

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

REPORT ON VALUE ADDED COURSES (VACs)

1. Introduction

Value Added Courses (VACs) play a vital role in enhancing the holistic development of students by equipping them with essential life skills beyond the prescribed curriculum. The institution offers a wide range of VACs focusing on personal development, ethical awareness, environmental responsibility, digital literacy, national values, and physical and mental wellbeing.

To ensure meaningful learning, each course integrates **participatory, experiential, and activity-based methodologies**, enabling students to apply theoretical knowledge in real-life contexts.

2 Activities Conducted Under Each Course

2.1 Atma Manthan (Understanding the Self)

Activities Conducted:

- **Guided Self-Reflection Journal Writing:**
Students maintained a reflective journal documenting their thoughts, emotional responses, personal strengths, and areas of improvement.
- **Emotional Awareness Circle:**
Small group sessions where students openly discussed personal experiences in a safe and non-judgmental environment. This improved listening skills and empathy.
- **Role-Play on Emotional Situations:**
Students enacted real-life scenarios (conflict resolution, peer pressure, stress situations) and practiced appropriate emotional responses.
- **Mindfulness and Meditation Sessions:**
Daily short guided meditation focusing on breathing techniques and present-moment awareness to reduce anxiety and improve focus.
- **SWOT Analysis Workshop:**
Students identified their Strengths, Weaknesses, Opportunities, and Threats, helping in self-assessment and goal setting.

2.2 Environmental Ethics and Sustainability

Activities Conducted:

- **Tree Plantation and Adoption Drive:**
Students planted saplings within and outside campus and were assigned responsibility to monitor their growth (watering, reporting progress).

- **Waste Segregation Project:**
Students attended a session on Waste Segregation organized in the college.
 - **Eco-Friendly Product Making Workshop:**
Training sessions on making macramé pot hangers from sutli (string).
 - **Field Visit to Environmental Site:**
Visits to exhibitions on recycling units and beach cleaning drives to observe and participate in sustainable practices first-hand.
 - **Environmental Awareness Campaign:**
Students created posters, performed street plays, and conducted lessons and carried out activities on climate change in internship schools to spread awareness about pollution control.
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2.3 Introduction to Indian Knowledge System (IKS)

Activities Conducted:

- **Paper reading on Indian languages, Music, Bhartiya Khel and Kala:**
Students presented on papers on scholars like on Music, Bhartiya Bhasha, Bhartiya Khel and Kala.
 - **Traditional Knowledge Demonstration:**
Demonstrations of indigenous practices such as traditional art and craft methods, and local art forms.
 - **Heritage Quiz Competition:**
Interactive quizzes covering Indian culture, architecture, and scientific achievements.
 - **Group Discussion on Relevance of IKS Today:**
Students debated how traditional knowledge can address modern challenges (health, sustainability, education).
 - **Cultural Exhibition:**
Display of charts, models and artifacts representing Indian traditions and knowledge systems.
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2.4 Online Tools for Teaching and Learning

Activities Conducted:

- **Hands-on LMS Training:**
Students created accounts, uploaded assignments, participated in discussion forums, and tracked progress.
- **Digital Content Creation Task:**
Students designed PowerPoint presentations and educational videos on assigned topics.
- **Online Quiz Development Workshop:**
Training on tools like Google Forms, Kahoot, etc to create quizzes with automated grading.

- **Mock Online Teaching Sessions:**
Students conducted mini-lessons using virtual platforms, applying digital tools for engagement.
 - **Collaborative Online Projects:**
Group assignments using shared platforms (documents, slides) to encourage teamwork in a digital environment.
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2.5 Spirit of Nationalism

Activities Conducted:

- **National Festival Celebrations:**
Independence Day and Republic Day programs including flag hoisting, cultural performances, and speeches.
 - **Elocution and Singing Competitions:**
Elocution on Topics such as “*Role of Youth in Nation Building*” and “*Unity in Diversity*”. And singing patriotic songs and submitting assignment on the same.
 - **Documentary Screening and Discussion:**
Films on the freedom struggle followed by reflective discussions.
 - **Conducting Poster and Slogan Writing Competitions in Schools:**
Themes based on freedom fighters, national integration, and civic responsibility.
 - **Community Service Initiatives:**
Students participated in social work such as cleanliness drives and awareness campaigns, promoting responsible citizenship.
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2.6 Wellbeing and Wholesomeness

Activities Conducted:

- **Stress Management Workshop:**
Sessions conducted by teachers on coping strategies, time management, and relaxation techniques.
 - **Mental Health Awareness Program:**
Interactive sessions addressing anxiety, depression, and emotional resilience.
 - **Health Check-up Camp:**
Cancer Awareness Session organised by college. Basic medical check-ups (BMI, blood pressure, general health screening) organized in collaboration with healthcare professionals.
 - **First Aid Training:**
Practical demonstrations on handling emergencies such as cuts, burns, and fractures.
 - **Nutrition and Lifestyle Awareness Session:**
Guidance on balanced diet, sleep hygiene, and fitness routines. Also submitting assignment on balanced diet for children and sharing recipes using millets.
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2.7 Yoga for Physical and Mental Development

Activities Conducted:

- **Daily Yoga Practice Sessions:**
Regular practice of asanas like Tadasana, Bhujangasana, and Surya Namaskar under yoga instructor's guidance.
 - **Pranayama and Breathing Exercises:**
Techniques such as Anulom Vilom and Kapalbhathi to improve respiratory health and concentration.
 - **Meditation for Mental Clarity:**
Guided meditation sessions focusing on relaxation and stress reduction.
 - **International Yoga Day Celebration:**
Mass yoga demonstration involving students and faculty.
 - **Yoga Performance and Competition:**
Students showcased their skills and understanding of yoga postures and benefits.
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Learning Outcomes of Value Added Courses

The activity-based approach resulted in:

- Enhanced participation and experiential learning
 - Development of critical thinking and problem-solving skills
 - Improved emotional intelligence and interpersonal relationships
 - Increased confidence in using digital tools
 - Better physical health and mental wellbeing
 - Stronger sense of national identity and ethical values
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Conclusion

The Value Added Courses have significantly contributed to the holistic development of students by integrating knowledge with practical application through structured activities. These initiatives have created a dynamic learning environment that goes beyond traditional classroom teaching.

The institution remains committed to continuing and expanding such activity-based VACs to further enhance student competencies and prepare them for future challenges.

Glimpses of the Events:

Course: Environmental Ethics and Sustainability



“Awareness Session conducted by students highlighting the importance of Water Conservation.”

Course: Yoga for Physical and Mental Development



“Celebration of International Yoga Day.”



“Community Service- Beach Cleaning”

In- charge: Dr. Mandrita Mitra

Dr. Jasvanti Adhangale

Dr. Judy Grace Andrews,

Principal

Activity Schedule, Duration & Student Participation (Course-wise)

Atma Manthan (Understanding the Self)

Sr. No.	Activity	Date	Duration	No. of Students
1	Self-Reflection Journal Writing	June 2025 - May 2026	10 days (30 mins daily)	31
2	Emotional Awareness Circle	June 2025 - May 2026	2 hours	31
3	Role Play on Emotional Situations	June 2025 - May 2026	2 hours	31
4	Mindfulness & Meditation Session	June 2025 - May 2026	20 mins daily	31
5	SWOT Analysis Workshop	June 2025 - May 2026	2 hours	31

Environmental Ethics and Sustainability

Sr. No.	Activity	Date	Duration	No. of Students
1	Tree Plantation Drive	17 August 2025	5 hours	31
2	Waste Segregation Project	June 2025 - May 2026	1 week	31
3	Eco-Friendly Product Workshop- Plastic Collection Drive	10 October 2025	6 hours	31
4	Field Visit (Recycling Unit)	11 September 2025	5 hours	17
5	Awareness & Street Play	June 2025 - May 2026	6 hours	31

Introduction to Indian Knowledge System (IKS)

Sr. No.	Activity	Date	Duration	No. of Students
1	Paper reading on Indian Languages, Khel, Kala	June 2025 - May 2026	3 hours	31
2	Traditional Knowledge Demonstration- Art and Craft	June 2025 - May 2026	2 hours	31
3	Heritage Quiz Competition	8 September 2025	2 hours	31
4	Group Discussion (IKS Relevance)	10 September 2025	2 hours	31
5	Cultural Exhibition	12 February 2026	4 hours	31

Online Tools for Teaching and Learning

Sr. No.	Activity	Date	Duration	No. of Students
1	LMS Hands-on Training	20 September 2025	3 hours	31
2	Digital Content Creation	June 2025 - May 2026	4 days	31
3	Online Quiz Development	June 2025 - May 2026	2 hours	31
4	Mock Online Teaching	June 2025 - May 2026	3 hours	31
5	Collaborative Online Project	June 2025 - May 2026	2 days	31

Spirit of Nationalism

Sr. No.	Activity	Date	Duration	No. of Students
1	Independence Day Celebration	15 August 2025	3 hours	31
2	Singing Competition	18 August 2025	2 hours	31
3	Documentary Screening	20 August 2025	2 hours	31
4	Poster & Slogan Writing Competition	22 August 2025	3 hours	31
5	Community Service Activity	June 2025 - May 2026	4 hours	31

Wellbeing and Wholesomeness

Sr. No.	Activity	Date	Duration	No. of Students
1	Stress Management Session	June 2025 - May 2026	2 hours	31
2	Mental Health Awareness Session	7 October 2025	2 hours	31
3	Cancer Awareness Session- Health Check-up Camp	9 September 2025	5 hours	31
4	First Aid Training	12 October 2025	3 hours	31
5	Nutrition Awareness Program	14 October 2025	2 hours	31

Yoga for Physical and Mental Development

Sr. No.	Activity	Date	Duration	No. of Students
1	Daily Yoga Practice	June 2025 - May 2026	30 mins daily	31
2	Pranayama Sessions	June 2025 - May 2026	20 mins daily	31
3	Meditation Sessions	June 2025 - May 2026	20 mins daily	31
4	International Yoga Day Celebration	21 June 2025	2 hours	31
5	Yoga Competition	16 November 2025	3 hours	31