

**CRITERIA 1**

*1.22 Average of value-added courses offered the last five years*



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**1.2.2 Average number of value- added courses offered during the last five years**

**1.2.2.1: Number of value- added courses offered during the last five years**

Year	2017-18	2018-19	2019-20	2020-21	2021-22	Total
Total number of value- added courses offered	0	0	0	0	14	14

**Formula:**

**Average =  $\frac{\text{Total number of value- added courses offered during the last five years}}{5}$**

$$= \frac{14}{5}$$

$$= 2.8$$



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## INDEX

1.	14 Value-added courses
2.	Flyers of 14 Value-Added Courses
3.	Syllabus of 14 Value-Added Courses



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## LIST OF 14 VALUE-ADDED COURSES

Sr. No.	Name of 14 Value-Added Courses
1.	An Introduction To Indian Literary Theory (NPTEL)
2.	Ancient Indian Management (AICTE)
3.	Body Language: Key To Professional Success ( IIT , Roorkee)
4.	Soft Skill Development (IIT, Kharagpur and NPTEL)
5.	Research Methodology (National Law University, Delhi)
6.	The Science of Happiness and Wellbeing (IIT, Kharagpur and NPTEL)
7.	Yoga and Positive Psychology For Managing Career and Life (IIT, Bombay and NPTEL)
8.	Mind Education (International Youth Fellowship, AICTE and NPTEL)
9.	Privacy and Security in Online Social Media (IIT, Delhi and NPTEL)
10.	Public Speaking (IIT, Kharagpur and NPTEL)
11.	Right to Information and Good Governance (National Law School of India University and NPTEL)
12.	Science, Technology and Society (IIT, Guwahati and NPTEL)
13.	Strategic Communication for Sustainable Development (IIT, Kharagpur and NPTEL)
14.	Stress Management (IIT, Kharagpur and NPTEL)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

# Flyers of 14 Value-Added Courses



  
PRINCIPAL  
SHRI L. P. RAVAL COLLEGE OF  
EDUCATION & RESEARCH  
Raval Nagar, Mira Road (E).

**Shri L. P. Raval College Of Education And Research**

**Address: Raval nagar, MiraRoad (East)**

**Value -Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic: An Introduction To Indian Literary Theory**

**Resource Person: Asst. Professor Mrs. FATEMA SIAMWALLA**

**Mode: Online Lecture Basis**

**Method: ICT**

**Schedule: 20<sup>th</sup> August 2021 – 20<sup>th</sup> October 2021**

**Time: 9 am to 10 am**

**Duration: 30 Hrs**

**For: F. Y. B. Ed. Semester I Students**

**Nature: Mandatory as Course Work**

**\*E-Certificate will be provided to all the Participants\***

**Attendance is compulsory**

**Asst. Professor Mrs. FATEMA SIAMWALLA**  
Name of Resource Person

**Mrs. SUNITA THAKUR**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L .P. Raval College Of Education And Research**

**Address: Raval nagar, MiraRoad (East)**

**Value- Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic: Ancient Indian Management**

**(from AICTE)**

**Resource Person: Asst. Professor Mrs. SANJUKTA KARGUTKAR**

**Mode: Online Lecture Basis**

**Method: ICT**

**Schedule: 20th August 2021 – 20th October 2021**

**Time: 9 am to 10 am**

**Duration: 30 Hrs**

**For: F. Y. B. Ed. Semester I Students**

**Nature: Mandatory as Course Work**

**\*E-Certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Professor Mrs. SANJUKTA KARGUTKAR**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L. P. Raval College Of Education And Research**

**Address: Raval nagar, MiraRoad (East)**

**Value -Added Certificate Course SWAYAM MOOC  
Information Brochure 2021 - 22**

**Topic:** Body Language: Key To Professional Success ( from IIT Roorkee )

**Resource Person:** Asst. Professor Mr. RAGHUNATH BHITALE

**Mode:** Online Lecture Basis

**Method:** ICT

**Schedule:** 20th August 2021 – 20th October 2021

**Time:** 9 am to 10 am

**Duration:** 30 Hrs

**For:** F. Y. B. Ed. Semester I Students

**Nature:** Mandatory as Course Work

**\*E-Certificate will be provided to all the Participants\***

**Attendance is compulsory**

**Asst. Professor Mr. RAGHUNATH BHITALE**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).



**Shri L. P. Raval College Of Education And Research**

**Address: Raval nagar, MiraRoad (East)**

**Value Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic:** Soft Skill Development (from IIT Kharagpur And NPTEL)

**Resource Person:** Asst. Professor Mr. VIKAS VENIRAM RAWAL

**Mode:** Online Lecture Basis

**Method:** ICT

**Schedule:** 20th August 2021 – 20th October 2021

**Time:** 9 am to 10 am

**Duration:** 30 Hrs

**For:** F. Y. B. Ed. Semester I Students

**Nature:** Mandatory as Course Work

**\*E-Certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Professor Mr. VIKAS VENIRAM RAWAL**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L . P. Raval College Of Education And Research**

**Address : Raval naqar, MiraRoad (East)**

**Value- Added Certificate Course SWAYAM MOOC  
Information Brochure 2021 - 22**

**Topic :** The Science of Happiness and Wellbeing

**( from Indian Institute of Technology Kharagpur and NPTEL)**

**Resource Person :** Asst. Professor Sujata Tripathi

**Mode :** Online Lecture Basis

**Method :** ICT

**Schedule :** 20th August 2021 - 20th October 2021

**Time :** 9 am to 10 am

**Duration :** 30 Hrs

**For :** F. Y. B. Ed. Semester I Students

**Nature :** Mandatory as Course Work

**\*E Certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Prof. Sujata Tripathi**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L. P. Raval College Of Education And Research**

**Address : Raval nagar, MiraRoad(East)**

**Value- Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic:** Research Methodology (from National Law university Delhi)

**Resource Person:** Asst. Professor Ms. MONIKA CHAUHAN

**Mode:** Online Lecture Basis

**Method:** ICT

**Schedule:** 20th August 2021 – 20th October 2021

**Time:** 9 am to 10 am

**Duration:** 30 Hrs.

**For:** F. Y. B. Ed. Semester I Students

**Nature:** Mandatory as Course Work

**E-Certificate will be provided to all the participants**

**Attendance is compulsory**

**Asst. Professor Ms. MONIKA CHAUHAN**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

Shri L. P. Raval College Of Education And Research

Address : Raval nagar, MiraRoad(East)

**Value -Added Certificate Course SWAYAM MOOC**  
**Information Brochure 2021 - 22**

**Topic :** Stress Management ( IIT Kharagpur and NPTEL)

**Resource Person :** Asst. Professor Ms. FATEMA SIAMWALLA

**Mode :** Online Lecture Basis

**Method :** ICS

**Schedule :** 27th January 2022 - 27th March 2022

**Time :** 9 am to 10 am

**Duration :** 30 Hrs

**For :** F. Y. B. Ed. Semester II students

**Nature :** Mandatory as Course Work

**E-Certificate will be provided to all the Participants**

**Attendance is compulsory**

Asst. Professor Ms. FATEMA SIAMWALLA  
Name of Resource Person

Mrs. Sunita Thakur  
Principal (I/C)



  
PRINCIPAL  
SHRI L. P. RAVAL COLLEGE OF  
EDUCATION & RESEARCH  
Raval Nagar, Mira Road (E).

Shri L. P. Raval College Of Education And Research

Address : Raval naqar, MiraRoad (East)

**Value -Added Certificate Course SWAYAM MOOC**  
**Information Brochure 2021 - 22**

**Topic :** Yoga And Positive Psychology For Managing Career And Life ( from  
Indian Institute of Technology Bombay and NPTEL

**Resource Person :** Asst. Professor Ms. SONIA CHAUHAN

**Mode :** Online Lecture Basis

**Method :** ICT

**Schedule :** 20<sup>th</sup> August 2021 – 20<sup>th</sup> October 2021

**Time :** 9 am to 10 am

**Duration :** 30 Hrs

**For :** F. Y. B. Ed. Semester I students

**Nature :** Mandatory as Course Work

**\*E Certificate will be provided to all the Participants**

**Attendance is compulsory**

Asst. Professor Ms. SONIA CHAUHAN  
Name of Resource Person

Mrs. Sunita Thakur  
Principal (I/C)



  
PRINCIPAL  
SHRI L. P. RAVAL COLLEGE OF  
EDUCATION & RESEARCH  
Raval Nagar, Mira Road (E).

**Shri L. P. Raval College Of Education And Research**

**Address : Raval nagar, MiraRoad (East)**

**Value- Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic : Mind Education ( from International Youth Fellowship AICTE and NPTEL)**

**Resource Person : Asst. Professor Mrs. SANJUKTA KARGUTKAR**

**Mode : Online Lecture Basis**

**Method : ICT**

**Schedule : 27<sup>th</sup> January 2022 - 27<sup>th</sup> March 2022**

**Time : 9 am to 10 am**

**Duration : 30 Hrs**

**For : F. Y. B. Ed. Semester II students**

**Nature : Mandatory as Course Work**

**\*E-Certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Professor Mrs. SANJUKTA KARGUTKAR**

**Name of Resource Person**

**Mrs. SUNITA THAKUR**

**Principal (I/C)**



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L . P. Raval College Of Education And Research**

*Address : Raval nagar, MiraRoad (East)*

**Value -Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic : Privacy And Security In Online Social Media**

**( IIT Delhi and NPTEL)**

**Resource Person : Asst. Professor Ms. SONIA CHAUHAN**

**Mode : Online Lecture Basis**

**Method : ICT**

**Schedule : 27<sup>th</sup> Jnuary 2022 – 27<sup>th</sup> March 2022**

**Time : 9 am to 10 am**

**Duration : 30 Hrs**

**For : F. Y. B. Ed. Semester II students**

**Nature : Mandatory as Course Work**

**\*E Certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Professor Ms. SONIA CHAUHAN**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/c)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L. P. Raval College Of Education And Research**

Address : Raval nagar, MiraRoad (East)

**Value- Added Certificate Course SWAYAM MOOC  
Information Brochure 2021 - 22**

**Topic :** Public Speaking ( from Indian Institute of Technology Roorkee and NPTEL)

**Resource Person :** Asst. Professor Mr. RAGHUNATH BHITALE

**Mode :** Online Lecture Basis

**Method :** ICT

**Schedule :** 27<sup>th</sup> January 2022 - 27<sup>th</sup> March 2022

**Time :** 9 am to 10 am

**Duration :** 30 Hrs

**For :** F. Y. B. Ed. Semester II students

**Nature :** Mandatory as Course Work

**\*E-Certificates will be provided to all the participants**

**Attendance is compulsory**

**Asst. Professor Mr. RAGHUNATH BHITALE**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).



**Shri L . P. Raval College Of Education And Research**

**Address : Raval naqar, MiraRoad (East)**

**Value -Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic : Right To Information And Good Governance ( from National Law School of India University and NPTEL)**

**Resource Person : Asst. Professor Ms. MONIKA CHAUHAN**

**Mode : Online Lecture Basis**

**Method : ICT**

**Schedule : 27<sup>th</sup> January 2022 - 27<sup>th</sup> March 2022**

**Time : 9 am to 10 am**

**Duration : 30 Hrs**

**For : F. Y. B. Ed. Semester II students**

**Nature : Mandatory as Course Work**

**\*E Certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Professor Ms. MONIKA CHAUHAN**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L . P. Raval College Of Education And Research**

Address : Raval nagar, MiraRoad (East)

**Value -Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic :** Science, Technology And Society ( from IIT Guwahati and NPTEL)

**Resource Person :** Asst. Professor Mrs. SUJATA TRIPATHI

**Mode :** Online Lecture Basis

**Method :** ICT

**Schedule :** 27th January 2022 - 27th March 2022

**Time :** 9 am to 10 am

**Duration :** 30 Hrs

**For :** F. Y. B. Ed. Semester II students

**Nature :** Mandatory as Course Work

**\*E-certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Professor Mrs. SUJATA TRIPATHI**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

**Shri L. P. Raval College Of Education And Research**

Address : Raval nagar, MiraRoad (East)

**Value -Added Certificate Course SWAYAM MOOC**

**Information Brochure 2021 - 22**

**Topic :** Strategic Communication For Sustainable Development ( from Indian Institute of Technology Kharagpur and NPTEL

**Resource Person :** Asst. Professor Mr. VIKAS VENIRAM RAWAL

**Mode :** Online Lecture Basis

**Method :** ICT

**Schedule :** 27th January 2022 - 27th March 2022

**Time :** 9 am to 10 am

**Duration :** 30 Hrs

**For :** F. Y. B. Ed. Semester II students

**Nature :** Mandatory as Course Work

**\*E Certificate will be provided to all the Participants**

**Attendance is compulsory**

**Asst. Professor Mr. VIKAS VENIRAM RAWAL**  
Name of Resource Person

**Mrs. Sunita Thakur**  
Principal (I/C)



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

# Syllabus of 14 Value-Added Courses



  
PRINCIPAL  
SHRI L. P. RAVAL COLLEGE OF  
EDUCATION & RESEARCH  
Raval Nagar, Mira Road (E).

## **An Introduction To Indian Literary Theo**

### Syllabus

Week 1: Literature before theory

Week 2: An Overview of Sanskrit Literary Theory

Week 3: Theory of Rasa

Week 4: Theory of Alaṅkāra

Week 5: Theory of Dhvani

Week 6: Theories of Riti, Guna and Doṣa

Week 7: Theory of Aucitya

Week 8: Theory of Vakrokti



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## **Ancient Indian Management**

Syllabus

Introductory Unit

1. Understanding management

Defining management

Nature of management

Management: Science or art?

2. Ancient Indian Management

3. Management Perspective of Ancient Indian Literature

What is Jain Literature?

What is Vedantic Literature?

code of conduct in vedantic literature

code of conduct in Jain Literature

Four pillars of human labor in ancient Vedantic and Jain Literature

4. Management lessons from Mahabharata

5. Management in Bhagavad Gita

Introduction to Gita

Management Lessons from Bhagavad Gita



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## 6. Management lessons from Ramayana

Introduction to Ramayana

Management Lessons from Ramayana

## 7. Ancient Indian Economics

Kautilya's economics

Mahavira's economics

## 8. Assignment/Questions to ponder



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## **Body Language: Key To Professional Success**

### **Syllabus**

Week 1: Defining Body Language, Scope and Relevance, Changing Contours, Classification, Defining Proxemics, Four Zones, Behavioral Connotations, Space and Designs, Haptics and its Role, Behavioral Significance

Week 2: Shaking Hands and other tactile behavior. Cultural Variations, Occulesics, Right and Left Brain Associations, Different Types of Eye Contact, Individual and Group situations, Facial Expressions, Smiles and Nods, Head Tilts and Inclines

Week 3: Facial Expressions, Cultural Interface, Kinesics: Types and Contexts, Negative and Positive Gestures, Hand Movements and Steepling, Understanding Finger Movements, Fidgeting and Ticks

Week 4: Paralanguage and Voice Modulations, Chronemics, Chromatics, Cultural and Gender Based aspects, Stereotypes, Body Language: Online Presence and Video Interviews



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).



## **Soft Skill Development**

### **Syllabus**

#### **Week 1:**

Communication skills 1: The basics

#### **Topics to be covered:**

- i. Understanding the communicative environment-I
- ii. Understanding the communicative environment-II
- iii. What to listen for and why
- iv. When to speak and how
- v. Starting and sustaining a conversation

#### **Week 2:**

Communication skills 2 : Presentation and interaction

#### **Topics to be covered:**

- i. What to present and how – I
- ii. What to present and how – II
- iii. Multimedia presentation: Understanding the basics
- iv. Communication styles
- v. Speaking in groups

#### **Week 3:**

Communication skills 3: Visual, nonverbal and aural communication

#### **Topics to be covered:**

- i. The world of visual culture
- ii. Visual perception
- ii. The aural: Its relevance and impact



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

- iv. The body and the way it communicates
- v. The face, its expressions and what it says

**Week 4:**

Interpersonal communication 1: Individuals, groups and cultures

- i. Building Relationships
- ii. Understanding Group Dynamics- I
- iii. Understanding Group Dynamics- II
- iv. Groups, Conflicts and their Resolution
- v. Social Network, Media and Extending Our Identities

**Week 5:**

Interpersonal communication 2: Emotional and social skills

**Week 6:**

Developing key traits 1: Creativity, critical thinking and problem solving

**Week 7:**

Developing key traits 2: Motivation, persuasion, negotiation and leadership

- i. Motivating oneself
- ii. The art of persuasion-I
- iii. The art of persuasion-II
- iv. From persuasion to negotiation
- v. Leadership and motivating others

**Week 8:**

Essential and vocational skills: survival strategies

- i. Managing time
- ii. Managing stress



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

iii. Resilience

iv. Work-life balance. Applying soft-skills to workplace

## **Research Methodology**

### **Syllabus**

**Week 1:** Philosophy of Science (subjective versus objective, materialism versus idealism, causality, etc.)

Week 2: Logical Reasoning (inductive logic, deductive logic, syllogistic logic)

Week 3: History of development of science and the influence of philosophy

Week 4: What Scientists Actually Do

Week 5: Forming a Hypothesis

Week 6: Techniques of Scientific Measurement

Week 7: Testing of hypothesis

Week 8: Methods of Theoretical Research

Week 9: The Art of Scientific Communication

Week 10: Presentation in Seminars and Conferences

Week 11: Sponsored Research

**Week 12:** Ethical Conduct in Science



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

# **The Science of Happiness and Wellbeing**

## **Syllabus**

Week 1: Operationalizing happiness: Defining happiness

Week 2: Understanding the construct of happiness: The science of happiness  
These five modules would introduce the key concepts that make up the science of happiness, and create the basic ground for the sessions to follow. It would also include pretests to assess current happiness and other related parameters.

Week 3: Factors influencing happiness: Biological, psychological & socio-cultural factors  
These modules would focus on the key components influence happiness through talks, case studies and self-learning tasks.

Week 4: Unanswered questions: What makes us happy? The modules in this week would focus on the myths as well as the simple secrets of happiness and how to make the act successful through understanding and practice. Happiness: The dynamics within: Key ingredients of happiness  
These modules would address the key ingredients with scientific evidence, case studies and online assignments and assessments.

Week 5: Train yourself in Happiness: Two short modules on Mindfulness  
These sessions would take us through the science as well as the art of mindfulness through online practice sessions and training aids. Happiness in the social context: Three modules on Emotional Intelligence. Emotions play a key role in happiness and need to be addressed in their various ways in response to people and society. Tests, assessments and training sessions to hone skills would be included.

Week 6: Happiness at work: Getting rid of daily hassles  
Happiness and efficiency, happiness and creativity, and various other key components like innovation and follow would be addressed in these units. Fine tuning work-life balance: Strategies to develop happiness  
Through units as well as assessment tools participants would be guided through techniques to hone their work-life balance – a key component of success as well as happiness.



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

Week 7: Becoming happier: State & trait of happiness This week would focus on sustaining and enhancing what has been learnt so far through both theoretical as well as training inputs.

Week 8: Creating happiness: Making a difference for others Happiness needs to spread. These units would focus on networking and sustaining what has been learnt by sharing with others.

Post-test assessments would also be used to test changes that have been brought about during the 12 weeks of the course.



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

# **Yoga And Positive Psychology For Managing Career And Life**

## **Syllabus**

Week 1: Positive Psychology, Yoga and Indian Psychology: Introduction and Connections

Week 2: Realizing Flourishing and Authentic Happiness in Career and Life

Week 3: Body Mind Connections for Managing Career and Life: Ayurveda and Yoga

Week 4: Nurturing Positive Emotions: Perspective from Positive Psychology and Indian Psychology

Week 5: Building Positive Relationship in Life and at Work

Week 6: Discovering Meaning and Purpose in Career and Life

Week 7: Psychotherapy in Indian Psychology and Yoga Tradition

Week 8: Application of the Concepts of Positive Psychology and Yoga at Workplace



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## **Mind Education**

### **Syllabus**

Mind Education Course 1 Layout

Week 1

- Importance and necessity of mind education

Importance and necessity of mind education PDF

Importance and necessity of mind education

Week 2

- Knowledge based education vs wisdom based education

Knowledge based education and wisdom based education PDF

Knowledge based education and wisdom based education

Knowledge based education and wisdom based education (Only Eng)

Week 3

- Desire and Self-control

Lecture Plan\_Richard Hong

Desires Self-Control: The essential of life

Desires Self-Control- The essential of life (Only Eng)

Week 4

- Wounds of the heart: Causes and Cure

Wounds of the heart: Causes and cure

Wounds of the heart: Causes and cure PDF



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## Week 5

- Listening: Wisdom to gain hearts

Listening: Wisdom to gain hearts PDF

Listening: Wisdom to gain hearts Video

Listening- Wisdom to gain hearts (Only Eng)

## Week 6

- Importance and necessity of contemplating

Thinking Power -Importance and necessity of contemplating PDF

Importance and necessity of contemplating

## Week 7

- Change in perspective (Placebo Effect)

Change in perspective (Placebo Effect) PDF

Change in perspective (Placebo Effect)

Change in perspective : Placebo Effect(Only Eng)

## Week 8

- Managing the heart

Managing the heart PDF

Managing the heart (Audio)

Mind Education Course 2 Layout

Mind education course 2 introductory video



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).



Week 9

- The other side

The Other Side

Week 10

- The other side 2

Week 11

-Exchanging heart-to-heart conversation

Week 12

- The cause of fear and its solution

Week 13

- Essential conditions for happiness



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

# **Privacy And Security In Online Social Media**

## **Syllabus**

### **COURSE LAYOUT**

Week 1:What is Online Social Networks, data collection from social networks, challenges, opportunities, and pitfalls in online social networks, APIs

Week 2:Collecting data from Online Social Media.

Week 3:Trust, credibility, and reputations in social systems

Week 4:Trust, credibility, and reputations in social systems

Week 5:Online social Media and Policing

Week 6:Information privacy disclosure, revelation and its effects in OSM and online social networks

Week 7:Phishing in OSM & Identifying fraudulent entities in online social networks

Week 8:Refresher for all topics



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## **Public Speaking**

### **Syllabus**

Week 1: Introduction to the Course

Week 2: Prerequisites of Public speaking

Week 3: Public speaking as a Performative act

Week 4: Use of non-verbals in Public Speaking

Week 5: Voice and Vocabulary

Week 6: Etiquettes and Mannerism in Public Speaking

Week 7: Types of Public Speaking - Part 1

Week 8: Types of Public Speaking - Part 2

Week 9: Types of Public Speaking - Part 3

Week 10: Types of Public Speaking - Part 4

Week 11: Converting Ideas into Action - Part 1

Week 12: Converting Ideas into Action - Part 2



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## **Right To Information And Good Governance**

### **Syllabus**

Week 1 : History and Background to RTI

Week 2 :

Legislating RTI

Official Secrets Act and RTI

Role of NGOs and activist in RTI

Mis-use of RTI

Important SC and HC judgments in RTI

Week 3 :Constitution and RTI

Week 4 :Salient Features of RTI-1

Week 5 :Salient features of RTI-2

Week 6 :Powers and Functions of Information Commission

Week 7 :Public Authority

Week 8 :Exempted Information

Week 9 :RTI & Its interface

Public Records Act

Whistleblower Protection Act

Judiciary and RTI



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

Week 10 :

Ecological perspective on RTI

Lessons from RTI: Sakaala: Public Service Guarantee Act

Week 11 : RTI: A comparative perspective

Comparative Constitutional and Comparative FOI regime

RTI in Srilanka

Week 12 : How to Draft RTI Application and Appeals: Do it yourself



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## **Science, Technology And Society**

### Syllabus

Week 1: Science, Technology and Society: Cognitive and Ethical Dimensions

Week 2: Science, Technology and Society: Methodological Dimensions I

Week 3: Science, Technology and Society: Methodological Dimensions II

Week 4: Science, Technology and Society: Methodological Dimensions III

Week 5: Inequalities in Science I

Week 6: Inequalities in Science II

Week 7: Technology as Knowledge

Week 8: Social Shaping of Technology I

Week 9: Social Shaping of Technology II

Week 10: Social Shaping of Technology III

Week 11: Information Society

Week 12: Science and Technology in India



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

# **Strategic Communication For Sustainable Development**

## **Syllabus**

Week 1:

Introduction to sustainability communication (30 minutes)&

Why is communication important for sustainable development (30 minutes)

Approaches to sustainability communication (1 hr)

Week 2:

Sociological & psychological perspectives of sustainability communication

Sustainability communication: A systemic-constructivist perspective

Strategies for sustainable development

What is strategic communication?

How is strategic communication related to sustainable development?

Week 3:

Steps of strategic communication for sustainable development

Week 4:

Applications of strategic communication in sustainable development

Best practices in strategic communication in sustainable development

Final Examination: Multiple Choice Questions just like the weekly assignments



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).

## **Stress Management**

### **Syllabus**

Week 1 : Scientific Foundations Of Stress

Week 2 : Stress Psychophysiology

Week 3 : Developing Resilience To Stress

Week 4 : Strategies For Relieving Stress



  
**PRINCIPAL**  
**SHRI L. P. RAVAL COLLEGE OF**  
**EDUCATION & RESEARCH**  
Raval Nagar, Mira Road (E).