

MKR GOVERNMENT DEGREE COLLEGE, DEVARAKONDA

Certificate Course on Basic Yoga

Course description

Yoga is a practice based on an extremely subtle science, which focuses on bringing harmony between mind, body and spirit. It is a very powerful means to achieve physical, mental and emotional well being. Yoga paves the way to discover the self, the external world and the nature. It is an art and science for healthy living. Yoga has several benefits including education, health and stress management. Keeping this in mind, a certificate program in Yoga is being launched by MKR Government Degree College, Devarakonda in association with VADIC YOGAPEETH TRUST, Nalgonda.

Duration of the Course: 30 Hrs. (Theory and Practice)

Objectives of the course: After going through this particular program the learner should be able to

- To learn and achieve the basic principles and practice of yoga.
- To attain both physical and mental health through Yoga.
- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Learning Outcomes

- The student will be able to demonstrate proficiency at the poses covered in syllabus (at a basic level)
- The student will increase their dynamic flexibility in the work outcomes.
- The student will get and experience proper breathing techniques.
- Synchronize the mind and body.

Assessment of performance

- Certificate of completion will be given to the students who attend all the classes and demonstrated well at end of course duration.
- Viva question for the theory and demonstration of practice is being observed by two examiners (one internal and one external).

Ch. Ramakrishna

PRINCIPAL (FAC)

M.K.R. Government Degree College
Devarakonda, Nalgonda. Dt. 508249

For: VAIDIK YOGPEETH TRUST

Dr. S. Srinivas Reddy
Founder Trustee

GRAMYA RESOURCE CENTRE FOR WOMEN &
MKR GOVERNMENT DEGREE COLLEGE,
DEVARAKONDA

Certificate Course on Gender Sensitization

Course description

This course offers an introduction to Gender Studies and aims at sensitizing students about integrating Gender sensitive practices in their life.

Duration of the Course: 30 Hrs.

Certificate of completion will be given to the students who attend all the classes in course duration.

Objectives of the course

- To introduce students to some basic aspects of gender.
- To provide a critical perspective on Gender Socialization.
- To expose students to current problems of declining girls sex ratio and its consequences.
- To create awareness about the legal aspects for prevention of violence against women.

Learning Outcomes

- Students will understand the important issues related to gender
- Students will have better understanding of Socialization Process
- Students will acquire insight into the aspects of declining girls sex ration and its consequences
- Students will be educated about gender-based violence and various laws that provide protection and relief to women
- The course will empower students to understand and respond to gender violence.

Chiranjay
PRINCIPAL
MKR Govt. Degree College
DEVARAKONDA, NALGONDA DIST



V. R. Rao

Certificate Course on Gender Sensitization

Syllabus

Duration:30 Hrs

Unit-I: Understanding Gender

- A) Definition – concepts – Terminology – Gender Socialization – Gender Roles and Relations
- B) Missing Women – Declining of Girls Sex Ratio – Demographic Consequences

Unit – II: Understanding Violence

- A) Gender based violence – Sexual harassment – Domestic Violence
- B) Legal aspects (Acts) to prevent violence against women – Gender equality

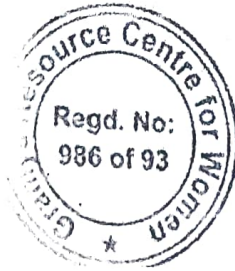
Practical Activity

Group discussions, Case studies, Role play and collaborative learning activities on respect and co- existence, domestic violence, Eve teasing, Sexual harassment, Real life experience of gender interaction. Short video clips

Reference Books:

- 1) “Towards a World of Equals: A Bilingual Textbook on Gender” published by Telangana Academy.
- 2) Kamala Bhasin ‘Gender Basics, Understanding Gender’ Delhi Women Unlimited, 2000.
- 3) Campaign to Prevent Trafficking masked as Adoption
- 4) Life cycle of women- Gramya Resource Centre for Women

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