

Govt. J.M.C. Mahila Mahavidyalaya, Mandla, Madhya Pradesh



AISHE Code: C-33429

**National Assessment and
Accreditation Council- Cycle: III**

**Brochures and Curricula
for the Certificate Courses**

2018-2019

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Principal

Govt. Jagannath Munnalal Choudhary
Mahila Mahavidyalaya, Mandla (M.P.)

Choudhary Mahila
Mahavidyalaya, Mandla, M.P.

Govt. J.M.C. Mahila Mahavidyalaya, Mandla, M.P.



Towards Excellence...

**Department of Sports and Physical
Education in collaboration with
IQAC
organizes**

15 Days Skill Based Certificate Course on “Sports and Health”

Date:

04/09/2018-20/09/2018

Time:

12:00 Hrs-14:00 Hrs

Venue: Seminar Hall

(Room No. 10)



Trainer:

**Mr. Zafar Siraj
Sports Officer**



Coordinator:

**Dr. S.N. Khare
IQAC Coordinator**



Principal :

**Dr. Kalpana
Shastri**

Curriculum for the Course

Unit-I: Foundations of Sports and Health Education-

- A. Introduction to sports and health education.
- B. Overview of the curriculum objectives and outcomes.
- C. Importance of sports and physical activity in promoting overall health and well-being.
- D. Introduction to concept such as Physical Fitness, Nutrition, Mental Health and Injury Prevention.
- E. Pedagogy and teaching strategies for sports and health.

Unit-II: Sports and Physical Activity Instructions-

- A. Fundamental movement skills.
- B. Teaching basic locomotor and Non-locomotor movements (Running, Jumping, Skipping, Hopping, Balancing etc.).
- C. Progressions and modifications for different skill levels and abilities.
- D. Incorporating fundamental movement skills into games and activities.

Unit-III: Health Education and Wellness Promotion-

- A. Nutrition and Hydration.
- B. Teaching students about the importance of balanced nutrition for optimal performance and health.
- C. Identifying macronutrients and micronutrients and their roles in the body
- D. Strategies for promoting healthy eating habits and hydration practices among students.
- E. Injury prevention and safety educating students on common sports injuries and their prevention.
- F. Teaching proper warm up, cool down and stretching techniques.

APPROVED

Principal
Geet. Jagannath Mahapatra Choudhary
Mahila Mahavidyalaya, Mandla (M.P.)
R. Chandra

Govt. J.M.C. Mahila Mahavidyalaya, Mandla, M.P.



Towards Excellence...

**Department of Sports and Physical
Education in collaboration with
IQAC
organizes**

15 Days Skill Based Certificate Course on “Self-Defence”

Date:

Time:

Venue: Seminar Hall

01/10/2018-17/10/2018 12:00 Hrs-14:00 Hrs

(Room No. 10)



Trainer:

**Mr. Zafar Siraj
Sports Officer**



Coordinator:

**Dr. S.N. Khare
IQAC Coordinator**



Principal :

**Dr. Kalpana
Shastri**

Curriculum for the Course

Unit-I: Foundations of Self Defence-

- A. Understanding personal safety and the importance of self-defence.
- B. Basic principles of self-defence: Awareness, Avoidance, De-escalation and Assertiveness.
- C. Techniques for maintaining physical and mental readiness in various environments.
- D. Body mechanics and stance for effective self-defence.
- E. Introduction to common targets and vulnerable points on the body.
- F. Role playing scenarios to practice verbal and non-verbal communication skills in confrontational situations.

Unit-II: Physical Techniques and Strategies-

- A. Basic strikes and blocks: Kicks, Elbows, Knees and Palm Strikes.
- B. Simple joint locks and escapes from grabs and holds
- C. Ground survival techniques: getting up safely from the ground and defending against ground attacks.
- D. Defence against common attacks: grabs, chokes, bear hugs and strikes.
- E. Defence against weapons: understanding weapon types and basic strategies for disarming.
- F. Partner drills and stimulations to practice techniques in controlled environments.

Unit-III: Practical applications and real-world scenarios-

- A. Advanced techniques for dealing with multiple attackers and unpredictable situations.
- B. Scenario based training: simulations of real-world threats search as leggings, home invasions and street harassment.
- C. Legal aspects of self-defence: understanding the use of force continuum, self-defence laws and legal rights.
- D. Psychological aspects of self-defence: managing fear, stress and adrenaline during confrontations.
- E. Self-defence strategies for specific populations.

APPROVED

Principal
Smt. Jagannath Narayan Choudhary
Maharaja Gyan Prakash
G.P.S.

Govt. J.M.C. Mahila Mahavidyalaya, Mandla, M.P.



Towards Excellence...

Department of Home Science in collaboration with IQAC organizes

15 Days Skill Based Certificate Course on “Balanced Diet and Health”

Date:

03/10/2018-22/10/2018

Time:

12:00 Hrs-14:00 Hrs

Venue: Classroom

(Room No. 16)



Organizer:

Dr. Aradhna Dubey
Associate Professor
(Home Science)



Coordinator:

Dr. S.N. Khare
IQAC Coordinator



Principal :

Dr. Kalpana Shastri

Curriculum for the Course

Unit-I: Introduction to Food and Nutrition-

- A. Definition of food
- B. Function of food
- C. Food groups
- D. Food Guide pyramid
- E. Definition of Nutrition (Good nutrition, Undernutrition and Malnutrition)

Unit-II: Nutrients-

- A. Definition
- B. Types of Nutrients
- C. Carbohydrate
- D. Protein
- E. Fat
- F. Vitamins
- G. Minerals
- H. Water
- I. Sources and Functions of Nutrients
- J. Symptoms of diseases caused from deficiency of nutrients.

Unit-III: Meal Planning-

- A. Definition
- B. Principle of Meal Planning
- C. Menu- Introduction and Concept
- D. Format your Menu Plan

APPROVED

W. Hastu
Principal
Capt. Jagannath Munnalal Choudhary
Mahila Mahavidyalaya, Manu

Govt. J.M.C. Mahila Mahavidyalaya, Mandla, M.P.



Towards Excellence...

Department of History in collaboration with IQAC organizes

15 Days Skill Based Certificate Course on “Tourism in Madhya Pradesh”

Date:

Time:

Venue: Seminar Hall

01/11/2018-26/11/2018 12:00 Hrs-14:00 Hrs

(Room No. 10)



Organizer & Coordinator:

Dr. S.N. Khare

Professor (History)



Principal :

Dr. Kalpana Shastri

Curriculum for the Course

Unit-I: Ancient History and Heritage Sites in Madhya Pradesh-

- A. Introduction to Madhya Pradesh and its significance in Indian History.
- B. Historical background of major heritage sites such as Sanchi Stupa, Bhimbetka Caves and Khajuraho Temples.
- C. Exploration of the architectural styles, cultural significance and historical context of these sites.
- D. Activities: Virtual tours of the heritage sites, group discussion on their historical importance and creating presentations on their architectural features.

Unit-II: Medieval History and Forts-

- A. View of Madhya Pradesh during medieval times focusing on the rules of various dynasties such as Paramaras, Chandelas and Gond.
- B. Study of prominent forts and palaces including Gwalior Fort, Mandu Fort and Jahaj Mahal.
- C. Examination of the strategic importance, Architectural marvels and cultural influences of these force.
- D. Activities: Role Playing activities depicting life in medieval forts- analysing primary sources related to fort construction and defence and creating models of forts.

Unit-III: Colonial History and Historical Towns-

- A. Discussion on the impact of colonialism in Madhya Pradesh highlighting the rule of the British and Marathas.
- B. Exploration of historical terms like Bhopal, Indore and Jabalpur and their role in colonial administration and trade.
- C. Analysis of colonial era- buildings, institutions and urban planning in these towns.
- D. Activities: Field trips to historical towns to study colonial architecture and debates on significant colonial era personalities.

APPROVED

Principal
Govt. Jagannath Memorial Choudhary
Mahila Mahavidyalaya, Bhopal
Khastu