Completed the Course HUMAN RIGHT of
duration of 3 month from 6th March 2023 to 5th June 2023

Bharti
Dr. Bharti Dimri

(Principal)

P.M.C. College of Education
Pratap Vihar, Kirari Extn.,
Nangloi, Delhi- 110086

Praveen - Praveen
Convener