



SRI SARADA COLLEGE OF EDUCATION (AUTONOMOUS), SALEM- 16

Affiliated to Tamil Nadu Teachers Education University, Chennai

Re-Accredited by NAAC with “A” Grade (III Cycle)

LIST OF VALUE-ADDED COURSES BROUCHER WITH CLO'S

Principal

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S.NO	Year	Name of the value added course
1	2020 - 2021	Yoga Education
2		Communicative English
3		Personality Development



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CERTIFICATE COURSE – COURSE LEARNING OBJECTIVES

CLO	YOGA EDUCATION
	On completion of this course, the student teacher will be able to
CLO-1	acquire knowledge on history of yoga.
CLO-2	distinguish the various forms of yoga.
CLO-3	demonstrate asana as therapeutics.
CLO-4	apply pranayama and kriya in their daily life.
CLO-5	choose simple and balanced diet for healthy life

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Certificate Course YOGA EDUCATION

● ● ● ● ● 2020 - 2021

Course Learning Outcomes

At the completion of this course, the student teacher will be able to

- acquire knowledge on history of yoga.
- distinguish the various forms of yoga.
- demonstrate asanas as therapeutics.
- apply pranayama and kriya in their daily life.
- choose simple and balanced diet for healthy life.

Course Instructor

Dr. S Velvizhi
Physical Director

Duration :32 Hours

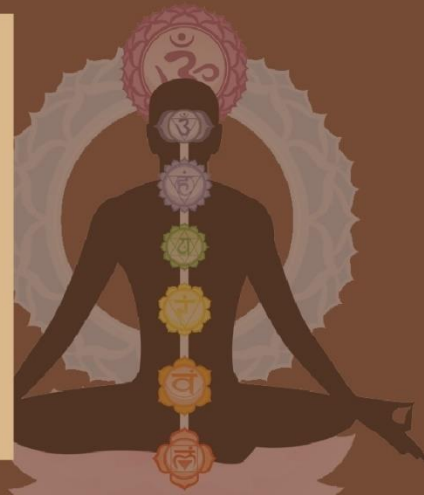
Credits: 2

Class Time: 9.00 - 9.40am



Key Areas

- History of Yoga
- Schools of Yoga
- Yoga as Therapeutics
- Pranayama and Kriyas
- Food for Spiritual life



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CLO	COMMUNICATIVE ENGLISH
	On completion of this course, the student teacher will be able to
CLO-1	Speak with proper pronunciation, stress and intonation.
CLO-2	Read with comprehension and find out the central theme of the read article.
CLO-3	Identify the grammatical errors and know how to correct them.
CLO-4	Demonstrate her enhanced word power.
CLO-5	Develop etiquettes in her communication

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CERTIFICATE COURSE COMMUNICATIVE ENGLISH

2020 - 2021

Course Learning Outcomes

At the completion of this course, the student teacher will be able to

- Speak with proper pronunciation, stress and intonation.
- Read with comprehension and find out the central theme of the read article.
- Identify the grammatical errors and know how to correct them.
- Demonstrate her enhanced word power.
- Develop etiquettes in her communication.

COURSE INSTRUCTOR

Dr. K Kamala Devi
Assistant Professor of English



Key Areas

Fundamental Grammar

Introduction to Basic Language Skills

Vocabulary Enrichment

Basic Language Acts

Language for Effective Communication

Duration : 32 Hours

Credits: 2

Class Timing 09.00 - 09.40 AM

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CLO	SOFT SKILLS
	On completion of this course, the student teacher will be able to
CLO-1	Classify the soft skills.
CLO-2	determine the ways of effective communication.
CLO-3	choose to adapt positive etiquette and manners.
CLO-4	employ the guidelines for choosing a career and attending an interview.
CLO-5	recognize the importance of Time Management and Stress Management

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Certificate Course Soft Skills

Course Learning Outcomes

At the completion of this course, the student teacher will be able to

- Classify the soft skills.
- Determine the ways of effective communication.
- Choose to adapt positive etiquette and manners.
- Employ the guidelines for choosing a career and attending an interview.
- Recognize the importance of Time Management and Stress Management.

Course Instructor

Dr. D Kavitha
Assistant Professor of Tamil



Key Areas

01 INTRODUCTION OF SOFT SKILLS

02 COMMUNICATIVE SKILLS

03 ETIQUETTE AND MANNERS

04 CARRER PLANNING & INTERVIEW SKILLS

05 TIME AND STRESS MANAGEMENT

Class Time
9.00 - 9.40 am

Duration :32
Hours
Credits: 2

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