



GURU GOBIND SINGH COLLEGE FOR WOMEN

SECTOR 26, CHANDIGARH - 160019

(Affiliated to Panjab University Chandigarh)

(Re-accredited by National Assessment & Accreditation Council, Bangalore)



Session 2021-2022

Sr No	Value Added Course
1	HEALTH AND WELLNESS
2	BLOCK PRINTING
3	BASICS OF RESEARCH METHODOLOGY (INCLUDING SPSS)
4	BUSINESS SKILLS
5	CONTEMPORARY COMMUNICATION SKILLS
6	CLAY MODELLING
7	PAPER MACHIE
8	STRUCTURED QUERY LANGUAGE
9	WEBSITE DEVELOPMENT
10	HAPTITUDE
11	YOGA FOR HEALTH
12	PANJAB KE LOK VADYA
13	APPLICATION OF SCIENCE
14	SCIENCE OF HAPPINESS (MORNING + EVENING)
15	HEALTH AND WELLNESS (MORNING + EVENING)
16	PHYSICAL FITNESS AND BALANCED DIET

The Principal,
GGS College for Women,
Sector 26,
Chandigarh.

Allowed
Jatinder Kaur
30/08/2021

Subject : Request for permission to start
30 hour value added course

Respected Madam,

This is to bring to your kind notice that we propose to conduct a 30-hour value added course on "Health and Wellness" through online mode, in the month of September 2021. This will create awareness among students about basic concepts of health and nutrition.

Thanking you,

Yours faithfully,

Jasmeet

(Jasmeet Kaur Malhi)
Head-Dept of Home Science
30th August 2021

AGENDA

1. To design and adopt the syllabi and model question papers (theory- 60 marks and practical- 40 marks)
2. To decide suitable dates and time slots for the course.

AIM OF THE COURSE:

The course aims at creating consciousness among students regarding health, diet and physical fitness, in order to develop and maintain a healthy lifestyle.

OBJECTIVES OF THE COURSE:

1. To introduce the fundamental concepts of health fitness and nutrition.
2. To provide a general understanding of nutrition, fitness and stress management.
3. To familiarize students with basic physical fitness and yoga postures.
4. To create awareness and equip students with the basic understanding and knowledge to deal with stress for a healthy lifestyle.

COURSE CURRICULUM

THEORY: 60 Marks

SECTION 1: Health Fundamentals

1. Concept of holistic health- physical, mental, emotional, spiritual aspects
2. Lifestyle disorders and health indicators
3. Importance of physical fitness

SECTION 2: Food and Nutrition

1. Balanced diet- nutrients, their functions and their sources
2. Principles of meal planning
3. Food exchange lists and enrichment
4. Dietary issues for women, nutrition myths

SECTION 3: Diet plans

1. Factors affecting diet plans, fad diets
2. Methods of cooking: use of dry heat, moist heat, fat
3. Diets for weight loss (obesity), muscle gain, diabetes, hypertension, atherosclerosis, osteoporosis
4. Nutritional balance

SECTION 4: Wellness and Exercise

1. Mental, emotional, spiritual and physical dimension of health
2. Physical fitness- aims, objectives, assessment and components
3. Yoga and meditation- basic asanas and their benefit
4. Lifestyle disorders and stress management

PRACTICAL: 40 Marks

1. Creating diet plans according to age, nutritional status and requirements
2. Reading and understanding food labels
3. Administering physical fitness tests and assessment of health status (WHR, BMI, BMR)
4. Yoga- asanas and their effect

REFERENCES:

1. Agarwal, A., (2013). Textbook of Human Nutrition. (2 nd Ed). Jaypee Brothers Medical Publishers.
2. Bamji, M.S., (2019). Textbook Of Human Nutrition. (4 th Ed) Oxford and IBH Publishing Company Pvt Ltd.
3. Gore, M. M., (2017). Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices. (1 st Ed). New Age Books.
4. Krause, M. V., Mahan, L.K., (1984). Food, Nutrition and Diet Therapy. (7 th Ed). Saunders
5. Mathews, G.K., (2009). Health and Physical Fitness. (2 nd Ed). Crescent Publishing House.
6. Rath, S. S., (2019). Physical Fitness and Wellness. (1 st Ed). Sports Publication.



GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH

DEPARTMENT OF HOME SCIENCE

offers
VALUE ADDED
CERTIFICATE COURSE
IN
**HEALTH AND
WELLNESS**

**Last date to register
September 10, 2021
Course starts on
September 15, 2021**

Certificate will be
awarded on completion
of the course

COORDINATOR

Ms. Jasneet Kaur Malhi
Head



GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH

Department of Home Science

offers

VALUE ADDED CERTIFICATE COURSE
IN
BLOCK PRINTING



Last date to register
May 20, 2022
Course starts on
May 26, 2022

Certificate will be
awarded on completion of
the course

Ms. Jasneet Kaur Malhi
Head of Department

Dr. Jatinder Kaur
Principal

The Principal,
G.G.S. College for Women,
Sector 26,
Chandigarh.

Allowed
Jatinder Kaur
14/05/2022

SUB: Permission to start Value Added Course in Block Printing

Respected Madam,

This is to seek permission to start a new Value Added Course in "Block Printing" to be conducted by the Department of Home Session in May 2022. The course shall be of 30 hours duration and include both theoretical and practical components. The course shall be of great benefit to students as it will impart practical exposure to the students.

Kindly grant permission to run this course. Please find enclosed the details for the proposed course.

Thanking you,

Yours faithfully,

Jasneet K. Malhi

(Jasneet Kaur Malhi)

HoD

AIM OF THE COURSE:

The course aims at creating consciousness among students regarding block printing and its techniques.

OBJECTIVES OF THE COURSE:

1. To introduce the concept of printing,
2. To provide working knowledge of the tools and equipment used in block printing.
3. To learn various techniques of block printing.
4. Students will learn designing and placement of motifs and patterns, to create complex designs.

COURSE CURRICULUM

THEORY: 60 Marks

UNIT 1

1. Fabric- fibres, yarns, differentiation
2. Properties of fabrics- physical, chemical
3. Dyes- classification, application techniques

UNIT 2

1. Block Printing- historical background, different types
2. Block printing- process and procedure
3. Equipment and tools used
4. Preparation of dyes- synthetic , organic (plant based)

UNIT 3

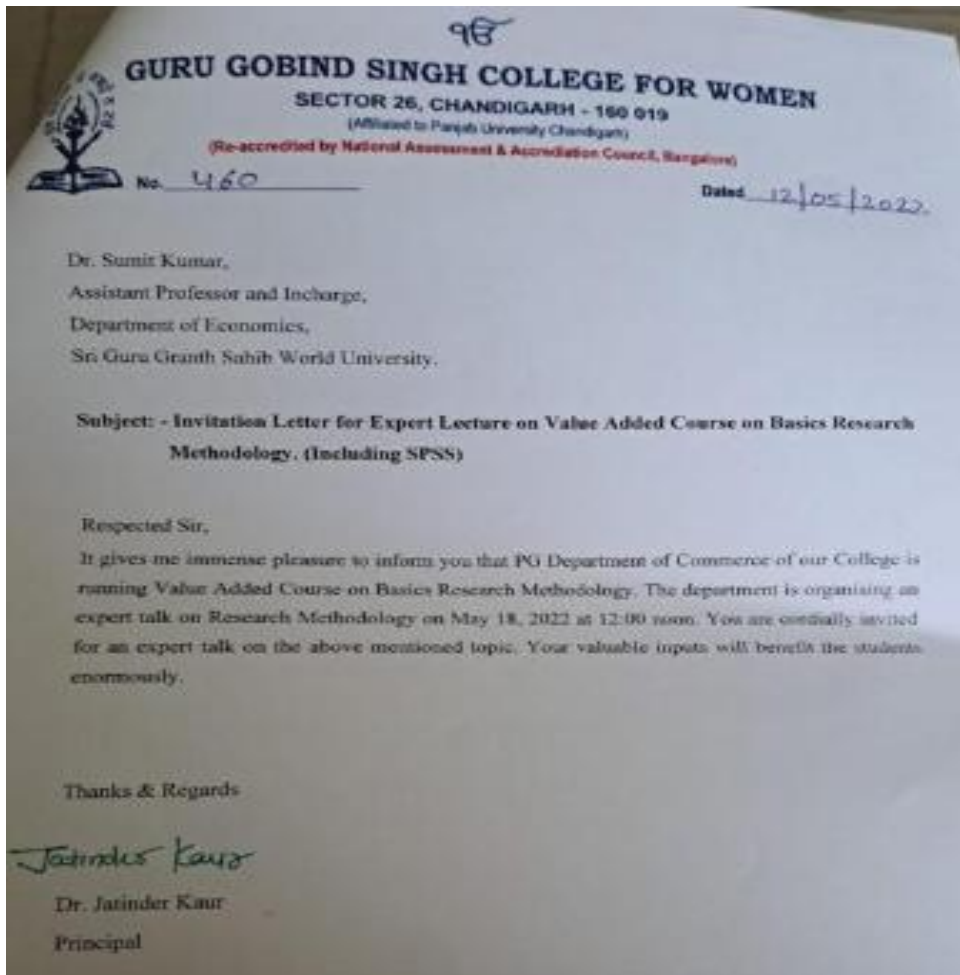
1. Colour schemes, planning a design, placements
2. Preparing fabric and blocks before printing
3. Inking the block, preparing pastes, binders
4. Repeat pattern block designing

UNIT 4

1. Printing- single, double and multi colored printing
2. Care of blocks and fabric after printing
3. Marketing and merchandising, entrepreneurship opportunities
4. Learning pricing and display techniques

PRACTICAL: 40 Marks

1. To prepare dye paste, mixing of binders
2. Preparation of fabric and blocks before printing, post print care
3. Planning a design and its placement- boota, jaal, bel, booti
4. Preparing 2 articles using different designs and placements.



The Principal,
G.G.S. College for Women,
Sector 26, Chandigarh.

Allowed
Jatinder Kaur
30/03/2022

SUB: Permission to start Value Added course – 2021-22

Respected Madam,

This is to seek permission to start Value Added Course titled "Basics of Research Methodology (including SPSS) " to be conducted by Post Graduate Department of Commerce for the session 2021-22. Please find enclosed the details of the proposed course.

Thanking you,
Sincerely,

Jaspreet Kaur
(Dr. Jaspreet Kaur)

Head
PG Department of Commerce

30th March 2022

Manjit Kaur Sidhu
(Dr. Manjit Kaur Sidhu)
Course Coordinator

Guru Gobind Singh College for Women, Sector 26, Chandigarh

Value Added Course in Basics of Research Methodology (including SPSS)

Overview of the Course

The main purposes of research are to inform action, gather evidence for theories, and contribute to developing knowledge in a field of study.

Why Research Is Necessary and Valuable in Our Daily Lives

1. It's a tool for building knowledge and facilitating learning.
2. It's a means to understand issues and increase public awareness.
3. It helps us succeed in business.
4. It allows us to disprove lies and support truths.
5. It is a means to find, gauge, and seize opportunities.
6. It promotes a love of and confidence in reading, writing, analyzing, and sharing valuable information.
7. It provides nourishment and exercise for the mind.

SPSS is short for Statistical Package for the Social Sciences, and it's used by various kinds of researchers for complex statistical data analysis. SPSS is used by market researchers, health researchers, survey companies, government entities, education researchers, marketing organizations, data miners, and many more for processing and analyzing data. The Core Functions of SPSS is to assist researchers with their complex data analysis needs. SPSS's Statistics program provides a plethora of basic statistical functions, some of which include frequencies, chi-square, factor analysis, correlation, regression, cross tabulation, bi-variate statistics and many more. Recently with the advent of information technology and humongous data information, processing and analyzing data became all the way more pertinent. SPSS is easy to use, is quite flexible and scalable which makes it very useful for all skill set peoples and all employees of an organization from intern to executives.

Objectives of the Course

- To make the students ready for the future business analytics and research related fields
- To enable them understand various fundamentals of Research, Research Methods and Research Methodology
- To impart basic understanding of Research Methodology, statistical tools to be applied on data set and interpretation of results along with the basics of practical training in SPSS
- To make the right business decisions for the research
- To understand how to use inferential statistics, student can draw accurate conclusions
- To determine the appropriate statistical test to use for a particular data set how to use tests to assess the data
- To understand, calculate, and interpret effect sizes and confidence intervals.
- How to write the results of statistical analyses

Skill Development after the completion of course

Data analysis skill: – data analysis is the first step toward a career in business intelligence, big data and many other fields. SPSS course teaches fundamental and highly useful data analysis skills from a beginner level.

SPSS skills and a certification in SPSS pay wells in the long term as it is a niche skill; a lot of people are not aware and hence benefit goes to them who know to use it well. Currently, when data science is great in demand, SPSS can help to move the first step towards the field of data analysis and other related fields.

Course learning outcomes: *What you'll learn*

- In this course, student will be familiarized with concepts related to Research Methodology.
- Hands on practice how to analyze statistical procedures in SPSS:
 - understand how to start SPSS
 - define a variety of statistical variables
 - enter basic data into SPSS
 - carry out a statistical analysis that can test hypotheses
- Student will learn how to interpret the output of a different statistical tests as mentioned in course content.

Eligibility

- This course is suitable for Post Graduate students (M.Com, M.A. - English and M.A.- Economics); seeking help with SPSS, especially how to analyze and interpret the results of statistical analyses.
- 75% attendance is compulsory.

Course Content

Modules	Course Content	Hours	Instructor
Module 1	Fundamental of Research Methodology <ul style="list-style-type: none"> • Why Research is important • Fundamentals of Research 	04 Hours	Dr. Hardeep Kaur
Module 2	Introduction to SPSS: Part- 1 Data entry in SPSS: introducing questionnaire/ importing databases, defining variables	03 Hours	
Module 3	Statistical Tools and Interpretation <ul style="list-style-type: none"> • Descriptive Statistics • Chi-Square • Factor Analysis 	02 Hours 03 Hours 03 Hours	
Module 4	Introduction to SPSS: Part- II <ul style="list-style-type: none"> • Data collection • Log transformation of data • Arranging data in Excel sheet • Importing data into SPSS 	03 Hours	Dr. Manjit Kaur Sidhu
Module 5	Measures of relationship: Correlation <ul style="list-style-type: none"> • Meaning • Types • Case study 	06 Hours	
Module 6	Measures of relationship: Regression <ul style="list-style-type: none"> • Meaning • Types: Regression Analysis and Multiple Regression Analysis • Case study 	06 Hours	
Total Contact Hours		30 hours	

REFERENCE STUDY MATERIAL :

1. Research Methodology: Concepts and Cases: Deepak Chawla & Neena Sodhi
2. Research Methodology Methods, Tools & Techniques: Shashi K. Gupta & Praneet Rangi
3. Why Research is important:
<https://evolution.com/academia/Why-Research-is-Important-Within-and-Beyond-the-Academia>
4. Fundamentals of Research: <https://eduvoice.in/types-research-methodology/>
5. Introduction to SPSS:

- a) Basics of SPSS: <https://www.spss-tutorials.com/basics/>
- b) What is SPSS: <https://www.spss-tutorials.com/spss-what-is-it/>
- c) SPSS data editor Window: <https://www.spss-tutorials.com/spss-data-editor-window/>
- d) SPSS Output – Basics, Tips & Tricks: <https://www.spss-tutorials.com/spss-output/>
- e) Which test to use: <https://www.spss-tutorials.com/which-statistical-test-should-i-use/>

6. Statistical Tools and Interpretation

- a) Chi- Square: <https://ezspss.com/calculate-and-interpret-chi-square-in-spss/>
- b) Factor Analysis: <https://www.spss-tutorials.com/spss-factor-analysis-tutorial/>
- c) Correlation Analysis:
 - https://www.imv.com/en_in/statistics-knowledge-base/what-is-correlation.html
 - <https://econinthe.com/kb/correlation-statistic/>
- d) Regression Analysis:
 - <https://www.investopedia.com/terms/r/regression.asp>
 - <https://corporatefinanceinstitute.com/resources/knowledge/finance/regression-analysis/>

MODE OF ASSESSMENT:

Attendance	: 10 marks
Assignments	: 20 marks
Assessment Test	: 50 marks
Practical Knowledge	: 20 marks
Total	: 100 marks

COURSE CO-ORDINATORS:

1. DR. HARDEEP KAUR
 2. DR. MANJIT KAUR SIDHU
- PG DEPARTMENT OF COMMERCE



**GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH**

POST GRADUATE DEPARTMENT OF COMMERCE

**OFFERS VALUE ADDED CERTIFICATE COURSE
IN**

BUSINESS SKILLS

ELIGIBILITY: OPEN FOR ALL STREAM STUDENTS

Course Content includes:

1. Problem Solving and creativity
2. Innovation and Startups
3. Technical Skills
4. Leadership and Transactional Analysis

Last date of Application : April 3, 2022

Course starts on : April 4, 2022

DURATION

**30 days
(one hour per day)**

**Certificate will
be awarded on
completion of
the course**

Course Committee Members

**Ms. Amandeep Kaur
Dr. Surjit Kaur**

Course Coordinator

Dr. Jaspreet Kaur

Principal

Dr. Jatinder Kaur

To,
The Principal
Guru Gobind Singh College for Women
Sector-26 Chandigarh.

Subject:- Permission to start value added Course 2021-22.
"Business Skills"

Respected madam,


This is to seek permission to start Value Added
Certificate Course in "Business Skills" to be conducted
by Department of Commerce from March 2022 onwards.
Kindly find enclosed the details of the proposed course.

Thanking you.

Yours Sincerely,


Dr. Jaspreet Kaur
Head, Department of Commerce

24th February 2022

Allowed

24/02/2022

Dr. Jatinder Kaur
Principal.

Certificate Course in Business Skills

OVERVIEW OF THE COURSE:

Business skills are abilities that help professionals in the business field succeed in their roles. These skills can be soft skills that help business professionals make effective decisions.

OBJECTIVES OF THE COURSE:

To provide an overview of pre-requisites to effective business skills.

To impart the best practices of working in harmony.

To inculcate basic business skills by developing a practical application to utilize the principles of business management.

To inculcate skills for understanding employee behavior.

Skill Development After the course

1. Avoid logic traps and become independent thinker and visionary leaders.
2. Draft effective business correspondence with bravery and clarity.
3. Demonstrate an understanding of the overall role and importance of finance function.
4. Demonstrate respect for the diversity of ideas.
5. Appreciate how organisations can be more strategic in their approach to creativity and innovation.
6. Explore ways in which individuals can enhance their own creative potential.
7. Identify needed information and /or eliminate external information towards solving contextual problems.

ELIGIBILITY:

Students of all semesters pursuing any stream.

SEMESTER:

Even Semester

COURSE CURRICULUM:

MODULE	COURSE CONTENT	HOURS	Faculty Name
1..Technical skills	Managing finances, sources of finances, practical implications of financial management	4	Mrs. Amandeep kaur
2. Leadership & Transactional analysis	Concept, Effective leadership skills, Transactions, Ego states, Script analysis, Game analysis, Case studies.	5	Dr. Surjit Kaur
3.Digital Marketing	Digital platforms, Affiliate marketing, Developing a social media strategy, Digital advertising	4	Dr. Pooja, Dr. Ritu, Mrs. Amandeep Kaur
4. Team building	Introduction, Best practices in managing teams, Creating synergy at workplace	5	Mrs. Mandeep Kaur, Dr. Surjit Kaur
5. Innovation & start ups	Need, pre-requisites, Growth of start-ups in India, Promoting innovation in India.	4	Mrs Amandeep Kaur, Expert talk

6. Time management	Aspects of time management, Effective planning, prioritizing, Goal setting	4	Dr. Savneet Kaur (guest lecture for 1 hour), Dr. Surjit Kaur
7. Creativity & Problem solving (workshop)	Understanding creative diversity, Problem Solving using Heuristics approach. Inductive & Deductive Reasoning	4	Dr Savneet Kaur

MODE OF ASSESSMENT:

Attendance :	10
Assignments :	20
Assessment Test :	50
Practical Knowledge :	20
Total :	100

9/09/2021 Poster.jpg

GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH

PG DEPARTMENT OF ENGLISH
OFFERS VALUE ADDED COURSE
IN
**CONTEMPORARY
COMMUNICATION
SKILLS**

OPEN FOR ALL STREAMS
(Limited seats available)

DURATION
30 HOURS

online
offline
Online and Offline
Classes
Certificate will be
awarded on completion
of the course

COURSE CONTENT INCLUDES :

- COMMUNICATION: VERBAL/ NON VERBAL
- TRANSCRIPTION AND PRONUNCIATION
- VOICE AND CONVERSATION PRACTICE
- LISTENING AND WRITING SKILLS
- CV WRITING / INTERVIEW SKILLS
- PROFESSIONAL ATTITUDE / EMOTIONAL INTELLIGENCE

🖱️ **For online registration, click:**
<https://forms.gle/jQMskB6GuU77JcGD8>

Course Coordinator
Dr. Harneet Kaur

Course Committee Members
Dr. Sarabjit Kaur - 9888088802
Dr. Manreet Dhaliwal - 8427137217

GURU GOBIND SINGH COLLEGE FOR WOMEN

CHANDIGARH

VALUE ADDED COURSE: Contemporary Communication Skills (October-December 2021)

Syllabus and tentative schedule:

Day	Date	Course Content	Resource Person
1	4 th October	Inauguration	Dr Jatinder Kaur, Principal
2	6 th October	Parts of Speech	Dr Sarabjit Kaur
3	8 th October	Tenses Theory	Dr Sarabjit Kaur
4	11 th October	Tenses Practice	Dr Sarabjit Kaur
5	13 th October	Narration Theory	Ms Harbinder Mahajan
6	15 th October	Narration Practice	Ms Harbinder Mahajan
7	18 th October	Voice Theory	Ms Mallika Singh
8	19 th October	Voice Practice	Ms Mallika Singh
9	21 st October	Consonant Sounds	Dr Manreet Dhaliwal
10	25 th October	Vowel and Diphthongs	Dr Manreet Dhaliwal
11	27 th October	Transcription and Pronunciation of Basic English Words	Dr Manreet Dhaliwal
12	29 th October	Play with Words	Dr Manreet Dhaliwal
13	1 st November	Conversations : Greetings, Introduction, Leave Taking	Ms Parminder Kaur
14	2 nd November	Conversations continued: Making enquiries, asking for/giving directions, etc.	Ms Parminder Kaur
15	3 rd November	Intonation	Dr Sarabjit Kaur
16	8 th November	Listening Skills	Dr Harneet Kaur
17	10 th November	Business Letters	Ms Parminder Kaur
18	12 th November	Professional Attitude and Emotional Intelligence	Dr Savneet, Dept. of Psychology
19	15 th November	Group Discussion	Ms Parminder Kaur
20	17 th November	Group Discussion Continued	Ms Parminder Kaur
21	18 th November	Interpreting Visual Data	Dr Manreet Dhaliwal
22	22 nd November	Communication: Verbal and Non Verbal	Dr Ramnik Kohli
23	24 th November	Basic Presentation and Personality Development	Industry Expert
24	26 th November	Public Speaking	Ms Mallika Singh
25	29 th November	CV Writing	Dr Harneet Kaur
26	1 st December	PPT Preparation	Dr Sarabjit Kaur
27	3 rd December	Email Etiquette	Ms Mallika Singh
28	6 th December	Interview Skills	Ms Mallika Singh
29	9 th December	Body Language	Dr Ramnik Kohli
30	10 th December	Report Writing	Dr Harneet Kaur

PG DEPARTMENT OF ENGLISH

**VALUE ADDED CERTIFICATE COURSE – CONTEMPORARY
COMMUNICATION SKILLS**

Course Objectives:

- Developing Proficient Written Communication
- Enhance students' ability to express ideas clearly and effectively through written communication in various formats, such as emails, reports, and professional documents.
- Polishing Verbal Communication Skills, improve students' oral communication skills, including public speaking, presentation, and interpersonal communication.
- Cultivate effective listening skills to enhance comprehension and response in verbal communication
- Understanding Nonverbal Communication, explore the significance of nonverbal cues in communication and develop the ability to interpret and use them appropriately.
- Enhance awareness of body language, facial expressions, and other nonverbal elements in various communication settings.

Course Outcomes:

By the end of the course, students will have developed a robust set of contemporary communication skills that are crucial for success in academic, professional, and personal spheres.

The Principal
Guru Gobind Singh College for Women
Sector 26
Chandigarh

Allowed
Jatinder Kaur
29/09/2021


Subject: Permission for Value Added Course 2021-22

Respected Madam,

This is to seek permission to start value added course titled Contemporary Communication Skills to be conducted by the Post Graduate Department of English for the session 2021-22. Please find enclosed the details of the proposed course.

Thanking you,

Yours sincerely,


(Ms Harbinder Mahajan)

Head
Department of English

29-09-2021


(Dr Harneet Kaur Sandhu)
Course Coordinator



GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH

Department of Fine Arts
offers
Value Added Course

in

Clay Modeling

from 08th March, 2022 to 22nd April, 2022



Dr. Anju Bala
Coordinator

Dr. Jatinder Kaur
Principal



To
The Principal
Guru Gobind Singh College for Women
Sector 26, Chandigarh

Approved
Jatinder Kaur
02/03/2022

Sub: Requisition for Approval to conduct the Value Added Course for the Academic Session 2021-22.

Respected Madam,


I wish to inform you that Department of Fine Arts is planning to conduct a Value Added Course in 'Clay Modeling' from 08.03.2022 onwards. The course aims at creating consciousness among students regarding use of Clay and making plates in relief designs of different patterns.

Classes will be happening during the academic hours. At the end of the course students will be offered certificates by the college.

Hence, I kindly request you to approve the conduct of the course. Herewith attached the details of the course offered by the department for your perusal.

Thanking you

Yours Truly


21/3/22
Dr. Anju Bala
Assistant Professor
(Department of Fine Arts)

VALUE ADDED CERTIFICATE COURSE IN CLAY MODELING

AGENDA

1. To design and adopt the syllabi and model question papers (theory- 50 marks and practical- 50 marks)
2. To decide suitable dates and time slots for the course

AIM OF THE COURSE:

The course aims at creating consciousness among students regarding use of Clay and making plates in relief designs of different patterns.

OBJECTIVES OF THE COURSE:

1. To introduce the fundamental concepts of clay modeling.
2. To provide a general understanding of clay modeling and relief making.
3. To familiarize students with basic use of clay.
4. To provide the best aesthetic sensibility to the students through the density, texture and the design fundamentals
5. To create the basic understanding and knowledge of the easiest methods to deal with Clay.
6. To do Simple exercises of basic design in variation of geometric and rhythmic shapes in geometrical and decorative designs and colours to understand designs as organised visual arrangements for perfect alignment of relief designs.
7. To execute Imaginative ideas and designs based on free hand/ geometric designs in relief works.
8. Practical understanding of preparing clay dough.
9. To study the technique of difference process of making low, middle and high relief.
10. To study Subtraction and addition of clay in relief work.
11. To understand the concept of positive and negative space in relief works.

6.Realistic designs

SECTION 4: Types of works can be done in clay

1. Relief plates
2. Figurines
3. Sculptures
4. Public art in installation (optional)

PRACTICAL: 50 Marks

1. Plates in Freehand designs
2. Plates in geometrical designs
3. Plates in Figurative designs
4. Plates in imaginative Designs
5. Plates in without using tools
6. Plates made with using tools

REFERENCES:

- Hermione Unwin, Mary Louisa, A MANUAL OF CLAY-MODELLING, Yesterday's Classics, New York, 2018.
- Hirsch, Jeanie, Clay Modelling for Beginners: An Essential Guide to Getting Started in the Art of Sculpting Clay, 2015.
- Savi, Fabrizio, A VISUAL COURSE OF MODELLING TECHNIQUES: 170 pictures showing how to model bas-reliefs and high-reliefs, 2014.

COURSE CURRICULUM

THEORY: 50 Marks

SECTION 1: Concepts of Clay Modeling

1. Study of relief works in clay through art
2. Basic requirements for clay modeling.
3. Using of tools in relief making with clay.

SECTION 2: Basics of Clay Modeling

1. Texture of clay
2. Types of tools
3. Reilef plates
4. Methods and Materials

SECTION 3: Designs of Relief works in Clay

1. Free hand design
2. Imaginative Designs
3. Geometric designs
4. Abstract designs
5. Figurative designs



GOBIND SINGH COLLEGE FOR WOMEN
SECTOR 26, CHANDIGARH

Department of Fine Arts
offers
Value Added Course
in

Paper Mache

from 11th September, 2021 to 28th October, 2021



Dr. Anju Bala
Coordinator

Dr. Jatinder Kaur
Principal

Allowed
Jatinder Kaur
01/09/2021

To
The Principal
Guru Gobind Singh College for Women
Sector 26, Chandigarh

Sub: Requisition for Approval to conduct
the Value Added Course for the Academic
Semester 2021-22.

Respected Madam

This is to inform you the Department
of Fine Arts is planning to conduct a Value
Added Course in 'Paper mache' from 11-09-2021
onwards.

I kindly request you to approve the conduct
of the course.

Thanking you
Yours truly

Anju Bala
01/09/2021

Dr. Anju Bala
Assistant Professor
(Department of Fine Arts)

DEPARTMENT OF FINE ARTS

VALUE ADDED CERTIFICATE COURSE IN PAPER MACHE- MURAL MAKING

AGENDA

1. To design and adopt the syllabi and model question papers (theory- 50 marks and practical- 50 marks)
2. To decide suitable dates and time slots for the course

AIM OF THE COURSE:

The course aims at creating consciousness among students regarding use of Paper and making mural with paper mache (Papier-mâché).

OBJECTIVES OF THE COURSE:

1. To introduce the fundamental concepts of Paper mache.
2. To provide a general understanding of the technique of Paper mache.
3. To familiarize students with basic use of Paper mache.
4. To provide the best aesthetic sensibility to the students through the density, texture and the design fundamentals
5. To create the basic understanding and knowledge of the easiest methods to deal with Paper dough.
6. To do Simple exercises of basic design in variation of geometric and rhythmic shapes in geometrical and decorative designs and colours to understand designs as organised visual arrangements for perfect alignment of mural designs.
7. To execute Imaginative ideas and designs based on free hand/ geometric designs in mural works.
8. Practical understanding of preparing paper dough.
9. To study the technique of difference process of making low, middle and high relief/mural.
10. To study Subtraction and addition of paper dough in mural work.
11. To understand the concept of positive and negative space in mural works.

COURSE CURRICULUM

THEORY: 50 Marks

SECTION 1: Concepts of Paper mache

1. Study of mural works in Paper mache through art
2. Basic requirements for Paper mache.
3. Using of tools in mural making with paper dough.]

SECTION 2: Basics of Papier mâché

1. Texture of paper paste
2. Types of paper dough
3. mural works
4. Methods and Materials

SECTION 3: Designs of mural works in Paper mache

1. Free hand design
2. Imaginative Designs
3. Geometric designs
4. Abstract designs
5. Figurative designs
6. Realistic designs

SECTION 4: Types of works can be done in Paper Mache

1. Relief
2. Murals
3. Sculptures
4. Public art in installation (optional)

PRACTICAL: 50 Marks

1. Mural in freehand designs
2. Mural in geometrical designs

-
-
3. Mural in Figurative designs
 4. Mural in imaginative Designs
 5. Mural in without using tools
 6. Mural made with using tools

REFERENCES:

- Gundrum, Andrea, Paper Mache: The Ultimate Guide to Learning How to Make Paper Mache Sculptures, Animals, Wildlife and More!
- MacCormick, Alex, Papier Mâché Style: 100 Step-by-step Designs.



Introduction of the Course

Objective: This course aims at giving the students the insight of the underlying concepts of database management system and implement them using SQL.

Course Outcome:

CO1: Understanding of the architecture and operations of databases, data principles and management systems.

CO2: Designing with entity relationships and creating a strong database design using normalization techniques.

CO3: Recognize the applications of structured query language, its syntax, transactions, database recovery, and query optimization methods.

Syllabus:

UNIT – I

Relational Data Model: Relational model concepts, Integrity constraints over Relations, Relational Algebra - Basic Operations. Conventional

Data Models: An overview of Network and Hierarchical Data Models.

Relational Data Base Design: Functional Dependencies, Decomposition, Desirable properties of decomposition, Normal forms based on primary keys (1 NF, 2 NF, 3 NF and BC NF). RDBMS: Terminology, The 12 Rules (Codd's Rule) for an RDBMS.

UNIT – II

Understanding SQL-1: Data Types, Creating Tables, Creating a Table with data from Another table, Inserting Values into a Table, Updating Column(s) of a Table, Deleting Row(s) from a Table, Dropping a Column, Querying database tables, Conditional retrieval of rows, Working with Null Values, Matching a pattern from a table, ordering the result of aQuery

Aggregate Functions: Grouping the Result of a Query, creation and deletion of Views, Managing privileges with Grant and Revoke Command, COMMIT and ROLLBACK Functions: Character Functions, Date Functions, Group Functions

UNIT – III

Understanding SQL-II: Querying Multiple Tables using Equi-Joins, Cartesian Joins, Outer Joins, Self-Joins, SET Operators: Union, Intersect, Minus; Introduction to Nested Queries

UNIT – IV

PL/SQL: Introduction to PL/SQL, The Advantage of PL/SQL, PL/SQL Block Structure, PL/SQL Architecture, Fundamentals of PL/SQL, PL/SQL Data Types, Variables and Constants, Scope and Visibility of a Variable, Assignments and Expressions, Operator Precedence, Conditional and Iterative Control, Cursor Management in PL/SQL, Implicit/explicit Cursor Attributes, Exception Handling in PL/SQL; Predefined Exceptions, User Defined Exceptions, Database Trigger, types of triggers, dropping triggers, storage for triggers.

Marking Scheme:

Sr. No.	Section Name	Marks
1	Section A (With 50% choice)	20
2	Section B (With 50% choice)	20
3	Section C (With 50% choice)	20
4	Section D (With 50% choice)	20
5	Section E (Compulsory Section)	20



Guru Gobind Singh College For Women Sector-26, Chandigarh

VALUE ADDED
CERTIFICATION COURSE IN

WEBSITE DEVELOPMENT TECHNOLOGIES

ORGANISED BY

DEPARTMENT OF COMPUTER SCIENCE & APPLICATIONS



Duration

6 Days per week

*Certificate will be awarded on
completion of the course*

Last Date of Registration

April 2, 2022

Course starts on

April 7, 2022

Registration Link:

<https://forms.gle/7qa7yMkF8TxIBBDp7>

Principal

Dr. Jatinder Kaur

Introduction to the Course

Objectives: This course enables students to do web programming using PHP and MySQL. It would enable them to develop websites and other web based applications.

Course Outcomes:

CO1: Understanding of server-side programming.

CO2: Understanding of Javascript.

CO3: Construction of scripts using Wordpress.

CO4: Ability to receive and process form submission data.

CO5: Read and process data in a MySQL database.

Syllabus:

UNIT – I

HTML: Structure of an HTML program, Paragraph Breaks, Line Breaks; Emphasizing Material in a Web Page (Heading Styles, Drawing Lines); Text Styles (Bold, Italics, Underline) **Graphics:** Adding Graphics to HTML Documents using the Border, Width, Height, Align, ALT Attributes
Tables: Caption Tag, Width, Border, Cell padding, Cell spacing, BGCOLOR, COLSPAN and ROWSPAN Attributes.

UNIT – II

Linking Documents: Anchor tag, External Document References, Internal Document References
Frames: Introduction to Frames: The <FRAMESET> tag, The <FRAME> tag, Targeting Named Frames
Forms: Attributes of Form element, Input element, The Text Element, Password, Button, Submit Button, Reset Button, The Checkbox, Radio, TextArea, Select and Option

UNIT – III

Java Script: Introduction and Features of JavaScript, Writing JavaScript into HTML, tokens, data types, variables, operations, control constructs, strings arrays, functions, core language objects, client side objects, event handling. Applications related to client side form validation.

UNIT – IV

WordPress: Introduction to WordPress, Installing and Running WordPress, The WordPress Interface and Dashboard, The WordPress Toolbar
Creating Posts: Text Formatting, Creating Links, Adding Images
Creating Pages: Creating Basic Pages, Page Hierarchy, Using Page Templates, Creating a Static Front (Home) Page, Managing Pages and Posts, Quick Edit, Bulk Edit
Database: Introduction about Database, Data Types, DML, DDL, Aggregate functions, Data Time functions
MySQL: MySQL Introduction, MySQL Connect MySQL Create, MySQL Insert, MySQL Select, MySQL Where, MySQL Order By, MySQL Update, MySQL Delete

Marking Scheme:

1	10	10
2	10	10
3	10	10
4	10	10
5	10	10

Happitude Wellbeing Matters

Department of
Psychology

GGSCW, Chandigarh



10.07.2021-10.10.2021
contact: Dr. Savneet
9876344453

To

The Principal
GGSCW Sec 26
Chandigarh.

Allowed

Jatinder Kaur

03/07/2021

SUBJECT:- Permission to conduct Value Added Course
(Online Mode) 2021-22

Respected Madam,

This is to request you that on student demand, the department of Psychology wishes to hold 2 Value Added Courses (Online mode) tentatively from second week of July. These courses aim to engage the students with various activities during the lockdown. Kindly allow to do the same. The two courses would be 'Haptitude' and 'Science of Happiness'.

Thanking You

Yours Truly

Jatinder

Dr. JANEET
Department of Psychology.

3.07.2021

GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR 26, CHANDIGARH

20th January, 2022

NOTICE

This is to inform the students of B.A. (Physical Education) that a value added certificate course 'Yoga for Health' will commence from 7th February, 2022. Interested students may register their names by 1st February, 2022. Queries maybe directed to the undersigned.

Dr. Aman Thour
Department of Physical Education
+919878794477

The Principal

Guru Gobind Singh College for Women

Chandigarh

4th August 2021

Subject: Request for Approval to conduct Value Added Course for the session 2021-22
(1. Yoga for Health, 2. Physical Fitness & Balanced Diet)

Respected Madam,

As per our verbal discussion, Department of Physical education is planning to conduct Value Added Course for the students of the College. The main focus for conducting this course is to provide the better exposure to our students beyond the curriculum. Classes will be happening during the academic hours. At the end of the course, students will be provided certificates by the college.

Kindly allow us to conduct the above mentioned course.

Thanking you,

Yours sincerely,



(Department of Physical Education)

Allowed
Jatinder Kaur
04/08/2021

**DEPARTMENT OF PHYSICAL
EDUCATION**

VALUE ADDED CERTIFICATE COURSE IN YOGA FOR HEALTH

AIM OF THE COURSE:

The course aims at the importance of Yoga for good health. Theory and practical knowledge of Yoga to be given to the students to make them aware about the benefits of Yoga.

OBJECTIVES OF THE COURSE:

1. To enable the student to have good health.
2. To practice mental hygiene.
3. To possess emotional stability.
4. To integrate moral values.
5. To attain a higher level of consciousness.
6. Yoga education could help to equip oneself with basic knowledge about one's personality.
7. To learn to handle oneself well in all life situations, to learn techniques of gaining good health
8. To develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity
9. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity

Syllabus of Yoga Education (Theory & Practical)

The course content has been broadly divided into two parts. In the first part theory of Yoga has been formulated. In the second part the practical for Yoga asanas been formulated.

(A) THEORY PART

Yoga may be taught informally to develop physical and moral values through simple Sukshma Vyayama and interesting stories based on Yama and Niyama. Yoga teacher may be entrusted with the responsibility to train the students for this purpose during the in-service courses.

1. Yoga Definition
2. Knowledge of five yama with more emphasis on 'Asteya'
3. Knowledge of five Niyama with emphasis on 'Santosh'
4. Knowledge of Aahar-Vihar
5. Methods and benefits of Sukshma Vyayama, Asanas and prayers.
6. Effects of Asanas and Pranayama on physiology of human body.

Value Education Based on Yama & Niyama:-

1. Lessons on personal and general hygiene.
2. Emphasize on telling truth, non-violence and non-stealing.
3. Obey the parents, teachers and elders.
4. Inspire to do at least one good turn (help / service) every day.
5. Be courteous and don't abuse.
6. Develop the habit of keeping the things at proper place.

- Cardio-vascular endurance (Methods)
- Muscular endurance and strength (Methods)
- Flexibility (Methods)
- Speed and Reaction time (Drills)
- Agility and Balance (Drills)
- Power (Plyometric drills)
- Coordination (Drills)

Students' Assessment

A summative test was taken at the end of the course. After the complete assessment (Viva & Practical) certificates was provided to the students who had successfully completed the “30 hours certificate course in Physical Fitness & Balance Diet” by the Principal.

(B) PRACTICAL PART

1. Asanas- Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana
2. Asanas- Garudasana, Ek-Pad Pranamasana Kati Chakrasana, Urdhava Hastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pawanmuktasana, Bhujangasana, Shavasana



**GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH**

DEPARTMENT OF MUSIC

OFFERS VALUE ADDED CERTIFICATE COURSE IN

'PANJAB KE LOK VADYA'

(Limited Seats Available)

**DURATION:
30 Hours**

**Last date of Application :
March 1 , 2022
Course starts on :
March 3, 2022**

**Certificate will be awarded on
completion of the course**

Convener

Ms. Lucky Malhotra

Principal

Dr. Jatinder Kaur

To,

The Principal
Guru Gobind Singh College for Women
Sector-26, Chandigarh.

Subject: Permission to start Value Added Course 2021-22.

Respected Madam,

This is to seek your permission to start Value Added Certificate Course in '*Panjab ke Lok Vadya*' to be conducted by Department of Music from April 3, 2022 for the session 2021-22.

Kindly find enclosed the details of the proposed course.

Thanking you.

Yours sincerely,

Ms Lucky Malhotra
Head, Department of Music
Date: 21st March, 2022

Allowed
Jatinder Kaur
21/03/2022

The Principal,
Guru Gobind Singh College for Women,
Sector 26,
Chandigarh.

Approved

Jatinder Kaur
21/01/2022

SOB : Permission to introduce Value added Course
"Science in Everyday Life"

Respected Madam,

This is to seek your permission to
introduce a value added course for this session.

This 30-hour course will be conducted jointly by
the departments of Home Science and Science.

The details for the course are attached for
your reference.

Thanking you,

Yours faithfully,



(Dr. Sujata Vohra)

Dept of Science



(Jasnoor Kaur)

Dept of Home Science

21st January 2022

**GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH**

**DEPARTMENT OF SCIENCE
AND
DEPARTMENT OF HOME SCIENCE**

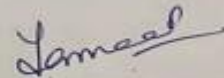
NOTICE

This is for the information of all the students who have registered for the Value Added Course titled "Science in Everyday Life" to report for the inauguration session on 02-02-2022 at 9:30 a.m. sharp in Home Science Lab. The attendance of all the registered students is compulsory.



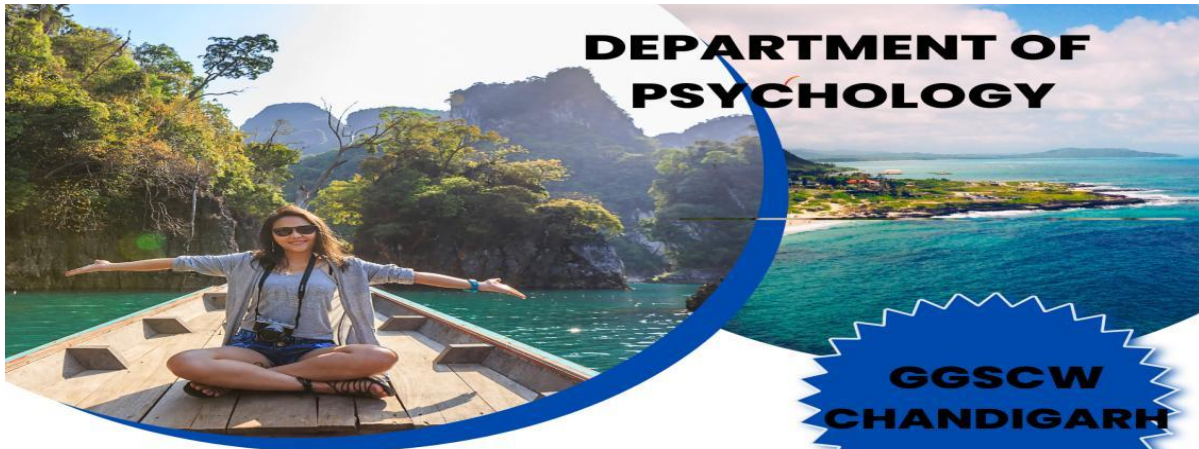
HOD- SCIENCE DEPARTMENT

Dr. Sujata Vohra



HOD- HOME SCIENCE DEPARTMENT

Ms. Jasneet Malhi



**DEPARTMENT OF
PSYCHOLOGY**

**GGSCW
CHANDIGARH**

**Value Added Course on
SCIENCE OF HAPPINESS**

01.08.2021-23.08.2021

**CONTACT: DR. SAVNEET
9876344453**

To

The Principal
GGSCW Sec 26
Chandigarh.

Allowed

Jatinder Kaur

03/07/2021

SUBJECT:- Permission to conduct Value Added Course
(Online Mode) 2021-22

Respected Madam,

This is to request you that on student demand, the department of Psychology wishes to hold 2 Value Added Courses (online mode) tentatively from second week of July. These courses aim to engage the students with various activities during the lockdown.

Kindly allow to do the same. The two courses would be 'Flourish' and 'Science of Happiness'.

Thanking you

Yours Truly

Jatinder

DR. JATINDER

Department of Psychology.

3.07.2021



**GURU GOBIND SINGH COLLEGE FOR WOMEN
SECTOR-26, CHANDIGARH**

DEPARTMENT OF HOME SCIENCE

offers
**VALUE ADDED
CERTIFICATE COURSE
IN
HEALTH AND
WELLNESS**

**Last date to register
August 01, 2021
Course starts on
August 03, 2021**

COORDINATOR
Ms. Jasneet Kaur Malhi
Head

**Certificate will be
awarded on completion
of the course**

The Principal,
GGSCW,
Sector 26,
Chandigarh.

Approved
Jatinder Kaur
17/08/2021

SUB : Value added course

Respected Madam,

As per discussion, we wish to conduct a value added course - Health and Wellness, for students of B.6sem. It will be for 30-hours and will be conducted in online mode. Kindly allow us to conduct the above mentioned course.

Thanking you,
Yours faithfully,

Jasneet K. Malhi
(Jasneet Kaur Malhi)
Dept. of Home Science
17th August 2021.

AGENDA

1. To design and adopt the syllabi and model question papers (theory- 60 marks and practical- 40 marks)

1.

To decide suitable dates and time slots for the course

2.

AIM OF THE COURSE:

The course aims at creating consciousness among students regarding health, diet and physical fitness, in order to develop and maintain a healthy lifestyle.

OBJECTIVES OF THE COURSE:

1. To introduce the fundamental concepts of health fitness and nutrition.
2. To provide a general understanding of nutrition, fitness and stress management.
3. To familiarize students with basic physical fitness and yoga postures.
4. To create awareness and equip students with the basic understanding and knowledge to deal with stress for a healthy lifestyle.

COURSE CURRICULUM

THEORY: 60 Marks

SECTION 1: Health Fundamentals

1. Concept of holistic health- physical, mental, emotional, spiritual aspects
2. Lifestyle disorders and health indicators
3. Importance of physical fitness

SECTION 2: Food and Nutrition

1. Balanced diet- nutrients, their functions and their sources
2. Principles of meal planning
3. Food exchange lists and enrichment
4. Dietary issues for women, nutrition myths

SECTION 3: Diet plans

1. Factors affecting diet plans, fad diets
2. Methods of cooking: use of dry heat, moist heat, fat
3. Diets for weight loss (obesity), muscle gain, diabetes, hypertension,

atherosclerosis, osteoporosis

4. Nutritional balance

SECTION 4: Wellness and Exercise

1. Mental, emotional, spiritual and physical dimension of health

2. Physical fitness- aims, objectives, assessment and components

3. Yoga and meditation- basic asanas and their benefit

4. Lifestyle disorders and stress management

PRACTICAL: 40 Marks

1. Creating diet plans according to age, nutritional status and requirements

2. Reading and understanding food labels

3. Administering physical fitness tests and assessment of health status (WHR, BMI, BMR)

4. Yoga- asanas and their effect

REFERENCES:

1. Agarwal, A., (2013). Textbook of Human Nutrition. (2 nd Ed). Jaypee Brothers Medical Publishers.

2. Bamji, M.S., (2019). Textbook Of Human Nutrition. (4 th Ed) Oxford and IBH Publishing Company Pvt Ltd.

3. Gore, M. M., (2017). Anatomy and Physiology of Yogic Practices: Understanding of the Yogic concepts and physiological mechanism of the yogic practices. (1 st Ed). New Age Books.

4. Krause, M. V., Mahan, L.K., (1984). Food, Nutrition and Diet Therapy. (7 th Ed). Saunders

5. Mathews, G.K., (2009). Health and Physical Fitness. (2 nd Ed). Crescent Publishing House.

7. Rath, S. S., (2019). Physical Fitness and Wellness. (1 st Ed). Sports Publication.

1st August, 2021

NOTICE

This is to inform the students of B.A. (Physical Education) that a value added certificate course 'Physical Fitness & Balanced Diet' will commence from 9th August, 2021. Interested students may register their names by 4th August, 2021. Queries maybe directed to the undersigned.

Dr. Aman Thour

Department of Physical Education

+919878794477

This is a scanned PDF document displayed in a WPS Office viewer. The document is a letter from the Department of Physical Education at Guru Gobind Singh College for Women, Chandigarh, dated 4th August 2021. The letter requests approval for a Value Added Course for the session 2021-22. The course details are: 1. Yoga for Health, 2. Physical Fitness & Balanced Diet. The letter is signed by the Principal, Department of Physical Education. A handwritten note in blue ink says "Allowed" and "Ajinder Kaur" with the date "04/08/2021".

8.

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AIM OF THE COURSE:

The course aims at making the students aware about the importance of being physically fit and taking nutritious diet. Exercise and healthy diet are proven to reduce the risk of obesity and strengthen muscle mass and bones. Eating healthy and staying active also improve memory, enhance energy through the day, give essence of calmness and boost the immune system.

OBJECTIVES OF THE COURSE:

- Improved condition of the heart and lungs.
- Increased muscular strength, endurance and motor fitness.
- Increased aerobic fitness.
- Improved muscle tone and strength.
- Weight management.
- Better coordination, agility and flexibility.
- Improved balance and spatial awareness.
- Increased energy levels.

1 of 4

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Syllabus of Physical Fitness and Balanced Diet (Theory & Practical)

The course content is framed to focus on the importance of physical fitness which includes various components of Physical Fitness and the ways to improve them. It also includes the knowledge about the relation of balanced diet and physical activity for overall development of a person.

30 HOURS – CERTIFICATE COURSE IN PHYSICAL FITNESS AND BALANCED DIET

TOPIC I. Introduction to Physical Fitness

- Meaning and Importance of Physical Fitness
- Components of Physical Fitness
- Health related physical fitness (HRPF)
- b) Skill related physical fitness (SRPF)

Topic II. Introduction to Balanced Diet

- Concept of Balanced Diet
- Micro and Macro nutrients (Types & Function)
- Carbohydrate, Protein, Fat, Vitamin, Minerals and Water
- Diet Before, During and After Competition

TOPIC III. Practical

- Warm up and cooling down routines
- Own body workout (Exercise and Technique)
- Locomotive movements or drills (Technique)
- Cardiovascular endurance (Methods)

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- Cardio-vascular endurance (Methods)
- Muscular endurance and strength (Methods)
- Flexibility (Methods)
- Speed and Reaction time (Drills)
- Agility and Balance (Drills)
- Power (Plyometric drills)
- Coordination (Drills)

Students' Assessment

A summative test was taken at the end of the course. After the complete assessment (Viva & Practical) certificates was provided to the students who had successfully completed the "30 hours certificate course in Physical Fitness & Balance Diet" by the Principal.

3 of 4

01:00 PM 30-Dec-23