



**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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<b>S.NO</b>	<b>Year</b>	<b>Name of the value added course</b>
<b>1</b>	<b>2021 - 2022</b>	<b>Yoga Education</b>
<b>2</b>		<b>Communicative English</b>
<b>3</b>		<b>Soft Skills</b>



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**CERTIFICATE COURSE – COURSE LEARNING OBJECTIVES**

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

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# Sri Sarada College of Education (Autonomous), Salem - 636016

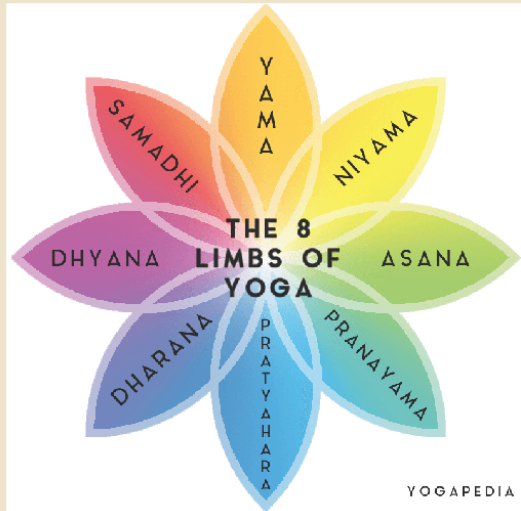
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## Certificate Course YOGA EDUCATION

### 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.



### Key Areas

- 01 | History of Yoga
- 02 | Schools of Yoga
- 03 | Yoga as Therapeutics
- 04 | Pranayama and Kriyas
- 05 | Food for Spiritual life

### Course Instructor

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Dr. S Velvizhi  
Physical Director

Duration :32 Hours  
Credits: 2  
Class Time: 9.00 - 9.40am

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

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## CERTIFICATE COURSE COMMUNICATIVE ENGLISH

### 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.



### Key Areas

**01** Introduction to Basic Language Skills

**02** Fundamental Grammar

**03** Vocabulary Enrichment

**04** Basic Language Acts

**05** Language for Effective Communication

### COURSE INSTRUCTOR

Dr. K Kamala Devi  
Assistant Professor of English

Credits:  
2

Duration:  
32 Hours

Class Timing  
09.00 - 09.40 AM

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