



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE, BSc(Computer Science), BBA, BBA(CA)]
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1.3.2 Number of Value added courses for imparting transferable and life skills offered during last five years -29

2021-22

File Description- DVV

- **List of Value Added Courses offered**
- **Course Outcome**



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Sr.No	List of value added course	Subject code	View Document
1	Democracy, Election and Governance	AN22002	View Course Outcome
2	Physical Education and Sports	AN22001	View Course Outcome
3	Personality & Soft Skills Development	ACS22001	View Course Outcome
4	Value Based Education	VBE42101	View Course Outcome
5	Quantitative Aptitude	MCR/Q(21)015	View Course Outcome
6	Credit/Certificate Course in Quantitative Economics	MCR/QE(21)/056	View Course Outcome
7	MILE-Chemistry in Sports	MILE(21)008	View Course Outcome
8	MILE-Angels and Demons- Cancel Culture	MILE(21)004	View Course Outcome
9	MILE-Art and Inequality	MILE(21)009	View Course Outcome
10	MILE-Deconstructing Colonialism	MILE(21)010	View Course Outcome
11	MILE- Explorations of Choice in Context:II	MILE(21)011	View Course Outcome
12	MILE-Issues of Identity in India and US	MILE(21)002	View Course Outcome
13	Certificate Course in Music Therapy	MCR/MT(21)057	View Course Outcome
14	Foundation Course in Buddhist Psychology	MCR/BP(21)058	View Course Outcome
15	Yoga (PG students)	SPPU SYLLABUS(MA/MC	View Course



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		OM)	Outcome
16	Cyber Security (PG students)	SPPU SYLLABUS (MA/MCOM/MSC)	View Course Outcome
17	Human Rights (PG students)	SPPU SYLLABUS (MA/MCOM/MSC)	View Course Outcome
18	Introduction to Indian Constitution (PG students)	SPPU SYLLABUS (MA/MCOM/MSC-II)	View Course Outcome
19	Latex, Scilab, English	SPPU SYLLABUS(MSC)	View Course Outcome
20	Certificate Course in Stock Markets and Investment	MCR/SMI(21)059	View Course Outcome
21	PG Diploma Course in Clinical Music Therapy	MCR/DCMT (21)043	View Course Outcome
22	PGD-Mindfulness based Counselling	MCR/ML (21)041	View Course Outcome
23	PG Diploma in Dance Movement Therapy	MCR/DMT (21)042	View Course Outcome
24	Fundamental of Banking and Insurance	SWAYAM-MOOC	View Course Outcome
25	International Relations	ALISON-MOOC	View Course Outcome
26	English Writing Skills	ALISON-MOOC	View Course Outcome
27	Psychology Basic Course	ALISON-MOOC	View Course Outcome
28	D.EI.ED	SWAYAM-MOOC	View Course Outcome
29	The Art and Science of Human Relationship: Understanding Human Needs	COURSERA-MOOC	View Course Outcome



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Course Name: DEMOCRACY, ELECTION AND GOVERNANCE

Subject Code: AN22002	Number of Credits: 02	Lectures: 30 Hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- Comprehend the meaning of democracy and the role of the governance.
- Understand the various approaches to the study of democracy and governance.

Veena Kenchi

Dr. Shalini Iyer

Course Coordinator

Credit Course Incharge

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Course Name: Physical Education and Sports

Subject Code: AN22001	Number of Credits: 2	Lectures: 30
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Course Outcomes:

At the end of this course, the learner will be able to:

- Recognize correct and healthy lifestyle habits among learners.
- Recognize the need for physical and mental efficiency in order to overcome fatigue that may occur in daily life.
- Demonstrate the need to improve flexibility and concentration
- Demonstrate alternative ways to boost the immune system through practice of yoga, pranayama and meditation.
- Identify opportunities for leisure time activities and life time sports among learners.
- Relate and develop a positive attitude towards physical fitness and sports that would improve physical, mental, social, emotional and spiritual health.
- Recognize the need for an optimum and wholesome development among learners.

Ekta Jadhav

Course Coordinator

Dr. Shalini Iyer

Credit Course Incharge

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Course Name: Personality and Soft Skills Development

Subject Code: ACS22001	Number of Credits: 2	Lectures: 30
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Course Outcomes:

At the end of this course, the learner will be able to:

- State the significance of understanding , working on the 'Self ' and increase awareness by exploring their balance of life, priorities and their intended goals
- Recognize how team building is nurtured and express how happiness is related to a life of fulfillment.
- Recognize the manner in which we can build a positive attitude and describe various aspects of being a good listener.
- Explain and identify how to carry their personality in the corporate world with competency..

Alka Kahapure

Course Coordinator

Dr. Shalini Iyer

Credit Course Incharge

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Course Name: Value Based Education

Subject Code:VBE42101	Number of Credits:2	Lectures:30
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Course Outcomes:

At the end of this course, the learner will be able to:

- Outcome 1 - Understand the role of values in their lives, personal behavior and social interactions
- Outcome 2 - Demonstrate traits as proactive citizens and empathetic human beings.
- Outcome 3 - Develop a sense of diversity and co-existence

Dr Vaishali Joshi
Course Coordinator

Dr. Shalini Iyer
Credit Course Incharge

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Course Name: Quantitative Aptitude

Subject Code: MCR/Q(21)015	Number of Credits:2	Lectures:30
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Course Outcomes:

At the end of this course, the learner will be able to:

- Solve the problem easily by using Short cut method with time management which will be helpful to them to clear the competitive exams for better job opportunity.
- Analyze the problem logically and approach the problems in a different manner.

Vrushali Paranjpe
Course Coordinator

Dr. Shalini Iyer
Credit Course Incharge

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Course Name: Credit/Certificate Course in Quantitative Economics

Subject Code: MCR/QE(21)/056	Number of Credits: 4	Lectures: 60
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Course Outcomes:

At the end of this course, the learner will be able to:

- perform graphical analysis of functions, sketch curves defined by simple equations.
- explain the economic applications of derivative, Matrices and use it to understand economic concepts such as elasticity, marginal cost, income and interest rate determination and input-output determination.
- develop understanding of various quantitative concepts and their application to economics and basic finance.

Dr. Manisha Pimpalkhare

Course Coordinator

Dr. Shalini Iyer

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Course Name: MILE-Chemistry in Sports

Subject Code: MILE(21)008	Number of Credits: 2	Lectures: 30
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Course Outcomes:

At the end of this course, the learner will be able to:

- Ability to explain the chemical changes in the human body during involvement in sports activity.
- Ability to explore the Sports Culture and Diet habits across Countries.
- Ability to develop a global perspective in order to comprehend various forms of diet and nutrition with social equality and diversity
- Ability to familiarize oneself with various interdisciplinary fields using sports culture and foster advanced learning.

Dr. Snober Satatavala

Course Coordinator

Dr. Shalini Iyer

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Course Name: MILE: Angels and Demons- Cancel Culture

Subject Code: MILE(21)004	Number of Credits: 02	Lectures: 30 Hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- Develop an empathetic imagination to make sense of the reality in a more comprehensive manner.
- Familiarize with various interdisciplinary fields to foster advanced learning.
- Develop a global world view with understanding of various forms of conflict and power
- Develop critical viewpoints to examine cultural practices, developing ability to problematize; formulate hypothesis and research questions, identify and consult relevant sources, carry out fieldwork, employ moral and ethical standards and write a research report.
- To enhance the ability to use digital tools and resources.

Veena Kenchi and Suhaile Azavedo

Course Coordinator

Dr. Shalini Iyer

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Course Name: MILE: ART AND INEQUALITY

Subject Code: MILE(21)009	Number of Credits: 2	Lectures: 30
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Course Outcomes:

At the end of this course, the learner will be able to:

- To enhance the ability to use digital tools and resources.
- To identify various interdisciplinary fields using transnational literature and foster advanced learning.
- To Illustrate a critical viewpoint to examine cultural practices, developing ability to problematize; formulate hypothesis and research questions, identify and consult relevant sources, carry out fieldwork, employ moral and ethical standards and write a research report.
- To develop the skill to create and critically comment on the creation
- To develop a global world view with understanding of various forms of social inequality and social diversity as reflected in art
- To collaborate on a project with people from across the globe

Dr. Snober Satatavala

Course Coordinator

Dr. Shalini Iyer

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Course Name: MILE: Deconstructing Colonialism

Subject Code: MILE(21)010	Number of Credits: 2	Lectures: 30
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Course Outcomes:

At the end of this course, the learner will be able to:

- Understand the historical context of colonisation and its impact on modern world
- Develop a global world view with an understanding of the nuances of imperialism and the effects of living in a post-colonial country
- Explore critical viewpoints to examine colonisation, developing ability to problematize; formulate hypothesis and research questions, identify and consult relevant sources, carry out fieldwork, employ moral and ethical standards and write a research report
- Develop the ability to use digital tools and resources

Dr. Snober Satatavala

Course Coordinator

Dr. Shalini Iyer

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Course Name: Explorations of choice in context

Subject Code: MILE(21)011	Number of Credits: 2	Lectures: 3
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Course Outcomes:

At the end of this course, the learner will be able to:

- Get familiarize with various interdisciplinary fields using sociological knowledge and foster advanced learning.
- Develop a global world view with an understanding of various forms of social inequality and social diversity.
- Develop critical viewpoint to examine decision-making practices, developing the ability to problematize; formulate hypothesis and research questions, identify and consult relevant sources, carry out fieldwork, employ moral and ethical standards, and write a research report.
- To enhance the ability to use digital tools and resources.

Dr. Snober Satatavala

Course Coordinator

Dr. Shalini Iyer

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Course Name: MILE_Issues of Identity in India and US

Subject Code: MILE(21)002	Number of Credits: 02	Lectures: 30 Hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- List the various issues of Identity in India and US
- Identify issues of discrimination in India and US.
- Demonstrate the ability to analyse the similarities and differences of discrimination in both the countries.
- Discuss the Kashmir issue in terms of religious identity.
- Identify the elements of the social identity theory used in partitioning of India.
- Explain and examine the language policies in India and US

Veena Kenchi
Course Coordinator

Dr. Shalini Iyer
Credit Course Incharge

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Course Name: Certificate Course in Music Therapy

Subject Code: MCR/MT(21)057	Number of Credits: 2	Lectures: 30 hrs
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Course Outcomes:

At the end of this course, the learner will be able to:

- Summarize and employ the core improvisational techniques of mirroring, matching, reflecting and grounding.
- Demonstrate knowledge and understanding of receptive methods in music therapy and when/how to employ them.
- Demonstrate knowledge and understanding of the way in which their music can be used to meet the therapeutic needs of clients
- Carry out a variety of group therapeutic music interventions, including music and imagery, music and relaxation, group improvisation, songwriting and group singing/vocalizing.

Dr. Shalini Iyer

Ms. Sharmin Palsetia

Course Coordinator

Credit Course Incharge

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Course Name: Certificate Course in Buddhist Psychology

Subject Code: MCR/BP(21)058	Number of Credits: 2	Lectures: 30 hrs
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Course Outcomes:

At the end of this course, the learner will be able to:

- Describe the basic concepts and theories of Buddhist psychology
- Recognize the motivation of an awakened mind- Bodhichitta
- Integrate mindful movement with breath
- Provide an introduction to Buddhist meditation

Ms. Sharmin Palsetia

Course Coordinator

Dr. Shalini Iyer

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PG CREDIT COURSE

Course Name: Yoga

Subject Code: SPPU	Number of Credits: 4	Lectures:60
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Course Outcomes:

At the end of this course, the learner will be able to:

- Perform different 'asanas' (yogic body postures), 'pranayama' (breath control) and understand the importance of Hatha Yoga.
- Demonstrate basic skills associated with yoga activities including strength, flexibility, balance and coordination.
- Improve awareness, focus, concentration so as to achieve a state of calmness, clarity of thought, a sense of balanced energy and lightness of body and mind.
- Improve emotional stability, inculcate mental hygiene and holistic health.

Dr. Shalini Iyer
Course Coordinator

Dr Shalini Iyer
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PG CREDIT COURSE

Course Name: Introduction to Cyber Security / Information Security

Subject Code: SPPU	Number of Credits: 4	Lectures:60
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Course Outcomes:

At the end of this course, the learner will be able to:

- Recognize and recall the pre-requisites in information and network security, such as networking and information security concepts, security threats and vulnerabilities, Cryptography / Encryption;
- Understand Security Management Practices, Security Laws and Standards;
- Get apprised about the need and significance of Information and Network Security;
- Comprehend the need and importance of System and Application Security.

Dr. Shalini Iyer

Course Coordinator

Dr Shalini Iyer

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**PG CREDIT
COURSE**

Course Name: Introduction to Human Rights and Duties

Subject Code: SPPU SYLLABUS (MA/MCOM/MSC)	Number of Credits:2	Lectures:30
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Course Outcomes:

At the end of this course, the learners will be able to:

- Recognize and understand the meaning, nature, concepts and importance of Human Values, Human Rights, Duties and Human Rights Education.
- Exhibit awareness about the terminology of various legal instruments and comprehend the role of the United Nations in the promotion of Human Rights.
- Identify vulnerable, disadvantaged groups in society, compare national and international perspectives on the socio-economic status of women, children, minorities, aged, disabled and indigenous people.
- Comprehend and articulate their views relating to the human rights of vulnerable groups like Stateless Persons, Sex Workers, Migrant Workers and HIV/AIDS Victims.

Ms. Veena Kenchi
Course Coordinator

Dr. Shalini Iyer
Credit Course In-charge

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Course Name: INTRODUCTION TO CONSTITUTION

Subject Code: SPPU SYLLABUS (MA/MCOM/MSC-II)	Number of Credits: 02	Lectures: 30 Hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- Understand the philosophy of the Constitution of India.
- Understand and enjoy their freedoms and responsibilities.

Veena Kenchi
Course Coordinator

Dr. Shalini Iyer
Credit Course Incharge

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Course Name: Introduction to LaTeX and Scilab

Subject Code: SPPU SYLLABUS(MSC)	Number of Credits: 4	Lectures:60
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Course Outcomes:

At the end of this course, the learner will be able to:

- Understand the features of LaTeX useful for production of technical and scientific documentation
- Understand the fundamentals of Scilab
- Understand utilization of Scilab commands and programming in solving mathematical problems using iterative methods.
- Develop Proficiency in English and communication Skills

Gitanjali Phadnis

Course Coordinator

Dr. Shalini Iyer

Credit CourseIncharge

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Course Name: Certificate Course in Stock Markets and Investment

Subject Code: MCR/SMI(21)059	Number of Credits: 4	Lectures:60
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Course Outcomes:

At the end of this course, the learner will be able to:

- Understand and interpret the stocks of Companies on the basis of financial statements
- Acquire and enhance investment related skills
- Develop career-specific skills and acquire Internships
- Identify job opportunities in Banks, Financial Institutions and Wealth management Firms
- Develop skills to undertake self-employment as stock brokers

Dr. Meenakshi Wagh

(Administrative Coordinator)

Dr. Arwah Madan

(Academic Coordinator)

Dr. Shalini Iyer

(Credit Course Incharge)

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Course Name: PG Diploma in Clinical Music Therapy

Subject Code: MCR/DCMT (21)043	Number of Credits:	Lectures: 800 hrs
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Course Outcomes:

At the end of this course, the learner will be able to:

- Summarize and employ the core improvisational techniques of mirroring, matching, reflecting and grounding.
- Demonstrate knowledge and understanding of the way in which their music can be used to meet the therapeutic needs of clients
- Use advanced expressive, technical and interactive elements of musical improvisation skills.
- Develop a therapeutic relationship with clients.
- Carry out a variety of group therapeutic music interventions, including music and imagery, music and relaxation, group improvisation, songwriting and group singing/vocalizing.
- Demonstrate knowledge and understanding of receptive methods in music therapy and when/how to employ them.

Ms. Sharmin Palsetia

Course Coordinator

Dr. Shalini Iyer

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Course Name: PG Diploma Course in Mindfulness Based Counseling- Listening with Embodied Presence

Subject Code: CR/ML(21)041	Number of Credits:	Lectures: 630 hrs
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Course Outcomes:

At the end of this course, the learner will be able to:

- Identify the experiential learning of the attitudes and skills in deep listening and counseling
- Use perceptive skills and observations
- Apply skills in a counseling context

Ms. Sharmin Palsetia
Course Coordinator

Dr. Shalini Iyer
Credit Course Incharge

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Course Name: PG Diploma in Dance Movement Therapy

Subject Code: CR/DMT(21)042	Number of Credits:	Lectures: 800 hrs
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Course Outcomes:

At the end of this course, the learner will be able to:

- Summarize the psychological and physiological context behind the science of DMT
- Describe various schools of thought of psychology that inform DMT
- Explore the ways to work in a variety of settings
- Describe ethical boundary setting in DMT work
- Clarify cultural diversity in DMT work
- Integrate the psychological and physiological context behind the science of DMT

Ms. Sharmin Palsetia
Course Coordinator

Dr. Shalini Iyer
Credit Course Incharge

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Course Name: Fundamentals of Banking and Insurance

Subject Code: SWAYAM-MOOCs	Number of Credits: 02	Lectures: 06 Weeks
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Course Outcomes:

On completion of the Course, students:

- Will be equipped with an understanding of the rudimentary aspects of Banking and Insurance
- Will be able to engage with one of the fastest growing sectors of the economy
- Will kindle interest towards a deeper understanding of Banking and Insurance
- Will enable skill enhancement
- Will be able to explore various job opportunities

Dr. Girija Shankar
(Course Coordinator)

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Course Name: International Relations

Subject Code: ALISON-MOOC	Number of Credits: 2	Lectures: 30 hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- Define international relations
- Discuss the theories of international relations
- Describe the evolution of inter-state relations
- Discuss the history of international relations
- Explain the classic definition of war
- Analyze the principle of collective security
- List the levels of analysis of international relations
- Recall why Edward Hallett Carr criticized the idealist and the League of Nations

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Course Name: English Writing Skills

Subject Code: ALISON-MOOC	Number of Credits: 2	Lectures: 30 hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- Describe what writing is and various writing styles used
- Identify various triggers in writing and how to write for an audience
- Discuss some writing styles and the information they are meant to pass across
- Describe how to combine different writing styles to write a story
- Explain the different types of poetry and how to write a poem

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Course Name: Psychology Basic Course

Subject Code:	Number of Credits:	Lectures: 30 hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- Explain the role of forensic psychologists in legal proceedings
- Define consciousness and outline the three states of consciousness
- Describe the 3 sections of the ear and their various compositions
- Distinguish between reflexes, instincts and learned human behaviour
- Describe the Strange Situation Theory according to the secure, anxious-resistant and avoidant categories
- Recognise the Big Five Personality traits which are: openness to experience, conscientiousness, extroversion, agreeableness, and neuroticism
- Distinguish between social roles and social norms
- Outline and briefly describe the four phases of sexual response according to Masters and Johnson's Research

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Course Name: Diploma in Elementary Education

Subject Code: SWAYAM-MOOC	Number of Credits: 2	Lectures: 30 hours
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Course Outcomes:

At the end of this course, the learner will be able to:

- Enable teachers to understand and address diversity in their context;
- Empower them to improve quality of classroom processes/transaction;
- Develop capacity in them to promote child friendly, child centered processes in school;
Familiarize them with appropriate teaching learning processes;
- Facilitate them to develop leadership and problem-solving skills among children;
- Sensitize them to contribute towards safeguarding child rights.

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Course Name: The Art and Science of Human Relationship: Understanding Human Needs

Subject Code: COURSERA-MOOC	Number of Credits: 2	Lectures: 30 hours
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Course Outcomes:

At the end of this course, the learner will be able to:

1. Basic concepts of The Strategies and Skills Learning and Development System (SSLD), their relevance for every day relationships and provide advanced concepts for participants who work in fields of social work and health care .
2. Basic practice principles and methods of SSLD, illustrated by relationship management case studies.
3. The SSLD framework for relationship management assessment; N3C (needs, circumstances, characteristics, capacity) and problem translation.
4. Core competencies in the relationship management application of the SSLD system: Observation learning, simulation, real life implementation, review and monitoring.

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