

Smt.Nankibai Wadhvani Kala Mahavidyalaya, Yavatmal.(M.S.)

Name of the Add-on Course -- De-addiction

SYLLABUS of DE-ADDICTION

Duration - 30 Hr - Marks - 40 Practicals, 10 Theory. Total = 50: Type- Certificate.Eli-ssc

Course description-

Drug and Alcohol Abuse: Awareness, Counseling and Prevention is a comprehensive course that addresses the problems of drug abuse across the spectrum, including the latest thinking about prevention and awareness. This course provides an understanding of the origins and current status of drug use, and includes special notations addressed to a person who may be experiencing problems with substance abuse.

Objectives/Scope :-This curriculum is a valuable tool for teachers, parents, students and workers, as well as someone seeking help for him or herself. The course also covers assessment, intervention, rehabilitation and recovery, and includes a list of helpful resources. For anyone who has an interest in any aspect of drug and alcohol abuse, this course can prove to be a very beneficial tool.

Lesson 1: Introduction - Drug and Alcohol Abuse: Awareness,

Introduction: Defining addiction, an overview of the topic, and course mechanics. "Addiction" identifies a self-destructive pattern of drug use. The popular understanding is that addiction is a compulsive, involuntary behaviour. However, self-destructive behaviour is not necessarily compulsive. To answer it properly requires an objective definition of compulsivity and a sufficiently rich account of the determinants of drug use. This course offers insight into the nature of addiction based on objective definitions of voluntary and involuntary behaviour, and the factors correlated with drug use.

Lesson 2: Counselling and Prevention

- Reason of De-addiction
- Neurons, drugs,
- Counselling psychological
- Drugs achieve their effects
- To understand these changes, we will cover how drugs reach their sites of action

Lesson 3: Dependence and Addiction

- Is addiction a chronic relapsing disorder?
- Dependence
- Addiction
- How De-addiction is harmful for health.

Lesson 4: Prevention in the Home

- How to Prevention in the Home
- What are techniques Prevention in the Home
- Whether addictive drug use is voluntary or involuntary is an empirical question that can be scientifically tested.

Lesson 5: Effects of Use and Dependency

- Social . Psychological. On body. On family

Instructor


Co-ordinator/Incharge

Smt.Nankibai Wadhvani Kala Mahavidyalaya,Yavatmal.(M.S.)
Name of the Add-on Course -- Swayam Siddha Girls Karate -
SYLLABUS of SWAYAM SIDDHA GIRLS KARATE-
Duration - 30 Hr

Course Description:--

This course is designed for the learners studying B.A. programme to provides additional knowledge and practice about Self Defence. Students can expand their knowledge about Martial Arts, identify Self Defence techniques, develop skills in situational awareness, acquire skills attack response, pressure points, falling safety, defence techniques and safe training practices.

Course Objectives/ Scope :--

1. Define Self Defence .
2. Understand limits of Self Defence .
3. Perform skills, including footwork, striking, blocking, throwing, falling, escaping, etc.
4. Techniques for eliminating dangers from daily living .
5. Methods for recognizing and avoiding dangers in the home, car, and street.
6. Recognizing patters for employing physical defence when necessary .
7. Boundary setting; verbal and physical .
8. Skills and strategies for employing physical defence when necessary Student Learning get outcomes .
9. Demonstrate proper ready position and physical defence techniques for a front attack .
10. List strategies for staying safe on a date Classroom Procedures: The class will include the following **activities** -
 1. Warm-up exercises and stretching
 2. Strengthening exercises (sit-ups and push-ups)
 3. Kicking, punching, blocking, throwing, falling, escaping etc.
 4. Stance-


Structure of Swayam Siddha Girls Karate -

Name of Add-on Course	Type of Programme	Duration	Eligibility	Examination & Practicals
S.S.G.Karate	Certificate	30 Hours	S.S.C. passed	80 Practicals
				20 Theory= 100

Books Recommended of Karate course will be applicable.

Instructor


Co-ordinator/Incharge


Principal
Smt. Nankibai Wadhvani
Kala Mahavidyalaya
Yavatmal 445001

Smt.Nankibai Wadhvani kala Mahavidyalaya, Yavatmal.(.M.S.)
Name of the Add-on Course -- Beauty Parlour
Duration - 30 Hr.

SYLLABUS OF BEAUTY PARLOR-

About Beautification & make-up Course

Beauty and Cosmetology are one of the course contents that are usefull in practical life.In the world as all people want to look good not only to boost their confidence but to present themselves well amongst their peers. To make this possible, beauticians, cosmetologists and beauty experts are required.

The candidates who enroll in this programme learn how to cut and style people's hair, maintain the glow on their faces, give hair and face spas, colour hair, do make-up and makeovers of people, etc. Therefore in this Beauty Parlor course has been decided to run for the girls students. In this course, the internal parts are classified , that cover different aspects of beauty care such as herbal, ayurvedic, etc.

Type of Beautician & Make-up Courses:

Name of the Add-on course	Type of Programme/Add-on Course	Duration
Beauty Parlor Course	Certificate- course	30 Hr

Beautician & Make-up Courses Eligibility Criteria

- Admissions can be taken directly in the certificates courses mentioned above.Any desirous girls students have to give willingness to the In-charge of Beauty Parlour Course.
- Candidates who wish to pursue Beauty parlor course , will require to attend practical as well as its application theory as will be introduced by the instructor ..

Beautician & Make-up Courses Syllabus

Popular Subject-

Grooming,Hygiene&Safety	Keratin	manicure& Pedicure
Basic Haircute	Understanding Skin Type &Analysis	Hair Art & Bridal Hair Styling
Hair Spas& hair Treatments	Grey Coverage and Colouring	Hands and Feet Massage
Treatment for hair fall &Dandruff	Exfoliation& Extraction	Blow drying & Heat Styling
Massage	Creative haircuts & colouring	hands & Feet Massage

Instructor


Coordinator/In-charge
 Professor
 Smt. Nankibai Wadhawani Auro
 College, Yavatmal.

Smt.Nankibai Wadhvani Kala Mahavidyalaya, Yavatmal.(M.S.)
Name of the Add-on Course -- YOGA
SYLLABUS of YOGA
Duration - 30 Hr

Course Description -

Part A : (Compulsory Yogic Exercises for Men & Women)

I Asanas (For Men and Women)

1. Paschimottanasana
2. Sarvangasana
3. Purna Dhanurasana
4. Karna Pidasana

II SURYA NAM ASHKAR (For Men & Women in Twelve counts)

III SHAT KARM AS (For Girls Only)

1. Jal Neti or Sutra Neti/Rubber Neti
2. Shit Karam Kapalbhati (Jal Kapalbhati) (Water intake through mouth and out through nostrils)

IV Shat Karmas (For Boys Only)

1. Shit Karam Kapalbhati (Jal Kapalbhati) (Water intake through mouth and out through nostrils)

Part B (Optional yogic Exercise-Select any three respectively)

For Men

1. Mayurasana
2. Padambakasana (Urdhva Kukutasana)
3. Hanumansana
4. Titiabhasana
5. Purna Chakrasana
6. Setubandh Sarvangasana
7. Vrishcikasana
8. Purna Shalabhasana

For Women

1. Vatayanasana
2. Purna Bhujangasana
3. Purna Matasendrasana
4. Ekapad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibhakta Paschimottasana
7. Natrajasana
8. Ekapad Rajkapotanasana

Instruction / Course Objectives / Scope --


Students will have to retain each yogic exercise as follows which will be counted after attaining the final position.

- i. One minute for each compulsory asana
- ii. One round of Surya Namaskar (in twelve count)

Structure of YOGA -

Name of Add-on Course	Type of Programme	Duration	Eligibility	Examination & Practicals
YOGA	Certificate	30 Hours	S.S.C. passed	40 marks-compulsory Asanas-04
				10 marks suryanamaskar

Instructor


Co-ordinator/In-charge

**Yavatmal Zilla Vikas Samiti Yavatmal's
Smt.Nankibai Wadhvani kala Mahavidyalaya, Yavatmal.(M.S.)**

**SYLLABUS OF - YOUTH PARLIAMENT COURSE-
(Add- on Course - (30 Hours)**

Introduction : --

In accordance with the scheme and significance of the democratic government, the Government of India has dedicated web-portal which was developed by the Ministry of Parliament Affairs. This portal contain various-training resourses in the form of tutorials, literature, training videos. The consciousness about the democracy and polity should be understood by todays youth to strengthen the future of nation.

Objectives : ---

- 1) To strengthen the roots of democracy.
- 2) To inculcate healthy habits of discipline, tolerance of the view of other .
- 3) To enable the students to know about practices and procedure of the Parliament.

Scope & Methods :--

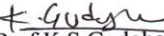
A) Understanding exposition and peaceful ways of the democratic election,voting .
B) Subject for the discussion in Youth Parliament should be as far as possible non-controversial. Matters raised in the Youth Parliament may relate to the subject of welfare activities, defence of the country, social Justice, social reforms, economic development, communal harmony, education, govt welfare scheme, health, students' discipline etc.No direct and indirect remarks may be made in the speeches so as to cast aspersion on the political parties or leaders/ person etc.

- B) The participants may speak in Marathi,Hindi,English language.
Youth Parliament --Course

Name of Course	Type	Duration	Eligibility
Youth Parliament	Certificate	30 - Hours	H.S.C.

Marks : Total 100 : 80 Articulation + 20 oral Interview

Books for References : Based on Political-Science of B.A.Course.


(Prof.K.S.Godghate)
Co-ordinator/Incharge
Head of the Political Science -Department
Smt. Nankibai Wadhvani Kala Mahavidyalaya,
College, Yavatmal.