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

Towards Excellence...

AISHE Code: C-33429

National Assessment and Accreditation Council- Cycle: III

Brochures and Curricula for the Certificate Courses

2020-2021

Index

Principal
Govt. Jagannath Mumlalal Choudhary Mahila Mahavidyalaya, Mandla, M.P.

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

Towards Excellence...

Department of Hindi

organizes

15 Days Skill Based Certificate Course on "Pisciculture"

In collaboration with Internal Quality Assurance Cell

Date:
06/01/2020-22/01/2020

Time:
12:00 Hrs-14:00 Hrs

Venue: Classroom (Room No. 16)

Organizer:
Dr. S.P. Dhumketi
Associate Professor (Hindi)

Coordinator:
Dr. Aradhna Dubey
IQAC Coordinator

Principal :
Dr. S.N. Khare

Curriculum for the Course

Unit-I: Pisciculture: An Overview-

A. Definition and history of pisciculture
B. Role of fish culture in economic development
C. Types of Pisciculture: Sewage Pisciculture; Integrated Pisciculture; Ornamental Pisciculture; Fish cum Poultry Culture; Paddy cum Fish Culture.
D. Preparation and Management of Fish Farm: Principle of Site selection, Preparation of Fish farm, Properties of soil in Fish farm, Maintenance of Fish Farm.
E. Water Quality of Fish Farm: Physical, Chemical and Biological Parameters of water; Water Management in Fish Farm; Control of Microflora and Aquatic Weed.

Unit-II: Fish Harvesting Techniques, Marketing and Schemes of the Government -

A. Conventional Methods: Introduction, Fishing Gears, Nets, Hook and Line Gear.
B. Un-conventional Methods: Electro-Fishing and Light Fishing.
C. Fish Finding (Echosounder and SONAR)
D. Harvesting and Stocking; Preservation and Processing; Transport and Marketing.
E. Government Participation in Fish Culture; Central Govt. Participation (ICAR, CMFRI, CIFRI, CICIFRI, CIFA, CIBA, CIFT, NBFGR, NRCCWF etc.); Ministry of Agriculture, CIFNET, CICEF, Ministry of Food Processing Industry, FSI (Fishery Survey of India); State Govt. Participation in Pisciculture.

Unit-III: Fish Pathology-

A. Inflammation.
B. Immune Response.
C. Pathological Changes in Fish Tissues.
D. Viral Diseases, Bacterial Diseases, Fungal Diseases, Protozoan Disease, Helminthes.
E. Nutritional Deficiency Diseases and their control measures.

APPROVED
Principal
Govt. Jagannath Mumnalal Chou...
Mahavidyalaya, Mandla

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

Towards Excellence...

Department of Sociology in collaboration with IQAC

organizes

15 Days Skill Based Certificate Course on "Yoga and Health"

Date:
14/02/2020-03/03/2020

Time:
12:00 Hrs-14:00 Hrs

Venue: Seminar Hall (Room No. 10)

Trainer:
Dr. Anju Singh
Faculty Member (Sociology)

Coordinator:
Dr. Aradhna Dubey
IQAC Coordinator

Principal :
Dr. S.N. Khare

Curriculum for the Course

Unit-I: Introduction to Yoga and its benefits-

A. History and origin of yoga.
B. Basic principles and philosophy of yoga.
C. Overview of different styles of yoga (Hatha, Vinyasa, Ashtanga etc.).
D. Benefits of yoga for physical, mental and emotional health.
E. Introduction to basic yoga poses asanas and their benefits.
F. Importance of breath control (Pranayama) in yoga practice.

Unit-II: Anatomy and Physiology for yoga practitioners -

A. Understand the musculoskeletal system and its relevance to yoga practice.
B. Anatomy of breathing: respiratory system and diaphragmatic breathing.
C. Importance of alignment and posture in yoga poses.
D. Common injuries in yoga and how to prevent them.
E. Yoga for a specific population (pregnant women, seniors, individuals with injuries and health conditions).
F. Introduction to meditation and its psychological effects.

Unit-III: Teaching Methodology and Practice-

A. Principles of effective teaching in yoga.
B. Planning and sequencing yoga classes for different levels and populations.
C. verbal cues and adjustments for proper alignment in yoga poses.
D. Hands-on adjustments and use of props in yoga practice.
E. Creating a safe and inclusive yoga environment
F. Practice teaching sessions and feedback from peers and instructors.
G. Introduction to business and ethics in yoga teaching.

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

Towards Excellence...

Department of Political Science in collaboration with IQAC organizes

15 Days Skill Based Certificate Course on "Energy Literacy"

Date: 02/12/2020-18/12/2020

Time: 12:00 Hrs-14:00 Hrs

Venue: Classroom (Room No. 08)

Organizer:
Dr. Anjli Pandya
Assistant Professor (Pol. Sc.)

Coordinator:
Dr. Aradhna Dubey
IQAC Coordinator

Principal :
Dr. S.N. Khare

Curriculum for the Course

Unit-I: Introduction to Energy Literacy-

A. Overview of Energy Sources (Renewable and Non-Renewable).
B. Basic Concepts of Energy efficiency and conservation.
C. Understanding Energy consumption patterns.

Unit-II: Renewable Energy Technologies-

A. Introduction to various renewable energy sources (Sun, Wind, Hydro, Biomass etc.)
B. Principles of operation and applications of renewable energy technologies
C. Benefits and challenges of integrating renewable energy into the grid.

Unit-III: Energy management and sustainability-

A. Energy auditing techniques for residential and commercial buildings.
B. Strategies for reducing energy consumption and promoting sustainability
C. Policies and initiatives promoting energy efficiency and renewable energy adoption.

Unit-IV: Introduction to energy conservation-

A. Definition of energy and its forms (kinetic, potential, thermal etc.)
B. Energy sources (renewable versus non-renewable
C. Basic energy conversions and the Law of Conversion of Energy.
D. Energy units and measurements (Joules, Kilowatt-hours etc.)
E. Activities and demonstration to illustrate energy concepts (e.g.- Pendulum swings, friction experiments etc.).

Unit-V: Energy Sources and technologies-

A. Exploration of renewable energy sources (solar, Wind, Hydro, Biomass, Geothermal) and their characteristics.
B. Discussion on non-renewable energy sources (Fossil fuels, Nuclear and associated environmental impacts.

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Govt. Jagannath M... Choudhary
Mahila Mahavid...