

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

REPORT ON VALUE ADDED COURSES

1. Introduction

Value Added Courses (VACs) play a vital role in enhancing the holistic development of students and equipping them with essential skills beyond the regular curriculum. Our college has been offering a diverse range of value added courses designed to promote personal growth, ethical understanding, national integration, digital competency, wellbeing, and sustainable living. These courses are conducted by qualified faculty members and experts, ensuring that learners receive high-quality training that supports both academic enrichment and life skills development.

2. List of Value Added Courses Offered

2.1 Atma Manthan (Understanding the Self)

Objective:

To help students develop deeper self-awareness, empathy, emotional intelligence, and reflective thinking.

Key Topics:

- Self-empathy
- Feelings and thoughts
- Tolerance and support
- Individual needs and identity

Outcome:

Students learn mindful practices for self-reflection, improved emotional wellbeing, and personal growth.

2.2 Environmental Ethics and Sustainability

Objective:

To sensitize students about the importance of environmental protection and sustainable living.

Key Topics:

- Concept of environmental sustainability
- Ethical responsibilities towards nature
- Pollution and global issues
- Conservation practices

Outcome:

Learners develop eco-friendly attitudes and understand how their actions contribute to the planet's wellbeing.

2.3 Introduction to Indian Knowledge System (IKS)**Objective:**

To familiarize students with the rich heritage of Indian traditional knowledge systems and their relevance in modern contexts.

Key Topics:

- Indian philosophical traditions
- Indigenous practices
- Cultural and scientific contributions
- Holistic learning

Outcome:

Students gain appreciation for India's knowledge heritage and learn to integrate traditional wisdom in contemporary life.

2.4 Online Tools for Teaching and Learning**Objective:**

To improve digital literacy and enhance competency in using online platforms for academic and professional tasks.

Key Topics:

- LMS usage
- Online assessment tools
- Digital learning platforms
- ICT integration in education

Outcome:

Participants become proficient in using various online tools, improving their technological readiness for modern education.

2.5 Spirit of Nationalism

Objective:

To instill patriotic values and awareness about India's national identity.

Key Topics:

- Introduction to nationalism
- Remembering sacrifices of freedom fighters
- Stories of unsung heroes
- Civic responsibilities

Outcome:

Students develop a sense of national pride, responsibility, and awareness of India's historical legacy.

2.6 Wellbeing and Wholesomeness

Objective:

To promote physical, emotional, and psychological wellbeing among students.

Key Topics:

- Stress management
- Healthy lifestyle practices
- Mental health awareness
- First aid basics

Outcome:

Learners adopt healthier habits and gain understanding of holistic wellbeing.

2.7 Yoga for Physical and Mental Development

Objective:

To introduce students to yoga practices that enhance physical fitness and mental clarity.

Key Topics:

- Basic yoga postures
- Breathing exercises
- Meditation techniques
- Role of yoga in daily life

Outcome:

Students experience improved flexibility, concentration, and overall mind-body balance.

3. General Outcomes of Value Added Courses

Across all VACs, students achieved the following:

- Improved self-awareness and emotional intelligence
 - Better understanding of cultural and ethical values
 - Enhanced digital skills and technological competence
 - Stronger sense of civic duty and nationalism
 - Increased emphasis on physical and mental wellbeing
 - Knowledge of sustainability and environmental responsibility
 - Holistic development beyond academic learning
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4. Conclusion

The Value Added Courses offered by the college successfully contribute to shaping well-rounded, responsible, and skilled individuals. These courses enrich students' education by incorporating practical knowledge, life skills, and ethical values essential for personal and professional growth. The college remains committed to sustaining and expanding these initiatives in future academic sessions.

5. Feedback of Students

Neomi: The instructors broke down complex asanas into manageable steps, which was incredibly helpful for a beginner like me.

Shravani: It increased my awareness of environmental issues, improved waste management habits, and a stronger motivation to act.

Sanjana: We had ragi laddoos and millet cookies, and they were surprisingly delicious. I honestly never thought healthy food could taste that good. It made me rethink my love for food.

6. Glimpses







Mumbai, Maharashtra, India
1, Panchmukhi Rd, Sector 6, Sector 1, Srishti Complex, Mira Road East,
Mumbai, Maharashtra 401107, India
Lat 19.270426° Long 72.871235°
04/04/2025 11:13 AM GMT +05:30





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Date: 21-12-2024

Place: Mumbai

